

Association of University Teachers of Psychiatry (AUTP)

Annual National Conference & AGM
2020





Association of University Teachers of Psychiatry

Annual Conference & AGM 2020

Sharing Innovation in Undergraduate Psychiatric Education

Friday 14 February 2020

Birmingham Conference & Events Centre

Holiday Inn Birmingham City Centre, Hill Street Birmingham, B5 4EW

Programme

09:15-09:45	Registration and coffee
09:45-10:00	Welcome and opening remarks - Dr Subodh Dave, Chair AUTP Chairs: Dr Subodh Dave Janet Allison
10:00-10:25	Key note session 1: What students want: Our vision for UG Psychiatry Education Ken Teh - Year 5 Medical Student, University of Nottingham Esther Lee - Year 4 Medical Student, Bart's and The London School of Medicine and Dentistry
10:25-10:50	Key note session 2: Psychiatric Education is everyone's business: Multiprofessional Collaboration in UG Psychiatry Education Dr Reem Abed - Consultant Psychiatrist, Sheffield Health and Social Care NHS Foundation Trust, Clinical Tutor for Undergraduates, Sheffield
10:50-11:10	Refreshments, networking and poster viewing
11:10-12:30	World Café Current developments in collaborative practice - adding value Delegates can choose 4 out of 6 sessions 1. Role of Nurse Educators in Undergraduate Psychiatry Education Alexa Sidwell - Clinical Teacher, Psychiatry Teaching Unit, Derby Julie Rastall – Medical Education Nurse, Nottinghamshire Healthcare NHS Foundation Trust 2. The value and benefits of cross-disciplinary education for medical students by specialist mental health pharmacists Dolly Sud - Specialist Mental Health Pharmacist/PhD student



Kristian Roberts - CT2, psychiatry, Leicestershire Partnership NHS Trust

3. The actor-educator - puppet or collaborator? What value can they bring?

Janet Allison - Clinical educator in Psychiatry Simulation and post-graduate researcher of student engagement in Psychiatry Education

4. Lived Experience in Teaching

Katy Chachou - Lived Experience Practitioner

5. Role of Voluntary Sector in Undergraduate Psychiatry Education

Dr Paul Gosney - Clinical Lecturer, St George's University of London

6. Role of Family Therapists in Undergraduate Psychiatry Education

Dr. Carlos Hoyos - Consultant Child and Adolescent Psychiatrist, Senior Lecturer in Medical Education, Southampton

Monica Roman - Family Therapist, Southampton

12:30-13.15 Lunch and poster viewing

Chairs: Simon Rose Lived Experience Educator

Dr Sridevi Sira Mahalingappa – Secretary AUTP

13:15-13:40 Key note session 3: Bipolar at Medical School

Dr Mhairi Hepburn - Consultant in Old Age Psychiatry, Murray Royal Hospital, Perth. Honorary Senior Clinical Teacher, University of Dundee. Tayside, Lead contact for the Doctors' Support Network

Dr Samantha Cole - Admin, Tea & Empathy

13.40-14:05 Key note session 4: Student wellbeing and support

Dr Adrian James – President elect, Royal College of Psychiatrists

14:05-14:30 Key note session 5: BMA student wellbeing and support

Dr Becky Bates – Member of MSC, British Medical Association

14:30-14:45 Refreshments, networking and poster viewing

14:45-16:10 Question Time - “Supporting student wellbeing”

Panel Chairs:

Dr Deepa Krishnan - ST4 General Adult Psychiatry, Honorary Treasurer, AUTP

Dr Liz Forty – Senior Lecturer, Cardiff University



1. **Dr Anne Cooper** - Consultant Psychiatrist Leeds and York partnerships Foundation Trust and Psychiatry Integrated Core Unit Manager, (Psychiatry Lead for Undergraduate Medical students), University of Leeds Medical School.
Supporting students with performance anxiety
2. **Caroline Bald** - Senior Lecturer and post-graduate researcher in social work, University of Essex; Lead on student mental health and wellbeing; researching wellbeing and resilience narratives
3. **Dr James Fallon** - Senior Clinical Lecturer and Undergraduate Lead for Psychiatry, Brighton and Sussex Medical School, Sussex Partnership Clinical Tutor
What undergraduate courses can learn from postgraduate educational supervision in supporting students
4. **Dr Lois Brand** - Associate Director of Clinical Studies, Oxford University Medical School - Lead
Pastoral care
5. **Dr Kate Saunders** - Associate Professor, Consultant Psychiatrist, Academic Foundation Lead, Oxford. Organiser of the 'uFlourish' study in Oxford
Student wellbeing and how it relates to academic outcomes
6. **Dr Subodh Dave** - Associate Dean for Trainee Support, Royal College of Psychiatrists, AUTP, Chair
Shubhangi Karmakar, 4th year Medicine MSc. Molecular Medicine [Biomedical Sciences] Trinity College Dublin, University of Dublin
Dr 1 in 4 - Sharing the personal experiences of doctors with mental illness

