



Event Booklet

RCPsych in Scotland 30th Anniversary Conference

@RCPsychScot
#Scot30Years

Thursday 3rd October 2024
at the Apex City Quay Hotel, Dundee
Registration from 9.45am

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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

30th Anniversary Conference

3-4 October 2024 | Apex City Quay Hotel, Dundee

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Thursday Morning Programme: Chaired by Dr Jane Morris	
09:45 – 10:05	Arrival / Registration
10:05 – 10:10	Welcome and introduction to the morning from the Chair Dr Jane Morris, Chair, RCPsych in Scotland
10:10 – 10:25	Trainee Presentation 1: “Consult, Connect, Collaborate: Cross-sector approach to recruitment and retention in psychiatry” Dr Nina MacKenzie, ST4 General Adult Psychiatry & Clinical Research Fellow
10:25 – 11:25 (incl. Q&A)	Debate: This house believes we must reverse subspecialism within General Adult Psychiatry Proposition speaker: Dr Robby Steel Second proposition speaker: Dr Helen Alderson Opposition Speaker: Professor John Crichton Second Opposition Speaker: Dr Arun Chopra
11:25 – 11:40	Comfort Break
11:40 – 12:20	CESR Fellowship and Opportunities with the Portfolio pathway Dr Priti Singh, Consultant Psychiatrist and CESR Fellowship Director, NHS Grampian & Dr Ramya Rajagopal, Specialty Doctor/ CESR Fellow- General Adult Psychiatry, NHS Grampian
12:20 – 12:35	Trainee Presentation 2: “Psychotic experiences and risk of suicidal thoughts and behaviours: A systematic review and meta-analysis of longitudinal population studies” Dr Kubra Fadiloglu, ST5 in CAMHS, Melville Uni
12:35 – 13:20	Lunch
Thursday Afternoon Programme: Chaired by Dr Rosemary Gordon	
13:20 – 14:00	SAS Psychiatrists in Scotland: Where we are and Where we want to be Dr Mithun Barik, Specialty Psychiatrist, NHS Ayrshire and Arran
14:00 – 14:15	Trainee Presentation 3: “Dissociative Seizures in Older Adults” Dr Nida Munawar, ST6 General Adult Psychiatry, NHS Ayrshire and Arran
14:20 – 15:00	Parallel Sessions – (delegates select one session)
Session A	Functional Neurological Disorders Dr Maria Oto, Consultant Neuropsychiatrist

Session B	The three E's of ECT Dr David Christmas, Professor Julie Langan Martin & Dr Daniel Martin
Session C	Digital Innovation at Scale - how national approaches have delivered meaningful change Dr Rob Waller, Chris Wright and Joanne Boyle
15:00 – 15:15	Break
15:15 – 15:30	Trainee Presentation 4: “MESSAGE (Medical Science Sex and Gender Equity): Improving inclusion of sex and gender in Psychiatric Research)” Dr Kate Womersley, CT3
15:30 – 16:10	What's happening to Women's Mental Health? Professor Linda Gask
16:15 – 16:55	Parallel Sessions – (delegates select one session)
Session A	Functional Neurological Disorders Dr Maria Oto, Consultant Neuropsychiatrist
Session B	The three E's of ECT Dr David Christmas, Professor Julie Langan Martin & Dr Daniel Martin
Session C	Digital Innovation at Scale - how national approaches have delivered meaningful change Dr Rob Waller, Chris Wright and Joanne Boyle
16:55 –	Close

19:00 – 23:00 Dinner & Ceilidh at Chamber East, Dundee

*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 Jane Morris

Dr Jane Morris - Chair, RCPsych in Scotland

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.

Dr Nina Mackenzie

After graduating from the University of Edinburgh Nina completed Foundation training in Forth Valley, and Core Psychiatry training in the Southeast region. After completing core training Nina secured a one-year Scottish Clinical Leadership Fellowship with NHS Education Scotland and the Scottish Government, working on several projects related to medical workforce planning and postgraduate medical training quality management. On entering general adult psychiatry higher training in 2023 she continued as co-chair of a Scottish Government working group on recruitment and retention of the psychiatry medical workforce. In August 2024 Nina commenced a Clinical Research Fellow role, as part of the Wellcome Trust funded Multimorbidity PhD programme for health professionals, at the University of St Andrews School of Medicine. Her research interests include mental health disorders (including substance use disorders), multiple long-term conditions, and inequalities.

