A Guide for GPR Trainees Attending Local ‘Memory’ Clinics

The Opportunity:

We are piloting in Health Education Wessex a new opportunity for GP ST1-2 Trainees in Wessex to spend a session in their local ‘memory clinic’.

This is to assist trainees who do not have old age psychiatry placements in their rotation to learn more about their local service and to help meet their curriculum requirements around the care of older people, people with dementia and the care of those with Mental Health Problems.

The primary aim to help trainees make links with their local ‘memory clinic’ and dementia services and to understand what they offer for patients with suspected dementia.

This is not mandatory and it is not expected that all trainees will take up this opportunity. We would ask that trainees link with their local memory clinic where possible; services will vary from area to area. This is with the support of the local Mental Health and Community Trusts and is at their discretion. Trainees should plan to attend these clinics preferably during their ST1-2 GP 6 month post.

We have used the term ‘memory clinic’ however from locality to locality dementia assessments will be as part of formal memory clinics, memory assessment services or as part of traditional Community Mental Health Teams in Old Age Psychiatry based in clinics, GP surgeries or in patient’s home. Where possible we would advise you sit in with a doctor for at least one new assessment to see a full medical assessment and also see an annual review with a memory nurse.

Why is this important? Dementia diagnosis rates locally and nationally are low; just over 50% of the expected number have a diagnosis (Alzheimer’s Society, 2013). Many patients are not benefiting from the local NHS and non-statutory support. As the next generation of local GPs you have the opportunity to change this.

The Trainee Responsibility:
We would ask that you contact your local ‘memory clinic’ yourself and liaise with the consultant or nominated contact to attend a mutually convenient session. You may be the first trainee to attend so you may need to explain why you wish to attend and what you want to see.

You must wear a clear NHS ID badge.

This is your opportunity to learn vicariously. You will have the opportunity to ask questions to clarify your understanding and find out more about referral criteria, differing roles of health and social care, the role of memory advisors, Admiral nurses, memory matters courses and other local services. It may be that your visit helps you to identify any other gaps and could lead to shadowing other health professionals such as the Admiral Nurse or attending a session of the Memory Matters Course or Memory Café.

You would need to discuss this opportunity with your GP Trainer and take it either as one of your Personal Development sessions or as formal study leave. Wessex Deanery support and encourage you to take study leave to enhance and widen your learning and provide the opportunity for a wider range of experiences as part of GP training.

The Role of the Memory Clinic Staff:

1. To demonstrate their usual care and assessment in someone with possible dementia.
2. To explain the patient journey through the service from referral, if asked.
3. To give any tips around referral and explain referral criteria, if asked.

Intended Learning

GP Curriculum for Older People and for Mental Health links:

- Care of Older Adults
- Care of People with Mental Health Problems

Following attendance at a clinic, the potential learning goals are as follows:

1. To know how to access local memory assessments and support services for patients with suspected or known dementia.
2. To understand the patient journey from primary care to memory clinic and beyond.
3. To understand how to access local Social Care and non-statutory dementia services.
4. To make some helpful links with your local CMHT and memory clinic service.
Following attendance and further reading and reflection, further goals are:

5. To understand the special features of psychiatric disease in old age e.g. pseudodementia, Alzheimer’s dementia, Vascular Dementia and Mild Cognitive Impairment.
6. To understand the role, risks, contraindications, monitoring and benefits of memory medications, including specifically when they are not indicated or should be stopped. (e.g. GI Ulcer with donepezil).
7. To write up the experience on your e-portfolio and reflect on your learning informing your personal development plan.
List of Participating Memory Clinics for 2014:

Dorset (Dorset Health Care University Foundation Trust)

For all Dorset Clinics please contact Dr Ranjeev Jaswal (Memory Clinic Lead for Dorset) via his secretary Patsy Lane 01202 705603. The localities are as follows:

DHUFT Memory clinic webpage: http://www.dorsethealthcare.nhs.uk/services/older-adult-mental-health/memory-clinic.htm

East Dorset, Bournemouth and Poole:

1. **Bournemouth Older People's CMHT and Christchurch Older People's CMHT**
   a. Kings Park Hospital, Gloucester Road, Boscombe, Bournemouth, BH7 6JE
   b. Bournemouth Older People's CMHT - Maureen Deelchand 01202 705609
   c. Christchurch Older People's CMHT - Debi Carney 01202 858158

2. **Ferndown & West Moors Older People's CMHT and Wimborne and Purbeck Older People's CMHT**
   a. Consultant: Dr. Shaun Kerwick
   b. 15 Oakley Lane, Canford Magna, nr Wimborne, BH21 1SF
   c. 01202 639560

3. **Poole Older People's CMHT**
   a. Alderney Hospital, Ringwood Road, Parkstone, Poole, BH12 4NB
   b. Team Leader Lorraine Robbins, 01202 305115

North and West Dorset:

1. **Bridport**
   a. Older Peoples CMHT, Bridport Community Hospital, Hospital Lane, Bridport, DT6 5DR
   b. 01308 426291

2. **Blandford**
   a. Older Peoples CMHT, Blandford Community Hospital, Milldown Road, DT11 7DD
   b. 01258 394045 / 01305 361745

3. **Dorchester**
   a. Older Peoples CMHT, Community Offices, 2nd Floor, Atrium Health Centre, Dorchester, DT1 1QR
   b. 01305 250861
4. **Shaftesbury**  
   a. Older Peoples CMHT, Melbury Unit, Westminster Hospital, Magdalene Lane, Shaftesbury, SP7 8BD  
   b. 01747 851625 / 854643  

5. **Sherbourne**  
   a. Older Peoples CMHT, Yeatman Hospital, Sherbourne, DT9 3JU  
   b. 01935 815598 / 01305 361560  

