International Conference of the College of Psychiatrists of Ireland & the Royal College of Psychiatrists in Northern Ireland Winter Programme

THE GRAND HOTEL, MALAHIDE, CO DUBLIN

7-8 NOVEMBER 2013

CPD ACCREDITED - 6 PER DAY
November 2013

Dear Colleagues

It is our great pleasure to welcome you to The Grand Hotel, Malahide for the joint meeting of the College of Psychiatrists of Ireland & the Royal College of Psychiatrists in Northern Ireland. We thank you for your attendance and participation. Your support is invaluable.

We hope you find our two day programme varied, interesting and informative. As well as our keynote speakers and the NCHD research presentations, we have a suite of parallel sessions running both afternoons covering a wide variety of topics. We have of course also on display over the two days, select new research from NCHDs which always provides additional stimulation.

We hope that you will join us at the conference dinner scheduled for Thursday evening. This addition to the programme provides an opportunity to catch up with colleagues and old friends and meet new peers in a relaxed environment over dinner.

Special thanks is extended to all those presenting over the two days for giving up their time and for sharing their knowledge and experiences.

We sincerely hope you enjoy our programme.

With best wishes for a most successful event.

Sincerely

Dr Ruth Loane
Vice President, CPSYCHI

Dr Diana Day-Cody
Chair, RCPSYCH in NI
08.30 – 09.00  Registration and Poster Exhibition

09.00 – 09.15  Welcome Address and Introduction
Dr Anthony McCarthy, Dublin and Dr Diana Day-Cody, Belfast

09.15 – 10.45  CHAIR: DR DIANA DAY-CODY

09.15 – 10.00  Twenty years in and out of Chronic Fatigue
Professor Sir Simon Wessely, Kings College, London

This talk is about 20 years of work in the area of chronic fatigue syndrome. You may or may not learn anything of use, but hopefully you won’t be bored.

10.00 – 10.45  Neuroimmune Interactions: Implications for Psychiatric Disorders
Associate Professor Andrew Harkin, Trinity College Dublin

There is accumulating evidence in support of a role for a dysregulated immune system in the pathogenesis of psychiatric disorders. Both innate and acquired immune activation have been implicated and more recently evidence in support of a role of the brain’s resident immune cells, astrocytes and microglia, has emerged. Stress related adaptation in glucocorticoid and beta-adrenergic receptor sensitivity are regarded as a critical mechanism underlying associations with a dysregulated immune system and inflammation. Clinical investigations to date indicate the possibility of targeting the immune system with anti-inflammatory agents as a new therapeutic avenue.

10.45 - 11.15  COFFEE BREAK AND POSTER EXHIBITION

11.15 – 12.45  NCHD / TRAINEE RESEARCH ORAL PRESENTATIONS -
The winner of the Best NCHD Research Oral Presentation will be announced at 12.45 on Friday
CHAIR: PROF GREG SWANWICK

11.15 – 11.30  A three month follow up study evaluating clinical change and attitudes towards involuntary admission in individuals detained under the Mental Health Act 2001
Dr Emma Bainbridge, National University of Ireland, Galway

11.30 – 11.45  Psychiatric and psychosocial morbidity before and after surgical treatment for refractory epilepsy
Dr Maurice Clancy, St Bartholomew's Hospital, London

11.45 – 12.00  The effect of economic recession on subjective wellbeing in Europe: A cross sectional study of survey
Dr Richard Duffy, Mater Hospital, Dublin

12.00 – 12.15  An illustrated reflection on therapeutic issues arising in art psychotherapy with anorectic patients
Dr Claire Flahavan, Cheeverstown Service, Dublin

12.15 – 12.30  Deconstructing negative symptom prevalence in first episode psychosis
Dr John Lyne, DETECT Services, Co Dublin

12.30 – 12.45  Impact of comorbid alcohol-use disorders on clinical outcome and suicidality in bipolar 1 disorder: data from the Bipolar Disorder Research Network (BDRN)
Dr Gavin Wethers, Lagan Valley Hospital, Northern Ireland

13.00 -14.00  LUNCH AND POSTER EXHIBITION
PARALLEL SESSION 1  
**CHAIR: DR ERIC KELLEHER**  
**BERNERS LEE SUITE**

**Mentoring: An overview of the new mentoring programme**  
Dr Leonard Douglas, Cluain Mhuire Psychiatry Service, Dublin

This presentation will be of interest to trainees and consultants interested in career development and trainee wellbeing. Mentoring aims to facilitate doctors achieve their potential, maintain morale and avoid burnout. The rationale and structure of this pragmatic, goal orientated and change focused process will be described in detail. Included in the discussion will be for whom and at which stage of one’s career it is best suited, common misconceptions about mentoring, lessons learnt from an international perspective and a guide to becoming involved in the programme (as a consultant mentor or mentee).

OR

PARALLEL SESSION 2  
**CHAIR: DR CONOR O’NEILL**  
**TARA SUITE**

**The Truth about Lying**  
Dr Damian Mohan, National Forensic Psychiatry Service, Dublin

Following the banking crisis and economic downturn in Ireland, corporate employees and professionals have come under increased scrutiny by both employers and society alike. Psychiatrists are occasionally requested to provide an opinion on fitness to participate in a disciplinary hearing. Not uncommonly a psychiatric defence is put forward to mitigate culpability. This workshop examines the relationship, if any, between mental disorder and white collar crime. The psychology of debt and the psychological aspects of deception will be explored along with the relationship between stress and deception. This is an interactive workshop. Delegates will be afforded an opportunity to rate psychopathy in the boardroom.

OR

PARALLEL SESSION 3  
**CHAIR: DR ERIC ROCHE**  
**LAMBAY SUITE**

**CBT for Psychosis**  
Dr Ann O Grady Walshe, Trinity College & Protect First Episode Psychosis Project, Wicklow Mental Health Services

In this interactive session, the evidence base for CBT for psychosis will be presented. The clinical application of CBT skills in the management of psychosis will be outlined and the incorporation of ‘low intensity’ CBT for psychosis interventions into community mental health teams will be considered.

