

Senior Training Fellowship

Observership – Psychiatric Emergencies



I thank god Almighty for this great privilege given to me. Also I am indebted to the Friends of Vellore, USA, Christian Medical College and College of Nursing for offering the Senior Training Fellowship.

The institution acknowledged my area of interest in psychiatric emergencies, which is also the need of the department. After extensive search of hospitals that provide observership in various states of USA, I was given an opportunity by the Sheppard Pratt Health System, Baltimore, Maryland. Our Medical Alumna, Dr. Meenakshi Vimalananda, who was the Head of Child and Adolescent Psychiatry facility in Sheppard Pratt health System, was instrumental in organizing this training for me.

I spent 4 weeks as visitor observer from 06.05.2019 to 31.05.2019. The objectives of my training were:

- To observe and learn the comprehensive risk assessments performed in Psychiatric Emergency Nursing
- To learn the skills of the various de-escalate techniques
- To observe the debriefing session

I was mentored by Dr. Ben Borja, M.D, Director, Resident, Medical Student Education. The observership was in the following clinical areas: Crisis walk in Clinic, Crisis Admission Unit and Psychotic Disorders Unit. I also had the opportunity to actively participate in the huddle rounds, Wednesday conferences and Tele psychiatry.

Under the mentorship of Dr. Ben Borja, I was able to interact with clients attending the Crisis Walk in clinic. The Crisis Clinic caters to clients who have problems in their day to day lives and are unable to cope with the crisis. The Crisis Walk in Clinic is conducted from 10am to 7.00 pm, from Monday to Friday. Approximately 50 to 60 clients with the age group 8 years to 60 years and above, attend the clinic. Most of them who attended this facility were with self injuries behaviour and suicidal ideas.

I was able to attend the Code GREEN (management of psychiatric emergencies). Debriefing sessions are regularly conducted with the team after an emergency. I was able to witness few of these sessions. I was introduced to Tele Psychiatry facility at the Behavioural Medicine Unit under the guidance of Dr. Ben Borja. I was able to counsel clients who were attending the psychiatric clinics in the remote areas. I had an opportunity to attend the Huddle rounds.

It was not just an observership, but exchange of ideas both academic and patient care. I was able to present the Institution and the work done at the department of Psychiatry. It was an over whelming experience of getting the experience and also meeting the alumni of CMC.

Future plans: The Senior Training Fellowship will enable me to start a formal debriefing session after an emergency in the department. The existing protocols in relation to management of psychiatric emergency will be revised The nurses will be educated regarding verbal de-escalation techniques. The suicide risk assessment format will be developed and the nurses will be trained to use the same. Research will be conducted in the area of psychiatric emergencies.

I thank the administration to giving me an opportunity to undergo Senior Training Fellowship and CMC Vellore Board for funding.

Dr. Manoranjitham Sathiyaseelan