



# **Women's PICU: A Focus on Quality Improvement**

## **NAPICU Quarterly Meeting**

**Thursday 16<sup>th</sup> November 2017**

**Nobel Suite 1, Pullman London St Pancras,  
100-110 Euston Road, London, NW1 2AJ**

**Women's PICU Services in:  
SLAM, CNWL, ELFT & CANDI  
and The Cassel**

## Programme at a Glance

NAPICU would like to thank our collaborator services at the following organisations for making this event possible:

Camden and Islington



NHS Foundation Trust



Central and  
North West London

NHS Foundation Trust

East London



NHS Foundation Trust

South London and Maudsley



NHS Foundation Trust

West London Mental Health



NHS Trust



napicu

national association of psychiatric intensive care & low secure units

## Programme at a Glance

09.00 – 09.30	<b>Registration and Refreshments</b>
09.30 – 09.40	<p><b>Welcome and Overview: Women’s PICU Provision &amp; The Challenges</b>            Dr Faisal Sethi, Consultant Psychiatrist (PICU), Maudsley Hospital, South London &amp; Maudsley NHS Foundation Trust and NAPICU Vice-Chairman</p>
09.40 – 09.45	<p><b>Women’s PICU – What does caring look like?</b>            Deborah, Carer Representative            Dr Shanika Balachandra, Consultant Psychiatrist, Shannon Ward PICU, Central and North West London NHS Foundation Trust and NAPICU Deputy Director of Scientific Programmes</p>
09.45 – 10.30	<p><b>Multidisciplinary Pearls in Women’s PICU</b></p> <p><b>Medication</b>            Mrs Caroline Parker, Consultant Pharmacist for Adult Mental Health Services, Central and North West London NHS Foundation Trust and NAPICU Director of Operations</p> <p><b>Psychological Interventions</b>            Dr Nicola Begum, Clinical Psychologist, Rosebank Ward PICU, East London NHS Foundation Trust</p> <p><b>Occupational Therapy</b>            Mrs Rebecca Davies, PICU Occupational Therapist, ES1 PICU, Maudsley Hospital, South London and Maudsley NHS Foundation Trust</p> <p><b>Associated Therapies</b>            Mr Nick Goss, Tai Chi Instructor and Psychotherapist Shannon Ward PICU, Central and North West London NHS Foundation Trust            Mrs Diane Eagles, PICU Art Psychotherapist and Older People &amp; Healthy Ageing Arts Psychotherapies Head Central and North West London NHS Foundation Trust</p>
10.30 – 11.15	<p><b>Physical Healthcare Topics in Women’s PICU</b></p> <p><b>Sexual &amp; Reproductive Health</b>            Dr Kirsten Ellis, Consultant Psychiatrist, Psychiatric Intensive Care for Women (Rosebank Ward), Tower Hamlets Centre for Mental Health, Consultant Psychiatrist for the East London Criminal Justice Mental Health Liaison Service</p> <p><b>Management of Incontinence and Enuresis in Women’s PICU</b>            Dr Matthew Hartley, Psychiatry trainee, South London and Maudsley NHS Foundation Trust</p> <p><b>Cardiovascular Risk Profiling &amp; Obesity</b>            Professor David Osborn, Professor &amp; Consultant Psychiatrist, Division of Psychiatry, University College London and Camden and Islington NHS Foundation Trust</p> <p><b>Pregnancy &amp; Post-Partum</b>            Dr Jona Lewin, Consultant Psychiatrist, Coombe Wood Mother &amp; Baby Unit, Central &amp; North West London NHS Foundation Trust</p>
11.15 – 12.00	<p><b>Psychiatric Topics in Women’s PICU</b></p> <p><b>Rapid Tranquillisation &amp; Restraint</b>            Ms Charlene Alfred, Matron, Shannon Ward PICU, Central and North West London NHS Foundation Trust            Ms Jessica Partington, Clinical Team Leader, Shannon Ward PICU, Central and North West London NHS Foundation Trust</p> <p><b>Managing Mania in the Women’s PICU</b>            Dr Shanika Balachandra, Consultant Psychiatrist, Shannon Ward PICU, Central and North West London NHS Foundation Trust and NAPICU Deputy Director of Scientific Programmes            Mr Ryan Passey, Clinical Team Leader, Shannon Ward PICU, Central and North West London NHS Foundation Trust</p> <p><b>Adult Safeguarding &amp; Sexual Assault</b>            Ms Rebecca Lingard, Nursing Matron, East London NHS Foundation Trust &amp; Honorary Lecturer, City University</p> <p><b>Working with Women and Children Safely</b>            Ms Shirley McNicholas, Women’s Lead and Team Manager, Camden and Islington NHS Foundation Trust</p>