OR

PARALLEL SESSION 4  
**CHAIR: DR LISHEEN CASSIDY & DR MAEVE DOYLE**  
**GRAHAM BELL SUITE**

**Youth Mental Health: Good Practice**  
Organised by Faculties of Child and Adolescent Psychiatry

**Why should we care about youth mental health?**  
Prof Mary Cannon, Beaumont Hospital, Dublin

Prof Cannon will provide a background to the youth mental health model from an epidemiological point of view. She will discuss the need to provide services geared specifically to young people and the importance of smooth transitions between services at this vulnerable age.

**Snapshots of Good Practice**  
Dr Lisheen Cassidy, Dr Annette Thampi, Dr Claire Kelly & Dr Liz Eyre, SHSCF, RCPsych in NI

Snapshots of good practice in relation to joint working between CAMHS and Adult Mental Health Services in Northern Ireland will be presented. Experience of joint on-call rota’s in the Southern HSC Trust, a first presentation psychosis service in Belfast and transition panels that have been set up to assist with young people moving on from CAMHS into adult mental health services in Northern Ireland will be shared.

15.15 - 15.45  
**COFFEE AND POSTER EXHIBITION**
PARALLEL SESSION 5

Hearts and Minds – Cardiac Disease and Pseudodisease in the Psychiatry Clinic
Dr Niall Mahon, Consultant Cardiologist, Mater Hospital, Dublin

The factors conferring a high risk of major cardiac events on psychiatric patients are manifold and include the direct effects of mental illness on cardiac risk, the adverse effects of psychoactive medications, and a high prevalence of major coronary risk factors among many of these patients. This workshop will focus on heart-mind interactions, guidelines for primary prevention, the role of revascularization and consequent implications for coronary screening and finally the management of specific medication-related cardiac syndrome.

PARALLEL SESSION 6

Including Music Therapy as a Resource in Team Based Mental Health Services
Prof Jane Edwards, University of Limerick

On-going research supports the value of music therapy for people with depression (e.g. Erkkilä et al 2011), and meta-analyses reveal positive outcomes for a range of mental disorders (Gold et al, 2009; Mössler et al, 2011). In spite of multiple sources of evidence to support the benefits of music therapy for mental health service users, in Ireland only a handful of qualified music therapists work in the mental health services. This presentation will provide information about the underpinning rationale for the effects of music therapy and describe aspects of the practice of live music making in therapy sessions.

PARALLEL SESSION 7

Professional Competence in Ireland: Where are we now? And where do we want to go?
Dr Miriam Kennedy, Director, Professional Competence, College of Psychiatrists of Ireland & Dr Michael Mannion, Northern HSC Trust

This session will look at the structure and operation of professional competence in Ireland three years on from the introduction of the mandatory scheme. Participants will explore how we want to shape the future of the professional competence scheme in Ireland.

Dr Michael Mannion will give an overview of licensing in the UK and the appraisal and revalidation structures in Northern Ireland. What can we learn from this experience?

PARALLEL SESSION 8

Lesbian, Gay, Bisexual and Transgender (LGBT) Mental Health
Mr Odhrán Allen, Glen – Gay and Lesbian Equality Network

All mental health services are likely to have lesbian, gay, bisexual and transgender (LGBT) service users or parents / family members of service users who are LGBT. While a person’s LGBT identity may be unrelated to their need for the service, for some, their experiences as an LGBT person will be closely related to their presentation. This session will explain gender identity and sexual orientation, review key research on LGBT mental health, identify common LGBT stressors and provide good practice guidelines for mental health service provision to LGBT people. Resources for further learning and practice enhancement will be identified. The session will include a Q&A for questions specific to participants work context.

17.00 – 18.00 Faculty of Old Age Psychiatry Business Meeting

17.00 – 18.00 Recruitment, Retention and International Affairs Subcommittee Meeting

19.00 PRE-DINNER DRINKS RECEPTION AND CONFERENCE DINNER – PARTNERS WELCOME DRESS CODE – SMART/CASUAL
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<tr>
<th>Time</th>
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<td>08.30 – 09.00</td>
<td>Registration and Poster Exhibition</td>
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<td>09.00 – 09.15</td>
<td>Welcome Address and Introduction</td>
<td>Dr Ruth Loane, Dublin</td>
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<td>09.15 – 10.45</td>
<td><strong>CHAIR: DR MARY STAINES</strong></td>
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<td>09.15 – 10.00</td>
<td>Booze, Brains and Hospitals</td>
<td>Prof Kenneth Wilson, University of Liverpool, UK</td>
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<td>Most A&amp;E units and gastroenterology wards in acute hospitals will</td>
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<td>be able to furnish a list of recurrent attendees with a long history</td>
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<td>of alcohol misuse, variable physical conditions and social and</td>
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<td>behavioural problems in the context of variable confusion. They are</td>
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<td>nursing or additional security guards whilst on the ward. Generally</td>
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<td>they are thought of as ‘no hopers.’ In this review, we explore what</td>
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<td>can happen to them when they get the help afforded to other people</td>
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<td>10.00 – 10.45</td>
<td>What's new in the revised BAP Guidelines for treating</td>
<td>Prof David Baldwin, University of Southampton, UK</td>
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<td>patients with Anxiety Disorders?</td>
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<td>It is hard to keep abreast of all developments in the treatment of</td>
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<td>the full range of psychiatric disorders, but short and simple</td>
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<td>guidelines can provide a summary of the evidence base for particular</td>
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<td>(BAP) guidelines for anxiety disorders have been recently revised,</td>
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<td>and this talk will summarize the principal changes to the original</td>
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<td><strong>COFFEE AND POSTER EXHIBITION</strong></td>
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<td><strong>CHAIR: DR MIKE SCULLY</strong></td>
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<td>11.15 – 12.00</td>
<td>Clinical implications of a possible link between ASD and Fetal</td>
<td>Dr Kieran O’Malley, Charlemont Clinic, Dublin</td>
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<td>Alcohol Spectrum Disorders</td>
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<td>This presentation will review Fetal Alcohol Spectrum Disorders in an</td>
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<td>Irish context. It will begin by analysing Ireland's longstanding</td>
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<td>toxic romance with alcohol. The role of epigenetic and environmental</td>
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<td>aetiologies in ASDs will be offered in support of its possible link</td>
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<td>to FASDs. Finally the talk will discuss practical diagnostic</td>
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<td>categories (Zero -3, DSM V, ICD10) which reflect the developmental</td>
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<td>changing behavioural phenotypes of FASDs and their link to ASD thus</td>
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<td>informing systems of care management.</td>
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<td>Updates in pharmacology and pharmacotherapy of harmful</td>
<td>Prof Anne Lingford Hughes, Imperial College,</td>
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<td>alcohol use &amp; dependence</td>
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<td>Our knowledge about the psychopharmacology of addiction has greatly</td>
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<td>development of new medications, particularly for alcoholism, which</td>
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<td>are available to use in the clinic. This talk will describe the</td>
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<td>pharmacological effects of alcohol on the brain and how treatment</td>
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<td>targets these during withdrawal and relapse prevention.</td>
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<td><strong>ANNOUNCEMENT OF PRIZE WINNERS</strong></td>
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<td>■ NCHD / Trainee Research Prize Oral</td>
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<td>■ Faculty Essay Prizes 2013</td>
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SESSION 1

