

# Drugs for Medical Conditions: The Annual Practical Update for the Psychiatrist

A unique and popular Course for Consultant General Psychiatrists,  
organised by Infomed Research and Training



on **Thursday 7 March 2019**, at the Park Plaza County Hall Hotel,  
1 Addington Street, London SE1 7RY

~~Not at the ULL, 33 Finsbury Square, London EC2A 1AG as originally advertised~~

## ABOUT THE COURSE

- **Suitable** for the Consultant working in General Psychiatry, Liaison Psychiatry, Old Age Psychiatry or Community Psychiatry
- An **update on medications used in the management of medical disorders** which are **highly relevant** to Psychiatric practice
- A clear focus on **newer medications** and those **medications** with which most Psychiatrists will be familiar but for which **new evidence** is available
- **Five lectures** by Physician specialists on: **neuropharmacology; cardiovascular pharmacology; endocrine pharmacology** and the **pharmacology of diabetes; gastrointestinal pharmacology** and **hepato-pharmacology;** and the **clinical pharmacology of HIV**
- Five **Discussion Forums**, based around the lecture topics
- Key for the revalidation process, **provides 6 CPD points** and Attendance Certificate

## PAST DELEGATES' COMMENTS

- *Excellent speakers, good coverage, kept to time and well organised*
- *Good spread of relevant topics focused on what we psychiatrists need to know*
- *The discussion forums were excellent and provided a good opportunity to enhance the lectures in a practical way*
- *Speakers were really good, lectures and Q&A sessions very informative*
- *Good organisation, planning and content*
- *Impact? Lots! Big improvement. Excellent*
- *This course will have a significant impact on my day to day clinical work as well as in my prescription skills*
- *Much more up to date with names and application of newer drugs*
- *I will change my management of my department and patient care*
- *Positive impact – I will take issues to medicines management group*

6 CPD Points – Certificate of Attendance

## THE LECTURES

- Have a clear focus on the newer medications and medications for which new evidence is available
- examine the pharmacology and psychopharmacology
- detail indications and management, including:
  - when they are used and how
  - side effects relevant to psychiatric practice
  - interactions with psychiatric medications
  - relevant NICE and other guidelines
- examine psychiatric medications that impact on the Physician's practice



## THE PROGRAMME

08.30 – 09.10 **Registration**

09.10 – 09.20 **Welcome and introduction**

09.20 – 10.00

### Neuropharmacology Update

**Dr Giles Elrington,**  
Consultant Neurologist,  
Oaks Hospital

- Headache and other non-nociceptive pains
- Epilepsy
- Depression and psychosis
- Antidepressants, antipsychotics
- Parkinson's
- Alzheimer's and other dementias
- MS
- Rarities



10.00 – 10.40

### **Clinical Pharmacology of HIV**

**Dr Angela Bailey**

Consultant in HIV/GU Medicine,  
St Mary's Hospital, London

- Update on ARVs and neuropsychiatric side effects: NRTI, NtRTI, NNRTI, Integrase I, PI, Entry I
- Neuroleptic medication in patients with HIV
- Interplay between psychotropic medication and ARVs
- Medication for HIV related neurocognitive impairment and psychotic symptoms

10.40 – 11.00

**Tea and coffee break**

11.00 – 12.20

## **TWO DISCUSSION FORUMS**

### **Neuropharmacology**

Facilitated by **Dr Giles Erlington**

### **Clinical Pharmacology of HIV**

Facilitated by **Dr Angela Bailey**

12.20 – 13.00

**Lunch**

13.00 – 13.40

### **Cardiovascular Pharmacology Update**

**Dr Dan Bromage,**

NIHR Clinical Lecturer and ST in Cardiology,  
King's College London

General briefing:

#### **Ischaemic heart disease**

Update on the treatment of acute coronary syndromes including STEMI and NSTEMI Treatment of chronic stable angina (new NICE guidance) Antiplatelet therapy Treatment of HT (new NICE guidance) Treatment of hypercholesterolaemia

#### **Anti-arrhythmic drugs**

Especially those which interact with psychiatric therapies (donepezil, prolonged QT interval)

#### **Atrial fibrillation and atrial flutter**

Who should be anti-coagulated

New non-pharmacological treatments for AF/flutter

#### **Heart failure**

Conventional medical therapy (ACE-I, b-blockers, spironolactone/eplerenone, diuretics) Device therapy

13.40 – 14.20

### **Advances in Endocrine Pharmacology and the Pharmacology of Diabetes**

**Dr Alison Wren,**

Consultant Endocrinologist,  
Chelsea and Westminster Hospital, London

Diabetes and lipid disorders occur more commonly in people with chronic psychiatric conditions, especially schizophrenia, than the general population whilst autoimmune thyroid disease is commoner in people with affective disorders and vice versa.

This is a practical reminder for the psychiatrist of commonly used older agents and newer agents just available or shortly to be available which their patients with these conditions will be prescribed, including:

- Diabetes
  - Metformin, sulphonylureas and insulin
  - Glitazones
  - Newer agents, including potential for aiding adherence:
    - GLP-1 based therapies
    - GLP-1 analogues including weekly injectables and depot devices in development
  - DPP4 inhibitors
  - SGLT1 and 2 inhibitors
  - New longer acting and combination insulins
- Lipids
- Drugs used for dyslipidaemia, common side effects and tips for monitoring and safety
- Endocrinology
  - Mood effects of dopamine agonists for prolactinoma and interaction with antipsychotics
  - Drug treatment of thyrotoxicosis and common side effects
  - Strategies for non-adherence in thyroxine therapy

14.20 – 15.00

### **Drugs used in Gastrointestinal or Liver Disease that cause Psychiatric symptoms: Implications for the Psychiatrist**

**Prof Kevin Moore,** Professor of Hepatology,  
University College London and Royal Free Hospital, London

- The relevant drugs, including INF $\alpha$  and steroid-based drugs, as used for: Hepatitis, Cirrhosis, Other disorders
- Psychiatric medications that impact on gastro hepatology:
  - Anti depressants, antipsychotics, anxiolytics
  - Absorption and metabolism characteristics
  - Disruption of the metabolism and disruption of the gut
  - Drug-induced injury
- Interplay between gastroenterology and hepatology and psychiatric medications

15.00 – 15.20

**Tea and coffee break**

15.20 – 17.20

## **THREE DISCUSSION FORUMS**

### **Cardiovascular Pharmacology**

Facilitated by **Dr Dan Bromage**

### **Endocrine/Diabetes Pharmacology**

Facilitated by **Dr Alison Wren**

### **Gastro/Hepato-pharmacology**

Facilitated by **Prof Kevin Moore**

17.20

**Close**

and collection of Certificates of Attendance

## **ABOUT THE DISCUSSION FORUMS**

For the Forums, delegates split into groups. Each group rotates through each Forums, so **each delegate attends every Forum.**

**Each Forum lasts for 40 minutes** and involves detailed, practical discussion of difficult cases relevant to Psychiatric practice involving new prescription medications and their indications for use, in the clinic or on the wards.