



RCPsych in Scotland General Adult and Liaison Joint Faculty Conference

**@RCPsychScot
#ScotGALiaison23**

Wednesday 7th June 2023
at the Apex, Waterloo Place Hotel, Edinburgh
Registration from 9.00am

Event Booklet



A register will be taken to confirm attendance upon arrival.



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



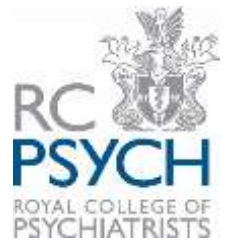
Feedback Forms have been placed on the tables for you to complete and return.



Certificates of attendance will be emailed to you within 10 days of the event.

The Royal College of Psychiatrists in Scotland General Adult & Liaison Joint Faculty Conference

Wednesday 7 June 2023
Apex Waterloo Place, Edinburgh



“Resilience in adversity”

@RCPsychScot | #ScotGALiaison23

PROGRAMME

Morning Session Chair: Dr Seonaid McCallum

- 09:00 - 09:30 **Arrival and Registration**
- 09:30 - 09:40 **Welcome & Introduction**
Dr. Seonaid McCallum, Consultant Psychiatrist, NHS Forth Valley & Acting Chair, GAP Faculty, RCPsych in Scotland
Dr Prakash Shankar, Consultant Liaison Psychiatrist & Chair, Liaison Faculty, RCPsych in Scotland
- 09:40 - 10:20 **Faces of Madness? Sir Alexander Morison and ‘The Physiognomy of Mental Diseases’.**
Dr Allan Beveridge, History and Medical Humanities Editor, Journal of the Royal College of Physicians of Edinburgh.
- 10:20 - 11:00 **The Unscheduled care conundrum**
Dr Robby Steel, Consultant Psychiatrist, NHS Lothian
- 11:00 - 11:15 **Coffee/Tea break (and posters)**
- 11:15 - 11:55 **Factitious disorders- the challenge of times**
Dr Sara McNally Consultant Liaison Psychiatrist Addenbrooke’s Liaison Psychiatry Service Addenbrooke’s Hospital Cambridge
- 11:55 - 12:15 **Faculty AGMs**
- 12:15 - 13:30 **Lunch, networking, and posters**

Afternoon Session Chair: Dr Prakash Shankar

- 13:30 - 14:10 **Functional illness and the neurological examination**
Dr Peter Connick, Consultant Neurologist, NHS Lothian
- 14:10 - 14:50 **Certificate of Eligibility for Specialist Registration- a way forward?**
Dr Priti Singh, Consultant Psychiatrist, NHS Grampian
Dr Asif Iqbal Ahmed, CESR Fellow - Speciality Doctor, NHS Grampian
- 14:50 - 15:10 **Coffee/Tea break (and posters)**
- 15:10 - 15:50 **Realistic Psychiatry**
Dr David Christmas, Consultant Psychiatrist, Advanced Interventions Service (TBC)
- 15:50 - 16:00 **Voting & Winner - Poster Presentation**
- 16:00 - 16:30 **GAP & Liaison Interface Discussion**
- 16:30 **Closing Remarks**

Up to 5 CPD
CREDITS

Speaker Biographies / Abstracts

Morning Session

Dr Seonaid McCallum – Chair (morning session)

Dr Seonaid McCallum is a Consultant General Adult Psychiatrist in Woodlands Resource Centre in Falkirk. She trained in Glasgow, Edinburgh, New Zealand and Fife and has sub-specialty accreditation in Liaison Psychiatry. Previously she worked in NHS Fife in General Adult Psychiatry in the Queen Margaret Hospital which she really enjoyed. She set up the liaison psychiatry service in Victoria Hospital Kirkcaldy before taking on a medical management role in Fife HSCP. She returned to a more clinically focused job in 2019 by moving to NHS Forth Valley and has a small management role there. She is fortunate to work in a well staffed general adult psychiatry resource centre with supportive and enthusiastic colleagues and she has nearly completed her mission to fully recruit to all medical posts. She has been acting chair of the General Adult Faculty for the last few months.

