



Event Booklet

RCPsych in Scotland **Joint Old Age and General Adult** **Faculty Conference 2024**

Friday 6th December 2024

at the Stirling Court Hotel

Registration from 9am

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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.

Tricky Transitions and Interfaces across the Age Range

Morning Session Chair: Dr Vivek Pattan

09:00 – 09:15	Arrival / Registration
09:15 – 09:25	Welcome and introduction to the morning from the Old Age Faculty Chair Dr Vivek Pattan, Consultant Psychiatrist, Chair of RCPsychiS Old Age Faculty
09:25 – 10:15 (inc Q&A)	What is NHS 111 (England)? Press 2 for Mental Health. Do we need one in Scotland? Dr Ajoy Thachil, Consultant Psychiatrist, Consultant Liaison Psychiatrist; Medical Lead, Same Day Emergency Care in Mental Health; Associate Medical Director, Croydon/BDP Operational Directorate, South London & Maudsley NHS Foundation Trust
10:15	Parallel Sessions – (delegates select one session)
Session 1 (ends at 11:15)	Debate: Does general adult psychiatry have a future as a specialty in the NHS?* Proposition Speaker: Professor Anthony Pelosi, Consultant Psychiatrist, Priory Hospital, Glasgow / Opposition Speaker: Dr Jane Morris, Consultant Psychiatrist & Chair, RCPsychiS
Session 2 (ends at 11:05)	Clozapine for Psychosis and Neurodegenerating conditions in Older Adults. Time to rethink our approach. Professor Suzanne Reeves, Professor of Old Age Psychiatry and Psychopharmacology, UCL
11:05 – 11:15	Old Age Faculty Update and Business Meeting
11:15 – 11:30	Break & Posters
11:30 – 12:00	Different diagnoses, different people, different needs (Rare Dementia Group) Professor Sebastian Crutch, Professor of Neuropsychology, Dementia Research Centre, UCL
12:00 – 12:45	Sleep, Circadian Rhythms and Bipolar Disorder Professor Daniel Smith, Chair of Psychiatry & Head of the Division of Psychiatry, University of Edinburgh
12:45 – 13:45	Lunch & Posters

Afternoon Session Chair: Dr Jane Morris

13:45 – 14:25	Workshop - Developing a national consensus protocol for Young Onset Dementia pathway. Facilitators: Dr Vivek Pattan, Consultant Psychiatrist, NHS Forth Vale; Dr Sowmya Munishankar, Consultant Psychiatrist and Clinical Director, Old Age Psychiatry, NHS Lanarkshire (joining remotely) and Ms Jill Carson, Consultant in Public Policy, Alzheimer's Scotland
14:25 – 14:50	ASD and ADHD across the age Dr Prem Shah, Consultant Psychiatrist, NHS Lothian / Edinburgh Psychiatry
14:50 – 15:05	Break & Posters
15:05 – 15:45	Workshop - Developing the protocol for transition from adult to older adult using patient journey examples. Should all patients transition? Facilitator: Dr Vivek Pattan, Consultant Psychiatrist, NHS Forth Valley; Dr Neill Anderson, Consultant Psychiatrist, NHS Lothian (OAP) & TBC (GAP) & Dr Amy Macaskill, Consultant Psychiatrist & Clinical Lead General Adult Psychiatry North NHS, NHS Highland (GAP)

15:45 – 16:15	Feedback from the groups/audience
16:15 – 16:45	Poster Prize and Panel discussion
16:45	Close

***All views are the speakers own for the purposes of the debate only**

*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 Vivek Pattan

Dr Ajoy Thachil

Dr Thachil has been a consultant at SLAM since 2014, after a period as consultant liaison psychiatrist across West London Mental Health Trust and Imperial College Healthcare Trust. He established the Croydon Mental Health Liaison Service and the Croydon Drug and Alcohol Support Service, and later led the standardization of care processes and models across the four ED liaison psychiatry services in SLAM. Current work as Associate Medical Director is focused on developing Same Day Emergency Care (SDEC) in Mental Health (in collaboration with the SUN Projects and the IOPPN), the new NHS111 press 2 service for Mental Health/S136 Hub for South London, the Croydon Community Mental Health Transformation Program and Mental Health Crisis Units nationally. He completed his core training across SLAM, Guys' & St Thomas' and the IOPPN, and specialist training across SWLSTG, the Atkinson Morley Neurosciences Centre, St George's Hospital and St George's University of London, the latter as part of an NIHR Fellowship, intercalated with training in epidemiology at LSHTM.