6. **Weymouth & Portland**  
   a. Older Peoples CMHT, Weymouth Community Hospital, Melcombe Avenue, DT4 7TB  
   b. 01305 762505  

**Hampshire (Southern Health NHS Foundation Trust)**

Link to check which GP surgery linked to which Southern Health Service: [http://www.southernhealth.nhs.uk/referrers/services/opmh/](http://www.southernhealth.nhs.uk/referrers/services/opmh/)

1. **Andover**  
   a. Consultant Dr Daniel Pearce, Memory Nurse Deborah Carter, SpR Dr Jay Amin, Deputy Team Leader Lucy Smith.  
   b. Address: Alan Gardiner Centre, Andover War Memorial Hospital, Andover SP10 3LB *(check location of clinic before attending)*  
   c. Contact: Damian Evans PA to Dr Pearce 01264 835263 damian.evans@southernhealth.nhs.uk  

2. **Basingstoke/North Hants**  
   a. Consultants: Dr Tracey Eddie, Dr Sarah Constantine, Dr Raja Badrakalimuthu, Team Manager Sheila Gascoigne  
   b. Parklands Hospital, Aldermaston Road, Basingstoke, RG24 9RH AND Elizabeth Dibben Centre, Pinehill Road, Bordon, GU35 0BS  
   c. Contact Tel: 01256 376451 (Ask for Consultant’s Secretary)  

3. **Eastleigh and Southern Parishes**  
   a. Consultant: Dr Kavitha Babu, Team Manager Anna Mould  
   b. Newtown House, 2a/2b Newtown Road, Eastleigh, SO50 9DB  
   c. Tel: 02380 620162 (Ask for Dr Babu’s Secretary).
4. Fareham and Gosport
   a. Consultants: Drs Bill Cutter, Martin Brown, Harriet Saziya, Ebu Vera-Cruz; Memory Nurses Jane Wallington and Ciara Dwyer-Parker, Team Manager Julie Sharp, Deputy Team Leader Mary Dwyer.
   b. Address: Aerodrome House, Aerodrome Road, Gosport Business Park, Gosport, PO13 0GY
   c. Contact Team Manager Julie Sharp or the Consultants Secretary: Tel: 02392 681000

5. Havant/East Hants
   a. Consultants: Dr Ahsan, Dr Tasha Smith, Dr Shelley Hogg, Doctors: Dr Jo Taylor and Dr Lydia Mirowska (SpR). Team Leader: Julie Edwards.
   b. Older Peoples Mental Health, Havant Health Centre, Civic Centre Road, Havant, PO9 2AQ
   c. Tel: 02392 344616 (Contact Consultants’ Secretary)

6. New Forest East
   a. Consultant Dr Judith Kerr, Associate Specialist Dr Christel Buis, SpR Dr Ali Moini, Memory Nurse: Carol Norris.
   b. Consultant work base: Western Community Hospital, William MacLeod Way, Southampton, SO16 4XE.
   c. Hythe Medical Centre, Beaulieu Road, Hythe, SO45 4ZD (Note memory clinics at various locations Romsey, Totton and Hythe)
   d. Contact Elaine, Dr Kerr’s Secretary 02380 698446

7. New Forest West
   a. Consultant: Dr Brady MacFarlane, Memory Nurses Georgina Thistleton and Kim Kennedy, Deputy Team Leader Sharon Ong.
      Address: Becton Centre, The Fairway, Barton On Sea, BH25 7AE
   b. Tel: 01425 623802 (Ask for Dr MacFarlane’s Secretary)

8. Romsey
   a. Consultant Dr Sanjana Nyatsanza, Memory Nurse: Carol Norris
   b. Consultant work base: Western Community Hospital, William MacLeod Way, Southampton, SO16 4XE.
   c. Former Magistrates Court, Church Street, Romsey, SO51 8HQ, 02380 423219 (Nurse base).
   d. Contact: Dr Nyatsanza’s Secretary 02380 698413
9. **Winchester**
   a. Consultant Dr Katie Clyde and Dr Senthil Subramanian, Speciality Doctor for Memory Clinics Dr Dave Duncan, Memory Nurse Deborah Carter, Team Leader Jackie Cooper.
   b. St. Waleric, Park Road, Winchester, SO23 7BE
   c. Tel: 01962 841941 (Contact Consultants’ Secretary)

10. **Southampton East (Moorgreen Hospital)**
    a. Consultant Dr Maged Swelam, Associate Specialist, Dr Jennifer Rowden, Deputy Team Leader Val Rich
    b. Address: Tom Rudd Unit, Moorgreen Hospital, Botley Road, West End, Southampton SO30 3JB
    c. Tel: 02380 475241 (Vicky Ravenscroft Dr Swelam’s Secretary) or 02380 475247.

11. **Southampton Central and West (Western Community Hospital)**
    a. Consultants: Dr Norma Delany & Dr Helen Matthews, Associate Specialist Dr Claire Polkinghorn, SpR Dr Vicki Osman-Hicks, Speciality Doctor Dr Debra Jones, Memory Nurse Rob Benham, Deputy Team Leader Val Rich.
    b. Address: Oakwood Centre, Western Community Hospital, William MacLeod Way, Southampton, SO16 4XE.
    c. Contact: Bev, PA to Drs Delany and Matthews 02380 69 8478.

**Portsmouth (Solent NHS Trust)**

a. Consultants: Dr Balaji Wuntakal (clinical director), Dr Andy Barker, Dr Kayode Osanaiye.
b. Address: Memory Clinic, Langston Centre, St James' Hospital, Locksway Road, Southsea, PO4 8LD
   c. Contact: Dr Wuntakal via Ann (secretary) 023 92 894682 or 023 92 894395.