



Event Booklet

RCPsych in Scotland General Adult and Old Age Faculty Conference 2026

@RCPsychScot
#RCPsychGAOA26

2 April 2026

at the
Stirling Court Hotel, FK9 4LA
(Blair Atholl Suite)
Registration from 9.10am

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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.

General Adult & Old Age Psychiatry Faculty Conference 2026

Thursday, 2 April | Stirling Court Hotel

Morning Programme: Chaired by Dr Vivek Pattan	
09:10 – 09:25	Arrival / Registration
09:25 – 09:30	Welcome and introduction from the Chair
09:30 – 09:45	Trainee Presentation 1: Female Reproductive Health as a Vital Sign: Identifying a Measurable Safety Gap in Psychiatric Care Dr Despoina Biri, CT2, NHS Lothian and Dr Cerys Barratt, CT1, NHS Lothian
09:45 – 10:20	Memory Services National Accreditation Programme (MSNAP) Jemini Jethwa, Programme Manager and Holly Hunter-Brown, Deputy Programme Manager, MSNAP, The Royal College of Psychiatrists
10:20 – 11:00	Umbrella review of antidepressants, is there a controversy on their effectiveness? Dr Sameer Jauhar, Clinical Associate Professor in Affective Disorders, Imperial College. London. Consultant Psychiatrist, Central and North-West London NHS Foundation Trust
11:00 – 11:20	Comfort Break-Poster viewing
11:20 – 11:35	Trainee Presentation 2: Hidden Dependency in Later Life: A Structured MDT Case Conference Framework for Older Adults Reliant on Ageing Parental Caregivers Dr Karan Gupta, Academic Foundation Doctor (FY1), NHS GG&C
11:35 – 12:15	Dementia drug treatment-past, present and future. Should we give up on the Amyloid Pathway? Professor Rob Howard, Professor of Old Age Psychiatry, University College London
12:15 – 12:40	Election Year Engagement: RCPsych in Scotland's Role - How We Represented and Supported Our Members During this Election Year Dr Pavan Srireddy, Vice Chair, RCPsychiS and Dr Jim Crabb, Policy Lead, RCPsychiS
12:40 – 13:30	Lunch
Afternoon Programme: Chaired by Dr Alastair Cook	
13:30 – 14:00	Psychiatric genetics and improvements in clinical care: Where do we stand in the 'Bench to Bedside' Translation? Dr Mandy Johnstone, Consultant Liaison Psychiatrist, NHS Forth Valley
14:00 – 14:40	A Rough Guide to Chairing a SAER Dr Brian Gillatt, Consultant Forensic Psychiatrist, NHS GG&C
14:40 – 15:10	RAPID FIRE poster presentations <i>To be held in the Silver Glen Suite</i>

15:10 – 15:25	Comfort Break
15:25 – 16:05	Understanding CT brain scan reports and when and how to seek specialist Neuro-radiologist advice Dr Gerry Thompson, Honorary Consultant in Neuroradiology, NHS Lothian and Senior Clinical Lecturer in Radiology, University of Edinburgh
16:05 – 16:50	Debate: Is General Adult Psychiatry at a Crossroads? Chaired by: Dr Jane Morris, Chair, RCPsych in Scotland Dr Alastair Cook, Past Principal Medical Officer Psychiatry, Scottish Government Dr Alastair Palin, Past Chair of Medical Managers Group for Psychiatry and MD for NHSG Mental Health and LD services
16:50 – 17:00	Close and Prizes

The views expressed by speakers during presentations are their own and do not represent the views of the College. Views expressed during the debate by speakers are their own for the purposes of the debate only.





Event Chairs

Dr Vivek Pattan

Vivek has worked as a Consultant Old Age Psychiatrist in Stirling for the past 15 years. He has previously served as Clinical Director for Old Age Psychiatry and as National Clinical Director for Dementia with Healthcare Improvement Scotland. He is currently the Chair of the Old Age Faculty at the Royal College of Psychiatrists in Scotland and is a member of the National Dementia Strategy Delivery Group. Vivek has a strong interest in dementia research and quality improvement and is involved in ongoing dementia-related projects with Heriot-Watt University and the University of Strathclyde.

Dr Alastair Cook

Alastair currently serves as Chair of the General Adult Faculty for the Royal College of Psychiatrists in Scotland. He held the role of Principal Medical Officer in the Scottish Government Mental Health Directorate from 2020-2025 and before that was Medical Director of Health and Social Care North Lanarkshire and Associate Medical Director for Mental Health.

Alastair chaired the Royal College of Psychiatrists in Scotland from 2013–2017 and also chaired the Scottish Mental Health Partnership. He undertook a previous secondment to the Scottish Government from 2007–2010 as Senior Medical Officer in Health Workforce. Throughout his career, he has always maintained clinical sessions in general adult psychiatry and returned to full time practice in Lanarkshire in April 2025.

Dr Jane Morris

Jane is currently the Chair of the RCPsych in Scotland and Vice President of RCPsych. She is a Medical Psychotherapist who trained 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 Unit for adults with severe eating disorders). She was Lead Clinician in the North of Scotland MCN for Eating Disorders, co-wrote 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. Her most recent book is 'Improving University Mental Health' (CUP).

