



2014 Winter Edition Newsletter

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*Meddyg Gorau -
Meddyg Enaid*

Welcome...

... to the Winter 2014 edition of the Welsh Psychiatric Society newsletter. Again, many thanks to all of the individuals who submit articles for inclusion in the newsletter. We have another great compilation of articles for your perusal, including a summary of our previous Spring 2014 joint meeting of the WPS with the Royal College of Psychiatrists in Wales division. As a multidisciplinary society, our featured 'Spotlight On' is this time looking at the career of Dr Abi Barker-Smith, a young clinical psychologist working in West Wales.

Check out the upcoming events section for details of our next joint conference, and I must encourage as many WPS members as possible to cross the border to our French colleagues' Societe de Neuro-Psychiatrie de l'Ouest meeting in Vannes, France in October 2015. Make space in your new diary!

For those who are interested in having their own story featured in the next WPS newsletter, simply submit it, at any time, using the contact details below.

Enjoy the read! - Dr Owain Baker, ST5
o.baker@doctors.org.uk



Spotlight On:

Dr Abi Barker-Smith

Clinical Psychologist in Older People's
Mental Health

Thanks for agreeing to talk to us about yourself and your career. Firstly, could you tell us a little about your background?

I'm a Clinical Psychologist currently living in Mumbles and working in West Wales with older adults ..although I have officially started maternity leave for 12 months !

I have been qualified as a Clinical Psychologist for four years and completed my undergraduate Psychology degree at the University of Reading. Following this after travelling for 12 months and working as an assistant psychologist for a few years I applied for the doctorate in Clinical Psychology and secured a place on the three year South Wales training course based in Cardiff.

On completion of this I initially worked in University Hospital Wales in the neuropsychology department, with the epilepsy team and provided assessment and treatment for people experiencing non epileptic attacks. I now work in West Wales within two older adult CMHTs.

Why choose older people's mental health?

I've always felt really passionately about working with older people, and this stemmed from my role as an assistant psychologist for a year before I started the clinical training course. I found working therapeutically with older people really rewarding and I was really privileged in having the time to learn more about their life history in some of the groups I ran.

Older people have made such a valuable contribution to society and yet always seem to get a raw deal from services in their later years.

I have been working with older adults in Carmarthen for the last three years and love the varied aspects of my role, from working in the memory clinic, providing therapeutic interventions and working with nursing homes supervising interventions into behaviours that challenge.

Do you have any wise words for future psychology or psychiatry trainees?

I think the best advice for clinical psychology trainees is about gaining as much varied experience before the doctorate starts, whether paid or voluntary. It is very competitive to get on to the training course and there is a lot of pressure to get a place as soon as possible. However the more time spent as an assistant, the more experience and knowledge you have starting the course which helps enormously when you qualify as a Clinical Psychologist.

What is your favourite book?

I love the classics, my favourite book is probably Wuthering Heights by Emily Bronte.

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

Ooh this is a tough one, outside work I'm a big fan of the sea and addicted to stand up paddlesurfing and I competed in the 2013 stand up paddlesurfing world championships in Peru.



Many thanks again Abi for your insight into psychology in Wales and for your valuable time.

We all wish you well for your maternity leave and for motherhood!



Conference Highlights

Spring 2014 – New Advances

Joint WPS and RCPsych Welsh Division Meeting
The Village Hotel Swansea

Over 70 delegates attended the conference held at the Village Hotel in Swansea on Friday 16th May 2014, from a broad range of disciplines. We were especially pleased to see so many students and trainees there.



The programme for the day was commenced with opening comments from Prof Keith Lloyd, Chair of the Welsh Psychiatric Society and Prof Sanjay Ingley, incoming Chair of the Royal College of Psychiatrists in Wales. It was an interesting and varied programme consisting of four presentations by four prestigious speakers. Following a networking lunch and poster session there were awards given to best in category for the posters.

Mindfulness-based cognitive therapy

A promising approach to preventing depressive relapse. Prof Willem Kuyken, Exeter University.

Eating Disorders

What's hot and what's not? Dr Jacinta Tan, Swansea University.

