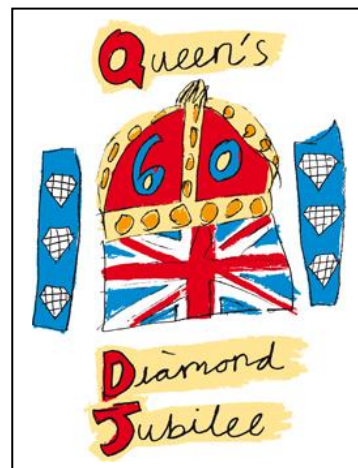
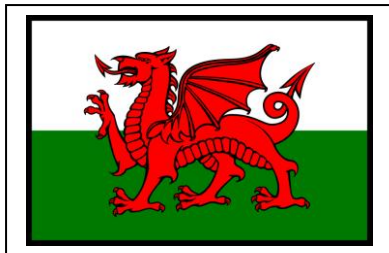




*The Welsh Psychiatric Society*  
*Y Gymdeithas Seiciatregol Gymreig*

# Spring Newsletter 2012



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**Welcome** to the late Spring / early Summer 2012 Newsletter of the Welsh Psychiatric Society. The slight delay in publication of this edition has enabled coverage and pictures of the May 2012 WPS / RCPsych in Wales Joint meeting 'Evidence into Practice' to be included – thanks as always to Phil Jones for expertly capturing the events on camera – a selection are printed further in the newsletter.

This Spring/Summer has brought with it a great air of anticipation in Wales and the wider UK. The arrival of the Olympic torch to our shores heralding the lead up to the London 2012 Olympics, as well as the preparations for the Queen's Jubilee have resulted in scenes of celebration and unity across the country. I was lucky enough to watch a friend carrying the Torch through the streets of Swansea and witness first hand the goodwill and enthusiasm of the crowds, and enjoyment in being part of history in the making. The Olympics and events surrounding it provide a welcome opportunity to promote healthy activity from a young age, which in turn can only have a positive impact on the mental as well as physical health of the nation as a whole. Furthermore the social cohesion and integration promoted by the Olympics and the Jubilee to my mind serve to enhance the emotional resilience of the country. And such resilience is surely more important than ever as we face such a harsh period of financial austerity, with increasing hardship facing so many – hopefully Mental Health Services in Wales will be able to meet the challenges that lie ahead – and lets hope also that our sportsmen and women will help lift our spirits in the summer months with hard endeavour, triumph over adversity and celebration!!

Thanks again to all of you who have contributed to this newsletter – it's been great to receive your input - please keep your contributions coming in for subsequent editions, as it is your news that can help bring us all together as a community. I'd welcome articles / book, film, theatre reviews / news / interviews / anything else you can think of – to reach me by the **end of July** in preparation for the late Summer edition.

And please remember to encourage colleagues in Mental Health to join our excellent Society. As you know our Annual Membership fees are incredibly reasonable: -

Student Affiliateship – Free  
Trainee and Retired Membership – £10  
Single Membership – £15  
Joint Membership – £20

New Membership Forms can be obtained from Paulina at: -  
[p.lawniczak@swansea.ac.uk](mailto:p.lawniczak@swansea.ac.uk)

I am also delighted to announce that thanks to Paulina, the fresh new WPS website has launched – it can be reached at: -

<http://www.wps.swan.ac.uk/>

*Liz*

Dr Liz Clarke-Smith, Consultant Psychiatrist / WPS Secretary  
Garngoch Hospital, Hospital Road, Gorseinon, Swansea, SA4 4LH  
[liz.clarke-smith@wales.nhs.uk](mailto:liz.clarke-smith@wales.nhs.uk)  
Tel. 01792 222913

## **Conference News – ‘Evidence into Practice’**

Village Hotel, Swansea

12<sup>th</sup> May 2012

The ongoing WPS / RCPsych in Wales joint collaboration succeeded in providing another excellent Spring conference hosted in Swansea. This was again well attended by members from across Wales, and it was particularly encouraging to see a number of medical students and psychiatric trainees at the event. In-keeping with the theme of the day, all speakers presented the latest scientific evidence, but recognised its limitations, and highlighted the clinical implications.

Dr Ann John discussed the WAG initiative ‘Talk to Me’, focussing on evidence based suicide prevention and detailing the public health approach of raising public awareness and promoting protective factors. She discussed the seven key objectives of the project – promoting mental health and well-being, delivering early intervention, response to personal crisis, managing the consequences of suicide and self-harm, promoting learning and research and improving information on suicide and suicide prevention, working with the media to ensure appropriate reporting on mental health and suicide, and restricting access to the means of suicide.

