



College of Psychiatrists
of Ireland

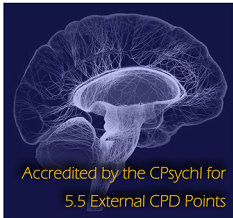
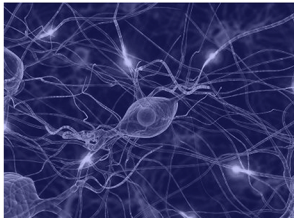
Wisdom • Learning • Compassion

NCHD Conference 2017

“The Science of Psychiatry”



Friday 17th February 2017
Hilton Hotel, Inchicore Road,
Kilmainham, Dublin 8



Accredited by the CPsychI for
5.5 External CPD Points



Dear NCHDs,

On behalf of the Trainee Committee of the College of Psychiatrists of Ireland, it is my pleasure to welcome you to the 2017 NCHD Conference.

Our theme this year is *'The Science of Psychiatry'*.



During our training, we spend a lot of time focusing on the skills associated with the 'Art of Psychiatry'; communication and interpersonal skills, formulation, collaboration on care planning. All of these are vitally important to the practice of Psychiatry, and take time to develop and finesse. However, sometimes our focus on these areas can overshadow the more 'Scientific' aspects of our work. The prospect of doing research can become intimidating, as we imagine adding it into often already full schedules. Especially at Basic Specialist Training level, where there is no dedicated research time, and where written and clinical exams loom large, it can seem very daunting. Even in Higher Training, it is often a challenge to find a project which can be brought to completion within the time constraints of placements, while balancing a clinical and teaching workload. However, Psychiatry is a speciality where our understanding of the pathophysiology remains largely under-developed, and which therefore has huge potential for scientific advances. Today's conference aims to highlight lessons learned by clinicians and scientists as they navigate the pathobiology of mental illness, and to show how research can be accessible to NCHDs at any level.

I would like to thank all of our speakers for giving up their time to present today. Huge thanks also to Karen McCourt and the administrative staff of the College of Psychiatrists, without whom this Conference could not happen. We are always hoping to improve our Conference and would be grateful if you would complete the feedback forms to help us do so.

I hope you all enjoy the day.

Best wishes,
Dr Roisin Plunkett,
Trainee Committee Chair

Membership of the Trainee Committee 2017 - 2018

The Trainee Committee (TC) is the representative body for Trainees within the College of Psychiatrists of Ireland. Members of the Trainee Committee sit on Faculties of the various specialties within the College, as well as on the Postgraduate Training Committee, its Sub-Committees, and the College Council. We try to represent the voice of Trainees and advocate for NCHD issues. Intake is generally every two years, but due to the graduation of TC members from training we currently have vacancies on the committee. As such we would be happy to consider interest from new members. If you are an interested, enthusiastic Trainee who is keen for management and leadership experience, please contact kmccourt@irishpsychiatry.ie for more details.

The Trainee Committee aims to provide a communication link between trainees and the College, and each BST Deanery has an appointed 'Deanery Liaison Officer' (DLO) who can act as a contact point with the Trainee Committee. We are hoping to develop stronger links with the existing Trainee Reps around the country, in order to be better able to represent the views of Trainees nationally. If you are a Trainee Rep and interested in finding out more about the DLO scheme, or in joining the Trainee Committee, please get in touch via kmccourt@irishpsychiatry.ie. We would be delighted to hear from you.



- 8.45 - 9.20 Registration and Morning Coffee (Pearse Foyer)
- 9.15 - 9.20 Welcome - Dr Roisin Plunkett (Chair of the Trainee Committee)
- 9.20 - 9.30 Introduction from CPsychI President, Dr John Hillery

9.30 - 10.35

The Genomics Revolution and what it means for Psychiatry

Dr Aiden Corvin

This plenary will discuss clinical and research challenges in psychiatry today. Prof Corvin will then provide an overview of recent, and breaking findings in genomics and how these are profoundly re-shaping the landscape for psychiatric research. This will offer new, unexpected opportunities and is likely to impact on how we practice as clinicians in the future.

