

**JOB TITLE** Perinatal Mental Health Nurse  
**BAND** 5

### Job Summary

The post holder will provide high standards of skilled mental health nursing care to individuals within the perinatal period and their families across BCUHB. The role will be required to work in a multi-disciplinary team and actively provide care primarily within the Secondary Mental health care team. The post holder will be required to carry a caseload and support the facilitation of therapeutic groups.

### Responsible to

**Reporting: Perinatal Team Lead**

**Accountable: Perinatal Service Manager**

**Professionally: Nursing and Midwifery Council (NMC)**

### Responsibilities and Duties

Manage a caseload of a number of individuals within the perinatal period who are experiencing upper moderate to severe mental illness with support from the Band 6 perinatal practitioners.

Comply with BCU policies and procedures relevant to the area of work and be aware of the impact on other services.

Ensure the provision of nursing care is in the most efficient and effective manner. Utilise the best use of clinical resources, ensuring they are used effectively and efficiently for individuals receiving care and support in the community.

Promote the development of services, determining new ideas for improvement and change within perinatal mental health and participate with the implementation of change.

Awareness of health, safety and security of self and others and implement best practice in the clinical area.

Act on concerns reported by team members or service users, including completion of Datix reporting.

Excellent verbal and written communication and a consistent ability to establish and maintain effective and appropriate relationships with individuals under the care of the service and their families, colleagues within the team and professionals working in other agencies.

Attendance at the weekly Perinatal MDT meeting.

Liaise with family members, social services, police and other agencies involved with the individuals care as required.

Promote a culture of communication that is open, professional, polite, positive, and welcoming to all.

Work collaboratively and cooperatively with other professionals to meet the needs of clients, carers and their families.

Communicate effectively with individuals who present with profound and complex barriers to understanding arising from mental ill health, physical illness, perceptual disturbance, cognitive impairment, sensory impairment, neurodiversity challenges and other social/cultural educational factors.

Act in a consultative role to other health service staff and professionals working in allied agencies in order to promote the work of the Perinatal Mental Health Service and to educate regarding Perinatal Mental Illness.

Undertake Perinatal Assessments which will include History taking, a Mental State Examination and a risk assessment in order to develop a robust care and treatment plan working collaboratively with the individual, their family and other involved agencies.

Providing motivation and support to staff in circumstances that may be unpredictably demanding emotionally and/or intellectually e.g. complex clinical issues, support and informal supervision.

Demonstrate a robust knowledge and understanding of guidelines for the protection of vulnerable children and adults and act accordingly.

Ensure that effective communication is established and maintained with individuals and their families / carers.

To provide evidence based therapeutic interventions using developed interpersonal/communication skills.

Have a robust ability to use patient-centred communication and counselling skills in order to de-escalate situations of hostility and opposition i.e. Suicide attempts, self-harm incidents and aggression etc.

Regular use of evidence based therapeutic interventions in order to encourage, enable and support individuals to achieve their own positive outcome.

Demonstrate robust time management and organisational skills including arranging appointments, meeting attendance etc

Undertake robust risk assessments on a daily basis constantly assessing risk and developing management plans in order to reduce the risks including positive risk taking and barrier analysis.

- Values: All employees of the Health Board are required to demonstrate and embed the Values and Behaviour Statements in order for them to become an integral part of the post holder's working life and to embed the principles into the culture of the organisation.
- Registered Health Professional: All employees who are required to register with a professional body, to enable them to practice within their profession, are required to comply with their code Of conduct and requirements of their professional registration.
- Healthcare Support Workers: Healthcare Support Workers make a valuable and important contribution to the delivery of high quality healthcare. The national Code of Conduct for NHS Wales describes the standards of conduct, behaviour and attitude required of all Healthcare Support Workers employed within NHS Wales. Health Care Support Workers are responsible, and have a duty of care, to ensure their conduct does not fall below the standards detailed in the Code and that no act or omission on their part harms the safety and wellbeing of service users and the public, whilst in their care.
- Competence: At no time should the post holder work outside their defined level of competence. If there are concerns regarding this, the post holder should immediately discuss them with their Manager/Supervisor. Employees have a responsibility to inform their Manager/Supervisor if they doubt their own competence to perform a duty.
- Learning and Development: All staff must undertake induction/orientation programmes at Corporate and Departmental level and must ensure that any statutory/mandatory training requirements are current and up to date. Where considered appropriate, staffs are required to demonstrate evidence of continuing professional development.
- Performance Appraisal: We are committed to developing our staff and you are responsible for participating in an Annual Performance Development Review of the post.
- Health & Safety: All employees of the organisation have a statutory duty of care for their own personal safety and that of others who may be affected by their acts or omissions. The post holder is required to co-operate with management to enable the organisation to meet its own legal duties and to report any hazardous situations or defective equipment. The post holder must adhere to the organisation's Risk Management, Health and Safety and associate policies.
- Risk Management: It is a standard element of the role and responsibility of all staff of the organisation that they fulfil a proactive role towards the management of risk in all of their actions. This entails the risk assessment of all situations, the taking of appropriate actions and reporting of all incidents, near misses and hazards.