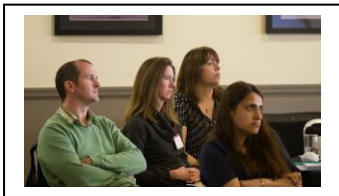
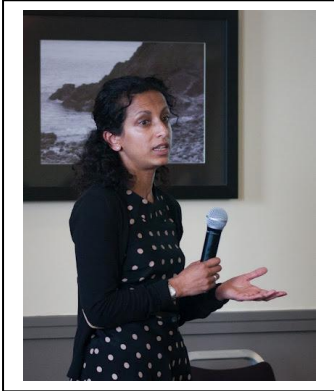
Dr Giles Harborne provided a timely reflective discourse on ‘Sustainable Ways of Working’, considering the current position today and the impact of changing demographics. He focussed on the feasibility of a chronic disease model for management of mental disorders, the need for integrated workforce planning and the role doctors must take in leading workforce modernisation. He also commented on the role of appropriate delegation with doctors concentrating on areas of high uncertainty AND high complexity. In addition he emphasized the importance of reducing service variation as a means of improving both quality and efficiency and reducing waste, and promoted the role of interdisciplinary community teams in preference to multiple sub-specialist teams.

Professor Gordon Wilcock discussed recent developments in dementia practice. He first focussed on the growing understanding of the role of vascular factors in the aetiology of Alzheimer type dementia, and how vascular lesions may act to take an individual with ‘sub-clinical AD’ over the ‘dementia threshold’. He then commented on the instability of the diagnosis of mild cognitive impairment, with some reverting to an unimpaired state and others progressing on the dementia – the hunt is on for biomarkers to indicate those that may progress. He focussed on options for treating non-cognitive symptoms in dementia, which are receiving significant publicity due to concerns with the use of anti-psychotics in these behavioural and neuropsychiatric manifestations of the disease. He highlighted the increasing evidence for the use of analgesics in reducing agitation in such situations. He also tackled the thorny issue of when we should stop anti-cholinesterase medication, flagging up the DOMINO trial published earlier this year in the NEJM.

Professor Dyfrig Hughes presented the final talk of an excellent programme, discussing ‘The Economics of New Medicines’. His thought provoking discussion included the acknowledgement that demand for healthcare is infinite, resources are scarce and getting scarcer, choices are necessary and prioritisation is required – therefore benefits have to be compared in relation to costs on a population level. He discussed the impact of an increasing burden of chronic disease at a time when the country comes under increasing financial austerity measures. He then explained the process of cost effectiveness analysis and was able to demonstrate the complexity of the dilemmas and difficult decisions that have to be made.

In addition to the inspiring speaker programme, as always there was also an excellent demonstration of posters demonstrating the exciting work being undertaken across Wales. A photographic reminder of the event (thanks to Phil Jones) and Poster Prize winners are detailed on the next few pages. All in all another successful meeting.

**Dr Liz Clarke-Smith, May 2012**



## Poster Prizes

### NEW RESEARCH IDEAS

#### 1<sup>st</sup> Prize

#### **Text-messaging Interventions in Healthcare – A Systematic Review (Protocol)**

**Authors:** Helen Daniels; Professor Ian Russell, Professor Keith Lloyd

**Research Idea:**

Despite self-harm being a major public health concern, evidence-based treatments are lacking. Some promise has been shown by contact-based interventions but their effectiveness has yet to be proven with statistical significance. Preliminary searches have shown that text-messaging may contribute to positive health outcomes. By substituting text-messaging for more traditional methods of communication, DECIPHer aims to develop a complex health intervention to reduce self-harm repetition in young people at high risk. In accordance with the Medical Research Council's (2008) guidance, the first stage of development is to conduct a systematic review to identify the evidence base.

**Proposed Method:**

The protocol outlined by this poster refers to a systematic review which will identify, assess and synthesize the findings from all relevant studies that have evaluated the effectiveness of text-messaging interventions in health care. Searches will be conducted up until April 2012 and methodology will follow that as outlined by the Cochrane Handbook for Systematic Reviews for Interventions.

**Outcomes:**

The findings of this review will form the basis for an intervention aimed at reducing self-harm repetition for young people at high risk.

**Potential Funding Sources:**

This project is jointly funded by the Economic and Social Research Council (ESRC) and Swansea University.

**Relevance to Health and Social Care Policy/Practice:**

Development of a new, evidence-based intervention to treat self-harm is in line with recommendations made by the Welsh Government's (2009) 5-year suicide action plan 'Talk to Me'.