Aiden Corvin is Professor in Psychiatry at Trinity College Dublin and a Consultant Psychiatrist at St James's Hospital, Dublin. He leads the TCD Psychosis Research Group, a multidisciplinary team delivering new, often unexpected, insights into the molecular etiology of schizophrenia, bipolar disorder and other conditions. His work has been funded by agencies including Science Foundation Ireland (SFI), the Wellcome Trust and the US National Institute of Health (NIH). He is a lead-PI with the international Psychiatric Genomics Consortium (PGC) and is on the editorial board of two of the leading journals in his field. Professor Corvin has been an invited speaker at many international meetings, strategic research policy groups and to institutions including EMBO and Cold Spring Harbor Laboratory (CSHL). He has published more than 230 peer-reviewed articles receiving more than 16,000 citations) and authored 8 book chapters. His H-Index is 55 and he is one of 12 Irish scientists on the current Thompson Reuters World's Most Influential Minds List.

10.35 - 10.45 Break

10.45 - 11.50

Lessons from a Life in Mental Health Research: the 'Then', 'Now' and Heuristics of Neuroscience for Psychiatry

Prof John Waddington

Over the past 35 years neuroscience has illuminated fundamental biological and psychosocial aspects of mental health. The challenge is to harness this knowledge for improved treatment and the 'holy grail' of prevention. Using psychotic illness as a context, this lecture will consider aspects of psychology, developmental biology and genetics. Some findings are at variance with long-standing aspects of psychiatric nosology and indicate alternative approaches to psychopathology and pathobiology.

Prof John Waddington is a neuroscientist who has worked for 35 years in the area of mental health research, for 15 years as Professor of Neuroscience in Molecular & Cellular Therapeutics at the Royal College of Surgeons in Ireland. He is a long-standing collaborator with Cavan-Monaghan Mental Health Service/COPE and St. John of God Hospital/DETECT. His work has been acknowledged by the Neuroscience Award from the International College of Neuropsychopharmacology and the Basic Science Award from the Schizophrenia International Research Society.



11.50 - 12.10 Coffee Break (Pearse Foyer)

12.10 - 13.15

Common Psychiatric Emergencies in the Emergency Department

Dr Siobhan MacHale

"Assessing and managing patients with mental health problems or substance misuse problems in the ED is one of the most crucial and challenging aspects of psychiatric practice in general hospitals. However, it has long been an unpopular, neglected, risky and rather controversial task". The aim of this workshop is to provide attendees with some additional perspectives and tools to bring to this task, and hopefully convert a sense of apprehension to one of confident anticipation. There will be direction to relevant reading prior to the workshop, and hand-outs given, to allow time for the enthusiastic discussions that are likely to arise!

Dr Siobhan MacHale has practised as a Consultant Liaison Psychiatrist for 18 years, initially in the Royal Infirmary of Edinburgh, before returning to her current post in Beaumont Hospital in 2006. She is a Fellow of the Royal College of Psychiatrists, Royal College of Physicians of Ireland and the Royal College of Physicians of Edinburgh, and a Senior Lecturer in the RCSI. As a Liaison Psychiatrist, her primary role is in the care and management of the mental health needs of patients in the general hospital setting, incorporating the art and language of mind-body medicine. Central to this is the care of patients presenting to the Emergency Department with acute mental health care needs. This has informed her clinical, service development and academic focus in this area, including her previous role as Chair of the National Clinical Care Programme for the Management of Self harm in the Emergency Department.

13.15 - 13.25

Information on Research for Trainees

Dr Eric Roche

Short, informational presentation on research opportunities for NCHDs in Psychiatry.