Presentation Overview

This presentation will discuss the formation, organisation, development and outcomes of a Scottish Government working group convened to address the issue of recruitment and retention in the psychiatry workforce.

Dr Robby Steel - Consultant Liaison Psychiatrist, Royal Infirmary of Edinburgh

Robby was a preclinical medical student in Cambridge where he intercalated in Experimental Psychology before moving to Glasgow for clinical studies and house jobs. He almost left medicine, but his faith was restored by working as a psychiatry SHO for Ricky Caplan and then Joe McCain in South Glasgow. After the South Glasgow scheme Robby took a Lecturer post in Edinburgh with Eve Johnstone. He did an MD in schizophrenia and completed the South Scotland CBT course. From 2002-2007 Robby worked as a General Adult consultant in West Lothian whilst also running the Liaison service at St John's Hospital. In 2007 he joined the Liaison Psychiatry Team at the Royal Infirmary of Edinburgh. For the first 15 years he led the Obstetric Liaison service. He now leads redesign of Unscheduled Mental Health Care for Lothian.

Alongside his clinical work, Robby has maintained an interest in clinical education. He has been a TPD for Foundation and Foundation School Lead, he ran the Undergraduate Psychiatry programme in Edinburgh for 5 years and, since 2009, has supported medical and vet students in difficulty.

Dr Helen Alderson - Consultant Perinatal Psychiatrist, NHS Fife

Dr Helen Alderson is a Consultant Perinatal Psychiatrist and Lead ECT Psychiatrist at NHS Fife. Before assuming her current role, she served as a sector consultant in General Adult Psychiatry within NHS Fife. Dr Alderson completed her Core Psychiatry and Higher Training in General Adult Psychiatry in Southeast Scotland, where she also undertook her Foundation training after graduating in Medicine from the University of Edinburgh.

Her journey into medicine followed an unconventional path, beginning with a degree in Psychology from the University of St Andrews, a suggestion from a friend who noted her interest in conversation. She went on to earn a PhD in Experimental Psychology from the University of Cambridge. Drawn back to Fife, Dr Alderson worked at the University of St Andrews, first as a post-doctoral research fellow, then as a lecturer in Behavioural Neuroscience in the School of Psychology. After several years, she decided to pursue a career in medicine, despite initially vowing not to become a psychiatrist — yet she ultimately found her passion in the field.

Professor John Crichton, Treasurer, RCPsych

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 Arun Chopra

Since January 2020, Medical Director of the Mental Welfare Commission for Scotland, a statutory organisation that protects and promotes the rights of people with mental illness, learning disability and related conditions. [Arun Chopra - Medical Director - Mental Welfare Commission for Scotland | LinkedIn](#)

Dr Priti Singh

Dr Singh is a General Adult Consultant Psychiatrist from NHS Grampian. Dr Singh introduced the first International GMC sponsored CESR Fellowship programme in Scotland and serves as the programme Director. She is also an active member of the college's CESR Equivalence Committee and one of the PPSR evaluators from Scotland.

Presentation Overview

Dr Singh will share her insights in creating Portfolio pathway expertise across Grampian/Scotland and will also share her reflections on the CESR Fellowship programme.

Dr Ramya Rajagopal

Dr Rajagopal is a 2nd cohort CESR Fellow with NHS Grampian and has completed one year into this post. She had her psychiatrist qualification from India with gold medal and also has a license to practice with Dubai Health Authority. She was working as an Assistant Professor in India with experience in Research and publications, in a private Medical College & Hospital, before joining this post.

Presentation Overview

Dr Rajagopal will share her experience as the CESR Fellow cohort 2.

