



2013 Winter Edition Newsletter

In This Edition

- **Spotlight on:** p2
Professor Keith Lloyd
- **Conference highlights Spring 2013**
“The Future Psychiatrist” p3
Conference Prizes p5
- **Trainees’ Section** p6
Cardiff CASC Training
Public Engagement Film Events
Trainee Developments
- **Students’ Section** p7
Book
Film
- **Preview: Upcoming Events** p9
- **The Final Word** p10



Welcome...

...to the Winter 2013 edition of the WPS Newsletter. Quite some time has now elapsed since the publication of the last edition, allowing for a bumper edition just in time for the festive holidays! So hang up your stockings, get those chestnuts roasting and put your feet up ready for a good catch-up of what’s been happening in psychiatry in Wales over the last year.

Firstly I would like to say a very big thank-you to Karen Evans and Alison Lewis at Swansea University for helping me collate the Newsletter and to Dr Liz Clarke-Smith for handing over the reigns (festive pun intended) of editing the Newsletter.

It is great to have such a number and variety of submissions for inclusion in the Newsletter. It has been a privilege to have the advance preview and I hope you enjoy the read as much as I have. If you would like a piece of work included in the future, simply send it in ready for the Spring edition.

Enjoy the read,

Owain

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Specialty Registrar in Older People’s Mental Health
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Spotlight On:

Professor Keith Lloyd



Professor Lloyd is the current Chair of the Welsh Psychiatric Society, Dean and Head of Swansea University's College of Medicine, Chair of Mental Health Research Network Wales, Chair of the steering group for DUETS (UK Database of Uncertainties about the Effects of Treatments - which is part of NHS Evidence), member of Samaritans Cymru, member of the reference panel for the mental health charity HAFAL, a director in Swansea's Volcano Theatre Company and clinically a consultant psychiatrist in ABMU. I found out more about his background, what has inspired him to become involved in so many roles and how others can inspire future generations.

Firstly, how do you manage to juggle all of your roles? And secondly can you recommend any time-management courses?!

Variably and no.

What has been the biggest challenge in your career so far?

Different times. Different contexts. Different challenges. Clinically it is every patient I see. Right now it's a huge privilege to be the dean of a medical school. I want to give that my best shot. Particularly as it is Swansea medical school's tenth anniversary next year and we now have a fully functional graduate entry medicine course and three research council centres. I am very fortunate to have such good colleagues.

When studying Medicine, at what point did you know that you wanted to pursue a career in psychiatry and what were the factors that led you into psychiatry?

I considered being a physician or an ENT surgeon. But realistically psychiatry was always going to win out. I like the chance it gives you to practice biopsychosocial medicine. Too many psychiatrists forget they are doctors. Modernising medical careers hasn't helped with that. Too many doctors forget the person and their psychosocial context. Psychiatry gives you the chance to integrate. I am very grateful to my training at the Maudsley for giving me that perspective. The Welsh Psychiatric Society's motto is relevant here too : "Meddyg gorrau, meddyg enaid" - "the best doctor is a doctor for the soul".

There is a recruitment crisis in psychiatry, moreso than in other medical specialties. Do you have any opinions on what the main influences are behind this, and how these can be addressed?

My above answers refer. Actually recruitment in psychiatry is no worse than in emergency medicine, obs and gynae, paediatrics and a few other specialities I believe. Above all it requires those of us in the profession at the moment to be positive role models for the next generation. The collective noun for a group of psychiatrists is increasingly in danger of becoming a moan. We need to address that.

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

There are many candidates. My father. My partner. My friends who keep me on my toes. My children in whose abilities as young adults I am increasingly in awe. At work I am fortunate in having had and continuing to have many good role models. I have been a voracious reader and wish I had more time to lose myself in books now. Recently I have been enjoying Tolstoy. His realist descriptions of human behaviour are astonishing.

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

No.

Many thanks to Prof Lloyd for his valuable time and his perceptive and insightful answers (some more than others).



