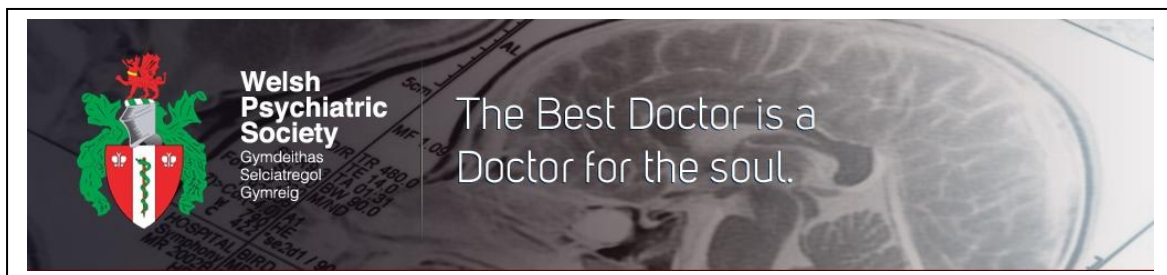




The Welsh Psychiatric Society
Y Gymdeithas Seiciatregol Gymreig

Summer Newsletter (3)2012



Memory Walk® 
Let's make it a day to remember

Table of Content:

Welcome	2
SPOTLIGHT ON.....U can Cope World Suicide Prevention Day	3
A Pilot of a Lithium Patient Educational Tool. (Aneurin Bevan Health Board – Old Age Psychiatry)	5
Trainee News	7
Alzheimer Society Memory Walk 2012	8
Announcements	11

Welcome to the late Summer 2012 Newsletter of the Welsh Psychiatric Society.

This is a rather 'slimmed down' version for the Summer – I suspect that all of us have been caught up in the Olympic enthusiasm and enjoying our Summer breaks, so that there have only been a few contributions for this edition. But 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 September** in preparation for the Autumn edition.

I'd also like to bring attention to the annual Alzheimer Society 'Memory Walk' - occurring in 5 venues across Wales this September – I've provided details further on in the newsletter. The aim of these walks is to raise awareness of dementia in the public perception and to raise funds for the Alzheimer Society. I have been participating now for many years and they are always fun events. The walks are structured so that sufferers with dementia are able to participate themselves alongside families and the general public – there are generally 2 routes – a shorter and an extended version. It helps raise funds for an excellent cause and of course walking is excellent for our mental and physical health – so can I encourage as many of us as possible to get involved!

And please remember to suggest to 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

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

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SPOTLIGHT ON.....U can Cope World Suicide Prevention Day

Dr Alys Cole-King, Consultant Psychiatrist in North Wales highlights new initiatives in Suicide Prevention: -

U can Cope WSPD campaign: Follow the U Can Cope WSPD campaign on Twitter @ UcanCope

Open Minds Alliance CIC, Samaritans, the Royal College of Psychiatrists and Southwick Media Consultancy are leading the U Can Cope multimedia multiagency media campaign to support and promote the 2012 World Suicide Prevention Day (WSPD) on 10th September. The theme of the 2012 WSPD is 'Strengthening Protective Factors and Instilling Hope'.

We will also be highlighting the new Royal College of Psychiatrists resources:

- 'Feeling on the edge helping you get through it'
- 'Feeling overwhelmed and staying safe'
- 'U Can Cope' – available in August

Dr Alys Cole-King contributed to the discussion regarding self harm on Woman's Hour on 26th July promoting help seeking and available support. Please find a link to the Radio 4 webpage below where you will find the radio interview and links to the Connecting with People website where you can access the new resources 'Feeling on the edge helping you get through it' and 'Feeling overwhelmed and staying safe': <http://www.bbc.co.uk/programmes/b0111dk5>

We are working with over a hundred organizations including academics, Voluntary Groups, Royal Colleges and other professional bodies and would be delighted if you would be willing to support this initiative.

Please join us and sign up to follow the 'U Can Cope WSPD campaign' via Twitter on the Connecting with People website:

<http://www.connectingwithpeople.org/>

Dr Cole-King has also set up a charity called U Can Cope to provide the compassionate resources to those in need at no charge. The U Can Cope Charity will be part of the Betsi Cronfa charity to fund the development and dissemination of compassionate resources (including web based resources available to all) for people in distress and for those who wish to help them.

