



**Welsh
Psychiatric
Society**

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50 YEARS OF THE WELSH PSYCHIATRIC SOCIETY

Editorial

Welcome to the combined 50th Anniversary edition of the Welsh Psychiatric Society newsletter. After what seems to have been an eternally cold and snowy time we have finally emerged into a glorious sunny summer.

This year is an exciting prospect for the Society, in particular as it commemorates 50 years since the WPS first came into being. To mark this anniversary we have a number of special events. Firstly we had the traditional meeting in April at the Dylan Thomas Centre in Swansea. Again we were graced with a fine academic programme with some notable speakers, both from within the Principality and from outside. This conference was a joint venture with the Welsh Division of the Royal College of Psychiatrists following the pattern of collaboration developed in recent years. In the autumn we are proud to be able to conjointly host the Inter-Celtic Conference with the College. This promises to be a fantastic event, held at the Millennium Centre in Cardiff over two days, the 7th & 8th October. It is one of the largest conferences to involve our organisation. Colleagues will be joining us from Scotland, Northern Ireland, the Republic of Ireland, and Brittany. In recent years the Royal College of Psychiatrists has hosted the Inter-Celtic conference every two years; the last was in Edinburgh in 2008. With our involvement, our links with colleagues in Brittany brings a truly pan-Celtic flavour to the event. We are also able to lend our support to the development and nurturing of mental health professionals in Wales with the sponsoring of research presentations and prizes for medical students.

There will be a number of special events for members of the WPS during the conference; firstly a Society Dinner on the evening of Wednesday 6th October to

commemorate our first 50 years, to be held in Cardiff Castle. Secondly a very special guest lecture, on the evening of Thursday 7th October preceding the official conference dinner. Spaces are limited for the conference so get your booking in early! If you can't make the conference but would like to come to the dinner on the Wednesday night and catch up with old friends we would love to see you; we'll post the details on the website nearer the time - www.wps.swan.ac.uk/

Over the coming years we will be faced with many challenges as mental health professionals; unfortunately health care remains under-resourced and the financial crisis means our services continue to struggle without the support they deserve. We, as a group, can continue to provide an important educational and social forum for psychiatry in Wales during these difficult times. Although most of our members are psychiatrists we are increasingly a multidisciplinary group and are pleased that attendance at our conferences increasingly reflects this. Our society continues to thrive thanks to the enthusiasm of its membership and officers; lets celebrate 50 years and look forward to many more as a Society.

Our special thanks to Don Williams who has acted as chairman so ardently since 2004, and our best wishes to Keith Lloyd who succeeds him.

In this edition of the newsletter we have articles from: Don Williams on the legacy of the Whitchurch Postgraduate Centre; the important prizes from the Autumn Conference in Wrexham; Phil Jones concerning the conference organised by the Societe de NeuroPsychiatrie de L'Ouest in Dinard last November; and the recent Spring meeting at the Dylan Thomas Centre in Swansea.

Mick Dennis

Quotation

**Prescribing is so easy,
Understanding people so hard."**

Franz Kafka 1883-1924

German-speaking Jewish novelist born in Prague. Guilt is one of the major themes in his work and the individual is seen as lonely, perplexed and threatened. This quotation is from his short story: A Country Doctor published in 1917.

Selected by Dr Don Williams

Whitchurch Postgraduate Medical Centre

On Friday 4th September 2009 a special meeting was held to mark its closure and the transfer of postgraduate activities to the new Educational Centre at the Llandough Hospital campus. The Whitchurch Postgraduate Medical Centre was opened in 1971. The same year as the Royal Medico-Psychological Association (RMPA) became the Royal College of Psychiatrists.

Dr Alex Kellam outlined its history and the role it has played in postgraduate education in south Wales. Afterwards Professor Bill Fraser gave the farewell lecture – “Changing Places”. After moving from Edinburgh to Cardiff it was interesting to hear an outsider’s view of the local psychiatric scene. He found Cardiff and South Wales much friendlier, congenial and informal in contrast to the Scottish capital’s ethos of being very “stratified, cold and clinicians less approachable”.