- Welsh Language: All employees must perform their duties in strict compliance with the requirements of their organisation's Welsh Language Scheme and take every opportunity to promote the Welsh language in their dealings with the public.
- Information Governance: The post holder must at all times be aware of the importance of maintaining confidentiality and security of information gained during the course of their duties. This will in many cases include access to personal information relating to service users.
- Data Protection Act 1998: The post holder must treat all information, whether corporate, staff or patient information, in a discreet and confidential manner in accordance with the provisions of the Data Protection Act 1998 and Organisational Policy. Any breach of such confidentiality is considered a serious disciplinary offence, which is liable to dismissal and / or prosecution under current statutory legislation (Data Protection Act) and the HB Disciplinary Policy.
- Records Management: As an employee of this organisation, the post holder is legally responsible for all records that they gather, create or use as part of their work within the organisation (including patient health, staff health or injury, financial, personal and administrative), whether paper based or On computer. All such records are considered public records and the post holder has a legal duty of confidence to service users (even after an employee has left the organisation). The post holder should consult their manager if they have any doubt as to the correct management of records with which they work.
- Equality and Human Rights: The Public Sector Equality Duty in Wales places a positive duty on the HB to promote equality for people with protected characteristics, both as an employer and as a provider Of public services. There are nine protected characteristics: age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex and sexual orientation. The HB is committed to ensuring that no job applicant or employee receives less favour-able treatment of any of the above grounds. To this end, the organisation has an Equality Policy and it Is for each employee to contribute to its success.
- Dignity at Work: The organisation condemns all forms of bullying and harassment and is actively seeking to promote a workplace where employees are treated fairly and with dignity and respect. All staff is requested to report and form of bullying and harassment to their Line Manager or to any Director of the organisation. Any inappropriate behaviour inside the workplace will not be tolerated and will be treated as a serious matter under the HB/Trust Disciplinary Policy.
- DBS Disclosure Check: In this role you will have \* direct and indirect contact with individuals, their families and carers, children and vulnerable adults in the course of your normal duties. You will therefore be required to apply for a DBS Enhanced Disclosure Check as part of the Health Board's pre-employment check procedure. \*Delete as appropriate.
- Safeguarding Children and Vulnerable Adults: The organisation is committed to safeguarding children and vulnerable adults. All staff must therefore attend Safeguarding Children training and be aware of their responsibility under the Adult Protection Policy.
- Infection Control: The organisation is committed to meet its obligations to minimise infections.

All staff is responsible for protecting and safeguarding patients, visitors and employees against the risk of acquiring healthcare associated infections. This responsibility includes being aware of the content of and consistently observing Health Board Infection Prevention & Control Policies and Procedures.

- No Smoking: To give all, individuals, their families and carers and staff the best chance to be healthy whilst accessing all Health Board sites, including buildings and grounds ensuring that they are smoke free.

## PERSON SPECIFICATION

### Qualifications and Knowledge

#### Essential

RMN and registered with the NMC

Experience in secondary care mental health.

Robust understanding of risk assessment and management

Robust understanding of multi-disciplinary and community based work

Ability to manage a caseload

#### Desirable

Nursing Degree or equivalent experience

Knowledge and understanding of Perinatal Mental Illness

Past experience of working in a Perinatal Mental Health Setting

Ability to speak Welsh

### Experience

Effective written and verbal communication skills.

Ability to make autonomous decisions

Robust time management skills with an ability to prioritise and work effectively

Ability to work without direct supervision

Risk assessment and risk management skills

Robust decision making skills

Ability to act on own initiative and to also work well as part of a team

Compassion, care and understanding of individuals experiencing Perinatal Mental Health issues.

