

National Resident Doctors' Conference 2025



Empowering Minds, Transforming

24 – 25 April 2025

9:30am – 4:30pm

Park Regis Birmingham, 160 Broad St, Birmingham, B15 1DT



Information Booklet



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General information

Certificates

Certificates of attendance will be emailed to delegates within two weeks after the event. Please ensure we have your preferred email address.

Presentations

All slides that we have been given permission to share with delegates will be emailed in PDF format, following the event.

Accreditation

1 CPD point per hour of content, subject to peer approval

Feedback

Please complete the [feedback form](#). All comments received remain confidential and are viewed in an effort to improve future events.

Venue Information

We are pleased to host our National Resident Doctors' Conference at the Park Regis Hotel, Birmingham. You can find out more about the venue on their [website](#).

Parking:

There is secure onsite parking available at St Martins Place adjacent to the Park Regis, Birmingham. You can find out more and view a map on their [car parking & hotel access webpage](#).

Bar, Restaurant & Outdoor Terrace:

The Park Regis' 1565 Bar is a beautifully lit space which serves up an extensive menu of creative cocktails, delicious food and Afternoon Teas. The fabulous 1565 Outdoor Terrace allows guests to admire the cityscape throughout the year, making it the perfect social space to enjoy the city in style. [Find out more](#).



Welcome letter from the PRDC

On behalf of the RCPsych Resident Doctors' Committee (RDC) we would like to warmly welcome you all as delegates and speakers to this year's National RDC Conference.

We are delighted you can join us for an event that we hope you will find to be informative, engaging and thought-provoking across sessions that are designed to help empower your own learning and development to ultimately have a positive impact on transforming the lives of the patients we work with.

The conference provides an opportunity to participate in presentations to support your training, whatever stage you are at, and to also hear from experts in their field alongside those with lived experience. There is a variety of fringe events to suit most appetites and a drinks reception at the end of day one which is free for all to attend and a chance to network in a relaxed environment.

We would like to thank Berfin Senol, Tugba Kavasoglu and Nermeen Ahmed for their role as RDC conference representatives, Henrietta Blyth in supporting the poster competition and Michael Jamieson from RCPsych Divisions Team - none of us would have an event to attend if not for the hard work of all of them.

We hope you engage in stimulating conversations in person and online and please do feel free to approach any of us if you have questions about the RDC and how we represent psychiatric resident doctors. If not during the conference itself, catch up at the networking drinks reception at the end of day one!

Have a great conference.

Best wishes

Dr Claire Hosein | Dr Jonathan May | Dr Rebecca Long

Chair, PRDC | Vice Chair, PRDC | Vice Chair, PRDC



Programme - Day 1

Time	DAY ONE "ESSENTIAL SKILLS FOR SUCCESS"		
9am	Registration Opens		
10-10.05am	Welcome		
10.05-10.40am	Leading with compassion in a changing world: How to become an effective leader Dr Helen Crimlisk		
10.45-11.25am	Breakout A Preparing for MRCPsych Dr Vivek Agarwal Chief Examiner RCPsych	Breakout B Consultant interview masterclass- Part One Dr Helen Crimlisk Medical Director, Sheffield Health and Social Care NHS Foundation Trust, with Dr David Bishop	Breakout C ST4 self-assessments & interviews: How to make the most of your application Prof Nandini Chakraborty National Lead for Recruitment
11.25-11.45am	Comfort break		
11.45-12.25pm	Breakout A Preparing for MRCPsych Dr Vivek Agarwal	Breakout B Consultant interview masterclass – Part Two Dr Helen Crimlisk & Dr David Bishop	Breakout C ST4 self-assessments & interviews: How to make the most of your application Professor Nandini Chakraborty
12.25pm-1.20pm	Lunch Break		
	Fringe - Meet the PTC Hosted by the Psychiatric Resident Doctors' Committee		
1.20-2pm	Keynote Speaker: Being a psychiatrist: Balancing career, College, and life President Lade Smith CBE		
2-2.35pm	An introduction to the new psychiatry ePortfolio Dr Ross Runciman		
2.35-3pm	Comfort break		
3-3.45pm	Keynote: An improbable psychiatrist - Writing about mental illness, stigma, training now and then Speaker: Dr Rebecca Lawrence		
3.45-4.30pm	In conversation with Shocka: Rapper and mental health advocate Hosted by Dr Rebecca Long		
4.30pm	Thanks, and close		
4.30-5.15pm	FRINGE EVENTS		
	Taboo & Psychiatry Game Session	Standup Comedy Dr Sena Akin Toy CT2	Crochet Time Dr Emily Hobbs Dr Natasha Rackley
5.15-6.15pm	Networking and Drinks reception		