CLUB DRUGS AND LEGAL HIGHS
Organised by the Faculties of Adult Psychiatry and Addictions Psychiatry

Pills, powders and psychiatry in the 21st century - novel psychoactive drugs and the impact on mental health
Dr Adam Winstock, Kings College London

The emergence of hundreds of new drugs in the last few years and the rise of the internet as the drug market without borders poses a challenge to policy makers and health providers. Psychiatrists need to be aware of the acute presentations associated with their use and be vigilant for longer term harms. In this talk, the major emergent drug groups, their effects, risk and abuse profiles and implications for treatment will be discussed. The use of web and smart phone applications such as the drinks meter and drugs meter (www.drugsmeter.com) in engaging and helping those who use substances in our communities will be explored.

The Irish experience of headshop drugs; Current legislation, availability and screening of legal highs
Dr Narayanan Subramanian, National Drug Treatment Centre, Dublin & Clare Mental Health Services, Ennis, Co Clare

Ireland went through a period of legal highs being sold without restrictions in headshops resulting in adverse consequences. This talk will look at Ireland's experience with legal highs and the mental health effects, legislation restricting them and the current misuse of these substances in Ireland. In addition, screening and availability of these substances will also be discussed.

OR

SESSION 2

REFLECTIONS ON OUR WORK AS PSYCHIATRISTS

On the One Road to Recovery – A Presentation by members of REFOCUS (Recovery Experience Forum of Carers and Users of the Service)

This session hears from the people who have experience of mental illness and what has worked for them in Recovery. This may be the first opportunity many members will have to read “On the One Road to Recovery”; a paper written by people from the College REFOCUS group, who describe their own Recovery and specifically answers the question – What would be useful for a trainee psychiatrist to know? This paper is open, generous and honest, and has been written with a genuine desire to improve psychiatrists’ practice. Come and meet the authors of the paper and reflect on your own practice.

Working as a recovery development advocate on a community mental health team
Mr Rory Doody, Recovery Development Advocate, Home Focus Team, West Cork

Advancing the capability of our Mental Health Workforce, and living proof of the beneficial aspects of this work, from the perspective of service user/ professional.

ImROC – What does it mean in Ireland?
Dr Stephen Bergin, Dr Diana Day-Cody & Dr Dominic Fannon

How Recovery is being introduced through organisational change in Northern Ireland and Advancing Recovery in the Republic of Ireland will be explored.
SESSION 3

CAPACITY AND ASSOCIATED LEGISLATION
Organised by the Faculties of Old Age, Forensic Psychiatry, Learning Disability Psychiatry & Social and Rehabilitation Psychiatry

Dr Brendan Kelly will explore the main provisions of the Assisted Decision Making (Capacity) Bill 2013 and place them in the context of existing legislation, likely revisions to the Mental Health Act 2001, the European Convention on Human Rights and the United Nations’ Convention on the Rights of Persons with Disabilities. There will be an emphasis on the practical implications of the evolving legislative landscape in which psychiatrists now find themselves. Dr Mary Davoren will present a six year study of older persons in Irish Prisons with a nod towards the lack of their capacity and “fit for punishment”. This session will provide opportune time to discuss cases and answer all your questions on The Bill.

SESSION 4

EATING DISORDERS SERVICES DEVELOPMENT IN IRELAND
Organised by the Faculties of Medical Psychotherapy Psychiatry

Dr Heather Mills, Mrs Jane Curran, SHSCT Eating Disorders Services NI & Dr Caroline Maher & Ms Triona Minogue, St Vincent’s University Hospital, Dublin

This session will look at the much needed development of eating disorder services within Ireland. What is felt needs further development, the challenges of caring for this client group, innovative services & therapies used in the team will also be presented.
ODHRÁN ALLEN, GLEN – GAY AND LESBIAN EQUALITY NETWORK
Odhrán has been working as Director of Mental Health with GLEN since 2006 developing and implementing strategies for LGBT mental health promotion and suicide prevention. As part of his work in GLEN, he is a member of the National Office for Suicide Prevention ‘Reach Out’ Implementation Group, the HSE LGBT Health Advisory Group and the HSE Transgender Health Committee. His work in GLEN also involves close liaison with a range of policy-makers, service providers and professional bodies. He is a qualified occupational therapist and is the Occupational Therapy representative on the new Health and Social Care Professional Council (CORU) and a member of the Occupational Therapists Registration Board. Prior to working with GLEN, Odhrán worked at a strategic level with the AOTI and practiced as a mental health occupational therapist in St. Vincent’s University Hospital and St John of God Hospital, Stillorgan.

