



## Event Booklet

# **RCPsych in Scotland** **30<sup>th</sup> Anniversary Conference**

**@RCPsychScot**  
**#Scot30Years**

Friday 4th October 2024  
at the Apex City Quay Hotel, Dundee  
Registration from 9.20am

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**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 will be circulated for you to complete in the afternoon.**



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

## RCPsych in Scotland 30<sup>th</sup> Anniversary Conference

3-4 October 2024 | Apex City Quay Hotel, Dundee  
@RCPsychScot | #Scot30Years

### Friday 4<sup>th</sup> October 2024

Friday Morning Programme: Chaired by Dr Ihsan Kader	
09:20 – 09:30	<b>Arrival / Registration</b>
09:30 – 09:35	<b>Welcome and introduction to the morning from the Chair</b> Dr Ihsan Kader, RCPsychiS Lead for Retention and Wellbeing
09:35 – 09:50	<b>Trainee Presentation 5: "From Diagnosis to Wellness: Building an Adult ADHD Service"</b> Dr Sarah Fatima, Junior Clinical Fellow
09:55 – 10:35	<b>Parallel Sessions</b> – (delegates select one session)
<b>Session A</b>	<b>Neurodiversity Demand on Services Workshop</b> Dr Jim Crabb & Dr Pavan Sireddy
<b>Session B</b>	<b>Psychiatry – A Lived Experience Perspective</b> Gordon Johnston
<b>Session C</b>	<b>I am not your waiting list</b> Dr Mhairi Hepburn & Dr Frances Travers
10:40 – 11:10	<b>History Presentation – history of psychotherapeutic practice in Scotland</b> Dr Alasdair Forrest
11:10 – 11:25	<b>Comfort Break</b>
11:25 – 11:40	<b>Trainee Presentation 6 – "Death after psychiatric contra-indications to urgent liver transplant following paracetamol overdose: an 18-year cohort study"</b> Dr Jen Baker, FY2
11:40 – 12:10	<b>The Legislative Oversight Forum and the College's role in legal reform in Scotland</b> Dr Roger Smyth, Consultant Psychiatrist NHS Lothian
12:10 – 12:40	<b>The Assisted Dying Bill - implications for psychiatry</b> Dr Stephen Potts, Consultant Transplant Psychiatrist, Royal Infirmary of Edinburgh
12:40 – 12:55	<b>Panel Discussion with Dr Potts and Dr Smyth</b>
12:55 – 13:45	<b>Lunch</b>

**Friday Afternoon Programme:  
Chaired by Dr Adam Daly**

<b>13:45 – 13:50</b>	<b>Welcome and introduction to the afternoon</b> Dr Adam Daly, RCPsych in Scotland Meetings Secretary
<b>13:50 – 14:05</b>	<b>Trainee Presentation 7 – “Recruiting and Exploring the Profiles of Those in the Early Stages of Serious Mental Illness</b> Dr Naomi Wilson, Wellcome Trust Fellow and Clinical Lecturer in Child and Adolescent Psychiatry, University of Glasgow
<b>14:05 – 14:45</b>	<b>Psychotic symptoms in young people: what do psychiatrists need to know?</b> Professor Ian Kelleher, Chair of Child and Adolescent Psychiatry, Academy of Medical Sciences Professor, Centre for Clinical Brain Sciences (CCBS), University of Edinburgh
<b>14:45 – 15:25</b>	<b>“Game of Thrones” - Panel discussion with previous Chairs of RCPsychiS</b> Dr Tom Brown, Dr Peter Rice, Dr Alastair Cook, Dr John Crichton and Dr Linda Findlay
<b>15:25 – 15:40</b>	<b>Comfort Break</b>
<b>15:40 – 15:55</b>	<b>Trainee Presentation 8: “Psychiatric Emergency Bleep Documentation Enhancement Audit”</b> Dr Anastasija Davidova, CT3, NHS Lothian Dr Scott Young, CTI, NHS Forth Valley
<b>16:00 – 16:40</b>	<b>Parallel Sessions – (delegates select one session)</b>
<b>Session A</b>	<b>Neurodiversity Demand on Services Workshop</b> Dr Jim Crabb & Dr Pavan Srireddy
<b>Session B</b>	<b>Psychiatry – A Lived Experience Perspective</b> Dr Gordon Johnston
<b>Session C</b>	<b>I am not your waiting list</b> Dr Mhairi Hepburn & Dr Frances Travers
<b>16:40 – 16:50</b>	<b>Prize giving &amp; 30<sup>th</sup> Anniversary Memorial Photo</b>
<b>16:50</b>	<b>Close</b>