16.10-16.15

Vote of thanks – Dr Sridevi Sira Mahalingppa

Prizes for posters and closing remarks – Dr Subodh Dave,

16.20-17.00

AGM



Speaker Biographies

Ken Lee

Year 5 Medical Student, University of Nottingham

I'm a 4th year graduate entry medical student at University of Nottingham.

Esther Lee

Year 4 Medical Student, Bart's and The London School of Medicine and Dentistry

I am a 4th year undergraduate medical student at Barts and the London Medical School.

Dr Reem Abed

Consultant Psychiatrist, Sheffield Health and Social Care NHS Foundation Trust, Clinical Tutor for Undergraduates, Sheffield

Dr Sridevi Sira Mahalingappa

MBBS, DPM, FRCPsych - Consultant Liaison Psychiatrist at Derbyshire Healthcare NHS Foundation Trust.

She has an interest in medical education and global mental health. She has been involved in an educational link project between India and UK to increase the capacity of trained medical educators in medical colleges in India. She has been to Zambia to contribute actively in M Med teaching programme. She currently works as a Clinical Teaching Fellow teaching medical students in Derby. She is currently the Chair of the RCPsych Liaison Speciality Advisory Committee, PLAN Accreditation Committee member and Secretary at AUTP.



Alexa Sidwell

Clinical Teacher, Psychiatry Teaching Unit

Alexa Sidwell works as a mental health nurse and Clinical Teacher in Derbyshire Healthcare NHS Trust. Since qualifying in 1986, Alexa has over 30 years' experience of working in mental health care, specializing in interventions for people experiencing psychosis. Throughout her career she has maintained an enthusiasm for service receiver empowerment and engagement, integrating this into teaching and workforce development. Since 2007, Alexa has worked as a clinical teacher/nurse educator with CP2 Psychiatry medical students from the University of Nottingham. Here she leads the award winning 'Expert Patient' programme. Her work has been recognized by the National Institute for Mental Health, Rethink ASTEC (Anti-stigma training and evaluation collaboration), and in the Community Care Magazine for leadership.



Julie Rastall

Medical Education Nurse, Nottinghamshire Healthcare NHS Foundation Trust

I have been working as a Psychiatric Nurse for 18 years with Nottinghamshire healthcare NHS Foundation Trust. My career started on a low secure Forensic ward in Nottingham before moving into Adult Mental Health as a Community Psychiatric Nurse based in Mansfield and Ashfield. In March 2017 I took a secondment working in Medical Education and In August 2018 was successfully appointed to the first Full time permanent post of Medical Education Nurse for Nottinghamshire Healthcare. I work across both CP2 Psychiatry and HCoLL attachments in Nottingham and Mansfield.



Dolly Sud

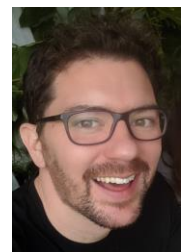
Senior Specialist Mental Health Pharmacist (Leicestershire Partnership NHS Trust), PhD student (Aston University).

Dolly's clinical role and research work (exploring lived experience) are closely intertwined and constantly inform each other being guided by the following principles: ensuring excellent, compassionate and holistic patient focused care; involving patients/service users and their carers wherever possible in decision making; optimization of treatment within the context of individual needs; and collaborative and close working with all members of the multidisciplinary team. Dolly is an accredited member of the College of Mental Health Pharmacy and a member of Cochrane. Her passionate enthusiasm for all things intricate, creative and detailed spill over in her love of baking and cooking.

