



2015 Autumn Edition Newsletter

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Welcome...

... to the Autumn 2015 edition of the Welsh Psychiatric Society Newsletter. As the summer nears its end I can't help but ponder over where the season went, or indeed if it ever actually arrived. But in reviewing the articles included here it is refreshing to see that the buzz is continuing in psychiatry in Wales, and it has certainly been a busy season! I have again had the pleasure of collating a variety of articles for this season's newsletter, with our trusty 'Spotlight On' and 'Book Review' sections proving to rise to their expected level of intrigue! A brief overview of our joint Spring Meeting with the RCPsych in Wales is included, along with a warm congratulations to the prize winners for their contributions. And I am proud to incorporate our support for the Winter School in Psychiatry on page 10. The interest in psychiatry from junior doctors and medical students seems to be continuing to expand, something that the Welsh Psychiatric Society is keen to nurture.

Finally, we would not be able to publish this edition without an affectionate farewell to one of our colleagues whom is held in the highest of regard, Dr Joan Rule, who has recently retired.

Enjoy the read! *Owain*

- Dr Owain Baker, ST6 Old Age Psychiatry
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A Farewell Tribute:

Dr Joan Rule

Retired Consultant, ABMU
Older People's Mental Health



Dr Joan Rule FRCPsych O.B.E, Consultant Psychiatrist in Older People's Mental Health in Swansea, retired at the end of March after 42 years in the NHS and 30 years as a consultant.

She has been a leading light in Mental Health services, in the Neath Port Talbot and Swansea areas since 1985 and has won accolades and awards for her many achievements, including Investors in People, Chartermark and the Wales Quality Award for Community Hospital.

A native of Ammanford, Joan graduated from University of Wales Cardiff in 1973. She took up her post as Consultant Psychiatrist in Tonna Hospital in Neath in 1985.

As a young consultant in the 1990s, she was instrumental in driving the huge developments in provision of multidisciplinary Mental Health services for older people in the Neath Port Talbot area and under her leadership Tonna hospital was transformed into a purpose built environment for patients and carers. It was thanks to her that the Neath Port Talbot Community Mental Health service for dementia patients became a state of the art integrated service, which was regarded as the benchmark for services within Wales.

Early in her career, Joan was the founder member of the Neath Port Talbot Alzheimer's Disease Society, (later to become the Alzheimer's Society). Very quickly the branch flourished and she was delighted to serve as the branch Honorary President for 20 years.

Joan's many professional achievements were honoured in 2000 when she was awarded the O.B.E. for services to the elderly mentally ill in Neath Port Talbot.

She took up her current post as Consultant in Mental Health for Older People in Swansea in 2003. Joan has had the remarkable ability to succeed at all aspects of her role as a consultant. She has held multiple senior leadership roles within Mental Health services in the Swansea and Neath Port Talbot areas, including Chair of the Division of Psychiatry, Clinical Governance Chair, Clinical Director for Old Age Psychiatry and Divisional Clinical Chair for Mental Health, the latter role until 2007 providing responsibility for all psychiatric services within Swansea.

She has consistently striven to raise the profile of Mental Health services and in particular Mental Health services for older people in order to ensure patients receive the best possible care. Her naturally calm and self-effacing manner belies her absolute determination and persistence at achieving the best possible outcomes for her patients and the Mental Health services.



Joan is an outstanding clinician, astute, thoughtful, sensitive, and above all, always able to put patients and their families at the heart of any decision-making. Joan is a much respected and highly valued colleague. She is always hugely supportive of and loyal to her team. She has been an inspiring role model to many junior doctors, some of whom are now consultants and GPs. Her role in education has been highly valued by her juniors and she has always embraced change and innovation in Medical Education, being a key player in the delivery of high quality education and training throughout her long career.

She is a wise counsellor and mentor and there are many colleagues in all disciplines who are forever grateful to her for always being willing to give them her invaluable support and sound advice whenever it was needed.

In her retirement Joan is looking forward to spending more time with her two lovely grandchildren, continuing with her creative writing and developing her skills in Italian and music. All her very many friends and colleagues in Mental Health as well as the general hospitals in Abertawe Bro Morgannwg UHB wish her a very long, very well deserved and very happy retirement.