## NEW RESEARCH IDEAS

### 2<sup>nd</sup> Prize

#### **Attitudes to Mental Illness and Psychiatry Teaching Amongst Medical Students**

**Authors:** Nosheen Kay Sattar (Medical Student); Dr Ben Shooter

#### **Research Idea:**

It is widely accepted that there is a stigma associated with mental illness (Roush 2012). The pre-conceptions that exist amongst lay people may be brought into the consultation room by the medical students and may become a barrier to their education. We know from personal experience that a student placement can leave a lasting impression about a specialty, and therefore it is imperative that we make the most of the opportunity. We believe that by discovering pre-conceptions amongst medical students we can begin to address them, and provide the students with a 'clean slate' from which we can begin to train the doctors of tomorrow. As psychiatry struggles to recruit new trainees (Oyebode and Humphreys 2011), it is especially important to optimise psychiatry training.

#### **Proposed Method:**

Design an online survey to collect qualitative data regarding the opinions of medical students about mental illness. Send this survey to medical students from all 5 years at Cardiff University. Collect responses over a period of 3 weeks. Identify attitudes and pre-conceptions about mental illness which could potentially create an obstacle to effective teaching in this field. Recognize the students' preferred teaching styles and compare this to the teaching the students actually receive during their psychiatry placement. Provide recommendations for future changes to the psychiatry course at Cardiff University, so that the teaching is presented in a style most suited to students' learning.

#### **Outcomes:**

Improving the psychiatry teaching at Cardiff University so that it is better tailored to the needs of the students.

#### **Relevance to Health and Social Care Policy/Practice:**

Improved training for Tomorrow's Doctors.



## RESEARCH FINDINGS

### 1<sup>st</sup> Prize

#### Does Employment Affect Health for People with Learning Disabilities? A Systematic Review.

**Author:** Miriam Fine (Medical Student)

#### **Introduction/background:**

Rates of employment among people with learning disabilities have remained low over the past decade despite a shift in policy towards promoting integration and empowerment. People with learning disabilities are more likely to suffer socioeconomic disadvantage and poor health than the general population, and are less commonly in paid employment despite its known beneficial impact on these variables.

#### **Research question/objectives:**

Health has not featured in the debate around employment for people with learning disabilities. Summarising existing evidence could enable access to health funding for employment support, increasing availability of a currently overstretched service.

#### **Methods:**

A systematic review of seven databases was carried out, including primary studies from 1990–2011 which investigated the health impact of employment for workers with learning disabilities. A broad definition of health was utilised, and proxy measures such as health behaviours were also included. All study types were included.

#### **Results:**

33 reports were included, mostly reporting psychological measures, but also including case studies of challenging behaviour, qualitative studies and epidemiological studies looking at self-reported health and mental health. Studies generally suggested that employment may be associated with some gains in health, particularly if combined with behavioural interventions for people with challenging behaviour.

#### **Limitations:**

Designs of included studies limit their interpretation, as they were frequently small and could not show causation.

#### **Conclusions and recommendations:**

Employment appears to be a promising option, offering potential health gains and a positive environment for people with behavioural problems. However, this varies according to employment setting and type. More research including randomised controlled trials is required to thoroughly investigate this area.





## RESEARCH FINDINGS

### 2<sup>nd</sup> Prize

#### Quality and Outcomes Framework (QOF) screening questions for depression in patients with diabetes: effective but non-efficient

**Authors:** Dr SR Abu-Roomi; S Javed, SC Bain, DE Price, JW Stephens

#### **Introduction/background:**

Diabetes is associated with depression. Depression screening is included in the quality and outcomes framework (QOF) 2006. Recent concerns had been raised regarding QOF screening in depression, resulting in NICE recommending the suspension of the QOF depression indicators.

#### **Research question/objectives:**

Our aim was to evaluate the prevalence of depression and the accuracy of the two recommended QOF screening questions, in patients with diabetes attending a routine secondary care follow-up clinic.

#### **Methods:**

Patients were asked the QOF screening questions and then assessed further using a Patient Health Questionnaire (PHQ-9) depression assessment tool. This was performed by a researcher not involved in patient care.

#### **Results:**

A total of 40 patients were interviewed (20M:20F) with a mean age of 60 (35-83) years and duration of diabetes of 13 years. Of these 29 (73 percent) were insulin treated. Prior to interview 13/40 patients declared a past history of depression and a further three patients were under active treatment. The QOF questionnaire was positive for depression in 14 patients, but only seven of these screened positive with PHQ-9 (two with suicidal ideation). A total of 26 patients screened negative with both QOF and PHQ-9.