Dr Allan Beveridge

Until his retirement, Allan Beveridge was a Consultant Psychiatrist at the Queen Margaret Hospital. He continues work at the British Journal of Psychiatry, where he is Covers Editor and Co-Book Review Editor. He is also the History and Humanities Editor of the Journal of the Royal College of Physicians of Edinburgh. He has written widely on the history of psychiatry and on the arts.

Presentation Abstract: Faces of Madness? Sir Alexander Morison and ‘The Physiognomy of Mental Diseases’

This paper examines the Edinburgh physician, Sir Alexander Morison’s 1840s book *The Physiognomy of Mental Diseases*. It looks at the original art work for the book and considers what the book tells us about the psychiatric ideas of the time and the visual representation of the mentally ill.

Dr Robby Steel

Dr Steel has spent 28 years seeing psychiatric patients at the hospital front door: First as an A&E then psychiatry SHO in Glasgow, then as a Registrar and Lecturer in Edinburgh. His first consultant post at St John’s Hospital was split between General Adult and Liaison. In 2007 he moved to his current post as a Liaison Psychiatrist at the Royal Infirmary of Edinburgh.

Dr Steel has a particular interest in ED frequent attenders, designing and building the Award winning “PACT” service at the Royal Infirmary.

For the past 2 years he has been Clinical Lead for the Redesign of Unscheduled Mental Health Care in Lothian and a member of the Scottish Government's Unscheduled Mental Health Care Network.

Presentation Abstract: The Unscheduled care conundrum

The Scottish Government's "Redesign of Unscheduled Care" initiative aspires to "Right Care", "Right Place", "Right Time", "First Time".

Traditional front door mental health services focus upon "Mental Health Assessment" and "Gate Keeping access to Secondary Care" yet only around 20% of the people they see are presenting with what a psychiatrist would call "Mental Illness".

The challenge is how best to deliver the "Right Care" in the "Right Place" at the "Right Time", "First Time" for everybody who presents to our service without risking the service being overwhelmed.

Dr Sara McNally

Dr Sara McNally is a Consultant Liaison Psychiatrist at Addenbrooke's Hospital, Cambridge. She has been a member of the Fabricated and Induced Illness (FII) Special Interest/ERG at the Royal College of Psychiatrists since 2016 and is also the administrator for the group. She has an interest in abnormal illness/healthcare-seeking behaviour, particularly factitious disorder, which is associated with high risk of iatrogenic harm and high utilisation of healthcare resources, and whether its detection and management within the NHS can be improved. With this aim in mind, she has recently established a Factitious Disorder working group consisting of like-minded physicians and liaison psychiatrists from across the UK.

Presentation Abstract: Factitious disorders - the challenge of times

There exists within the NHS and more widely, a cohort of patients with a specific type of abnormal illness behaviour who, over a protracted period, accrue an extensive past medical history with multiple medical diagnoses for which, on closer examination, there is questionable evidence for a primary organic cause (either at the index presentation and/or subsequent ones). However, these patients are associated with high frequency and/or intensity of contact with healthcare services (often at different geographical sites but also within the same site but under different specialties or admitting teams), a high number of medical interventions and a tendency to increasingly demand for invasive medical interventions with risk of further iatrogenic harm. This presentation will attempt to examine this more closely and describe the aims of the Factitious Disorder Working Group which include: the need to raise awareness, improve diagnosis and how, once identified, better manage it in order to primarily reduce the risks to the patient but also to an increasingly stretched NHS at the same time being mindful that this could be contentious.

Factitious Disorder Imposed on Self (FD/ FDIOS) is often associated with high frequency presentation, high number of medical interventions associated with high risk of iatrogenic harm and high healthcare utilisation in an increasingly stretched NHS.

