

## JOB DESCRIPTION

**JOB TITLE:** Eating Disorder Practitioner

**BAND:** Band 6

**REPORTS TO:** Clinical Lead

**RESPONSIBLE TO:** Senior Operations Manager

**LOCATION:** The Calvert Centre, Hull

### JOB PURPOSE

- To contribute to the continued development of a multi-disciplinary community eating disorder team. .
- To provide specialist evidence based psychological treatment interventions for eating disorder patients including those who present with severe and extreme severities.
- To undertake a specialist assessment of eating disorder patients presenting with high risk.
- To manage a defined caseload independently.
- To mentor students.
- To act as a case coordinator for patients requiring specialist in-patient admission, ensuring seamless transition between services.
- To provide support and clinical supervision to identified members of the team.
- To assess the needs of patients and their carers based on the analysis of a range of facts or situations. Interventions will be planned on the assessment information and the interpretation of this e.g. mental health assessment/risk assessment.
- To contribute to the team in service training programme and the continued professional development of staff.

### DUTIES & RESPONSIBILITIES

#### Communication

- Ability to communicate with a wide range of people, developing positive working relationships.
- Work to improve liaison between primary and secondary mental health services..
- To provide and receive highly complex and/or sensitive information from patients and communicate this in a wide range of settings and where there may be barriers to understanding.
- To communicate complex and sensitive information to patients and carers.
- To ensure clear and timely documentation.
- To work with peers, other colleagues, patients and provide effective communication within the team/unit.
- To provide patients, carers and significant others with information and knowledge regarding their eating disorder rights and the services offered.
- To motivate, encourage, and negotiate with patients, often with low motivation levels, in relation to their individual or group treatment programme using motivational interviewing techniques.
- To attend meetings representing the specialist eating disorder service.

### **Analytical Tasks**

- To take responsibility for minimising clinical risk within clinical practice by the development and monitoring of clinical standards.
- This is duplicated below. To assess and analyse patient condition and results, suggest treatment regimes, and formulate risk management plans.
- To monitor complex cases and use specialist knowledge to consider range of management and treatment options suited to the individual and refer to other health professionals for further management when necessary.
- To assist in the development of clinical audit tools and surveys and undertake clinical audits which monitor quality and effectiveness of care.

### **Planning and Organisational Skills**

- To provide effective clinical mentorship to junior staff , coordinating activities and motivating staff to deliver safe, cost effective, evidence-based practice in line with local and national priorities.
- To work in collaboration with secondary care service providers to implement and strengthen work on integrated pathways and the interface between primary and secondary care mental health services.
- To manage the demands of own caseload.
- Assist in the development and implementation of care pathways.
- To plan and deliver a range of interventions for patients in individual and group work in a range of settings e.g. face to face, virtual.

### **Physical Skills**

- Ability to commute.
- Ability to use Microsoft office packages.
- Ability to work flexible in different environments.
- Ability to sit for prolonged periods of time.

### **Responsibility for Patient Care**

- To provide specialist advice to professionals in the management and treatment interventions of patients with eating disorders.
- To promote the development of working relationships across other agencies.
- To assess complex health and wellbeing needs and develop, monitor and review care plans to meet needs of patients with eating disorders.
- To attend complex CPA reviews and professionals meetings representing the clinical views of the specialist service.
- To oversee the assessment and referral process of patients requiring specialist inpatient services including the step down process.

### **Policy and Service Development Implementation**

- Follow policies and procedures relevant to own area of work and support others to do so.
- To ensure the local implementation of the NICE guidelines for eating disorders.
- To contribute to reviewing, developing and monitoring standard operational/clinical policies, relevant to own clinical areas.

- To work in partnership with others to develop, implement and evaluate policies and strategies for the treatment of people with eating disorders.
- To encourage the development of evidence based practice.

#### **Responsibilities for Financial and Physical Resources**

- Responsible for the safe use of equipment used by self and others.
- To be responsible for the transfer and set up of mobile IT equipment
- To manage own equipment to work flexibility in a variety of settings.
- Maintain stock control of equipment and clinical support material.