Brain Control

Between manipulation and therapy. Prof David Linden, Cardiff University.

Refractory Psychosis

Translating research into care. Dr Fiona Gaughran, South London & Maudsley NHS Foundation Trust.





Conference Prizes
Spring 2014 – New Advances

New Research Idea

1st Prize – Dr Liv Kosnes

A case-control study of the healthcare pathway in the year prior to suicide: the Suicide Information Database Cymru (SID-Cymru).

2nd Prize – Dr Owain Baker

Suicide in older people – A national study.

Research Findings

1st Prize – Emma Jacobi

Clinical predictors of treatment-resistant schizophrenia.

2nd Prize – Dr Miriam Cooper

Autistic traits in attention deficit hyperactivity disorder index clinical problems.



Dr Liv Kosnes, 1st Prize New Research Idea

Audit

1st Prize – Dr Sabrinath Radhakrishnan

Antipsychotic prescription practice in dementia patients living in care homes in North Wales – a completed audit cycle.

2nd Prize – Dr Ibtisam Abbas

Audit of Care and Treatment Plan – physical health monitoring of patients with serious mental illnesses.



Emma Jacobi, 1st Prize Research Findings



Dr Sabrinath Radhakrishnan, 1st Prize Audit



Upcoming Events

Winter School in Psychiatry

Hadyn Ellis Building, Cardiff University

16th-17th January 2015

The Winter School in Psychiatry is a free two-day event designed to introduce medical students to psychiatry and its role in modern medicine and the wider society.

- Free film screening of *Silver Linings Playbook*
- Talks from leading psychiatrists and people with personal experience of mental health problems
- Networking opportunities
- Learn more about mental health research
- Popcorn, pizza, wine reception and lunch included!

A refundable deposit of £5 is required to book this free event. Find out more and book a place online at:

www.winterschool.eventbrite.co.uk

Societe de Neuro-Psychiatrie de l'Ouest

Vannes, France

24th-26th October 2015

The next conference our Breton Colleagues are hosting will be held in Vannes between 24th and 26th October 2015. The theme this year will be 'Co-Morbidities'. The president Dominique Drapier would welcome any Welsh colleagues to attend.

For more information, or to book a place, visit: www.snpo.fr

Joint WPS and RCPsych in Wales Spring Meeting 2015: Masterclass

Imperial Hotel, Llandudno

8th May 2015

We are delighted to announce that the Spring meeting 2015 is returning to a familiar base in North Wales, the Imperial Hotel in Llandudno.

There is already an impressive programme of speakers confirmed, as listed below.

- Preventing Suicide: Societal and Mental Health Perspectives

Prof Navneet Kapur, Professor of Psychiatry and Population Health, Centre for Mental Health and Risk, University of Manchester

- Agitation in Dementia

Prof Gill Livingston, Professor of Psychiatry of Older People

- Epilepsy, Behaviour and the Psychiatrists

Prof Mike Kerr, Professor of Learning Disability Psychiatry, Institute of Psychological Medicine and Clinical Neurosciences, Cardiff University

- First Episodes in Psychosis

Prof Shon Lewis, Professor of Adult Psychiatry, Institute of Brain, Behaviour and Mental Health, University of Manchester

As usual, there will be a poster competition with prizes for best in category.

For more information, or to book a place, please contact Karen Evans (k.j.evans@swansea.ac.uk) or Alison Lewis (a.lewis@swansea.ac.uk), or at our address below.



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Student Prizes



Student Undergraduate Elective Prize

This annual prize is awarded to a medical student(s) with the best proposal for an elective period in Psychiatry.

SWANSEA UNIVERSITY

Jacob Barnes – Stress, Psychiatry and Immunology Lab & Perinatal Psychiatry, King's College, London

Niamh O'Shiel – Fairfiled Child and Family Clinic, Cefn Coed, Hospital, Swansea & Paediatrics, Morriston Hospital, Swansea.