Afternoon Session

Dr Prakash Shankar – Chair of the Afternoon Session

Dr Shankar is a Consultant Liaison Psychiatrist and Clinical Director for Inpatient Services at Forth Valley Royal Hospital in Larbert. He has a Masters in Psychiatry from the University of Edinburgh, postgraduate certificate in Cognitive Behavioural Therapy from Queen Margaret's University and an MBA with specialism in leadership from the Strathclyde Business School.

He delivers lectures on the NES speciality courses and been an associate for the General Medical Council for PLAB examinations and serves as external advisor for the Royal college of Physicians. He is the current chair of the Liaison Faculty in Scotland and has served on the board of directors for local and national charities.

Dr Peter Connick

Dr Connick is a consultant neurologist at NHS Forth Valley and Honorary Clinical Senior Lecturer at The University of Edinburgh. His neurology training was in Cambridge and London, and he moved to Edinburgh in 2012. In 2020 he joined NHS Forth Valley and set up a new specialist neurology clinic for people with Functional Neurological Disorders. He is passionate about improving wider professional understanding about FND, and hugely grateful for the opportunity to spend time with his fellow 'brain doctors' who see patients with this difficult condition.

Presentation Abstract: Functional illness and the neurological examination

Functional neurological disorders are the second commonest diagnosis in neurology clinics, but the least enjoyed patient group to care for by neurologists. More broadly, people with FND typically have a miserable experience of interactions with healthcare professionals. In this presentation I hope to share the (interested) neurologist's understanding of both what FND is, and how to spot it – including via the much feared and 'dark art' of the neurological examination.

Dr Priti Singh

Dr.Singh is a General Adult Consultant Psychiatrist from NHS Grampian. She is also an active member of the college's CESR Equivalence Committee and one of the three CESR evaluators from Scotland.

Dr.Singh introduced the first International GMC sponsored CESR Fellowship programme in Scotland which has been running successfully in its second cohort.

Dr Asif Iqbal Ahmed

Dr Asif Iqbal Ahmed, Surgeon Captain (Retired, Indian Navy), Professor and formerly Senior Adviser (Psychiatry) has diverse experience of serving as a Military Psychiatrist, where he served for 25 years in the Army Medical Corps. He the founded a standalone 30 bedded Private Psychiatry Nursing Home In New Delhi which achieved Accreditation on Quality Standards Board. He has simultaneously pursued an academic career having taught medical graduates and Psychiatry Residents in Medical Colleges in India and Oman.

He is an alumnus of the prestigious Armed Forces Medical College having graduated in 1988 and acquired his Specialist qualifications in 1995 and 2000. He has been a popular teacher and speaks at National and International forums. He is currently a CESR Fellow- Speciality Doctor with NHS Grampian.

Presentation Abstract: Certificate of Eligibility for Specialist Registration- a way forward?

Dr Singh will share her insights in creating CESR expertise across services and will also share her reflections on the CESR Fellowship programme.

Dr Ahmed is one of the CESR Fellow's from the first cohort and will share his academic experiences and lessons from the journey on the CESR Pathway

Dr David Christmas

David Christmas is a Consultant Psychiatrist in the Advanced Interventions Service in Dundee, a Scottish National Specialist Service for the assessment and treatment of chronic, treatment-refractory depression and Obsessive-Compulsive Disorder (OCD). He has been a consultant since 2006 and is also an Honorary Senior Lecturer in the University of Dundee.

His clinical work involves the assessment of people who require specialist treatment of depression or OCD, and this also involves the delivery of intensive and inpatient treatment for OCD. He is also responsible for assessing for neurosurgical treatment pathways.

His research interests include: the neurosurgical treatment of chronic, treatment-refractory mood disorders and OCD; the neuroimaging of mood disorders; and neuromodulation for depression. He likes nothing more than a question that we don't know the answer to and a large dataset that might provide the answer.