Some Excellent Advice...

By Dr Don Williams

My first watch was bought when I was fourteen in Griffiths the jeweller in Llandeilo. It looked good; gold case but probably plated with a white leather belt, Swiss, costing £14.50 and in today's money £361.60. Expensive for a family with little spare money, however a major purchase was meant to last a lifetime. Nothing was disposed of. Sadly after several repairs and many straps it had to be replaced, it had lasted over 30 years. Returning from a skiing holiday I bought a functional replacement, stainless steel, efficient and durable. After a decade the clasp of the closure mechanism was out of alignment. A tiny tweak should put it right.

Swansea Goldsmiths on the Kingsway seemed ideal, the name conveyed quality. To an older female shop assistant I explained the problem. She looked down at me in a condescending way and responded "*Bought it on plane?*" The unspoken message was obvious – get out of this shop. My experience in Samuels and Ratner's was not very different, however in the latter a pleasant youngster suggested that an engraver above a trophy shop in Lower Oxford Street might be able to help me.

This was my last chance and I quickly made my way there. It was easy to find, the Trophy shop has long gone; it's now a tattoo parlour – Custom Tattooing. After climbing the rickety staircase I was in a silversmith's workshop, a new experience for me. The room reeked of smoke and an elderly man greeted me with a broad smile from behind a small workbench. I told him about my problem and handed over my watch. Using a small curved pliers it was instantly fixed and he insisted on no charge.

From his strong accent I was certain he was a central European. Yes, Hungarian who had fled his country as the Russians crushed the uprising in 1956. Although brought up in Hungary his family came from Romania and at this very time Ceausescu was eliminating ethnic Hungarian villages in Romania. Responding to his tragic story I said that being Welsh one was more sensitive to the plight of disadvantaged minority groups and went on to describe my concern for the plight of the Kurds, a large ethnic group in the Middle East whose homeland was carved up between Turkey, Syria, Iraq and Iran. He quickly *interrupted* me –

"Hold now on, there's only a certain amount you can worry about".



Spotlight On:

Dr Ian Collings

Consultant General Adult Psychiatrist
Crisis Resolution and Home Treatment Team
ABMU Swansea



Dr Ian Collings is an consultant psychiatrist working in the Swansea area of ABMU, leading the Crisis Resolution and Home Treatment Team. Now in his 4th year as a consultant, Dr Collings has already held the position of College Tutor in Swansea, and has recently been appointed as the Training Programme Director for the Wales Deanery. With a little persuasion he agreed to provide an insight into his career and background, and some of the particular challenges he has faced in his roles.

What has influenced your choice to become a psychiatrist?

My choice to pursue a career in psychiatry first developed when I was a medical student completing my psychiatry block at the West Middlesex Hospital in London. I was inspired by the consultants I was attached to (Clive Robinson and Danny Antebi). They had a very holistic approach to the patients, incredibly caring and really spent time with their patients trying to understand their problems. As a house officer I lost sight of my interest in psychiatry but this was subsequently rekindled during my time at UHW when I was a medical SHO. I remember having two patients admitted on a medical take one night, one was suffering from lithium toxicity and the other had neuroleptic malignant syndrome. My interest in both these patients appeared to be much deeper than the management of their physical health. Again this was further crystallised by my contact with James Walters, the liaison SHO who enthused me into a career in psychiatry further.

What has been your biggest clinical challenge?

My biggest clinical challenge was dealing with my first suicide as a consultant. It was a patient who had been discharged from hospital a few weeks earlier. As a trainee I had never had to deal with suicide. It was a great shock for me with a lot of emotional strain particularly when I met with the family of the individual to discuss the patients care and treatment in hospital. I went through a lot of professional soul searching at the time, I suppose it is natural to ask yourself "could I have done more?"

Psychiatry is a hugely rewarding speciality...

What would your advice be to medical students and Foundation doctors considering a career in psychiatry?

Psychiatry is an hugely rewarding specialty to go into. Not many specialties are a melting pot of medicine, neurology and endocrinology amongst other specialties. Psychiatry gives you the opportunity of really getting to know and understand your patients problems. In Wales we have academic centres involved in ground breaking psychiatric research that are starting to rival the likes of the Institute of Psychiatry.



