



napicu

national association of psychiatric intensive care & low secure units

NAPICU Conference 2017

The 22nd Annual NAPICU Conference

**International Perspectives in
Acute, Emergency and Forensic
Mental Healthcare**

Programme and Abstract Book

Thursday 7th and Friday 8th September 2017

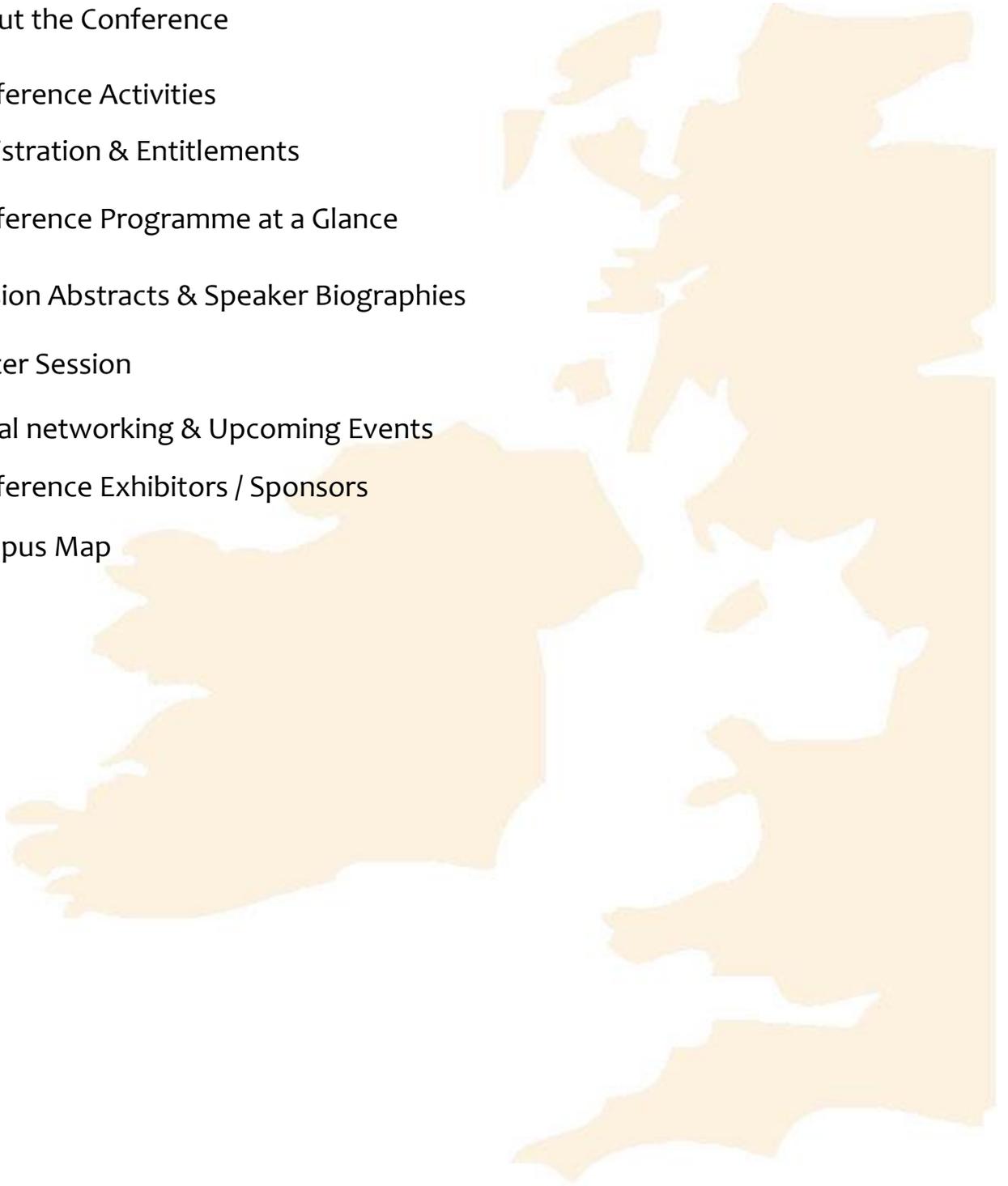
Trinity College, Dublin

www.napicu.org.uk

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CONFERENCE PLANNING COMMITTEE



Dr Dinal Vekaria

Clinical Director, Consultant Psychiatrist (PICU), Hertfordshire Partnership NHS Foundation Trust and NAPICU Director of Scientific Programmes



Mrs Caroline Parker

Consultant Pharmacist for Adult Mental Health Services, Central and North West London NHS Foundation Trust and NAPICU Director of Operations



Dr Faisil Sethi

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Conference Organiser

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NAPICU Executive Committee

Chairman – Dr Stephen Pereira

Vice-Chairman – Dr Faisil Sethi

Treasurer – Mr Alan Metherall

Editor-in-Chief – Mr Roland Dix

Director of Operations – Mrs Caroline Parker

Director of Policy – Mr Thomas Kearney

Director of Educational Programmes – Dr Aileen O'Brien

Director of Scientific Programmes – Dr Dinal Vekaria

Director of Research – Dr Stephen Dye

Patient Representative – Mr Bernard Fox

Carer Representative – Dr Ratna Sakya & Mrs Padma Sakya

Executive Member – Mr Paul Deacon

Executive Member (International Membership Lead) – Mr Chris Dzikiti

Executive Member (Membership Lead) – Dr Shanika Balachandra

Executive Member – Mr Andy Johnston

Executive Member – Mr Mathew Page

Executive Member – Dr Rhodri David

Executive Member – Ms Laura Woods

ABOUT THE CONFERENCE

NAPICU is a rapidly expanding association committed to developing and promoting the psychiatric intensive care speciality. The association was officially formed in 1998 although the roots of its formation lie 3 years previous to that.

The aims of NAPICU are to improve service user experience and outcome and to promote staff support and development within Psychiatric Intensive Care Units/Low Secure Units by (in a multidisciplinary manner):

- ◆ Improving mechanisms for the delivery of psychiatric intensive care and low secure care
- ◆ Auditing effectiveness
- ◆ Promoting research, education and practice development

The association uses a number of tools and methods to meet these aims, including Local Quarterly Meetings and academic seminars; training initiatives; the website; and of course the Annual National Conference. Various committees have been established to take an overview and further develop PICUs or LSUs through research, audit, training and education.

NAPICU publish their own Journal; Journal of Psychiatric Intensive Care. They are always looking for papers. If you are interested in publishing a paper in the journal please contact us at the Administration office at info@napicu.org.uk

One of NAPICU's strengths lies in the fact that it is a truly multidisciplinary clinician led association, both within the Executive Committee and within the wider membership.

The Executive Committee works with key stakeholders at regional and national levels to shape policy and practice in the area of acute inpatient psychiatry, including psychiatric intensive care and low secure services.

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ABOUT THE CONFERENCE

Introduction to the Conference

NAPICU is delighted to welcome you to our International Conference in Trinity College, Dublin. This is our first international conference.

The theme for this, our twenty second Annual Conference is:

International Perspectives in Acute, Emergency and Forensic Mental Healthcare

This year's programme will focus on international sharing of good practice to enhance the quality of care delivered in PICUs and LSUs. We have international speakers and presentations on a broad range of themes to provide a global perspective. To maximise the benefits of the conference for every delegate, we are running some parallel sessions, hence allowing more focussed topics to be discussed.

Our programme includes sessions by professionals from a variety of backgrounds and nationalities to help us to consider acute and emergency mental health care from a range of perspectives.

The content is wide-ranging including an international presentation session with audience input, the patient perspective, personality disorders, design principles, occupational therapies and the judging session for the Team of the Year Award. We have a new format for the Poster Session, allowing for submissions to be presented more thoroughly in a dedicated interactive session.

We are also proud to present as part of the conference, a special Theatrical Production: ***"Dial Medicine for Murder"***, which is a fascinating look at psychopathology, forensics and the legal process lead by Dr Andrew Johns and Dr Harry Brunjes.

We aim to provide you with some useful ideas and thoughts which you can take away and use in your place of work. This international sharing of perspectives and ideas allows for the opportunity to network globally. Thus, a learning event which we know will be fascinating and enjoyable.

Dr Dinal Vekaria
NAPICU Director of Scientific Programmes

CONFERENCE ACTIVITIES

Welcome Drinks & Quiz Night

Following the arrival dinner on Wednesday evening NAPICU will be hosting an informal quiz and social networking session at the East Dining Hall, in Trinity College. The quiz should be fun and will encourage a variety of prizes to be won.

Poster Exhibition

Please visit the poster exhibition in the Lower Concourse, Arts Building, Trinity College to view research projects completed within PICUs and LSUs across Europe. The posters will be judged and this year's winners will be announced at the end of the conference on **Friday 8th September 2017**. NAPICU would like to invite you to join us in our first live Interactive poster session on **Thursday 7th September 2017 at 17.15** with a refreshments reception in the Lower Concourse.

Team of the Year 2017

You are invited to hear entrants' presentations as they compete for the NAPICU Team of the Year Award on **Thursday 7th September 2017 at 12.25 – 13.15** (breakout session 1) in the Burke Theatre, Arts Building, Trinity College. This year's winners will be announced at the end of the conference on **Friday 8th September 2017**.

Gala Dinner

The Gala Dinner on Thursday evening will be a three course meal accompanied by entertainment in the Trinity Grand Dining Hall.

Attendance at the Gala Dinner is included in your registration fee; however entrance is ticket-only, and places must be booked in advance. If you wish to attend and do not have a ticket, please contact the NAPICU registration desk. Should you have any specific dietary requirements please ensure the conference staff are aware of these prior to the conference commencing. A green dietary requirements card will be issued.

REGISTRATION & ENTITLEMENTS

Registration

The registration area will be in the centre of the foyer on the ground level floor in the Arts Building, Trinity College.

The NAPICU registration desk will be open for assistance as follows:

Wednesday 6th September 2017 (for the pre-conference training event) 14.00 – 17.00

Thursday 7th September 2017 08.30 – 17.15

Friday 8th September 2017 08.45 – 14.45

Accommodation

Included in your registration fee are two nights' student accommodation in the University. The accommodation is available for Wednesday 6th and Thursday 7th September 2017.

Entitlements

The full delegate registration fee includes:

- Conference registration
- Attendance at exhibition
- Dinner on Wednesday 6th September 2017 in the East Dining Hall on Trinity College Campus between 18.30 – 20.30
- Social Evening Quiz Night after dinner on Wednesday 6th September 2017 in the East Dining Hall within the Trinity College Campus
- Gala Dinner held at Trinity Grand Dining Hall from 19.00 on Thursday 8th September 2017
- Buffet lunch (cold) on Thursday 8th September 2017 in the Lower Concourse Exhibition area within the Arts Building
- Buffet lunch (cold) on Friday 8th September 2017 in the Lower Concourse Exhibition area within the Arts Building
- Tea/Coffee during official breaks
- Delegate materials
- VAT at the prevailing rate

Accreditation

You will be issued with a Certificate of Attendance via email on completion of a feedback form.

