



Press Statement: 11 March 2014

“Changing Hearts & Minds” at CPsychI NCHD Conference 2014

The annual CPsychI NCHD conference took place recently in the Hilton Hotel, Kilmainham, in Dublin, and was a great success, with a high turnout of 90 Trainee Psychiatrists and NCHDs.

The conference, organised by a dedicated working group of the Trainee Committee of the College of Psychiatrists of Ireland (CPsychI), focussed this year on *“Changing Hearts and Minds”* and delivered a diverse and thought-provoking programme to capture this theme.

A superb line-up of speakers delivered stimulating plenary talks throughout the morning, including physical health in mental illness and suicide trends in Ireland.

Dr Anne Jeffers and members of the CPsychI’s REFOCUS group opened the conference, with *“On Learning from the Patient”*, speaking with valuable insight on engagement with service users and their families, and on their own experiences of recovery respectively.

Professor Greg Swanwick, the College’s Dean of Education, then spoke on some of the major changes in training in psychiatry that have been introduced over the past two years, highlighting changes to curriculum, syllabus, assessment, exam, defined rotations and accreditation.

Dr Eugene Cassidy (Consultant Liaison Psychiatrist, University Hospital Cork) informed trainees on suicide trends in Ireland and on the management of patients who present to the Emergency Department (ED) following self-harm. Dr Cassidy highlighted that ED presentations of self-harm present a valuable opportunity to identify and engage with those affected, and can lead to successful early intervention. He emphasised that building relationships between doctors and nurses in Emergency Departments and improving triage systems are examples of how to improve our management of suicidal behaviour in EDs.

Dr Jogin Thakore’s (Professor of Psychiatry, TCD & Consultant General Adult Psychiatrist, St. Vincent’s Hospital Fairview) *“Physical Health of the Mentally Ill”* asked why people with Mental Illness have been proven more likely to die from physical illness, particularly heart disease. Dr Thakore presented fascinating recent research completed in the area, which looked at the role of antipsychotics in weight gain and coronary heart disease. He discussed cardiovascular health of patients and what the psychiatrist can do to improve this aspect of patient care.

The Committee also announced Ms Aisling Doyle as Winner of this year’s Medical Student Essay Prize, for her essay on this year’s title *“No Mental Health without Physical Health”*. The runner up prizes were awarded to Ms Erica Coughlan (RCSI), Ms Adriana O’Reilly (UL), Mr Cillian McNamara (NUIG), Ms Caitriona Ni Mhurchu (UCD) and Mr Liam O’Neill (TCD).

“The Trainee Committee are delighted with the success of the fifth annual Trainee Conference.” said Dr Eric Roche, Vice-Chair of the CPsychI trainee committee and conference chair for the day. *“The event was very well attended by trainees at a variety of different stages of training and it was great to see this year’s conference theme informed in part by feedback from trainees who attended last year’s event.”*



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www.irishpsychiatry.ie

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“In addition to the varied plenary sessions, attendees also had a superb choice of afternoon workshops: regulars such as CV planning and management of the acutely suicidal patient, as well as new sessions such as a presentation about Spirasi, an organisation that deals with survivors of torture.”

Dr Roche expressed his thanks on behalf of The NCHD conference working group, *“We would like to extend their thanks to all speakers on the day, as well as all trainees who attended. We look forward another great day next year”.*

Ends

Photos attached

Contact Sibéal Farrell

Communications Assistant

College of Psychiatrists of Ireland

5 Herbert Street, Dublin 2

Tel: 01- 661 8450 Fax: 01 - 662 9677

email: sfarrell@irishpsychiatry.ie web: www.irishpsychiatry.ie