Presentation overview

The NHS111press2/Section 136 Hub for South London is the first dedicated 24/7 Mental Health Crisis and Police Advice Telephone Line to be implemented in London. It was developed and established by the South London Mental Health Partnership Provider Collaborative, which brings together the three Mental Health Trusts covering South London: Oxleas, Southwest London & St George's and South London and Maudsley.

The line was established as a response to the surge in mental health crises in England over recent years and the implementation of the Right Person Right Care Program by police forces across the country.

Establishing the service has necessitated working across agencies thus navigating logistical, operational, and cultural challenges. Despite these challenges, it has achieved a consistent reduction in detentions under Section 136 of the Mental Health Act, by about a third each month. It has brought us better understanding of how crisis services serve the needs of our population and how they don't. The opportunity to build this intelligence and act on it to implement best practice/tangible interventions from each of the 12 boroughs in South London has the potential to enable a significant gear shift across our wider urgent and emergency care pathways serving a population of 2.4 million.

Professor Anthony Pelosi

Anthony Pelosi was a general adult psychiatrist in Lanarkshire from 1992 until 2012. Since 2012 he has specialized in the care of people with severe and extreme eating disorders.

He is an honorary professor of psychiatry at Glasgow University. He has a special interest in applying the principles and methods of epidemiology to the organisation of psychiatric services.

Presentation overview

This presentation will argue that the main problem with psychiatric health services research is that randomised controlled trials pay little or no attention to the “treatment as usual” with which new interventions are compared.

“Treatment as usual” within these trials is often completely hopeless and bears no resemblance to modern and serious psychiatric care. This has contributed to excessive subspecialisation within psychiatric services which, in turn, has led to inefficiencies and loss of continuity of care. In some cases, subspecialist teams have contributed to the neglect of people with insight-impaired major mental illnesses.

It will be suggested that clinicians, health service managers, and policymakers in the United Kingdom have no option but to shut down almost all subspecialist teams and re-deploy the multidisciplinary staff to proper generalist community and hospital care.

<https://www.cambridge.org/core/journals/psychological-medicine/article/neglecting-the-care-of-people-with-schizophrenia-here-we-go-again/ADEC31CA1EAF50689E286E9FC215ED43>

Dr Jane Morris

Jane is the Chair of the RCPsych in Scotland and Vice President of RCPsych. Chair, RCPsych in Scotland. She undertook higher training in both Adult and CAMHS psychiatry and worked in Adolescent services in Glasgow and Edinburgh before joining Aberdeen's Eden Unit (Scotland's first NHS Inpatient Unit and Day Programme for adults with severe eating disorders).

For some years she was Lead Clinician in the North of Scotland MCN for Eating Disorders covering six Northern Health Boards. She has edited and co-written three books on eating disorders and chaired the 2022 SIGN Guideline on Eating Disorders.

During the COVID-19 pandemic she worked in neuropsychiatry and perinatal psychiatry in NHS Grampian. She now participates in the teaching of Medical Students and CESR Fellows, and in campaigning for the mental health of young people. Her most recent book, 'Improving University Mental Health' is published at the end of 2023 by Cambridge University Press.

Professor Suzanne Reeves

Suzanne Reeves is a Professor of Old Age Psychiatry and Psychopharmacology and Head of the Mental Health of Older Adults Research Department in the Division of Psychiatry, University College London. Her research aims to understand the origins of psychosis in older people, optimise the safety of existing antipsychotic drug treatments, and identify and evaluate safer alternative treatments. She is leading the Parkinson's UK funded, UK-wide placebo controlled Trial of Ondansetron as a Parkinson's Hallucinations Treatment – TOP HAT.

Presentation overview

Clozapine is the most effective treatment for psychosis in the context of Parkinson's disease, but is under-utilised due to concerns regarding side effects

and, for elderly medicine and neurology services, the absence of local pathways to access clozapine and monitoring services. The talk aims to provide practical guidance on clozapine use in the treatment of Parkinson's and related conditions and to raise awareness of a Parkinson's UK led Clozapine Working Group which aims to address UK-wide barriers to clozapine use.

Professor Sebastian Crutch

Sebastian Crutch is Professor of Neuropsychology at the Dementia Research Centre, UCL Queen Square Institute of Neurology. His research focuses on rare and young onset dementias, exploring topics including dementia-related visual impairment, and dementia and the arts. He currently co-leads the Rare Dementia Support service (<http://www.raredementiasupport.org/>) which aims to empower, guide and inform people living with a rare dementia diagnosis and those who care about them, and leads a 5-year ESRC-NIHR research programme evaluating the impact of support groups that bring together peer and professional experience.

Presentation overview

Reflections on the experiences and support needs of people with vision-, language- and behaviour-led forms of dementia.

