**NES**

**Westport**

**102 Wesport**

Edinburgh

**EH3 9DN**



**SPECIALTY COURSES**

## Psychiatry for GP

## Specialty Trainees

21st February 2019 to 27th June 2019

### Thursdays: 2.00pm - 5.00pm

###### Venue

102 Westport  
Edinburgh  
EH3 9DN

**Course Co-ordinator**

GP Unit

102 Westport  
Edinburgh  
EH3 9DN

[gp.unit@nes.scot.nhs.uk](mailto:gp.unit@nes.scot.nhs.uk)

# COURSE PROGRAMME

**Introduction**

This afternoon release course is open to GP Trainees currently working in psychiatry, though additional spaces are available to trainees in other posts and particularly to ST3 trainees who can sign up to individual sessions.

The sessions are designed to cover the main aspects of the RCGP Curriculum for psychiatry and we hope that they will provide opportunities to deepen knowledge and understanding, particularly on subjects which do not easily lend themselves to didactic teaching presentations, including marital and sexual problems and the practical application of the Mental Health Act. The aim is to foster active participation and delegates will be encouraged to bring cases from their own clinical experience for discussion..

There will be a ten minute break at 3.30pm with tea/coffee during the afternoon sessions. Please note that occasionally, due to unforeseen circumstances, lecturers or lectures may differ from those advertised in the programme.

**Important Notes for Delegates**

**All delegates are required to sign the attendance list which will be available in the room at the start of every session. Unless absent for reasons such as annual leave or sickness, delegates need to attend at least 8 out of the 10 half-day sessions to obtain an attendance certificate. Delegates from the South East region failing to attend this minimum may be asked to repay any fees and expenses already claimed through study leave. If you are having difficulties in attending the course and feel that your attendance level may fall below what is expected, it is essential that you contact, in the first instance, the GP Unit Administrators** [**gp.unit@nes.scot.nhs.uk**](mailto:gp.unit@nes.scot.nhs.uk)

# LECTURERS

**Neill Anderson** Consultant Psychiatrist,Royal Edinburgh Hospital, Edinburgh

**Jean Budge** Trauma Learning and Development Lead, Health in Mind, Edinburgh

**David Ewart** Primary Care Facilitator (Drugs), Woodlands House at Astley Ainslie Hospital

**Eleanor Halloran** Consultant in Liaison Psychiatry, Western General Hospital, Edinburgh

**John Russell** Consultant Psychiatrist, Learning Disability Service, SE Scotland

**Jess Sussman**

**Maria Falzon** Medical Psychodynamic Psychotherapist & retired General Adult Psychiatrist (formerly in Stratheden)

**Basel Switzer** Consultant in General Adult Psychiatry, Melrose,Borders

**Derek Dickson** Consultant in General Adult Psychiatry, Melrose, Borders

# 21st February 2019

***Psychosis***

**How to Manage Psychosis in Primary Care**

**Basel Switzer**

* Assessment and management of acute psychosis
* Awareness of needs of these with chronic psychosis and available community resources.

# 7th March 2019

***Old Age Psychiatry***

**Old Age Psychiatry Neill Anderson**

* Knowledge and management of common clinical scenarios relating to the elderly mentally ill in primary care
* The session is mainly based on case discussions with the clinical emphasis on dementia

# 14th March 2019

***Drug Misuse***

**Managing Drug Misuse in Primary Care** **David Ewart**

**Aims**

Participants should feel confident about their ability to engage constructively with a patient presenting with drug misuse and have an understanding of how this impacts on the patient’s family and community.

Participants should have gained insight into the patient experience of journeying through addiction towards a goal of recovery and the significant role that the GP can play in promoting safe evidence based interventions and support.

**Objectives**

After this session participants should:

* + Know about how people take drugs and be able to discuss with a patient how to reduce associated harms including BBV infection and transmission.
  + Be able to assess and develop a management plan with a patient presenting with drug dependence.
  + Know about how to prescribe opiate replacement treatments.
  + Be aware of the factors which put people at increased risk of Drug Related Death and the role of Take Home Naloxone.
  + Have knowledge of other common drugs of addiction and their interactions with opiates.
  + Understand the value of peer support and the benefits of partnership working including linking patients to Mutual Aid organisations.