PROF DAVID BALDWIN, UNIVERSITY OF SOUTHAMPTON, UK
David Baldwin is Professor of Psychiatry and Head of the University Department of Psychiatry in the Faculty of Medicine of the University of Southampton, and Honorary Consultant Psychiatrist with Southern Health NHS Foundation Trust, where he leads a regional tertiary referral service for patients with mood or anxiety disorders. He has recently led the revision of the BAP guidelines for evidence-based treatment of patients with anxiety disorders.

DR STEPHEN BERGIN, PUBLIC HEALTH AGENCY
Dr Stephen Bergin has been a consultant in Public Health Medicine since 1998. He is currently based within the Public Health Agency in Northern Ireland. As co-Chair of the regional Mental Health and Learning Disability commissioning team, he has a lead role in terms of service development/improvement work across the health and social care sectors in Northern Ireland.

PROF MARY CANNON, RCSI AND BEAUMONT HOSPITAL, DUBLIN
Professor Mary Cannon works at the Royal College of Surgeons in Ireland, Dublin and Beaumont Hospital, Dublin. She is a psychiatrist and epidemiologist who trained at the Institute of Psychiatry in London. Her research area of interest is developmental psychiatric epidemiology, in particular the study of childhood and adolescent risk factors for schizophrenia such as obstetric complications, developmental delay and cannabis use, and the interaction of environmental and genetic risk factors for psychosis. Her current research programme is funded by the Health Research Board, Ireland through a Clinician Scientist Award and focuses on psychotic symptoms in childhood and adolescence, which she believes, can inform us about the risk trajectory to later psychotic illnesses and could provide a significant opportunity for prevention.

DR LISHEEN CASSIDY, SHSCT CAMHS SERVICE
Dr Lischeen Cassidy is a Consultant Psychiatrist and Clinical Director of the SHSCT CAMHS Service. She is also vice chair of the Child & Adolescent Faculty of The Royal College of Psychiatrists in Northern Ireland. Her interests include service development and interagency relations.

JANE CURRAN, SOUTHERN TRUST, NORTHERN IRELAND
Jane Curran is the Team Leader for the Adult Eating Disorder Service in the Southern Trust and provides CBTE supervision and training to the therapists working in the CAWT Eating Disorder Project. She is also a member of the Regional Eating Disorder Network Group and the CAWT Clinical Pathways Group.

DR DIANA DAY-CODY, WESTERN TRUST, NORTHERN IRELAND
Diana is a consultatn psychiatrist in the Western Trust with a particular interest in service users with complex needs and in particular psychoses. She graduated from Trinity College Dublin in 1981, trained in Dublin and later the Maudsley Hospital London before taking up a post in Northern Ireland. Diana has in the past held medical leadership roles in the trust and is a strong advocate for clinical leaders. She also worked on secondment with the National Clinical Assessment Service (NCAS) which provides a service within the NHS for doctors who are experiencing difficulties. Diana has worked closely with voluntary organisations and in particular AWARE.

DR MARY DAVOREN, ST VINCENTS HOSPITAL, FAIRVIEW, DUBLIN
Mary Davoren is a senior registrar in adult psychiatry. She is chairperson of the Senior Registrar Academic Committee and an active member of the Faculty of Forensic Psychiatry, the Law Committee and External Affairs and Policy Committee of the College of Psychiatrists of Ireland. Her research interests include discharge criteria and length of stay in forensic settings and the health needs of older prisoners.

RORY DOODY, RECOVERY DEVELOPMENT ADVOCATE, WEST CORK
Rory Doody is employed as a ‘Recovery Development Advocate’ with the National Learning Network working with the Home Focus Team in West Cork. The Home Focus Team is a recovery oriented community outreach service, and strives to bridge the gap between personal and clinical recovery. Along with the remit of the Home Focus Team, the role has involvement with the development of local, regional and national mental health services and recovery projects, including the Mental Health Directorate and Amnesty International Ireland. Current involvement lies with the development of peer support, review of the Mental Health Act 2001, Assisted Decision Making Bill 2013, lecturing in U.C.C., and contributions to A Vision for Change Leadership programme.

DR LEONARD DOUGLAS, ST VINCENTS UNIVERSITY HOSPITAL, DUBLIN
Leonard Douglas is a senior registrar in Psychiatry and a member of the trainee committee of the College of Psychiatrists of Ireland. He chairs the mentoring working group of the trainee committee whose role is to coordinate the implementation of a mentoring programme for psychiatric trainees. He is interested in trainee wellbeing, burnout and retention. He has completed a four day mentor training programme in the U.K. with the London Deanery and subsequent training regarding the planning and establishment of mentoring programmes.
PROF JANE EDWARDS, UNIVERSITY OF LIMERICK
Professor Jane Edwards is the Director of the Music and Health Research Group at the University of Limerick. She is a qualified music therapist and an international expert in the social, recreational, and health uses of music. She is the inaugural President of the International Association for Music & Medicine (www.iammonline.com). She has held academic appointments in six universities across 4 countries; Ireland, Germany, the UK, and Australia since 1993, and has held research fellowships at the University of Cambridge, England, and Queen Margaret University in Scotland. She has published multiple papers in academic journals, and has published two edited books, most recently Music therapy and parent-infant bonding with Oxford University Press in 2011. She is the sole editor for the Oxford Handbook of Music Therapy (forthcoming).

DR LIZ EYRE, WESTERN HEALTH AND SOCIAL TRUST
Dr Eyre is a consultant child and adolescent psychiatrist working in the Western Health and Social Trust tier 3 outpatient CAMHS service in Derry since 2009. In 2010 the service started to provide care to 16 and 17 year olds and, in conjunction with adult mental health services, has developed a process for transferring young people approaching their 18th birthday to the appropriate service within adult mental health.

DR DOMINIC FANNON, MAYO MENTAL HEALTH SERVICES
Dominic Fannon works as Consultant General Adult Psychiatrist with a special interest in Rehabilitation in Mayo Mental Health Service, Ireland and Visiting Senior Lecturer at the Institute of Psychiatry, London. He completed professional training in the West of Ireland and at the Maudsley Hospital, London. His clinical and research interests include the management of psychosis, psychological treatments, early intervention and Recovery in Mental Health Services.