Whitchurch hospital has an impressive legacy. When it opened in 1908 it was the first mental hospital with a research unit, operating theatre and library. The latter has been well maintained with its comprehensive range of back numbers and historical issues. Professor Fraser emphasised the value of such a fine collection and the importance of making sure that the new postgraduate arrangements will give priority to maintaining the library and safeguarding it for the future.

The Centre was run as an independent charity and as many of its functions were about to be taken over by the Deanery a great deal of thought had been given to how the residuary monies should be used. In due course the Management Committee decided that these funds must be used to continue to promote psychiatry and to encourage individuals to join the psychiatric professions.

At the end of the meeting a cheque for £45,538.37 was transferred to the Welsh Psychiatric Society so that the WPS would become the trustee for the residual monies and be responsible for a special fund ear-marked for promoting recruitment into the psychiatric professions in Wales. As Dr Glyn Jones had played a prominent part in working out these arrangements he has been co-opted as a member of the WPS executive group.

Don Williams

Prizes at the Joint WPS/Royal College of Psychiatrists Autumn Meeting, Wrexham, 2009

The poster prize winners were:

Audit

1st prize: Dr Mujahid Ali Syed (Speciality Trainee - ST3, North West Wales NHS Trust). Use of anticholinergics in patients on antipsychotic medication – results of a completed audit cycle.

2nd prize: Dr Lesa Wright (Specialty Registrar, Betsi Cadwaladr University Health Board). Physical health monitoring for patients on antipsychotics in a medium secure unit.

New research ideas

1st prize: Jo McGregor (Research Assistant, Swansea University). PsyCymru: A feasibility study to establish and maintain an all Wales psychosis cohort with electronic record linkage to the Secure Anonymised Information Linkage (SAIL) databank.

2nd prize: Dr Anita Pierce (Consultant Psychiatrist & Honorary Lecturer, Betsi Cadwaladr University Local health Board). Atypical antipsychotics for Tourette's Syndrome.

Research findings

1st prize: Phil Jones (Research Fellow, Swansea University). Developing a typology of suicides in Wales.

2nd prize: Dr Robert Stamatakis (Speciality Trainee - ST3, Cwm Taf NHS Trust). Approach to patients presenting with psychiatric problems: a cross sectional survey of competence and confidence in foundation year doctors.

WPS Prize.....

The Society's Annual Prize for 2009 was awarded to Alexander Hugh Wilson. He will receive his certificate at the spring meeting in Swansea. Alexander was born in Consett, read History at Cambridge, was an archaeologist in Ankara, then taught ICT in Poole. He joined the Graduate Entry Programme at Swansea and is now in his final year. He is honoured and extremely happy to receive the Welsh Psychiatric Society Prize, and would like to work in an area of medicine that focuses on brain disorders, ideally neuropsychiatry.

TROUBLES AFFECTIFS ET APPARENTES - *Affective disorders Disorders Conference, Dinard, France 27-28th November, 2009*

For several years there have been exchanges between the Welsh Psychiatric Society and Société de NeuroPsychiatrie de l'Ouest. At these meeting the two organisations have shared their experiences and expertise, as well as looking to build relationships for future work. The meetings have encouraged researchers from both countries to work together. Several project ideas are currently under discussion and a joint paper between researchers in the School of Medicine at Swansea and the Faculté de Médecine, Université de Rennes entitled, "A world-wide analysis of population structure and suicide risk", was presented at the 16th Association of European Psychiatry Congress, Nice 2008.

Members of the Welsh Psychiatric Society felt honoured to be invited by the Société de NeuroPsychiatrie de l'Ouest to chair a number of sessions at the 2009 and congress in Dinard.