#### **Conclusions and recommendations:**

Depression is prevalent in diabetes and a screening tool is valuable. QOF screening has a high sensitivity (100 percent), but lower specificity (78 percent). The positive predictive value of QOF screening was 50 percent and negative predictive value 100 percent. This small study supports that QOF screening questions do not provide accuracy in screening for depression in patients with diabetes.



## AUDIT

### **1<sup>st</sup> Prize**                      **Screening, Testing & Immunisation for Blood Borne Viral Infections in Community Drug and Alcohol Teams across South Wales: A 2 year follow-up report**

**Authors:**                      Dr Ranjini R Rao & Dr Adarsh Ramegowda

#### **Definition of criteria & standards:**

'Working Together to Reduce Harm' strategy aimed at reducing the harms associated with substance misuse in Wales. (WAG 2008)

- KPI-18 "all clients who are IDUs to be offered information, counselling, screening, and where appropriate, immunisation against hepatitis B".

The WAG Action Plan 2009 - Transmission of blood borne viruses (BBV) can be prevented with effective vaccination, yet in Wales transmission is common amongst high risk groups. HCV and HBV treatment is cost effective and has been recommended by the NICE. Co-infection with HIV, HBV and HCV has clinical implications and requires tertiary treatment. There was evidence of considerable regional variation of BBV infections incidence within South Wales (NPHS Wales).

#### **Audit of current or baseline practice:**

A structured retrospective audit was carried out across CDAT s across South Wales (Jan – March 11) involving random sample clients associated with specialist services in Cardiff, Bridgend, Merthyr Tydfil, Swansea and Gwent. The audit focused on screening, vaccination and onward referral to a specialist. Also included is a brief overview of strategies taken to highlight and target "high risk" groups. Various local policies, care pathways and previous audits were surveyed. Baseline audit was followed by feedback of benchmarked data and delivery of a range of bespoke change interventions, and then by a further audit 1 year later. The current report presents the re-audit results in comparison with the previous year.

#### **Comparison of performance with criteria and standards:**

Data analysis and tabulation of results are currently being processed.

#### **Implementing change:**

Well-established screening clinics and specialist hepatitis nurse clinics linked to units fared comparatively better.

- Teams having software system of notes keeping fared better.
- Dried blood spot (DBS) testing offers a more acceptable and simplistic approach to screening than venepuncture
- Coherent BBV care pathway incorporating aspects of prevention and treatment should be available in all areas.
- Surveillance may improve in semi-urban and rural areas with implementation of DBS

#### **Re-auditing & sustaining improvements:**

- Adequately resourced substance misuse services i.e. in-house BBV clinic and specialist hepatitis nurse would improve results.
- Expansion of dried blood spot testing to all agencies across Wales.
- Accelerated HBV Immunization for poor attendees.
- Competent mechanisms to improve surveillance and accountability of hepatitis and HIV service
- Structured outreach services especially in rural areas
- Re-auditing and sustaining improvements



## Undergraduate Liaison News

During 2012 The Wales Students Psychiatric Society (WaSPS) has continued to grow in membership, especially following it becoming an official Cardiff Student Union Society. Building on the success of recent events such as MedFest 2012, WaSPS has continued to link with local organisations to hold Mental Health themed events. They have recently held their AGM and elected a new committee to continue the hard work and with upcoming events including a trip to the Hay-on-Wye Festival and various Fresher events the future for the group looks good.

We are now hoping to mirror the success of WaSPS by founding a group within Swansea University. The WPS has confirmed its support and is looking to sponsor the opening event this autumn in time for the new intake of students.

The WPS continues its support for undergraduates and it was really pleasing to see a strong undergraduate attendance at the recent joint seminar with the RCPsych in Wales. There were a number of high quality posters presented by the undergraduates with several winning prizes.

As always, if anyone is interested in supporting or just following the WaSPS, they can join us at <http://www.facebook.com/groups/48606629117/> or contact the group direct at [wsp@live.co.uk](mailto:wsp@live.co.uk).

### **Dr Ben Shooter**

Specialty Doctor Mental Health  
Undergraduate Liaison Officer, WPS

## Psychiatric Trainee News

It is with regret that we inform you of the dissolution of 'Hyfforddiant CASC Training' (HCT) group. Work pressures, conclusion of training and impending relocation of some of the core members of the team had limited the committee's ability to host the next mock CASC event. We would like to thank all those who contributed for their input, energy, hard work and commitment to HCT over the past 3 years. A special mention for the other core committee members (Dr. Mohtasim Qamuruddin, Dr. Scott Hall, Dr. Ranjini Rao and Dr. Omer Minhas) whose tireless enthusiasm made previous events successful.