CONFERENCE PROGRAMME AT A GLANCE

Wednesday 6th September 2017

Pre-Conference Training Event (booked separately)

Inclusivity and Diversity in Psychiatric Settings

Room 5025, Fifth floor, Arts Building, Trinity College

| | |
|---|---|
| 14.00 – 17.00 Including refreshment break | Course Leaders: Dr Aileen O'Brien , Reader in Psychiatry & Education and Honorary Consultant Psychiatrist (PICU), St. George's University of London and NAPICU Director of Educational Programmes Mr Jimmy Cangy , Modern Matron, South West London and St. George's Mental Health NHS Trust |
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Thursday 7th September 2017

International Perspectives in Acute, Emergency and Forensic Mental Healthcare

Burke Lecture Theatre, Arts Building, Trinity College

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|----------------------|--|
| 08.00 – 09.00 | Registration (Morning sessions till 11.05 are in the Burke Lecture Theatre) |
| 09.00 – 09.20 | Opening Address: Overview of NAPICU Dr Stephen Pereira , Consultant Psychiatrist, London and NAPICU Chairman Dr Faisal Sethi , Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman |
| 09.20 – 09.30 | Chair's Welcome: Baroness Mary Watkins of Tavistock , Visiting Professor Kings College, London |
| 09.30 – 10.00 | The Future of Mental Health in England Professor Tim Kendall , National Clinical Director for Mental Health NHS England, Director, National Collaborating Centre for Mental Health, Royal College of Psychiatrists, Medical Director (research) and Consultant Psychiatrist, Sheffield Health and Social Care NHS Foundation Trust |
| 10.00 – 10.25 | Sport and Mental Health; Learning for Acute and Forensic Services Mr Malcolm Rae , NAPICU Fellow, Chair of Trustees, State of Mind Sport Mr Jimmy Gittins , former rugby league professional player, State of Mind Sport Mr Daniel Sculthorpe , rugby reporter, Daily Telegraph Mr James Lewis Watkins , Team Leader, Greyfriars PICU, 2gether NHS trust for Gloucestershire |
| 10.25 – 10.45 | Tea and Coffee Break |
| 10.45 – 11.05 | Design Guidance for 21st Century Psychiatric intensive Care Units Mrs Jenny Gill , Chairman Design in Mental Health Mr Chris Dzikiti , Strategic Case Manager, Transforming Care Team, NHS England (London Region) and NAPICU Executive Committee Member (International Liaison) |
| 11.05 – 12.25 | Parallel 1: Therapy in Acute Psychiatric Recovery Chair: Mr Thomas Kearney , Associate Director of Commissioning Swindon CCG and NAPICU Director of Policy P1 Session 1: Broadmoor to LSU: Enabling Effective Engagement for the Most Challenging Clients Dr Wendy Sherwood , Consultant Occupational Therapist, International Creative Ability Network P1 Session 2: Physical Exercise, Sport in Mental Health Dr Wesley O'Brien , Lecturer in Physical Education and Coaching Science, University College Cork, Ireland P1 Session 3: Implementing Positive Behavioural Support within a PICU Dr Bronwen Davies , Principal Clinical Psychologist, Specialist Behavioural Team and Caswell Clinic, Glanrhyd Hospital, Wales Mr Jamie Hughes , Community Mental Health Nurse, Aneurin Bevan University Health Board, Wales |

CONFERENCE PROGRAMME AT A GLANCE

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|---|--|
| <p>11.05 – 12.25</p> <p>Burke Lecture Theatre</p> | <p>Parallel 2: Personality Disorder in PICU and Secure Settings Chair: Dr Oliver Dale, Consultant Psychiatrist, Hammersmith and Fulham Personality Disorder Service, Clinical Lead Personality Disorder Pathway, West London Mental Health Trust</p> <p>P2 Session 1: Findings of the National Personality Disorder Service Survey: Services in a Secure Setting Dr Sacha Evans, Nurse Specialist, Child and Adolescent Mental Healthcare (CAMHS), West London Mental Health Trust</p> <p>P2 Session 2: Knowledge and Understanding Framework Adapted for Secure Settings and Personality Disorder Pathway Dr Julia Blazdell, Service User Consultant, WLMHT Managed Clinical Network, London</p> <p>P2 Session 3: Using a DBT Informed Structured Psychotherapy Programme for the Treatment of Female Borderline Personality Disorder Patients in a Secure Setting Prof Kai Kahl, Chief Medical Officer, FA Psychiatry and Psychotherapy, FA Psychosomatic Medicine and Psychotherapy, Head of the Institute for Behavioural Therapy and Behavioural Medicine, Clinic for Psychiatry, Social Psychiatry and Psychotherapy, Hannover Medical School, Germany</p> |
| <p>12.25 – 13.15</p> | <p>Breakout Sessions (1 – 7)</p> |
| <p>Burke Lecture Theatre</p> | <p>Breakout 1: NAPICU Team of the Year Presentations 2017: successful short-listed finalists presentations</p> |
| <p>Ui Chadhain Theatre</p> | <p>Breakout 2: Sensing Change: The use of a Sensory Room in a PICU Setting Mrs Rebecca Davies, PICU Occupational Therapist, ES1 PICU, Maudsley Hospital, South London and Maudsley NHS Foundation Trust</p> |
| <p>Beckett Room 2</p> | <p>Breakout 3: Attitudes Towards the use of Restrictive Interventions Mrs Gail Kay, Directorate Manager, Community Services, Northumberland, Tyne and Wear NHS Foundation Trust Mr Daniel Rippon, Assistant Psychologist, Northumberland, Tyne and Wear NHS Foundation Trust</p> |
| <p>Room 5052, Fifth floor</p> | <p>Breakout 4: Meet and greet with the NAPICU Executive Committee Members</p> |
| <p>Beckett Room 1</p> | <p>Breakout 5: Challenges in the Child and Adolescent Mental Health Services (CAMHS) environment Dr Faeza Khan, Consultant Child & Adolescent Psychiatrist, Adolescent PICU, Cheadle Royal</p> |
| <p>Swift Theatre</p> | <p>Breakout 6: Searching Practice Development Mr Roland Dix, Approved Clinician, Consultant Nurse in Psychiatric Intensive Care & Secure Recovery, 2gether NHS Foundation Trust and Editor-in-Chief Journal of Psychiatric Intensive Care & Low Secure Units, NAPICU Executive Member Mr Jim Laidlaw, Consultant Psychiatrist, 2gether NHS Foundation Trust</p> |
| <p>Emmet Lecture Theatre</p> | <p>Breakout 7: Pharmacological Perspectives in Rapid Tranquillisation Ms Georgina Ell, Advanced Specialist Pharmacist, Park Royal (Brent), Central and North West London NHS Foundation Trust</p> |
| <p>13.15 – 14.15</p> | <p>Lunch with Exhibition</p> |

CONFERENCE PROGRAMME AT A GLANCE

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| <p>14.15 – 15.35</p> <p>Burke Lecture Theatre</p> | <p>Parallel 3: Progress and Research in Psychiatric Intensive Care Chair: Dr Stephen Dye, Consultant Psychiatrist (PICU), Norfolk and Suffolk NHS Foundation Trust and NAPICU Director of Research</p> <p>P3 Session 1: Seclusion and Psychiatric Intensive Care Evaluation Study, SPICES Dr Alex Tulloch, SPICES, Consultant Psychiatrist, South London & Maudsley NHS Foundation Trust Dr Sophie Pettit, Lecturer, College of Nursing Midwifery and Healthcare, University of West London</p> <p>P3 Session 2: De-escalation: Contemporary Best Practice Dr Brodie Paterson, Clinical Director, CALM Training Ltd (Crisis Aggression Limitation and Management), Scotland</p> <p>P3 Session 3: NAPICU National Survey 2016: Progress Ms Lucy Walker, Research Fellow, NAPICU Dr Stephen Pereira, Research Lead, NAPICU</p> |
| <p>14.15 – 15.35</p> <p>Emmet Lecture Theatre</p> | <p>Parallel 4: Approaches to Reducing Restraint and Restrictive Practices Chair: Mr Andy Johnston, Independent Consultant, Associate/Consultant Centre for Mental Health and NAPICU Executive Committee Member</p> <p>P4 Session 1: The No Force First Approach to Reducing Restrictive Interventions in Mersey Care Dr Jennifer Kilcoyne, Lead Consultant Clinical Psychologist, High Secure Services, Ashworth Hospital</p> <p>P4 Session 2: Reducing Restraint and Restrictive Practices: the Icelandic Experience Ms Eyrun Thorstensen, Clinical Manager, Acute Psychiatric Services, Landspítali Hospital, Iceland</p> <p>P4 Session 3: The Restraint Reduction Network: A Structured Approach to Reducing Restrictive Practices Dr Colin Dale, Chief Executive of Caring Solutions (UK) Ltd and Vice Chairman of the Restraint Reduction Network</p> |
| <p>15.35 – 15.55</p> | <p>Tea and Coffee Break</p> |
| <p>15.55 – 17.15</p> <p>Burke Lecture Theatre</p> | <p>Dial Medicine for Murder Dr Andrew Johns, Consultant Forensic Psychiatrist, South London and Maudsley NHS Foundation Trust Dr Harry Brunjes, Chairman Premier Medical, Chairman English National Opera, Chairman Lancing College</p> <p><i>This is the story and juxtaposition of two of the most notorious British physicians of the 20th century. Dr Harold Shipman and Dr John Bodkin Adams were both allegedly responsible for over 400 murders between them. 'Dial Medicine for Murder' compares and contrasts the background, arrest, trial, legacy and psychopathology of both individuals interspersed with film footage and contemporaneous news items.</i></p> <p>Chair: Dr Faisal Sethi, Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman</p> |
| <p>17.15 – 18.15</p> | <p>Interactive Poster and Exhibition session with refreshments Lower Concourse</p> |
| <p>19.30</p> | <p>NAPICU Gala Dinner Trinity Grand Dining Hall</p> |

CONFERENCE PROGRAMME AT A GLANCE

| Friday 8th September 2017 International Perspectives in Acute, Emergency and Forensic Mental Healthcare Burke Lecture Theatre, Arts Building, Trinity College, Dublin | |
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| 08.45 – 09.25 | Registration (All sessions are in the Burke Lecture Theatre) |
| 09.25– 10.00 | NAPICU Annual General Meeting and open forum |
| 10.00 – 10.10 | Chair's Introduction Mrs Caroline Parker , Consultant Pharmacist for Adult Mental Health Services, Central and North West London NHS Foundation Trust and NAPICU Director of Operations |
| 10.10 – 10.55 | The Patient Perspective: Interview Dr Stephen Dye , Consultant Psychiatrist (PICU), Norfolk and Suffolk NHS Foundation Trust and NAPICU Director of Research Mr Bernard Fox , NAPICU Patient Representative |
| 10.55 – 11.30 | Tea and Coffee Break in Exhibition Area |
| 11.30– 11.55 | Psychiatric Intensive Care for Young People: What are we Trying to Achieve? Mr Mathew Page , Interim Director of Operations, Avon & Wiltshire Mental Health Partnership NHS Trust and NAPICU Executive Committee Member |
| 11.55 – 12.30 | Scottish Patient Safety Climate tool Mr Johnathan MacLennan , Improvement Advisor, Scottish Patient Safety Programme for Mental Health, Scotland |
| 12.30 – 13.30 | Lunch with Exhibition |
| 13.30 – 14.45 | International Perspectives of Psychiatric Intensive Care Chair: Mr Chris Dzikiti , Strategic Programme Manager, Transforming Care Team, NHS England (London Region) and NAPICU Executive Committee Member (International Liaison) |
| Ireland | Dr Séamus Ó Ceallaigh , Consultant Psychiatrist, Clinical Lead for Psychiatric Intensive Care, Saint Patrick's University Hospital, Ireland |
| Netherlands | Ms Miranda De Weijer – Dupuis , Specialist Nurse, Psychiatric Intensive Care Unit, Netherlands |
| India | Dr Koravangattu Valsraj , Consultant Psychiatrist, UK |
| Malta | Dr Kevin Schembri , Consultant Cardiothoracic Surgeon, Visiting lecturer University of Malta, Chief Executive Officer Mental Health, Malta |
| Canada | Ms Sarah Flogen , Nurse Manager, Inpatient Psychiatry & Dalglish Family Hearts and Minds Clinic Toronto General Hospital, Canada |
| | <i>Following presentations from our International speakers, we intend to have a 15 minute live debate session using some pre-set topics and polls on our conference app</i> |
| 14.45 – 14.50 | NAPICU Conference 2017 Awards: Winning Poster, NAPICU Team of the Year Mr Alan Metherall , Transformation Programme Manager, Armed Forces Health NHS England and NAPICU Treasurer |
| 14.50 – 15.00 | Summing Up and Thanks Mr Thomas Kearney , Associate Director of Commissioning Swindon CCG and NAPICU Director of Policy |

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Wednesday 6th September 2017

14.00 – 17.00 Room 5025, Fifth floor, Arts Building, Trinity College

Pre-Conference Training Event

Inclusivity and Diversity in Psychiatric Settings



Course Leaders:

Dr Aileen O'Brien, Reader in Psychiatry & Education and Honorary Consultant Psychiatrist (PICU), St. George's University of London and NAPICU Director of Educational Programmes

Mr Jimmy Cangy, Modern matron, South West London and St. George's Mental Health NHS Trust



Abstract

Inclusivity and Diversity in Psychiatric Settings is an increasingly important area, and one which can lead to significant challenges and risk for patients, staff and organisations. The Equality Act 2010 replaced previous anti-discrimination laws. It harmonised equality legislation, simplifying and strengthening the law to protect individuals from unfair treatment. The Act extended protection against discrimination to nine 'protected characteristics; age, disability, race, gender, sexual orientation, gender reassignment, pregnancy and maternity, religion or belief, and marriage and civil partnerships'. In general, people from black and minority ethnic groups living in the UK are more likely to be diagnosed with mental health problems and admitted in hospital. They are also more likely to experience poor outcomes from treatment and disengage from mainstream mental health services. There is evidence that treatment of Black and Minority Ethnic (BME) staff in the NHS is directly linked to patient outcomes. Research has suggested that Western approaches to mental health treatment are often unsuitable and culturally inappropriate to the needs of Asian communities. Moreover, there is a reality that LGBT (Lesbian, Gay, Bisexual, Transgender) youth are four times more likely to kill themselves than their heterosexual counterparts and more than half of individuals who identify as transgender experience depression or anxiety. Psychiatric Intensive Care Units and Secure settings can present special challenges, not always covered in compulsory training.