Presentation Abstract: Realistic Psychiatry

'Realistic Medicine' is a concept that we are familiar with and is a noble attempt to try and improve the quality of care. However, it was conceived at a time when resources were not so limited, the workforce was larger (and not leaving for private practice or Australia), and we had not been hit by a life-changing pandemic.

So how do we try and deliver optimal care when demand is outstripping capacity on a daily basis, and more is being asked of MH services? Should we attempt to 'pull up the drawbridge' or do we have to work differently? As specialist care becomes more limited, who should we direct limited resources to? What needs to be done for those that find themselves caught between community hubs and specialist care?

Whilst I won't be able to answer all these questions, I will at least acknowledge that no-one else wants to answer them either. I will explore some options for how general adult psychiatry might adapt and evolve to meet the needs of patients.

Please note: a list of the poster presentations is provided on the next page.



Poster Presentations

Royal College of Psychiatrists in Scotland
General Adult and Liaison Faculties Joint Conference
Wednesday 7th June 2023
Apex Waterloo Place Hotel, Edinburgh

1. Rachel Gibbons - *"8 'Truths' About Suicide"*

2. Dr Eleanor Heighton - *"Improving contraceptive counselling amongst women prescribed medication to treat ADHD at Cambridge Street House"*

3. Dr Cat Holligan - *"Saving Lives Giving Life Back – The Development of a Major Trauma Mental Health Service"*

4. Mariebeth Kilbride - *"Drug Related Deaths, Take Home Naloxone and the Scottish Naloxone Programme"*

5. Dr Emma Leighton and Heather Boagey - *"Prescription patterns, feasibility and safety of rationalising antiepileptic medication in people with dual diagnosis of epilepsy and psychogenic non-epileptic seizures"*

6. Dr Dawn Lindsay - *"Scottish Patient Safety Programme in Adult Inpatient Mental Health: Scottish Patient Safety Survey"*

7. Dr Nina Mackenzie - *"Passing the baton: effective clinical handover in psychiatry for safer patient care"*

[Scroll down to the next page for the Faculty Business meeting agendas.](#)



**Royal College of Psychiatrists in Scotland
Faculty of Liaison Psychiatry Business Meeting
Wednesday, 7 June 2023, Apex Waterloo Place Hotel, Edinburgh**

Agenda

- 1. In attendance**
 - 2. Apologies**
 - 3. Reflections on previous minutes**
 - 4. RCPsych networking**
 - Mental Health Assessment Units/Hubs (MHAU)
 - New Suicide Prevention Strategy (Scottish Government and COSLA)
 - Scottish Self-harm strategy development
 - Scott Review of Scottish Mental Health Act
 - Mental health and wellbeing strategy
 - Quality standards and outcomes
 - NCS
 - Assisted Dying Bill
 - CoMorMent-(The EU-H2020 funded project)
 - 5. National consultations**
 - Development of National Liaison Strategy
 - Progress from Liaison Survey
 - Safe patients and high-quality services
 - Integrated psychological medicine
 - Use of Criminal Sanctions
 - 6. Faculty committee**
 - Faculty committees
 - 7. Ideas for next year and forthcoming meetings**
 - 8. Any Other Competent Business**
- 1. If voting occurs, only elected members can participate, and**
 - 2. Any conflict of interest relating to a particular agenda item should be declared**



**Royal College of Psychiatrists in Scotland
General Adult Faculty Annual Business Meeting
Wednesday, 7 June 2023, Apex Waterloo Place Hotel, Edinburgh**

AGENDA

1. Present / Apologies

2. Challenges

- Workforce

3. Faculty Executive / Elections

4. Ideas for 2023 Faculty Conference

5. Any Other Competent Business

7. Date of next Meeting

- 3. If voting occurs, only elected members can participate, and**
- 4. Any conflict of interest relating to a particular agenda item should be declared**

**WE LOOK FORWARD TO WELCOMING
YOU TO THE EVENT!**