*The RCPsychiS reserves the right to change the programme without prior notice.  
1 point per hour of educational activity can be allocated, pending peer group review*



# Speaker Biographies / Abstracts

## Morning Session – Chaired by Dr Ihsan Kader

### **Dr Ihsan Kader**

*Dr Ihsan Kader is a consultant psychiatrist with the Edinburgh Intensive Home Treatment Team, a service he helped set up in 2008. He has a strong interest in workforce recruitment, retention and wellbeing. He was the workforce lead for the Royal College of Psychiatrists in Scotland until February 2024 when he took on the role of Scottish Lead for Retention & Wellbeing.*

*In his free time he enjoys travelling, hill walking, yoga and going down to Anfield in Liverpool to see the mighty Redmen play.*

### **Dr Sarah Fatima**

*Dr Sarah Fatima is a dedicated physician with a rich background. Raised in the Gulf, she returned to India to study medicine and work, where she deepened her understanding of healthcare. Now in the UK, she's finding her feet and pursuing her passion for psychiatry. Known for her hardworking nature and artistic flair, Sarah's journey across cultures has shaped her belief that mental health is deeply influenced by one's background and life experiences. This insight helps her connect with patients on a meaningful level. As she navigates the challenges of a new environment, she remains resilient and determined to make a positive impact. Outside of work, she expresses her creativity through art and enjoys unwinding with crime dramas that mirror her interest in the human mind. Sarah continues to grow, embracing each step of her journey with optimism and a strong desire to help others.*

#### Presentation overview

Discuss increasing awareness around ADHD, talk about ADHD services in NHS Shetland.

### **Dr Jim Crabb**

*Jim has worked as a Consultant in NHS Forth Valley since 2011. From 2018-2023 he was Associate Medical Director for Mental Health Services in the Board.*

*He was incredibly proud to have been elected Chair of the General Adult Faculty of the Royal College of Psychiatrists in Scotland by his peers, and to have served in this role.*

*Jim has led on national projects including chairing the group that developed a national approach towards how substance use is managed on mental health wards (and which fulfilled one of the recommendations of the Strang enquiry).*

*He is currently the Policy Lead for the college in Scotland.*

*Jim is passionate about engaging with the voice of lived experience and also applying evidence-based medicine so that our ever-scarce resources get directed to where they can do most good, most often. He is an advocate of*

*realistic medicine and hopes he can be part of a national conversation about what realistic psychiatry and realistic mental health care means for Scotland.*

#### Presentation overview

In recent years there has been an increasing interest in neurodiversity. This in turn has led to an unprecedented demand on mental health services to provide assessment and treatment.

The situation poses different challenges for clinicians, managers, politicians & those who finance and commission mental health services.

The current situation is a 'wicked' problem- a complex, multi-faceted situation with no clear, simple or obvious solution.

Participants in this session will map and generate approaches that can help move 'wicked' problems on to more helpful trajectories.

#### **Dr Pavan Sreddy**

*Pavan is the current Vice Chair of the RCPsych in Scotland. He trained in the west of Scotland and is a consultant in general adult psychiatry in South Glasgow. He has previously held other roles as a Lead Clinician, eHealth lead and Board lead for Mental Health Strategy in NHS GG&C and as the Policy Lead for the RCPsychiS.*

*He has an interest in service improvement, digital approaches to service delivery and strategic planning with a focus on improving the quality of care and patient experience.*

#### Presentation overview

As above (presenting with Dr Jim Crabb)

#### **Gordon Johnston**

*Gordon Johnston was diagnosed with bipolar disorder in 2007 and is active in many voluntary sector mental health organisations. He is Chair of VOX (Voices Of eXperience) – Scotland's national collective advocacy organisation in mental health.*