Biographies

Aileen is a Reader in Psychiatry and Education at St. George's University of London. Aileen is the undergraduate teaching lead for psychiatry, one of the personal tutor leads and the Athena Swan lead. She is an honorary PICU Consultant at South West London and St. George's Mental Health NHS Trust, where she is one of the responsible clinicians for a 13 bed male PICU and a busy section 136 suite. In 2016 Aileen became the Dean for Students at St George's University of London.

Aileen is the Director of Educational Programmes for NAPICU and leads on the development of resources and training programmes related to psychiatric intensive care.

Jimmy is a Modern Matron in the Acute and Urgent Care Pathway Service Line at South West London and St George's Mental Health NHS Trust, based at Springfield University Hospital. His role includes the responsibility for the Male/Female PICU services, the 136 Suite/Psychiatric Decision Unit, the Acute Care Coordination Centre, the Advanced Clinical Practitioners and the Mental Health Support Line. He has been a Registered Nurse since September 2004 after having studied Nursing at Kingston University and St George's University of London, followed by his B.Sc. in Healthcare Practice: Psychosocial Intervention. Jimmy has worked on PICU for over 10 years, initially as a Band 5 Registered Nurse before moving up to management and subsequently as Ward Manager. Although PICU and Section 136 have been his main areas of expertise, along with working on acute mental health services, he was fortunate to be one of the first Court Diversion Nurses and helped set up the Liaison and Diversion Scheme for the Trust with the Forensic Services. He studied and gained a qualification in Teaching and Learning for Healthcare Professionals at Kings College.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Thursday 7th September 2017

09.00 – 09.20: Burke Lecture Theatre, Arts Building, Trinity College

Opening Address:



Dr Stephen Pereira; *Consultant Psychiatrist, London and NAPICU Chairman*

Dr Faisil Sethi, *Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman*



Biographies

Stephen has devoted his career to the relentless search for best practice in acute mental healthcare especially psychiatric intensive care. He is known for co-founding and guiding NAPICU over the last 23 years and for his commitment to improving the patient experience in adult 'locked' units. He conceptualised and developed The National Minimum Standard in PICUs and low secure care. He is a key international leader in his field of Intensive Care and in the NHS. He has a major influence in re-definition and development of Psychiatric Intensive Care in the UK via: policy, research, practice development and education. His key papers on Design Problems in PICUs resulted in the government (Department of Health) releasing 160 million pounds for design faults in PICUs. He developed a National Centre of Excellence in Psychiatric Intensive Care and is a winner of 8 National awards including UK Hospital Doctor of the Year in Psychiatry, Medical Management - Team of the Year, and a National Clinical Excellence Award (DoH). Stephen has over 30 years' experience in psychiatry. In addition to his Psychosis Spectrum work he is also a specialist in Cognitive Behaviour therapy (CBT). He has an MSc in CBT and Marital / Sexual problems at Guy's Hospital, London. He is currently Consultant Psychiatrist at Keats House, London Bridge and the Nightingale Hospital, London. He is also an Honorary Senior Lecturer, in Psychiatry at Guys, Kings, St. Thomas's School of Medicine. He is also Chairman of NAPICU, is on the editorial board of the International Journal of Psychiatric Intensive Care and is co-editor of the only worldwide textbook on psychiatric intensive care and is published widely. He has published the largest survey of PICUs/LSUs, reporting on patient and unit data in the NHS and private sector. He is currently Research Lead for the Second National Survey having successfully obtained a research grant.

Faisil is the Lead Consultant Psychiatrist in Psychiatric Intensive Care at the Maudsley Hospital in London (Acute Care Clinical Academic Group, South London and Maudsley NHS Foundation Trust).

Faisil is a member of the General Adult Psychiatry Faculty of the Royal College of Psychiatrists; an appointed member of the NHS Professionals' (NHSP) Medical Advisory Group; on the Editorial Board of the Journal of Psychiatric Intensive Care; and the Vice Chair of NAPICU.

His clinical, service development and research interests include: PICU clinical standards, women's PICU, rapid tranquilisation and the management of acute disturbance, personality disorder, mental health law and the criminal justice interface.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



09.20 – 09.30: Burke Lecture Theatre, Arts Building, Trinity College

Chair's Welcome:

Baroness Mary Watkins of Tavistock, Visiting Professor Kings College, London

Biography

Mary is a Registered Nurse and was Deputy Vice-Chancellor of the University of Plymouth until 2012. She was a non-executive director of the South West Ambulance Service NHS Foundation Trust and chaired their Quality and Governance Committee for six years completing her term in July 2016.

She is a member of the BUPA Medical Advisory Committee and Global Quality Committee. In December 2015 she was appointed as a Crossbench member of the House of Lords as Baroness Watkins of Tavistock. She is a visiting Professor of Nursing to the Florence Nightingale Faculty of Nursing and Midwifery, King's College London and President of the Florence Nightingale Foundation.

Mary has published widely in relation to health care and presented at over 50 conferences in the subject, covering a range of health care topics including regulation, user/carer involvement in care, competency in practice and advocacy.

She has a particular interest in issues that affect health and is committed to policies that provide good housing and education for people, believing that these are two determinants that promote a healthy society.

In her maiden speech in January 2016 she spoke on the value of nursing and its potential impact on society and has contributed to debates on subjects ranging from the cost of social housing for NHS workers, public health and social care, particularly for older people. She has recently joined the Peers Network on housing, chaired by Baroness Diana Warwick.



09.30 – 10.00: Burke Lecture Theatre, Arts Building, Trinity College

Keynote Speaker: The Future of Mental Health in England

Professor Tim Kendall, National Clinical Director for Mental Health NHS England, Director, National Collaborating Centre for Mental Health, Royal College of Psychiatrists, Medical Director (research) and Consultant Psychiatrist, Sheffield Health and Social Care NHS Foundation Trust

Abstract

Professor Kendall will outline the work programme for NHS England and NHS Improvement in Mental Health over the coming years, particularly focussing on the 5 Year Forward View for Mental Health. This will include everything from perinatal services, through Child and Adolescent Mental Health Services (CAMHS) to adults and older adults; and looking at how we might be able to reduce out of area placements across England through improvements in acute and crisis care.

Biography

Tim was appointed as National Clinical Director (NCD) for Mental Health at NHS England (NHSE) in April 2016 and at NHS Improvement (NHSI) in March 2017. As NCD for mental health, Tim is responsible for providing clinical advice and direction in mental health for NHSE, for the Secretary of State, ministers and government more broadly, including the intergovernmental mental health committee; and for the Department of Health and other government departments. He also works with other NCDs, including for dementia and older peoples mental health, children and maternity; and works closely with a group of Associate NCDs for mental health covering secure care, CAMHS, perinatal mental health and adult mental health including workforce and Out of Area Placements. Tim also leads a National Network for MDs in mental health and chairs a number of national committees to further the implementation of the 5 Year Forward View for mental health. Tim has recently started work with GIRFT and Carter within NHSI. Tim continues as Director of the NCCMH (National Collaborating Centre for Mental Health), as visiting professor at UCL, as MD for research in Sheffield and works clinically with homeless people with mental health problems

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

10.00– 10.25: Burke Lecture Theatre, Arts Building, Trinity College

Sport and Mental Health; Learning for Acute and Forensic Services

Chair: Mr Malcolm Rae, OBE, NAPICU Fellow, Chair of Trustees, State of Mind Sport

Mr Jimmy Gittins, former rugby league professional player, State of Mind Sport

Mr Daniel Sculthorpe, rugby reporter, Daily Telegraph

Mr James Lewis Watkins, Team Leader, Greyfriars PICU, 2gether NHS trust for Gloucestershire

Abstract

Utilising the power of sport to tackle stigma, improve clinical practice, resilience, tackle stigma and physical fitness. This inspirational, multi-layered presentation, delivered by two ex-players, who will describe their experiences of serious injury, severe depression, and how they positively responded to adversity. They will share some powerful messages about mental fitness, coping skills, goal setting and supporting colleagues.

In addition, James Lewis-Watkins will describe how engaging in sport, recreational and physical activity has enhanced care and significantly informed care, supported recovery plans and impacted on motivation and health and wellbeing. The three principle speakers will be supported by NAPICU Fellow, Malcolm Rae OBE, who co-founded the award winning State of Mind Sport Charity.

Biographies



Malcolm has extensive experience working in a range of Mental Health specialties. Malcolm is the former Director of Nursing in both Wigan and Salford. From 1997 until 2002 he was the Nurse Advisor for Mental Health and Forensic Psychiatry at the Department of Health. Then he became the Joint Lead for the Acute Care Programme of the National Institute for Mental Health England (NIMHE) for eight years. He was an Independent Member of the Parole Board for seven years. Currently he is largely employed as an Independent Investigator into serious untoward incidents, in particular, suicide and homicides in both inpatient and community settings. He is often asked to independently chair internal reviews of Serious Untoward Incidents in NHS Trusts. He is keen to ensure

that the lessons learnt from tragic incidents and complaints are actually implemented and he has acted as an expert witness at Coroner's inquests. He is currently a member of the Greater Manchester, and Cheshire and Merseyside Suicide Prevention Strategic Groups. He is also an advisor to Lancashire County Council Public Health Department on suicide prevention. He is the Co-Founder of "State of Mind Sport" a Rugby League and Mental Health charity. In addition Malcolm is an advisor to Methodist Action North West a homeless and resettlement charity and he was awarded the OBE in 1996. He is a Fellow of the Royal College of Nursing, an Honorary Fellow of the University of Central Lancashire and the first Fellow of the National Association of Psychiatric Intensive Care Units (NAPICU). He was honoured with a Lifetime Achievement Award for Leadership in Nursing by the Journal of Psychiatric and Mental Health Nursing. He currently mentors a number of aspiring nurses and leaders which keeps him grounded and up to date. A Preston North End and Wigan Warriors fan, he has undertaken Hospital Broadcasts from Deepdale for the past 32 years. He also collects Nursing Badges and Naïve paintings.



Jimmy was a Professional Rugby League player for 10 years when he broke his neck in two places during a match. He was told that he would never walk again or be able to feed himself. Jimmy was determined to rehabilitate himself by setting goals and incrementally moving step by step. Nine months later he walked out of hospital and has since gone on to achieve some incredible successes as he continues to challenge himself and give back to the community. He has undertaken many notable charity activities, including cycling across France and Sky Diving with the Red Devils and has been featured on Sky Sports 'Super League Supermen' TV Programme.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



Danny is a former Super League Rugby Prop Forward who recently retired as a result of injury and illness which impacted on his mood and wellbeing. Subsequently Danny has become involved in State of Mind as a key contributor to training programmes and in the media. Danny's personal experience of injury and illness and how he is dealing with his problems, brings highly credible and powerful insights into responding to adversity.