Positive attitude towards the patient group.

Ability to travel in a timely manner

An ability to work flexibly.

## Skills and Attributes

Satisfactory Standard/Enhanced DBS clearance including an/a Adults and Childrens Barred List check (delete as appropriate)

Ability to recognise own level of stress and to take timely and appropriate action to reduce levels of stress both professionally and personally.

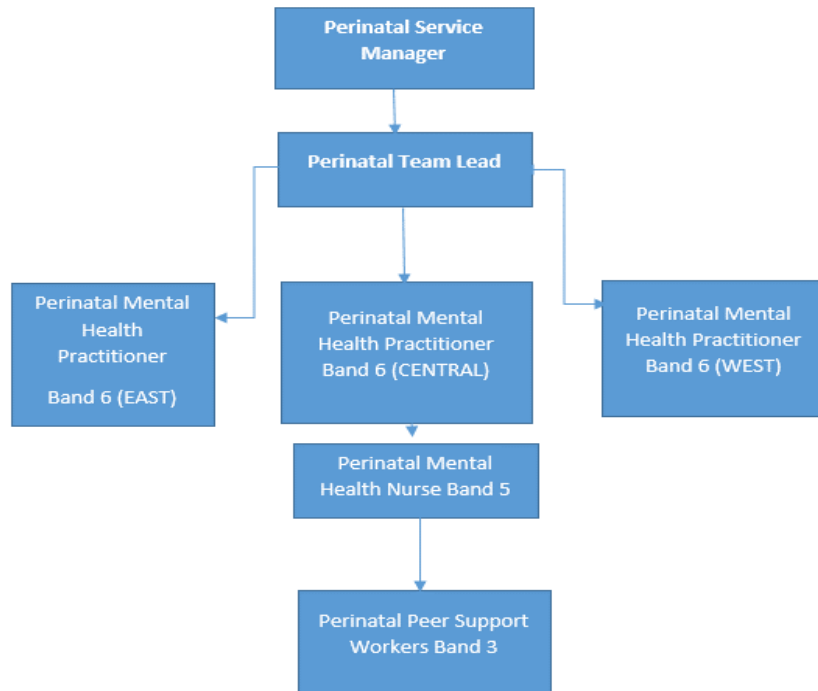
## Job Description Technical Document

**JOB TITLE** Perinatal Mental Health Nurse  
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Please submit this document with the Job Description when submitting for job evaluation (banding) although it will not be used for recruitment purposes.

### Organisational Chart

Complete, add or delete as appropriate the text boxes below showing the organisational relationships.



**TEITL SWYDD  
BAND**

5

**Nyrs Iechyd Meddwl Amenedigol**

**Crynodeb o'r Swydd**

Bydd deiliad y swydd yn darparu safonau uchel o ofal nyrsio iechyd meddwl medrus i unigolion sydd mewn cyfnod amenedigol a'u teuluoedd ledled BIPBC. Bydd gofyn i ddeiliad y rôl weithio mewn tîm amlddisgyblaethol a darparu gofal yn bennaf mewn tîm gofal iechyd meddwl eilaidd. Bydd gofyn i ddeiliad y swydd gynnal llwyth gwaith a hwyluso grwpiau therapiwtig.

**Yn gyfrifol i**

**Adrodd: Arweinydd Tîm Amenedigol**

**Yn atebol i: Rheolwr Gwasanaeth Amenedigol**

**Yn broffesiynol: Y Cyngor Nyrsio a Bydwreigiaeth**

**Cyfrifoldebau a Dyletswyddau**

Rheoli llwyth gwaith nifer o unigolion sydd mewn cyfnod amenedigol sy'n cael profiad o salwch meddwl cymedrol a niweidiol gyda chymorth gan ymarferwyr amenedigol Band 6.

Cydymffurfio â Pholisiau a Gweithdrefnau Betsi Cadwaladr sy'n berthnasol i'r maes gwaith a bod yn ymwybodol o'r effaith ar wasanaethau eraill.

Sicrhau bod gofal nyrsio'n cael ei ddarparu yn y ffordd fwyaf effeithlon ac effeithiol. Gwneud y defnydd gorau o adnoddau clinigol, gan sicrhau y cânt eu defnyddio'n effeithiol ac yn effeithlon ar gyfer unigolion sy'n derbyn gofal a chymorth yn y gymuned.