A group of five other enthusiastic higher trainees from various sub-specialties are carrying on with the good work under the name of 'Cardiff CASC Training' (CCT), and HCT will offer support and advice to them to facilitate the transition. CCT are arranging a training day on 4<sup>th</sup> July 2012 at Whitchurch Hospital for potential CASC candidates, which will consist of clinical workshops in the morning and a 12-station mock exam in the afternoon. Please contact Dr Omer Minhas on [ominhas@gmail.com](mailto:ominhas@gmail.com) to register your interest. Further information can be found on the Wales trainee page of the Royal College of Psychiatrists website at <http://www.rcpsych.ac.uk/members/divisions/rcpsychinwales/trainee.aspx>

### **Dr Rhys Bevan-Jones**

Higher Psychiatric Trainee  
Trainee Liaison Officer, WPS

## Spotlight on... Professor Michael S. Dennis



**Prof. Dennis is the first professor of old age psychiatry in Wales.**

He qualified in medicine from Cardiff in 1983 and then trained in general and old age psychiatry in Nottingham. From 1992 until 2007, he was a Senior Lecturer in Psychiatry at the University of Leicester, and Honorary Consultant in Old Age Psychiatry with Leicestershire Partnership NHS Trust. In 2007 he took up the post of Reader in Psychiatry for Older People, University of Swansea & Honorary Consultant Psychiatrist becoming the first old age liaison psychiatrist in Wales. He has nearly 70 publications with a particular interest in: suicide and self-harm; vascular cognitive impairment; recognising and managing depression in the general hospital setting; and affective disorders in later life. He is the lead of the MHRN-Cymru Suicide and self-harm Research Group, has recently been on the Steering group for the Royal College of Psychiatrists report on 'Self-harm, suicide, and risk', and has recently been appointed to the Independent Mental Health Advisory Board for the Healthcare Quality Improvement Partnership (HQIP). He has had a distinguished career in psychiatry and has just been given a personal chair in the College of Medicine at Swansea University.

**Dr Priya Gowda puts the questions to Professor Mick Dennis.**

**What attracted you to psychiatry?**

*The most influential experience was working as a house officer in geriatric medicine in the Cardiff Royal Infirmary for Professor John Pathy. I enjoyed this immensely, particular the challenging aspects of confusion in older people, and the complexities of physical and mental health co-morbidity. After this I was clear that I wanted to work with older people, the difficulty was deciding whether this was in geriatric medicine or psychiatry. I opted to apply for a psychiatry post, and the rest is history!*

**Who has influenced you the most?**

*So many people have influenced me over the years, I've been privileged to work with some wonderful people and it is difficult to name individuals but I have to mention a few who have been of such great importance to me. My first ever SHO post in psychiatry was with Professor Tom Arie; Tom was the U.K.'s first professor of psychogeriatrics in Nottingham and later I became his Senior Registrar so inevitably he was a very important figure for me. Other important Consultants I worked for were Professor John Cooper, Kate Fitzpatrick, and Rob Jones. However, some of the most significant people in the earlier years of my career were senior registrars and lecturers who supervised me when I was a SHO and registrar, in particular David Owens, Allan House, Jane Byrne, and Harry Andrews - they have all gone on to have very distinguished careers.*

**Were there any particular challenges along your journey?**

*Challenges a plenty it has to be said. The main one has been trying to pursue an academic career at the same time as being an NHS consultant. So much academic work has been done out of hours in the evening and weekends. The other challenge has been working in mental health for older people – I knew this from the onset and it was one of the reasons I entered the specialty. We always have to fight for resources for a neglected group of people; this is even more evident for older people with mental problems in the general hospital. Thankfully*

*times are changing, and recently the needs of this group have become much more acknowledged both within the healthcare sector and by the public in general.*

**Where does the future of research in old age psychiatry lie?**

*There are many opportunities ahead now for academic old age psychiatry. Suddenly we have become more important for research funding bodies with the challenges of an ageing population and an ever increasing number of people with dementia. Within clinical academic psychiatry I believe we should focus more on service delivery and translational research. We need to be involved in evaluating both new service innovation and the delivery of evidence based practice in the NHS.*

**What is the most important advice for a higher trainee in old age psychiatry?**

*Always learn from the patients you see. Even the seemingly straight forward cases have important learning points – go and read about the disorder, presentation, and management in the most up-to-date text, search the internet for literature and discuss with your peers.*