James is the Bed Management Lead for the NHS trust for Gloucestershire and Hereford covering sites in Cheltenham, Stroud, Gloucester and Hereford beginning his role in January 2017. Prior to Bed Management James was the team Leader for the EAP team which is a central part of the PICU treatment approach in the Greyfriars PICU. James began his career within mental health in 2008 as a Health & Exercise Practitioner at the Montpellier Low Secure Unit at Wotton Lawn Hospital Gloucestershire. Prior to his career in mental health James was employed within the fitness industry as a results based trainer and also was assistant Strength and Conditioning coach for the 1st Team Squad at

Worcester Warriors Rugby Football Club. He also has had a successful amateur boxing career at championship level. In 2009 James completed the trust led Working with Psychosis Course. In 2010 James began his role as a therapy team leader within Montpellier Low Secure Unit and in 2013 transferred to the Greyfriars PICU at Wotton Lawn Hospital to begin a new challenge of leading the Team. During James's time as a Health & Exercise Practitioner and a Team Lead James has been the chair of the Wotton Lawn Hospital activity forum, he has supported the Clozaril Monitoring Clinic on Montpellier and Greyfriars. James has also set up the Physical Obs and Weight Measurement clinic which now operates within the main Wotton Lawn Hospital and numerous community teams. The EAP team is responsible for designing and implementing PICU 7 day activity programme and EAP programmes for individual patients.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



10.45– 11.05: Burke Lecture Theatre, Arts Building, Trinity College

Design Guidance for 21st Century Psychiatric Intensive Care Units

Mrs Jenny Gill, *Chairman Design in Mental Health Network (DiMHN)*

Mr Chris Dzikiti, *Strategic Case Manager, Transforming Care Team, NHS England (London Region) and NAPICU Executive Committee Member (International Liaison)*



Abstract

The journey from concept to completion and beyond. In May 2016, we started the journey, and in 2017 we have the finished guidance which supports the design and planning of Psychiatric Intensive Care Units (PICUs). Recent attention in healthcare has focussed on the architectural design of hospitals, including the impact on patient experience and safety. The design environment of a PICU needs to create a therapeutic space which facilitates the wellbeing of patients and staff. A healing environment which has a positive impact ensures that empowered staffs have a pleasant place to work and deliver effective services that enable patients' journey to recovery. This guidance provides a great opportunity for all stakeholders to use current and emerging evidence to improve the physical environment in which multidisciplinary teams work to improve patients' experience in PICUs. DIMHN (Design and Mental Health Network) and NAPICU are confident that this guidance will shape environments both now and in the years to come, and improve the quality of care and treatment for patients and carers. PICUs should be conceived with patients and their recovery at the centre of design; this guidance will help clinical staff, managers, mental healthcare planners, designers and commissioners to gain the understanding required to plan, (re)design and build PICUs.

Biographies

Jenny is an experienced healthcare planner and Chairman of the Design in Mental Health Network (DIMHN). After many years in the NHS Jenny moved in healthcare planning specialising in mental health capital planning. She has been involved in the design of many facilities for mental health covering all service areas and all areas of the country. In 2010, she was commissioned by the Department of Health to be lead author for Health Building Note (HBN) 03-01 – Adult Acute Mental Health Units (DH 2013). This was followed in 2016 by a further commission as co-ordinating technical author for HBN 03-02 – CAMHS (DH 2017), launched in May this year. As Chairman of the DiMHN Jenny has worked with colleagues on several initiatives aimed at improving the environment from which services are delivered for patients and staff. These include the Better Bedroom project, Testing and Innovation, development of the research workstream and has chaired the conference and awards committee, for the last few years.

Chris qualified as a Registered Mental Health Nurse in 2002. He has 15 years' experience of working in different mental health services including the NHS and independent sector. Currently he is a Strategic Programme Manager for the Transforming Care Programme in NHS England, London region. Prior to joining NHS England Chris worked as a Modern Matron for East London NHS Foundation Trust where he was responsible for providing clinical and operational leadership to 2 PICUs. Chris is also an Executive Member of NAPICU and a reviewer for the Royal College of Psychiatrists Accreditation for inpatient Mental Health Services (AIMS – PICU).

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Parallel 1

11.05– 12.25: Emmet Lecture Theatre, Arts Building, Trinity College

Therapy in Acute Psychiatric Recovery

Chair: Mr Thomas Kearney, Associate Director of Commissioning Swindon CCG and NAPICU Director of Policy

P1 Session 1: From Broadmoor to LSU: Enabling Effective Engagement for the Most Challenging Clients

Dr Wendy Sherwood, Consultant Occupational Therapist, International Creative Ability Network P1

Session 2: Physical Exercise, Sport in Mental Health

Dr Wesley O'Brien, Lecturer in Physical Education and Coaching Science, University College Cork, Ireland

P1 Session 3: Implementing Positive Behavioural Support within a PICU

Dr Bronwen Davies, Clinical Psychologist, Assessment and Treatment Unit, Llanfrechfa Grange, Cwmbran

Mr Jamie Hughes, Community Mental Health Nurse, Abertawe Bro Morgannwg University Health Board

Abstract

Since The NHS Plan (1999) and the inception of specialist community teams there has been a reduction of psychiatric inpatient care facilities; and reduced by a further 7% since 2011 alone, this has been reflected internationally. There is little doubt that there is a correlating rise in inpatient care acuity but how has this affected the therapeutic milieu and delivery of clinical interventions within acute care settings? Across a range of acute clinicians, this session will present a multi-disciplinary perspective on interventions, clinical approaches and how they have changed within acute settings since the further reduction of inpatient care at the turn of the century. They will discuss research perspectives, the skill sets associated with modern inpatient care and how this may be shaped into the future.

Biographies



Thomas began his career as an Occupational Therapist in Neurology and Trauma before changing to mental health in 2004. He is dually qualified in Cognitive Behavioural Therapy and has worked in acute care since 2006. Thomas has worked with both Lean and Six Sigma Improvement Methodologies; he holds a Masters with Oxford Brookes University in Operational Management in Health and Social Care and now jointly leads the Operations and Change Management teaching for their Masters Programmes. Since 2007 Thomas has worked for numerous mental healthcare NHS trusts and companies throughout the UK, in both substantive and consultancy roles in operational turnaround. He is the Associate Director of Commissioning for Swindon Clinical Commissioning Group and Strategic Lead for Urgent Care and Out of Hospital commissioning developing urgent care, acute and emergency services, Mental Health and Children's Services. Thomas is a reviewer for the Journal of Psychiatric Intensive Care. He was the lead author of the revised National Minimum Standards for Psychiatric Intensive Care in 2014. Thomas's areas of special interest are in service improvement and change management to enable increased efficiency, quality and performance within mental health and acute Services. Thomas was also the inaugural winner of the NHS South West Quality Champion / Innovator of the year 2014 and was a runner-up for the National NHS Quality Champion / Innovator of the year 2014.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



Wendy has been an occupational therapist for 26 years and has worked in a broad range of inpatient and community mental health services for adults and adolescents, including medium secure forensic services.

Wendy has 13 years' experience as a senior lecturer in occupational therapy and has also held the position of Course Director for the BSc (Hons) Occupational Therapy programme at London South Bank University. As an independent practitioner, she has trained occupational therapists in the Vona du Toit Model of Creative Ability (VdTMoCA) nationally and internationally. In 2006, Wendy founded the VdTMoCA Foundation (UK) of which she is the Lead Director, supporting the establishment of two Centres of Excellence in the model – acute adult mental health services and a medium secure forensic service in Northampton, England. Wendy is also the lead for the VdTMoCA Foundation's Forensic Special Interest group, and particularly supports occupational therapists and MDTs in implementing the model in PICU, forensic and services for people with complex mental health needs. Wendy is co-author of three texts on the VdTMoCA, and delivers an International VdTMoCA conference every two years in the UK.



Wesley was awarded his PhD in physical activity promotion amongst youth at the School of Health and Human Performance, at Dublin City University. He has previously lectured at The University of Bolton, Dublin City University and Cork Institute of Technology. Over the past four years, Wesley has lectured in the areas of physical education, coaching studies, exercise physiology, movement analysis, childhood movement, motor control, outdoor and adventure education, lifelong physical activity, nutrition and weight management. Wesley is a qualified physical education teacher and is presently lecturing on the Sports Studies and Physical Education programme at University College Cork, Ireland.



Bronwen is a Clinical Psychologist at an Assessment and Treatment Unit in South Wales. Bronwen's background was in learning disability nursing and she has previously worked in community, assessment and treatment and forensic services within nursing. Bronwen has also engaged in leadership and clinical behavioural specialist roles. She qualified as a clinical Psychologist in 2013 and has gained additional qualifications in "Positive Behavioural Support" (PBS) to the Professional diploma level. Her previous post was as a clinical psychologist within a forensic mental health medium secure unit where Bronwen was the lead clinician responsible for implementing PBS. She has a number of publications related to this work including: Evaluation of the effectiveness of training in PBS in improving staff confidence, service users and staffs perspectives and evaluation of the effectiveness of PBS in this context. She has also presented her work to the Department of Health, Division of Clinical Psychology, Public Health Wales and the Royal College of Nursing within the Positive and Safe Agenda.



Jamie is currently employed as a Community Mental Health Nurse in an adult secondary care team. Prior to becoming a registered mental health nurse, Jamie worked as an accredited trainer in Positive Behaviour Management within learning disability community services. Jamie has undertaken a variety of roles working within learning disability, acute psychiatry and psychiatric intensive care services. As a registered nurse, Jamie worked for several years on a psychiatric intensive care unit in a medium secure hospital. Jamie has contributed to a variety of projects around co-production, challenging behaviour and recovery across both learning disability and mental health services. Jamie has gained additional qualifications in "Positive Behavioural Support" (PBS) to the Professional diploma level. He is currently introducing PBS interventions to secondary care adult community mental health services in the Bridgend area of South Wales.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Parallel 2

11.05– 12.25: Burke Lecture Theatre, Arts Building, Trinity College

Personality Disorder in PICU and Secure Settings

Oliver Dale, Consultant Psychiatrist, Hammersmith and Fulham Personality Disorder Service, Clinical Lead Personality Disorder Pathway, West London Mental Health Trust

P2 Session 1: Findings of the National Personality Disorder Service Survey: Services in a Secure Setting

Dr Sacha Evans, Nurse Specialist, Child and Adolescent Mental Healthcare (CMAHS), West London Mental Health Trust

P2 Session 2: Knowledge and Understanding Framework Adapted for Secure Settings and Personality Disorder Pathway

Dr Julia Blazdell, Service User Consultant, WLMHT Managed Clinical Network

P2 Session 3: Using a DBT Informed Structured Psychotherapy Programme for the Treatment of Female Borderline Personality Disorder Patients in a Secure Setting

Prof Kai Kahl, Chief Medical Officer, FA Psychiatry and Psychotherapy, FA Psychosomatic Medicine and Psychotherapy, Head of the Institute for Behavioural Therapy and Behavioural Medicine, Clinic for Psychiatry, Social Psychiatry and Psychotherapy, Hannover Medical School, Germany

Abstract

Although most patients in secure settings present with disorders in their relationships, those with a primary personality disorder give rise to particular challenges. In order to manage the complexities, a mixture of structured goal-orientated interventions alongside formulation-informed relational security are required. This session will help the audience understand the following: what services are there present; the characteristics of these services; the experiences of service users; what training and developmental needs do these services have; and finally how these are all put together to deliver a safe and effective service

P2 Session 1: Dr Julia Blazdell will bring the lived experience into the talk and describe how the knowledge and understanding framework have been adapted to the secure setting and offender PD pathway. She will draw on her experiences of working as a project manager for emergence, her extensive experience of training within the criminal justice system and at the Institute of mental health as well as her own personal experiences.

P2 Session 2: Dr Sacha Evans will deliver the findings of the National Personality Disorder Service Survey paying particular attention to services in a secure setting. She will describe the position of services and their characteristics using the data gleaned from the survey. This will be supplemented with new information that has come to light following this extensive work.

