



## **RCPsych in Scotland Winter Meeting**

**@RCPsychScot**  
**#ScotWin2024**

Friday 26th January 2024  
at the Radisson Blu Hotel, Glasgow  
Registration from 9.10am

**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 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 WINTER MEETING 2024

26<sup>th</sup> January 2024 | Glasgow Radisson Blu Hotel

@RCPsychScot | #SCOTWIN2024

<b>Morning Programme:</b> <b>Chaired by Andrew Walker, Chair of the Scottish Mental Health Pharmacy Strategy Group</b>	
09:10 – 09:25	Registration
09:25 – 09:35	<b>Welcome and introduction to the day</b> Dr Adam Daly and Andrew Walker
09:35 – 10:20	<b>View of the Future of Mental Health Services</b> Maree Todd, Minister for Social Care, Mental Wellbeing and Sport
10:20 – 11:20	<b>Tests of Change: 6 examples across the country</b> Session led by Mental Health Pharmacists 20 min Presentations from: Kelly Cairns and Lulu Siwale Anna Gow Elizabeth Lightbody and Josh Farrell
11:20 – 11:40	<b>Comfort Break with refreshments</b>
11:40 – 12:20	<b>Tests of change: Part 2</b> Session led by Mental Health Pharmacists 20 min Presentations from: Osman Saleem Hareem Javed
12:20 – 12:40	<b>Panel Discussion</b>
12:40 – 13:40	<b>Lunch</b>
13:40 – 14:00	<b>RCPsych in Scotland Business Meeting</b> Dr Jane Morris Chair, RCPsych in Scotland
<b>Afternoon Programme: Chaired by Adam Daly, Meetings Secretary, RCPsychiS</b>	
14:00 – 14:30	<b>What does advance practice looks like?</b> Lorna Hammond
14:30 – 15:30	<b>Valproate</b> 10min Presentations from: Laura Byrne, Lead of the HIS task and finish group Dr Sophie Flood (ST6) Andrew Walker, GG&C Lorna Templeton, NHS Lanarkshire  Followed by 20min Q&A
15:30 – 15:45	<b>Comfort Break with refreshments</b>
15:45 – 16:45	<b>Medicines on the horizon</b> <i>Dementia medication presentation by Professor Craig Ritchie, CEO and Founder of Scottish Brain Sciences, Honorary Professor: Psychiatry of Ageing, University of Edinburgh</i>
16:45	Meeting Ends

**Up to 6 CPD  
CREDITS**

*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

### **Andrew Walker – Chair (morning session)**

*I have worked in mental health pharmacy for 35 years in various hospital settings across NHS GGC. I am also Chair of the Scottish Mental Health Pharmacy Strategy Group. I have a particular interest in clozapine, medicines safety, governance, and quality improvement.*

#### Presentation abstract:

Compliance with the valproate Prevent Programme in NHS GGC. The presentation will describe the steps taken in GGC to support clinicians to comply with the requirements of the Prevent Programme. Results of annual audits will be covered as will remedial actions from them.

Work undertaken to comply with the new MHRA requirements will also be described.

### **Maree Todd, MSP**

Maree Todd was appointed as Minister for Social Care, Mental Wellbeing and Sport in March 2023.

She grew up in the West Highlands, attending Ullapool High School and then studying pharmacy and prescribing at Robert Gordon's and Strathclyde, as well as taking an ante-natal teaching diploma at the University of Bedfordshire.

A pharmacist by profession, Maree Todd worked in NHS Highland for 20 years, mainly as a mental health pharmacist in a psychiatric hospital. She also contributed to SIGN guidance on perinatal mental health.

She was previously the Minister for Children and Young People.

### **Kelly Cairns**

Work Base: Official base - Woodland View Hospital although 4 days per week are spent in locality bases across Ayrshire.

Background: Qualified July 2000. 17 years in community pharmacy before moving to General Practice in 2017. Since then, I have gained my prescribing qualification and completed NES Advanced Practice Portfolio. I have also gained my Advanced Clinical Assessment and Examination certificate (ACE) from Glasgow Caledonian University. I moved to mental health services July 2022. I am a qualified DPP and can support other pharmacists through their prescribing qualification.

