

Practice Education Site Profile

The purpose of this Site Profile is to provide students with pre-induction information to assist in preparing for practice.

1. PRIMARY PLACEMENT SITE AND PRACTICE EDUCATOR:	
Name of Practice Educator:	Kim Kardashian
Name of Second Practice Educator:	N/A
Address:	North Lee Mental Health Services Educator's Base 1 Inniscarraig Centre Erinville Complex Mardyke Walk Cork City T12 A8HE Educator's Second Base: Slí Nua Day Centre Grounds of Sacred Heart Church Rushbrook Cobh County Cork P24 FT99
Phone:	Tel: Mobile: 086 172 8067
Email:	Kimkardashian1@hse.ie
PE's working days/hours:	Monday to Friday 9am – 4:30pm
Student working hours	To be discussed on first day

2. SECOND PLACEMENT SITE AND PRACTICE EDUCATOR	
Name of Practice Educator:	N/A
Address:	
Phone:	
Email:	
PE working days/hours	

3. DESCRIPTION OF SERVICE

A community-based adult mental health service. Clients are seen in their own homes, community amenities i.e. cafes and also may attend individual sessions & groups at the Inniscarraig Centre or Slí Nua Day Centre.

The team is made up of health professionals: Occupational Therapist (1), Social Worker (1), Mental Health Nurses (2), Clinical Nurse Specialists in Psychotherapy (2), Psychologist (1), Doctors (NCHD, Senior Registrar and Consultant level – 3-4) and a Family Therapist (part time – 1) as well as Day Centre Nurse Therapists (4). In the wider north Lee Mental Health Service there are other disciplines, i.e. art therapy, nutritional therapy, etc.

Referrals come from GP or from colleagues in the mental health services.

St. Michael's Unit, Mercy Hospital

Should a client require an inpatient admission, they would attend St. Michael's Unit in the Mercy Hospital.

The team is made up of ward staff (Psychiatric Nurse Therapists, Clinical Psychologists, Consultant Psychiatrist, Junior Doctors, Family Therapist, Art Therapist).

Occupational Therapy is provided via a group and individual programme. Most groups or individual sessions are carried out on the ward or in the OT department. Some groups are in the community for the patients who are nearing discharge from the ward and require reintegration into the community. Groups include screening groups, ADL groups, activity groups and psychoeducational groups. They range in size depending upon the group content and client capabilities.

Suggested review or study areas/reading/websites:

Books:

*Brown & Stoffel – Occupational Therapy in mental health. A vision for participation (2011)

*Creek's Occupational Therapy and Mental Health 6thEd (2022)

Web Resources:

www.yourmentalhealth.ie

<http://www.hse.ie/eng/services/Publications/Mentalhealth/VisionforChange.html>

<http://www.cci.health.wa.gov.au/resources/index.cfm>

<https://www.headstrong.ie/research/>

<http://www.recover.ie/>

Eating Disorders: <https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/>

Early Intervention in Psychosis: <https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/psychosis/>

<https://www.lenus.ie/bitstream/handle/10147/621386/HSEGuidelines.pdf?sequence=1&isAllowed=y>

<https://www.mhcirl.ie/> - Mental Health Commission Website

Clients may present with:

- Depression
- Anxiety disorders (GAD, Panic Disorder, OCD, Phobia, PTSD)
- Self-harm
- Schizophrenia
- Bipolar Disorder
- Personality Disorders
- Eating Disorders
- Co-existing issues/conditions e.g. addiction, ASD, mild Intellectual Disability

Additionally, clients may be in need of receipt of treatment for the following:

- Addiction
- Adjustment reaction
- Trauma
- Family disharmony

4. GETTING THERE AND MOVING AROUND DURING PRACTICE

a) Options for getting there	<input checked="" type="checkbox"/> Walking Distance (Yes for Inniscarraig depending on where living)	<input checked="" type="checkbox"/> Bicycle (Yes for Inniscarraig depending on where living)
	<input checked="" type="checkbox"/> Bus (Yes for Inniscarraig) Train (Yes for Cobh)	<input checked="" type="checkbox"/> Car (Yes)
Please Detail:		
b) Options for getting around during the day:	<input type="checkbox"/> Walking Distance	<input type="checkbox"/> Bicycle
	<input type="checkbox"/> Bus	<input checked="" type="checkbox"/> Car (Yes) Student can travel in PE's car for Home Visits
Parking: Site 1: Inniscarraig Centre – disc parking on street. Site 2: Slí Nua – free parking on site. Train from Kent station – Ryshbrook (about 5-7 minutes walk to the centre)		

5. LEARNING OPPORTUNITIES AND RESOURCES

Computer Access:	No	PE uses laptop. Can give student use of same at times.
Internet Access:	Yes	
Access to Library/Online Library:	Yes	
Access to a desk:	Yes, at both locations	
Other: <ul style="list-style-type: none">• Please bring laptop/tablet if you wish, but students cannot access HSE internet from personal devices.....and cannot access personal email accounts from HSE computers.• NO client information, including photographs, can be stored on personal devices and NO USB keys permitted as per GDPR policy		

6. AMENITIES AVAILABLE TO STUDENTS		7.	
Cafeteria:	Cafeteria	<input type="checkbox"/> No	
Kitchen facilities:	<input type="checkbox"/> Microwave No	<input checked="" type="checkbox"/> Refrigerator Yes	
<input type="checkbox"/> Other: Kettle and toaster available. Space to sit and eat			
Locker:	<input type="checkbox"/> No		
Changing Facilities:	<input checked="" type="checkbox"/> Yes (in staff bathroom)		
Bicycle Rack:	<input type="checkbox"/> No		
Parking:	<input checked="" type="checkbox"/> Yes, Free parking at Slí Nua	<input type="checkbox"/> No. Free parking not available at Inniscarraig Centre	Cost: €2.50 per parking disc

7. MESSAGE TO STUDENTS
<p>(Detailed Directions)</p> <p>Where to meet and what time on first day: Please come to the Inniscarraig Centre on Monday morning at 9:30am – the PE will meet you at the door.</p> <p>Dress Code: No OT uniform. Clothes – smart casual. No leggings. Blue jeans are not allowed, but can wear other colour of jeans, e.g. black, dark blue, red or green. No revealing clothes; see-through, or low-cut or tight. Covered shoes must be worn, preferably low heel. Jewellery to a minimum – no dangling or large hoop earrings. No neck chains. Hair tied back. Minimal makeup.</p> <p>Please be aware of Hand Hygiene. No fake, gel, or long nails. Hands to be washed/sanitised throughout the day.</p> <p>N.B. Groupwork equipment is sanitised after use.</p> <p>What to expect on your first day: Introduction to the team, orientation to the service and the area, timetabling of meetings, scheduling of supervision. Induction regarding policies and procedures.</p> <p>Will swipe or code be needed for access to venues? Code required for Inniscarraig Centre and Slí Nua – to be provided by PE</p>

8. PRACTICE TUTOR CONTACT INFORMATION

Name of Practice Tutor:	Shelley Mack
Area of Remit:	Facilitating Cork Placements
Address:	First Floor Block 8 St Stephen's Hospital
	Glanmire
	Cork
Mobile:	(086) 787 1133
Email:	Shelley.mack@hse.ie
Any special arrangements:	*Shelley will go through introduction to risk & safety info with students going out to mental health placement via online tutorial or at UCC ahead of starting practice.

9. QUALITY ASSURANCE

This form was updated on:	2 nd December 2023
By:	<i>Kim Kardashian, Practice Educator</i> <i>Shelley Mack, Practice Tutor</i>