



**College of Psychiatrists
of Ireland**

Wisdom • Learning • Compassion

**COLLEGE OF PSYCHIATRISTS OF
IRELAND**

NCHD CONFERENCE 2022

MOVING HORIZONS

**Friday 25 February 2022
Online via Zoom Webinar
#NCHDPsych**

Welcome to the NCHD Conference 2022

Dear NCHDs,

On behalf of the Trainee Committee of the College of Psychiatrists of Ireland, we are delighted to welcome you to the 13th annual NCHD conference. While we appear to have come through the worst of the pandemic, the Trainee Committee felt that a second virtual gathering was the safest way to go. We very much hope to be back to our usual in-person format next year.



That said, we once again have the opportunity to host speakers from across the globe. In the morning sessions, we will hear about healthcare systems globally with presenters joining us from Uganda and Hong Kong. Then we move to the realm of personality disorders to discover what's new with ICD 11 and how our understanding has changed over time. We will be joined by experts from Ireland to share their knowledge on new ways to consider and approach this in clinical practice.

As always, we have had lots of interest in our essay competition. We are delighted to be joined by our six finalists on the day who gave us the hard task of picking a winner from their thought provoking submissions on *The Future of Psychiatry – Prevention or Cure?*. Our colleagues from REFOCUS will then join us for a Q&A session in what is always an enlightening discussion on the experiences of patients and their loved ones, especially over the last two years.

We will then hear from speakers across a range of subspecialties in Psychiatry. We know that trainees miss out on exposure to several subspecialties during training and we wanted to use these sessions to change that. We will take you on a whistle-stop tour through the areas of learning disability, rehabilitation and autism spectrum disorder. Experts in these fields will share interesting cases and illustrate why they chose these areas hopefully inspiring some of you in attendance to follow suit!

Our pièce de résistance is our trainee action panel which will bring the day to a close. Recent surveys of trainees indicate high levels of stress and burnout. As such, we have organised a panel of experts, with trainee colleagues included, to discuss this phenomenon and what needs to happen to address it. We are looking forward to a lively debate and hope that trainees can use this as a platform to bring observations and ideas.

We'd like to say a sincere thank you, as always, to Vivienne Keeley for her amazing work coordinating this event and to all the staff of the College of Psychiatrists of Ireland for their continued support.

Drs Aoife O'Callaghan & Sarah Casey
Trainee Committee Chairs

Schedule of Events

- 09.15 - 09.30:** Welcome Address - *Dr William Flannery*
- 09.30 - 09.55:** "It's About Having a Mind to Help" - *Professor Maureen Wilkinson*
- 09.55 - 10.00:** *Break*
- 10.00 - 10.25:** "Public Mental Health Service in Hong Kong" -
Professor Wing-Chung Chang
- 10.25 - 10.35:** **Q & A Session**
- 10.35 - 10.40:** Awarding of the Medical Student and Intern Essay Prize 2022
- 10.40 - 10.45:** *Break*
- 10.45 - 11.10:** "Insights into the ICD-11 Categorisation of Personality Disorders"
- *Dr Sorcha McManus*
- 11.10 - 11.15:** *Break*
- 11.15 - 11.40:** "Using Evolution to Improve Our Understanding of Mental Health
and Illness" - *Professor Henry O'Connell*
- 11.40 - 11.50:** **Q & A Session**
- 11.50 - 12.00:** *Break*
- 12.00 - 12.25:** "Psychiatric Physicians and Creative Leadership in the 21st
Century" - *Dr Patricia Walsh*
- 12.25 - 12.30:** *Break*
- 12.30 - 12.50:** "Virtual Mental Health During the Pandemic" - *Ms Jeannine Webster*
(*Refocus Member*)
- 12.50 - 13.50:** **Lunch**
- 13.50 - 14.15:** "Evolving Role of Psychiatrist in Continuing Care Settings:
Case Study" - *Dr Noreen Moloney and Dr Daniel Herlihy*
- 14.15 - 14.30:** "Aspiring to do more? Career opportunities for Senior Trainees in
Psychological Medicine" - *Dr Rosie Plunkett & Dr John Cooney*
- 14.30 - 15.00:** *Break*
- 15.00 - 15.25:** "Autism and Mental Health - Challenges and Solutions"
- *Professor Louise Gallagher*
- 15.25 - 15.30:** *Break*
- 15.30 - 16.30:** Trainee Action Panel on Burnout
- 16.30 - 16.45:** Closing Address

MORNING SESSION

09.15 - 09.30: Welcome Address

Dr William Flannery - President of the College of Psychiatrists of Ireland

09.30 - 09.55: "It's About Having a Mind to Help"

Adventures in International Mental Health

Dr Maureen Wilkinson

Maureen Wilkinson dreamt of being a jungle doctor but in fact became the psychiatrist for the population of Malawi and its Mozambican refugees. She has since had many opportunities to help support mental health service development in resource poor countries and feels very privileged. This session explores cross cultural reflections and lessons learnt throughout a career filled with adventure, fun and rewarding relationships.