## Programme at a Glance

12.00 – 12.15	<b>Questions and Comments for Morning Presenters</b>
12.15 – 13.15	<b>Lunch</b>
13.15 – 14.15	<b>Relational Insights &amp; Personality Disorder in the Women's PICU</b> Mr John Glyn, <i>Psychoanalytic Psychotherapist, West London Mental Health Trust</i> Ms Amanda MacKenzie, <i>Senior Nurse, West London Mental Health Trust</i> Dr Julia Blazdell, <i>Service User Consultant, West London Mental Health Trust Managed Clinical Network, London</i> Ms Gillian Kelly, <i>Deputy Director of Nursing, West London Mental Health Trust</i>
14.15 – 14.35	<b>Nursing Recruitment in Women's PICUs &amp; Nursing Competencies</b> Mrs Sharon Chihowa, <i>PICU Clinical Services Lead, Acute Care Clinical Academic Group, South London and Maudsley NHS Foundation Trust</i>
14.35 – 15.45	<b>Developing Clinical, Operational &amp; Workforce Standards for Women's PICUs – Interactive Session</b> Dr Faisal Sethi, <i>Consultant Psychiatrist (PICU), Maudsley Hospital, South London &amp; Maudsley NHS Foundation Trust and NAPICU Vice-Chairman</i> Ms Chloe Finamore, <i>Research Assistant, The Cassel Hospital, West London Mental Health Trust</i>
15.45 – 16.00	<b>Summary Overview / Discussion / Next Steps</b> Dr Faisal Sethi, <i>Consultant Psychiatrist (PICU), Maudsley Hospital, South London &amp; Maudsley NHS Foundation Trust and NAPICU Vice-Chairman</i>

## Session Summaries and Biographies

### 09.30 – 09.40 Welcome and Overview: Women’s PICU Provision & the Challenges

**Dr Faisal Sethi**, Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman



#### Session summary:

A brief review of what provision there is for women’s PICU in the UK; what is different in Women’s PICUs, and what the challenges are.

#### Biography:

Faisal is the Lead Consultant Psychiatrist in Psychiatric Intensive Care at the Maudsley Hospital in London (Acute Care Clinical Academic Group, South London and Maudsley NHS Foundation Trust) and the Associate Clinical Director (Interim) for Complex Care (Psychosis Clinical Academic Group, South London and Maudsley NHS Foundation Trust). Faisal is a fellow of the Royal College of Psychiatrists; on the Editorial Board of the Journal of Psychiatric Intensive Care; and the Vice Chair of NAPICU. His clinical, service development and research interests include: PICU clinical standards, women's PICU, rapid tranquilisation and the management of acute disturbance, personality disorder, mental health law and the criminal justice interface.

### 09.40 – 09.45 Women’s PICU – What does caring look like?

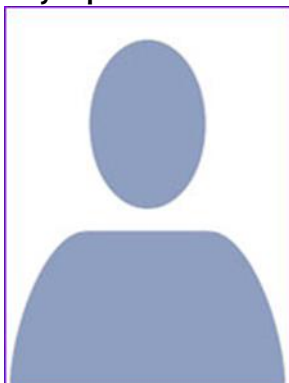
**Deborah**, Carer Representative

**Dr Shanika Balachandra**, Consultant Psychiatrist, Shannon Ward PICU, Central and North West London NHS Foundation Trust and NAPICU Deputy Director of Scientific Programmes

#### Session summary:

Deborah will set help set our thinking for the day providing us with her perspective on what care can and should like in a Women’s PICU.

#### Synopsis:



We are very grateful to Deborah for providing delegates with this opportunity to hear about what patients and carers value in a Women’s PICU.