ASSOCIATE PROF ANDREW HARKIN, TRINITY COLLEGE, DUBLIN
Andrew Harkin is Associate Professor in Pharmacology in the School of Pharmacy and Pharmaceutical Sciences in Trinity College Dublin and a Principal Investigator in the Trinity College Institute of Neuroscience. His research is focused on bidirectional nervous system-immune interactions, the role of inflammation in pathogenesis and the potential of anti-inflammatory agents in treating psychiatric disorders.

DR BRENDAN KELLY, UNIVERSITY COLLEGE DUBLIN, MATER MISERICORDIAE UNIVERSITY HOSPITAL, DUBLIN
Brendan Kelly is Senior Lecturer in Psychiatry at UCD and Consultant Psychiatrist at the Mater Misericordiae University Hospital. He holds Masters Degrees in Epidemiology (MSc), Healthcare Management (MA) and Buddhist Studies (MA). In addition to his medical degree (MB BCh BAO), he holds Doctorates in Medicine (MD), History (PhD), Governance (DGov) and Law (PhD). He is editor-in-chief of the Irish Journal of Psychological Medicine and has published in peer-reviewed journals nationally and internationally on psychiatry and film.

DR CLAIRE KELLY, BELFAST
Claire Kelly is a consultant child and adolescent psychiatrist. She works in the Young People’s Centre, the adolescent mental health service for Belfast. She trained in Northern Ireland and Orygen Youth Health, Melbourne, Australia. She has a special interest in early onset psychosis and youth mental health.

DR MIRIAM KENNEDY, ST PATRICK’S UNIVERSITY HOSPITAL, DUBLIN
Dr Miriam Kennedy is the Director of Professional Competence in the College of Psychiatrists of Ireland. Dr Kennedy is a consultant psychiatrist and clinical senior lecturer, currently in St Patrick’s University Hospital/TCD. She has a special interest in medical education and has many years experience in setting up professional development programmes at third level.

PROF ANNE LINGFORD-HUGHES, IMPERIAL COLLEGE, LONDON
Anne Lingford-Hughes is Professor of Addiction Biology at Imperial College and Consultant Psychiatrist with a particular interest in pharmacological treatments of alcohol problems and comorbidity at Central North West London NHS Foundation Trust. She graduated in medicine from Oxford University, completed her PhD at Cambridge University, and trained in psychiatry at The Bethlem and Maudsley Hospitals and Institute of Psychiatry. Her research has focused on using neuroimaging and neuropharmacological challenges to characterize the neurobiology of addiction, particularly alcoholism and opiate dependence. She is currently working on MRC funded studies about the pharmacology of different vulnerabilities to relapse in alcohol, heroin and cocaine addiction and opioid system in gambling and alcoholism. Prof Lingford-Hughes has also contributed to NICE guidance and led guidelines from the British Association for Psychopharmacology. She is currently Vice-Chair of the Academic Faculty of RCPsych.

DR MICHAEL MANNION worked as a consultant psychiatrist in Holywell Hospital from 1993 to 2013. Michael has held the post of Deputy Medical Director of Northern HSC Trust from 2007-2013 and is a member of the DHSSPSNI Revalidation Delivery Board. Prior to that, Michael was the Medical Director of Homefirst HSC Trust from 2002-2007.

DR CAROLINE MAHER, ST VINCENT’S UNIVERSITY HOSPITAL
Caroline Maher is a Consultant Psychiatrist in Eating Disorders and Liaison Psychiatry, Elm Mount Unit, St. Vincent’s University Hospital, Dublin 4 since 2006. The Eating Disorder Programme provides out-patient and in-patient multi-disciplinary team based treatment. There are three designated eating disorder inpatient beds. The team also collaborates in the management of an increasing number of severely unwell patients with anorexia who are admitted medically to the general side of the hospital.

DR NIALL MAHON, MATER MISERICORDIAE UNIVERSITY HOSPITAL, DUBLIN
Niall Mahon is Consultant Cardiologist Mater Misericordiae University Hospital Dublin. A graduate of NUI Galway, he completed his cardiology training in Cardiology in MMUH Dublin, St George’s Hospital Medical School, London and the Cleveland Clinic Foundation, Cleveland, Ohio, USA before returning to his present post where his practice includes interventional cardiology, cardiac device implantation and delivery of heart failure services.

TRIONA MINOGUE, ST VINCENTS UNIVERSITY HOSPITAL, DUBLIN
Triona has over 35 years experience working in Mental Health. She originally trained as a nurse and subsequently completed the 4 year training programme at Dublin City University in Humanistic and Integrative Psychotherapy. She is an accredited member of The Irish Association for Counselling and Psychotherapy I.A.C.P. and The Irish Association of Humanistic and Integrative Psychotherapists I.A.H.I.P. She has been working on the Eating Disorder Team since 2006 and maintains a private practice in Dun Laoghaire.
DR DAMIAN MOHAN, NATIONAL FORENSIC PSYCHIATRY SERVICE, DUBLIN

Damián Mohan, FRCPsych is a Consultant Forensic Psychiatrist with the National Forensic Mental Health Service and Clinical Senior Lecturer in Forensic Psychiatry at the Department of Psychiatry in Trinity College Dublin. His clinical interests include mental health law, development of mental health services within prison and psychiatric aspects of employment litigation.

DR HEATHER MILLS, SOUTHERN TRUST, NORTHERN IRELAND

Dr Mills is a medical psychotherapist. Her post is split between working as a consultant in an Eating Disorder Team and providing psychotherapy input to the Trust, including acting as the Psychotherapy Tutor for the Southern Trust and running supervision groups and Balint Groups. In terms of regional roles, she is the Psychotherapy Training Director and Chair of the Psychotherapy Faculty, Clinical advisor on the Project Board of the CAWT Eating Disorder Project, Chair of the CAWT Clinical Pathways Group and a member of the Regional Eating Disorder Network Group.