Hyrwyddo'r gwaith o ddatblygu gwasanaethau, pennu syniadau newydd ar gyfer gwella a newid o fewn iechyd meddwl amenedigol a chymryd rhan yn y gwaith o weithredu newidiadau.

Ymwybyddiaeth o iechyd a diogelwch eich hun a phobl eraill, a rhoi arferion gorau ar waith yn y maes clinigol.

Gweithredu ar bryderon y cafwyd gwybod amdanynt gan aelodau o'r tîm neu ddefnyddwyr gwasanaethau, gan gynnwys cwblhau cofnodion Datix.

Sgiliau cyfathrebu llafar ac ysgrifenedig rhagorol a gallu sefydlu a chynnal cydberthnasau effeithiol a phriodol yn gyson ag unigolion dan ofal gwasanaeth, yn ogystal â'u teuluoedd, cydweithwyr o fewn y tîm a gweithwyr proffesiynol sy'n gweithio mewn asiantaethau eraill.

Presenoldeb yng nghyfarfod wythnosol y Tîm Amlddisgyblaethol Amenedigol.

Cydgysylltu ag aelodau teulu, gwasanaethau cymdeithasol, yr heddlu ac asiantaethau eraill sy'n ymwneud â gofal unigolion fel sy'n ofynnol.

Hyrwyddo diwylliant o gyfathrebu agored, proffesiynol, cwrtais, cadarnhaol a chroesawgar i bawb.

Cydweithio a chydweithredu â gweithwyr proffesiynol eraill i ddiwallu anghenion cleientiaid, gofalwyr a'u teuluoedd.

Cyfathrebu'n effeithiol ag unigolion sydd â rhwystrau dwys a chymhleth er mwyn deall yr hyn sy'n codi o iechyd meddwl gwael, salwch corfforol, tarfu canfyddiadol, nam gwybyddol, nam synhwyrol, heriau niwroamrywiaeth a ffactorau addysgiadol cymdeithasol/diwylliannol eraill.

Gweithredu mewn rôl ymgynghorol ar gyfer staff gwasanaeth iechyd a gweithwyr proffesiynol eraill sy'n gweithio mewn asiantaethau perthynol er mwyn hyrwyddo gwaith y Gwasanaeth Iechyd Meddwl Amenedigol ac i roi addysg mewn perthynas â Salwch Meddwl Amenedigol.

Cynnal Asesiadau Amenedigol a fydd yn cynnwys cofnod Hanesyddol, Arholiad ar Gyflwr Meddyliol ac asesiad risg er mwyn datblygu gofal a chynllun triniaeth cadarn, gan gydweithio â'r unigolyn, ei deulu ac asiantaethau eraill sy'n ymwneud â hyn.

Cymell a chefnogi staff mewn amgylchiadau a all fod yn heriol yn annisgwyl yn emosiynol ac/neu'n ddeallusol e.e. materion clinigol cymhleth, cymorth a goruchwyliaeth anffurfiol.

Dangos gwybodaeth gadarn am ganllawiau amddiffyn plant ac oedolion sy'n agored i niwed a dealltwriaeth ohonynt, gan weithredu'n unol â hynny.

Sicrhau y caiff dulliau cyfathrebu effeithiol eu sefydlu a'u cynnal ag unigolion a'u teuluoedd / gofalwyr.

Darparu ymyriadau therapiwtig ar sail tystiolaeth gan ddefnyddio sgiliau rhyngbersonol/cyfathrebu datblygedig.

Gallu cadarn i ddefnyddio sgiliau cyfathrebu a chwrsela sy'n canolbwyntio ar gleifion er mwyn lleddfu sefyllfaoedd anghyfeillgar a gwrthwynebus e.e. Ymdrechion i gyflawni hunanladdiad, hunan-niweidio ac ymddygiad ymosodol ac ati.

Defnyddio ymyriadau therapiwtig ar sail tystiolaeth yn rheolaidd er mwyn annog, galluogi a chefnogi unigolion i gyflawni eu canlyniadau cadarnhaol eu hunain.