Programme - Day 2

Time	DAY TWO "THE PSYCHIATRIST AND THE PATIENT"		
7.30am	FRINGE EVENT Group run around Birmingham – organised by Dr Katie Dichard-Head <i>Meet in hotel lobby</i>		
8.45am	Registration Opens		
9.30-10.05am	Psychopathology Dr Matthew Broome		
	Breakout Sessions <i>(Delegates pre-select one)</i>		
10.05-10.50am	Breakout A Climate and ecological crisis: what can psychiatrists do? Dr Dasal Abayaratne	Breakout B Football and dementia: Where are we heading? Dr Thomas McCabe	Breakout C Mental health and the ageing clock: exploring the links between dynamic genetics factors and mental health in older adults Dr Claire Potter
10.50-11.10am	Comfort break		
11.10-11.55	KEYNOTE SPEAKER: "Every symptom tells a story – Psychodynamic contributions to everyday psychiatry". Speaker Dr Jo O'Reilly – RCPsych Medical Psychotherapy Faculty Chair		
11.55-12.40pm	KEYNOTE SPEAKER: Assessing for Autism or ADHD – beyond the textbooks Dr Premal Shah		
12.40-1.25pm	Lunch break		
	Fringe Event Expression of mental health through poetry: Dr Nielsen Fernandez		
1.30-2.05pm	The unfolding story: What happened next and what would you do? Interactive panel session discussing case examples		
2.05-2.40pm	The Neuropsychiatry of the Management of Substance Misuse Professor Valerie Voon		
2.40-3pm	Comfort break		
3-3.35pm	Psychedelics and New Treatments Professor David Nutt		
3.35-3.55pm	Poster Competition Winners		
3.55-4pm	Reflections, thanks, and Close		



The RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery, and enrich learnings, we provide our members with the opportunity to hear from a range of professionals.

The speakers, panellists and participants views and comments are their own and not the established views of the College. Any exhibitors supporting the event have no influence on the programme or speakers.

We thank those who have supported this conference, including the BMA, MDU, Chase De Vere, Recordati Pharmaceuticals Ltd, and Idorsia Pharmaceuticals Ltd



Speakers and Sessions – Day 1



Dr Helen Crimlisk
Medical Director, Sheffield
Health and Social Care
NHS Foundation Trust

Leading with compassion in a changing world

Biography

Dr Helen Crimlisk is a Consultant in Community Psychiatry and Medical Director and Associate Director of Teaching at the University of Sheffield. At the RCPsych, she has a role as Specialist Advisor for Workforce and previously as Associate Registrar for Leadership and Management led the development of the RCPsych Leadership and Management Fellowship Scheme which offers a high-level experience for ambitious Resident and SAS psychiatrists who want to develop leadership competencies and experience.

She undertook leadership training with the Generation Q programme as a consultant supported by the Health Foundation and went on to become a Salzburg Global Fellow, with interests in system leadership, quality improvement, sustainability, digital and workforce.

She trained at Guys and the Maudsley in London, undertaking research in Neuropsychiatry at Queen Square, London before completing her training in South Yorkshire following a period living and working as a SAS psychiatrist in Germany.

Whilst now working full time, she has trained and worked part-time as both a trainee and a consultant and picked up leadership opportunities over the last 10 years. Out of work she enjoys running, cycling and gardening and a variety of (very) amateur artistic interests.