Dr Kristian Roberts

CT2, psychiatry, Leicestershire Partnership NHS Trust

I graduated from the University of Leicester in 2014 and after a Foundation Year 1 placement in Psychiatry, moved towards this as a career. I started Core Training after a Fellowship in Medical Education and have undertaken a number of projects to improve the training experiences of my colleagues. I am now a CT2 in general adult Psychiatry.





Janet Allison

Clinical educator in Psychiatry Simulation and post-graduate researcher of student engagement in Psychiatry Education

Janet Allison is a clinical educator who uses simulation to help people learn. She originally worked as a psychiatric occupational therapist specializing in perinatal psychiatry. In 2004 she completed a BA in theatre and writing focusing on educational theatre and then worked in theatre in education as both actor and facilitator. She discovered simulation as a learning methodology in 2006 and has since worked as an educator in simulation based teaching as actor, writer, designer and facilitator, with undergraduates and postgraduates, particularly with psychiatrists who trained outside of the UK. She studied simulation theory in her MA in Clinical Education at UCL (completed 2016) and is now undertaking an educational doctorate exploring how medical undergraduates learn (or do not learn) psychiatry in Mumbai, with Anglia Ruskin University.

Katy Chachou

Lived Experience Practitioner

Since Katy suffered from postpartum psychosis eight years ago, and subsequently bipolar disorder, she has gathered a wealth of experiences working in mental health. Katy works for Birmingham and Solihull Mental Health Foundation Trust working with trainee Nursing Associates linking them with people with lived experience throughout their training and also as a peer support worker on the mother and baby unit. She gives various talks about her experiences; for example, Birmingham City University to mental health nursing students, trainee doctors, trainee psychiatrists, midwives, health visitors and GPs. She has a role with national MIND and is also a Mental Health First Aid instructor. Katy also does a lot of work with the charity Action on Postpartum Psychosis. Katy enjoys spending time with her family and



Dr Paul Gosney

Clinical Lecturer, St George's University of London

Dr Paul Gosney is a Locum Consultant Psychiatrist at the Bethlem Royal Hospital and Clinical Lecturer at St George's University. He is accredited in addiction psychiatry and works alongside the AA and NA to provide teaching to medical students on substance use. Alongside teaching he has research interests in mental health law and the UN Convention on Rights of Persons with Disabilities."



Daniele V



Health Liaison for London Region South Alcoholics Anonymous

As Health Liaison Officer for London Region South since June 2017, I am responsible for liaising with health professionals in GP practices, hospitals, and training centres as well as liaising with the local authorities and Public Health England on Facilitating Access to Mutual Aid. My objective is to support AA volunteers to raise awareness of Alcoholics Anonymous; collaborate with health professionals in supporting their patients presenting with alcohol misuse; deliver presentations and organize stands at medical events. AA delivers workshops to medical students in St George's Hospital; organizes weekly bedside visits in King's College Hospital and is introducing weekly ward visits at Oxleas House

Dr Carlos Hoyos

Consultant Child and Adolescent Psychiatrist, Senior Lecturer in Medical Education, Southampton

Dr Monica Roman

Family Therapist, Southampton

Dr Monica Roman-Morales is a Systemic Psychotherapist and Systemic Lead Tutor for Medical Students at Solent NHS Trust. She is also a visiting Lecturer at for the MSc in Systemic Psychotherapy at the Tavistock Clinic in London and for the Psychology Doctorate at the University of Southampton. She has been part of the teaching team for over 15 years. She has a special interest in the impact of neurodevelopmental disorders and its impact on the family and other social systems whilst working with families for the last 25 years.

Dr Mhairi Hepburn

Consultant in Old Age Psychiatry, Murray Royal Hospital, Perth. Honorary Senior Clinical Teacher, University of Dundee. Tayside, Lead contact for the Doctors' Support Network

Mhairi studied medicine at the University of Aberdeen then had lots of adventures completing psychiatry training in various places in Scotland. She also took two years out as a teaching fellow at the University of Dundee. She has been a consultant in old age psychiatry in Perth for three years now. She was diagnosed with depression as an FY2 then bipolar disorder as a CT3, having had symptoms since her teens and throughout medical school. It has made life rather more complicated to say the least, but she is very enthusiastic about helping other doctors with mental health problems to progress in their careers and fight stigma.





Dr Samantha Cole - Admin, Tea & Empathy

Samantha is a junior doctor living well with bipolar disorder, which was diagnosed prior to starting medical school.