Dangos sgiliau rheoli a threfnu amser cadarn gan gynnwys trefnu apwyntiadau, presenoldeb cyfarfodydd ac ati

Cynnal asesiadau risg cadarn yn ddyddiol, gan asesu risgiau a datblygu cynlluniau rheoli yn rheolaidd er mwyn lleihau'r risgiau, gan gynnwys cymryd risgiau cadarnhaol a dadansoddi rhwystrau

- Gwerthoedd: Mae'n ofynnol i holl gyflogeion y Bwrdd Iechyd arddangos a mabwysiadu'r Datganiadau Gwerthoedd ac Ymddygiad er mwyn iddynt ddod yn rhan annatod o fywyd gwaith deiliad y swydd ac i sefydlu'r egwyddorion yn niwylliant y sefydliad.
- Gweithiwr Iechyd Proffesiynol Cofrestredig: Mae'n rhaid i'r holl gyflogeion y mae'n ofynnol iddynt gofrestru â chorff proffesiynol, i'w galluogi i weithio o fewn eu proffesiwn, gydymffurfio â'u cod ymddygiad a gofynion eu cofrestriad proffesiynol.
- Gweithwyr Cymorth Gofal Iechyd: Mae Gweithwyr Cymorth Gofal Iechyd yn gwneud cyfraniad gwerthfawr a phwysig i'r broses o ddarparu gofal iechyd o ansawdd uchel. Mae Cod Ymddygiad cenedlaethol GIG Cymru yn disgrifio'r safonau o ran ymddygiadau ac agweddau sydd eu hangen ar holl Weithwyr Cymorth Gofal Iechyd cyflogedig GIG Cymru. Mae gan Weithwyr Cymorth Gofal Iechyd ddyletswydd gofal ac maent yn gyfrifol am sicrhau nad yw eu hymddygiad yn gostwng islaw'r safonau a nodir yn y Cod ac nad yw unrhyw weithred neu anweithred ar eu rhan yn amharu ar ddiogelwch a llesiant defnyddwyr gwasanaethau a'r cyhoedd pan fyddant dan eu gofal.
- Cymhwysedd: Ni ddylai deiliad y swydd byth weithio y tu allan i'w lefel ddiffiniedig o gymhwysedd. Os bydd unrhyw bryderon am hyn, dylai deiliad y swydd eu trafod ar unwaith â'i Reolwr/Goruchwyliwr. Mae gan gyflogeion gyfrifoldeb i hysbysu eu Rheolwr/Goruchwyliwr os byddant yn amau eu cymhwysedd i gyflawni dyletswydd.
- Dysgu a Datblygu: Rhaid i bob aelod o staff ymgymryd â rhaglenni sefydlu/ymgyfarwyddo ar lefel Gorfforaethol ac Adrannol a rhaid sicrhau bod unrhyw ofynion hyfforddi statudol/gorfodol yn gyfredol ac wedi'u diweddarau. Lle yr ystyrir bod hynny'n briodol, mae'n ofynnol i staff ddangos tystiolaeth o ddatblygiad proffesiynol parhaus.
- Arfarnu Perfformiad: Rydym yn ymrwymedig i ddatblygu ein staff ac rydych yn gyfrifol am gymryd rhan mewn Adolygiad Datblygu Perfformiad Blynyddol o'r swydd.
- Iechyd a Diogelwch: Mae dyletswydd gofal statudol ar holl gyflogeion y sefydliad i ofalu am eu diogelwch personol eu hunain a diogelwch personol eraill y gall eu gweithredoedd neu anweithredoedd effeithio arnynt. Mae'n ofynnol i ddeiliad y swydd gydweithredu â rheolwyr er mwyn galluogi'r sefydliad i gyflawni ei ddyletswyddau cyfreithiol ei hun ac i adrodd ar unrhyw sefyllfaoedd peryglus neu offer diffygiol. Rhaid i ddeiliad y swydd ddilyn polisiau Rheoli Risg ac Iechyd a Diogelwch y sefydliad ac unrhyw bolisiau cysylltiedig.