DR ANN O GRADY-WALSH, TRINITY COLLEGE DUBLIN

Dr Ann O’Grady-Walsh is a UCD medical graduate with an MSc in CBT from Trinity College Dublin. She worked as a consultant general adult psychiatrist in the St Loman’s / Tallaght Hospital service from 1990-2012. Her clinical interests include the management of psychosis and CBT for psychosis. Since April 2012 she has worked as Senior Lecturer in CBT for psychosis in Trinity College Dublin and has a part-time commitment as cognitive therapist with PROTECT First Episode Psychosis programme in the Wicklow Mental Health Service. She is a trainer with the Insight CBT Partnership Catalyst programme.

DR KIERAN O’MALLEY, CHARLEMONT CLINIC, DUBLIN

Kieran O’Malley has worked at Charlemont Clinic, Dublin since 2009 and is running an all-Ireland consultation clinic for developmental psychiatric disorders, especially FASDs. He was locum Consultant Child and Adolescent Psychiatrist at Our Lady’s Children’s Hospital Crumlin (2010-2013), and formerly Consultant Adolescent Adolescent Psychiatrist with the Belfast Trust (2006-2009). He has worked with developmental psychiatric disorder patients and their families for almost 25 years in Canada, the USA, the UK and Ireland, and has published, lectured and researched extensively on FASDs in particular. Academic involvement included nine years with Professor Ann Streissguth’s Fetal Alcohol and Drug Unit (FADU) research group at the University of Washington Seattle (1997-2006). Recently he received the International Starfish Award for his work with FASDs. He is a member of AACAP, CACAP, board member of the International Society for the Study of Behavioural Phenotypes (SSBP), and a Fellow of RSM, London. He qualified in medicine in 1972 at University College Dublin. He received postgraduate public health training at Guys and Bromley Health Districts in London, and general practice training and practice in Edmonton, Canada, delivering 250 babies at the Royal Alexandra Hospital. His adult, child and adolescent psychiatry training was undertaken at McGill University Montreal, the University of Alberta Edmonton, Cornell Medical School New York and Alberta Children’s Hospital Calgary. His first collection of poems, ‘A Sun’s Eye’ was published in January 2013.

DR NARAYANAN SUBRAMANIAN, ENNIS DAY HOSPITAL, CO CLARE

Narayanan Subramanian, MBBS, MRCPsych, MSC ADDICTIONS (KING’S COLL, LONDON), DIP.H.MGT, DIP.CLP.SY, after graduating from a medical school in India completed his basic psychiatry training in Ireland and completed his Master of Science in Addictions from the Institute of Psychiatry, King’s College London in 2010 along with his Membership of the Royal College of Psychiatrists. He has published articles in addictions and is involved in the Take Home Naloxone pilot study in Ireland. He is involved in the management of patients in a dual diagnosis clinic during his current posting as a final year Senior Registrar in Psychiatry with special interest in those misusing opioids. Dr Subramanian is also currently doing his last year of Masters in Biological Psychiatry in Trinity College Dublin. He is an active member of the Faculty of Addictions of the College of Psychiatrists of Ireland. He has a first-hand experience of managing patients with legal high misuse both in a Drug Treatment Centre and community mental health setting in Ireland.

DR ANNETTE THAMPI, BELFAST EARLY INTERVENTION TREATMENT SERVICE

Annette Thompi is a Consultant Psychiatrist and Clinical Lead with the Belfast Early Intervention Treatment Service. She also has a service development role working in the CAMHS/AMHS interface in Belfast to improve the transition experience for young people with psychosis. She has previously worked for 7 years in Victoria, Australia in the EPPIC and PACE programmes at Orygen Youth Health and was also involved in the development of an Early Intervention Service for Barwon Mental Health in Victoria during this time.

PROFESSOR SIR SIMON WESSELY MA BM BCH MSC MD FRCPsych FRCPsych FMedSci FKC, KINGS COLLEGE, LONDON

Simon Wessely is Professor and Head of the Department of Psychological Medicine and Vice Dean for Academic Psychiatry at the Institute of Psychiatry (IoP), King’s College London. He is best known for his work on unexplained symptoms, syndromes and military health. He founded the King’s Centre for Military Health Research, a unique collaboration between the IoP and the KCL Department of War Studies, founded in 2003. Its flagship project, a large-scale ongoing study of the health and wellbeing of the UK Armed Forces, has had a direct impact on public policy and on forms of treatment and help for Service personnel. Born and educated in Sheffield, he studied medical sciences and history of art at Trinity Hall, Cambridge, and then finished his medical training at University College Oxford, graduating in 1981. He obtained his medical membership in Newcastle, before moving to London to train in psychiatry, where he also obtained a Master’s and Doctorate in epidemiology. Professor Wessely has been a consultant liaison psychiatrist at King’s College Hospital and the Maudsley Hospital since 1991. He became Director of the Chronic Fatigue Research Unit at King’s in 1994 and of the Gulf War Illness Research Unit in 1996. He is Civilian Consultant Advisor in Psychiatry to the British Army, a member of the Defence Scientific Advisory Council, and a Foundation Senior Investigator of the National Institute for Health Research. Professor Wessely has over 650 original publications, with a particular emphasis on the boundaries of medicine and psychiatry, unexplained symptoms and syndromes; military health; population reactions to adversity, epidemiology, history and other fields. He has co-authored a text book on chronic fatigue syndrome; a history of military psychiatry and a book on randomised controlled trials, although none are best sellers. He is active in public engagement activities, speaking regularly on radio, TV and at literary and science festivals. He is a trustee of Combat Stress, and his contributions to veterans’ charities include cycling (slowly) six times to Paris to raise funds for the Royal British Legion. In 2012 he was awarded the first Nature “John Maddox Prize” for Standing Up for Science, and was knighted in the 2013 New Year’s Honours List.

PROF KENNETH WILSON, UNIVERSITY OF LIVERPOOL, UK

Ken Wilson is a professor of old age psychiatry who has taken a clinical interest in working age adults with cognitive damage. People with alcohol related brain damage seem to have a particular problem in service access and this has become the focus of recent exploration.

