

Guy's and St Thomas'



NHS Foundation Trust



# Therapies Visiting Professional Programme Psychology

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## Introduction

The Guy's and St Thomas' NHS Foundation Trust Therapies Directorate provides a fully comprehensive range of therapy services across the Guy's and St Thomas' hospital sites including Evelina Children's Hospital, and in a number of outpatient community clinics and GP practices. Our Therapies Directorate is one of the largest in the United Kingdom employing over 400 staff across five clinical therapy departments; foot health, occupational therapy, physiotherapy, psychology and speech and language therapy.

We make sure that the care we provide to patients and carers is of the highest quality, innovative and evidence based, enabling them to achieve the best therapeutic health outcomes and quality of life. This is realised through our highly motivated, dedicated teams of clinicians and evidenced through our research, audits, service evaluations and patient/public engagement.

The Therapies Directorate has an excellent academic record. Many of our clinicians are actively involved in postgraduate education and a number of senior staff hold joint appointments with Higher Education Institutes, including Kings College London University, University College London, London Southbank University and University of Edinburgh. Our team of highly experienced therapists are recognised regionally, nationally and internationally for their expertise and they are actively involved in local and multi-centre research studies. Therapy staff are regularly awarded study grants and publish in peer reviewed journals.

The directorate has a reputation for innovation, being one of the first to introduce 7-day therapy services, pioneering physiotherapy care for those with severe respiratory failure and providing collaborative and co-ordinated integrated care for those with chronic respiratory disease. We provide integrated therapy services across our emergency pathway and hand therapy services and unique cancer supportive care pathways across acute and community services. We were also one of the first organisations to develop therapy lead musculoskeletal pathways through to secondary care and develop extended therapy roles.

All of our departments have specialised visiting professional programmes available, to which international professionals may apply. Each of these programmes offer visiting professionals exclusive access to our services and their renowned faculty. Visitors may apply to the relevant department for the opportunity to observe and work alongside our experts as a way to gain insight into our Trust and into the role that therapies services play within the NHS, and to extend their own personal expertise. Each programme has been designed by the relevant clinical lead to ensure that all visitors' learning expectations are met and that visitors of all experience levels have the opportunity to learn new skills that can be transferred back to their home country.

## Therapies Services

The Therapies Directorate within Guy's and St Thomas' consists of five clinical departments:

- foot health
- speech and language therapy
- occupational therapy
- physiotherapy
- psychology

We also provide support services across frontline directorates as therapy intervention can take place at any stage of the patient pathway. Therapy intervention involves assessment, diagnosis, treatment, discharge and/or referral of patients to other services and can consist of one or of a combination of the following functions: preventative, restorative, supportive, palliative, empowerment and consultation with the wider external environment.

### Foot health

The foot health team provides all referrals with an assessment in order to draw up a diagnosis and treatment plan. The services provided include:

- biomechanics assessment
- insole therapy
- wound prevention and management
- footwear advice and collaborative work with orthotists
- toenail avulsion under local anaesthetic

The teams' aim is to restore as near to normal foot function as possible and limit further problems. This is why we practise wound management through including dressing plans, vacuum assisted closure therapy, larval therapy and total contact plaster casting when necessary.

### Speech and language therapy

We offer a service to adult clients with disorders of swallowing, communication and voice as a result of acquired neurological, respiratory or structural disorders.

Our specialists help with:

- voice disorders
- rehabilitation after head and neck surgery, including surgical voice restoration after a total laryngectomy
- respiratory medicine and tracheostomy management
- stroke rehabilitation
- care of the elderly
- communication and swallowing problems arising from cancer treatment

We provide both inpatient and outpatient services. Our inpatient services offer fiberoptic endoscopic evaluations of swallowing and provide care of patients on all acute inpatient wards, such as the Elderly Care Unit, the Stroke Unit, Cardiothoracics, Oncology and Neurology.

The outpatient services include videofluoroscopy clinics run in collaboration with the radiology team, the ongoing care of those with acquired neurological disorders of speech and swallowing, and attending to head and neck oncology patients. The team also participates in oncology and voice clinics with ENT and oncology medical staff.

### Occupational therapy

Our therapists work with patients who have functional, cognitive and psychological impairments and social care issues. Through evaluation of daily occupations we provide rehabilitation, education, support and advice to help adults and children to resume everyday activities after illness or injury.

- acute care

Our occupational therapy services work with both inpatients and outpatients. Our specialist services include A&E, Stroke, Neurology, Care of the Elderly, Trauma and Orthopaedics, Renal and Cancer services.