# 21st March 2019

***Depression***

**Depression Derek Dickson**

Aims:

To understand the concept and diagnosis of depression and be aware of the treatments available.

Objectives:

* Increase knowledge of depressogenic processes
* Conceptualising depression using different modalities.
* To understand when to diagnose and the use of measuring instruments.
* To examine the limitations of medications
* Knowledge of psychological treatments
* The role of self help strategies

# 4th April 2019

***Mentalising & Balint***

**Mentalising & Balint Maria Falzon**

Aims:

To promote confidence and resilience in your consultation skills by participating in a Balint

group.

To increase your awareness of mentalising and non-mentalising.

To increase your understanding of personality disorder, and borderline personality disorder

in particular.

Objectives:

After this session, hopefully you will:

• Have had a stimulating, challenging and supportive Balint group experience

• Know what mentalising is and are more aware of it happening

• Know what non-mentalising is and are more aware of how to spot it

• Have a more psychoanalytically-informed understanding of what it’s like to suffer

from personality disorder, and borderline personality disorder in particular

**PLEASE NOTE:**

*Please come on time as you will get less out of the Balint group if you arrive late and it*

*disrupts the experience for your colleagues.*

*Please come with a tricky clinical encounter in mind – it can be about any patient in any*

*setting, and be prepared to talk about it.*

# 2nd May 2019

***Somatisation***

**Somatisation Eleanor Halloran**

Aims:

* Develop an understanding of the concepts and controversies around somatisation including how we view symptoms and mind –body dualism.
* Develop an understanding of practical interventions in primary and secondary care.
* Develop skills in assessment and management of somatoform disorders.

Objectives:

* You should be able to describe
* Concepts and controversies around terms such as functional disorders , somatisation disorders and Somatic Symptom Disorder .
* Principles of assessment and management of straightforward and more complex cases.

You will have the opportunity to practice assessment and management skills in small groups and feed back to wider group.

# 23rd May 2019

***Intellectual Disability***

**Learning Disability John Russell**

* + To discuss the history of Intellectual disability
  + To define what is a Intellectual disability
  + To describe the remit of Intellectual disability Services
  + To discuss potential problems encountered in general practice
  + To describe the symptoms of mental illness in those with Intellectual disabilities
  + To discuss implications of the Mental Health (Scotland) Act 2003 and the Adults with

Incapacity (Scotland) Act 2000

# 6th June 2019

***Treatment approaches: Prescribing and Psychological Therapies***

**Anxiety Disorders – the Syndromes Jess Sussman**

At the end of the session you should:

* Know the major forms and presentations of anxiety
* Appreciate the diagnostic criteria for each disorder.
* Have an appreciation of the epidemiology and health care burden, which anxiety

disorders present.

* Will have seen video example of the main anxiety disorders.

# 13th June 2019

***Treatment approaches: Prescribing and Psychological Therapies***

**Anxiety Disorders: Treatment Approaches Jess Sussman**

This session should help you have more confidence in the treatment of anxiety disorders

* Understand the drawbacks of drug treatments
* Have more confidence in treating anxiety patients in the surgery
* Understand the main components of psychological treatments
* Know which patients and problems are best suited to different treatment methods
* Know how psychological techniques can be adopted to brief GP consultations
* Know when to refer for more specialist intervention.

# 27th June 2019

***Age Spectrum Disorders:***

***including CAMHS, Sexual abuse, Family & Couple Issues***

**Survivors of Trauma: Childhood Sexual Abuse, PTSD and Adverse Childhood Experiences**

**Jean Budge (take out?)**

***Aims and Objectives:***

* To support participants understanding of the experiences of individuals who are survivors of childhood sexual abuse, trauma and adverse childhood experiences.
* To support participants to be more able to hear survivors narratives and be responsive, including supporting awareness of their own beliefs and value systems and how they may influence their interactions
* To support participants to look at the treatment options available and how to dialogue with individuals to support informed choice .