**What is your comment on the particular issues about recruiting trainees into psychiatry?**

*This is a big problem. Mental health services need to be enjoyable places to work, and this experience needs to be portrayed to young doctors. The NHS and mental health services need to focus more on the needs of its work force – value staff and encourage development of skills and they will be happier and more efficient. Cut the bureaucracy, and stop using us as a political football! We need a more karmic style of management.*

**Do you think that the emphasis on academic training in medical school is sufficient?**

*For me learning to be a safe and competent doctor is always the core role of a medical school. Sure, an evidenced based practice is fundamental to this, but formal academic training comes later in a doctor's career – I am not sure that the current trend of academic F1's is the way to do this. I think more emphasis is needed later in career development, particularly ST3-6.*

**What do you do when you are not a psychiatrist?**

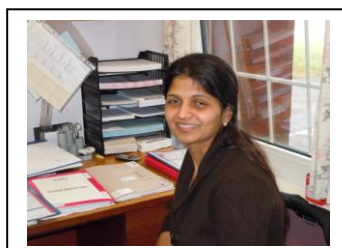
*My interests outside psychiatry very much involve being outdoors and exercise in one way or another. Inevitably mountains or the sea are the focus – cycling and mountain biking; skiing; mountain walking; and windsurfing. In recent years I've calmed down a little, and now walking the dog on the beach and yoga are wonderfully relaxing and mindful experiences.*

**How would you like to be remembered?**

*A nice guy that helped people – I hope I can achieve this.*

**Interviewed by:-**

**Dr Priya Gowda**  
ST4 in Old Age Psychiatry  
ABMULHB Swansea  
April 2012



## SciScreen & WPS Film Event – ‘A Dangerous Method’



I would like to thank all who attended the 'SciScreen' event on St David's Day at Chapter Arts Centre, Cardiff, which was sponsored by the Welsh Psychiatric Society as one of its Ernest Jones event series.

'SciScreen' is a programme that promotes the engagement of publics with science, and organises special showings of newly released films followed by a discussion with a multi-disciplinary panel on developments in science and the social and cultural implications.

The WPS-sponsored evening started with a screening of 'A Dangerous Method', directed by David Cronenberg and starring Michael Fassbender, Keira Knightley and Viggo Mortensen. The film explores the birth of psychoanalysis by focussing on the relationship between Sigmund Freud and Carl Jung.

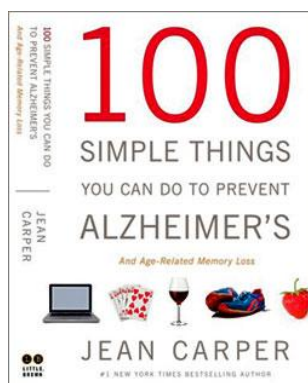
The post-screening talks covered the representation of the female characters, popular and professional attitudes towards psychoanalysis in Edwardian society, the depiction of psychiatrists in film, Freud's Welsh connection, and one hundred years of psychoanalysis and Buddhism. The speakers were Dr Keir Waddington (Cardiff School of History, Archaeology and Religion), Dr Steven Stanley (Cardiff School of Social Sciences), Rachel Cohen (Cardiff School of Journalism, Media and Cultural Studies) and myself.

Despite my lame puns, the evening was a great success - the discussion session was held in a bigger room than usual such was the interest in the event, and the feedback was very favourable with many commenting it was one of the best 'SciScreen' events so far. A special thanks to Dr Jamie Lewis (SciScreen co-organiser) and Paulina Lawniczak (WPS) for helping to coordinate everything.

More information on the evening and other 'SciScreen' events can be found at <http://cardiffsciscreen.blogspot.co.uk>. The WPS hope to continue this collaboration over the coming years.

**Dr Rhys Bevan-Jones**  
Higher Psychiatric Trainee

## Book Review



### **100 SIMPLE THINGS YOU CAN DO TO PREVENT ALZHEIMER'S DISEASE (AND AGE-RELATED MEMORY LOSS)**

**By Jean Carper**

Vermillion London 2011

£10.99 322ppp

ISBN 978-0-09-193951-9

**Rating \*\*\*\*\***

The title is a bit tacky, however the book has maintained its position in the top 10 bestsellers through the Guardian Bookshop for many weeks at the beginning of 2012, so I bought it and at the time of writing, 19<sup>th</sup> May, it is still 7<sup>th</sup>. It's an excellent book and is absolute confirmation of the old adage – don't judge a book by its cover.

