

## INNER WEST AREA MENTAL HEALTH SERVICE EXTENDED SKILLS POST

DR NATALIE GORGY

“ I would highly recommend this post to any GP registrar who has an interest in mental health or who would like to develop their mental health skills. I believe this rotation provides an invaluable community psychiatry experience. ”

During this extended skills post I was employed as Psychiatry Registrar through Melbourne Health (The Royal Melbourne Hospital) as a part of the Inner West Area Mental Health Service.

The exposure provided by this post has been invaluable and I believe has equipped me with the skills needed to comprehensively manage the mental health patient in the General Practice setting. The position at Waratah Clinic provides exposure to wide variety of mental health conditions at different levels of acuity. I now feel comfortable conducting a thorough psychiatric interview, prescribing and developing management plans for a range of mental health conditions.

In the role work in an experienced team with various allied health practitioners and have direct communication/working relationship with Consultant Psychiatrists. Each patient is allocated to a team consisting of the psychiatry registrar, case manager and Psychiatrist and appointments booked into calendar according to their needs. You see all patients with the case manager and the psychiatrist is always available to clarify management with. I was also provided with significant supervision time with my allocated psychiatrist and a protected time each week for learning and discuss cases.

I would highly recommend this post to any GP registrar who has an interest in mental health or who would like to develop their mental health skills. I believe this rotation provides an invaluable community psychiatry experience.

### LEARNING OPPORTUNITIES PROVIDED BY THIS ROLE

- Assessing and managing mental health patients independently with guidance of overseeing psychiatrist (or with a nurse/psychologist/case manager)
- Conducting 'urgent assessments' for patients referred to the service that have an immediate risk to self or others and formulating an immediate/acute plan.
- Formulating diagnoses, mental state monitoring, commencing medication and management plans
- Clozapine prescribing and monitoring
- Conducting neuropsychiatry screening testing i.e. NuCog
- Managing acutely psychotic patients and acutely suicidal patients and formulating decision to utilise Mental Health Act for involuntary admission and treatment
- Attending Mental Health Tribunals (MHT) and prepare the MHT reports. Present to MHT medical rationale to implement involuntary community treatment order
- Presenting at The Royal Melbourne Hospital Grand Rounds
- Liaising with inpatient mental health staff regarding arranging admission for a patient or consultation.

### PSYCHIATRIC CONDITIONS MANAGED IN THIS ROLE

- Schizophrenia
- Schizoaffective disorder
- Borderline personality disorder and other personality disorders
- Eating disorders
- Bipolar affective disorder
- Drug and alcohol dependence
- Depression
- Anxiety.