Crisis Resolution and Home Treatment Teams are renowned, by the nature of their purpose, for their hectic and risk-laden workloads. Why choose this as your sub-specialty?

It was more a case of the sub-specialty choosing me! When I started a consultant in Swansea 3 ½ years ago the service was going through some significant reorganisation. The crisis team position was available and I wanted a challenge, you may think it was challenge enough to embark on your first consultant post! I work with a great team here in Swansea they have been very supportive of me. I thoroughly enjoy crisis work it has really helped me develop my risk assessment and management skills.

In your role as College Tutor for Core Psychiatry Trainees in ABMU you have achieved quite significant positive changes in a relatively short period of time. Can you tell us about your best achievements and obstacles in this role?

As college tutor in Swansea my primary aim has been to ensure the training is of the highest standard. I fully appreciate that a service needs to be delivered to our patients but this should never be to the detriment of the training experience and must be coupled with the right level of trainee supervision. One of the challenges I have encountered was to change the junior rota in Swansea. By working with colleagues we have successfully implemented the rota changes that improve the trainees experience but also have the least impact on patient care. Change within organisations like the NHS is never easy but by giving a convincing and passionate argument and evidencing what change can accomplish a great deal of positive change.

My father... taught me a lot about humanity and compassion to others and I really value those lessons.

Training is of the highest standard...

Congratulations on your new role as training programme director for Wales! What do you think will be your biggest challenge in your new role?

There are a number of challenges the new role will bring I think the greatest of which is reconfiguration of training. At present recruitment into psychiatry training in Wales isn't at the level that I would like to see. We have a great opportunity to develop a bespoke training scheme here that's offers something unique to other Deanery's in the UK. I anticipate that this will drive up recruitment and competition for training places which can only be a good thing.

What would you consider to be your biggest achievement?

My biggest achievement is becoming a doctor. I was brought up on a council estate in Liverpool in the 1980s. I had a very supportive family but nobody had been to university before me so I had no role models to follow. I was the first person in my comprehensive school to have been offered a place to go medical school and I am still very proud of that achievement.

Tell us about a book or person that has influenced your life, either professionally or personally.

My father has had the greatest impact on my life. He passed away last year. When I was 11 or 12 my mum was diagnosed with primary progressive MS, she passed away in 2011. During the time she was ill he did absolutely everything for her. She became increasingly dependent on him. He never complained or grumbled about anything he did for her. He has taught me a lot about humanity and compassion to others and I really value those lessons.

Tell us something that people don't know about you!

Ummm. I'm fairly good at some Latin American dancing. I started to learn it when I was a medical student! The Argentinean tango is an incredible dance!

Many thanks Dr Collings for your pressured time!



Conference Highlights

Spring 2015 – Masterclass

Joint WPS and RCPsych Welsh Division Meeting

Llandudno

We were thrilled to see such a good attendance at the conference after a short break of hosting a conference in the North. Returning to a familiar setting in Llandudno, there were nearly 70 delegates there on the day, with a healthy mix of trainee and consultant psychiatrists, and a strong research interest.

The programme for the day was kicked off by Professor Keith Lloyd, Chair of the Welsh Psychiatric Society and Professor Rob Poole Chair of the Royal College of Psychiatrists in Wales. It was an impressive programme consisting of five presentations by five esteemed speakers.

Following a networking lunch and poster session there were awards presented to the best in each category for the posters. The standard of the posters was very impressive and many of the results were a close call. The prizes for research findings, new research idea and audit posters are over the page.

Epilepsy, behaviour and the psychiatrists

Professor Mike Kerr, Professor of Learning Disability Psychiatry, Institute of Psychological Medicine and Clinical Neurosciences, Cardiff University School of Medicine

New treatment approaches for people with psychosis

Professor Shôn Lewis, Professor of Adult Psychiatry, University of Manchester

Preventing suicide: societal and mental health perspectives

Professor Navneet Kapur, Professor of Psychiatry and Population Health at the University of Manchester, and Honorary Consultant Psychiatrist at Manchester Mental Health and Social Care Trust.