Professor Daniel Smith

Daniel Smith is Chair of Psychiatry and Head of the Division of Psychiatry at the University of Edinburgh. He has a longstanding clinical and research interest in the causes and treatment of bipolar disorder and runs a specialist clinic for bipolar disorder within NHS Lothian. Professor Smith is Co-Director of the [Edinburgh Mental Health Network](#) and Director of the MRC [UK Mental Health and Circadian Science Network](#). He is the Principal Investigator (PI) for two current programme grants funded by the Wellcome Trust: [HELIOS-BD](#) (Lithium's mechanism in bipolar disorder: investigating the light hypersensitivity hypothesis) and [AMBIENT-BD](#) (Ambient and passive collection of sleep and circadian rhythm data in bipolar disorder to understand symptom trajectories and clinical outcomes). He also leads the new [Hub for Metabolic Psychiatry](#), which is part of the UKRI Mental Health Platform.

Presentation Overview

This talk will explore the fundamental importance of sleep and circadian rhythms in bipolar disorder. It will include a discussion of a new proposed mechanism of action of lithium, as well as a summary of relevant research projects currently in progress in Edinburgh.

Afternoon Session – Chaired by Dr Jane Morris

Dr Vivek Pattan

Dr Vivek Pattan works as a Consultant Old Age Psychiatrist in Forth Valley. Along with his clinical work, he is involved in service design and policy work at both local and national levels. Currently, he holds the position of Chair of the Faculty of the Old Age Psychiatry Faculty in Scotland. As a subject matter expert, he was invited to contribute to the most recent SIGN Dementia

guidelines and the Scottish National Dementia Strategy. He currently provides input to the Dementia Strategy as part of the implementation group.

Most recently, D. Pattan completed the Scottish Quality and Safety Fellowship to improve his skills in QI methodology. He is also research-active, focusing on mild cognitive impairment, biomarkers, and qualitative aspects of dementia. Additionally, he has participated in clinical trials for investigational medicinal products.

Presentation Overview

1. Facilitating workshop on Graduate protocol , transition from general adult to old age psychiatry.
2. Facilitating discussion on young onset dementia pathway.

Dr Sowmya Munishankar

I have been a Consultant psychiatrist in older people's mental health since 2011, in NHS Lanarkshire since 2014. I previously worked in Merseycare mental health Trust. I have been Clinical Lead for YOD services in Lanarkshire since I started working there and have been Interim Clinical Director for Older people's mental health services since March 2023. I also work in the Clydesdale OAP CMHT in South Lanarkshire. All of our jobs are challenging in this climate, but I can honestly say that I really enjoy what I do and am particularly enjoying the new challenges of medical management, which I would recommend to all! I have learnt so much through the YOD service, clinical and operationally. This part of my job can be very hard emotionally and diagnostically, but also somewhat rewarding in that you are helping very vulnerable people who don't know where to access help.

Presentation Overview

To complement Jill's presentation on the national need for YOD services by presenting a well-established service and care pathway that highlights the role of GAP and OAP services and the need for a well-functioning interface. I will also present 2 cases as examples of how this interface can support patients receiving the right care from the right service.

Ms Jill Carson

Jill worked in the National Health Service in the UK for over 30 years. Her background is in Speech & Language Therapy and in senior management for services such as employability, immunisation and Older People's Mental Health. She led work on Dementia for NHS GGC from 2012 - 2017, including organising two key conferences and leading the production of Glasgow City's world-leading Dementia Strategy. From 2013, she managed the Power of Attorney campaign across Scotland.

Since retiring from the NHS in January 2018, Jill has continued her focus on dementia through consultancy work for Alzheimer Scotland. As part of that role, she works closely with Health Improvement Scotland to support improvements in care coordination for people with dementia from diagnosis through to end of life. She also works with Public Health Scotland and Scottish Government officials on data and standards.

Jill has had a number of articles published in health and social care journals on power of attorney and on dementia.

Presentation Overview

Information on current services for people with young onset dementia will be presented, in order to support discussion on developing a national agreement on managing the GAP/OAP interface for people who present with young onset dementia.

Dr Prem Shah

Founder of Scotland's first adult ADHD clinic 2007.

Lead consultant for the NHS Lothian Adult ADHD and Autism Resource Team since 2008 to present.

Member of the College Neurodevelopmental Special Interest Group

Previously:

General Adult Psychiatrist from 1999- 2020.

Honorary Senior Lecturer University of Edinburgh.

Chair of adult ADHD working group RCPsych, producing the College's good practice guidelines for adult ADHD.

Member of the National Autism Implementation Team.

Senior Lecturer University of Dundee.

Research Fellow MRC BMU (Edinburgh) with research into structural and functional neuroimaging in mood disorders and personality traits.