*Job Role: Optimizing psychiatric medication management across the community mental health teams. I am an advocate for patient well-being by conducting thorough assessments within ADHD medication clinics, monitoring medication efficacy, and providing crucial education to patients and caregivers.*

**Lulu Siwale**

*Work Base: Woodland View Hospital and Adult Community Mental Health Teams, NHS Ayrshire and Arran*

*Job Role: As a clinical pharmacy technician, I am deeply committed to supporting individuals in their mental health journey by ensuring seamless coordination of medication services within the community. With a focus on patient-centred care, I contribute to medication reviews, offer valuable insights during team meetings, and facilitate communication between healthcare providers.*

*Background:*

*I began my career in the pharmaceutical industry by gaining experience as a pharmacy assistant in a community pharmacy in Glasgow. I successfully transitioned from community pharmacy to a hospital environment by becoming a hospital pharmacy support worker within NHS Greater Glasgow and Clyde. In hopes of developing professional growth, I accepted a post in NHS Ayrshire and Arran as a pre-registration pharmacy technician. Since qualifying as a registered pharmacy technician, I have worked successfully within the hospital setting and the community mental health teams within NHS Ayrshire and Arran.*

*Presentation Abstract:*

*The presentation demonstrates the benefits provided by pharmacy services to the community mental health teams across Ayrshire and Arran. It highlights how valuable input from pharmacy can identify and correct prescribing safety issues and provide clinical guidance and support to patients and the wider multi-disciplinary team.*

**Anna Gow**

*I am an Advanced Clinical Pharmacist in mental health. Prior to moving to psychiatry, I worked as a community pharmacist and then a primary care pharmacist during which time I completed a MSc in prescribing sciences. I joined the well-established New Craigs Clinical Pharmacy team in 2011. I have since become an independent prescriber and developed my clinical skills and knowledge across the specialty. Currently, as part of my role I provide advanced clinical pharmacy input to a general adult community mental health team.*

*Presentation Abstract:*

*My presentation provides an overview of the change in practice working as an advanced clinical pharmacist as part of a community mental health team.*

### **Elizabeth Lightbody**

*Dr Lightbody BSc (Med Sci) (Hons), MBChB (Hons), MRCPsych graduated from University of Edinburgh Medical school in 2004. She undertook psychiatry training in the West of Scotland and has been a Consultant Old Age Psychiatrist in NHS Greater Glasgow & Clyde since 2015. Dr Lightbody is Lead Clinician for South Glasgow OPMH and has a special interest in ECT.*

### **Josh Farrell**

*Qualified in 2019. Band 6 in mental health. Before moving up to band 7 with above role (3 years in mental health) Now on secondment as specialist pharmacist in Glasgow gender service.*

#### Presentation Abstract:

A description and evaluation of an innovative project developing the role of Specialist Pharmacist within an Older People's CMHT

### **Osman Saleem**

*I am an independent prescribing pharmacist who has been working within mental health for just over 2 years, but I have been a qualified pharmacist for 8 years with a range of experience within community pharmacy, primary care and the acute sector.*

#### Presentation Abstract:

Presentation of my experiences working within a community mental health team as a pharmacist and balancing this with my role within the acute mental health sector.

### **Hareem Javed**

*Since graduating from RGU in 2016, I have worked within community pharmacy and primary care. I currently work at Gartnavel Royal Hospital and within the Riverside community mental health team. I have been an independent prescriber since March 2021 and have run a number of clinics including hypertension, asthma and more recently ADHD. I have been involved in administering the COVID vaccine as well as prescribing anti-virals for those affected with COVID.*

#### Presentation Abstract:

Summary on the role of a mental health pharmacist within the Riverside community mental health team. An overview of the roles taken, challenges faced and the impact of having a pharmacist within the team.

## **Afternoon Session**

### **Dr Adam Daly – Chair of the Afternoon Session**

*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.*

### **Lorna Hammond**

*Lorna Hammond Lead Clinical Pharmacist Mental Health (north) NHS GG&C. Over 20 years' experience in mental health beginning at the Ailsa Hospital in Ayr with a special interest in education and training*

#### **Presentation Abstract:**

*A brief tour of pharmacy training and how it is evolving to support advanced practice in the clinical setting.*

### **Laura Byrne**

*In my current (and fairly new) role as Director of Pharmacy for NHS Forth Valley, it is my responsibility to provide leadership to ensure that the local population of Forth Valley receive safe and reliable pharmaceutical services across the health board area. I am also responsible for supporting the implementation of a vision to promote cost effective prescribing as well as supporting Forth Valley to be a safe place for people to take their medicines. My career in pharmacy started in 1997 where I had the opportunity of working for both large chain and independent community pharmacies, followed by a move to working with GlaxoSmithKline.*

*After this, I started in the NHS in 2002 as a Prescribing Adviser for NHS Ayrshire and Arran where I then moved to NHS Glasgow and Clyde in 2004 undertaking a number of different roles with the Central Medicines Management Team and laterally Glasgow HSCP (South Sector). I then moved onto my role as Lead Pharmacist for Medicines and Primary Care for NHS Forth Valley. Shortly after this, followed a role change to Associate Director of Pharmacy for Primary and Community Care where my remit was to provide leadership to the development of the GMS Pharmacotherapy Service as well as Community Pharmacy Services.*