13.25 - 13.35

Announcement of the Winner of the 2017 Medical Student and Intern Essay Prize

***"Unwilling or Unable?
A Discussion on Consent and Human Rights
in Psychiatric Care"***

13.35 - 14.25

Lunch in the Cinnamon Restaurant



14.30 - 15.30 Parallel Sessions - Part One

Followed by 15 minute Coffee Break - Pearse Foyer

Pitfalls to publication and an update from the IJPM

Dr John Lyne

Pearse Suite

In this workshop Dr Lyne will discuss the process of getting published in Irish Journal of Psychological Medicine. A Trainee Author Mentoring Scheme has been established with the journal and Dr Lyne will explain the purpose of this scheme and how trainees can access it. As research is a key component of a doctor's CV, for the second part of this workshop Dr Lyne will outline some of the common pitfalls to getting your research published.

Dr John Lyne (MB BCH BAO BMedSc MRCPsych MSc PhD), Editor-in-Chief of the Irish Journal of Psychological Medicine (IJPM), Senior Lecturer with the Royal College of Surgeons in Ireland and Consultant Psychiatrist in the North Dublin Mental Health Service. Dr Lyne is a prominent academic figure in Irish psychiatry and has been the Editor-in-Chief of IJPM since January 2016. He completed his PhD on the subject of negative symptoms in early psychosis and his other research interests include youth mental health and involuntary psychiatric admission.

Managing your own Mental Health as a Psychiatrist

Dr Grainne Flynn

Gaol Suite

This workshop will discuss the unique factors involved in stress and burn-out as a doctor. It will outline the common mental disorders seen and will suggest ways in which you can increase your resilience and hopefully reduce your stress.

Dr Grainne Flynn is a Consultant General Adult Psychiatrist working in Inchicore community mental health team and St James's hospital in Dublin. After completing her medical membership, she switched to psychiatry and trained in the UK and Ireland. She has a special interest in psychotherapy and doctors' mental health.

From Basic Science to Clinical Translation in Autism Spectrum Disorders

Prof Louise Gallagher

Connolly Suite

Autism spectrum disorders (ASD) affect around 1% of the population and are chronic and enduring. ASD is characterised primarily by deficits in language and social communication and the presence of restricted and repetitive patterns of interest and behaviour. Frequently viewed as an enigmatic condition, often depicted in popular media, ASD has also been the subject of intense scientific research focused on the discovery of risk factors, causes, diagnosis and treatments. Simultaneously viewed as a neurological condition, psychiatric disorder and disability, it is associated with a range of medical and psychiatric comorbidities, especially mood disorders and anxiety and the prevalence of these increases over the lifespan. The impact of ASD on the individual and society cannot be understated. A recent analysis by the London School of Economics, identified that ASD was the costliest medical condition in the UK, more than cancer, stroke and heart disease combined. Efforts to find solutions to limit the morbidity associated with ASD are continuing apace. Innovative personalised approaches to drug development are investigating new molecules and repurposing of orphan drugs targeting the core symptoms of ASD. Additionally the development of assistive technologies are viewed as a modality to enhance quality of life and social engagement. This workshop will provide an overview of the progress to date in discovery science in ASD, discuss the challenges faced by psychiatrists in treating ASD and present the future vision for improved treatments and outcomes for people with ASD.

Prof. Louise Gallagher is Chair of Child and Adolescent Psychiatry at Trinity College Dublin and a Consultant Child and Adolescent Psychiatrist in the HSE. She leads the Autism and Rare Neurodevelopment Disorders Research Group in TCD, a multidisciplinary group of researchers which has made significant contributions to the understanding of genetic risk factors for ASD. She and the group are engaged in large international genomics and neuroimaging consortia in ASD and related conditions and their work has been published widely. The work has been funded by the Wellcome Trust, HRB, Science Foundation Ireland, IRCSET, The National Children's Research Centre, The National Children's Hospital Foundation, The Meath Foundation, Autism Speaks and the National Institute of Mental Health, Molecular Medicine Ireland, EUPF7, EU COST Action. Additionally she serves on a number of national and international advisory boards relating to research, advocacy and policy.