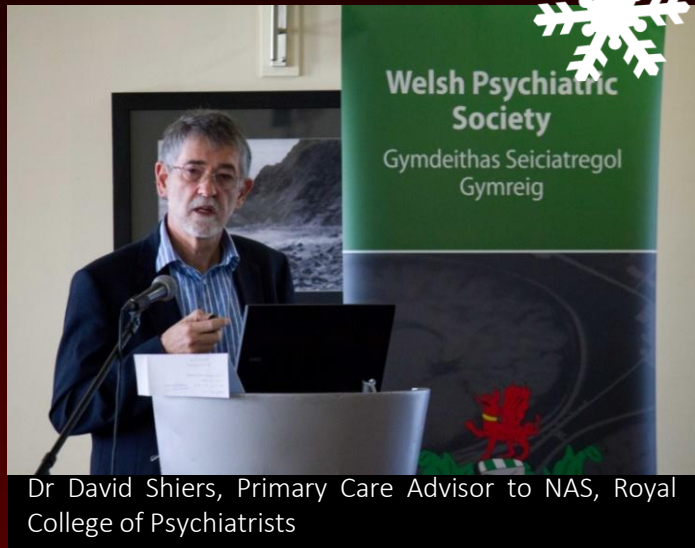
Conference Highlights

Spring 2013 – The Future Psychiatrist

Joint WPS and RCPsych Welsh Division Meeting
The Village Hotel Swansea

The success of the joint WPS and RCPsych Welsh Division meetings continued with a further engrossing conference in Swansea. With the focus of the meeting on the future of psychiatry it was pleasing to have such a breadth of professionals in the audience from medical students up to senior consultants, interspersed with a variety of other healthcare professionals. There were talks from Dr Sarah Watkins, Dr David Shiers and Professor Simon Wessely, and the conference also afforded opportunity for presentation of research and audit by its members.

Dr Sarah Watkins, Head of Mental Health and Vulnerable Groups in the Welsh Assembly, opened the conference with an enlightening talk on the future of psychiatric services in Wales. The perspective from the Welsh Assembly afforded listeners the opportunity to consider the shape and scope of mental health services at the present time and in the near and more distant future, and the challenges that will inevitably arise.



Dr David Shiers, Primary Care Advisor to NAS, Royal College of Psychiatrists

Dr David Shiers, Primary Care Advisor to NAS at the Royal College of Psychiatrists gave a lecture on protecting the cardio-metabolic health of people with severe mental illness. He explored the aetiology of physical illness in those with mental illness, including the effect of antipsychotic medication. Dr Shiers used a variety of sources and research to demonstrate the importance of monitoring, treatment, and primary and secondary prevention of physical illnesses. The under-recognition and under-treatment of physical illnesses in those with mental illness by both psychiatrists and GPs was also highlighted. This has been acknowledged by the Royal College of General Practitioners, notably by the late Professor Helen Lester in her prestigious James Mackenzie Lecture to the Royal College of General Practitioners' AGM on 22nd November 2012. Her lecture is available to view on YouTube at <http://www.youtube.com/watch?v=tqyACm5OQOM>

The subject of recruitment in psychiatry was then explored by Professor Sir Simon Wessely, Vice Dean of the Institute of Psychiatry and Chair and Head of the Department of Psychological Medicine at King's College London. Professor Wessely has researched and published on the topic, including a recent article in *The Psychiatrist*, "UK Crisis in Recruitment into Psychiatric Training" (2013) 37:210-214. The well-known factors influencing recruitment (including stigma) were discussed along with a multitude of other factors, together with suggestions on the first steps in addressing these.



Dr Sarah Watkins, Head of Mental Health and Vulnerable Groups Policy Division, Welsh Assembly



Welsh Psychiatric Society
Gymdeithas Seiciatregol
Gymreig

The Best Doctor is a
Doctor for the soul.



Conference Highlights

Spring 2013 – The Future Psychiatrist

Joint WPS and RCPsych Welsh Division Meeting
The Village Hotel Swansea

The conference theme of 'The Future Psychiatrist' was aptly met by a number of research and audit posters presented by psychiatric trainees in Wales. Prizes were won by three psychiatric higher trainees; Dr Bethan Read, Dr Arpita Chakrabarti and Dr Rhys Bevan-Jones, providing encouragement for an increasing trainee body representation at future conferences.

The next Joint WPS and RCPsych Welsh Division conference is scheduled for December 2013 taking the theme of 'No One Gets Out of This Career Alive: Winterbourne, Francis and The Age of Anxious Practice'.