- Rheoli Risg: Mae cyflawni rôl ragweithiol o ran rheoli risg ym mhob agwedd ar eu gweithredoedd yn elfen safonol o rôl a chyfrifoldeb holl staff y sefydliad. Mae hyn yn golygu asesu risg pob sefyllfa, cymryd y camau gweithredu priodol ac adrodd ar bob digwyddiad, damwain fu bron â digwydd a pherygl.
- Y Gymraeg: Rhaid i'r holl gyflogeion gyflawni eu dyletswyddau gan gydymffurfio'n llym â gofynion Cynllun Iaith Gymraeg eu sefydliad ac achub ar bob cyfle i hyrwyddo'r Gymraeg wrth ddelio â'r cyhoedd.
- Llywodraethu Gwybodaeth: Rhaid i ddeiliad y swydd gadw unrhyw wybodaeth sy'n dod i law wrth iddo gyflawni ei ddyletswyddau yn ddiogel ac yn gyfrinachol. Bydd hyn yn cynnwys gwybodaeth bersonol yn ymwneud â defnyddwyr gwasanaeth mewn sawl achos.
- Deddf Diogelu Data 1998: Rhaid i ddeiliad y swydd drin pob math o wybodaeth, p'un a yw'n wybodaeth gorfforaethol, neu'n wybodaeth am staff neu gleifion, mewn ffordd bwylllog a chyfrinachol yn unol â darpariaethau Deddf Diogelu Data 1998 a Pholisi'r Sefydliad. Ystyrir bod unrhyw achos o dorri cyfrinachedd o'r fath yn drosedd disgyblu ddifrifol, sy'n agored i ddiswyddo a / neu erlyniad o dan ddeddfwriaeth statudol gyfredol (y Ddeddf Diogelu Data) a Pholisi Disgyblu'r Bwrdd Iechyd.
- Rheoli Cofnodion: Fel un o gyflogeion y sefydliad hwn, mae deiliad y swydd yn gyfreithiol gyfrifol am yr holl gofnodion y mae'n eu dwyn ynghyd, yn eu creu neu'n eu defnyddio fel rhan o'i waith o fewn y sefydliad (gan gynnwys iechyd cleifion, iechyd neu anaf staff, neu faterion ariannol, personol a gweinyddol), boed hynny ar bapur neu ar gyfrifiadur. Mae cofnodion o'r fath yn cael eu hystyried yn gofnodion cyhoeddus ac mae gan ddeiliad y swydd ddyletswydd gyfreithiol o hyder i ddefnyddwyr gwasanaeth (hyd yn oed ar ôl i gyflogai adael y sefydliad). Dylai deiliad y swydd ymgynghori â'i reolwr os oes ganddo unrhyw amheuan am reoli cofnodion y mae'n eu trin yn gywir.
- Cydraddoldeb a Hawliau Dynol: Mae Dyletswydd Cydraddoldeb y Sector Cyhoeddus yng Nghymru yn rhoi dyletswydd gadarnhaol ar y Bwrdd Iechyd i hyrwyddo cydraddoldeb i bobl sydd â nodweddion gwarchoddedig, fel cyflogwr ac fel darparwr gwasanaethau cyhoeddus. Mae naw nodwedd warchoddedig: oedran; anabledd ailbennu rhywedd; priodas neu bartneriaeth sifil; beichiogrwydd a mamolaeth; hil; crefydd neu gred; rhyw a chyfeiriadedd rhywiol. Mae'r Bwrdd Iechyd yn ymrwymedig i sicrhau na fydd unrhyw ymgeisydd am swydd na chyflogai yn cael ei drin yn llai ffafriol ar sail unrhyw un o'r nodweddion uchod. I'r perwyl hwn, mae gan y sefydliad Bolisi Cydraddoldeb a disgwylir i bob cyflogai gyfrannu at ei lwyddiant.
- Urddas yn y Gwaith: Mae'r sefydliad yn condemnio pob math o fwlio ac aflonyddu ac mae'n ceisio hyrwyddo gweithle lle caiff cyflogeion eu trin yn deg a gydag urddas a pharch. Gofynnir i bob aelod o'r staff roi gwybod am unrhyw fath o fwlio ac aflonyddu i'w Rheolwr Llinell neu i unrhyw Gyfarwyddwr yn y sefydliad. Ni chaiff unrhyw ymddygiad amhriodol yn y gweithle ei oddef a chaiff ei drin fel mater difrifol o dan Bolisi Disgyblu'r Bwrdd Iechyd.