P2 Session 3: Prof Kai Kahl will describe how a Dialectical Behavioural Therapy (DBT) informed structured psychotherapy programme for the treatment of female Borderline Personality Disorder patients can be developed for a secure setting. He will use the experiences of his own service to illustrate key messages.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Biographies



Oliver is a consultant psychiatrist and Jungian Analyst. He works at West London Mental Health Trust where he is the Clinical Lead for the Personality Disorder Pathway. He works at the Cassel Hospital and Hammersmith and Fulham Personality Disorder Service and leads the Managed Clinical Network in WLMHT. He is an executive member of BIGSPD and is active in researching and developing services for those affected by personality disorder.



Sacha originally intended to pursue an academic career, studying Neuroscience at Manchester University and undertaking research in electrophysiology for two years. However, when she realised she preferred humans to rodents, she left academia for clinical research. Sacha worked as a programme manager on phase I-IV clinical trials in the Pharmaceutical Industry. In her free time, she completed a Masters degree in Pharmaceutical medicine. Seeking a new challenge, she set her sights on becoming a psychiatrist. She applied for the graduate entry medical degree course at St. George's University, London. One medical degree and two children later, she is currently an ST4 in Child and Adolescent Mental Health Services. She has a keen interest in personality disorders and has been involved in the National Survey for Personality Disorder Services for the past three years.



Julia is a manager for Emergence, a service-user led organisation that works with all those affected by personality disorder. She is co-lead for the Knowledge and Understanding Framework MSc/BSc Women & Personality Disorder modules and has jointly developed training (WKUF+) for staff working with women in prison and secure settings as part of the National Offender Management Service Women's Out Patients Department strategy.



Kai is Executive Director of the Department for Psychiatry, Social Psychiatry and Psychotherapy, and Director of the Institute for Cognitive Behavioral Therapy and Behavioral Medicine. He is head of the research group "Affective Disorders and Central Energy Metabolism: Brain-Heart-Interface", and Head of the "Working Group on Polypharmacy" at the AGNP in Germany. Prof. Kahl is a fully-licensed medical doctor in psychiatry and psychotherapy, and in psychosomatic medicine, trainer in dialectical-behavioral therapy, and supervisor for cognitive-behavioral therapy. He was winner of the Falk-von-Reichenbach price for his scientific work on physical health in patients with mood disorders, and won the prize of the European Psychiatric Association (EPA) for the most influential position statement on "*Cardiovascular disease and diabetes in people with severe mental illness*" in 2013. He published more than 150 articles and book chapters. His research interests comprise the central energy metabolism in mood disorders, neurobiology of psychotherapy, metacognitive therapy (MCT), and psycho-neuro-endocrinology. He is on the editorial boards of "Advances in Psychiatry" and "Archives of Anxiety and Depression".

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



12.25 – 13.15: Burke Lecture Theatre, Arts Building, Trinity College –
Breakout 1

NAPICU Team of the Year 2017 Presentations

Presentations by the successful short-listed finalist teams.



12.25 – 13.15: Ui Chadhain Theatre, Arts Building, Trinity College
– Breakout 2

Sensing Change: The use of a Sensory Room in a PICU Setting

Mrs Rebecca Davies, PICU Occupational Therapist, ES1 PICU, Maudsley Hospital, South London and Maudsley NHS Foundation Trust

Abstract

Eileen Skellern 1 female PICU at South London and Maudsley NHS Foundation Trust has recently been awarded funding from the Maudsley Charity to create a multi-sensory room on the ward. The ward Occupational Therapist has led on this project with support from the Ward Manager and Consultant.

The aim of the sensory room, which has recently been opened to patients, is to offer a more recovery oriented approach to care and an environment separate from the sometimes chaotic communal areas of the ward, where patients can learn to self-regulate their emotional and behavioural responses. The over-arching long term aim is to see a reduction in the use of restrictive interventions utilised on the ward, including seclusion, PRN medications and restraint. There is also a hope that there will be an overall improvement in the therapeutic atmosphere of the ward which will improve patient experience over time.

This breakout session will cover:

- ◆ The current evidence available about the use of sensory rooms/strategies in mental health settings and the benefits.
- ◆ Use of sensory rooms in mental health on an international scale
- ◆ To introduce the sensory room that has been created on ES1. Including the research and proposal created to gain funding, photos of the room and equipment included.
- ◆ To discuss how the sensory room is being used on ES1, including the positives and the challenges.

The main learning objectives of the session will be:

- ◆ Gaining knowledge on the use of sensory methods in mental health practice
- ◆ Finding alternative ways to manage disturbed behaviour
- ◆ Understanding how a variety of different patients with different diagnoses could benefit from sensory input

Biography

Rebecca is the Senior Occupational Therapist (OT) on the female PICU for South London and Maudsley NHS Foundation Trust. Rebecca started her career in healthcare in 2005 as a Learning Disabilities (LD) support worker, and subsequently trained as an OT in 2008. Since qualifying, she has worked in a variety of healthcare settings including as a physical health OT at St. Georges NHS Foundation Trust. As part of her role as a Specialist LD OT at Orchard Hill College, she was instrumental in setting up the OT Service and Challenging Behaviour Service within the college. Rebecca has a special interest in the use of sensory methods in mental health settings and has completed an MSc module in Sensory Integration. In her current role as a PICU OT she has created a sensory room on the ward as a space for de-escalation and relaxation for patients and is currently conducting research on the benefits of the room in terms of potential reduction in use of restrictive interventions and increase in positive patient experience on the ward.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

12.25 – 13.15: Beckett Room 2, Arts Building, Trinity College
– Breakout 3

Attitudes Towards the use of Restrictive Interventions

Mrs Gail Kay, Directorate Manager, Community Services,
Northumberland, Tyne and Wear NHS Foundation Trust

Mr Daniel Rippon, Assistant Psychologist, Northumberland,
Tyne and Wear NHS Foundation Trust



Abstract

The Public Health model illustrates the primary (preventative), secondary (non-invasive de-escalation methods) and tertiary (restrictive practices) techniques that are available to frontline staff to manage behavioural symptoms. Previous research has suggested that primary and secondary interventions are the preferred method of preventing and managing behaviours that challenge in such professions as Psychiatric Nursing. However tertiary interventions are still utilised within organisations that treat/assess people with behavioural symptoms in situations in which primary/secondary interventions have been deemed ineffective in the de-escalation of behaviours that challenge and to reduce further risk to patients, staff and others.

This presentation will discuss the findings of a service evaluation study that aimed to ascertain the attitudes of healthcare professionals, non-clinical members of staff, patients and their families/carers regarding the use of tertiary interventions within Children and Younger People's Inpatient Services (CYPS).

Interviews and focus groups were conducted with the participants and the transcripts were then analysed using Thematic Analysis. The themes that emerged from the analysis were the 'Uncertainties' and 'Dissonance' concerning the use of tertiary interventions to manage behaviours that challenge within CYPS inpatient settings. Discussion will be given regarding the implications on clinical judgement of frontline health care staff who manage behaviours that challenge and the essential requirement to raise awareness regarding the methods that are currently employed to de-escalate behavioural symptoms within CYPS inpatient settings.

Biographies

Gail qualified as a registered nurse in mental health services in 1988. She worked in a variety of settings as clinician, manager and tutor. Reducing aggression and violence in clinical services, proved to be a career ambition and in 2002 she was successful in her application for the position of Nurse Consultant specialising in violence reduction at South London and Maudsley. This role resulted in involvement in the development of national policy. In 2004 commissioned by NHS Substance Misuse Services (SMS) to develop a national training syllabus in non-physical interventions. In 2005 Gail was seconded to NHS SMS as mental health services manager to further the violence reduction agenda nationally. She was then successful in achieving the position of Associate Director for risk and violence reduction at West London Mental Health Trust (WLMHT). Gail worked at WLMHT to develop an accredited course in violence reduction. Since 2011 Gail has worked in Northumberland, Tyne and Wear NHS Foundation Trust as a Directorate Manager. Gail is presently working with representatives from the Department of Health to progress national standards.

Daniel is a PhD Researcher and Tutor at the University of Northumbria at Newcastle. He is also an Assistant Psychologist at Northumberland, Tyne and Wear NHS Foundation Trust where he has worked in the Challenging Behaviour Service and Older People's Inpatient Services. Daniel has published research in the field of leadership styles in care homes and also the development of assessment methods to assist professional carers to identify/manage the causes of behavioural symptoms associated with dementia. Daniel is currently conducting research as part of a PhD programme that is investigating the causes, consequences of and protective factors against stress within health/social care professionals who manage behaviours that challenge as part of their role.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

12.25 – 13.15: Room: 5052, Fifth floor Arts Building, Trinity College – Breakout 4

Meet and greet with the NAPICU Executive Committee Members

Abstract

An opportunity to meet the NAPICU Exec team members and discuss how to get more involved with NAPICU, and how this can benefit your unit going forward.



12.25 – 13.15: Beckett Room 1, Arts Building, Trinity College – Breakout 5

Challenges in the CAMHS environment

Dr Faeza Khan, Consultant Child & Adolescent Psychiatrist, Adolescent PICU, Cheadle Royal

Abstract

The break out session will focus on Transition of young people from CAMHS PICU to Adult inpatient services. The session will offer an overview of national guidelines and recommendations. The aim of the session is to share CAMHS perspective and experience of clinical presentations which require care pathways to adult services and multiagency working, supported by case studies. The session will allow the participants to discuss future directions and trends.

Biography

Faeza is a Consultant Child & Adolescent Psychiatrist offering Clinical Lead at the Adolescent Psychiatric Intensive Care Unit at the Priory Hospital, Cheadle Royal since 2008. The unit offers crisis admissions nationally for young people who demonstrate high levels of risk to themselves and/or others with complex co-morbid presentations including, psychosis, autistic spectrum conditions and emerging personality difficulties. She has been involved in developing clinical and operational specifications for adolescent PICU at the Priory and participated in developing the NAPICU National Minimum Standards for PICU for young people. She is actively involved in developing published articles and offered workshops at international conferences including NACRO. Faeza has participated in developing Train the Trainer course for Autism across health sector at the Priory. Faeza is also one of the trainers for emotional awareness training to Independent Association for Preparatory Schools.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



12.25 – 13.15: Swift Theatre, Arts Building,
Trinity College – Breakout 6

Searching Practice Development

Mr Roland Dix, Approved Clinician, Consultant Nurse in Psychiatric Intensive Care & Secure Recovery, 2gether NHS Foundation Trust and Editor-in-Chief Journal of Psychiatric Intensive Care & Low secure Units. NAPICU Executive Member

Mr Jim Laidlaw, Consultant Psychiatrist, 2gether NHS Foundation Trust, Deputy Editor Journal of Psychiatric Intensive Care & Low secure Units



Abstract

The training session will include the theory and practice of searching, patient and property within mental health settings.

Furthermore, the “**Searching Practice Development Event**” will provide a detailed account of the Mental Health act 2015 including the code of practise. Delegates will have the opportunity to participate in a number of experiments, testing specific equipment used to detect weapons and other restricted items. They will also have the opportunity to use the very latest scanning/detection devices under the supervision of an experienced Search Trainer.

Biographies

Roland started his career in mental health as Nursing Assistant in 1984, became an enrolled nurse in 1988 and a staff nurse in 1992. He was appointed unit manager and Clinical Nurse Specialist for the Greyfriars PICU in 1993. During 1996, with others, he formed NAPICU. Between 1993 and 2000 Roland spent time working as a matron manager and research consultant for Gloucestershire Health. He is the founding Editor-in-Chief for the Journal of Psychiatric Intensive Care. In 2000 he was appointed consultant nurse for Psychiatric Intensive Care and Secure recovery and became an Approved Clinician in 2012. He was a major contributor to the 2002 National Minimum Standards for PICU and both editions of the only international PICU textbook. In 2014, he was awarded the Fellowship of the Royal College of Nursing.