Overview

How to lead teams, organisations and transform services to compassionately deliver care equitably and effectively in a complex and changing world.

Key learning objectives

- Understand your own leadership style and needs
- Understand the value of compassion in achieving impactful change
- Understand the system leadership skills necessary to lead in complexity





Dr Vivek Agarwal
Chief Examiner RCPsych

Breakout A Preparing for MRCPsych

Biography

Vivek is a consultant in general adult psychiatry at the Norfolk and Suffolk NHS Foundation Trust and is an experienced educator and examiner.

As an examiner, he has been involved in exam development across the MRCPsych exam since 2015, having sat on the Standard Setting Panel and chairing the QA Panel.

Vivek was appointed as Chair of the CASC Panel in 2021 and has led on examiner training, was a key member of the Assessment Strategy Review Group, as well as representing the College as an external examiner in Hong Kong and Sri Lanka.



Breakout B

Consultant Interview Masterclass



Dr David Bishop
*Consultant Psychiatrist,
Sheffield Health and Social
Care NHS Foundation Trust*

Biography

David is an NHS Consultant Psychiatrist, working in the community for Sheffield Health and Social Care NHS Foundation Trust.

David obtained his medical degree in 2015 from Peterhouse, Cambridge, intercalating in neurophysiology and neuropsychology. He moved to Sheffield to take up an academic foundation programme in medical education and obtained his PGCert. He completed dual training in older adult and general adult psychiatry with an endorsement in liaison, finishing in 2024.

David has an interest in the relationship between psychiatry and neuroscience and how this is communicated with professionals and patients alike. He is an honorary clinical teacher at the University of Sheffield. David completed LMFS himself in the third cohort which sparked his own interest in medical leadership. He became associate programme director and then director of the scheme from March 2025.

Outside of work David enjoys church, cycling, and running (mostly after his children).



Dr Helen Crimlisk





**Professor Nandini
Chakraborty**

*Consultant Psychiatrist,
Leicestershire Partnership
NHS Trust
Hon. Professor, University
of Leicester
Clinical lead for national
recruitment in psychiatry,
NHS England, Workforce
training and education*

Breakout C

ST4 self-assessments & interviews: how to make the most of your application

Biography

Nandini is a consultant psychiatrist in Leicestershire. Since 2021 she has been the clinical lead for national recruitment to CT/ST1 and ST4 psychiatry. She chairs the national recruitment board for psychiatry in NHS England, workforce training and education in this capacity.

Overview

Tips, guidance and overview of the ST4 application process. What to focus on and how to avoid common mistakes.

Key learning objectives

- How does the ST4 application process work?
- How does an applicant start preparation and when?
- How to best present a self-assessment portfolio?
- What are the common mistakes and how to avoid them?





Dr Lade Smith CBE
President, RCPsych

Being a psychiatrist: Balancing career, College, and life

Biography

Dr Lade Smith CBE was elected President in 2023. She holds this role until 2026 and leads the RCPsych on behalf of its members and associates.

Lade is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She has specialist expertise in mental health inequality. After training in psychiatry at the Maudsley, she undertook a Research Fellowship in antipsychotic side effects, supervised by Professor Sir Robin Murray. She subsequently set up a joint medication review/physical health clinic, aimed at health promotion and management of physical problems in people with SMI, leading to her being nominated for a BMA Pioneer award for innovation in psychiatry.

Until July 2023, Lade was the Clinical and Strategic Director of the National Collaborating Centre for Mental Health at the RCPsych, providing medical leadership for the team developing mental health guidelines.

Lade was co-organiser of the RCPsych International Congress for 4 years.

Lade sat on the core working group of the Independent Mental Health Act Review, chaired by Professor Sir Simon Wessely and was responsible for some of the key recommendations including those aimed at improving outcomes for Black people with mental health problems.

Lade was awarded a CBE in the Queen's Birthday Honours in June 2019 for services to Forensic psychiatry. In November 2019 she was awarded Psychiatrist of the Year by the RCPsych. In July 2020, she became joint Presidential Lead for Race and Equality at the RCPsych.