Dr Kubra Fadiloglu

Dr Kubra Fadiloglu graduated from Marmara University School of Medicine, Turkey in 2014. After completing her specialty training in the Department of Psychiatry at Cerrahpasa University School of Medicine, Turkey, she worked in General Adult Psychiatry in Turkey for 2 years. In 2021, she moved to Scotland and worked as a Specialty doctor at the Department of psychological Medicine at Western general Hospital, Edinburgh. She is currently continuing her CAMHS Specialty Training, which she began in February 2023, and is currently working at CAMHS IPU (Melville Unit).

Presentation Overview

In this systematic review and meta-analysis of 20 longitudinal general population cohort studies, psychotic experiences were found to be associated with significantly increased odds of subsequent suicidal ideation, transition from suicidal ideation to suicide attempts, suicide attempts, and suicide deaths across all age groups. The increase in the risk for subsequent suicide attempts, but not suicidal ideation, was greater than that explained by co-occurring psychopathology.

Afternoon Session – Chaired by Dr Rosemary Gordon

Dr Rosemary Gordon

Dr Rosemary Gordon is a Psychiatrist in Addictions in the Scottish Borders. She is currently the Chair of the Scottish Careers and Workforce Committee at RCPsych in Scotland having previously been Chair of the Psychiatric Trainees' Committee. Her interests include medical education and training, including retention and in her spare time she plays the bagpipes.

Dr Mithun Barik

Mithun Barik is a specialty addiction psychiatrist who represents Scotland in the RCPsych UK SAS committee. He is also the current chair of Scottish SAS Psychiatrists Association (SSASPA). In his other role as SAS educational advisor, he works closely with the NES SAS development team to support career development of SAS doctors and dentists of NHS Ayrshire and Arran.

Presentation Overview

Overview of current SAS scenario
RCPsych SAS Strategy
SAS Development Fund
Recommendations for improvement

Dr Nida Munawar

Dr Munawar is a ST6 General Adult Psychiatry trainee based in the West of Scotland. She completed her endorsement in Liaison Psychiatry at Queen Elizabeth University Hospital Glasgow and is the current chair of the Royal College Liaison Psychiatry Faculty Trainees and New Consultants subcommittee. She also has qualifications in medical education and quality improvement with research interests encompassing cognition and functional neurological disorders.

Presentation Overview

The typical age of onset of dissociative seizures is between 20 and 40 years of age. It is relatively rare to have onset of dissociative seizures in later life. A retrospective cohort study was undertaken at the Scottish Epilepsy Centre to explore the demographic profile, clinicopathological correlates and outcomes of late onset dissociative seizures.

Dr Maria Oto

Dr Maria Oto is a consultant neuro psychiatrist and the lead clinician at the Scottish Epilepsy Centre in Glasgow, which is the only residential centre for the assessment and management of epilepsy in Scotland. Dr Oto is also the lead clinician for the Liaison Psychiatry service in greater Glasgow and Clyde.

Dr Oto has been working in the field of epilepsy for most of her career; initially at the Institute of Neurology in Glasgow and thereafter at the Scottish Epilepsy Centre.

She has several publications and in 2010 completed a PhD on the diagnosis and management of dissociative seizures which is one of her main research interests. She is involved in research and teaching locally and nationally amongst others participating on the ILAE UK registrars' epilepsy teaching weekend and coordinates the epilepsy training of Intellectual disability trainees in Scotland

Dr Oto is also the chair of the epilepsy working group as well as the Scottish representative of the RCPsych neuropsychiatry faculty. She is a member of the ILAE UK council, a medical advisor of the charity Epilepsy Connections and a member of the editorial board of the European journal Seizure and advisor for the Global Neuropsychiatry association

Presentation Overview

Reflections on FND.

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, neuromodulation, and the use of ECT.

Presentation Overview

In this session we put forward the case that ECT for patients in Scotland is Effective, Essential, and Expected.

Professor Julie Langan Martin

Julie Langan Martin is Professor of Psychiatry at the University of Glasgow. She is the Director of Education within the School of Wellbeing and an Honorary Consultant Liaison Psychiatrist in NHS Ayrshire and Arran. She is the current chair of the Scottish ECT Audit Network (SEAN).