09.55 - 10.00: BREAK

10.00 - 10.25: "Public Mental Health Service in Hong Kong"

Professor Wing-Chung Chang

In this session, Professor Chang will introduce the public mental health service in Hong Kong and discuss the challenges faced by the healthcare system.

10.25 - 10.35: Q & A Session

MORNING SESSION

10.35 - 10.40: Medical Student and Intern Essay Prize 2022 Announcement of Winner

The Medical Student and Intern Essay Prize is an initiative of the Trainee Committee of the College of Psychiatrists of Ireland, which has been running annually since 2010. The Committee is actively involved with promoting Psychiatry as a specialty and engaging with Medical Students and Interns at a number of events throughout the year. The title of this year's competition was "The Future of Psychiatry: Prevention or Cure?"

10.40 - 10.45: BREAK

10.45- 11.10: "Insights into the ICD-11 Categorisation of Personality Disorders"

Dr Sorcha McManus

In this session, Dr McManus will discuss the ICD-11 categorisation of Personality Disorders.

11.10 - 11.15: BREAK

11.15 - 11.40: "'Using Evolution to Improve our Understanding of Mental Health and Illness"

Professor Henry O'Connell

Professor O'Connell's talk is titled 'Using evolution to improve our understanding of mental health and illness'. He will start by providing an overview of historical developments in evolutionary biology from the time of Charles Darwin through to the present day, demonstrating how evolution is now a central platform of biology. He will then outline key evolutionary principles and, in particular, principles that are of most relevance to clinical medicine and psychiatry. Finally, he will apply evolutionary principles to specific psychiatric disorders and outline how the evolutionary perspective can enhance clinical treatment, research and medical education.

MORNING SESSION

11.40 - 11.50: Q & A Session

11.50 - 12.00: BREAK

12.00 - 12.25: "Psychiatric Physicians and Creative Leadership in the 21st Century"

Dr Patricia Walsh

This session contains reflections on challenges, opportunities, navigating uncertainty and learning from the past.

12.25 - 12.30: BREAK

12.30 - 12.50: "Virtual Mental Health During the Pandemic"

Ms Jeannine Webster

This session will feature a discussion between Dr Kieran Doherty a psychiatry trainee and Ms Jeannine Webster, a member of REFOCUS on their experience of virtual mental health consultations and interventions during the pandemic.

12.50 - 13.50: LUNCH

AFTERNOON SESSION

13.50 - 14.15: "Evolving Role of Psychiatrist in Continuing Care Settings: Case Study"

Drs Noreen Moloney and Daniel Herlihy

This session will include 2 presentations. Dr Moloney will give a brief overview of one man's journey through severe mental illness, requiring repeated Acute Psychiatric Unit admissions, to Independent living and employment. The story of Charles demonstrates what can be achieved by people with complex mental illnesses when supported by a Specialist Rehabilitation and Recovery team. Dr Herlihy will present a case that illustrates the impact multidisciplinary rehabilitation teams can have into the lives of those in longer term continuing care settings.

14.15 - 14.30: "Aspiring to do more? Career opportunities for Senior Trainees in Psychological Medicine"

Drs Rosie Plunkett and John Cooney

The Psychological Medicine Service in St James's Hospital (SJH) delivers high quality consultation liaison input across all general medical and surgical specialties in the hospital, in a Consultant-led Multidisciplinary model. The Psychological Medicine Service has identified key opportunities to develop post-HST fellowships in the areas of adolescent and young adult cancer care, functional disorders, psychological treatment and trauma care. This session aims to lay out the current and future career opportunities within the Psychological Medicine Service and to draw on the experience of trainees to help develop these opportunities.