Lade's priorities as President are:

- Nurturing and Supporting Psychiatrists: so we can retain and strengthen our workforce.
- Addressing the Treatment Gap: fight for resources to deliver therapeutic care.
- Fairness for all: tackling inequality for patients and staff, and,
- Raising the profile of psychiatry.





Dr Ross Runciman
Consultant Psychiatrist

An introduction to the new psychiatry ePortfolio

Biography

Ross works as a general adult consultant psychiatrist. He was the RCPsych Psychiatric Trainees' Committee chair 2019/2020 and involved as a trainee in developing the new 2022 curricula. Ross was in the first cohort of RCPsych's Leadership and Management Fellows Scheme and now an associate programme director of the LMFS. Ross is the lead co-author of the RCPsych Data and Digital Literacy Competencies for all Psychiatrists which was launched in March 2023.

Outside of work he is taken for walks by his dogs in the Cotswolds and enjoys swimming slowly.

Overview

Sharing ongoing work into the new portfolio and getting your thoughts on the same.

Key learning objectives

- To show what the new portfolio could look like
- To get your feedback



Dr Rebecca Lawrence
Consultant Psychiatrist in
Addictions, NHS Lothian

An improbable psychiatrist - Writing about mental illness, stigma, training now and then

Biography

Dr. Rebecca Lawrence is a writer, patient, and psychiatrist based in Edinburgh. Her memoir, *An Improbable Psychiatrist*, was published by Cambridge University Press in 2024. In addition to her memoir, she has contributed articles to *The Guardian* and *Prospect Magazine*. Dr. Lawrence has a diagnosis of bipolar disorder and works at the hospital where she has also experienced being a patient.

Overview

Writing about mental illness, stigma, training now and then.

Key learning objectives

The experience of mental illness and talking about it.



In conversation with Shocka: Rapper and mental health advocate

Biography

Shocka, also known as Kenneth Erhahon, is a rapper and mental health advocate from Tottenham, London. He first gained recognition as a member of the grime collective Marvell, alongside Double S and Vertex.

After experiencing mental health challenges himself, Shocka became an advocate, using his music to support others dealing with similar struggles. His work includes songs like Self Love and his debut album, Impact Over Numbers, both of which explore his personal journey with mental health and how he has navigated his difficulties.

Shocka

Rapper and Mental Health Advocate

In addition to his music, Shocka has delivered a TED Talk and has appeared on numerous talk shows to promote mental health awareness. He strongly believes that teaching individuals to love and appreciate themselves—regardless of their background or identity—can significantly enhance their ability to approach life with positivity.

You can follow Shocka on Instagram: [@shocka_artist](https://www.instagram.com/shocka_artist).



Fringe Events – Day 1



**12:25 –
1:20 PM** *Meet the PTC*

Grab some lunch and come meet the Psychiatric Trainee Committee, we can't wait to chat with you!



**4:30 –
5:15 PM** *Games Session*

Join us for some light-hearted fun and games at the end of the day.



**4:30 –
5:15 PM** *Okay So
Laughs*

Hello, I'm Sena. I'm a psychiatry trainee going through identity crisis. My favourite colour is still pink, so it is a semi crisis. Currently I am based in Basingstoke but originally, I am from Istanbul, the city ruled by cats. Or I wish it was. I hoped to improve my English skills since moving to UK, but I ended up forgetting it all including my mother tongue, which is yes, Turkish. Please do not worry if you guessed Arabic, this is not a test but my brief biography. My latest interests are comedy and prehistoric advanced civilizations, and I am looking forward to meeting like-minded people to share a laugh.



**4:30 –
5:15 PM** *Crochet
Workshop*

Join Dr Natasha Hobbs-Lakin, CT2, for a group workshop on how to start to crochet a 'granny square'. Suitable for complete beginners!





5:15 – 6:15 PM *Networking and Drinks Reception*

Join us in the main hotel bar for a fantastic opportunity to catch up with familiar faces, make new acquaintances, and build meaningful relationships with colleagues old and new.

