There are several pieces of work within the Wessex PSU which are likely to come to fruition in the near future.

Dr Judy Curson started the process of a full review and rewrite of the Professional Support Strategy and this will soon be available. It is currently being reviewed internally and will be circulated and published on the website as soon as it has been completed. We would like to thank everyone who has contributed to the document, and particularly to Judy for her efforts prior to taking up her new post.

Dr Richard Mann, Consultant for Professional Support has been working for some time on reviewing processes and developing standard procedures within the unit and will continue to do so, this will include further investigations into a “sick doctor pathway” and development of checklists for case managers.

Updates and additions to the PSU web pages include:

- Form A and Form B have been updated following feedback and are online.
- Form F is now available online
- Amendments and updates to process documents including typos.
- Team photos have been added.

As always updates can be accessed via: http://www.wessexdeanery.nhs.uk/professional_support_unit.aspx

If you have any suggestions for the website please do not hesitate to let us know.

On the Horizon

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Upcoming Dates for the Professional Support Unit

- **Operational Panel and Case Manager Peer Supervision** — **Thursday 26 September 2013** — **Southern House**
- **Case Manager Development Day** — **Thursday 10 October** — **Holiday Inn, Eastleigh**

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Website Updates

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Statistics

So far in 2013 the PSU has received 79 referrals for doctors in training. Recent referrals include

- 5 self referrals
- 4 exam referrals

The team have also run an induction session for:

- 9 new case managers

And plan to bring 3 further new case managers on board...
Since the last newsletter there have been some changes to the Wessex PSU team.

Ben Fleat-Barrozo is now working with the Information Team across the Wessex and Thames Valley patches and has been replaced in the interim by Rachael Kent pending appointment of a substantive member of staff. Once a replacement is appointed they will be introduced as soon as they are in post.

Ben will continue to work with the PSU on the CPPS project.

Feature - Coaching Services

Principles of Coaching

Coaching gives an opportunity for individuals to take some time out to work on issues they are trying to resolve. The coach does not have the answers: the process of coaching enables the "coachee" to develop their own approaches and solutions. Unlike counselling, which seeks to explain and understand feelings and behaviours, coaching is focused on determining a course of action.

The conversation during the sessions is confidential. Occasionally a communication back to the referrer may be helpful – the content of any such communication would be agreed between coach and "coachee" in advance.

After four sessions a report to the referrer will be prepared by coach and "coachee" together setting out in very general terms what work issues were addressed and what the "coachee" feels has been achieved.

Examples of situations when coaching might be useful

- difficulties with communication or team working
- difficulties with organisation and time management
- contemplating a career or life change
- starting in a new role
- reappraising work-life balance
- working through options in response to a particular challenge in your life

Further information is available on the PSU website.

Suggestions for the PSU Update

As we are in our second issue of this newsletter we would very much welcome your input as to what you would like to see included here.

- Would you like to contribute?
- Do you have a story to share of using our service?
- Are there mysteries about the PSU that you would like to be unravelled?

If you have any ideas or contributions please do get in touch with any of the team.

Changes to the PSU Team

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PSU Contact Details

You can contact the Professional Support Unit whenever you have a query relating to our work, or if you’re looking for advice on a referral or active case.

If you have a general query you may find the answer on our web pages: http://www.wessexdeanery.nhs.uk/support/support/professional_support_unit.aspx

Alternatively you can contact us individually as below:

Mrs Julie Worthington, PSU Administrator: julie.worthington@wessex.hee.nhs.uk or 01962 718428
Dr Richard Mann, Consultant for Professional Support: richard.mann@nhs.net
Dr Rosie Lusznat, Associate Dean for Professional Development: rosie.lusznat@wessex.hee.nhs.uk or 01962 718417