CARDIFF UNIVERSITY

Rose Adams - Neuropsychiatric Institute, Prince of Wales Hospital, Sydney

Richard Cole - Koc University, Istanbul

Thomas Stephenson - WHO Regional Office for Europe (Mental Health Department), Copenhagen

Niamh O'Shiel

My name is Niamh O'Shiel and I am 28 years old. I am originally from Omagh in N. Ireland but have been living over in Swansea for the past 3 and a half years. When I first left school I did a BSc and MSc in psychology and spent a lot of time travelling. I intended to become a clinical psychologist but found myself leaning more and more towards medicine. With the intention of eventually studying psychiatry, I did part of my elective in child and adolescent mental health because it is an area we don't get much exposure to in medical school and it interests me greatly. Throughout my many placements my mind changes a lot about what speciality I would like to end up in - I have realised I just like and am interested in people and hearing their stories. I love that I am also spending my time learning how to help them and still can't believe how lucky I am that I get to keep on doing this.

Richard Cole

I'm a 23 year old final year Cardiff medical student from West London, currently organising a psychiatry elective in New York and Istanbul. I completed my psychiatry placement in Tal-y-garn (Pontypool) under Dr Ben Shooter and Dr Sian Fielding, and I was really inspired by this placement. I went on to apply for (and be awarded) a bursary to attend the British Neuropsychiatric Associations AGM this year where they debated the motion of psychiatry and neurology being combined in the way Obs & Gynae have been. I think they complement each other, but I'm more for the idea of psychiatrists working closer with GPs, especially as many patients with mental health problems often struggle with cardiovascular disease.

Rose Adams

Mental health has always been something that has fascinated me. So I decided that my project in 3rd year should be in psychiatry. So I did an audit looking at monitoring of high dose antipsychotics. This gave me an opportunity to meet lots of patients and have a taste of what it might be like to be a psychiatrist. So when it came to deciding what to do for my elective I did some internet research and the Neuropsychiatric Institute in New South Wales, Sydney came up. I have a lot of family in Australia, and the opportunity to work somewhere so specialist and at the forefront of research seemed like the perfect option! I believe that mental health will benefit from more investment and research, and I really look forward to seeing this happen in the future.

Student Postgraduate Prize for Excellence in Psychiatry

This prize is awarded at the end of Year 4 based on students' total marks in the OSCE and EMQ examinations relating to the 4th year Psychological Medicine attachment.

Cardiff – Thomas Mercer



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A Word From:

Prof Rob Poole

Chair, RCPsych in Wales

I must start by offering sincere congratulations to Mike Owen, who was knighted in the Queen's Birthday Honours List for services to neuroscience and mental health. At an individual level, it is a well-deserved honour, but this formal recognition of research excellence is also good for Welsh psychiatry.

I attended almost the whole of the College's International Congress in June. The Barbican did not prove to be an especially good venue (many of the floors are wonky, many of the corridors are extremely narrow, and there are too few lifts). In every other respect, the Congress seemed to me to be a great success. In the twilight of my career, I attend a lot of conferences, many of which are frankly dull. It seems to me that the IC is now the best conference in the international calendar. I strongly recommend it. The sessions are of high quality and you get to meet old friends.

This year's IC saw Professor Dame Sue Bailey hand over the Presidency to Professor Sir Simon Wessely (that's three psychiatrists who have received honours in 2014, not to be confused with Britain's undefeated aristocracy, a significant cause of social micro-stratification in British society according to Poole, Higgo and Robinson, 2014).



Sue has been a campaigning President who managed to get parity between mental and physical disorder adopted as UK Government policy. We need to use this as a tool to protect our patients' position in the coming years of continuing cuts and service shrinkage. The new President's emphasis will, I suspect, be on the current problems in services. He is establishing a bed commission to examine inpatient provision.

I am halfway through my term of Chair, and you will be pleased to hear that I now feel more or less on top of the job. It has been particularly difficult to understand the workings of the College centrally.

- Excerpt from Prof Rob Poole's address to RCPsych in Wales for the e-Newsletter, which is available to view at:

www.rcpsych.ac.uk
in the Welsh Division section



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Membership

Welsh Psychiatric Society:

download application forms from the
website at:

www.wps.swan.ac.uk

WPS Membership is free for students

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www.rcpsych.ac.uk

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