DR ADAM WINSTOCK, SOUTH LONDON AND MAUDSLEY NHS TRUST, UK

Adam R Winstock MD MRCP MRCPsych FAcHAm is a Consultant Psychiatrist and Addiction Medicine Specialist at South London and Maudsley NHS Trust and Senior Lecturer at the Institute of Psychiatry, KCL.
1. Indicators of physical morbidity among service users in a learning disability residential centre in the west of Ireland
   Dr Victor Adenaike, The Priory Ticehurst Hospital, East Sussex, United Kingdom
2. Discharge planning procedure in Linn Dara In-patient Unit
   Dr Mohammad Afif, Celbridge CAMHS, Celbridge, Co Kildare
3. Anorexia Nervosa in an older woman
   Dr Lynn Agnew, Belfast City Hospital, Belfast
4. Patterns of clinical measures & metabolic indices in patients with first episode psychosis over the first three months of treatment
   Dr Naem Amjad, Cavan/Monaghan Mental Health Services, Cavan
5. An audit of prescribing P.R.N. Medication in a regional medium secure unit
   Dr Philip Anderson, St. Luke's Hospital, Armagh
6. Patient monitoring in a long stay in-patient facility
   Dr Anike Atigari, Finglas Mental Health Service, Connolly Hospital, Dublin
7. Sustained antidepressant response to Ketamine
   Dr Onome Victor Atigari, Our Lady's Hospital, Navan, Co Meath
8. Epidemiological survey of service users attending the Mental Health Intellectual Disability Clinic in Galway
   Dr Oluyemi Babalola, Learning Disability Service, Brothers of Charity, Galway
9. Health service and resource use at 12 years in first episode psychosis
   Dr Caragh Behan, DETECT Early Intervention service, Blackrock, Co Dublin
10. Lithium and the Kidneys; What to do with a creeping creatinine
    Dr Mary Butler, South Tipperary Mental Health Services, Clonmel, Co. Tipperary
11. Audit of a mental health assessment centre, Finneston House, Downpatrick
    Dr Philip Campbell, Knockbracken Healthcare Park, Belfast
    Dr John Caughey, Home Treatment Team Belfast, Fairview House, Crumlin Road, Belfast, Co Antrim
13. Can the interpersonal dynamics format be used as a semi-structured frame for psycho-dynamically informed reflective practice in a forensic setting where regular attendance at reflective practice is difficult?
    Dr Janet Corry, Royal Victoria Hospital, Belfast
14. Gender specific risk assessment: the HCR-20 and the FAM
    Dr Mary Davoren, St Vincent's Hospital, Fairview, Dublin
15. Routine outcome measurements and long stay patients: change and recovery
    Dr Mary Davoren, St Vincent’s Hospital, Fairview, Dublin
16. Retrospective cohort study of length of stay
    Dr Mary Davoren, St Vincent’s Hospital, Fairview, Dublin
17. Prolactin monitoring in patients prescribed antipsychotic medication in the Central Mental Hospital
    Dr Catherine Dolan, St. James' Hospital, Dublin
18. An audit of opiate detoxes in an in-patient addictions unit in Northern Ireland in 2012
    Dr Grainne Donaghy, Longstone Hospital, Armagh, Northern Ireland
19. Crisis Presentation: A survey of out-of-hours assessments in the South Tipperary Mental Health Service
    Dr Chioma Ene, Dept of Psychiatry, South Tipperary General Hospital
20. Previous antidepressant use in those receiving augmentation & combination treatment for Depression
    Dr Sadiya Faisal, St Loman's Hospital, Mullingar
21. Is all art “quite useless”? The experience of an arts-based teaching module for psychiatry trainees
    Dr Martha Finnegan, St. Patrick’s University Hospital, Dublin
22. ‘Framed Spaces’: Parallels between the process of image-making and psychotherapy
    Dr Claire Flahavan, Cheeverstown Service, Templeogue Road, Dublin
23. An audit looking at the monitoring of patients receiving antipsychotic treatment, in those who suffer with Schizophrenia and Bipolar Disorder, within a community rehab and recovery team, attending a multi-disciplinary led clinic.
    Dr Catherine Forgie, Holywell Hospital, Antrim
Dr Fathima Fysal, Cavan General Hospital, Cavan
25. Lipids and essential fatty acid levels in self-harm: A 10 year follow-up study  
Dr Anne Gallagher, Psychiatric Unit, Galway University Hospital, Galway
26. An investigation of patient and staff attitudes towards spirituality in mental health care  
Dr Zorina Gibbons, Drug Treatment Centre, Dublin
27. An audit of physical examination on admission to a forensic in-patient unit  
Dr Melissa Gibney, St. Brigid’s Hospital, Ardee
28. The comprehensive risk assessment – promoting quality care?  
Dr Ruth Grant, Tyrone and Fermanagh Hospital, Omagh
29. Renal insufficiency in patients prescribed Lithium treatment  
Dr Mutahir Gulzar, Cavan General Hospital, Cavan
30. Changing risk levels in substitute prescribing in Belfast 2009 to 2013  
Dr Laura Hawkins, Muckamore Abbey Hospital, Antrim
31. ECG interpretation skills in trainee psychiatrists  
Dr Kieran Hennigan, Stewarts Hospital, Palmerstown, Dublin
32. Diagnosis and management of patient referred to a specialist memory clinic: adherence to guidelines  
Dr Muhammad Fahmi Ismail, South Lee Mental Health Services, Cork University Hospital, Cork
33. Audit of physical examination equipment in the acute admissions unit of the department of adult psychiatry, Connolly Hospital  
Dr Madeeha Iqtidar, West Blanchardstown Mental Health Services, Dublin
34. Biomarkers for neuro-developmental disorders  
Dr Aoife Kearney, City General Hospital, Cork
35. CBT delivered by psychiatry trainees- Can a little knowledge be a good thing?  
Dr Eric Kelleher, Trinity Centre for Health Sciences, St James’ Hospital, Dublin
36. An audit of correspondence to referring agents in a community child and adolescent psychiatric service  
Dr John Kelly, Cork University Hospital, Cork
37. Referrals to a community based adult mental health service and the role of self assessment forms  
Dr Tasneem Khan, Naas General Hospital, Co Kildare
38. The case of the ‘wounded healer’ – more common than we think? A literature review of Childhood Trauma (CHT) affecting medical students and doctors  
Dr Eimear King, Queen’s University Belfast & the Northern Trust Belfast
39. An audit of patients’ experiences of contact with the East Galway psychiatry of old age (POA) services  
Dr Leona Lally, Psychiatry of Later Life, Galway University Hospital, Galway
40. Songs of the psyche  
Dr Dearbhail Lewis, Belfast Health and Social Care Trust
41. Clozapine monitoring: A completed audit cycle  
Dr John Lyne, St. Brigid’s Hospital, Ardee, Co. Louth
42. The effect of the use of the ADOS-G diagnostic module on the rate of diagnosis of autistic spectrum disorder in a tier 4 child and adolescent mental health day hospital setting  
Dr James McDonald, Lucena Clinic, Rathgar, Dublin
43. Enhancing the efficiency and accessibility of induction by provision of an intranet-based online resource  
Dr Clare McGivern, St. Vincent’s University Hospital, Dublin
44. Clinical coding audit: Bluestone Unit, Craigavon Area Hospital, Southern Health and Social Care Trust  
Dr Jacinta McLaughlin, Belfast Health & Social Care Trust, Belfast
45. Medicines reconciliation within the southern health and social care trust home treatment crisis response team  
Dr Jacinta McLaughlin, Belfast Health & Social Care Trust, Belfast
46. A review of a single sex ward policy within the Bluestone Unit, Craigavon Area Hospital  
Dr Jacinta McLaughlin, Belfast Health & Social Care Trust, Belfast
47. MDPV-induced psychosis  
Dr Mas Mohamad, Tevere Day Hospital, Limerick
48. Audit of referrals of over 65’s to a general liaison psychiatric service  
Dr Susan Moore, Cluain Mhuire Mental Health Services, Dublin
49. Inked shrinks: The portrayal of psychiatry in the cartoons of The New Yorker
   Dr Laura Nagle, Our Lady's Hospital, Navan, Co. Meath