Speaker Biographies & Presentation Abstracts (in programme order)

Dr Despoina Biri

Despoina is a CT2 trainee in psychiatry. Prior to qualifying as a doctor, she worked as a qualitative researcher and systematic reviewer, and at the World Health Organization Regional Office in Greece. She has published several opinion articles on politics and healthcare in Greek national media. Originally from Greece, she has been living and working in Scotland since 2022.

Dr Cerys Barratt

Cerys is a CT1 in Psychiatry in the South East Scotland training scheme. She has previously worked in Royal Melbourne Hospital and is currently working in Royal Edinburgh Hospital. She is particularly passionate about women's health and has worked with Rape Crisis Scotland and the Women's Support Project. Dr Barratt has also been part of a podcast with BBC Sounds to raise awareness of the impact of sexual assault. She has recently registered to volunteer in a new gender-based violence services hub in Edinburgh which works with marginalised victims and survivors of domestic abuse as well as honour-based violence and commercial sexual exploitation.

Presentation Abstract:

Female reproductive health influences psychiatric care but is not routinely assessed on inpatient admission. We reviewed female admissions to NHS Fife psychiatric wards (Jan–Jul 2025). Among 217 records, documentation was inconsistent. Findings highlight a modifiable patient safety gap requiring structured assessment.

Jemini Jethwa

Jem is the Programme Manager for the RCPsych's Memory Services National Programme Manager (MSNAP). Jem also manages another four accreditation networks focusing on veterans, psychological therapies, neuropsychiatry and patient safety. She has worked within the RCPsych's Centre for Quality Improvement (CCQI) for 9 years. She has an MSc in Forensic Psychology and a background in research.

Holly Hunter-Brown

Holly is the Deputy Programme Manager for MSNAP, also working across the Safety Incident network and Veterans Mental Health Services network. Previously, she worked in research at Kings College, across forensic and prison networks in the CCQI as well as in education and health and social care settings. Holly has an MSc in Mental Health Studies and a BSc in Social Anthropology.

Presentation Abstract:

The presentation will cover what MSNAP is and how Scottish memory services could benefit from participating in the programme. Either to gain external quality assurance or the recognised accreditation award. Benefits and the process will be explained.

Dr Sameer Jauhar

Dr Sameer Jauhar MBChB, BSc (Hons), PhD, FRCPsych is a Clinical Academic Psychiatrist based in London and Clinical Associate Professor in Affective Disorders and Psychosis at Imperial College, London.

He also works as a Consultant Psychiatrist in an Early Intervention in Psychosis service with Central and North-West London NHS Foundation Trust. He was previously Reader at the Institute of Psychiatry, Psychology and Neuroscience, King's College, where he worked for over a decade.

Prior to that he worked in Psychiatry in the West of Scotland, where he received excellent clinical training.

His research focuses on the neurobiology of mood and psychotic disorders, with a particular emphasis on dopaminergic mechanisms, neuroimaging, and early intervention. He has led and contributed to a number of influential studies using PET imaging to investigate the pathophysiology of schizophrenia, bipolar disorder, and depression, including recent transdiagnostic work examining dopamine function across mood and psychotic disorders.

Dr Jauhar has contributed to national and international guidelines and is actively involved in academic debates around antidepressant use, withdrawal, and evidence synthesis in psychiatry in general.

He has published over 150 peer-reviewed publications, in a number of leading journals, including The Lancet, BMJ, JAMA Psychiatry and Biological Psychiatry, and received awards from the British Association for Psychopharmacology and International Congress for Neuropsychopharmacology.

Presentation Abstract:

In this presentation I will present the evidence for antidepressant withdrawal, drawing on primary and secondary data analyses, and also cover the pharmacological basis for antidepressant tapering.

Dr Karan Gupta

Karan is an Academic Foundation Year 1 doctor at the QEUH in Glasgow and graduate of University of Cambridge, where he completed his MB, BChir and an intercalated BA in Physiology and Neuroscience. He has an interest in clinical research and has contributed to published work in areas including stroke outcomes and oncology, with presentations at national conferences. His experience also includes involvement in vaccine research. Karan is interested in healthcare innovation and the practical application of research in clinical settings.

Presentation Abstract:

This presentation examines an under-recognised group of older adults dependent on ageing parental caregivers. It highlights gaps in discharge planning and introduces a structured MDT framework to support risk assessment, anticipatory care, and improved multidisciplinary decision-making.

Professor Rob Howard

After completing postgraduate training at the Maudsley, Professor Howard worked as a clinical academic old age psychiatrist since 1991. Appointed to Chairs at King's College London in 2002 and subsequently at UCL in 2015, he has worked to develop and test better treatments for older people with psychosis, depression and anxiety and with dementia. He leads independent multicentre interventional trials and spends an increasing amount of time helping colleagues to understand what they can expect from treatments. He is very proud of his Scottish ancestry and is named after a notorious Highland family member.