*I have a strong interest and commitment in promoting the safer use of medicines for patients. I am the current chair of the Forth Valley Medicines Safety Group and chair of the Antiseizure Task and Finish group (sub group of the Scottish Government Teratogenic Medicines Advisory Group (TMAG)). Outside of work, for me there is nothing better than walking up a mountain or cycling along the beat and track. I also love cheese and crackers! A long bike ride isn't quite same without a big cup of tea along with cheese and crackers at the end.*

Presentation Abstract:

An overview of the aim/purpose and progress of the Antiseizure Task & Finish group (which is a sub-group of the Scottish Government Teratogenic Medicines Advisory Group TMAG).

**Sophie Flood**

*ST6 General Adult Psychiatry trainee having worked in NHS Greater Glasgow and Clyde and NHS Lanarkshire*

Presentation Abstract:

A summary of the difficulties psychiatrists face in complying with Valproate guidelines.

**Lorna Templeton**

*Lead pharmacist for Mental Health and Learning Disabilities in NHS Lanarkshire for the last 5 years leading a team of clinical pharmacists and technicians. Have worked as a mental health pharmacist for 20 years and a prescriber for the last 7 years.*

Presentation Abstract:

NHS Lanarkshire's experience of implementing the regulation measures associated with the valproate pregnancy prevention programme in mental health services including some of the challenges and successes.

**Professor Craig Ritchie**

*Prof Craig Ritchie is Founder and CEO of Scottish Brain Sciences and the Honorary Professor of the Psychiatry of Ageing at the University of Edinburgh, having moved from his role as Senior Lecturer in the Centre for Mental Health at Imperial College London in October 2014. He completed his PhD at UCL through an MRC Health Services Research Fellowship and was appointed as Senior Lecturer in Old Age Psychiatry at Imperial College London in 2007. He has also served as R&D Director at West London Mental Health Trust from 2010-14 and Deputy Director of the London Northwest NIHR Clinical Research Network. In 2014 he was appointed as Chair in Psychiatry of Ageing at the University of Edinburgh. In 2015 he established the Centre for Dementia Prevention, and that year took on the academic leadership role of the EPAD (European Prevention of Alzheimer's Dementia) Programme. Between 2017 and 2022 he was the elected Chair of the Scottish Dementia Research Consortium and in 2020 he founded and was the inaugural Director of Brain Health Scotland. He has published over 400 academic papers, conference abstracts and book chapters and secured approximately €100M of grant funding in his career to date.*

*His main research interest is the interface between clinical trials and translational epidemiology (cohort studies) with a drive to develop the infrastructures at a national level (in Scotland) to prepare health systems and prosecute rapid 'research into practice' programmes. He is a pioneer and leading advocate for the Brain Health*



*Movement that works across the life course from primary to secondary prevention of late-stage neurodegenerative disease. This involved working at a public health and policy level as well as developing and implementing Brain Health Clinics across Scotland following 'The Scottish Model for Brain Health Services'. This work has led Scotland to being one of the Flagship Countries in the Davos Alzheimer's Collaborative for Health Care Readiness.*

*He established Scottish Brain Sciences in summer 2022 to accelerate the development of both diagnostics and therapeutics for early-stage neurodegenerative disease and moved full time into the role of CEO of this company in January 2023.*

Presentation Abstract:

Over the last 2 years we have seen advances in the development of disease modifying therapies for Alzheimer's disease which have been approved in the US and working through approval in Europe and the UK. While this was much anticipated and highly welcome, it brings with it issues on health care preparedness, early detection of disease, risk disclosure to patients and new ways of practicing for professionals who manage neurodegenerative disease. The Brain Health Scotland initiative foresaw some of these challenges and has set Scotland at the forefront of innovation globally. Prof Ritchie will present the background science, trial data, clinical pathway developments and interface with the life sciences community in his talk.