#### Biography:



**Shanika** graduated from St Bartholomews Medical School in London. She trained in psychiatry in London in both the University College Hospitals and the St Marys & Charing Cross schemes. She has worked as a Consultant psychiatrist in PICU since 2009 for Central and North West London NHS Foundation Trust (CNWL). She has worked as a Consultant in male PICU, and since 2012 she has been a Consultant in the female PICU, which admits patients nationwide. Shanika chairs the Pan-London PICU Consultants Forum as well as chairing the CNWL Trust wide MDT PICU Committee. She is NAPICU Deputy Director of Scientific Programmes.

## Session Summaries and Biographies

### 09.45 – 10.30 Multidisciplinary Pearls in Women's PICU

#### Medication

**Mrs Caroline Parker**, *Consultant Pharmacist for Adult Mental Health Services, Central and North West London NHS Foundation Trust and NAPICU Director of Operations*

#### Session summary:

Every patient admitted to a PICU will be prescribed medicines, and they are often too unwell to have capacity to really agree and understand the longer term choices involved, and sometimes it is against their will. The diagnoses that lead to a PICU admission vary between men and women, and therefore different treatments will be required. Not only that, but men and women's bodies handle medicines differently. Lastly most medicines are generally tried and tested in men, not women. So how should we tailor our prescribing for women admitted to PICUs?

#### Biography:



**Caroline** is a consultant mental health pharmacist in Central and North West London NHS Foundation Trust, one of the largest mental health services in the UK. Her clinical role includes working as a member of a Psychiatric Intensive Care team, and in a Community Recovery team where she operates as an independent non-medical prescriber. She has worked in several central London hospitals across a wide range of psychiatric services delivering direct patient care. She is the Director of Operations for NAPICU and has served on the NAPICU executive committee in a variety of roles since 2008.

#### Psychological Intervention

**Dr Nicola Begum**, *Clinical Psychologist, Rosebank Ward PICU, East London NHS Foundation Trust*

#### Session summary:

This session will outline some of the ways in which psychology can enhance the care and treatment received by women on a PICU as well as supporting the MDT in this context, covering both direct and indirect ways of working. This will include a focus on formulation and reflective practice using principles from Cognitive Analytic Therapy, a relational model.

#### Biography:



**Nicola** qualified as a Clinical Psychologist in 2012 and is an accredited Cognitive Analytic Therapy (CAT) Practitioner. She has spent the past 5 years working in Psychiatric Intensive Care Units, for both males and females, in general adult and forensic settings. She also works with Sylheti-speaking families using a Behavioural Family Intervention model. As well as working with inpatients and clients outside of hospital settings, she works with families/carers. Much of her work is focussed on staff teams, offering reflective practice spaces, formulating the work within the context of a PICU, offering training and supporting therapeutic engagement with patients using psychological theory.

## Session Summaries and Biographies

### Occupational Therapy

**Mrs Rebecca Davies**, *PICU Occupational Therapist, ES1 PICU, Maudsley Hospital, South London and Maudsley NHS Foundation Trust*

#### Session summary:

This session will give an overview of the role of Occupational Therapy on a women's PICU, including an introduction to the current ward activity programme, images of some of the therapeutic spaces on the ward and discussion about how OT input can help to reduce the use of restrictive interventions. The session will also focus on some of the current creative projects on ES1 PICU where we aim to improve the therapeutic atmosphere on the ward.

#### Biography:



**Rebecca** is the Senior Occupational Therapist (OT) on the female PICU for South London and Maudsley NHS Foundation Trust. Rebecca started her career in healthcare in 2005 as a Learning Disabilities support worker, and subsequently trained as an OT. Since qualifying, she has worked in a variety of healthcare settings including as a physical health OT. Rebecca has a special interest in the use of sensory methods in mental health settings and has completed an MSc module in Sensory Integration. In her current role she has created a sensory room as a space for de-escalation and relaxation and is currently conducting research on the benefits in terms of potential reduction in restrictive interventions and increase in positive patient experience.