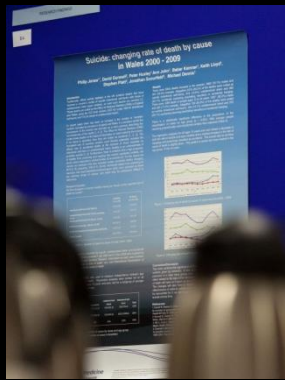
The following slide was used by Dr David Shiers in his presentation discussing the physical health of those with mental illness.

The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated



Plato circa 370 BC

Conference photographs courtesy of Dr Phil Jones, Swansea University.





Conference Prizes

Spring 2013 – The Future Psychiatrist

Joint WPS and RCPsych Welsh Division Meeting
The Village Hotel Swansea

Audit:

- 1st Prize – Dr Bethan Read, ST4 Old Age, Swansea
“The Use of Antipsychotics in Dementia”
- 2nd Prize – Dr Arpita Chakrabarti, ST4 Old Age, Cardiff
“Benzodiazepine and Hypnotics in Older Adult Inpatients”

Research Findings:

- 1st Prize – Dr Phil Jones, Lecturer, Swansea University
“Suicide: Changing rates of death by cause in Wales 2000-2009”
- 2nd Prize – Dr Serge Engamba, Research Assistant, Swansea University
“An exploration of International Students’ mental health and well-being: Association with student background, different stressors, coping strategies and sources of support”

New Research Ideas:

- 1st Prize – Dr Rhys Bevan-Jones, Clinical Research Fellow, Cardiff University School of Medicine
“Developing and evaluating an online psychoeducation package for adolescent depression”



Dr Phil Jones, Lecturer, Swansea University

Dr Phil Jones’ Synopsis of his research, Suicide: Changing rates of death by cause in Wales 2000-2009

“In recent years there has been an increase in the number of ‘narrative verdicts’ recorded by coroners in England and Wales. The Office for National Statistics (ONS) codes these deaths on the basis of information on intent noted by the coroner. A high proportion of deaths from poisoning and hanging that receive accidental verdicts are found, when subjected to clinical review, to be suicides. We carried out analyses that also included deaths coded as accidental hanging and strangulation and poisoning.

“Younger people receive proportionally more Accidental verdicts than expected ($p < 0.001$). Regression analyses shows a decrease in both the rate of suicide ($R^2 = 0.37$) and open verdicts ($R^2 = 0.67$) and a marked increase in the rate of hangings and poisonings classified as accidents ($R^2 = 0.36$). The overall rate of change for Suicides, Opens and Accidental deaths remains almost unchanged ($R^2 = 0.06$).

“The analyses reported here confirms the statistical significance of the observed changes in the pattern of the classification of cause of death across the study period. These may impact on how we interpret temporal changes in the patterns of suicide.”





Trainees' Section



Cardiff CASC Training

Cardiff CASC Training (CCT) formed in March 2012, has been responsible for delivering the MRCPsych CASC training for all Wales. It has got five proactive and enthusiastic members. Dr Omer Minhas (Chair) is an ST6 in CAMHS. Dr Gemma Williams and Dr Yusuf Rangoonwala both are ST6 in General Adult Psychiatry. Dr Muhammad Ather and Dr Marque Fernando having just completed their training are currently working as locum consultants in CAMHS and substance misuse psychiatry respectively.

In its relatively short history, Cardiff CASC Training is pleased about the positive contribution that it has made towards preparing candidates from Wales for the MRCPsych CASC. The excellent feedback we have had from candidates, examiners and all others involved, is a testament to that. While there can be many ways to measure the outcomes, none is more important than the actual exam results. Among the candidates who attended the training event in July 2012, the pass rate exceeded that of national pass rate by a noticeable margin. This was the first time such a result was achieved among candidates in Wales since the advent of Royal College of Psychiatrists CASC exam. In the recently held MRCPsych CASC exam the percentage of success among the candidates from Wales was significantly high.

While we are proud of our achievements to date, we continue to work hard in improving further and providing excellent training. Any comments and suggestions in this regard are much appreciated. Our next event is a Mini-CASC Workshop on 28th November 2013 and a Mock CASC Exam on 5th December 2013.

Public engagement film events:



There are a number of film events related to mental health over the coming months. There is a new season of **sciSCREEN** events coming up in Cardiff (www.cardiffsciscreen.co.uk).