This years conference was entitled **TROUBLES AFFECTIFS ET APPARENTES *Affective disorders***, and was held at the Palais des Arts et du Festival Dinard (27th – 28th November 2009) and included a programme that opened with a session entitled **CONDUITES SUICIDAIRES – SUICIDAL BEHAVIOUR**. The session was jointly chaired by Phil Jones (Swansea) and Jean Michel Vanelle (Nantes). There were three presentations:

1. Predictive symptoms of suicidal behaviour (D Travers)
2. Neurobiology of suicide (F Jollant)
3. A care network for preventing suicidal behaviour (M Walters)

At the end of the session Phil Jones gave a summary of the three presentations linking them to possible collaborations with researchers in Wales.

The other sessions in the conference covered *TECHNIQUES DE STIMULATION CEREBRALE – BRAIN STIMULATION TECHNICS* Chairman: G. SHADILI (Vannes); *INSIGHT* Chairman: N. JAAFARI (Poitiers); and *RECONNAISSANCE CLINIQUE ET ACTUALITES THERAPEUTIQUES DANS LES TROUBLES BIPOLAIRES – CLINICAL OF REVIEW AND THERAPEUTIC ACTUALITIES IN BIPOLAR DISORDERS* Chairman : B. MILLET (Rennes) – M. WALTER (Brest)

Phil also met with Bruno Millet (the Chairman of SNPO) and a journalist to give an interview about how they felt the conference had gone and what they hoped to do in the future. This was followed up with another meeting with Bruno Millet to discuss future collaborations between SNPO, Universities of Rennes, Brest, MHRNC and the WPS and subsequently Bruno visited Swansea this February to further progress possible academic collaborations.

Phil Jones

Fellows

The following have been elected fellows of the Royal College of Psychiatrists

Dr Alys Cole-King, Dr David Crossley, Dr Sayed El Sayed, Dr Nahia Jamil, Dr Glyn Jones, Dr Ita Lyons, Dr Elizabeth Richardson, Dr Azra Sabir, Dr John Sandford, and Professor Gary Sullivan.

Spring 2010

The Joint Meeting of the Welsh Psychiatric Society and The Welsh Division of the Royal College of Psychiatrists

The Spring Joint Meeting of the Welsh Psychiatric Society and the Welsh Division of the Royal College of Psychiatrists took place on Friday 23rd April 2010. The venue was the now familiar Dylan Thomas Centre in Swansea. There was an excellent academic programme with high quality presentations covering a range of topical areas in psychiatry and approximately 60 delegates attended.

The meeting started with a legal theme with a presentation by Professor Phil Fennell of Cardiff University on the Mental Capacity and Human Rights Acts. There was a broad overview of the role of the Mental Capacity Act and Professor Fennell emphasised this is probably the most important piece of legislation in health care this century. The Human Rights Act was also considered, in particular in relation to mental health with emphasis on the importance of the right to independent living for those with chronic mental illness and also the relevance of article 2 in relation to employing authorities requiring to employ competent staff of a high professional standard (their “operational obligation”).

The next presentation was by Professor Nicola Gray of Pastoral Cymru Ltd and Swansea University. She talked about assessing risk of violence in personality disorder, and the uses and abuses of structured clinical assessments. The emphasis was that risk should now be a dynamic formulation rather than a tick box exercise.

Professor Sonia Johnson then presented her work on residential alternatives to acute general psychiatry wards and the results of a national survey, which were published in the British Journal of Psychiatry in 2009.

Finally, the 4th academic speaker was Professor Bob Woods who is well-known for his work on non-pharmacological therapies for people with dementia. Professor Woods is the leader of the Neurodem Network in Wales and Professor of Psychology at Bangor University. He has particular expertise in cognitive stimulation and cognitive rehabilitation in patients with dementia. Research has suggested that in mild to moderate dementia the effect of cognitive stimulation therapy may be similar to cognitive enhancers and also has an important benefit in relation to quality of life.

After lunch there was time to view the posters. The poster categories were audit, new research ideas and research findings, and there was a very high standard this year. There were 16 posters in total and the awards were as follows:-

Audit category - Dr Charkraborti and Dr Mukhopadhyay

New Research category - winner Dr Laura Shine and runner-up Gary Slegg

Research Finding - winners Dr Chris Baker and Dr Jo White, and runner-up Dr Liza Wright

The WPS prize winner was Alex Wilson.