### Associated Therapies

**Mr Nick Goss**, *Tai Chi Instructor and Psychotherapist Shannon Ward PICU, Central and North West London NHS Foundation Trust*

**Mrs Diane Eagles**, *PICU Art Psychotherapist and Older People & Healthy Ageing Arts Psychotherapies Head Central and North West London NHS Foundation Trust*

#### Session Summary:

This session will cover the aims of Art Psychotherapy on a female PICU

#### Biographies:



**Nick** is a Psychotherapist and Tai Chi teacher. Since 2004 he has facilitated therapeutic groups using Tai Chi and talking, working with people experiencing varying degrees of mental health issues. He is particularly interested in supporting people to engage their Secondary Processes or 'Sane Mind' so they can manage their lives with more options.



**Diane** is an art psychotherapist working in adult psychotherapy and the male PICU at St. Charles hospital CNWL. Diane is one of the CNWL head of arts psychotherapies managing the older adult arts therapies team. She also contributes to the international centre for arts psychotherapy training (ICAPT), leading on an adaptation of Dynamic Interpersonal Psychotherapy for Arts Psychotherapists (ADAPT).

## Session Summaries and Biographies

### 10.30 – 11.15 Physical Healthcare Topics in Women's PICU

#### Sexual and Reproductive Health

**Dr Kirsten Ellis**, *Consultant Psychiatrist, Psychiatric Intensive Care for Women (Rosebank Ward), Tower Hamlets Centre for Mental Health, Consultant Psychiatrist for the East London Criminal Justice Mental Health Liaison Service*

#### Session summary:

The session will outline the importance of attending to sexual and reproductive health in PICU. She will examine its relationship with serious mental illness and its treatment, summarising how to approach assessment and management in the PICU ward environment.

#### Biography:



**Kirsten** completed her medical degree at the University of Cape Town, and went on to gain clinical experience in a range of medical specialities prior to moving to the UK in 2000. She commenced psychiatric training on the Royal Free and Associated Hospitals training scheme, and later completed her registrar training in 2010. Kirsten completed a Masters degree in Psychiatric Research at the University of the City of London (UCL). She has a rehabilitation psychiatry accreditation, and her first Consultant position was in the Rehabilitation team in Hackney. She later worked briefly as a Consultant Psychiatrist in the Eating Disorders Service prior to commencing her substantive Consultant position. August 2017, she transitioned to her current role in Psychiatric Intensive Care for Women on Rosebank Ward, which had been a career ambition for a number of years.

#### Management of Incontinence and Enuresis in Women's PICU

**Dr Matthew Hartley**, *Psychiatry trainee, South London and Maudsley NHS Foundation Trust*

#### Session Summary:

Incontinence and enuresis are surprisingly common and under-recognised symptoms in psychiatric care. The impact on the patient can be profound given the uncomfortable nature of the problem and anxiety about future episodes. This talk will cover important symptoms that may be encountered on a Women's PICU and will discuss approaches for management.

#### Biography:



**Matthew** is a psychiatry core trainee from the South London and Maudsley NHS Foundation Trust. He is currently the CT2 on ES1 Ward, Maudsley Hospital. His undergraduate medical training was at King's College London, graduating in 2013. His intercalated BSc was in Medical Ethics and Law. His special interests are risk management, mental capacity and the interface between psychiatry and the law.



## Session Summaries and Biographies

### Cardiovascular Risk Profiling & Obesity

**Professor David Osborn**, *Professor and Consultant Psychiatrist, Division of Psychiatry, University College London and Camden and Islington NHS Foundation Trust*

#### Session summary:

David leads a programme of research exploring cardiovascular risk in people with severe mental illness. In this session he will discuss issues related to cardiovascular risk and weight gain with antipsychotics using data from real life UK general practice in relation to the needs of women in PICU. He will also describe how these results can be used to decrease cardiovascular risks in people prescribed antipsychotics. Some of David's work assesses whether conventional methods of assessing future CVD risk work well in people with SMI and he will briefly mention this work and what it tells us about antipsychotics. He will present these results in a practical way, in the context of other research evidence and guidelines.

#### Biography:



**David** is a Professor in psychiatric epidemiology at University of the City of London (UCL). He trained at both Cambridge University and UCL and now works clinically as a Consultant Psychiatrist in a Crisis Team in Camden and Islington. His main academic expertise is the interface between physical and mental health. Over the last 15 years he has published a wide range of research relating to cardiovascular disease in people with severe mental illness. He has evaluated interventions to improve screening for cardiovascular risk. Much of his currently funded research focuses on large routine clinical databases deriving from general practices and trials. His work on cardiovascular disease has been cited in guidelines across the World and has fed into various policies to improve physical health care for people with poor mental health.

