



**College of Psychiatrists
of Ireland**

Wisdom • Learning • Compassion

NCHD CONFERENCE 2018

***From Mental Health to Mental Illness:
The Role of Psychiatry in the 21st Century***

Approved by CPsychI for 6 External CPD Credits



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Timetable of events:

8.45 - 9.15 Pearse Foyer

Registration //

Tea/Coffee will be served

9.15 - 9.20 Pearse Suite

Dr Roisin Plunkett //

Welcome from the Chair of the Trainee
Committee

9.20 - 9.30 Pearse Suite

Dr John Hillery //

Welcome from the CPsychI President

9.30 - 13.30 Pearse Suite

Plenary Sessions //

Including Coffee Break

13.30 - 14.30 Cinammon Restaurant

Lunch //

14.40 - 16.35 Breakout Rooms

Parallel Sessions x 2 //

Including Coffee Break

16.45 - 18.00 Broyage Bar

Social Event //





9.30 - 10.30

Pearse Suite

Prof Ted Dinan //

Gut Feelings: A Novel Paradigm in Psychiatry

Evidence is accumulating to suggest that gut microbes are involved in neural development and function. Recent pre-clinical studies suggest that certain Bifidobacteria have anxiolytic or antidepressant activity, while Bifidobacterium infantis has been found effective in treating patients with irritable bowel syndrome. Such bacteria influence the capacity to deal with stress, reducing anxiety, perhaps positively impacting on mood and are now called psychobiotics. The mechanisms of psychobiotic action are gradually being unravelled. It has been shown that Lactobacillus rhamnosus has potent anti-anxiety effects in animals and does so by producing major changes in the expression of GABA receptors in the brain. The changes in these receptors are mediated by the vagus nerve which connects the brain and gut.

Ted Dinan is Professor of Psychiatry and a Principal Investigator in the APC Microbiome Institute at University College Cork. He was previously Chair of Clinical Neurosciences and Professor of Psychological Medicine at St. Bartholomew's Hospital, London. Prior to that, he was a Senior Lecturer in Psychiatry at Trinity College Dublin. He has worked in research laboratories on both sides of the Atlantic and has a PhD in Pharmacology from the University of London. He is a Fellow of the Royal Colleges of Physicians and Psychiatrists and a Fellow of the American College of Physicians. His main research interest is in the role of the gut microbiota in stress related disorders. He has also worked extensively on the regulation of the hypothalamic-pituitary-adrenal axis. In 1995 was awarded the Melvin Ramsey Prize for research into the biology of stress. His current research is funded by Science Foundation Ireland, the Health Research Board and European Union FP7. He has published over 400 papers and numerous books on pharmacology and neurobiology. He is on the Editorial Boards of several journals.

10.30 - 10.40

// Break //

10.40 - 11.40

Pearse Suite

Dr John Cooney //

Why Psychiatry Matters

The role of the psychiatrist will inevitably evolve with changes in healthcare. Clarity about what we do to care for patients rather than where we do it or how is critical for our relevance in the changing landscape. Determination of whether we are necessary will start with our understanding of what we do and the capacity to convince others of this.

Dr John Cooney, MD, FRCPI, MRCPsych, qualified in 1986 from the RCSI and trained in internal medicine in the Federated Hospitals scheme in Dublin from which he obtained his membership of the Royal College of Physicians. He trained in Dublin for the Membership of the Royal College of Psychiatrists in the UK. He moved to St Bartholomew's in London where he did his MD in the relationship between stress and psychiatric/psychological disorders and also trained in Cognitive behavioural Therapy at the Maudsley Hospital. His higher training in psychiatry was between St Bartholomew's & the Maudsley Hospital. Following this he was appointed as a senior lecturer/ consultant Psychiatrist between Guy's Hospital & Lewisham in South London and worked in a period of rapid development of a multi-disciplinary community psychiatric service. He returned to work as a specialist in Mood Disorders in St Patrick's in Dublin before taking up his current role as consultant in the Psychological Medicine Service focusing on the relationship between physical & mental health.

Plenary Sessions



11.40 - 12.00

// Break // Tea & Coffee will be served

12.00 - 13.00

Pearse Suite

Mr. George Bridges & Mr Rick Rossiter - REFOCUS // **Forgotten voices in the conversation in mental health.**

Two members of the College REFOCUS (Recovery Experience Forum of Carers and Users of Services) committee will present on having and not having their voices heard in media representations of mental health.

REFOCUS is made up of people with experience of the mental health services – patients/service users, family members / carers and psychiatrists. The Committee's role is to inform and influence all aspects of the College business objectives particularly the training experience of young future psychiatrists and identifying ways to improve the mental health services with psychiatrist members.

13.05 - 13.20

Pearse Suite

Dr Anne Jeffers // **Managing Patients with Self-Harm and Suicidal Ideation when On-Call:** **How the National Clinical Programme can provide a safe and effective** **support for Patients and Trainees**

Dr Anne Jeffers, Consultant Psychiatrist, is the National Clinical Lead for the Clinical Programme for the Assessment and Management of Patients presenting to the Emergency Department following Self-Harm. She is also Founder and Joint Chair of the College of Psychiatrist REFOCUS group.

13.20 - 13.30

Pearse Foyer

Announcement of Winners // **Medical Student & Intern Essay Prize & The Ada English Medal**

The Medical Student and Intern Essay Prize is an initiative of the Trainee Committee of the CPsychI, which has been running annually since 2010. The Committee is actively involved with promoting Psychiatry as a specialty and engaging with Medical Students and Interns at a number of events throughout the year. The title for this years competition was *"The Wellness Era: Has it been good or bad for Psychiatry?"*.