Jean Carper is an award winning medical journalist who specializes in nutrition and has written several New York Times best sellers *Food: Your Miracle Medicine*, *Stop Ageing Now!* And *the Complete Healthy Cookbook*. For 14 years she wrote the EatSmart column in the USA Weekend magazine. As the senior medical correspondent of CNN she won a prestigious award for her series on brain cancers. When she discovered that she had a single copy of the ApoE4 Alzheimer's susceptibility gene she decided to find out all about the condition and the factors, which may prevent the onset of the disorder.

The book is bristling with useful information. Many of the chapters address healthy eating and living and endorse the concept of a healthy brain in a healthy body. This is so relevant now as vascular factors have re-emerged as being important in Alzheimer's disease; one third of patients with Alzheimer's disease have micro-infarcts. The book covers a comprehensive range of potential factors, conveying the multifactorial nature of the disorder and it deals admirably with two of my pet aetiological factors, chronic stress and repetitive non-concussive head injuries, such as heading the ball in football. The chapter dealing with the latter ends, *Tiny blows today may turn into serious dementia later in life*.

Although here are no long lists of references the book is a product of thorough detailed scientific research and the key references are available on the author's website [www.jeancarper.com](http://www.jeancarper.com) The book is a real gem. Buy it and you will not be disappointed.

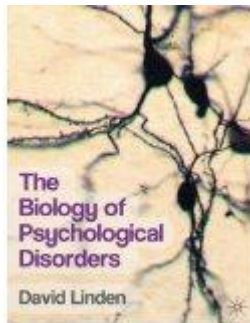
**Dr Don Williams**

Honorary Consultant

Cefn Coed Hospital

Swansea SA2 OGH

## Recent Publications



### THE BIOLOGY OF PSYCHOLOGICAL DISORDERS

By David Linden

Paperback  
23 Nov 2011 £39.99  
9780230246409

**DAVID LINDEN** Professor of Translational Neuroscience at the School of Psychology and the Department of Psychological Medicine and Neurology of Cardiff University, UK. He is also an Honorary Consultant Psychiatrist at the same institution, with a special interest in Neuropsychiatry.

Psychological disorders – their origins, clinical symptoms and treatment – have a central place in contemporary public health debate. Understanding how disruptions in the brain's biological mechanisms can influence our thoughts, feelings and actions is one of the most exciting challenges for psychologists in the twenty-first century.

The Biology of Psychological Disorders is an authoritative account of some of the most prevalent psychological disorders, from schizophrenia, depression, mania and substance abuse to disorders of childhood, adolescence and ageing. Detailed and engaging coverage of these disorders is combined with a comprehensive grounding in the fundamentals of neuroscience and the principles of psychopharmacology that underpin their treatment. Drawing on the fields of psychology, psychiatry, neuroscience and biology, this highly relevant text is an invaluable resource for students of biological psychology and psychopharmacology, trainee psychiatrists and anyone interested in understanding, researching and treating psychological disorders.

'A great resource that addresses some of the key questions in our discipline, this timely book combines a foundation in the basic principles of biological psychology with an integrative, critical evaluation of the neurobiological underpinnings of a broad range of psychological disorders.'

– Dr Alexander Sumich, Division of Psychology, Nottingham Trent University, UK

'This textbook challenges mental health professionals to reclaim the lost territory of neuropsychiatry. Linden presents both basic and more advanced concepts of contemporary neuroscience, resisting the tendency to leave the study of the brain to neurology. Every student of brain and behaviour will appreciate this resource.'

– Dr Stephan Heckers, Chair and Professor of the Department of Psychiatry, Vanderbilt University, USA

'This timely and well researched text is an engaging and thorough exploration of the biological basis of psychological disorders and their pharmacological treatment. It will be a superb source for those with an interest in medicine, neuroscience, biopsychology and psychopharmacology, and essential reading for undergraduate and postgraduate students, teachers and clinicians.' – Dr Nikola Bridges, School of Psychology, University of Central Lancashire, UK



## Spotlight on... 'Feeling on the Edge'

Dr Alys-Cole-King Consultant Liaison Psychiatrist in North Wales highlights the RCPsych Press Release below regarding the new 'Feeling on the Edge' information leaflet:

*The Royal College of Psychiatrists has produced a new leaflet for people who are admitted to Emergency Departments and who are 'feeling on the edge'. Health professionals can give the leaflet to people who are in a state of distress, and who they believe may be at risk of harming themselves.*

*The leaflet provides reassurance that there are people who want to listen, understand and help. It explains clearly and simply what will happen if a person goes to see a specialist mental health service, and how to get support. It also provides a detailed list of support organisations for people who are distressed, who self-harm or are experiencing suicidal thoughts.*

Dr Alys Cole-King, a consultant liaison psychiatrist who authored the leaflet, said:

*Many people in emotional distress are not aware of all the excellent support that is available and accessible. This leaflet is intended to instil hope in, and compassionately engage with, people who attend the Emergency Department following self harm or with suicidal thoughts, and encourages them to stay in hospital to complete their healthcare journey. It also explains the help that different support organisations can provide.*

The leaflet, *Feeling on the edge? Helping you get through it*, has been endorsed by the Royal College of General Practitioners, Samaritans and CALL Helpline (Wales).