### Pregnancy & Post-Partum

**Dr Jona Lewin**, *Consultant Psychiatrist, Coombe Wood Mother and Baby Unit, Central & North West London NHS Foundation Trust*

#### Session summary:

The session aims to give a brief overview of mother and baby units (MBU) in England including: The funding of these units and pathways in perinatal psychiatry. This will include admission criteria and treatment facilities in MBUs and management of challenging psychiatric conditions and behaviours.

#### Biography:



**Jona** started his training in psychiatry in 1988 and was first appointed to the post of a Consultant Psychiatrist in 1997. Jona has worked in various psychiatric settings in general adult psychiatry both in-patient and community settings. In addition to his work in general adult psychiatry Jona started to work partly in perinatal psychiatry in 1998. He has been working full time in perinatal psychiatry since January 2016 and is Consultant Psychiatrist for Coombe Wood Mother and Baby Unit. Jona is a member of the Executive Committee of the Perinatal Faculty of the Royal College of Psychiatrists (RCPsych).

## Session Summaries and Biographies

### 11.15 – 12.00 Psychiatric Topics in Women's PICU

#### RT & Restraint in the Women's PICU

**Ms Charlene Alfred**, *Matron, Shannon Ward PICU, Central and North West London NHS Foundation Trust*

**Ms Jessica Partington**, *Clinical Team Leader, Shannon Ward PICU, Central and North West London NHS Foundation Trust*

#### Session summary:

This session will cover reducing RT and Restraint through many different pathways in the Women's PICU.

#### Biographies:



**Charlene** qualified as a Registered Mental Health Nurse in 1999. She has 18 years' experience working in different mental health settings and specialises in general in-patient psychiatry as well as both male and female Psychiatric Intensive Care Units (PICU). She currently provides clinical and managerial leadership as a Matron on Shannon Ward female PICU. She has an interest in promoting the least restrictive practice and the use of rapid tranquillisation and restraint. She has held a Divisional level position as an Associate Lead Nurse and strived to enhance the quality and standard of nursing practice within teams. She has also held a Trust-wide level position as a Practice Education. During her compelling innovations and clinical leadership in practice, she has acquired academic achievements within the field of Healthcare. Charlene is currently working on a project to implement an Apprenticeship Scheme into the clinical environment and promote a progressive highly skilled nursing workforce within mental health.



**Jessica** qualified as a Mental Health Nurse from Liverpool John Moores University in 2013. Jessica currently works as a Project Manager for reducing restrictive interventions on a 12 bed female PICU, Shannon Ward, Central and North West London NHS Foundation Trust. She has experience of working in Substance Misuse Services and Mental Health Inpatient within a Category B male Prison. She has also worked in women's Therapeutically Enhanced Care within a Forensic Medium Secure Service. Jessica has a keen interest in quality improvement, high quality nursing practice and the political climate surrounding the NHS. She has collaborated with NHS England on the Nursing Vision 'Compassion in Practice' as a Care Maker

## Session Summaries and Biographies

### Managing Mania in the Women's PICU

**Dr Shanika Balachandra**, Consultant Psychiatrist, Shannon Ward PICU, Central and North West London NHS Foundation Trust and NAPICU Deputy Director of Scientific Programmes

**Mr Ryan Passey**, Clinical Team Leader, Shannon Ward PICU, Central and North West London NHS Foundation Trust

#### Session summary:

This session will be led by a multi-disciplinary approach to Managing Mania in the Women's PICU.

#### Biographies:

Please see page 5 for Dr Shanika Balachandra's biography



**Ryan** has been working as a nurse in female PICU for the last three years and is currently the acting ward manager in a 12-bed Women's PICU, Shannon Ward, for Central and North West London NHS Foundation Trust. He has a keen interest in patient safety and reducing restrictive practices. Ryan remains actively involved in the unit's smoke-free initiative ensuring that the patient voice is at the heart of smoke-free policy implementation. Ryan is currently undertaking an apprenticeship in leadership and management.