Jim qualified in medicine in 1989 and began training in psychiatry the following year. He has worked as consultant psychiatrist in Gloucestershire 1997. His current post involves providing consultant input for a low secure ward along with input into the local criminal justice psychiatric liaison service, Multi-Agency Public Protection Arrangements (MAPPA) and also the local Electroconvulsive Therapy service. His research interests include section 136 and searching within mental health services. He is also Editor-in-Chief of the Journal of Psychiatric Intensive Care & Low secure Units.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



12.25 – 13.15: Emmet Lecture Theatre, Arts Building, Trinity College – Breakout Session 7

Pharmacological Perspectives in Rapid Tranquilisation

Ms Georgina Ell, Advanced Specialist Pharmacist, Park Royal (Brent), Central and North West London NHS Foundation Trust

Abstract

Rapid tranquillisation is when medicines are given to a person who is very agitated or displaying aggressive behaviour to help quickly calm them. This is to reduce any risk to themselves or others, and allow them to receive the medical care that they need. Rapid tranquilisation is a restrictive practice that is commonly used within the PICU setting. In this workshop we will look at the different medications that are used for rapidly reducing agitation and aggression during rapid tranquilisation and consider the variations that are seen within practice both nationally and internationally. We will consider real life scenarios and discuss pharmacological treatment options and their outcomes. In addition the workshop will aim to help those who attend learn from others' experience of using rapid tranquillisation within different PICU services.

Biography

Georgina is an advanced specialist mental health pharmacist in Central North West London NHS Foundation Trust, which is one of the largest mental health services in the UK. She works at Park Royal Centre for mental health where she provides a clinical service to the Male PICU ward, a male treatment ward, an open rehab ward as well as community services. She is also the lead pharmacist for smoking cessation within the trust. Georgina has worked in mental health services for approximately 5 years, and previously worked in the medicines information department for the Trust. She is a member of the College of Mental Health Pharmacy (CMHP).

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Parallel 3

14.15– 15.35: Burke Lecture Theatre, Arts Building, Trinity College

Progress and Research in Psychiatric Intensive Care

Chair: Dr Stephen Dye, Consultant Psychiatrist (PICU), Norfolk and Suffolk NHS Foundation Trust and NAPICU Director of Research

P3 Session 1: Seclusion and Psychiatric Intensive Care Evaluation Study

Dr Alex Tulloch, SPICES, Consultant Psychiatrist, South London & Maudsley NHS Foundation Trust,

Dr Sophie Pettit, Lecturer, College of Nursing Midwifery and Healthcare

P3 Session 2: De-escalation: Contemporary Best Practice

Dr Brodie Paterson, Ph.D., M.Ed. BA(hons), RMN, RNLD, RNT, Dip Nursing, FEANS, Clinical Director, CALM Training Ltd

P3 Session 3: NAPICU National Survey 2016: progress

Ms Lucy Walker Research Fellow, NAPICU

Dr Stephen Pereira, Research Lead, NAPICU

Abstract

Promoting research and practice development are amongst the founding aims of NAPICU. This is evident from previous quarterly meetings and conferences as well as over 10 years of publication of the Journal of Psychiatric Intensive Care. Posters at the conference have become more numerous and more research based over recent years and it is with great pleasure that we present the first parallel session specifically devoted to progress and research in Psychiatric intensive Care which promises to be both a varied and stimulating session. Initially Dr Alex Tulloch and Dr Sophie Pettit will present updates from the Seclusion and Psychiatric Intensive Care Evaluation Study (SPICES) which aims to assess factors associated with the use of seclusion and PICU, to estimate consequences of use of these upon subsequent violence and costs, and to describe differences in management of disturbed behaviour that are related to availability of PICU / seclusion facilities. Dr Brodie Paterson, a well published researcher and internationally recognised expert and trainer on the prevention and management of violence in healthcare, will then give an overview of best practice in De-escalation. This will be followed by an update on the NAPICU National Survey given by Ms Lucy Walker and Dr Stephen Pereira. The survey aims to give an up to date snapshot of care provision and types of patients treated within PICUs and other adult low secure facilities. This will evidence the continuing thrust for further research into and service evaluation of PICU and related specialties.

Biographies



Stephen is a consultant in acute inpatient care for Norfolk and Suffolk NHS Foundation Trust. From 2001 until 2008 he was a PICU consultant for Oxfordshire and Buckinghamshire Mental Health Partnership NHS Foundation Trust, and prior to that a lecturer in psychiatry at Imperial College London.

Stephen has sat on the NAPICU Executive Committee since 2002 and currently holds the position of Director of Research. From 2004 to 2006 he was seconded, via NAPICU, to jointly coordinate the PICU Governance Network and subsequently the Psychiatric Intensive Care Advisory Service until the end of 2007. He is an assistant editor of the Journal of Psychiatric Intensive Care. Stephen is leading on the next PICU national survey and has contributed to many other NAPICU initiatives around standards and quality, as well as publishing widely in journals and books on PICU related topics.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



Alex is a Consultant Psychiatrist at South West London and St Georges Mental Health NHS Trust, where he is responsible for an acute ward serving the London Borough of Richmond-upon-Thames. From 2002 to 2015 he trained in psychiatry and then health services research at the Institute of Psychiatry, Psychology and Neuroscience and South London and Maudsley NHS Foundation Trust. The SPICES project (led by Professor Len Bowers) was one of several pieces of research into inpatient services that he has performed. He retains an interest in research and evaluation and is currently working on

the evaluation of Four Steps to Safety, which is a violence reduction programme on wards at South London and Maudsley and Devon Partnership NHS Foundation Trust.

Sophie joined the University of West London in 2016 as a Lecturer in Health Promotion and Public Health. Her current research focuses on access to talking therapies. From 2013 to 2016 she completed a number of post-doctoral positions at the Institute of Psychiatry, Psychology and Neuroscience, including the SPICES project led by Professor Len Bowers. Sophie is currently involved in the Improving Access to Psychological Therapies (IAPT) SW Evaluation project, originally funded by the South West Strategic Health Authority and also supported by the National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care South West Peninsula. She was awarded her PhD in Psychology from Plymouth University in 2013 after working as a research assistant at the Peninsula College of Medicine and Dentistry.



Brodie is presently Clinical Director of CALM training (Crisis, Aggression, Limitation and Management), a specialist consultancy and training provider that works with services supporting people whose distress may present as behaviour that challenges. He has degrees in Psychology, Education, Sociology and Social Policy and is a registered mental health and learning disabilities nurse. Brodie is the author of over 100 articles, chapters and texts on violence prevention in health, social care and education as a clinical, organisational, social and political problem. He conducted the first UK study evaluating training in the prevention and safer management of violence, organised the first UK

conference on workplace violence and conducted the seminal UK study into restraint related deaths in health and social care restraint safety. He was a member of the Cross government working party on violence in services for people with mental health issues and is a member of the European Violence in Psychiatry Research Interest Group and chair of the European Network for Training in the Management of aggression. His clinical interests include de-escalation, restraint safety, restrictive intervention minimisation, implementing trauma informed care and turning around corrupt cultures



Lucy has over 17 years' experience of Mental Health / Drug & Alcohol Services; NHS / Non-Statutory / Independent Treatment Services and Extensive audit experience as an NHS auditor for Mental Health and Drug & Alcohol Services. She is an original member of the research team which devised and completed the research into Psychiatric Care and Low Secure Services in 2001, published 2006. Lucy then contributed to the Clinical Audit into the Department of Health (2002) Mental Health Policy Implementation Guide: National Minimum Standards for Psychiatric Intensive Care and Low Secure Environments. In addition she has co-authored papers on Supportive Observation and Engagement, Rapid

Tranquillisation in recent years. Lucy holds 9 years Private Practice experience as a Psychological Therapies Consultant, specializing in Compliance & Practice Development, Cognitive Behaviour Therapy, Intensive Care and Substance Misuse Services. She is a highly professional and conscientious practitioner, known for dedication to 'clinical excellence' in mental health & substance misuse care.

Please see page 12 for Dr Stephen Pereira's biography

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Parallel 4

14.15– 15.35: Emmet Lecture Theatre, Arts Building, Trinity College

Approaches to Reducing Restraint and Restrictive Practices

Chair: Mr Andy Johnston, *Independent Consultant, Associate/Consultant Centre for Mental Health and NAPICU Executive Committee Member*

P4 Session 1: The No Force First Approach to Reducing Restrictive Interventions in Mersey Care

Dr Jennifer Kilcoyne, *Lead Consultant Clinical Psychologist, High Secure Services, Ashworth Hospital.*

P4 Session 2: Reducing Restraint and Restrictive Practices: The Icelandic Experience

Ms Eyrun Thorstensen, *Clinical Manager, Acute Psychiatric Services, Iceland*

P4 Session 3: A Structured Approach to Reducing Restrictive practices, Make the Public Pledge

Dr Colin Dale, *Chief Executive of Caring Solutions (UK) Ltd and Vice Chairman of the Restraint Reduction Network*

Abstract

It has been a specific focus of statutory health bodies and provider services in the UK to reduce the incidence of restraint and restrictive interventions in mental health settings for several years. Much progress has been made in relation to data collection, policy formation and practice development following several national initiatives, all yielding varying degrees of success. The challenges remain and will be an ongoing focus.

Today we hear from three organisations who will present their respective approaches to support this important area of practice and share their successes and learning. They will be an opportunity for questions and discussion.

Biographies



Andy held Executive Secretary and Director of Operations roles within the NAPICU Executive from 2002 until May 2013. Having stood down after 11 years he remains an Executive member with a number of portfolios. Andy trained as a nurse in 1987 and has held Director posts in the statutory, independent and professional sectors. His previous roles include Clinical Director for Forensic services and Clinical Director for adult mental health services. He left the NHS in 2014 and works as an independent consultant to mental health services. Andy has contributed to a number of national programmes influencing the direction of travel for mental health services over the years and is an Editorial Board member of the Journal of Psychiatric Intensive Care.



Jennifer is a Consultant Clinical Psychologist who is the Reducing Restrictive Practice Lead in Mersey Care NHS Foundation Trust and delivers the No Force First Programme. The key aspects of this role involve engaging staff teams and service-users to develop an evidence based and collaborative culture to improve experience and safety for service users and staff, by reducing conflict and restrictive interventions on the wards. Jennifer works in clinical practice at Ashworth High Secure Hospital, where she has worked for many years on the wards providing assessment and therapeutic initiatives. As the Clinical Lead of the Positive Intervention Programme which is a specialised team working with

people in Long Term Segregation she has developed a nationally implemented clinical model to reduce Long Term Segregation with patients and prisoners. Jennifer is also on the Clinical Reference Group and provides guidance on the provision and delivery of secure care. For much of her career she has focused on engaging people and systems with complex needs and accompanying them on their journey towards recovery. She is a strong advocate for working in partnership with staff and people who use services to deliver compassionate care for everyone.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Eyrún has extensive experience in psychiatric nursing within hospital settings. For the last 14 years she has been directing an acute inpatient psychiatric ward and for the past years a PICU unit. She has studied coercive treatments including medication in psychiatric inpatients. Eyrún now works as a project manager at the Mental Health Services at Landspítali University Hospital Iceland.



Colin is the Vice Chair of the Restraint Reduction Network an independent network which brings together committed organisations providing education, health and social care services for people who may challenge. The network has an ambitious vision to deliver restraint-free care and support and make a real difference in the lives of people who use services. Colin is also the Chief Executive of Caring Solutions (UK) Ltd a mental health consultancy company based in the north west of England which carries out national, regional and local health care projects throughout the UK. Colin is a Senior Research Fellow at the University of Central Lancashire; a member of the Mental Health Review Tribunal;

the Editor of the Journal of Intellectual Disabilities and Offending Behaviour; and a Trustee on the Board of the British Institute for Learning Disabilities. In 2006 Colin acted as adviser to the National Patient Safety Agency on mental health, and since then he has led and reviewed a series of independent investigations into Serious Untoward Investigations throughout the UK. In 2013 his Company (Caring Solutions) was appointed by NHS England to the national framework to conduct independent investigations in the NHS. In 2014 he was appointed as a mental health specialist adviser to the Care Quality Commission. Colin completed his Doctoral studies (PhD) in 2002 and was the lead editor of four forensic care textbooks in the years that followed. He has presented papers to international, national and regional conferences and written extensively for professional publication.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



15:55– 17:15: Burke Lecture Theatre, Arts Building, Trinity College

Dial Medicine for Murder

Dr Andrew Johns, Consultant Forensic Psychiatrist, South London and Maudsley NHS Foundation Trust

Dr Harry Brunjes, Chairman Premier Medical, Chairman English National Opera, Chairman Lancing College

Chair: Dr Faisil Sethi, Consultant Psychiatrist (PICU), Maudsley Hospital, South London & Maudsley NHS Foundation Trust and NAPICU Vice-Chairman



Abstract

This is the story and juxtaposition of two of the most notorious British physicians of the 20th century. Dr Harold Shipman and Dr John Bodkin Adams were both allegedly responsible for over 400 murders between them. 'Dial Medicine for Murder' compares and contrasts the background, arrest, trial, legacy and psychopathology of both individuals interspersed with film footage and contemporaneous news items.