Agitation in dementia

Professor Gill Livingston, Prof of Psychiatry of Older People, University College London, and Consultant Psychiatrist at Camden and Islington NHS Foundation Trust.

Global mental health

Dr Melanie Abas, Institute of Psychiatry, Kings College London, Consultant Psychiatrist at the Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Trust.





Conference Prizes

Spring 2015 – Masterclass

New Research Ideas

1st Prize: Joanna McGregor

A national population-based e-cohort of people with psychosis (PsyCymru) linking prospectively ascertained phenotypically rich and genetic data to routinely collected records: Overview, recruitment and linkage.

2nd Prize: Menna Brown

The development and evaluation of an online emotional wellbeing module in the Champions for Health programme to complement and enhance lifestyle improvements.

Research Findings

1st Prize: Daniel McNamara

Barriers and facilitators to providing mental health care to indigenous peoples in Colombia: the experiences and opinions of key informants.

2nd Prize: Amanda Marchant

Recent trends in the incidence of anxiety and use of anxiolytics/hypnotics in children and young people: an e-cohort study.

Audit

1st Prize: DrSabarinath Radhakrishnan

Re-audit of the appropriateness and documentation of psychiatry on call handover by junior doctors.

2nd Prize: Dr David Williams

Compliance with NICE guidance on completion of a basic dementia screen prior to treatment initiation.



Joanna McGregor
1st Prize New Research Idea



Menna Brown
2nd Prize New Research Idea



Daniel McNamara
1st Prize Research Findings



Amanda Marchant
2nd Prize Research Findings



Sabrinath Radhakrishnan
1st Prize Audit



David Williams
2nd Prize Audit



Book Review

In the Chair:

How to Guide Groups and Meetings

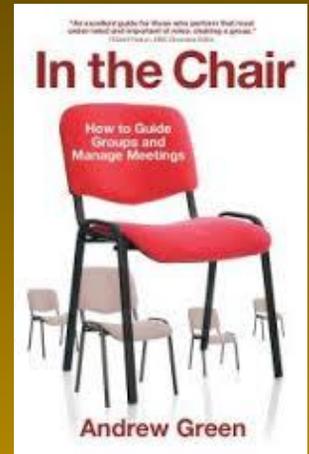
Andrew Green

£10.68 – Amazon.co.uk

Participating effectively and managing meetings is a highly desirable professional skill particularly in psychiatry. Andrew Green's new book is an excellent primer as it sets out clear guidelines for chairing and organising a whole range of meetings.

My introduction to psychiatric meetings was as a student in Claybury, a vast asylum in North East London. This initiation was traumatic, daily ward meetings on a female long-stay ward, unstructured and continuing like clockwork between 9 and 10. One patient was insistent I was a homosexual and pursued this during my placement, while an older patient and a younger patient kept bickering about "Ron"; possibly the older patient's son or the other's boyfriend, the mystery remained. This recurring theme took up a lot of time and I was not convinced that this daily ritual achieved anything although they were considered *de rigueur* and admired.

As a trainee and consultant I've sampled a wide variety of meetings and committees and apart from two or three individuals those conducting these meetings would have benefitted enormously from reading and following Andrew Green's advice. My last training slot was in the Department of Psychological Medicine at the University Hospital of Wales which had regular departmental meetings. These were largely opportunities for senior nursing colleagues to snipe at the doctors. The hostility could be felt and I resolved that as a consultant I'd never hold departmental meetings. Fortunately at Cefn Coed Hospital, Swansea I was



In the Chair, A Green
£10.68 Amazon

able to do this without any obvious down side. Unfortunately in Swansea doctors meetings were frequently fraught and I remained of the view that they are best avoided unless clearly essential and task orientated.

Despite my adverse early experiences I soon realised that in order to enjoy a full professional life, the ability to participate effectively, influence the outcome and chairing meetings were essential skills. This book provides a practical, up to date and comprehensive guide with a good index and references for further reading. I would strongly recommend it as essential reading for a young consultant psychiatrist who wants to establish a sound foundation for an important component of a rewarding professional career.

Soon I'll be participating in a telephone conference call with colleagues in London about my long-term research project. Fortunately there is a section about this type of meeting in this book. For me it is very unusual not to have a face-to-face meeting and I'll be reading it up carefully in good time before the event.