*Feeling on the edge? Helping you get through it* can be [downloaded for free](#) from the College website.

Single copies of the leaflet are available free of charge on receipt of a stamped addressed envelope from the Royal College of Psychiatrists, 17 Belgrave Square, London SW1A 8PG. A small charge applies for bulk orders. Contact the Leaflets Department on 020 7235 2351 or email [leaflets@rcpsych.ac.uk](mailto:leaflets@rcpsych.ac.uk).



## HAPPY RETIREMENT to Dr Mary Ellis



I'm sure that most of us who have been working in Psychiatry in Wales for some time will know Mary well. She has been a prominent and respected Old Age Psychiatry Consultant in Swansea since 1995 and I have had the pleasure of working alongside her for many years – so it was a sad day when she retired at the end of March this year.

After qualifying from Charing Cross Medical School she returned to her native Swansea, initially to pursue and complete GP training. Following this she took a locum SHO post in Psychiatry at Cefn Coed in 1987, and captured with enthusiasm for the speciality she took the decision to pursue further psychiatric training. Throughout this her role model and inspiration was Dr Joan Rule, another highly respected and influential local Old Age Psychiatrist. In 1995 Mary took up her Consultant post at Garngoch and Cefn Coed Hospitals, where her dynamic and caring approach enhanced the service in immeasurable ways, and where patients, relatives, carers, team members and colleagues always appreciated the extra mile she would go to support them. Having been inspired herself, she was to go on to become an inspirational role model for those following her including myself.

Her enthusiasm and skill in teaching meant that she naturally became involved first with Cardiff Medical School, and then playing a pivotal role in Swansea College of Medicine from its inception in 2002. Her significant contribution to the field of psychiatry was recognised by the RCPsych when she was awarded their Fellowship in 2010.

Now, on retirement, she has the opportunity to pursue her keen and varied interests and passions, but for us in Garngoch, Cefn Coed and the wider Older Peoples' Mental Health service, her presence, influence and expertise will be sorely missed.

On behalf of all her friends and colleagues and the Welsh Psychiatric Society I would like to wish her a very happy, healthy and fun-filled retirement.

**Dr Liz Clarke-Smith**

Consultant Old Age Psychiatrist/Secretary WPS

May 2012

## News and Future Events

### Ernest Jones Memorial Lecture

The last Ernest Jones Lecture was held during the WPS 50<sup>th</sup> Anniversary celebrations 2 years ago and a further lecture is now over-due. A traditional theme for the lectures has been the association between Psychiatry and Literature. The WPS committee would welcome any thoughts from the membership for potential speakers and venues, with the hope that an event can be held later this year. Please send any suggestions to Paulina at: - [p.lawniczak@swansea.ac.uk](mailto:p.lawniczak@swansea.ac.uk)

### WPS / RCPsych in Wales Joint Autumn Meeting

The date for this is yet to be set but is likely to be in November in North Wales.

### WPS / Psychiatric Society of Brittany Collaboration

The links between Welsh and Breton Psychiatrists remain strong – Prof Drappier has replaced Prof Millet as the Chair of the Society in Brittany and both are keen to host a collaborative meeting possibly in Rennes next year.

### Tribute to Dr Helen Matthews



At the Spring meeting Prof Keith Lloyd paid tribute to Dr Helen Matthews, whose term of office as Chair of the RCPsych in Wales is drawing to a close. On behalf of the WPS he presented flowers and thanked her for her immense contribution to psychiatry in Wales, and for fostering the strong collaboration between the WPS and RCPsych, as well as looking forward to her continued involvement with the WPS. We hope to be able to publish a profile of Helen in a subsequent edition of the newsletter.

### NEW WEBSITE LAUNCH

Thanks to Paulina and Alison, the updated version of the WPS website is now **LIVE** – and can be accessed via the usual web address. Not all content from the old website has yet been migrated but this is in progress. Future developments are likely to include member only as well as public pages as well as additional subpages eg for trainees and students which can be updated by the Trainee and Student Liaison Officers. Please do take a look!!

<http://www.wps.swan.ac.uk>

