

The Royal College of Psychiatrists in Scotland Winter Meeting

Friday 25th January 2019

Radisson Blu Hotel, 301 Argyle St, Glasgow G2 8DL



Programme

08:45 – 09:15 **Arrival and Registration** 08:40 Yoga taster session 1
(Finnieston Suite)

Morning Session: Wellbeing and resilience

Chair: Dr. Alastair Palin, Medical Director NHS Grampian mental health & LD services

09:15 – 09:20 **Welcome from the Chair**

09:20 – 10:15 **Caring for doctors caring for patients**
Dame Denise Coia, GMC Wellbeing Review Chair

10:15 – 11:00 **The Practitioners' Health Programme**
Prof. Clare Gerada, Medical Director, Practitioner Health Programme

11:00 – 11:20 **Tea & Coffee served** 11:00 Yoga taster session 2
(Finnieston Suite)

11:20 – 12:05 **Caring for Self as Clinicians; Power, Resilience and the Organisation**
Ms. Lorraine Close, Clinical Skills Facilitator & Director Edinburgh Community Yoga

12:05 – 12:50 **Finding Joy in Work**
Dr. Simon Edgar, Director of Medical Education, NHS Lothian & Chair of Scottish DME Group

12:50 – 13:00 **RCPsych in Scotland Business Meeting**

13:00 – 13:55 **Lunch** 13:00 Yoga taster session 3
(Finnieston Suite)

Please note that this meeting qualifies for 5 hours of CPD points subject to approval by the individual member's Peer Group

Afternoon Session: Treating affective disorder and preventing suicide

Chair: Dr. Alastair Cook, Medical Director North Lanarkshire Health & Social Care

- 13:55 – 14:00 **President’s Introduction:**
Prof. Wendy Burn, President, Royal College of Psychiatrists
- 14:00 – 15:00 **President’s lecture: Musings of a Kidney Doctor**
*Prof. Peter Mathieson, Principal and Vice-Chancellor,
University of Edinburgh*
- 15:00 – 15:20 **Tea & Coffee served**
- 15:20 – 15:25 **Welcome from the Chair**
- 15:25 – 16:10 **Prescribing for bipolar disorder in Scotland: national
data linkage study**
*Prof. Daniel Smith, Professor of Psychiatry, University of
Glasgow & Dr Nagore Penades, Consultant Psychiatrist, NHS
Greater Glasgow and Clyde*
- 16:10 – 16:55 **Scotland’s National Suicide Prevention Action Plan:
Making Every Life Matter**
*Ms. Rose Fitzpatrick CBE QPM, Chair, National Suicide
Prevention Leadership Group*
- 16:55 **Meeting Closes**

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