Biographies

Andrew trained in medicine at Guy's Hospital and then in psychiatry at the Maudsley Hospital, both in London. From 1988 he was a Consultant in the psychiatry of addiction at St George's Hospital, London with responsibility for treating drug and alcohol users. He then re-trained in forensic psychiatry, working for four years at Broadmoor Hospital, and since 1999 at the Maudsley Hospital, London. Andrew frequently assesses individuals with a wide range of psychiatric conditions in both the criminal and civil courts. He has a reputation as a leading expert opinion in forensic psychiatry. He has assessed over 300 individuals charged with homicide and gave evidence to the Shipman Enquiry. Andrew's core interest is the challenge of understanding human, psychological and legal aspects of serious crime on which he has published regularly. Besides writing he also lectures and broadcasts. Andrew is associated with Gray's Inn School of Advocacy and has participated in training junior barristers and psychiatrists in giving expert evidence for the courts. He has also done this training in Jamaica and Singapore. Andrew is passionate about literature, music and opera – in fact he has been to over 300 operas. He is married to Caroline, has three children, and they all live together in South London with a dog called Betty.

Please see page XX for Dr Faisil Sethi's biography

Harry initially graduated from London University and then qualified in medicine at Guy's Hospital. This was followed by positions as a hospital doctor, general practitioner, senior partner and police surgeon prior to his own practice. In 1995 Harry started Premier Medical and in 2005, after ten years as CEO, became Chairman of The Premier Medical Group. Previous appointments were Chairman of the Personal Injury Forum at BUPA, Chairman of RTA Ltd and Kuro Healthcare. RTA Limited was sold to BUPA in 2005. Harry remains as Chairman of PMG and was also appointed Group Medical Director of Capita. Previously Harry was Governor of Bedford Modern School, Chairman of Mowden School, Governor of Valderrama Golf Club and The Expert Witness Institute. In 2007 Harry was President of the Sussex Medico-Chirurgical Society. In 2010 Harry was elected Vice-President of the College of Medicine. Harry is Chairman of Lancing College, Fellow of the Woodard Corporation, a Council member of Southwark Cathedral Development Trust and is Chairman of the English National Opera and The London Coliseum. Harry enjoys all sport, in particular golf, soccer and cricket. He has a lifelong interest in music and theatre. For years he played piano professionally, including television and theatre which subsequently led to after dinner speaking. Harry is a regular writer, broadcaster and lecturer. Harry is married to Jacquie Storey, they have four children.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

Friday 8th September 2017

09.25 – 10.00: Burke Lecture Theatre, Arts Building, Trinity College

NAPICU Annual General Meeting and open forum

(All delegates are encouraged to attend the Annual General Meeting and please note members are entitled to vote)



10.00 – 10.10: Burke Lecture Theatre, Arts Building, Trinity College

Chair's Introduction

Mrs Caroline Parker, Consultant Pharmacist for Adult Mental Health Services, Central and North West London NHS Foundation Trust and NAPICU Director of Operations

Biography

Caroline is a consultant mental health pharmacist in Central and North West London NHS Foundation Trust, one of the largest mental health services in the UK. Her clinical role includes working as a member of a Psychiatric Intensive Care team, and in a Community Recovery team where she operates as an independent non-medical prescriber. She has worked in several central London hospitals across a wide range of psychiatric services delivering direct patient care. She is the Director of Operations for NAPICU and has served on the NAPICU executive committee in a variety of roles since 2008.



10.10 – 10.55: Burke Lecture Theatre, Arts Building, Trinity College

The Patient Perspective: Interview

Dr Stephen Dye, Consultant Psychiatrist (PICU), Norfolk and Suffolk NHS Foundation Trust and NAPICU Director of Research

Mr Bernard Fox, NAPICU Patient Representative



Abstract

This session will be facilitated jointly by a patient who was treated within 2 PICU services and a psychiatrist who worked within these services. It will allow attendees to hear about the experience of PICUs from a patient's perspective and give an opportunity to further explore this through interactive discussion.

Biographies

Please see Page 26 for Dr Stephen Dye's Biography

Bernard suffered his first major psychotic episode in 2004. Sectioned, he spent time both in PICU and Acute care. Over three main admissions Bernard has had direct experience of two PICUs and four Acute Wards. Since joining the NAPICU Executive Committee Bernard has visited numerous PICU Wards across the country and AIMS accreditation reviews, with NAPICU interests in mind. Still Dairy Farming, Bernard hopes to continue to draw on his broad experience from basic earthy common sense to great customer service at home and within the Executive Committee

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



11.30 – 11.55: Burke Lecture Theatre, Arts Building, Trinity College

Psychiatric Intensive Care for Young People: Just what are we trying to achieve

Mr Mathew Page, *Interim Director of Operations, Avon & Wiltshire Mental Health Partnership NHS Trust and NAPICU Executive Committee Member*

Abstract

The National Minimum Standards for PICUs for Young People were published in 2015. The level of demand for young people's inpatient services remains very high as has been seen in recent high profile cases in the media. The importance of providing the right type of response to young people in mental health crisis cannot be overstated and yet there is little evidence to support exactly what should be done to help. This session will discuss the need to define and standardise services to ensure consistency and ensure that young people are achieved the outcome of safely returning to a home environment. Through this year's conference NAPICU will continue to network Young People's PICUs and develop ways in which best practice can be shared.

Biography

Mathew qualified as a mental health nurse in 1999 and worked in PICU and acute environments before managing the Montpellier Secure Recovery Service in Gloucester for years. As Service Director for the Children and Young People Service in Gloucestershire, he developed an interest in inpatient services for Young People. Since June 2015 Mathew has been Interim Director of Operations for Avon and Wiltshire Partnership Trust. Mathew has a range of academic interests having studied nursing practice, forensic psychiatry and more recently theology. His publication and speaking portfolio seeks to challenge existing thinking and promote positive change particularly in the area of health service leadership. Away from Mental Healthcare his list of interests includes woodwork and gardening. In 2009 he was ordained as an Anglican Priest in the Diocese of Gloucester and works in both a parish context and as a Police Chaplain for Gloucestershire Constabulary.



11.55 – 12.30: Burke Lecture Theatre, Arts Building, Trinity College

Scottish Patient Safety Climate Tool

Mr Johnathan MacLennan, *Improvement Advisor, Scottish Patient Safety Programme for Mental Health, Scotland*

Abstract

TBC

Biography

Johnathan was appointed as the Improvement Advisor and Programme Lead for the Scottish Patient Safety Programme for Mental Health in October 2012. He is a registered mental health nurse and prior to joining Healthcare Improvement Scotland spent 14 years working for NHS Lothian in IPCU, In-patient and Community Rehabilitation, CAMHS and Low Secure care. He completed Wave 28 of the IHI Improvement Advisor's course in November 2013 and is currently studying his MSc in Mental Health and Social Inclusion at the University of Hertfordshire.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



13.30 – 14.45: Burke Lecture Theatre, Arts Building, Trinity College

International Perspectives of Psychiatric Intensive Care Units

Chair Mr Chris Dzikiti, *Strategic Case Manager, Transforming Care Team, NHS England (London Region) and NAPICU Executive Committee Member (International Liaison)*

Dr Séamus Ó Ceallaigh, *Consultant Psychiatrist, Clinical Lead for Psychiatric Intensive Care, Saint Patrick's University Hospital, Ireland*

Ms Miranda De Weijer – Dupuis, *Specialist Nurse, PICU, Netherlands*

Dr Koravangattu Valsraj, *Consultant Psychiatrist, UK*

Mr Kevin Shembri, *Consultant Cardiothoracic Surgeon, Visiting lecturer University of Malta, Chief Executive Officer Mental Health, Malta*

Abstract

This session will bring together expert clinicians and leaders in the field of psychiatric intensive care offering an outstanding set of international presentations from England, Ireland, India, Netherlands and Malta. This session will provide an overview of international current policy and practice in psychiatric intensive care services in different countries and will help all mental health professionals attending the conference hear about and keep abreast of what is happening elsewhere. Many countries are looking at improving psychiatric intensive care services and this session will provide an international perspective allowing delegates an opportunity to benchmark their own intensive care services. There is also an opportunity for delegates to gain a better understanding of other cultures and the relationship between culture, mental health and psychiatric disorders.

Biographies

Please see Page 16 for Mr Chris Dzikiti's biography



Séamus is director of psychiatric intensive care and assistant medical director for Saint Patrick's Mental Health Services. Dr Ó Ceallaigh is a medical graduate of University College Galway. He began basic training in psychiatry on the West of Ireland Rotation and completed his training at the Institute of Psychiatry and Maudsley Hospital in London. Dr Ó Ceallaigh worked as consultant psychiatrist in the National Psychosis Unit and the forensic mental health service. His interests include the assessment and management of harm associated with mental illness in secure settings.

Miranda is a Clinical Nurse Specialist, currently working at the High & Intensive Care Unit of GGzE Eindhoven, the Netherlands. She specializes in treatment options for therapy resistant schizophrenia and published several articles on compulsory clozapine treatment. As a member of the hospitals drug and therapeutic committee, her constant focus is to innovate and to optimise the quality of pharmacological prescriptions by clinical nurse specialists, within GGzE. One of the foremost innovations she implemented, was the realisation of a clozapine monitoring system for both clinical and outpatients. As a clinical nurse specialist she is able to combine practical care with carefully applying guidelines for an optimal patient focused result. Based on the "worrying therapy" by prof. dr. A. Kerkhof, she has developed and implemented a group therapy for patients with suicidal thoughts and tendencies.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



Valsraj is currently in India on a sabbatical in a senior medical leadership role at Amrita Institute of Medical Sciences providing leadership in quality, safety, knowledge management, developing international collaborations and offering insights into the development of innovative and new models of care. He is passionate in raising the profile of Mental Health and through the WHO theme on Depression - Let's Talk campaign he is creatively engaging medical students, postgraduate trainees, psychologists, nurses, allied health professionals, school and leadership roles at South London and Maudsley NHS Foundation Trust, East London NHS Foundation Trust and Brighton and Sussex University Hospitals NHS Trust. He is college students in the city of Kochi, Kerala to raise the awareness of mental health. He has held medical supporting the development of a flagship NAPICU International affiliate at Amrita Institute of Medical Sciences, Kerala with NAPICU's support. Dr Valsraj's interests include quality, standards, safety, patient and career experience and clinical leadership. In the presentation he would compare the mental health services in India and UK and highlight the gap in psychiatric intensive care facility in India.

Dr Kevin Schembri, *Consultant Cardiothoracic Surgeon, Visiting lecturer University of Malta, Chief Executive Officer Mental Health, Malta*



Sarah, RN, PhD is the Nurse Manager of Inpatient Mental Health at the Toronto General Hospital, University Health Network, in Toronto, Canada. Sarah's vision of a healthy, creative, inquiring environment guides her support of the professional team, her decision making as a leader and her engagement with the population admitted to the unit.

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES



14.45 – 15.00: Burke Lecture Theatre, Arts Building, Trinity College
22nd Annual NAPICU Conference 2017 Awards: Winning Poster and NAPICU Team of the Year

Mr Alan Metherall, *Transformation Programme Manager, Armed Forces Health NHS England and NAPICU Treasurer*

Biography

Alan is one of the founding members of NAPICU and has undertaken a number of roles on the executive committee since it was first created. He has held the position of treasurer for two years. Alan worked on the Greyfriars PICU in Gloucester for many years and was also Matron of the low secure unit. Alan has been the Deputy Director of Nursing in Avon and Wiltshire Partnership NHS Trust for the past few years and is currently seconded to the Armed Forces Team in NHS England. In his current role for NAPICU Alan works with the Executive, Northern Networking and the Accountants to ensure the financial resources of the organisation are used correctly to achieve the objectives of the organisation.

