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RCPCH has approved this activity for CPD in accordance with the current RCPCH CPD Guidelines

The London Paediatric Mental Health Update for the Consultant Paediatrician

A revised programme building on feedback from faculty and delegates at previous Updates

organised by Infomed Research and Training
on **Friday 15 March 2019**,
at the Park Plaza County Hall Hotel,
1 Addington Street, London SE1 7RY

COURSE ADVISOR

Professor Peter Hill,
Consultant Child and Adolescent Psychiatrist

About the Course

Mental health is an area of increasing concern, with problems – both recognised and unrecognised – affecting patients seen in community, general and specialist paediatric clinics.

This course has been reviewed and features two new lectures – on autism and attachment disorders – and a **discussion session** on legal issues.

Course aim

To provide **Consultant Paediatricians (General and Community), Associate Specialists and other senior Paediatricians**, with an up to date overview on mental health conditions that present to and may be managed by the Consultant Paediatrician, including practical advice on how to recognise them and manage children and adolescents who present to Paediatric services.

- **practical** (clinical focus, evidence-based, relevant to the day-to-day practice of the Paediatrician);
- **stimulating** (interactive, challenging, immediate feedback); and
- **comprehensive** (covering a full range of paediatric mental health topics).

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 on side effects of some medications
- Clarity about the role of the Paediatrician
- Update on the relevant NICE guidelines

Learning outcomes

By the end of the course, the attendee will have:

- a comprehensive understanding of mental health conditions that present to and may be managed by the Consultant Paediatrician;
- greater confidence in his/her advanced practice; and
- identified skills and knowledge gaps, if any, relevant to his/her practice, and clear ways by which these can be addressed.

Friday 15 March 2019

08.30 – 09.30 **Registration and Welcome**

09.30 – 10.10

Attachment disorders

Professor Helen Minnis

- Assessment methods and strategies
- Behavioural and personality characteristics
- Core features of disturbance
- Treatments guidelines and implications
- Clinical protocols
- Medication, management and when to refer

10.10 – 10.50

Paediatric aspects of self-harm

Dr Margaret Murphy

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

10.50 – 11.20 **Tea and coffee break**

11.20 – 12.00

Autism

Dr Iris Rathwell

- Recognizing autism in paediatric practice
- Social anxiety
- Aggressive behaviour
- Sleep
- Extreme demand avoidance
- Medical management

12.00 – 12.50

Attention Deficit Hyperactivity Disorder

Professor Peter Hill

- Efficient assessment
- Predominantly inattentive presentation ('ADD')
- The relevance of comorbidities
- New medication strategies
- Optimal follow-up appointments

12.50 – 13.30

Lunch

13.30 – 14.30

Discussion session: legal issues

Dr Sally Old

- Safeguarding
- Confidentiality
- Parental responsibility
- Who can consent, issues of treatment refusal
- Formal procedures

14.30 – 15.10

Tics and Tourette's

Dr Uttom Chowdhury

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

15.10 – 15.30 **Tea and coffee break**

15.30 – 16.20

Eating disorders (inc. anorexia) in children and young people

Dr Damian Wood

- Overview of eating disorders, inc. anorexia and bulimia
- Presentations to paediatricians
- Diagnostic and when to refer
- Initial management
- Risks during treatment
- Junior MARSIPAN

16.20 – 17.10

Anxiety and depression in children and young people

Dr Uttom Chowdhury

- Overview of anxiety disorders and depression
- Recognizing them in paediatric practice
- Recent NICE guidelines (including CBT)
- Diagnostic criteria, how quickly or urgently to refer
- Management strategies within competences

17.10

Collection of **Attendance Certificates** and **Close**

The Faculty

A Faculty of established, practicing consultant paediatricians and child and adolescent psychiatrists, experts in their fields, with long and extensive experience in advancing the knowledge and skills of peers nationally and internationally.



Professor Peter Hill, Consultant Child and Adolescent Psychiatrist

Peter Hill is a consultant child and adolescent psychiatrist with extensive training and qualifications in general medicine, psychiatry, child and adolescent psychiatry and paediatrics. His main work nowadays is at a thriving private practice at 35 Great James Street, Bloomsbury, London WC1N 3HB, focusing on neurodevelopmental disorders and mental illness in the young. He has previously headed departments at St George's, University of London, (where he was foundation professor of child mental health in the University of London and is still visiting professor) and at Great Ormond Street Hospital for Children. Over the years he has advised government departments in the UK and overseas on child mental health issues, particularly service delivery. He has been a key opinion leader in ADHD for some twenty years and has written, lectured or advised on the management of ADHD nationally and internationally.



Professor Helen Minnis, Child and Adolescent Psychiatry (Mental Health & Wellbeing), University of Glasgow

Helen Minnis is a Professor of Child and Adolescent Psychiatry at the University of Glasgow. She spent time working as an Orphanage Doctor in Guatemala in the early 1990s prior to training in Psychiatry, and this stimulated an interest in the effects of early maltreatment on children's development. Her research focus has been on Attachment Disorder: clinical aspects, assessment tools and behavioural genetics. She is now conducting intervention research for maltreated children, including a randomised controlled trial of an infant mental health service for young children in foster care.