After an inspiring first day of this incredible conference, take a moment to relax, unwind, and reflect on the insights shared, while enjoying a refreshing drink in a welcoming atmosphere. We look forward to seeing you there!



Speakers and Sessions – Day 2



Prof Matthew Broome
Professor of Psychiatry and
Youth Mental Health,
University of Birmingham

Renewing Phenomenological Psychopathology: Perpetual Beginnings as a Path to the Future

Biography

Matthew Broome is Chair in Psychiatry and Youth Mental Health, Director of the Institute for Mental Health and Director of The Midlands Translational Centre, Mental Health Mission at the University of Birmingham; Distinguished Research Fellow, Oxford Uehiro Centre for Practical Ethics, University of Oxford; and Visiting Professor, Suor Orsola Benicasa University of Naples. In the NHS, Matthew is Honorary Consultant Psychiatrist to East Birmingham Early Intervention in Psychosis Team, Birmingham Women's and Children's NHS Foundation Trust.

Matthew studied Pharmacology and Medicine at the University of Birmingham and trained in psychiatry at the Maudsley Hospital, Bethlem Royal Hospital, and the National Hospital for Neurology and Neurosurgery. Matthew has a PhD in Psychiatry from the Institute of Psychiatry, University of London and in Philosophy from the University of Warwick.

Matthew's research interests include youth mental health, the prodromal phase of psychosis, delusion formation, mood instability, psychopathology, interdisciplinary methods, mental health humanities, and the philosophy of psychiatry. His research is funded by the Wellcome Trust, NIH, MRC, NIHR, EU and the Wolfson Foundation.

Overview

In this talk I will cover What is psychopathology and what is phenomenology and then give examples of phenomenological psychopathology. I will then give some contemporary applications and an overview of our recently completed Wellcome Project, Renewing Phenomenological Psychopathology, the themes emerging and next steps for the field.

Key learning objectives

- Have an understanding of the relationship of phenomenology to psychopathology
- Learn some examples of where these approaches are relevant in practice
- Knowledge of where the field may develop in the future





Dr Dasal Abayaratne

ST8 Medical
Psychotherapy / General
Psychiatry

Breakout A

Climate and ecological crisis: what can psychiatrists do?

Biography

Dr Abayaratne is a dual medical psychotherapy and general adult speciality trainee in South Yorkshire. He is a former College Sustainability Sholarr and ongoing member of the RCPsych Planetary Health and Sustainability Committee.

Overview

This session helps psychiatrists understand the links between the climate and psychological crises and mental health, and what we can do to help.

Key learning objectives

- Understand mental health impacts of the climate and ecological crisis
- Recognise the potential carbon footprint of mental health services
- Identify sustainable care principles





Dr Thomas McCabe
Consultant psychiatrist

Breakout B

Football and dementia: Where are we heading?

Biography

Dr McCabe presently works as a consultant old age psychiatrist in Glasgow. He developed a specialist interest in sports and exercise psychiatry during training, cumulating in authorship of the landmark book 'Case Studies in Sports Psychiatry.' Dr McCabe has published in many of the leading international journals the topic of mental health and various sports – including cricket, football, rugby and weight lifting. He is an author on the landmark FIELD study. Dr McCabe has written the mental health chapter for the upcoming SEM Oxford Clinical Handbook. He is the educational lead for the RCPsych SEPSIG.

Dr McCabe is a keen Parkrunner and a strong advocate for physical activity interventions as a preventative and treatment option for mental illness.

Overview

There have been increasing concerns with regards poor neurocognitive outcomes associated with contact sport athletes. Here, we explore the recent science and its relevance in psychiatry.