*Gordon also carries out paid consultancy work for several third sector mental health organisations in engagement, policy development and organisational development. He is Policy Lead for Scotland's Mental Health Partnership.*

*He has previously worked in the public and voluntary sectors including community development, managing a local community engagement organisation, co ordinating the distribution of National Lottery and European funding, project development in several urban regeneration initiatives in Glasgow and project managing elements of the merger that led to the creation of the Big Lottery Fund.*

*Gordon is an active peer researcher, working on several research projects, collaborating with colleagues from various UK universities. He is also a non executive board member of the Mental Welfare Commission for Scotland and*

*also of NHS Forth Valley. He recently chaired the Scottish Government's Quality Standards Working Group, which developed quality standards for adult secondary mental health services.*

#### Presentation overview

The session will consider psychiatry from a service user perspective. How has service delivery changed? What are the priorities for those who use psychiatric services?

#### **Dr Mhairi Hepburn**

*I am a consultant in old age psychiatry in Perth, ECT lead consultant in Dundee and RCPsych in Scotland Equity Champion. I am neurodivergent and bipolar, so have first hand experience of the stigma and discrimination that can make life in the NHS incredibly challenging.*

*I have also experienced great kindness as a result of sharing my experiences and this has shown me how much better life can be when we treat each other with compassion and respect.*

*I firmly believe that we should all go to work with the same right to be here, to be ourselves, to be comfortable and to have opportunities for success.*

*My particular interest is in improving inclusion and respect for diversity within psychiatry; we must 'get our own house in order' if we hope to challenge the inequalities faced by our patients.*

#### Presentation Overview

An interactive workshop designed to give participants an insight into life as a neurodivergent psychiatrist.

#### **Dr Frances Travers**

*Dr Travers is from Glasgow, and studied medicine at the University of Dundee (UoD), graduating in 2012.*

*After completing Core Psychiatric Training in Tayside, she worked as a Specialty Doctor in General Adult Psychiatry in Fife before starting her Higher Training in Old Age Psychiatry. She currently works as an ST6 at Murray Royal Hospital in Perth.*

*Dr Travers was diagnosed with ADHD in 2022 and has an interest in how taking a human factors approach can contribute to improvements at work. She also enjoys teaching, and regularly contributes to the 3<sup>rd</sup> year Psychiatry Undergraduate Teaching at UoD.*

#### Presentation Overview

As above (presenting with Dr Mhairi Hepburn)

### **Dr Alasdair Forrest**

*Alasdair Forrest is a Consultant Forensic Psychiatrist and Medical Psychotherapist to the Royal Cornhill Hospital, Aberdeen. He is a Group Analyst. He is chair of the Medical Psychotherapy faculty in Scotland.*

#### Presentation overview

Scotland has played a quiet—but not small—role in the development of psychotherapeutic practice across the world. In this presentation, some of the important figures and their contemporary influence are reviewed.

### **Dr Jen Baker**

*Jen is an FY2 doctor based in Edinburgh, with interests in (liaison) psychiatry and tackling social determinants of health.*

#### Presentation overview

Single-centre retrospective cohort study, examining in-episode deaths of patients with acute liver injury secondary to paracetamol overdose referred for psychiatric assessment for urgent liver transplant at SLTU.

### **Dr Roger Smyth**

*Dr Roger Smyth is Consultant Psychiatrist at the Royal Infirmary of Edinburgh and the Scottish Liver Transplant Unit. He is the Chair of the Legislative Oversight Forum of the Royal College of Psychiatrists in Scotland. He is a lead author and editor of the Oxford Handbook of Psychiatry.*

#### Presentation overview

This talk will review the work of the Legislative Oversight Forum of the Royal College of Psychiatrists in Scotland with particular regard to its involvement in the Scottish Mental Health Law Review ('the Scott Review').

### **Dr Stephen Potts**

*Consultant in Liaison Psychiatry, Royal Infirmary of Edinburgh since 1996, and in Transplant Psychiatry (also RIE) since 2014.*

*I've had an interest in the ethics of decision-making at the end of life since post-graduate study in moral philosophy in the 1980s. First publication in the field 1987.*

*Undergraduate training in medical sciences and philosophy at Cambridge, then clinical medicine at Oxford. Post graduate Harkness Fellow ( medical ethics) to USA. Then psychiatry at Maudsley, King's and Edinburgh.*

*I led the RCPsychIS response to previous Bills to legalise assisted dying in 2010 and 2015, as well as to the Bill currently before Holyrood.*

*Side interests in sport, sailing and writing for page stage and screen.*

#### Presentation Overview

Outline of the Bill, with a focus on roles laid down for psychiatry and the response of RCPsychIS.