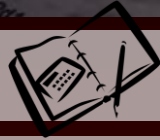
In parallel to this, films will be shown regularly at the Hadyn Ellis Building, Cardiff, to engage various publics with mental health issues (see Cardiff University website). The WPS might have a presence in one or two of these events. Some screenings will be part of the MRC Centenary celebrations, following on from the successful public engagement evenings and arts exhibition, 'How the light gets in' (www.cardiff.ac.uk/lightgetsin), which took place over the summer. There will also be another '**Medfest**' early next year to engage medical students and trainees with psychiatry.



Developing an online package for depression in young people

Over the next 2-3 years, we are developing and evaluating an online psychoeducation package for adolescents with (or at high risk of) depression, and their families/carers at the Child and Adolescent Psychiatry Section, Cardiff University. This would fit with health, social and education services to help engage young people with mental health issues. We will hold interviews and discussion groups with a range of young people, parents/carers and professionals, and work with a multimedia company, to determine the content and design of the package. If anyone would like to help out, particularly students and trainees, please email us at YouthOnlineStudy@cardiff.ac.uk.

Dr Rhys Bevan-Jones, WPS Trainees' Liaison
Child & Adolescent Psychiatry Section, Institute of
Psychological Medicine and Clinical Neurosciences,
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Students' Section



Message from WPS Student Liaison Rep

2013 has seen continued success in terms of undergraduate links with both the Welsh Psychiatric Society and Mental Health as a whole. Cardiff University's Wales Student's Psychiatric Society (WaSPS) continue to grow in membership and runs regular events including film nights, pub crawls, and general 'get togethers' all with a Psychiatric twist.

In conjunction with the Royal College's Trainee's Committee, the summer saw another successful MedFest event with lively discussion on "The Power of Medicine". Interest continues to develop in Swansea on developing similar links with undergraduates there having already organised several events including ethical debates, exam revision and social evenings.

Cardiff University ran a very successful 'Winter School' with interest out-numbering the available places. They are hoping to make this an annual event with expanded numbers this year so look out for news on dates and booking details.

There are a wealth of opportunities for undergraduates to become involved in mental health with bursaries and sponsorship for attending local and national events, alongside the local interest groups within the Universities. I would encourage all undergraduates to join us here at the WPS (Student Affiliateship), the Royal College (Student Associates – details at rcpsych.ac.uk) and WaSPS (via the Facebook page or contact the group direct at wsp@live.co.uk.) to keep up to date of news and opportunities – it's free!

WPS Membership – free for students
www.wps.swan.ac.uk

Royal College of Psychiatrists – free for students
www.rcpsych.ac.uk

WaSPS – Facebook membership group

Dr Ben Shooter
WPS Student Liaison Officer
Specialty Doctor Mental Health
docshooter@hotmail.co.uk



WPS Student Prizes

Every year the WPS awards prizes to two medical students. The first prize is for excellence in psychiatry and is awarded to a postgraduate medical student at the end of Year 4, based on the student's total marks in the OSCE and EMQ examinations relating to the 4th Year Psychological Medicine attachment. The second prize is for the best elective proposal submitted and is awarded to an undergraduate medical student. Congratulations to Gillian Warwick, Danielle Rhydderch, Hannah Swinburne-Cloke and Laura Harvey for their excellent work.

2012 Prize for Excellence in Psychiatry – **Gillian Warwick**

2012 Prize for Elective Proposal – **Danielle Rhydderch**

2013 Prize for Excellence in Psychiatry – **Hannah Swinburne-Cloke**

2013 Prize for Elective Proposal – **Laura Harvey**





Students' Section

Psychiatry Pub Quiz

On Wednesday November 6th Swansea Student Psychiatry society hosted a quiz night at Noah's Yard in Uplands, Swansea.

The aim of the night was to teach psychiatry in a fun setting and broaden the appeal of the speciality.

There was an excellent turn-out with some 40 students attending, perhaps enticed by the offer of a free drink, but keen to stay to the end.

Swansea medical school now hosts a full four cohorts, meaning larger events can be planned. Most interest came from years 2,3, and 4. Year 3 were in the middle of a week of psychiatry teaching, so for them it was particularly relevant.



Winning team of 2013 Swansea Student Psychiatric Society Pub Quiz with their prized Toffee

The event was compèred by Dr Phil Newton, who acted as quizmaster, and students divided themselves into teams in order to compete for the reputation of winners of the first ever psych pub quiz (and a box of toffee).