Presentation Overview

In this presentation, we will explore the ramifications of what we have learnt about Autism and ADHD in adults over the past two decades. We will examine how the traits involved in ADHD and Autism can significantly modify our understanding of descriptive psychopathology and thus, our diagnostic formulations.

Dr Neill Anderson

Dr Neill Anderson has been a consultant old age psychiatrist in Edinburgh since 1998. His clinical duties are exclusively community-based, working with the CMHT and the Edinburgh Rapid Response Team, which provides intensive home treatment for older adults with mental illness. He is a College examiner and the Local Programme Lead for higher training in old age psychiatry in South East Scotland. Dr. Anderson has witnessed many service changes and developments and has been involved in multiple discussions regarding the interface between old age psychiatry and general adult psychiatry.

Presentation Overview

The session will explore the strengths and weaknesses of our current models across Scotland where patients are transitioned from general adult psychiatry services to older adult services. We will review current guidance available to clinicians and service managers in terms of principles to be considered when creating a protocol for transition between services for this often complex group of patients.

Dr Amy Macaskill

Dr Amy Macaskill has been a Consultant Psychiatrist in NHS Highland for 11 years. For the last 5 years, she has worked in the community, delivering care to the rural populations in Lochaber, Wester Ross, Skye, and Lochalsh. Since 2020, she has served as Clinical Lead for Adult Psychiatry in North NHS Highland. Her interests lie in how services are designed, implemented, and governed both operationally and clinically to provide a consistent standard of evidence-based care to people accessing services.

Posters

RCPsych in Scotland

Joint Old Age and General Adult Faculty Conference 2024

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

1. **Usman Abdul-Quayum**, Suleman Jehanger – “Description of Obsessive Compulsive Disorder (OCD) in a 9th Century Text”
2. **Nermeen Ahmed** – “Antipsychotic Medication Review of Care Homes Residents in Neath Port Talbot (NPT)”
3. **Amy Anyi** – “Treatment-resistant depression (TRD) - mush-room for improvement? A literature review of the efficacy of psilocybin in TRD”
4. **Ariana Axiaq** – “The temporal relationship between peripheral alpha-synuclein pathology and clinical manifestation of syncleinopathies: a systematic review”
5. **Caroline Baumber** – “An Audit of Strengths-Based Formulation and Planning in Liaison Psychiatry”
6. **Arash Behrooz**, Dr Adelaide Fisher and Dr Katherine Paramore – “Improving hearing care for new admissions to a psychiatry of old age acute admissions ward”
7. **Naveen Cherukuri** – “Evaluating the Impact of a Therapy Garden on Agitation levels in patients”.
8. **Scott Coutts** – “Clarithromycin Induced Psychosis: When is delirium, not delirium?”
9. **Ka Yee Chow** – “An Audit to review adherence to antipsychotic monitoring guidelines in the Malvern and The Rurals Neighbourhood Mental Health Service”
10. **Sam Fraser** – “Audit review of Psychiatric Inpatient Admission Laboratory Blood Tests in Ayrshire”
11. **Colleen Gavin** – “Undergraduate Psychiatric Simulation: A review of medical student feedback forms”
12. **Eva Gavriil** – “Exploring relatives'/carers' and staff's experiences of the care provided to patients on a specialist Dementia ward (Ward 4).”
13. **David Grossett** – “Improving Services for Patients with First Episode Psychosis in South-East Edinburgh”

14. **Natalie Minick** – “Using a QR Code to improve patient care and experiences”
15. **Kate Mulholland** – “Electroconvulsive Therapy in Patients with Cochlear Implants: A Literature Review”
16. **Nicole Needham**, Nandaja Narayanan, Erin Bushe – “High dose antipsychotic monitoring on a psychiatry inpatient ward”
17. **Isla Petrie** and Nicole Needham – “Staff and Patient feedback on a novel sexual and reproductive health clinic in a psychiatric hospital”
18. **Elizabeth Robertson**, Dr Brendan Cavanagh, Dr Cathleen Holligan, Dr Jennie Higgs – “Evaluating the impact of a novel simulation session as part of psychiatry induction using contemporary and 3 month participant feedback”
19. **Kenneth Ruddock** – “A review of folate levels in HBCCC care”
20. **Charlotte Russell** – “Use of Treatment Escalation Plans to Guide Care Planning on a Specialist Dementia Unit”
21. **Arhsanah Sivakumar** and Sherlyn Sherwin – “An audit measuring adherence to the CCQI Core Standards for medication prescribing in The Barberry Chamomile Mother and Baby Unit”
22. **Daniel Smith** and Amber Roguski – “Protocol for the HELIOS-BD study. Lithium's mechanism in bipolar disorder: Investigating the light hypersensitivity hypothesis”