



The College of Psychiatry of Ireland
Coláiste Siciatrachta na bÉireann

The College of Psychiatry of Ireland Press Statement - November 2011

Great turnout for Clinical Practice Updates at CPsychI 2011 Winter Conference

The College of Psychiatry of Ireland's third Winter Conference in Killarney included a packed programme of plenary sessions and workshops focussing on practical and best practice standards relevant to clinical practice. Circa 250 delegates attended each day of the two day event where they were informed by stimulating presentations from international and national speakers related to clinical practice and availed of the many practically oriented parallel workshops.

Opening the plenary session on the first day from St Vincent's Healthcare Group was Dr Ian Callanan's with his talk entitled '***Clinical Audit- When the Empire strikes back- updating your skills and moving to the next level***'. He focussed on how to make the now mandatory audit useful in clinical settings including how skills can be updated; how the audit can be brought to the next level; current issues around clinical practice; measurement of clinical audit and the overlaps between clinical audit and research.

Professor Joe Herbert, Professor of Neuroscience at the University of Cambridge presented to delegates on '***Depression and Neurodegeneration: How and why depression may be a risk factor for Alzheimer's disease***'. As a history of major depression (MDD) is a known risk factor for subsequent Alzheimer's, Professor Herbert addressed the issue of what is known of possible links between these two conditions that might account for this risk; reviewed the neurobiological bases of neurodegeneration and discussed how these might also relate to changes in the brain that occur during MDD. Prof Herbert also looked at whether there are genetic variants in, for example, serotonin or brain growth factors that predispose to (or protect against) both conditions.

Parallel practical workshops on the first day included topics such as ***Preparing for the Coroners Court; Dealing with conflict in the workplace; Stress the double edge Sword: Managing your Mental Health in the Workplace; Organising with IT for psychiatrists; Mindfulness -Based Stress Reduction and Mindfulness-Based Cognitive Therapy: Aims, Rationale and Evidence Base; and Clinical Audit- Getting started***.

Day two continued again with a mix of national and international key plenary speakers. Dr Justin Brophy ECD began day two with a talk on the new roles and responsibilities for consultant psychiatrists needed to address the changing landscape of healthcare provision and public expectation. He was followed by Prof Brian Lawlor, St James's Hospital Dublin, who addressed '***Clinical practice updates in Old Age Psychiatry***'.

The Management of Refractory Psychosis - What is New & What's Not! was presented by Dr Fiona Gaughran, South London & Maudsley NHS Foundation Trust People. "***Refractory psychosis not only affects quality of life for the person themselves, but also results in greater pressure on carers and relatives***" said Dr Gaughran who went on to give an

overview of the multi-professional approach taken to refractory psychosis in the UK's National Psychosis Service. She also detailed the medication options in resistant psychosis.

Prof Declan McLoughlin completed the morning session with a presentation on *ECT - Facts, Fictions and Irish Solutions* where he examined the public concern about the nature of this treatment, its side-effects and variability in practice alongside the robust scientific evidence-base for ECT in the Irish context.

The College's *Higher Specialist Training Blueprint* was officially launched by Prof Greg Swanwick, Director of Postgraduate Training, and a debate ensued about the recruitment of trainees in Ireland as well as the challenges facing psychiatric training going forward.

Delegates chose from the second day of parallel practical workshops in the afternoon with varied topics - *The Integration of psychotherapy training for psychiatrists with workplace based assessments; Achieving best practice in the use of involuntary treatment & restrictive practice - perspectives from the faculties of Forensic Psychiatry and Learning Disability Psychiatry; Identification and management of delirium; Youth mental health services - the pros and cons; Models of rehabilitation service for the future.*

The winter conference provided a forum for NCHD's to present their research and compete for a prize for Best NCHD Research Oral presentation and for Best NCHD Research Prize Poster. The winners were announced the conference as follows:

Dr Mary Davoran (Central Mental Hospital, Dublin)

Winner of the NCHD Research Oral Presentation with '[Unnatural deaths in the west of Ireland: 2005 - 2011](#)'

Dr Eric Roche (Cluain Mhuire MHS, Co. Dublin)

Joint Winner of the NCHD Research Poster Presentation with '[The therapeutic relationship and its influences after psychiatric admission](#)' and

Dr Aine Ni Mhaolain (St James's Hospital, Dublin)

Joint Winner of the NCHD Research Poster Presentation with '[Preparedness for the caregiving role: A protective factor against Depression and the desire to institutionalise for our older caregivers.](#)'

Ends

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