Questions were a mix of EMQ style exam questions, picture rounds and general knowledge about psychiatry.

The event ran for just over two hours, and generated a lot of fun and interest. The winners were a team of third years who'd recently completed a psychiatry placement, thereby proving the value of their teaching!

Psychiatrists Ann John, Keith Lloyd and Liz Clarke-Smith also formed a team. Though they did score the most (thankfully), a last minute judging decision meant they were deducted 50 points for not actually being students, so unfortunately they came last.

As it was so popular, this event could be run annually, and perhaps become a feature of the academic calendar. I'm sure students would be happy about that.



Dr Phil Newton, Compère and Quizmaster



Dr Liz Clarke-Smith
Outraged at 50-point deduction for not being a student

Jacob Barnes
Final Year Medical Student, Swansea University
Founder of Swansea Student Psychiatric Society



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The Best Doctor is a
Doctor for the soul.



Preview: Upcoming Events

Autumn 2013 Joint meeting of the Welsh Psychiatric Society and the Royal College of Psychiatrists in Wales

“No One Gets out of this Career Alive: Winterbourne, Francis and the age of Anxious Practice”

Friday 20 December 2013, Mercure Holland House Hotel, Cardiff

This event will focus on moving forward from Winterbourne and Francis in Psychiatric practice. Confirmed speakers are:

Professor Mark Drakeford, Minister for Health and Social Services, Welsh Government

Professor Sue Bailey, President, RCPsych

Dr Kathryn Chamberlain, Chief Executive, Health Inspectorate Wales

Professor Rob Poole, Chair, RCPsych in Wales.

Email Siobhan Conway (sconway@rcpsych.ac.uk) for registrations and further details.

Upcoming Royal College of Psychiatrists Annual Conferences

Full details of all faculty conferences are available on the RCPsych website:
www.rcpsych.ac.uk



Faculty of Old Age Psychiatry

12th – 14th March 2014, Royal York Hotel, York

Faculty of Forensic Psychiatry

5th – 7th March 2014, Europa Hotel, Belfast

Faculty of Medical Psychotherapy

2nd – 4th April 2014, The Rougemont Hotel, Exeter

Spring 2014 Joint meeting of the Welsh Psychiatric Society and the Royal College of Psychiatrists in Wales

“New Advances”

Friday 16 May 2014, The Village Hotel, Swansea

This event will focus on most recent updates and advances in mental health investigation, treatment and care. Confirmed speakers so far:

David Linden, Neuroimaging

Jacinta Tan, Eating Disorders

Email Karen Evans (k.j.evans@swansea.ac.uk) or Alison Lewis (a.lewis@swansea.ac.uk) for registration and further details



Cardiff CASC Training

Mock CASC Exam, 5th December, Sports and Social Club, University Hospital Wales, Cardiff