### Adult Safeguarding & Sexual Assault

**Ms Rebecca Lingard**, Nursing Matron, East London NHS Foundation Trust, Honorary Lecturer City University

#### Session summary:

This session will explore one aspect of Safeguarding Adults; sexual assault. Much work has been done in recent years in tackling violence and sexual assault against women and girls. Covering aspects of risk assessment, recent Government Strategies, available services that work with and support Survivors of Sexual violence, and of course how a PICU can play a crucial role in identifying potential abuse early.

#### Biography:



**Rebecca** has been in the profession for over 23 years, starting her career as a care assistant on a dementia unit, qualifying as a registered Mental Health Nurse in 2003. Rebecca has a special interest in psychiatric intensive care, specifically women's services. Working as a Matron for East London NHS Foundation Trust (ELFT), Rebecca is responsible for a Trust wide women's intensive care service and was also the Interim Operational Manager for the London Trial Site for the Liaison and Diversion Service (Criminal Justice Mental Health Team), helping to establish the service. Rebecca is an Honorary Lecturer at City University, and a Clinical Management of Actual and Potential Aggression (MAPP) Instructor, teaching clinicians therapeutic de-escalation techniques and

therapeutic skills. In 2017 Rebecca along with Chris Dzikiti became contributing Authors for 'Psychiatric and Mental Health Nursing: The Craft of Caring', writing the chapter on Psychiatric Intensive Care. Rebecca has an MSc in Inter Professional practice completing a research project on patient's experiences of being nursed in different hospital environments. Rebecca won Employee of the Year in 2014 for ELFT.

## Session Summaries and Biographies

### Working with Women & Children safely

**Ms Shirley McNicholas**, *Women's Lead and Team Manager, Camden and Islington NHS Foundation Trust*

#### Session summary:

A trauma informed response to women admitted to PICU's and how we ensure children are considered at every referral. It is a challenge for those offering PICU services to provide a trauma informed response due to the controlled nature of the environment. Ruby Ward aims to promote this model of practise, motherhood is acknowledged and children are considered from the source of referral and throughout the pathway for women.

#### Biography:



**Shirley** has spent the last twenty years working in a trauma informed women's crisis service, Drayton Park Women's' Crisis House. She is the founder of this service alongside women who used mental health services. She is also the Women's Lead for the Trust and provides training and expertise in domestic and sexual abuse, gender informed practice and trauma informed environments. In 2014 she led a Department of Health pilot programme to embed a cultural change in how mental health services responded to disclosures of domestic and sexual abuse in collaboration with AVA (Against Violence and Abuse) Shirley is part of the team developing the model for the new Women's PICU provided by Camden and Islington NHS Foundation Trust.

## Session Summaries and Biographies

### 13.15 – 14.15 Relational Insights and Personality Disorder in the Women's PICU

**Dr Oliver Dale**, Consultant Psychiatrist, Hammersmith and Fulham Personality Disorder Service, Clinical Lead Personality Disorder Pathway, West London Mental Health Trust

**Mr John Glyn**, Psychoanalytic Psychotherapist, West London Mental Health Trust

**Ms Amanda MacKenzie**, Senior Nurse, West London Mental Health Trust

**Dr Julia Blazdell**, Service User Consultant, West London Mental Health Trust Managed Clinical Network, London

**Ms Gillian Kelly**, Deputy Director of Nursing, West London Mental Health Trust

#### Session summary:

The Relational Challenges of working with severe disturbance: Using their experience of working with patients in both secure settings and at the Cassel Hospital, John Glyn and Amanda Mackenzie will explore some basic theoretical concepts of the emotional challenges of working with severely disturbed individuals and how individuals and services employ defences which undermine the ability for patient and carer to relate to one another.

Thriving, not surviving: Gillian Kelly and Julia Blazdell will follow this by describing how the Women's Knowledge and Understanding Framework (WKUF) and training was developed in order to develop teams working with women with severe disturbance. The Female PICU is an ideal setting for such training. This will be expanded giving the model employed by WLMHT of developing co-produce training which cuts across the trust from Broadmoor to Primary care in order to develop an experiential learning model which restores hope and challenges stigma

#### Biographies:

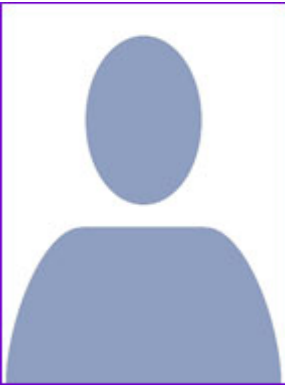


**Oliver** is a Consultant Psychiatrist and Jungian Analyst. He is the Clinical Lead for the Cassel Hospital and the personality disorder pathway in West London Mental Health (WLMHT). He has a number of interests in service development, reflective practice and the employment of people with the lived experience in the delivery of services.