Dr Margaret Murphy, Consultant Child and Adolescent Psychiatrist, Phoenix Centre, Cambridge

Dr Margaret Murphy is a consultant child and adolescent psychiatrist based in Cambridge. Her clinical role is in a specialist inpatient unit for young people with severe eating disorders. She is Clinical Chair of the Secure and Specialised Mental Health Programme of Care, NHS England, and is a National Professional Adviser at the Care Quality Commission. Margaret previously worked in inpatient units for young people with severe mental health problems. She was also the Chair of the Faculty of Child and Adolescent Psychiatry within the Royal College of Psychiatrists from 2009-2013.



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

Damian Wood is a consultant paediatrician with expertise in adolescent medicine, eating disorders and paediatric dermatology. Damian is nationally recognised for work to improve the clinical care of adolescents and develop the skills of those working with young people. He is a past convenor of the Young People's Health Special Interest Group of the RCPCH and a current member of the Society of Adolescent Health and Medicine and Academy of Eating Disorders. He has been at the forefront of developments in the medical management of eating disorders in young people and has contributed to the development of national guidelines for professionals on how to manage young people with eating disorders. He is a contributor to the RCPsych Junior MARSPIAN guidelines on the management of anorexia nervosa. Damian graduated from the University of Manchester and trained in Manchester, Nottingham and Melbourne, Australia. He combines his role at Newbridge House with an NHS post as a general paediatrician Nottingham Children's Hospital and with the Nottinghamshire CAMHS eating disorders service. Damian developed an innovative outpatient clinic for adolescent medicine at Nottingham Children's Hospital and devised the RCPCH training curriculum for young people's health. Damian is trained in Advanced Paediatric Life Support and has published research, articles and book chapters relating to young people's health and eating disorders.



Dr Uttom Chowdhury, Consultant in Child and Adolescent Psychiatry, Dunstable CAMHS

Dr Uttom Chowdhury is an expert Consultant Child & Adolescent Psychiatrist at Dunstable CAMHS. He trained at Great Ormond Street and specialises in neurodevelopmental disorders. He has clinical experience with a range of child neurodevelopmental and psychiatric conditions. He wrote the book 'Tics and Tourette Syndrome' which has been translated into five languages. Uttom's research interests include Anorexia Nervosa, Autistic Spectrum Disorders, Obsessive Compulsive Disorder and Asperger's Syndrome. He was an Honorary Consultant Psychiatrist to the Children & Young Persons Team, Medical Foundation for Victims of Torture. He is a medical advisor to the Tourette Syndrome Association UK and is an examiner and board member for the Royal College of Psychiatrists.



Dr Sally Old, Medicolegal Adviser, MDU

Dr Sally Old was an NHS Consultant Clinical Oncologist before joining the MDU in 2006. She now has over 10 years' experience of assisting doctors from all specialties with a range of medicolegal matters including complaints, GMC cases and alleged crime.

About Infomed

www.infomedltd.co.uk

Infomed has been organising medical conferences, courses and workshops for doctors (and other health professionals) since 2004. Most of its courses are for emergency physicians, paediatricians, psychiatrists, intensivists, radiologists, anaesthetists, and most are designed for Consultants. The events are approved for CPD by the appropriate College or Society where applicable.

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Courses run by Infomed

Infomed runs over 45 courses per annum.

Courses for paediatricians include **“Practical Paediatrics Update”** and **“Update on Paediatric Emergencies”**.

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- Update for the General Anaesthetist
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- Anaesthesia for the Obese Patient
- The Resuscitation Symposium
- Regional Anaesthesia
- Neurology Update for the Psychiatrist
- Drugs for Medical Conditions: A Practical Update for the Psychiatrist
- Sedation and Regional Blocks in the Emergency Department
- MSK MRI Interpretation and Reporting
- CT Imaging in Polytrauma
- Head and Neck Imaging
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- Emergency Radiology Workshops (in partnership with the British Society of Emergency Radiology)

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Booking Form

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on Friday 15 March 2019,
at the Park Plaza County Hall Hotel,
1 Addington Street, London SE1 7RY

COURSE FEE

Early bird rate: £275 (inc VAT)
(if booking and paying on or before 26 Oct 2018)

Standard rate: £325 (inc VAT)
(if booking and paying after 26 Oct 2018)

Special offer

If booking for this course **and** the "Update on Paediatric Emergencies" both days, Tue 9 **and** Wed 10 Oct 2018, then **£695 for the two courses.**

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

How To Book

BOOK ONLINE at: www.infomedltd.co.uk
or over the phone, on 020 3236 0810.

Alternatively, complete delegate and payment details and post to:

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Confirmation, venue map and receipt will follow by email.

General queries: tel. 020 3236 0810,
e-mail courses@infomedltd.co.uk

For a copy of this programme: www.infomedltd.co.uk

For information on accommodation: www.infomedltd.co.uk

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Title First Name

Surname

Job Title

Hospital

Address for correspondence Home Hospital

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Special needs and special dietary requirements

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