50. Inappropriate GP referrals to community mental health service: A recurrent phenomenon
   Dr Natasya Nor, West Blanchardstown Mental Health Service, Dublin

51. Qualitative survey of staff’s competence and confidence in the assessment of sexual dysfunction
   in patients on long term antipsychotic therapy
   Dr Natasya Nor, West Blanchardstown Mental Health Service, Connolly Hospital, Dublin

52. Audit of Individual Care Planning (ICP) document in day hospital setting based on quality
   framework for mental health services in Ireland
   Dr Natasya Nor, West Blanchardstown Mental Health Service, Connolly Hospital, Dublin

53. Audit of pre drug treatment checklist for ADHD (NICE GUIDELINES) in North Mayo child and
   adolescent mental health services.
   Dr Martin Nsirim, Child and Adolescent Mental Health Service, Dublin North East.

54. Audit of Lithium monitoring in an intellectual disability service
   Dr Louis Obikaonu, St Ita's Hospital, Portrane, Co Dublin

55. Pro-inflammatory Cytokine levels are raised in patients with Schizophrenia treated with Clozapine
   or depot medication
   Dr Kara O’Connell, St Vincent's Hospital, Fairview, Dublin

56. An Integrated Medication Protection System (IMPS) for outpatients on psychotropics
   Dr Colin O’Donnell, Psychiatry of Old Age, Cavan/Monaghan Mental Health Services

57. Audit of 16 year olds presenting to Monaghan Mental Health Services before the advent of the
   Monaghan CAMHS pilot project taking referrals for 16 year olds
   Dr M.C Pranith Perera, St Davnet’s Hospital, Monaghan

58. Recommendations to improve the quality of prescription standards at the department of
   psychiatry in an urban multi-specialty hospital
   Dr Niamh Quigley, Department of Psychiatry, Connolly Hospital, Blanchardstown, Dublin

59. Formal Thought Disorder: A systematic epidemiologic review
   Dr Eric Roche, DETECT Early Intervention in Psychosis Service, Blackrock, Co Dublin

60. Liver function tests & Agomelatine
   Dr Hami Sadi, St Loman’s Hospital, Mullingar, Co Westmeath

61. Alcohol and substance misuse in individuals presenting in crisis: a survey based in the Grangewood
   Hospital Crisis Service
   Dr Bronagh Sproule, Grangewood Hospital, Clooney Road, Derry

62. Audit of Lithium monitoring of an adult psychiatric service (Arfon CMHT, Hergest Unit, Bangor
   Hospital, Wales, UK)
   Dr Shichao Sun, Glan Clwyd Hospital, Bodelwyddan, Wales

63. A naturalistic outcome study of referrals with depressive symptoms to an Irish community based
   old-age psychiatry service
   Dr Hussain Syed, Clondalkin Mental Health Service, Tallaght Hospital, Dublin

64. A survey of the antipsychotic prescribing practices of child and adolescent psychiatrists
   Dr Ekata Uduehi, Linn Dara, Dublin

ACKNOWLEDGEMENTS

Poster & Oral Presentation Selectors: Dr Paul Scully & Dr Ciaran Mulholland
Poster and Oral Presentation Judges: Dr Geraldine McCarthy, Dr Ruth Barr & Dr Eamon Keenan

PROFESSIONAL COMPETENCE SCHEME HELPDESK

PCS helpdesk – Thursday up to 15.00 hrs. Bring your smartphone or tablet with you and we’ll help install the
online CPD Diary app.

At the time of printing, all information is accurate but subject to change.
DATES FOR YOUR DIARY 2014

21ST February  
NCHD CONFERENCE, DUBLIN

10TH & 11TH APRIL  
SPRING CONFERENCE,  
THE MARYBOROUGH HOTEL, CORK

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