Dr D D R Williams

Honorary Consultant Psychiatrist, ABMU

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Upcoming Events

Societe de Neuro-Psychiatrie de l'Ouest

Vannes, France

24th-26th September 2015

The next conference our Breton Colleagues are hosting will be held in Vannes between 24th and 26th September 2015. The theme this year will be 'Co-Morbidities'. The president Dominique Drapier would welcome any Welsh colleagues to attend.

For more information, or to register, visit:

www.snpo.fr

Joint WPS and RCPsych in Wales Winter Meeting 2015:

"Wales at the Cutting Edge"

Holiday Inn, Coldra, Newport

17th December 2015

An impressive programme of speakers has already been lined up for our Winter 2015 joint meeting with the RCPsych in Wales, so save the pre-Christmas date in your diary for 2015!

For more information, or to book a place, please contact Siobhan Conway (sconway@rcpsych.ac.uk) or visit www.rcpsych.ac.uk and visit the RCPsych in Wales pages.

Faculty of Old Age Psychiatry in Wales Academic Meeting

"The Wholistic Psychiatrist"

Lecture Theatre, Royal Glamorgan Hospital, Llantrisant

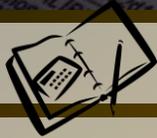
Friday 18 September 2015

The Faculty of Old Age Psychiatry in Wales is hosting its first Academic meeting for a number of years. 'The Wholistic Psychiatrist' will focus on providing a whole system approach in services for older adults in Wales. There will be a number of interesting presentations on a variety of topics including:

Leadership, Management and Emotional Intelligence
The Future of Stroke Services in Wales
Alzheimer's Genetics
Neurocognitive Rehabilitation

For more information and for registration please visit:

www.rcpsych.ac.uk



Student & Trainees Section



Winter School in Psychiatry

January 2015

Cardiff University



In January 2015 the second Winter School in Psychiatry was held at the Hadyn Ellis Building, Cardiff University. This was an event to engage medical students and to introduce them to the importance of psychiatry in modern medicine and the wider society. This was also timed to follow the year 2 case in psychiatry, which is part of the new medical school curriculum.

On Friday 16th January there was a film viewing of 'Silver Linings Playbook' starring Bradley Cooper and Jennifer Lawrence, followed by a panel discussion. The choice of film and discussion were rated highly by nearly all who attended, with students commenting on how they found it particularly useful to learn about Bipolar Disorder and other illnesses, and their treatment and portrayal in the media.

On Saturday 17th January there was a series of talks and discussion sessions throughout the day. One highlight in particular was a talk by Jo Lyall (Angela Harrison Charitable Trust), entitled 'At least I don't have to walk the dog', on her experiences of mental health difficulties. Almost all students rated this as 'excellent', and it was described as inspirational and moving.

Another highlight was the networking circuit, which allowed students to meet psychiatrists from a range of specialties and career stages. Students commented how it was useful to learn about the range of career opportunities, and how everyone was approachable.

Other events included a talk on '21st century psychiatry', and workshops on 'ADHD and the family perspective', 'Stigma and mental health' and 'Psychiatry and the arts'. The day ended with a 'Question time' with a panel of professionals working within psychiatry.

Most of those who attended stated they were interested in psychiatry and encouraged to consider a career in psychiatry as a result of the Winter School. There are plans to hold another in a year or two.

Dr Rhys Bevan-Jones
WPS Trainees Liaison Officer
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The two student societies keep going from strength to strength with increasing numbers of members and a busy schedule of activities including social events, debates, film nights, and guest lectures. MedFest was once again well attended and received excellent feedback.

The latest numbers of Student Associate Members of the College were released and show that Cardiff is sitting 3rd, a great achievement. Swansea also does well, with higher numbers than many more established and larger colleges.

Overall, the undergraduates in Wales engage well and show a high level of commitment and interest. WPS will continue to work to promote this.



**Welsh
Psychiatric
Society**

Gymdeithas
Seiciatregol
Gymreig

The Best Doctor is a
Doctor for the soul.

Meddyg Gorau - Meddyg Enaid

The Best physician – A Physician for the Soul