## Afternoon Session – Chaired by Dr Adam Daly

### **Dr Adam Daly**

*Dr Adam Daly is the Meetings Secretary for the Royal College of Psychiatrists in Scotland. Adam works as a consultant in Old Age Psychiatry and is also the Associate Medical Director for Health and Social Care North Lanarkshire. Adam has interests in learning from adverse events, medical leadership, recruitment, and service improvement.*

### **Dr Naomi Wilson**

*I am an ST4 in Child and Adolescent Psychiatry within NHS Greater Glasgow and Clyde. I am also currently completing a PhD at the University of Glasgow funded by the Wellcome Trust. This is exploring the health trajectories of neurodivergent young people who have engaged with Child and Adolescent Mental Health Services, using nationwide routinely collected health data. My research interests include mental health inequalities emerging in childhood and early interventions to reduce these.*

#### Presentation Overview

Many gaps exist in our understanding of the earliest markers and developmental pathways to severe mental illness (SMI). The feasibility study which will be presented aimed to explore the clinical profiles of young people early in the course of SMI (either borderline personality disorder (BPD) or psychosis). Overall, a high prevalence of adverse childhood experiences (ACEs), difficulties in emotional regulation (DERs), BPD traits and symptoms indicative of neurodevelopmental conditions (NDCs) were identified. DERs were also found to mediate the association between both NDC symptoms and ACEs, and BPD in this cross-sectional sample.

### **Professor Ian Kelleher**

*I am Professor of Child and Adolescent Psychiatry at the University of Edinburgh and a Consultant Psychiatrist working in NHS Lothian CAMHS. My research interests are in the prediction and prevention of serious mental illness. I lead an interdisciplinary research team that takes a data-driven approach to identifying individuals at risk of severe mental illness, as well as research on psychotic and attenuated psychotic symptoms in clinical and non-clinical populations.*

*We use a range of methodologies, including large scale epidemiological analyses, predictive modelling, and causal inference methods to assess treatment effects. The ultimate goal of this research is to improve early identification of risk for major mental illness, to reduce duration of untreated illness, and to identify effective preventive interventions.*

#### Presentation overview

This talk will describe ongoing research on psychosis prediction and prevention, including research on:

- a) the prevalence and clinical significance of psychotic symptoms in general population and clinical samples of young people
- b) current psychosis prediction strategies

- c) new approaches to capturing psychosis risk
- d) Interventions to reduce psychosis risk.

### **Dr Tom Brown**

*Tom is a retired Consultant Liaison Psychiatrist, Greater Glasgow and Clyde, past Chair RCPsych in Scotland and past Associate Registrar for Recruitment (2011-2016) RCPsych.*

### **Dr Peter Rice**

*Peter Rice is an Addiction Psychiatrist based in Scotland. He was Chair of Scottish Health Action on Alcohol Problems, a project of the Royal College of Physicians of Edinburgh, from 2012-20. He was one of the group of doctors who campaigned for evidence based policy in Scotland leading to the introduction of Minimum Unit Price and a national screening and brief intervention programme.*

*He is*

- *President of the European Alcohol Policy Alliance, EURO CARE*
- *Chair of the Institute of Alcohol Studies (UK)*
- *He has been a Consultant to WHO Europe.*
- *He is past chair of the Royal College of Psychiatrists in Scotland.*

*He worked in clinical practice for 23 years in an NHS Alcohol Problems Service. He applied population health principles to his clinical service with a focus on prevention, early intervention and care pathways and this led to increasing involvement in policy work at national and international level. His work with the Royal College of Psychiatrists focused on the impact of mental and behavioural health to population health and health inequalities.*