She graduated MBChB (Honours) in 2007 from the University of Glasgow. She is a member of the Royal College of Psychiatrists and a Fellow of the Royal College of Physicians and Surgeons of Glasgow. She completed a clinical research training fellowship in Glasgow alongside a Master of Education (MD, Glasgow 2016 and MEd (Merit) Glasgow, 2016).

Presentation Overview - (as above)

Dr Daniel Martin

Daniel was a medical student in Dundee and completed his foundation training there. He completed core and higher training in the West of Scotland as well as a Clinical Research Fellowship at the University of Glasgow, graduating with an M.D in Cardiometabolic Outcomes in Mood Disorders. He currently works as a Consultant General Adult Psychiatrist and Clinical Director in NHS Forth Valley.

Presentation Overview - as above (presenting with Dr Christmas and Professor Julie Langan Martin).

Dr Rob Waller

Consultant Psychiatrist FRCPsych FBCS FRSA. Digital Mental Health Lead at NHS Lothian

Presentation Overview

How national approaches have delivered meaningful change. This seminar will review recent digital developments, what is offered nationally and how we are innovating.

Chris Wright

For the past 10 years Chris has held significant and influential national roles and is currently working in Scottish Government as a national advisor for Digital Mental Health and leads the national Digital Mental Health Programme. His work currently focuses on the development of strategy, policy, service and innovative technologies and is working to change the culture across Health and Care services to maximise the impact and the adoption of digital in mental health.

Presentation Overview as above - an overview of nationally available digital mental health services.

Joanne Boyle

Joanne Boyle is currently the Head of Engagement at the Digital Health and Care Innovation Centre. (DHI) As an organisation, DHI is tasked with delivering innovation in digital health and care that will help Scotland's people to live longer, healthier lives, deliver sustainable health and care services for the future and create economic benefits for Scotland. DHI provides opportunities for Scotland's public sector, academia and industry to co-design digital solutions to some of the country's biggest health and care challenges working with patients, service users and their families.

Joanne was previously the National Lead for Augmentative and Alternative Communication (AAC) working across Health, Social Care and Education sectors to implement the recommendations of the AAC strategy in Scotland. She is an Occupational Therapist who also qualified and practised in Cognitive Behavioural Therapy, before moving into more strategic based roles. Joanne has worked in DHI since its early inception and currently leads the Innovation Clusters for both Healthy Ageing and Digital Mental Health.

Presentation Overview

Mapping of Adult ADHD Pathways in Scotland and Digital Lifelines

Dr Kate Womersley

Dr Kate Womersley is a CT3 in NHS Lothian where she currently works in an IHTT and research split post. She is the Co-Principal Investigator of the Wellcome-funded MESSAGE (Medical Science Sex and Gender Equity) Project at The George Institute for Global Health, Imperial College London. MESSAGE is working to ensure that sex and gender are considered throughout biomedical health and care research, and into clinical practice. Kate has been shortlisted for RCPsych Core Psychiatric Trainee of the year 2024.

Presentation Overview

Biomedical, health and care research is biased towards a male norm, and psychiatry research is no different. This presentation will showcase the research and policy work of MESSAGE (Medical Science Sex and Gender Equity) and explain how MESSAGE's new framework for UK funders will improve the rigour and inclusivity of research in psychiatry, and ultimately improve clinical outcomes.

Professor Linda Gask

Linda Gask is Emerita Professor of Primary Care Psychiatry at the University of Manchester and a retired consultant psychiatrist in the North-West of England. She was the Presidential Lead for Primary Care for the RCPsych and was awarded the Presidential Medal in 2017. She also cofounded Storm Skills Training, a social enterprise that provides suicide prevention training. She now lives in Orkney where she is immediate past Chair of the Blide Trust which provides mental health support to people in the islands. She has written about her personal experiences of mental illness.

Presentation Overview

An overview of the numerous mental health issues facing women throughout their life cycle and the challenges for those who want to try to improve their care and health outcomes.

Digital Posters

RCPsych in Scotland

30th 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.*



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