14.30 - 15.00: BREAK

AFTERNOON SESSION

15.00 - 15.25: "Autism and Mental Health - Challenges and Solutions"

Professor Louise Gallagher

Autism spectrum disorders (ASD) are a heterogeneous group of disorders that are associated with significant mental health and behavioural needs. Providing assessment, treatment and services to autistic people is challenging due to diagnostic overshadowing, heterogeneity, unclear pathways, barriers to care and stigma. We will talk about mental health outcomes in autistic people, the challenges to providing services and some solutions that could influence service provision.

15.25 - 15.30: BREAK

15.30 - 16.30: "Trainee Action Panel on Burnout"

Panellists: Dr Caragh Behan, Dr Molly Bredin, Professor Blánaid Hayes, Dr Iolanda Tiedt

Moderator: Dr Leonard Douglas

This panel discussion will focus on the topic of burnout from different perspectives exploring how burnout is conceptualized, what factors contribute to it on a personal, cultural and organizational level and what positive steps can be taken at these different levels to address burnout and improve morale in psychiatry.

16.30 - 16.45: Closing Address

BIOGRAPHIES

BEHAN, Dr Caragh; is a Senior Clinical lecturer and General Adult Psychiatrist with a PhD in Mental Health Economics. She has an interest in mindfulness and meditation and is trained to teach children, adolescents and adults meditation. She has a special interest in early intervention in psychosis, and having worked in EIP in both urban and rural settings has a special interest in translational research and the difficulties faced by mental health services in translating complex interventions into practice.

BREDIN, Dr Molly; is currently a HST trainee in General Adult Psychiatry. She is a member of the College of Psychiatrists of Ireland Trainee Committee and is Vice-Chair of the CPsychI Personality Disorder Special Interest Group. She completed an MSc in Psychoanalytic Psychotherapy in 2021 with a thesis exploring culture within psychiatric services in its approach to Borderline Personality Disorder. She is now training for a Clinical Diploma with the Irish Institute of Psychoanalytic Psychotherapy with the aim of achieving full psychotherapy accreditation.

CHANG, Professor Wing Chung; is currently a Clinical Associate Professor at Department of Psychiatry and a Principal Investigator of the State Key Laboratory of Brain & Cognitive Sciences in the University of Hong Kong (HKU). He is a Fellow of the Royal College of Psychiatrists (UK) and the Hong Kong College of Psychiatrists, and is an an Honorary Consultant of the early intervention service for psychosis at Queen Mary Hospital. Dr. Chang's research interests focus on early intervention and outcomes of first-episode psychosis, clinical high-risk and psychosis prediction, negative symptoms and amotivation, early-stage bipolar disorder, and physical health in severe mental disorders. He has received several awards including International Early Psychosis Association Young Investigator Award and NARSAD Young Investigator Award by Brain & Behaviour Research Foundation.

COONEY, Dr John; MD, MRCPsych, MCPI, is a consultant liaison psychiatrist and current clinical director of the hospital's Haematology, Oncology and Palliative Care Directorate. He is former chair of the Medical Board in St James's Hospital and former chair of the Liaison Faculty of the Irish College of Psychiatrists.

FLANNERY, Dr William; is President of the College of Psychiatrists of Ireland. From 2013 to 2017, he was Chair of the Postgraduate Training Committee. He is a Consultant Psychiatrist in Addictions Psychiatry at the Mater Misericordiae University Hospital and the National Drug Treatment Centre in Dublin City Centre.

GALLAGHER, Professor Louise; MB, BCh, BAO, MRCPsych, PhD, FTCD, is Chair of Child and Adolescent Psychiatry, TCD, and a Consultant Child and Adolescent Psychiatrist in the health service. She leads an autism and rare neurodevelopmental disorder research group in Trinity College Dublin focused on clinical translational research. The work in her group has contributed to the understanding of genetic causes of autism, particularly the relationships between genetic risks, endophenotypes and symptoms. Her current work is focused on biomarker identification in association with the study of common and rare genetic risk factors and mental health comorbidity in the context of neurodevelopmental disorders. She is a member of several large international research consortia researching genomics and neuroimaging related to neuropsychiatry and a large European consortia, AIMS-2-TRIALS that is focused on the identification of biomarkers for autism and clinical trials of new therapies. The clinical service provides neuropsychiatric assessment to children and adolescents with mental health comorbidities and autism. She facilitates training and awareness raising with health professionals and actively advocates through the College of Psychiatrists for improved mental health services for autistic people.

