

The London Paediatric Mental Health Update for the Consultant Paediatrician

Course organised by **Infomed Research & Training**, on **Tuesday 17 April 2012**
at the **Royal College of Paediatrics and Child Health**,
5-11 Theobalds Road, London WC1X 8SH

Course Director

Dr Avril Washington,
Consultant Paediatrician – Paediatric Mental Health,
Homerton University Hospital, London,
former Convenor of British Paediatric Mental Health Group

ABOUT THE COURSE

Mental health problems both recognised and unrecognised, affect many of the patients seen in community, general and specialist paediatric clinics. **This course presents Consultant Paediatricians (General and Community), Associate Specialists and other senior Paediatricians**, with an up to date overview on mental health conditions including practical advice on how to recognise them and manage children and adolescents who present to Paediatric services.

The Course focus:

- Update on mental health conditions that present to and may be managed by the Consultant Paediatrician
 - Keeping within your competencies: psychiatric illness, acute mental health presentations and referrals
 - Recognition, assessment and initial management
- Update on psychiatric and psychological issues associated with long-term medical conditions managed by the Consultant Paediatrician
- Update side effects of some medications
- Clarity about the role of the Paediatrician
- Update on the relevant NICE guidelines

PROGRAMME

08.30 – 09.20 **Registration**

09.20 – 09.30 **Introduction by the chair**

09.30 – 10.20

Paediatric mental health: policy & practice

Dr Avril Washington,
Consultant Paediatrician – Paediatric Mental Health,
Homerton University Hospital, London

- Policy
 - National policy - Mental Health Strategy 2011
 - The RCPCH approach – e.g. a new subspecialty
 - Education and training
- Practice
 - Taking a *biopsychosocial* approach
 - The relevant history and examination
 - Acting within competences
 - Early liaison with mental health services
 - Making an initial management plan

10.20 – 11.00

The spectrum of self-harm

Dr Margaret Murphy,
Consultant Child and Adolescent Psychiatrist,
Cambridgeshire and Peterborough NHS Foundation Trust

- Epidemiology of self-harm
- Paediatric risk assessment
- NICE guidelines
- Issues of consent and confidentiality
- Recognising active suicidality
- Management of suicidal young person and referral

11.00 – 11.40

Eating disorders

Dr Damian Wood,
Consultant Paediatrician,
Nottingham University Hospitals NHS Trust

- Overview of eating disorders, inc. Bulimia
- Presentations to paediatricians
- Initial management
- Risks during treatment
- Junior MARSIPAN

11.40 – 12.00 **Tea and coffee break**

12.00 – 12.40

'Psychotic' presentations

Dr Avril Washington,
Consultant Paediatrician – Paediatric Mental Health,
Homerton University Hospital, London

- Is it psychosis?
- Organic or mental illness?
- Initial management
- Involving mental health and other professionals

12.40 – 13.30

Anxiety in children and young people

Dr Jon Goldin,
Consultant Child and Adolescent Psychiatrist,
Great Ormond Street Hospital, London

- Overview of anxiety disorders
- Presentation to paediatricians
- Recent NICE guidelines (including CBT)
- Management strategies within competences

**Approved by the RCPCH
for 6 CPD Points**

13.30 – 14.10 Lunch

14.10 – 14.50

Depression and other mood disorders in children and young people

Dr Angela Mijovic,

Consultant Child and Adolescent Psychiatrist,
Oxleas NHS Mental Health Trust

- Depression and bipolar disorder
- Recognition – key symptoms
- Presentation to paediatricians
- Recent NICE guidelines
- Screening, risk assessment and referral
- Diagnostic criteria, how quickly or urgently to refer
- CAMHS treatment options, inc. CBT

14.50 – 15.30

Tics and Tourette's

Dr Daphne Keen,

Consultant in Neurodevelopmental Paediatrics, and
Honorary Senior Lecturer, St George's Hospital, London

- Common tics and Tourette's syndrome
- What movements may be confused with tics?
- Common co-morbidities
- Initial assessment, management and referral

15.30 – 15.50

Tea and coffee break

15.50 – 16.30

Attention Deficit Hyperactivity Disorder

Dr Val Harpin, Consultant Paediatrician,
Sheffield Children's Hospital

- Symptoms: inattention, hyperactivity, impulsivity
- Differential diagnosis and co-morbidity
- Multi-disciplinary assessment
- Latest on NICE guidelines
- Management and medication side effects
- Treatment benefits, when to refer and to whom

16.30 – 17.10

OCD and PANDAS

Dr Uttom Chowdhury,

Consultant Child and Adolescent Psychiatrist,
Bedfordshire, and Hon Consultant, Social Communication
Disorders Clinic,

- Overview of OCD and PANDAS
- Recognition – key symptoms
- Presentation to paediatricians
- NICE guidelines
- Initial assessment, management options and referral

17.10

Collection of Attendance Certificates
and Close



BOOKING INSTRUCTIONS

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COURSE FEE

£295 (inc. VAT@ 20%)

Course fee includes web access to the lecture slides, lunch and refreshments and attendance certificate.

HOW TO REGISTER

You can **BOOK ONLINE** at: www.infomedltd.co.uk or **BY PHONE** on **+44 (0)20 8123 0021**. Alternatively, complete delegate and payment details, below, and fax to +44 (0)20 8290 6917, or post to: Infomed Research & Training Ltd, PO Box 1028, Bromley, BR1 9JP

Confirmation, venue map and receipt will follow by email.
General queries: e-mail courses@infomedltd.co.uk

DELEGATE DETAILS

Title	First Name
Surname	Job Title
Hospital	Address for correspondence <input type="checkbox"/> Home <input type="checkbox"/> Hospital
Post Code	Country
Tel	Email *
Special Needs	* Required for confirmation

PAYMENT DETAILS

Please charge **£** to my credit/debit card

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