Key learning objectives

- Understand complexities associated with dementia syndrome within ex contact sport athletes
- Explore the basis and current situation with regards the proposed Traumatic Encephalopathy Syndrome
- Update with regards preventative strategies in sport and treatment modalities for those with a history of traumatic brain injury and experiencing dementia syndrome





Dr Claire Potter

*Academic Clinical Lecturer
(NI medical and dental
training agency [NIMDTA]/
Queen's University Belfast)*

Breakout C

Mental health and the ageing clock: exploring the links between dynamic genetics factors and mental health in older adults

Biography

Dr Claire Potter is an Academic Clinical Lecturer based in the Centre for Public Health in Queen's University Belfast and Specialty Trainee Resident in General Adult and Old Age Psychiatry working in the Belfast Health and Social Care Trust. As a Wellcome Trust-Health Research Board Irish Clinical Academic Training (ICAT) Fellow, Dr Potter's PhD research involved studying the impact of stress and negative psychological experiences on biological ageing and health outcomes in later life in international longitudinal studies of ageing with a particular focus on the psychological and social factors impacting health as a result of the Northern Ireland Troubles.

An advocate for healthy ageing and mental wellbeing, Dr Potter is keen to engage with members of the public about raising awareness on the risk factors for later life dementia, healthy brain ageing and responding to stressful experiences.

Overview

Epigenetic modifications including DNA methylation (DNAm) are proposed mechanisms by which social or environmental exposures may influence health and behaviours as we age. Mental health conditions can have complex aetiology and this presentation will describe how these biomarkers may help improve our understanding of them and the ageing process.

Key learning objectives

- What do we mean by epigenetic modifications and how are they measured?
- How reliable are they as a biomarker in research cohorts?
- How can they improve our understanding of complex conditions such as mental health or the ageing process?





Dr Jo O'Reilly

*Consultant Psychiatrist in
Medical Psychotherapy
RCPsych Chair Medical
Psychotherapy Faculty*

“Every Symptom Tells a Story” Psychodynamic Contributions to Everyday Psychiatry.

Biography

Jo works as a consultant psychiatrist in a psychodynamic psychotherapy service North Central London NHS Trust. She is also the chair of the Medical Psychotherapy Faculty at the Royal College of Psychiatrists and a psychoanalyst. She has a keen interest in the importance of psychological and relational thinking across psychiatry and how psychodynamic principles can provide key insights into what psychiatric symptoms may mean, the emotional impact of the work and how early developmental experience shapes the mind and may confer vulnerability to mental health difficulties.. She is the co-editor and chapter author of the RCPsych Textbook Seminars in the Psychotherapies.

Overview

This talk will provide a framework to understand and find meaning in symptoms of mental distress.

Key learning objectives

- To demystify key psychodynamic ideas
- To demonstrate through clinical examples how these ideas can shed light towards understanding our patients' dilemmas
- Encourage and interest in exploring unconscious processes and how these are expressed in clinical encounters.



Assessing for Autism or ADHD- beyond the textbooks

Biography

Founder of Scotland's first adult ADHD clinic 2007.
Lead consultant for the NHS Lothian Adult ADHD and Autism Resource Team since 2008 to present
Honorary Senior Lecturer University of Edinburgh.
Member of the College Neurodevelopmental Special Interest Group.

Previously:

General Adult Psychiatrist from 1999- 2020.
Chair of adult ADHD working group RCPsych, producing the College's good practice guidelines for adult ADHD.
Member of the National Autism Implementation Team.
Senior Lecturer University of Dundee.
Research Fellow MRC BMU (Edinburgh) with research into structural and functional neuroimaging in mood disorders and personality traits.

Dr Premal Shah

Consultant Psychiatrist,
NHS Lothian Honorary
Senior Lecturer, University
of Edinburgh

Overview

Recent studies demonstrate that Autism and ADHD comprise several ubiquitous component traits. I will argue that these traits have powerful effects in the presentation of common mental disorders.

Key learning objectives

- To identify the seven component traits of ADHD and Autism
- To understand how individual component traits may modify the presentation of common mental disorders
- To encourage practitioners to incorporate assessing for these traits particularly in clinically risky or complex situations.



The Neuropsychiatry of the Management of Substance Misuse

Biography

Valerie is a Professor of Neuropsychiatry and Neuromodulation at the University of Cambridge and a Distinguished Professor at Fudan University in Shanghai, China. She trained in medicine and psychiatry in Canada followed by a movement disorders research fellowship at the National Institute of Neurological Disorders and Stroke, National Institutes of Health in the United States and a concurrent PhD in Neuroscience at the University College London.

