Minutes of the meeting of the RCGP and RCPsych joint working group on Medically Unexplained Symptoms held by teleconference on 26 September 2014

In attendance
Professor Carolyn Chew-Graham, joint chair
Dr Simon Heyland, joint chair

1. Apologies for absence
Apologies had been received from Dr Bass, Dr Hashmi, Dr Turner, Dr Mizen, Dr Sachar, Dr Shiers and Dr Stern. Dr Rafi and Dr Chitnis had hoped to join the meeting depending on surgery commitments but were unable to.

2. Minutes of the last meeting
The notes of the meeting held on 16 May 2014 were approved without amendment.

3. Matters arising from the minutes
2.1 MUS resources
It was noted that it was possible to have a password protected page on the RCPsych website accessible to non-members. While it was also possible to use Huddle, the West Midlands system, members agreed to use the RCPsych option for group resources. In future it would also be useful to have a more publicly available electronic resource to post relevant documents, references and links and this would be something that the Training work stream could think about. In the meantime Dr Heyland would work with Stella to get a password protected resource set up.

Action: Stella, Dr Heyland

2.2 RCGP clinical champion
Since Ian Walton’s appointment as RCGP Clinical Champion for Mental Health he has unfortunately been unwell and Liz England has been covering for him. Prof Chew-Graham agreed to find out the current position but, as both were interested in the area, she would speak to Dr England at the RCGP conference and find out how best use could be made of the link.

Action: Professor Chew Graham

2.3 Commissioning Guide
In order to progress the development of a commissioning guide through the JCP MH £2000 had to be found. It had now been agreed that this cost would be split between the RCPsych and the RCGP. Dr Heyland had spoken with Chris Fitch from JCP MH and Chris Gush from the RCGP. A two/three page proposal needed to be submitted by 24 October for submission to the JCP on 31 October. The JCP would decide whether the project would go ahead, make recommendations, and set up an Expert Reference Group. Professor Wessely had said that the BPS should also be involved. The output of the group should be a guide of about twenty pages which the JCP would assist in disseminating. The main target would be CCGs. Dr Mizen and Dr Turner were currently members of the commissioning work stream and Dr Heyland would liaise with them to progress the proposal.

Action: Dr Heyland
2.6 NICE guidance on MUS
Professor Chew Graham reported that NICE planned to start work on MUS guidance in 2016. The group needed to ensure that it was involved in the guidance development group and responded to any consultations. Professor Chew-Graham agreed to keep an eye on things via the RCGP and Stella via the RCPsych Policy Unit.

Action: Professor Chew Graham

2.7 Strategic Clinical Network
This item related to considering whether links with Strategic Clinical Networks should be developed using the West Midlands experience as a test. The discussion would be deferred to the next meeting so that Dr Turner could report.

Action: Dr Turner

2.8 Link to Tier 4 Personality Disorder Clinical Reference Group
This item should be deferred to the next meeting so that Dr Mizen could report.

Action: Dr Mizen

2.9 Meeting with Royal College of Physicians President
Following discussion at the College Presidents’ meeting it was agreed that linking with the Royal College of Physicians or with individual physicians should be revisited when there was clinical guidance ready for review.

2.10 eLearning modules
Professor Chew-Graham reported that discussions with the Tavistock about incorporating their MUS eLearning modules into RCGP eLearning were ongoing. Professor Chew-Graham agreed to follow this up. Stella agreed to find out the position with the Liaison Faculty work with the Royal College of Physicians.

Action: Professor Chew-Graham, Stella

2.11 Survey of GP membership
Professor Chew-Graham reported that Maureen Baker’s blog is not an ideal vehicle for a GP survey. Dr Heyland reported that Dr Hashmi had a new trainee with an interest in Medically Unexplained Symptoms who might be interested in setting up a survey. Dr Heyland would contact Dr Hashmi and the trainee, Dr Lavallee and link back to Professor Chew-Graham for questions.

Action: Dr Heyland

4. Report back on meeting at RCGP on 16 July 2014
On 16 July 2014 a meeting had taken place attended by Maureen Baker, Chair RCGP, Simon Wessely, President RCPsych, Dr Heyland, Professor Chew-Graham, Dr Turner, Dr Mizen and other representatives of the two Colleges. It had been a productive meeting although they had not received all assurances on RCGP involvement that they sought. An important outcome was Simon Wessely’s offer of 50% funding from RCPsych for a JCP commissioning guide. Other outcomes:
- Dr Heyland and Professor Chew-Graham would be updating the position statement to submit to Nigel Mathers for RCGP endorsement (actioned).
- It had been noted that there were no plans to update College Report 152 on the ‘Management of Patients with Physical and Psychological Problems’.
- Professor Wessely asked the working group to ensure the BPS were involved with any work and had contacted the President elect, Professor Jamie Hacker-Hughes.
• There was discussion about involving the National Cancer Lead. It was decided this was not a priority at this point.
• Dr Baker had suggested contacting the RCGP conference team about arranging an event.
• Professor Chew-Graham had confirmed that Medically Unexplained Symptoms was mentioned in the GP curriculum, Mental Health.
• Keeping in touch with Dr Baker and Professor Wessely was identified as an action and Professor Wessely would be invited to join any ERG.

5. **Work streams**

Work stream membership was as follows:
- Training (including workforce, curriculum, e-learning):
  Professor Chew-Graham, Dr Sachar, Dr Heyland.
- Commissioning:
  Dr Mizen, Dr Turner, Dr Heyland
- Clinical (including scoping current services and developing clinical pathways):
  Professor Chew-Graham, Dr Hashmi, Dr Mizen, Dr Stern, Dr Turner

6. **Conference**

Dr Heyland reported that he had spoken to Dr Mark Evans, Academic Secretary of the Medical Psychotherapy Faculty and he would link him with Dr Mizen and Dr Stern about the possibility of running a conference. From the RCGP side Dr Baker had suggested getting in touch with the RCGP conference team and Dr Heyland would contact Liz England in the first instance. Dr Heyland to send a single email to Dr Evans, Dr England, Dr Mizen and Dr Stern to find out how best to progress this.

**Action:** Dr Heyland

7. **Any other business**

8. **Next meeting**

   Friday 9 January 2015, 2.30pm – 4pm