HAYES, Professor Blánaid; has worked as an occupational physician in the health sector for nearly 3 decades. She is a Fellow of the Royal College of Physicians of Ireland (FRCPI) and a former elected member of its Council. She is a former Dean of the Faculty of Occupational Medicine (FFOM) and former president of the Irish Society of Occupational Medicine (ISOM). She is an Honorary Member of the UK's Society of Occupational Medicine and an Honorary Fellow of the Faculty of Occupational Medicine (UK). She has been involved in training young doctors as occupational medicine specialists for 2 decades, both as a supervising trainer and as National Specialty Director. Her research interests include doctors' wellbeing, needlestick injury and influenza immunisation in healthcare workers. She was lead investigator in the first national survey of hospital doctors in Ireland. This exploration of workplace and personal wellbeing measures, as well as lifestyle behaviours, has helped to inform policy and curricular developments within the constituent post-graduate training bodies of the Royal College of Physicians of Ireland.

HERLIHY, Dr Daniel; is a consultant psychiatrist with the Carlow/Kilkenny rehabilitation and recovery team. He is chair of the Faculty of Social and Rehabilitation Psychiatry. Dr Herlihy completed his HST in South London with a focus on working with people with psychosis in various rehabilitation settings, a first episode psychosis service and a psychiatric intensive care unit.

MCMANUS, Dr Sorcha; is General Adult Consultant Psychiatrist with a special interest in Personality Disorder. She currently works in St Patrick's University Hospital. She is a member of the PD-SIG at CPsychI. She is an accredited Balint Leader. She is currently in supervised training to become an accredited MBT Therapy.

MOLONEY, Dr Noreen; is a final year HST trainee with a special interest in Rehabilitation Psychiatry. She has spent two years of her training working in the area and is currently the Vice-Chair of the Faculty of Social and Rehabilitation Psychiatry with the College of Psychiatrists of Ireland.

O'CONNELL, Professor Henry; is a Consultant Psychiatrist with Laois-Offaly Mental Health Services, based in Portlaoise, and Associate Clinical Professor with the School of Medicine at the University of Limerick. He has a particular interest in the study of evolutionary biology and its implications for clinical practice, medical research and medical education, leading him to establish in 2021 the College of Psychiatrists of Ireland Evolution and Psychiatry Special Interest Group, of which he is the founding Chair.

PLUNKETT, Dr Rosie; MD, MRCPsych, MCPsychI, is a consultant liaison psychiatrist subspecialising in Psycho-Oncology. She is former chair of the Trainee Committee of the College of Psychiatrists of Ireland and an active member of working groups developing a model of care for Liaison Psychiatry (CPsychI) and a model of care for Child, Adolescent and Young Adult Psycho-Oncology services (HSE NCCP).

TIEDT, Dr Iolanda; is a final year BST trainee in psychiatry. She is the national trainee association general manager for the European Federation of Psychiatric Trainees and is currently involved in research in Balint and burnout in NCHD's, in a paediatric hospital setting. She co-founded the website "Mind The Frontline", set up during COVID as a mental health resource for frontline healthcare workers. She plans to specialise in child and adolescent psychiatry and is currently completing an online diploma in psychological therapies.

WALSH, Dr Patricia; is a HSE consultant of 17 years based in CHO 7. She initially worked as a consultant in general adult psychiatry for 9 years and moved to intellectual disability psychiatry 7 years ago. She trained in Australia and Ireland. She is specialist registered in general practice, adult psychiatry and learning disability psychiatry and has published research in neuroendocrinology and ID psychiatry. She has Masters in Healthcare Management and Digital Transformation of Healthcare. She is interested in inclusion, diversity, creative therapies and initiatives that promote understanding between MDT, legal and other professionals that interface and influence psychiatric services.

WILKINSON, Professor Maureen; lived in Malawi for 6 years, where she was the Senior Government Psychiatrist, developing community mental health services, embedding mental health in the primary care system and halving the population of the mental hospital. Since then she has provided consultant support to several mental health services in resource-poor countries, alongside work as a community mental health team psychiatrist in Cheshire and Wirral, and Medical Lead for Personal and Organisational Development. In retirement, Maureen is part of Jamie's Fund, supporting mental health service development in Uganda (jamiesfund.org.uk) She currently works with 25 developing MH services in the church hospitals in Uganda, and contributed to the UK All Party Parliamentary Group on Global Mental Health.