

RCPsych Northern & Yorkshire Division

Webinar on Bipolar Disorder

10 November 2021 14:00 – 17:00 via Zoom

Event Programme:

14:00 - 14:05	Welcome and Introduction	Dr Paul Walker
14:05 - 14:45	How confident are you in diagnosing bipolar disorders?	Prof Heinz Grunze
14:50 – 15:30	Lithium – what you need to know?	Dr David Cousins
15:35 – 15:45	BREAK	
15:45 – 15:55	Welcome back and introduction	Dr Sumeet Gupta
15:55 – 16:25	Declining renal function in patients on Lithium – what can we do?	Dr Jonathan Murray
16:25 - 16:55	Q&A Session with Speakers	Dr Sumeet Gupta
16:55-17:00	Final Remarks and Close of Day	Dr Sumeet Gupta

Speaker Biographies:

Professor Heinz Grunze M.D. *Clinical Director Allgemeinpsychiatrie Ost, Klinikum am Weissenhof, Germany*

Having qualified in medicine from the University of Aachen, Germany, Professor Grunze took up research fellowships of the Max Planck Institute of Psychiatry, working in Freiburg, Germany and later with a DFG stipend at the Department of Psychiatry, Harvard Medical School, Boston, USA. After a period as Senior Registrar at the Department of Psychiatry, Universitätsklinik, Freiburg, he took up an appointment as Consultant and Lecturer in Psychiatry in the Department of Psychiatry, Ludwig-Maximilians-Universität, Munich, Germany. From 2007 until March 2015, Professor Heinz Grunze has served as Professor of Clinical Psychiatry at The Institute of Neuroscience at Newcastle University, UK. In April 2015, he was appointed Professor of Psychiatry at the Paracelsus Medical University Salzburg and Head of the University Department of Psychiatry. Since December 2017 he serves as Head of the Department of General Psychiatry (East), Klinikum Weissenhof, Germany while he continues his academic affiliation with the Paracelsus Medical University.

Professor Grunze is a member of several national and international neuroscience and psychopharmacology associations and has received several grants including a Stanley Foundation International Centre Award for clinical studies in bipolar disorder.

Dr David Cousins *Director at Newcastle Magnetic Resonance Centre, Clinical Senior Lecturer & Honorary Consultant Psychiatrist*

Dr Cousins graduated with MBBS from Newcastle Medical School in 1996, also gaining an intercalated BMedSci (Hons, First Class) by investigating structural brain changes in bipolar disorder. Pursuing biological psychiatry training, he gained MRCP(UK) and MRCPsych before being awarded a Medical Research Council (MRC) Clinical Research Training Fellowship. After completing a PhD on Lithium, Magnetic Resonance and

the Human Brain, he was granted a prestigious MRC Clinician Scientist Fellowship to further his research program. As Director of Newcastle Magnetic Resonance Centre, he leads a research team investigating the prediction of response to lithium by directly determining its distribution in the brain in vivo. This novel, locally optimised 7Li-MRI technique was influential in gaining major EU Horizon 2020 funding as part of the R-LiNK initiative, in which he has established its use in a multinational network of expert centres. He is the 2021 recipient of the BAP Clinical Senior Award based on his research in lithium. His clinical expertise is sought nationally, and he leads the inpatient unit of the Regional Affective Disorders Service at Cumbria, Northumberland, Tyne, and Wear NHS Foundation Trust.

Dr Jonathan Murray *Renal Consultant, South Tees Hospitals NHS Foundation Trust*

Dr Murray is a consultant nephrologist at South Tees Hospitals NHS Foundation Trust and led the regional Acute Kidney Injury (AKI) programme for the North East and North Cumbria Academic Health Science Network. He delivered an award-winning AKI Quality Improvement programme within these roles, and his team were also highly commended at the National Patient Safety Awards. He is also an associate clinical lecturer with Newcastle University.