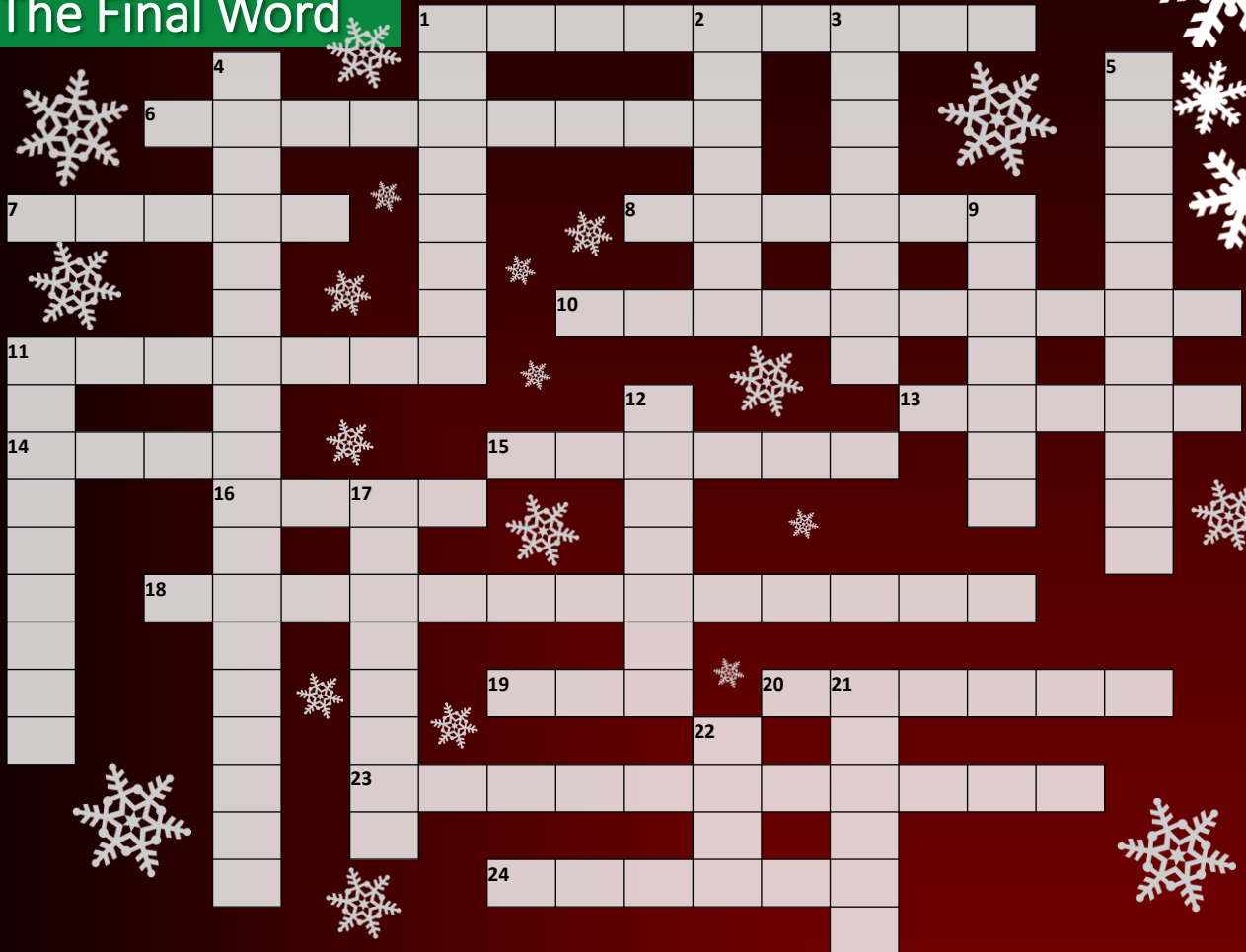
The next Mock CASC exam will be very similar to the MRCPsych exams with 4 x 2 linked stations and 8 single stations with 2 minutes feedback at each.

Places are limited to 8 so please book early.

Email Marque Fernando (marqi64@hotmail.com) for registration and further details.



The Final Word



PRIZE ALERT

Complete the Christmas-themed crossword, print out the page and send it in with your details (to the below address) for a chance to win a bottle of bubbly. Draw on 1st February.

Down

- 1 – Best roasted (8)
- 2 – Sweet treats made of central fruit, nuts or fondant and covered in chocolate (7)
- 3 – Rangifer tarandus, or caribou (8)
- 4 – Christmas song (original in 1962) <of auditory hallucinations> sung by many including Bing Crosby (2,3,4,4,1,4)
- 5 – “City sidewalks, busy sidewalks, dressed in holiday style” (6,5)
- 9 – The most famous reindeer of all (7)
- 11 – Don't stand for too long under this xxx (3)
- 12 – Chocolatey alternative to a Christmas pudding (4,3)
- 17 – The Welsh Santa (4,4)
- 21 – Hanging solid water (6)
- 22 – Controversial, but Santa wore his to keep warm (4)

Across

- 1 – ____ Sauce (9)
- 6 – The fastest growing spruce and native to Europe (9)
- 7 – ____ Singers (5)
- 8 – Santa's reindeer traditionally named Thunder and Lightning, ____ and Blixem (6)
- 10 – To help hold up your stockings (10)
- 11 – Last Christmas I gave you this, and you gave it away on Boxing day (2,5)
- 13 – Santa's little helpers (5)
- 14 – Either an angel or this to top it off (4)
- 15 – Inexpensive small showy trinket, usually hung (6)
- 16 – Make a christmas one, or upon a star (4)
- 18 – A Welsh festive greeting (7,6)
- 19 – The Snowman and the Snow____, 2012 follow-up feature to the classic (3)
- 20 – Bells tend to do this at Christmas (6)
- 23 – Many of these made on the 1st of January (10)
- 24 – A sparkling decorative material (6)