**John** is a Psychoanalytic Psychotherapist. He is Head of Psychotherapy and Social Work at the Cassel Hospital, a specialist Tier 4 NHS service for patients with severe personality disorder. He previously worked for 10 years in medium secure forensic psychiatric settings. He also works in private practice.

## Session Summaries and Biographies



**Amanda** is the Senior Nurse at the Cassel Hospital, Inpatient and Outreach Services. She qualified as a Registered Nurse in Community, Psychiatry, General and Midwifery. She worked in many areas of nursing before specialising in Psychiatry and has worked at the Cassel Hospital for the past 19 years.



**Julia** is a service user consultant with the Managed Clinical Network for Personality Disorders in WLMHT. She is also an Education Consultant for the Institute of Mental Health. Julia co-produced the four-day enhanced Women's Knowledge & Understanding Framework for personality disorder training (WKUF) and continues to co-facilitate this national training to staff working with women in prisons and secure settings.



**Gillian** is Deputy Director of Nursing at WLMHT. Having completed the Tavistock's Masters in Consultation and the organisation, she brings a wealth of expertise to psychodynamic thinking and leadership. She has worked extensively in forensic and women's services and her previous role was as a consultant nurse specialising in personality disorder.

## Session Summaries and Biographies

### 14.15 – 14.35 Nursing Recruitment in Women’s PICUs & Nursing Competencies

**Mrs Sharon Chihowa**, PICU Clinical Services Lead, Psychosis Clinical Academic Group, South London and Maudsley NHS Foundation Trust

#### Session summary:

It is particularly true that recruiting nurses to a women’s PICU can prove to be challenging in comparison to males. It is also true to say that successful recruitment to this service is absolutely possible. Inclusive of various recruitment and retention strategies, increasing the focus on nursing competencies in this specialist area, as a programme intervention approach has added value and since been effective.

#### Biography:



**Sharon** qualified as a Mental Health Nurse in 2004 with London South Bank University, since then she started her working career in forensics in a private hospital (St Andrews Healthcare) for six years and worked within an LSU. Following that role she joined SLAM in 2010 and began working in a woman’s PICU in a leadership role. She then took up a post as a manager in an acute setting. Now her role is a Clinical Service Lead for SLAM PICUs covering the place of safety.

### 14.35 – 15.45 Developing Clinical, Operational & Workforce Standards for Women’s PICUs – Interactive Session

**Dr Faisal Sethi**, Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman

**Ms Chloe Finamore**, Research Assistant, The Cassel Hospital, West London Mental Health Trust

#### Session Summary:

This session is interactive and will involve group work. The facilitators will provide an overview of proposed clinical, operational and workforce standards’ statements appropriate for Women’s PICUs.

#### Biographies:

Please see Page 4 for Dr Faisal Sethi’s biography



**Chloe** is a Research Assistant at the Cassel Hospital where her role is focussed on the evaluation of the hospital’s specialist treatment for personality disorder. She previously worked in corporate finance law before completing her Psychology MSc and joining the NHS.

## Session Summaries and Biographies

### 15.45 – 16.00 Summary Overview / Discussion / Next Steps

**Dr Faisal Sethi**, Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman

#### **Session Summary:**

This session will seek to summarise the learning from the day, and consider the roadmap for future network development, quality improvement and training in areas relevant to Women's PICU.



## **NAPICU Local Quarterly Meeting**

*hosted by: St Andrew's Healthcare,  
Northampton*

**Thursday 1<sup>st</sup> March 2018**

## **23<sup>rd</sup> Annual NAPICU Conference**

Theme TBC

*Holywell Centre, Loughborough University*

**Thursday 6<sup>th</sup> – Friday 7<sup>th</sup> September 2018**

**For full event information visit**

**[www.napicu.org.uk](http://www.napicu.org.uk)**