### **Dr Alastair Cook**

*Alastair joined SG Mental Health Directorate as Principal Medical Officer in July 2020. He was previously Medical Director of Health and Social Care North Lanarkshire and before that Associate Medical Director for Mental Health. He chaired the Royal College of Psychiatrists in Scotland from 2013-2017 and also the Scottish Mental Health Partnership. Alastair had a previous secondment to SG from 2007-10 as Senior Medical Officer in Health Workforce. He continues to have a commitment to clinical practice in general adult psychiatry in Motherwell.*

### **Professor John Crichton**

*Professor John Crichton is Treasurer at the Royal College of Psychiatrists, an Honorary Professor at the School of Law, University of Edinburgh, and Consultant Forensic Psychiatrist at the Orchard Clinic, Royal Edinburgh Hospital, Scotland's first medium secure unit.*

*After studying psychology and medicine at Nottingham University, Professor Crichton completed initial training in psychiatry at Cambridge. At the Institute of Criminology, University of Cambridge, he completed a PhD investigating the*

*management of violence and other challenging behaviour involving psychiatric inpatients.*

*Professor Crichton has published over 40 peer reviewed papers and book chapters and edited the book *Psychiatric Patient Violence: Risk and Response*.*

*He has held the post of Medical Director of the Forensic Network and State Hospitals' Board for Scotland.*

### **Dr Linda Findlay**

*Dr Linda Findlay is a retired Consultant in Intellectual Disability and General Adult Psychiatry, and a former Chair of the Royal College of Psychiatrists (RCPsych) in Scotland.*

*She studied medicine at the University of Glasgow and completed her psychiatric training in the West of Scotland. Her keen interest in law, particularly human rights law, led her to earn an LLM in Human Rights Law from the joint law schools of the University of Glasgow and the University of Strathclyde in 2005.*

*Dr Findlay joined NHS Lanarkshire in 2001 as a senior psychiatry trainee, becoming a consultant in the Learning Disability Service in 2003. Over the years, she held various roles before being appointed Medical Director in 2018.*

*Dr Findlay served as both Chair and Vice Chair of RCPsych in Scotland, as well as Chair of the Faculty of Intellectual Disabilities in Scotland.*

### **Dr Anastasija Davidova & Dr Scott Young**

*Dr Anastasija Davidova\_CT3 NHS Lothian, currently working in Liaison Psychiatry at Royal Infirmary of Edinburgh. I worked at St John's Hospital, West Lothian, for 2 years on-call and 1.5 years during normal working hours, during which we have conducted a QI project on improvement of the service on psychiatric emergencies.*

*Dr Scott Young is currently CTI in Forth Valley Royal Hospital having previously worked as a long term locum in SHO role post in St John's Hospital.*

#### **Presentation Overview**

*A QI project looking into the effectiveness of the Psychiatric Emergency Bleep which is utilised by St John's Hospital in West Lothian.*

# Digital Posters

## RCPsych in Scotland

### 30<sup>th</sup> Anniversary Conference 2024

The entries are listed in alphabetical order of submitting author, indicated in bold type.

You can view the posters in the event's online [Poster Viewing Area](#) or scan the QR code below.

1. **Dr Lindsay Anderson** – *Chief Residents in Psychiatry*
2. **Dr Jen Baker** – *Death after psychiatric contraindications to urgent liver transplant following paracetamol overdose: an 18-year cohort study*
3. **Morven Baker** – *Investigating light sensitivity in bipolar disorder (HELIOS-BD)*
4. **Dr Jen Dunn** – (Poster 1) *A Psychiatrist's Personal Psychotherapy*
5. **Dr Jen Dunn** – (Poster 2) *Psychoanalytic Thinking in Psychiatry*
6. **Dr Brooke Marron** – *Addressing Clozapine Prescribing Challenges in GG&C General Hospitals*
7. **Dr Amy Martin** and Dr Cassie Philp – *Review of Individuals Commenced on Prolonged Release Injectable Buprenorphine (Buvidal©) in West Lothian Community Addictions Service*
8. **Dr Anne Meakin** – *Borderline Personality Disorder Pathway Re-Audit 2022*
9. **Dr Salomee Shakur** – *Improving the Compliance with NICE Guidelines, for the Physical Health Monitoring of Young People on Treatment for ADHD, in West Glasgow CAMHS*



Scan me to visit the poster viewing area