Friday 26 January 2024

# Royal College of Psychiatrists in Scotland: 2023 Annual Report

## Action

- For information

## Author

Jane Morris, RCPsych in Scotland Acting Chair  
Laura Hudson, RCPsych in Scotland Manager

## Document Date

January 2024

## **Membership of Devolved Council:**

Elected Chair (Acting Chair from August 2023)  
Elected Vice Chair (Acting Vice Chair from August 2023)  
Elected Finance Officer  
Elected ETC Representative (Vacant since the 2023 election round)  
2 Policy Leads  
4 Elected Members  
1 Appointed Meetings Secretary  
14 Appointed Faculty Chairs  
6 PTC Representatives  
3 Observers (2 MWC Reps & Principal Medical Officer)  
1 Appointed Service User Organisation (VOX: Voices of Experience) Representative  
1 Appointed Carer Organisation Representative (currently vacant)  
7 Co-opted Representatives (Chair of Scottish Workforce and Careers Committee, Working Retired, Medical Managers, SAS Representative, Chair of Ethnically Diverse Communities Group, and Chair of Legislative Oversight Forum)

## **Number of College meetings held in the year:**

4 Devolved Council meetings – 3 virtual and 1 in person (average 25 attendees).  
4 Choose Psychiatry in Scotland Committee meetings – 3 virtual and 1 in person (Average 12 attendees). Additionally, 2 Scottish CESR Group meetings  
3 Medical Managers Group meetings (average 20 attendees)  
12 Legislative Oversight Forum meetings (average 10 attendees)  
5 Ethnically Diverse Communities Group meetings (average 8 attendees)  
*Scottish faculty executives met regularly throughout the year; however, an estimate of attendee numbers is not available.*

## **Number of events held in the year:**

13 events held with 548 registrations and 495 attendees (an increase of 67 attendees more than 2022):

- 2 Academic Meetings (1 in person and 1 virtual)
- 5 Faculty Events (all in person)
- 2 interview skills courses (virtual)
- 1 careers event (virtual)
- 3 working retired and retired meetings.

## **Policy, public affairs & press overview:**

16 Consultations engaged with  
Political briefings on 23 different topics for 58 individuals  
Letters on 12 different subjects sent to 29 stakeholders  
Est. 1034 media articles or mentions picked across multiple forums  
2 Parliamentary Committee Evidence Sessions

**What were your main achievements in 2023?  
Please write a few lines to describe these.**

**Workforce**

[The State of the Nation: the Psychiatric Workforce in Scotland](#) report published in October, the culmination of several years of evidence gathering and analysis by the Scottish Workforce Chair and committee. The report & recommendations has been well received by members and stakeholders across Scotland, and the RCPsychiS is now working with Scottish Government, NES and other partners to progress these recommendations.

The RCPsychiS also published [A Threatened Species: Where Have All The Higher Trainees Gone?](#) – a complementary report exploring trainee insight on the reasons behind the core to higher training attrition problem in Scotland. The recommendations the report proposes have influenced national work on the matter and has led to PTC members undertaking a follow-up survey to capture the diversity of experience and factors influencing trainees' choices, building upon the Attrition Report recommendations with wider breadth and granularity of data. This will publish in January 2024.

2023 saw another successive year of 100% fill rate of core training places in Scotland, enabling continued expansion of places, with a total increase of 30 new core psychiatry places so far and further bids for 5 places to commence in February 2024 and another ten for August 2024 awaiting confirmation. These improvements are starting to have a positive impact on higher training, with ST4 overall recruitment is showing an improving trend with an 84.8 % fill rate and all sub-specialties apart from General Adult Psychiatry recruiting at 100%.

A National Psychiatry Recruitment & Retention Group was established in 2023 as a key priority of the new Scottish Mental Health and Wellbeing Workforce Action Plan. This group brings together stakeholders to identify and progress actions to address challenges and improve recruitment and retention across career grades. This group will be key for progressing the recommendations of the Scottish Psychiatry Workforce report.

The [psychiatryjobs.scot](https://psychiatryjobs.scot) website launched in 2023, with the objective of bringing all Scottish psychiatry career information and vacancies into one easily accessible place. This follows years of campaigning by the RCPsychiS following the success of a similar initiative for GP jobs in Scotland, and is the result of collaboration between Scottish Government, NES and the Senior Medical Managers in Psychiatry Group (SMMPG).

Following on from the success of the pilot Choose Psychiatry in Scotland Stand at the International Congress in 2022, the RCPsychiS lent support to Scottish Government and the SMMPG's NHS Scotland flagship stand at the 2023 Congress, promoting psychiatry careers across Scotland.

**Policy, Public Affairs & Press**

A new Mental Health and Wellbeing Strategy for Scotland published in June 2023 following extensive engagement with stakeholders. This is formed around the three pillars of Promote, Prevent and Provide, as advocated for by Scotland's Mental Health Partnership, which the RCPsychiS continues to co-chair.

The [Core Mental Health Standards](#), the outcome of the RCPsychiS 'What Good Looks Like' campaign to improve quality and safety of services across Scotland, published in September 2023. These will now move to an implementation pilot in three Health Boards and following campaigning, the RCPsychiS has secured a commitment to the development of Service Specifications for Adult Services as a year one Delivery Plan commitment for the new MH & WB Strategy.