- paediatric occupational therapy

Our team of highly experienced occupational therapists are recognised both regionally and nationally for their expertise, particularly in the fields of neurodisability, neurology, general paediatrics, renal, intensive care, neonatal and metabolic inpatient and outpatient services.

- hand therapy

We have a team of hand therapists who work closely with plastic and orthopaedic hand surgeons in adult and paediatric services. Our therapists provide specialist hand and upper limb trauma management and conservative management of injuries through a variety of assessments, treatments and diagnostics including wound care and rehabilitation programmes.

### Physiotherapy

Our Department of Physiotherapy is renowned for its clinical and educational excellence with our entire senior faculty being involved in academic training at undergraduate and postgraduate level with our academic partner King's College London, and other Higher Education Institutes. Our experienced team regularly deliver lectures and presentations both nationally and internationally as their areas of expertise embrace the spectrum of physiotherapy specialities. Our staff are also academically active, regularly publishing abstracts and papers, contributing to peer review for journals and sitting on national clinical guideline groups.

Research activity is embedded within the physiotherapy department, with staff actively developing and leading research applications and programmes. A number of our staff have or are currently undertaking postgraduate study, including MRes, MSc and PhD programmes.

The physiotherapy department is organised into four broad service based teams:

- musculoskeletal
- paediatric
- respiratory
- rehabilitation services

The teams cover both acute trust sites and some community based outpatient services.

Our expert faculty provides both inpatient and outpatient services and works closely with other departments, to provide assessments and comprehensive physiotherapy.

### Psychology

Clinical health psychologists provide support for patients and their families/carers to help cope with the psychological aspects of living with an illness, or with pre-existing problems that might be affecting the management of an illness. Their aim is to improve the overall quality of life by helping patients manage their illness and reduce the impact of disability.

Support is given in a variety of ways, including one-to-one sessions, family work and support groups, using evidence-based approaches such as cognitive behaviour therapy. Patients may be seen on the ward or as outpatients. We have dedicated teams in:

- oncology
- chronic pain
- cleft palate
- cochlear implant
- dental
- dermatology
- haematology
- kidney/renal
- paediatric neurodisability
- Neurofibromatosis
- sleep

### Health psychology service

Medical advances have led to people with chronic illnesses such as sickle cell disease (SCD), haemophilia and myeloproliferative disorders living for much longer periods. The health psychologist's role is to help patients with chronic conditions, such as sickle cell disease, haemophilia and myeloproliferative disorders, understand the factors that cause, maintain and exacerbate distress and to help them to employ strategies for taking control of their situation. This is achieved through cognitive behaviour therapy.

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# Psychology Programme

## Format

The Psychology Visiting Professional Programme is based on Applied Psychology in Health (APH) and is set within the hospital workplace. The programme provides visiting professionals with first hand insight in to how psychology is embedded within our multidisciplinary team so as to ensure that psychological distress can be addressed appropriately according to patient needs.

Our programme is designed to fully integrate visitors within our psychology service so as to gain an understanding of the ways in which clinical health psychologists with patients to add value, improve clinical outcomes, and patient quality of life.

## Duration

We are able to offer visiting professional programmes for overseas therapists for periods of 2 weeks to 4 weeks. The programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

## Who should attend?

This programme is intended for non-UK professionals that hold an undergraduate degree in psychology, that have the desire to become a practising psychologist or that wish to enhance their current expertise.

# Psychology Programme Outline

The programme is aimed at those who wish to learn more about Guy's and St Thomas' psychology services.

The programme aims to include opportunities to:

Sit in on patient sessions, observing ward rounds and clinics

Participate in Multidisciplinary Team Meetings (MDT) and intervention meetings

Assist in focus groups and treatment sessions

Support research and literature searches

Aid with patient recruitment for studies

Undertake a research project in relation to psychological theory and patient benefit with assistance from an internal supervisor



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## Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment.

## Registration and enquiries

To register for the Therapies Visiting Professional Programme please complete the application form at [www.guysandstthomasevents.co.uk](http://www.guysandstthomasevents.co.uk) and return to:

Events

Guy's and St Thomas' NHS Foundation Trust

[vpp@gstt.nhs.uk](mailto:vpp@gstt.nhs.uk)

Telephone: + 44 (0) 207 188 7188 extension 55865

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## Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.2 billion and employs 13,500 staff.

Last year, the Trust handled over 2 million patient contacts, including:

- 1.07m outpatients
- 85,000 inpatients
- 88,000 day case patients
- 192,000 accident and emergency attendances
- 859,000 in community services
- 6,847 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.



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