14.45 – 15.00: Burke Lecture Theatre, Arts Building, Trinity College
Summing Up and Thanks

Mr Thomas Kearney, *Associate Director of Commissioning Swindon CCG and NAPICU Director of Policy*

Biography

Please see Page 17 for Mr Thomas Kearney's biography

POSTER SESSION

The following posters will be displayed around the exhibition area in the Lower Concourse in the Arts Building (Exhibition area). To view the poster abstracts please visit the NAPICU website – www.napicu.org.uk

| Poster No | First Author | Title |
|-----------|--------------------|--|
| PO1 | R Dix | Reducing the Risk of Harm - Searching for Prohibited Items in Mental Health Hospitals |
| PO2 | S Curzons | How do the NICE Guidelines for treatment and management of Borderline Personality Disorder compare to the PICU model and corresponding guidelines for treatment? |
| PO3 | C Finamore | The Psychological Needs of Women with (Borderline) Personality Disorder in PICU - A Case for Change |
| PO4 | C Metz | The impact of placement in seclusion at weekends and nights on seclusion durations over an 8 month period at the PICU in a Specialist Psychiatric Hospital |
| PO5 | A Purcell | To explore clinician's experiences and perspectives regarding venous thromboembolism prophylaxis in mental health in-patient services |
| PO6 | S Flogen | MAiD and inpatient psychiatry |
| PO7 | A Amar | The role of dysfunctional sensory processing in psychiatric disorders and the effect of sensory modulation interventions within inpatient settings |
| PO8 | H Alhaj | Efficacy of sensory modulation |
| PO9 | C Hynes | Rapid Tranquillisation - a clinical adult |
| PO10 | C Hynes | Pharmacist-led investigation into the experience of antipsychotic side-effects, the distress they cause and how they are reported |
| PO11 | R Mudhoo | Implementing a low intensity Cognitive Behavioural Therapy (CBT) based talking group on a Male PICU |
| PO12 | T Parnell | Evaluation of the impact of the garden redesign in a PICU setting |
| PO13 | S Dolan | Management of agitation in patients with schizophrenia and bipolar disorder with inhaled loxapine (IL) |
| PO14 | C Don | Optimizing Nicotine Replacement Therapy in a Psychiatric Intensive Care Setting. |
| PO15 | E De Lange | Therapy on a PICU: DBT-informed Emotional Skills Programme |
| PO16 | S Walsh-Harrington | Is it helpful to offer a daily 'bite sized' coping skills group to women on a Psychiatric Intensive Care Unit (PICU)? |
| PO17 | E De Lange | Risk Assessment Measure for Psychiatric Intensive Care Units |
| PO18 | S Dye | Can mental health clusters be replaced by patient typing? A survey of 100 transfers from a psychiatric intensive care unit (PICU) |
| PO19 | R Venekiah | Psychiatric Intensive Care Liaison Service |
| PO20 | H Alhaj | Staff and patient surveys of the impact of implementing the Safewards model on a Psychiatric Intensive Care Unit |

FUTURE EVENTS & SOCIAL NETWORKS

Local Quarterly Meetings

Details of the next NAPICU Local Quarterly Meeting will be available on the NAPICU website - www.napicu.org.uk

If you are interested in hosting a Local Quarterly Meeting please visit the website for more details www.napicu.org.uk or contact the administration office on **01355 244 585** or email info@napicu.org.uk

The 23rd Annual NAPICU Conference 2018

Thursday 6th – Friday 7th September 2018

Holywell Conference Centre, Loughborough University

NAPICU National Survey

NAPICU are currently conducting a UK wide National Survey, the survey was posted out to all PICUs in the UK in March 2017. Dr Stephen Pereira, NAPICU Chairman is working in partnership with Ms Lucy Walker, NAPICU Research Fellow in collating the survey responses.

Dr Pereira would like to encourage all wards to complete the survey. If you require assistance with this Lucy and Mr Paul Deacon, NAPICU Executive Committee Member, are offering site visits to your PICUs, LSUs or Locked Rehab units throughout the country to achieve the best possible data collection. To arrange a visit for your unit please contact **Lucy Walker**, NAPICU research fellow who will be exhibiting in the Lower Concourse, Arts Building, Trinity College throughout the duration of the Conference. Lucy can be contacted via info@napicu.org.uk

Social Networking

Keep up-to-date with all things NAPICU via our Facebook and Twitter #Napicu2017...



#NAPICU2017



Like us on
Facebook

CONFERENCE EXHIBITORS/ SPONSORS

NAPICU would like to thank all our exhibitors and sponsors for their support of the 22nd Annual Conference



Anti-Ligature Shop Ltd

Anti-Ligature Shop Ltd aims to provide a 'Complete' Solution service for individuals and organisations working alongside patients in the area of Mental Health in the prevention of suicide, ultimately saving lives.



Cygnet

Cygnet Health Care offers a national network of services to meet the acute needs of people requiring a rapid admission to mental health services including those who may need an intensive care environment.



DIMHN

Good design can help, but transforming mental-health facilities needs collaboration and teamwork, our network's purpose. We're a positive force for change with membership open to anyone. We offer access to shared ideas and a forum for discussion. We provide access to cutting-edge research, education and encourage stakeholders to create better healthcare environments.



Galen

Galen Limited, widely known for its novel Trustsaver® portfolio, providing value for money, quality medicines and dependable supply, is now taking these core values into the specialised medicines market and expanding its portfolio with selected speciality products on an international basis.

Advancing Human Health



Kingsway

Kingsway Group are the market innovators and manufacturers of doorsets and door hardware solutions for the healthcare industry. Our designs have been developed with thought-leaders and world class designers in the mental healthcare sector to provide the most stunning, efficient and effective solutions, creating products for people who care and environments that improve the effectiveness of your facility.

Metrasens

Metrasens' team creates products which are helping to make the world a safer place. Metrasens' technology enables our customers to see the unseen. From helping prisons to win the battle against cell phones, to

keeping patients and staff safe from projectile incidents in MRI facilities.

CONFERENCE EXHIBITORS/ SPONSORS



Mike Ayres Design

Mike Ayres Design aim to provide products for people's special and additional needs. Including a complete service for soft play, sensory equipment and environments.



Oxehealth

Oxehealth was founded on the discovery that the well-established science of contact Photoplethysmography can be harnessed by intelligent signal processing, machine learning and computer vision algorithms to enable standard digital video cameras to provide ubiquitous, non-contact vital signs monitoring.



Priory

The Priory Group is a provider of mental health care facilities in the United Kingdom. The group operates at more than 500 sites with over 7,000 beds.



Safehinge

Symphony Doorsets by Safehinge keep staff and service users safer. Based on clinicians' feedback, our doorset range is designed to aid recovery – without compromising on safety or robustness. Visit our stand to experience the fastest anti-barricade access in Mental Health.

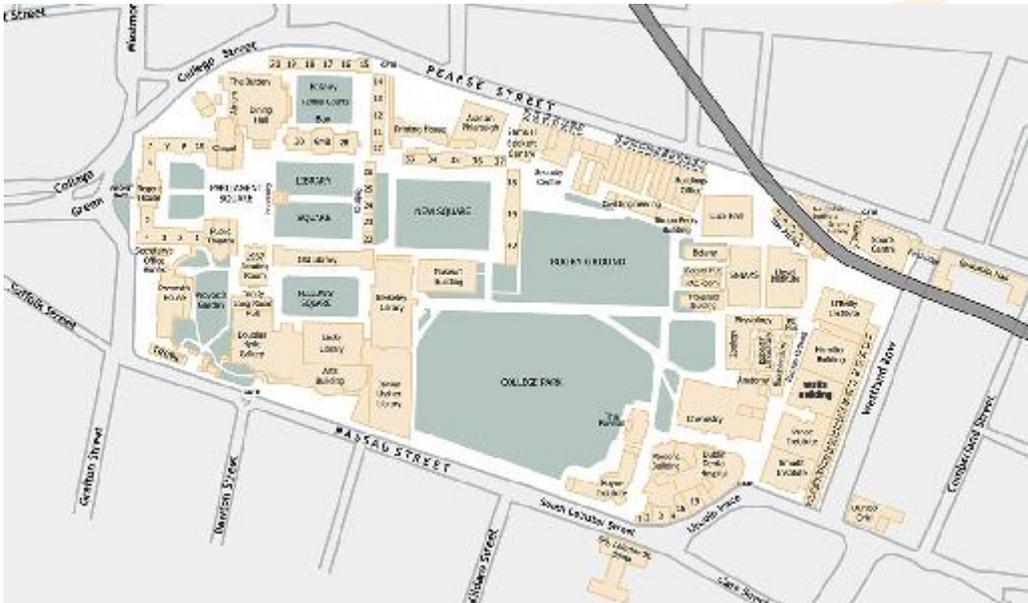


St Andrew's

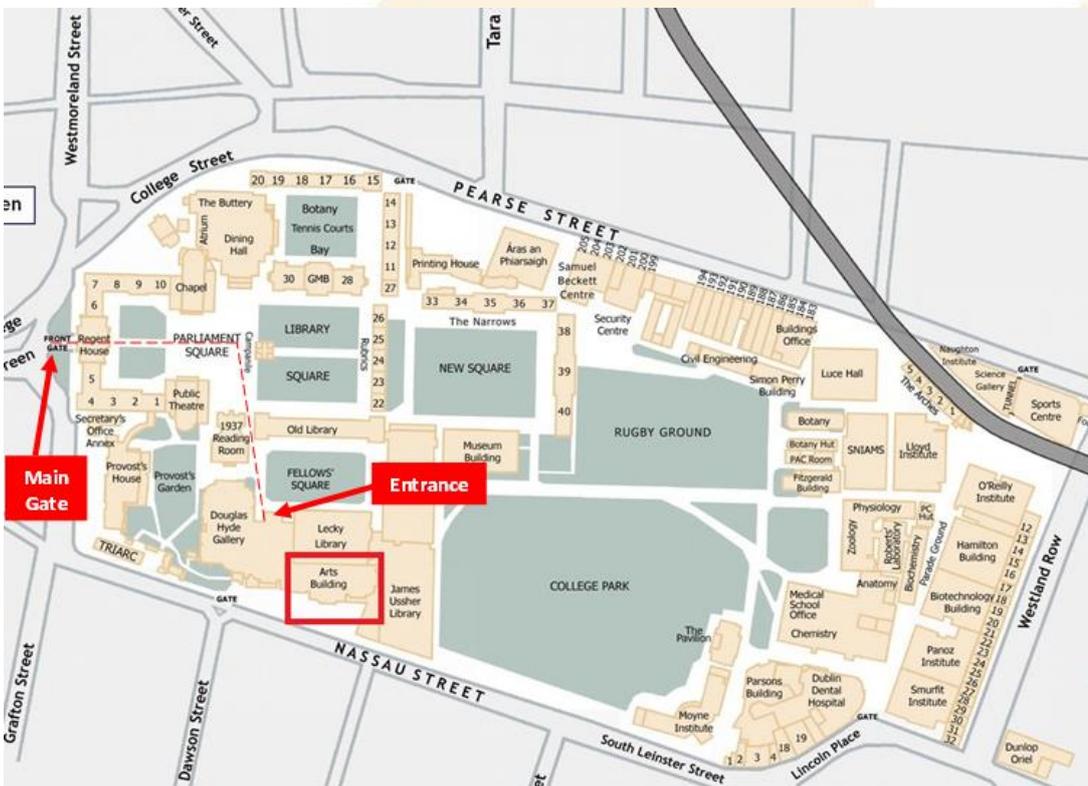
St Andrew's PICU uses collective expertise in rapid stabilisation to deliver personalised care to men and women suffering from acute presentation. The team cares for, and discharges its patients in the wards as efficiently as possible, respecting privacy and dignity.

CAMPUS MAP

Campus Map



Registration Area





napicu

national association of psychiatric intensive care & low secure units

www.napicu.org.uk

www.northernnetworking.co.uk