She was the recipient of highly prestigious Wellcome Trust and Medical Research Council personal fellowships in the United Kingdom and is a National Thousand Talent awardee in China. The MRC senior fellowship is awarded to one individual in medicine in the United Kingdom per year. Valerie was the first psychiatrist awarded both the MRC fellowship and the National Thousand Talent award.

Prof Valerie Voon

*Consultant Psychiatrist in
Medical Psychotherapy
RCPsych Chair Medical
Psychotherapy Faculty*

She focuses particularly on addictions and compulsivity and uses multiple modalities. Her work aims to develop biomarker prediction with a highly translational arm in the development of novel neuromodulation techniques aiming towards intelligent personalized designs.





Prof David Nutt
*Professor of
Neuropsychopharmacology*

Psychedelics and New Treatments

Biography

David is Prof of Neuropsychopharmacology at Imperial College London. He obtained an Open Scholarship in Medicine at Downing College Cambridge then completed his clinical training at Guy's hospital London. He did his doctorate at the MRC Clinical Pharmacology Unit in Oxford subsequently becoming a University Lecturer and then a Wellcome Trust Senior Fellow in psychiatry.

Then followed two years as head of the research ward at NIAAA in the USA before he set up the Psychopharmacology unit at Bristol University in 1988, where he later became Prof of Psychopharmacology and Dean of Clinical Medicine before moving to Imperial College London in 2008. He has held presidencies of the EBC, BAP, BNA and ECNP, was chair of the

ACMD and founded the charity DrugScience and now chairs PAREA the European association for access to research with psychedelics.

David's contributions to pharmacology include GABA and noradrenaline receptor function in anxiety disorders, serotonin function in depression, endorphin and dopamine function in addiction and most recently the neuroscience and clinical utility of psychedelics. He has over 600 original research papers, a similar number of reviews/book chapters, eight government reports and 40 books. In 2013 he was awarded the John Maddox Prize from Nature/Sense about Science for standing up for science and in 2017 a Doctor of Laws hon causa from the University of Bath.

Overview

I will review the growing evidence for efficacy and underlying brain mechanisms of psychedelic therapy.

Key learning objectives

- What are psychedelics
- How do they work?
- Current clinical evidence



Fringe Events – Day 2



7:30 AM **Group Run**

Join us early morning of Friday 25th May for a run around Birmingham, organised by Dr Katie Dichard-Head.

Join us at 7.30am in the hotel lobby of Park Regis, and we will make our way around. All levels and abilities welcome.



12:40 – 1:25 PM **Poetry**

Join Dr Nielsen Fernandez, A Child and Adolescent Psychiatry trainee from Central London with an interest in poetry and spoken word as a medium of therapeutic intervention, expression, and more than anything a bit of fun!

Join Dr Fernandez for “Speaking the unspoken – Poetry as a medium for Mental Health”.

An opportunity to share your spoken word, here the pieces of others and discuss the themes together. All in the name of art and expression.



Poster Competition Winner



Reducing waiting times from initial appointment to diagnosis in the Lambeth CAMHS ADHD pathway: A Quality Improvement Project

S.Mehta¹, P. Sen¹, Z. Naim¹, E. Tatir²

¹King's College London, United Kingdom ²South London and Maudsley NHS Foundation Trust, United Kingdom



BACKGROUND

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition affecting daily functioning, academic performance, and well-being. Early diagnosis is crucial for timely intervention, yet long waiting times in the UK remain a challenge, impacting patient care¹. This Quality Improvement Project (QIP) aimed to reduce the time from initial appointment to diagnosis by identifying bottlenecks and implementing targeted interventions.

AIMS & PDSA CYCLES

Cycle 1 aimed to reduce the time from initial appointment to diagnosis to a maximum of 60 days by October 2024 through collection of Conners questionnaires before the initial appointment. Cycle 2 aimed to further reduce times to 30 days by March 2025 by additionally collecting School Report Forms before the initial appointment.