Presentation Abstract:

We have had access to cholinesterase inhibitors and memantine for the treatment of our patients with Alzheimer's disease for more than two decades, but a new class of so-called disease-modifying drugs have been recently licensed. I will review what we can conclude from the evidence about these drugs – particularly whether they modify disease course and can be expected to have long-term benefits.

Dr Pavan Srireddy

Pavan trained in the west of Scotland and is a consultant in general adult psychiatry in South Glasgow. He is currently the Vice Chair of the RCPsych in Scotland and 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.

Dr Jim Crabb

Jim is a consultant in General Adult Psychiatry. He is also the Policy Lead for the Royal College of Psychiatrists in Scotland and the National Strategic Clinical Lead for Mental Health at Healthcare Improvement Scotland. He is passionate about public mental health approaches and applying evidence-based medicine so that our ever-scarce resources get directed to where they can do most good, most often.

Presentation Abstract:

How we represented and supported our members during this election year.

Dr Mandy Johnstone

Dr Johnstone completed her PhD in Developmental Neurobiology at King's College, London and qualified in Medicine at the University of Glasgow. She trained as a psychiatrist at The Institute of Psychiatry and in Edinburgh as a Wellcome Trust Clinical Research Fellow and Honorary Consultant Psychiatrist. She has worked as a principal investigator in drug development in the Biotech/Pharma sector designing and testing small molecular weight drugs for the treatment of neurodegenerative disorders using cellular models leading to several patents. Before moving to Forth Valley in 2025 she had worked in psychosis services at South London and the Maudsley and in the development of clinical pathways for clinical screening in psychiatry. Her goal is to better understand the genetics and molecular pathophysiology of neuropsychiatric disorders to improve clinical care and outcomes.

Presentation Abstract:

Genetic screening is increasingly acknowledged as an important area to enhance precision in psychiatry by supporting clinicians in defining diagnosis and developing more tailored personalised treatments. Many psychiatric and neurodegenerative conditions run in families and significant advances have been made over the past decade in our understanding of the genetic basis these which will be discussed in this talk.

Dr Brian Gillatt

Brian is a Consultant Forensic Psychiatrist since 2006 currently in medium secure care. From 2022 – present co-chair of NHSGG+C Serious Adverse Event Review Group in Mental Health, prior to that 'external chair' for SAERs in GGC chairing over 30 SAERs from 2014-2022. Chief investigator IRAMP study into risk management in mental health. Likes poodles.

Presentation Abstract:

A Rough Guide to Chairing a SAER - Brief talk that will hopefully do exactly what it says on the tin.

Dr Gerry Thompson

Gerry is an academic Neuroradiologist based in Edinburgh working clinically in NHS Lothian DCN, with an interest in imaging biomarker research for neurodegeneration, neuroinflammation, and brain tumours. He is one of two specialist Neuroradiologists running the Southeast Scotland Cognitive and Dementia MDT. He was a co-author for the Scottish Brain Health Service Model and provide expert clinical trial support for imaging interpretation including PET scanning. He is the Neuroradiologist member of the Scottish Government Brain Health Advisory Forum.

Presentation Abstract:

I will try to demystify the process of requesting brain imaging and the meaning of the reports with some examples.

Dr Alastair Palin

Alastair has been a consultant in General Adult Psychiatry since 1990, having begun his psychiatric training in 1983. He has previously served as Clinical Adviser in Adult Mental Health for Healthcare Improvement Scotland (HIS) and as Chair of the Medical Managers Group for the Royal College of Psychiatrists in Scotland.

He is currently the Medical Director for NHS Grampian Mental Health and Learning Disabilities Services and also holds key leadership roles, including Clinical Governance Clinical Lead and AER/Audit Quality Improvement Lead. He has a long-standing interest in clinical governance and models of care and chairs multiple groups.

In October 2024, he received the Royal College of Psychiatrists' Lifetime Achievement Award in recognition of his significant contributions to patient care, leadership, and expertise in general adult psychiatry over more than three decades.

POSTERS

All posters are available to view throughout the day in the **Silver Glen Suite**

Rapid Fire Poster Presentations: 14:40hrs – 15:10hrs

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

1. **Dr Ailie Deacon** and Dr Stuart Gibson
– *Improving Sleep on an Old Age Psychiatry Inpatient Ward*
2. **Dr Florence Judge-Clayden**
– *Improving discharge letter timing*
3. **Dr Kenekchukwu Orazulike**
– *Improving Completion of Extended Discharge Documents (EDD) in a Forensic Psychiatry Inpatient Service: A Baseline Audit and Re-audit Following System Change*
4. **Dr Emma Pestell**
– *Could Canine Assisted Interventions Be Used in the Management of the Problematic Symptoms of Borderline Personality Disorder? A Systematic Review*
5. **Dr Cecilia Rafter** and Dr Steve Moorhead
– *Access to Psychotherapy Cases in Core Training*
6. **Dr Lucy Teenan** and Dr Sam Fraser
– *Antipsychotic initiation in older adult hospital inpatients referred to Old Age Liaison Psychiatry: adherence to a baseline monitoring (ECG and bloods), A retrospective audit*