#### **Responsibilities for Human Resources**

- To provide professional and clinical supervision and guidance to identified members of the team and other professionals.
- To assist in the development and delivery of training and teaching to groups in a formal setting.
- To support the education of students and mentorship.

#### **Responsibilities for Information Resources**

- Responsible for ensuring adequate, personally generated, documentation of patient records is maintained in line with professional code of conduct e.g. patient care plans/assessments.
- To ensure that audits and patients satisfaction surveys are undertaken, to monitor the quality of care provided and to make adjustments where necessary to improve standards.
- To investigate clinical incidents, respond to complaints and amend practice as appropriate.
- Maintain up to date training, basic IT skills and demonstrate a good working knowledge of confidentiality and data protection.

#### **Responsibilities for Research and Development**

- To ensure that audits and quality assurance surveys are undertaken on a regular basis.
- To ensure that clinical activities are evidence based and encourage research based activities that relate to the National Agenda.
- Committed to service user involvement in the planning and development of services.  
To utilise research and evidence-based practice.

#### **Freedom to Act**

- To work within professional code of conduct, organisational and national policy and guidance. Manages caseload in an independent manner, recognising the need for supervision for cases outside personal competencies.
- Interprets national and local policy/guidelines within and across local organisations.
- Operates independently within statutory frameworks.

## **EFFORT AND ENVIRONMENT**

**Effort criteria – the frequency with which the post holder is expected to deal with the following areas should be indicated e.g. average over a day, a week, a month or a year**

### **Physical Effort**

- Frequent requirement for sitting in a restricted position whilst assessing patients.

### **Mental Effort**

- Frequent requirement for concentration during patient sessions, work pattern is predictable.

### **Emotional Effort**

- Frequent exposure to distressing or emotional circumstances and occasional exposure to highly distressing or emotional circumstances i.e. relating information or reporting sexual or emotional abuse.

### **Working Conditions**

- Frequent exposure to unpleasant working conditions and occasional verbal aggression.
- Frequent use of VDU.

**PERSON SPECIFICATION  
EATING DISORDER SYSTEMIC PRACTITIONER**

	Essential	Desirable	How assessed
<b>Qualifications</b>			
Professional Health Qualification, RMN, RN, SW, OT or equivalent therapy training with recognised accreditation	X		Evidence of Qualifications
Evidence of further professional development to postgraduate level or currently working towards	X		
Evidence of further training/learning in eating disorders	X		

	Essential	Desirable	How assessed
<b>Knowledge</b>			
Knowledge/understanding and experience of eating disorder management and treatments	X		Application Form and Interview
Knowledge of mental health risk assessment	X		
Understanding of current mental health legislation pertaining to the management of eating disorders	X		
Knowledge of research and audit methods		X	

	Essential	Desirable	How assessed
<b>Experience</b>			
Experience of working in a mental health setting	X		Application Form and References
Experience of working with eating disorders		X	
Ability to independently carry out specialist eating disorder assessments	X		
Use of IT equipment/systems to work effectively,	X		
Experience in MDT working within the mental health setting	X		
Can operate as an autonomous practitioner	X		
Ability to independently manage a caseload	X		
Experience of facilitating treatment groups	X		
Experience of the treatment/ management of eating disorders		X	

Experience of supervising others	X		
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	Essential	Desirable	How assessed
Personal Attributes			
Conversant in the 7 C's – Care, Compassion, Competence, Communication, Courage, Commitment and Candour and the values of the organisation	X		Interview and References
Ability to communicate sensitive information effectively	X		
Able to work alone as well as part of a team	X		
High level of verbal communication skills used within a recognised therapeutic approach	X		
Ability to work effectively in challenging settings	X		

	Essential	Desirable	How assessed
Personal Circumstances			
Ability to commute between CHCP sites and the community with access to a suitable means of transport	X		Application Form and Interview
Ability to work effectively in different environments	X		

Job Holder Signature ..... Date .....