Psychiatry for GP Specialty Trainees

7th September 2017 to 18th January 2018

Thursdays: 2.00pm - 5.00pm

Venue
102 Westport
Edinburgh
EH3 9DN

Course Co-ordinator
GP Unit
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Introduction
This afternoon release course is open to GP Trainees currently working in psychiatry, though additional spaces are available to trainees in other posts. The format comprises attendance at a series of monthly group Masterclasses, underpinned by didactic teaching presentations. \textit{Trainees are expected to view and complete the relevant Powerpoint presentations prior to the linked Masterclass.} This will be audited, but on a practical level, trainees will gain comparatively little from the masterclasses unless the preliminary information has been absorbed.

An introductory presentation, “The Map of Psychiatry”, will help orientate trainees to the breadth of psychiatric endeavour and subsequent topics include Psychosis, Depression, Anxiety Disorders and Eating Disorders as well as psychological and pharmacological treatment approaches. These can be viewed at delegates' convenience on any suitable computer with a broadband connection.

The masterclasses will then deepen knowledge and understanding, particularly on subjects which do not easily lend themselves to didactic teaching presentations, including marital and sexual problems and the practical application of the Mental Health Act. The aim is to foster active participation and delegates will be encouraged to bring cases from their own clinical experience for discussion.

On the masterclass programme there will be a ten minute break at 3.30pm with tea/coffee between the afternoon sessions. Please note that occasionally, due to unforeseen circumstances, lecturers or lectures may differ from those advertised in the programme.

\textbf{Important Notes for Delegates}
All delegates are required to sign the attendance list which will be available in the room at the start of every masterclass session. Unless absent for reasons such as annual leave or sickness, delegates need to attend at least 4 out of 6 half-day sessions to obtain an attendance certificate. Delegates from the South East region failing to attend this minimum may be asked to repay any fees and expenses already claimed through study leave. If you are having difficulties in attending the course and feel that your attendance level may fall below what is expected, it is essential that you contact, in the first instance, the GP Unit Administrators \texttt{gp.unit@nes.scot.nhs.uk}

\textbf{LECTURERS}

\begin{tabular}{|l|l|}
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Neill Anderson & Consultant Psychiatrist, Royal Edinburgh Hospital, Edinburgh \\
Jean Budge & Support Services Supervisor Health in Mind, Edinburgh \\
David Ewart & Primary Care Facilitator (Drugs), Woodlands House at Astley Ainslie Hospital \\
Eleanor Halloran & Consultant in Liaison Psychiatry, Western General Hospital, Edinburgh \\
Sue Maxwell & Head of Network Services (Sexual and Relationship Psychotherapist), Relationship Scotland \\
John Russell & Consultant Psychiatrist, Learning Disability Service, SE Scotland \\
Jess Sussman &  \\
Maria Falzon & Medical Psychodynamic Psychotherapist & retired General Adult Psychiatrist (formerly in Stratheden) \\
Digby Thomas & GP, Edinburgh Access Practice GPSI, Midlothian Substance Misuse Service \\
Basel Switzer & Consultant in General Adult Psychiatry, Melrose, Borders \\
Derek Dickson & Consultant in General Adult Psychiatry, Melrose, Borders \\
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7th September 2017

Age Spectrum Disorders:
including CAMHS, Sexual abuse, Family & Couple Issues

Survivors of Sexual Abuse & Family & Couple Issues
Jean Budge & Sue Maxwell

- Clear understanding of sexual abuse and its distribution
- Exploration of implications
- Exploration of responses and treatment options
- Alert GPs to access to information for patients and staff about Relationship Scotland Services
- Identifying specific services provided, clarifying for the GP’s present
- Referring and working with counsellors, therapists, mediators and child contact centres in the voluntary sector.

(Presentation: Child Sexual Abuse – Jean Budge
Sexual and Relationship Psychotherapist & Supervisor in Private Practice – Sue Maxwell)

28th September 2017

Psychosis and Old Age Psychiatry

How to Manage Psychosis in Primary Care
Basel Switzer

- Assessment and management of acute psychosis
- Awareness of needs of these with chronic psychosis and available community resources.

Old Age Psychiatry
Neill Anderson

- Knowledge and management of common clinical scenarios relating to the elderly mentally ill in primary care
- The session is mainly based on case discussions with the clinical emphasis on dementia

(Old Age Psychiatry – Neill Anderson)
26th October 2017

Treatment approaches: Prescribing and Psychological Therapies

Anxiety Disorders – the Syndromes  
Jess Sussman

At the end of the session you should:

- Know the major forms and presentations of anxiety
- Appreciate the diagnostic criteria for each disorder.
- Have an appreciation of the epidemiology and health care burden, which anxiety disorders present.
- Will have seen video example of the main anxiety disorders.

Anxiety Disorders: Treatment Approaches  
Jess Sussman

This session should help you have more confidence in the treatment of anxiety disorders
- Understand the drawbacks of drug treatments
- Have more confidence in treating anxiety patients in the surgery
- Understand the main components of psychological treatments
- Know which patients and problems are best suited to different treatment methods
- Know how psychological techniques can be adopted to brief GP consultations
- Know when to refer for more specialist intervention.

(Presentations: Management of Anxiety Disorder – Prakash Shankar)  
& Anxiety Disorders – Prakash Shankar)

16th November 2017

Intellectual Disability and Substance Misuse: Alcohol

Learning Disability  
John Russell

- To discuss the history of Intellectual disability
- To define what is a Intellectual disability
- To describe the remit of Intellectual disability Services
- To discuss potential problems encountered in general practice
- To describe the symptoms of mental illness in those with Intellectual disabilities
- To discuss implications of the Mental Health (Scotland) Act 2003 and the Adults with Incapacity (Scotland) Act 2000

Substance Substance Misuse – Alcohol  
Digby Thomas

- The relative risks for patient & society associated with problem drinking
- The role of brief interventions in the management of problem drinking in general practice
- The place of motivational interviewing as part of brief interventions in general practice
7th December 2017

Mentalising and Somatisation

Mentalising

- To see yourself from the outside and your patient from the inside
- To encourage your curiosity about how people present
- To enhance your consultation skills

Maria Falzon

Somatisation

- To develop an understanding of the process of somatisation
- To learn how to diagnose and manage somatisation in primary care
- An overview of treatment in options in secondary care

Eleanor Halloran

(Presentation: Mentalisation – Maria Falzon)
(Presentation: Somatization – Eleanor Halloran)

18th January 2018

Drug Misuse and Personality Disorder

Assessing & engaging with drug using patients in primary care

David Ewart

- To gain an understanding of harm reduction and recovery in relation to the treatment of drug dependence in Scotland.
- To learn how to assess patients presenting with problem drug use
- To reflect on how to support drug dependent patients in primary care to achieve recovery

The Management of Personality Disorder in Primary Care

Derek Dickson

- To develop an understanding of personality and Personality Disorders
- To appreciate issues of risk related to personality disorder
- To understand the GP role in management