The Ada English Medal was established in 2017 in honour of Dr. Ada English, one of Ireland's pioneering psychiatrists in the early twentieth century, and an innovator in the field of mental health. The Ada English medal is awarded annually to a medical student who has published original scientific research in the Irish Journal of Psychological Medicine.

13.30 - 14.30

// Lunch // The Cinnamon Restaurant

Plenary Sessions



14.40 - 15.30

Pearse Suite

Dr John O'Donovan //

Don't Shrink the Doctor

This presentation will outline the benefits of the medical model in psychiatry to trainees, historically, today and in the future.

Dr John O'Donovan was appointed as a later life consultant in Saint John of God Hospital in June 2014. He qualified in Dublin in 1995 and after several years higher training in neurology entered basic psychiatric training in Saint John of God Hospital, followed by higher training in Melbourne in neuropsychiatry and further post graduate training in London at the Maudsley and National Hospital for Neurology and Neurosurgery.

14.40 - 15.30

Connolly Suite

Dr Rachael Cullivan & Dr Aideen Moran //

Lessons from the Front line - Professionalism, Power and Expectations in Everyday Psychiatry

The Consultant Psychiatrist frequently finds themselves at the meeting point of multiple, well-intentioned, statutory and other requirements that may be in conflict, impractical or stressful. In order to deliver optimal care Psychiatrists need to learn to manage, challenge or change these demands and we examine ways by which power, professionalism and expectations might be used to ensure a better future for the Profession.

Dr. Rachael Cullivan currently works as a Consultant Adult Psychiatrist in an In patient setting but has extensive experience working as a Community Adult Psychiatrist with a well-developed Community Mental Health Team. She is well familiar with the complexities of the role of the consultant psychiatrist which is an area of particular interest. She has had considerable involvement in training from her own early years as a trainee representing the Irish Division on the Collegiate Training Committee of the Royal College of Psychiatrists to her current position as Irish College Representative on the Psychiatry Board of the European Union of Medical Specialists.

14.40 - 15.30

Gaol Suite

Dr Conor Farren //

Dual Diagnosis

Details TBC

Parallel Sessions - Part One



15.45 - 16.35

Pearse Suite

Dr Brendan McCormack //

The Broader Uses of Taking a Psychoanalytical Viewpoint as a Psychiatrist

Details TBC

15.45 - 16.35

Connolly Suite

Dr Elizabeth Barrett //

Doctors and Vulnerability: Are we unique? And what's to be done?

This workshop will explore what it means to be vulnerable, explore vulnerabilities doctors in training experience, look at international and Irish data on this issue, the social context in which doctors practice, and look at pragmatic approaches at systemic and individual levels to support trainees.

Elizabeth Barrett is a Consultant in Child and Adolescent Liaison Psychiatry in Dublin and an Associate Professor at UCD. She works at Children's University Hospital Temple St as a Consultation-Liaison Psychiatrist. She is Clinical Lead for Schwartz rounds in the paediatric hospital and the Clinical Lead for the National Paediatric Hospital Project Liaison Psychiatry group. As a Liaison Psychiatrist she is especially interested in the interface between mental and physical health, neuropsychiatry, eating disorders and psychosomatic medicine. Following initial training in paediatric medicine, she undertook training in Child and Adolescent Psychiatry followed by a Fellowship in Eating Disorders at Great Ormond Street. She has a Masters degree in medical education, and sees training and interprofessional educational initiatives as crucial to early detection and intervention and longer term in achieving improved health outcomes. She contributes actively to the undergraduate and postgraduate teaching programmes at UCD and TCD. As part of her long term interest in training, she has participated in CPsychI committees, chaired the CAP HST committee and the EFPT Trainees' CAP group. She was a founder member of the EFPT exchange programme. A surprisingly long time ago she now finds, she spearheaded the first NCHD Conference in Ireland, with the support of the CPsychI - hard to believe the initiative is 10 years old this year!

15.45 - 16.35

Gaol Suite

Prof Vincent Russell //

Diagnosing Without Labelling

In this session, Prof Vincent Russell will emphasise the importance of diagnosis as central to the identity and role of the psychiatrist as an effective health professional, whose skills are different but complimentary to those of other members of the multidisciplinary team. Case-based examples in an interactive discussion with workshop participants, to illustrate the challenges encountered in this area and to identify strategies to communicate effectively about diagnosis with patients, families and the wider community.

Professor Vincent Russell took up a position in late 2017 at the Department of Psychiatry, RCSI, based at Beaumont Hospital, with a primary role in undergraduate medical education. Previously, he was a consultant psychiatrist and clinical director at Cavan Monaghan Mental Health Service for several years. From 2012-2015, he took sabbatical leave to head the department of psychiatry at Penang Medical College, Malaysia. Upon return to his substantive post, he served a term as Vice-Dean for BST training in the RCSI/NUIG Deanery of the College of Psychiatrists of Ireland. His early post-graduate career was spent in Canada at the Ottawa General Hospital and University of Ottawa. There he developed a sustained clinical and research interest in community psychiatry, specifically in primary care liaison psychiatry and home treatment for acute mental disorders.



Membership of the Trainee Committee

2018 - 2020 Tenure //

Expressions of Interest Sought

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 will have vacancies on the committee in June 2018. 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.

Directions to Venue

The Hilton Hotel //

Kilmainham, Inchicore Rd, Dublin 8

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 (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

To register for the
NCHD Conference 2018
contact Karen McCourt at:
kmccourt@irishpsychiatry.ie

NCHD CONFERENCE **2018**

Friday, 23rd February 2018
The Hilton Hotel, Kilmainham, Dublin 8

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