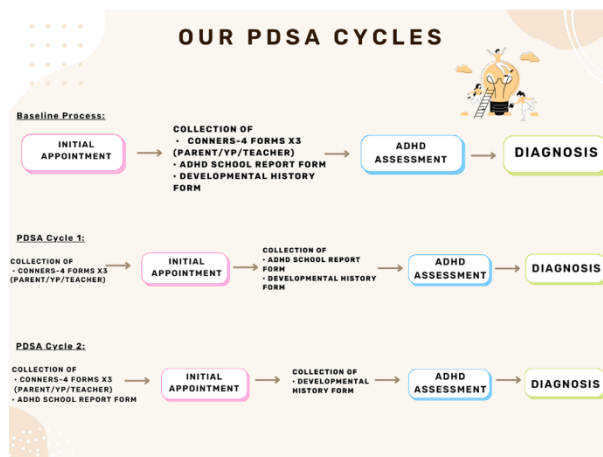


Figure 1: A schematic representation of our PDSA cycles

METHODS

Patients aged ≤18 awaiting ADHD assessment under the 'Lambeth CAMHS Purple Waiting List' were identified using the EPJS clinical database. The primary outcome measured median time from initial appointment to diagnosis (days) and the secondary outcome assessed user experience of the process through qualitative data collection using questionnaires from parents, teachers and clinicians eliciting stakeholder engagement.

RESULTS

The median wait time decreased from 71 days (interquartile range (IQR) = 60) at baseline to 38 days (IQR = 37.5) in Cycle 1 (46.5% reduction). In Cycle 2, the median dropped to 14 days (IQR = 10), a 63.2% decrease from Cycle 1. Overall, from the baseline process to the completion of PDSA cycle 2, we achieved a 80.3% reduction in waiting time. Clinician and parent feedback generally improved over the cycles, with greater satisfaction reported.

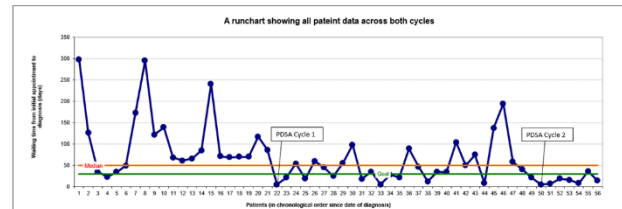


Figure 2: A runchart showing all patient data across both cycles

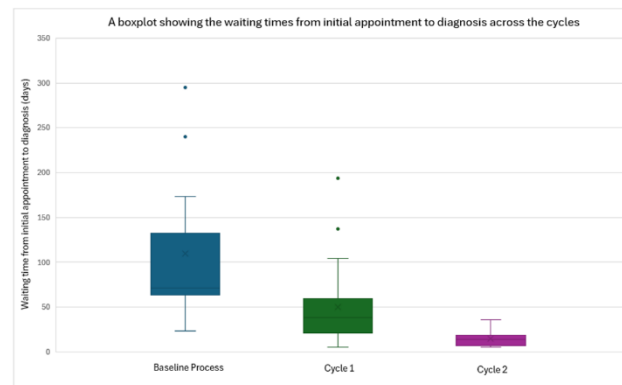


Figure 3: A boxplot showing the waiting times from initial appointment to diagnosis across the cycles

CONCLUSIONS & NEXT STEPS

This QIP successfully reduced time from initial appointment to diagnosis, but further refinements are needed to sustain improvements and address remaining delays including more ADHD training for those undertaking the consultations. A future 3rd PDSA cycle could involve additionally collecting the neurodevelopmental history forms prior to the initial assessment. This would ensure all 5 forms are collected before the first appointment, giving the clinician a more holistic view of the patient.

References: (1) ADHD Diagnosis and NHS Waiting Times - Think ADHD [Internet]. Think ADHD. 2023. Available from: <https://thinkadhd.co.uk/for-patients/adhd-diagnosis-and-nhs-waiting-times/>