She is an administrator for the Tea & Empathy Facebook group, a national, informal, peer-to-peer support network with 10 000 members, aiming to foster a compassionate and supportive atmosphere throughout the NHS. She is also the administrator for her local East Midlands branch.

Samantha is passionate about Patient and Public Involvement and is an Expert by Experience for several physical health conditions she lives with. In her spare time she enjoys singing with her local Rock Choir, which recently

President Elect Dr Adrian J B James - FRCPsych

Adrian has been Registrar of the College since 2015. In this role he has overall responsibility for policy, public education, revalidation and membership engagement. In his role as College Registrar he is prioritizing recruitment and communicating with the public, media and system leaders to ensure parity of esteem becomes a reality on the ground. Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008). He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity). He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organization; the Care Quality Commission (CQC).



Dr Deepa Bagepalli Krishnan

ST4 General Adult Psychiatry, Honorary Treasurer, AUTP, TIPSQI faculty, PTC Trent division representative (2020-2022)

Deepa completed her medical degree in India. She completed her Foundation training in Mersey deanery and Core training in East Midlands deanery. She is interested in Quality improvement, Leadership, medical education and digital mental health. She has completed a two-year Health Education East Midlands Leadership Fellowship and completing her masters in Leadership from Swansea University. She is a current Leadership fellow on the RCPsych Leadership Fellowship scheme. She is a QSIR practitioner and has set up QI training for doctors in her Trust. She is also a qualified Lifestyle Medicine Practitioner.





Dr Anne Cooper

Dr Anne Cooper is a Consultant Psychiatrist in CBT and also leads the Psychiatry Placement at University of Leeds Medical School. She has found there are multiple similarities between the practice of CBT and Educational Theory and Practice. She is particularly passionate about feedback processes. More recently she has become interested in ways of maximizing students' potential by helping them address any performance anxiety that may get in the way. She has been welcoming her own performance anxiety during piano grade exams to think about this further, and draws on her work and knowledge of anxiety from her CBT practice.



Caroline Bald - Senior Lecturer and post-graduate researcher in social work, University of Essex; Lead on student mental health and wellbeing; researching wellbeing and resilience narratives
Caroline Bald is lead for the Masters in Social Work programme at the University of Essex. She is a registered social worker with twenty years practice in adult and youth criminal justice settings. Her research interest is in critical wellbeing narratives and student social work education.
Twitter: @CarolineJBald

Dr James Fallon - MRCPsych Consultant Psychiatrist

James Fallon is a Senior Clinical Lecturer at Brighton and Sussex Medical School and Honorary Consultant in Early Intervention in Psychosis at Sussex Partnership Trust. Working as Undergraduate Lead in Psychiatry at the medical school and as a Locality Tutor then Clinical Tutor in Postgraduate Training in Sussex he has been looking at how undergraduate and postgraduate training can learn from each other's methods. He advocates passionately for maximizing student and trainee roles in the clinical environment and ensuring both feel supported and encouraged in their placements

He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he has set up the QI Committee and Workforce Wellbeing Committee at the College.



Dr Kate Saunders

Associate Professor, Consultant Psychiatrist, Academic Foundation Lead, Oxford.
Organiser of the 'uFlourish' study in Oxford



Dr Lois Brand

Associate Director of Clinical Studies, Oxford University Medical School - Lead

Associate Director of Clinical Studies at Oxford Medical School. Pastoral care and disability lead for the >500 clinical students in the Oxford Clinical School. Prior to appointment as ADCS in Oxford, I worked for several years with The Oxford Deanery's Professional Support Unit, providing support and guidance for doctors in difficulty. I am actively involved in researching and developing practical and sustainable solutions to address medical student wellbeing. Clinically I work as an emergency medicine consultant in Oxford.

Dr Subodh Dave

Asso. Dean, Trainee Support, Royal College of Psychiatrists, Consultant Psychiatrist and Dy Dir. of UG Medical Education, Derbyshire Healthcare Foundation Trust; Hon. Asso. Professor, University of Nottingham; V/Prof. SRM University, Chennai

Subodh is passionate about co-production and patient involvement in Quality Improvement and in teaching and has been the architect for the award-winning programme of volunteer-patient teachers in Derby. He has co-authored the undergraduate textbook "Hundred Cases in Psychiatry". He has contributed to re-designing the psychiatric curriculum nationally and internationally (Zambia and India).



