

## Speakers

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### **Andrew Down. Course Leader; Schizophrenia; Core Topics**

Andrew is the Deputy Chief Pharmacist for Worcestershire Health and Care NHS Trust and an independent prescriber. He is a credentialed Member of the CMHP and previously served on the CMHP Council. Andrew is an assessor for case presentations on the Diploma in Psychiatric Pharmacy, is a visiting lecturer at Wolverhampton University and has presented at Psych 1 since 2010.

### **Rachel Brown. Anxiety Disorders**

Rachel is the Clinical Lead Pharmacist for Oxford Health NHS Foundation Trust and has worked in mental health for 13 years. She runs the Trust's Medicines Information Service and is lead pharmacist for the Children and Young People's Directorate. Rachel is a credentialed member of the College of Mental Health Pharmacy.

### **Dan White. Consultation Skills to Improve Medicines Adherence**

Dan is a specialist mental health pharmacist and British Association for Behavioural and Cognitive Psychotherapists (BABCP) accredited Cognitive Behavioural Psychotherapist at Oxford Health NHS FT. He is also an honorary member of the Department of Psychiatry, University of Oxford and has a special interest in understanding and improving medicines adherence.

### **Orla MacDonald. Bipolar Affective Disorder**

Orla is the Lead Research pharmacist at Oxford Health Foundation Trust; a mental health and community health trust in Thames Valley. She is a credentialed member of the CMHP and has been working in a psychiatric setting for 14 years. She has worked in specialist areas including CAMHS, forensics and adult mental health and currently works with the Early Intervention Service. She is a tutor in Oxford Recovery College.

### **Hannah Macfarlane. Depression**

Hannah is the lead clinical pharmacist for the forensic service at Birmingham and Solihull Mental Health NHS FT and a clinical tutor at Aston University on the Certificate, Diploma and MSc in Psychiatric Pharmacy Practice. She is a credentialed Member of the CMHP and a Director of the CMHP Council, currently holding the portfolio for education. Hannah has also been a visiting lecturer at Birmingham University.

### **Nikki Holmes. Dementias**

Nikki is the Head of Pharmacy for forensic services of Nottinghamshire Healthcare NHS FT. She is a credentialed Member of the CMHP and has worked in forensic mental health for over a decade, both in the UK and in NZ. She is the President of the CMHP, having joined Council in 2013, and is also an external marker and facilitator for the MSc in Psychiatric Pharmacy Practice at Aston University.



***"To advance education in the practice of mental health pharmacy and to promote and disseminate research for the public benefit, in all aspects of that subject"***

The College of Mental Health Pharmacy (CMHP) has the overall objective of advancing education and research in the practice of mental health pharmacy. The five key aims of the organisation are:

1. To support, develop and encourage the safe, effective and economical use of medicines for people with mental health problems.
2. To recognise advanced levels of practice through credentialing of our members and inform the wider process of credentialing within pharmacy as a whole.
3. To ensure the sharing of good practice and learning and to identify and prioritise areas for audit, research and development at local and national levels.
4. To enhance the awareness of mental health problems and their management in all care sectors.
5. To ensure the future of the College of Mental Health Pharmacy as a charitable organisation.

If you would like further information about the CMHP or its work, including how to become a member, please speak to one of the speakers during the course, or visit the website at [www.chmp.org.uk](http://www.chmp.org.uk).

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**Psych 1**

# **An Introduction to Mental Illness and Psychiatric Therapeutics**

**10<sup>th</sup> and 11<sup>th</sup> March 2017**

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**Barnsdale Hall Hotel  
Nr Oakham  
Rutland  
LE15 8AB**



**CMHP**  
College of Mental Health Pharmacy

## Day 1 Topics

### Introduction and Core Topics. Andrew Down

The **Introduction to MH** provides a brief overview of mental illness and of classification of MH disorders.

**Core Topics for the Clinician** includes the Mental Health Act & the Mental Capacity Act as they relate to the use of medicines, and the practical application of the mental state examination.

### Anxiety Disorders. Rachel Brown

Objectives:

- Understand the presentation and classification of anxiety disorders
- Understand the underlying neurobiology
- Be knowledgeable about available treatment strategies
- Be aware of relevant guidance

### Consultation Skills to Improve Medicines Adherence. Dan White

Objectives:

- Understand the psychological frameworks of non-adherence
- Understand how these relate to the cognitive behavioural model of psychotherapy
- Understand how to apply these to improve consultation skills and as part of strategy when discussing medicines adherence

### Bipolar Affective Disorder. Orla MacDonald

Objectives:

- Understand the clinical presentation of bipolar affective disorder and the diagnostic criteria for mania and hypomania
- Have a knowledge of the options available for acute and prophylactic treatment.
- Be aware of relevant guidance

## Day 1

- 9.00 *Arrival and coffee*
- 9.30 **Welcome and Introductions**
- 10.00 **Introduction to Mental Health**
- 10.15 **Anxiety Disorders**
- 11.45 **Coffee**
- 12.00 **Consultation Skills**
- 14.00 **Lunch**
- 14.45 **Bipolar Affective Disorder**
- 16.15 **Coffee**
- 16.30 **Core Topics for the Clinician**
- 17.15 *Finish for the day...*

## Day 2

- 9.00 **Introduction to the day**
- 9.15 **Depression**
- 10.45 **Coffee**
- 11.00 **Dementias**
- 12.30 **Lunch**
- 13.15 **Schizophrenia**
- 14.45 **Coffee**
- 15.00 **Plenary and Discussion**
- 16.30 **Close**

## Day 2 Topics

### Depression. Hannah Macfarlane

Objectives:

- Understand of the diagnostic criteria for depression
- Be able to list the main symptoms
- Have a knowledge of the treatment options available for managing depression.
- Be aware of relevant guidance

### Dementias. Nikki Holmes

Objectives:

- Understand the clinical presentation of different dementias and their proposed aetiology
- Be aware of common diagnostic tools
- Understand the proposed mode of action of medicines used
- Appreciate the management of associated problems
- Be aware of relevant guidance

### Schizophrenia. Andrew Down

Objectives:

- Be aware of the symptoms of schizophrenia and associated aetiology
- Understand the diagnostic criteria
- Understand treatments and their side-effects
- Appreciate the long-term problems associated with schizophrenia
- Be aware of relevant guidance