Scottish faculties provided expertise to the development of the new National Dementia Strategy and Suicide Prevention Strategy and the first ever Scottish Self-Harm Strategy, all of which published in 2023.

The Legislative Oversight Forum continues to be influential, with members representing the RCPsychiS on every mental health & capacity legislative reform workstream and College leads regularly consulted on the progress and direction of this work.

The RCPsychiS remains a leading voice on mental health in Scotland, with members approach for press comment on arising matters on a weekly basis and campaigns on funding and workforce receiving widespread press and parliamentary coverage.

### **Within the RCPsych in Scotland**

Despite the sad loss of Chair Linda Findlay midway through her term of office, a seamless transition was made as Vice Chair Jane Morris and Policy Lead Pavan Srireddy were appointed Acting Chair and Vice Chair respectively by Devolved Council. The College owes a huge debt of gratitude to them both for stepping unexpectedly into their new roles, and to all Council members for supporting them to do so.

The College returned to face-to-face conferences and networking for all faculty events and - for the first time since the pandemic - for the Winter Academic Meeting. These were very well received, with higher attendee numbers and universally positive feedback.

Following engagement with the RCPsychiS and Scottish Government, the Senior Medical Managers in Psychiatry Group (SMMPG) has established itself as a separate entity to the College and medical managers group. This has created a second, operationally focused psychiatry stakeholder voice alongside the RCPsychiS' role and has allowed for an extremely productive period of engagement with Scottish Government. The Medical Managers Group will now become the Scottish Leadership & Management Group, with an added remit of nurturing future leaders and managers alongside current peer support and information sharing. A new Chair has been appointed.

The RCPsychiS has reconnected with the Scottish SAS Psychiatry Association (SSASPA) with a joint event being planned for 2024.

Acting Chair Jane Morris has established a monthly Chairs drop-in clinic, carrying on the member roadshows introduced by Linda Findlay.

**What are your Objectives for 2024? Please write a few lines to describe these.**

**Build on the positive reception of the Scottish ‘state of the nation’ psychiatry workforce report** – It is crucial that we do not lose the opportunities and levers opened to the College by Government and other stakeholders. In a climate close to despair, the potential solutions offered by the report are currently embraced, but in a context of financial cuts and reluctance to operate ‘investment to save’ policies. We intend to continue the momentum, assigning different solutions identified in the report to the most responsible and effective agencies and monitoring accordingly.

**Continue to support the work of the Legislative Oversight Forum** as it addresses medico-legal, ethical and structural changes proposed by the Scottish Government. Slow but far-reaching progress follows the publication the Scott Review of Mental Health Law, while the repeated redesign of a National Care Service continues to attract controversy. The LOF has worked patiently and intensively to exert influence, earn esteem and inform stakeholders.

**Launch a campaign of public education about the nature of Psychiatry and the role of the Psychiatrist.** This chimes with discussions held at the UK President’s Strategy day regarding professional self-esteem, and is essential to mobilise public support for wise investments and plans about services in Scotland. It forms an important strand in workforce recruitment and retention strategy and continues the work of the College to challenge stigma. Respect for the role of Psychiatry in serving people with the most severe – but treatable – mental illnesses could do much to advance understanding and reduce stigma and hopelessness.

**Continue to mobilise limited resources to meet extensive programme of policy activities taking place in Scotland in 2024.** The current Scottish policy officer will shortly be departing the College to move to another post elsewhere. There will hopefully be an interim officer before the new role is advertised and filled, but this will leave 2024 with little continuity. Current staff will spend time on induction and training of the new colleagues. Meanwhile, in addition to the work of the LOF and workforce and funding streams, we will consult with government on multiple legislative and other activities, including the Assisted Dying Bill, the Autism, Learning Disability and Neurodiversity Bill and proposed work on Gender Identity.

**Consolidate the membership of Devolved Council and its relationships with both Devolved and UK Councils.** With a new UK President, changes this year in Vice Presidents and changes of very senior College Staff, we want to meet the challenge of rebuilding close communications and relationships. Continuing membership engagement activities will be essential to give members a voice in representative consultations and to respond to their needs.

**The programme of Academic and Training events for Scottish members this year will be dominated by International Congress in Edinburgh and by the later 30 Year RCPsychiS 30<sup>th</sup> anniversary celebrations.** These can showcase recent achievements in the profession, including those unique to Scotland, and also celebrate the history and tradition of our speciality.

**Thank you for all the work you have done this year.**