15.45 - 16.45 Parallel Sessions - Part Two

Followed by Social Event in the Broyage Bar & Bistro

1. The Media Calls: What Do We Do Now?

Prof Jim Lucey

Gaol Suite

This workshop will be highly interactive and will incorporate role-play. The aim of the session is to prepare delegates for a situation whereby the media requests comment from a psychiatrist. We will firstly explore how we, as psychiatrists, can respond acutely to engagement with the media given the challenges around stigma and the perception of psychiatry in the community at large. This is more relevant than ever given the popularity and prevalence of social media and news sharing.

We will then explore how a psychiatrist might move to a more pro-active position with regards to the media and how we might foster greater engagement with same in the interest of heightening awareness, improving education and reducing stigma around issues pertaining to mental health.

Prof Jim Lucey is Medical Director of St Patrick's Mental Health Services and Clinical Professor of Psychiatry at Trinity College. He has worked with patients suffering from mental health problems for more than 30 years, specialising in the assessment, diagnosis and management of OCD and other anxiety disorders. His book *"In My Room"* was a bestseller and he regularly features on Today with Sean O'Rourke on RTE Radio 1.

2. From start to finish: research for NCHDs in psychiatry

Dr Eric Kelleher and Dr Eric Roche

Pearse Suite

Doctors are expected to critically appraise the evidence base and conduct research as part of Basic Specialist Training. The aim of this workshop is to provide attendees with an overview of how to complete a research project, from conception to dissemination.

Using examples from their own research projects, Drs Eric Roche (MB, MRCP, MRCPsych) and Eric Kelleher (MB, MRCP, MRCPsych, PhD) both Higher Specialist Trainees will provide a framework for Trainees to adopt an informed and focused approach to research. Dr Roche is a Trainee Editor with the Irish Journal of Psychological Medicine (IJPM). Dr Kelleher was recently awarded the Richard Steeven's Fellowship (2016).

3. Forensic and Intellectual Disability Psychiatry

Dr Anthony Kearns

Connolly Suite

There is increasing recognition that persons with intellectual disability become involved with the criminal justice system. This has led to the development of specialist services for such individuals, by now well established in the UK and more recently in Ireland. This session will discuss the needs of people with ID in such services, with special reference to the Irish service.

Dr Tony Kearns is a Consultant Forensic Psychiatrist in Intellectual Disability in the National Forensic Mental Health Service, based in the Central Mental Hospital in Dublin, and a Clinical Senior Lecturer at Trinity College Dublin. He trained in Ireland and the UK. Before returning to Ireland in 2015 he had worked for 30 years in Forensic and ID services in both the NHS and the independent sector in the UK and held academic appointments at London University and Cambridge University.

16.45

Close of Conference - please join us at our social event in the Broyage Bar

We hope you enjoyed this years NCHD Conference



Directions to The Hilton Hotel Inchicore Road, Kilmainham, Dublin 8

Driving Directions

From West - Follow the M4 and N4 towards the City Centre. When you get to the roundabout for Kilmainham (the last one before Heuston Station) take the right turn off, then take the immediate left turn and the hotel is located on your right hand side.

From South - Follow the M7 and N7 towards City Centre. Take the M50 [northbound] turn off. Continue forward on the M50 and take the N4/City Centre exit [keep to the right for City Centre]. Continue straight towards City centre. When you get to the roundabout for Kilmainham (the last one before Heuston Station) take the right turn off, then take the immediate left turn and the hotel is located on your right hand side.

Rail

The hotel is a short walk from the country's main intercity rail station, Heuston Station. This station links Dublin to the west and south of the country and is the city's main rail hub. Taxis are always available at Heuston Station to cover the 10 minutes walk to the hotel.

Luas

The Suir Road stop is 5 minutes walk from the hotel. There is also a main stop at Heuston Station.

Parking

Please note that secure underground parking is available at the Hilton Hotel at a €7/Day Delegate Rate but this is **very limited**. It is advisable to arrive early or, preferably, to travel via public transport. There are also car parks at IMMA (Royal Hospital, Kilmainham), Heuston South Quarter and at Heuston Station.

