As a local provider of both community health and mental health services, we are pleased to offer GP practices in Bexley, Bromley and Greenwich the opportunity to book free seminars. These one hour sessions have been developed in response to GP feedback and can be held in your practice at a time convenient to you.

In-practice seminar programme 2016-17

A focus on adult mental health
A series of six in-practice seminars available to book, to support GPs’ continuing professional development.

Seminar 1: New Psychoactive Substances commonly known as “legal highs”
This seminar will give an overview of New Psychoactive Substances (NPS) - detail, categorisation, effects on health and mental health, legal status, treatment services and approaches.

Learning outcomes:
- to understand what is meant by NPS
- to gain knowledge on the physical and psychological effects of use
- explore how to identify use
- to understand the law
- know what local services are available
- understand psychiatric manifestations from illicit use

This seminar has been developed by Justine Trippier, Consultant Nurse, Adult Mental Health

Seminar 2: The pharmacological management of anxiety and depression
Depression and anxiety are some of the most common health problems seen by GPs. Managing patients with these and other emotional and physical problems can be a challenge.

Learning outcomes:
- to explore the issues, highlight the symptoms and signs of which to be aware
- to discuss when to refer to secondary health services

This seminar has been developed by Dr Derek Tracy, Associate Clinical Director: Crisis, Inpatient and Rehabilitation Services

These seminars have been developed by clinicians from our Adult Mental Health Service to help you manage patients who have mental health problems within your practice. We will also provide advice on the support available to you, your patient and their carers from Oxleas’ services and more widely.

Lorraine Regan, Clinical Director Adult Mental Health and Learning Disability Services and Associate Service Director Adult Learning Disability
In-practice seminar programme 2016-17

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Seminars 3-6: Perinatal mental health
Up to 20% of women develop a mental health problem during pregnancy or within a year of giving birth. It is a public health concern as if it is not identified and treated properly it can have long term and damaging effects on the family. Suicide is a leading cause of death for women during pregnancy and in the year after giving birth. The need for community perinatal services has been recognised at a national and international level.

The following four seminars have been developed by Dr Arokia Antonysamy, Senior Clinical Advisor, NHS benchmarking network, Consultant Perinatal Psychiatrist

Seminar 3: Introduction to Perinatal mental health
This seminar aims to raise awareness among primary care professionals about the mental health conditions during pregnancy and the postnatal period that lasts till the baby completes 1 year.

Learning Outcomes:
• To improve knowledge of understanding mental health problems in pregnancy
• To identify symptoms at an early stage
• To arrange appropriate investigations
• To identify various treatment options
• To assess any associated risks in the short and medium term

Seminar 4: Postnatal depression - assessment and management in primary care
This seminar aims to equip GPs and other health professionals in primary care to identify various mental health conditions in the postpartum period and manage them appropriately.

Learning outcomes:
• Gain confidence in using the appropriate tools in diagnosing conditions like post natal depression, anxiety, bipolar disorder, personality disorder, PTSD and post-partum psychosis
• Learn to assess risks related to each condition
• Gain knowledge on the biological, psychological and social aspects of treatment
• Develop the ability to identify and escalate risks and any crisis situations immediately
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**Seminar 5: Pharmacological management of mental illnesses in pregnancy and postnatal period**

This seminar aims to improve GPs’ knowledge on medical management of mental illnesses in pregnancy and post-partum period.

Learning outcomes:
- Gain knowledge on psychotropic medications used in pregnancy
- Understand the benefits and side effects of medications in pregnancy
- Understand the effects of medications on the foetus
- Understand the interactions between psychotropics and medications used for physical health conditions

**Seminar 6: Referral pathways**

The Perinatal Mental Health team is a mental health service for pregnant and postnatal women with severe and complex mental illness. Pregnant women can be referred until the baby’s first birthday.

The Perinatal Mental Health Team will have a core team formed of Perinatal Consultant Psychiatrist, Perinatal Mental Health Nurse Specialist, Specialist Clinical Psychologist, a Perinatal Support Worker as well as administrative and pharmacological support. The team holds joint clinics and works closely with the Specialist Perinatal Midwife and Consultant Obstetrician.

Early referral to the service is encouraged for women with severe or complex pre-existing mental illness, as it puts them at higher risk of relapse during the perinatal period. It allows time to consider the treatment and support options available. The Perinatal Mental Health Service works collaboratively with women, their families and other professionals, to plan care for pregnancy and the postpartum period.

Learning outcomes:
- Identify the various pathways of care
- Differentiate the urgent and non-urgent conditions
- Understand the functions of the perinatal team
- Gain knowledge on the referral and follow up care arrangements
How to book a seminar(s)

Step 1
Please complete this request form, indicating which seminar(s) you would like to book.

You can either return the request form by:
• post to Nikki Johal, Engagement Support Officer, Oxleas NHS Foundation Trust, Pinewood House, Pinewood Place, Dartford DA2 7WG
• email to nikki.johal@nhs.net
• book online www.surveymonkey.co.uk/r/OXAMH2016
• fax to 01322 555491
You can also call Nikki on 0203 871 5630 to request a seminar.

Step 2
We will then send you a booking form confirming the date of your seminar(s).

Step 3
Please check, complete detail as necessary and return to Nikki Johal.

Step 4
Your seminar will be delivered and certificates provided.

Step 5
We will ask for your feedback to help us improve future seminars.

2016/17 In-practice seminar programme - Adult Mental Health seminar request form

You can also book online at www.surveymonkey.co.uk/r/OXAMH2016

Practice name: ____________________________________________________________
Key contact: ______________________________________________________________
Telephone number: ________________________________________________________
Email: __________________________________________________________________

☐ Seminar 1: New psychoactive substances commonly known as “legal highs”
☐ Seminar 2: The pharmacological management of anxiety and depression
☐ Seminar 3: Introduction to Perinatal mental health
☐ Seminar 4: Postnatal depression - assessment and management in primary care
☐ Seminar 5: Pharmacological management of mental illnesses in pregnancy and postnatal period
☐ Seminar 6: Referral pathways

Preferred date(s) and time(s)*:
1st choice: _______________________ (date) _________________ (time)
2nd choice: _______________________ (date) _________________ (time)
3rd choice: _______________________ (date) _________________ (time)

* please offer dates at least six weeks in advance to enable clinicians to change clinical commitments where necessary.

Please indicate what seminar format your practice would prefer?
☐ Powerpoint presentation ☐ Handouts only
☐ Group discussion/case discussion ☐ Other (please specify)

If you would like a Powerpoint presentation, please indicate if any of the following equipment is available:
☐ Laptop ☐ Projector

Any specific issues/topics you would like covered:
________________________________________________________________________

Where will the seminar take place? __________________________________________
________________________________________________________________________

Are there parking facilities at the venue? ______________________________________