<http://www.wales.nhs.uk/sitesplus/982/home>



A Pilot of a Lithium Patient Educational Tool. (Aneurin Bevan Health Board – Old Age Psychiatry)

DR NIRULA, RA DR WILLIAMSON, K

In medicine, patient education is important in helping with the patient's understanding of their medical care by giving them a more central and active role in their treatment, (1) as well as improving their relationship with their doctor.

Lithium is an effective medication for the use in prevention of relapse in bipolar disorder, treatment of acute mania or recurring mania and used for the treatment of resistant depression. (2). It is a widely used drug in psychiatry in today's healthcare system with the prescribing rate around 200,000 prescriptions per quarter in England, from Jan-Mar 07. (3)

Evidence suggests that a large number of patients taking Lithium are not fully aware of the related risk and do not have an adequate level of patient knowledge, which is needed prior to and during their treatment on Lithium. (4) As Lithium is often a long-term treatment option, this highlights the requirement for sound patient knowledge.

Clinicians often have a formal process of information giving when a patient is about to commence lithium therapy, but it is rehearsal of this information and regular follow up regarding patient's knowledge of their lithium therapy that needs to be focused on.

The aim of our study was to ascertain the level of patient education regarding lithium therapy by means of a questionnaire and re-educate patients with a newly devised educational tool, which is both a visual and auditory aid, and thereafter revise change in patient knowledge.

Using a questionnaire devised according to local policy, patient education was assessed and an educational tool was devised and used to aid teaching.

The questionnaire was developed to gain both qualitative and quantitative data regarding patient's education about their lithium therapy.

Home visits took place over 3 weeks accompanied by either the consultant or lithium nurse. During these, the purpose of the visit was explained. The patient then was given some time to fill in the questionnaire. Following that, the details of the educational tool were explained to the patient, making sure they understood everything and any questions were offered and answered. Each patient was re-assessed by means of the same questionnaire approximately 2 weeks later in order to see if patient education had improved.

Results show that there was some improvement following patient education in all individual aspects of the questionnaire (100%).

A possible limitation is that poor cognition is a common occurrence in elderly patients. None of the patients had a formal diagnosis of dementia, which would of been an excluding factor. However, it became evident during the interviews; some elements of cognitive damage were present, which may affect the results. This emphasises the need for carer education too, but as lithium is a long term therapy, this may not be needed at the initial information giving session.

Our results indicated that the tool increases knowledge and thus it is vital that clinicians and their teams perform rehearsal of patient information regarding their lithium therapy. This can, and should be, easily integrated into the usual lithium follow up undertaken by the team, eg once a year.

Future work could involve extending this educational tool across the Trust, including educating patients in other services, eg general adult psychiatry. This will afford a larger sample size, which would allow for accurate statistical analysis of the impact on lithium patients knowledge. For further specific details regarding the lithium tool please contact the main author at: nirulara@cf.ac.uk

References: -

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3. NICE Implementation Uptake Report: Lithium and Valproate Prescribing for Bipolar Disorder. [Accessed: 01 Oct 2011]. Available from: <http://www.nice.org.uk/media/5DF/4C/NICEImplUptakeReportLithiumValproate.pdf>
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Trainee News

Thanks to all who attended and contributed to the morning workshop on 'Preventing Adolescent Depression: Starting Early in Schools, Communities and Primary Care' on 17th July in Cardiff. There were several fascinating talks, particularly by Dr Sally Merry, Associate Professor in Child and Adolescent Psychiatry at the University of Auckland, who has developed 'SPARX' a computerised gaming CBT-based intervention for adolescent depression and trialled this across New Zealand (published in the BMJ in May of this year). It was also impressive to see such a range of professionals at the workshop from the health, education and social services discussing the prediction and prevention of depression. More information and videos from the event will be made available online soon on the Cardiff University website.

Several trainees from Wales also attended the International Congress of the Royal College of Psychiatrists in Liverpool in July. Many contributed to the event, for example by displaying posters or promoting the Wales deanery. The congress was very enjoyable - the location (Liverpool Docks) was good and there were a number of interesting talks and workshops. It was also a great opportunity to meet other trainees from across the UK.

Dr Rhys Bevan-Jones

Higher Psychiatric Trainee

Trainee Liaison Officer, WPS

Alzheimer Society Memory Walk 2012

Details below are taken from the Alzheimer Society website and further information is available from: -

www.memorywalk.org.uk

www.alzheimers.org.uk



This September, thousands of people will walk together with the Alzheimer Society to raise money to fight dementia. Walk with us.