- Gwiriad y Gwasanaeth Datgelu a Gwahardd: Yn y rôl hon bydd gennych \*gyswllt uniongyrchol ac anuniongyrchol ag unigolion, eu teuluoedd a'u gofalwyr, plant ac oedolion sy'n agored i niwed yn ystod eich dyletswyddau arferol. Felly, bydd angen i chi wneud cais am Ddatgeliad Manwl gan y Gwasanaeth Datgelu a Gwahardd fel rhan o weithdrefn gwiriadau cyn cyflogaeth y Bwrdd Iechyd. \*Dilëwch fel y bo'n briodol.
- Diogelu Plant ac Oedolion Sy'n Agored i Niwed: Mae'r sefydliad yn ymrwymedig i ddiogelu plant ac oedolion agored i niwed. Felly, rhaid i bob aelod o staff gael hyfforddiant Diogelu Plant a bod yn ymwybodol o'i gyfrifoldeb o dan y Polisi Diogelu Oedolion Agored i Niwed.
- Rheoli Heintiau: Mae'r sefydliad yn ymrwymedig i gyflawni ei rwymedigaethau i leihau heintiau i'r eithaf. Mae pob aelod o staff yn gyfrifol am ddiogelu ac amddiffyn cleifion, ymwelwyr a chyflogeion rhag y risg o gael heintiau sy'n gysylltiedig â gofal iechyd. Mae'r cyfrifoldeb hwn yn cynnwys bod yn ymwybodol o gynnwys Polisiâu a Gweithdrefnau Atal a Rheoli Heintiau y Bwrdd Iechyd a chadw atynt yn gyson.
- Dim Ysmygu: Rhoi'r cyfle gorau i bob unigolyn, ei deulu a gofalwr a'r staff i fod yn iach tra'n mynychu holl safleoedd y Bwrdd Iechyd, gan gynnwys adeiladau a thiroedd a sicrhau eu bod yn ddi-fwg.

## MANYLEB PERSON

### Cymwysterau a Gwybodaeth

#### Hanfodol

Nyrs Iechyd Meddwl (RMN) ac wedi cofrestru â'r Coleg Nyrsio a Bydwreigiaeth (NMC)  
 Profiad o iechyd meddwl gofal eilaidd.  
 Dealltwriaeth gadarn o asesu a rheoli risg  
 Dealltwriaeth gadarn o waith amlddisgyblaethol a chymunedol  
 Gallu rheoli llwyth gwaith

#### Dymunol

Gradd Nyrsio neu brofiad cyfatebol  
 Gwybodaeth am Salwch Meddwl Amenedigol a dealltwriaeth ohono  
 Profiad blaenorol o weithio mewn lleoliad Iechyd Meddwl Amenedigol  
 Y gallu i siarad Cymraeg

### Profiad

Sgiliau cyfathrebu effeithiol yn ysgrifenedig ac ar lafar.  
 Y gallu i wneud penderfyniadau annibynnol  
 Sgiliau rheoli amser cadarn gyda'r gallu i flaenoriaethu a gweithio'n effeithiol

Gallu gweithio heb oruchwyliaeth uniongyrchol  
Sgiliau asesu a rheoli risg  
Sgiliau gwneud penderfyniadau cadarn  
Gallu gweithredu ar eich liwt eich hun a gweithio'n dda fel rhan o dîm hefyd  
Trugaredd, gofal a dealltwriaeth o unigolion sy'n cael profiad o faterion lechyd Meddwl Amenedigol.  
Agwedd gadarnhaol tuag at grwpiau cleifion.  
Y gallu i deithio mewn ffordd amserol  
Y gallu i weithio'n hyblyg.

### **Sgiliau a Phriodoleddau**

Cliriad Manwl/Safonol boddhaol gan y Gwasanaeth Datgelu a Gwahardd gan gynnwys archwiliad o'r Rhestr Gwahardd rhag Gweithio gydag Oedolion a Phlant (dilëwch fel y bo'n briodol)

Gallu cydnabod lefelau straen eich hun, gan gymryd camau amserol a phriodol i leihau'r lefelau hynny, yn broffesiynol ac yn bersonol.

## **Disgrifiad Swydd – Dogfen Dechnegol**

**TEITL SWYDD** Nyrs lechyd Meddwl Amenedigol  
**BAND** 5

Dylech gyflwyno'r ddogfen hon gyda'r Disgrifiad Swydd pan fyddwch yn ei chyflwyno ar gyfer gwerthusiad swydd (bandio), ond ni fydd yn cael ei defnyddio at ddibenion recriwtio.

### **Siart Sefydliadol**

Ewch ati i gwblhau, ychwanegu neu ddileu'r blychau testun isod fel sy'n briodol gan ddangos y cysylltiadau sefydliadol.