Shubhangi Karmakar - 4th Medicine MSc. Molecular Medicine [Biomedical Sciences] Trinity College Dublin, University of Dublin

"Shubhangi Karmakar (she/they), 22, is completing their medical degree in Trinity College Dublin after an intercalated MSc. in Molecular Medicine, specializing in genomics and neuropsychiatric disorders. Their own research lies in neurodevelopment, neuropsychiatry, and paediatric and adult intensive care. They are the Policy Lead of "Who Helps The Helpers: A National Student-Led Policy on Supporting Medical Students with Disabilities, Mental Illness and Chronic Illness", as a Vice President of the Association of Medical Students Ireland. This builds on longstanding editorial experience as General Manager of the Trinity Student Scientific Review 2019/2020, Healthcare and Design Editor of both the Trinity Postgraduate Review 2018/19 and the Trinity Student Medical Journal 2017/18. They are profiled as a future-shaping leader in Irish and global science, as a 'genius of science and engineering', and a leader in Disability, Ethnic and Gender Diversity in academia, medicine and society by the New York Times, Sunday Business Post, Silicon Republic among others. They were awarded 'Woman of the Year' by the Lord Mayor of Dublin, and nominated for JCI's Ten Outstanding Young People in the category of Humanitarian and Voluntary Leadership, in 2019. Finally, they are a freelance content contributor across national and international media platforms such as BBC investigative journalism, IMAGE publications, Irish Tatler, the Sunday Business Post and GCN, to highlight intersectionality and accessibility across professional, political and personal communities."





Simon Rose – Lived Experience Educator

Simon is a lived experience educator working in the undergraduate medical education teams of Derbyshire Healthcare NHS FT. He is tasked with supporting students to access the knowledge that comes from lived experience of mental illness. Simon is proud to be part of Derby's award winning Expert Patient program and, in 2019, was the first 'patient educator' to be awarded the PG Certificate in Medical Education by the University of Sheffield. Simon has particular interest in medical education, having spoken at conferences about the benefits of involving patients in psychiatric teaching. He is currently part of a task and finish group at the Royal College of Psychiatrists that is due to report on this issue in spring 2020. Simon is currently working with NHS England around patient safety, believing that safety can be improved through the development of co-productive methods of working and, since January 2020, has been the patient representative on the governing Council of the Royal College of Psychiatrists.

Simon has significant experience of mental illness; he has received 25 years of community based and in-patient care. However, Simon views his experience as just one person's perspective. He is keen to learn from others and is always happy to engage on social media (@Simonro40611952).



Becky Bates

Becky is a 3rd year medical student and member of the BMA MSC Executive Committee. She is the proud owner of an ADHD brain, despite the inconvenience it can be at times. Previously, she studied Chemistry at Newcastle University where she was Coordinator of their Nightline, a student-run peer support service, for two years. She now studies at Exeter Medical School where she has also worked on research into paediatric mental health admissions with ChYMe.

Dr Liz Forty

Senior Lecturer-Lead for Undergraduate Psychiatry, Cardiff University School of Medicine. Liz leads the UG psychiatry team at Cardiff and also leads on the 'MBBCh Understanding People' vertical theme (encompassing the social and behavioural sciences, mental health and wellbeing, and equality and diversity). Liz completed her first degree in Psychology before going on to complete her PhD in Psychological Medicine. During her time working in research in psychological medicine, Liz became involved in undergraduate teaching and completed an MSc in Medical Education. Liz is Senior Fellow of the HEA, member of the RCPsych Undergraduate Education Forum and AUP. Liz is also a PI for the [National Centre for Mental Health](#).



Dr Ignasi Agell

Dr Agell graduated in Medicine and Surgery from Barcelona in 1992 and is currently a Consultant Psychiatrist in an acute in-patient ward at MPFT, Stafford.

He initially trained as a surgeon before discovering psychiatry, which he describes as the best combination of science and humanism. He completed his basic training at the Keele rotation and his higher training at the Yorkshire Deanery specialising in Adult and Liaison Psychiatry.

As Associate Medical Director, he holds the portfolio for Doctors with Concerns.

He is Chair of the West Midlands Division of the RCPsych..

He is interested in supporting research in clinical settings for which he received the 2012 MHRN Associate Award.