Memory Walks are taking place across England, Wales and Northern Ireland, and registration is simple and free - just select the walk you want to be part of and complete the online form. Alternatively application and sponsorship forms are available from local AS branches. Details of the walks in Wales are provided below.

The money you raise will help us to run services in your community. The more people who take part, and the more money you raise, the bigger difference we will make to people's lives.

So tell your friends and family to sign up now and let's make it a day to remember.

CARDIFF

Date: Sunday 16th September 2012

Registration time: 12pm

Start time: 1pm

Meeting point: Bute Park, follow the signs to the meeting point.

Taking place in the outstanding parkland of Bute Park, in the shadow of Cardiff Castle, the Cardiff Memory Walk weaves through a haven for wildlife.

The shorter walk passes Bute Park arboretum with many rare and ornamental trees, Sophia Gardens home of Glamorgan Cricket Club. It follows a route alongside River Taff in to Pontcanna Fields before heading back towards Cardiff Castle.

The 12K walk gives walkers the opportunity to spot even more of the natural features of the park.

Join us for a fun-filled family day out at the Cardiff Memory Walk. There will be entertainment throughout the day including music, kid's entertainment and fundraisers! Refreshments will be available after the walk.

There will also be a Memory Wall area, where people will be able to reflect and share their memories on the day

SWANSEA

Date: Sunday 30th September 2012

Registration time: 1pm

Start time: 2pm

Meeting point: Blackpill, Mumbles Road, Swansea
SA3 5AS

The Memory Walk is setting off from Blackpill at 2.00 p.m. for a walk, at your own pace, along the seafront towards the picturesque village of Mumbles. The Walk will stop at the car park near the White Rose public house and return along the foreshore back to Blackpill. A shorter walk is possible by stopping in Mumbles to enjoy the many and varied attractions the village offers. The route is along the Promenade and enables walkers to enjoy the views and atmosphere of beautiful Swansea Bay. The route is flat and easily accessible and passes by an ice-cream parlour where participants will be able to purchase ice-creams and refreshments to enjoy while taking in the wonderful views. There is a cafe at Blackpill where walkers can purchase food and drinks if required at the end of their walk. Entertainment will be provided on the day.

WREXHAM

Date: Sunday 30th September 2012

Registration time: 11am

Start time: 11:30am

Meeting point: Bellevue Park LL13 7TG

The walk will follow the existing measured route around the park and walkers have the option to do multiple circuits. Wrexham Community Choir will be singing in the Bandstand at the start of the walk and at the end refreshments will be available at the R.A.F.A. Club on Ruthin Road, where there will also be a raffle. This is a gentle walk, suitable for all abilities including pushchairs, wheelchairs small children and dogs.

RHYL

Date: Sunday 23rd September 2012

Registration time: 1pm

Start time: 1.30pm

Meeting point: The Events Arena, The Promenade in Rhyl, next to the RNLI Lifeboat station LL18 3ER

Starting out at the Promenade, next to the RNLI Lifeboat Station this is a lovely leisurely stroll along the seafront of East Parade, Rhyl Promenade to Splash Point, and returning back along the promenade to Bradshaw Manor Care Home for refreshments. This walk is supported by the Mayor of Rhyl, Mr Bill Tasker, who will be joining us on the day.

RHOS-ON-SEA

Date: Saturday 15th September 2012

Registration time: 12:45pm

Start time: 1pm

Meeting point: Rhos-on-Sea Promenade LL28 4NU

This lovely walk next to the sea starts from the Church and goes along the promenade to the Toad pub. Once you reach the Toad Pub we will turn around and walk back. This gentle walk is suitable for wheelchairs and prams. Refreshments, entertainment, stalls and a raffle will be available back at church after the walk. Admissions to the church will be £2, which includes Tea/Coffee and cake. Free admission for children

Announcements

- The WPS Membership sends sincere condolences to Dr Bapuji Rao and family, whose wife Nalini sadly passed away in April this year.
- We are also deeply saddened to hear of the death of Dr James Cuthill on July 30th 2012. Informal tributes to this great man of the Welsh Psychiatric firmament have already been flooding in – a formal article in memoriam will be published in the Autumn edition of the newsletter. Our sincere condolences are with his family at this sad time.
- Congratulations to Prof Rob Poole who has been elected as new Chair of the RCPsych in Wales – we are confident that he will continue to support the close collaboration between the RCPsych and WPS.