

Nursing Focus

Psychology and Psychiatry for Nurses
Managing psychological aspects of illness in day-to-day nursing practice

Friday 6th February 2009

20 Cavendish Square, London W1
(RCN Building)

This new and important course is designed to equip you with the necessary skill-mix to detect and manage psychological issues as they arise in your working practice. Topics will include developing listening skills, an approach to directed questioning, how to ask difficult questions with limited time, and general treatment strategies. The importance of drugs and alcohol, depression and anxiety and the impact of cognitive impairment will be highlighted in specific sessions.

Speakers will include:

Prof Michael King.

*Professor of Primary Care Psychiatry, Department of Mental Health Sciences,
University College London.*

Dr Alan Cohen.

*Senior Fellow Sainsbury Centre for Mental Health. National Primary Care Advisor
Improving Access to Psychological Therapies (IAPT) Programme*

Dr Chris Ford.

GP and Clinical Director of Substance Misuse Management in General Practice.

Prof Clive Ballard.

Director of Research, Alzheimer's Society.

Speakers are recognised leaders in their fields. Course notes will be provided for each session, containing the information presented by the speakers. The meetings will be chaired and facilitated by Mary Brice, British Heart Foundation Heart Failure Nurse Consultant.

Course fee: £135+VAT per day.

Further information from Liz Banks, Conference Organiser or e-mail
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Nursing Focus

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9.15am Registration

9.40am Welcome

9.45 Session 1

Prof Michael King. Professor of Primary Care Psychiatry, Department of Mental Health Sciences, University College London.

Setting the scene

- What is “normal” and “abnormal” behaviour and thinking?
- Recognising there may be a problem in your patients
- Asking “difficult questions”
- Assessing the patient

11.00 Coffee

11.20 Session 2

Prof Michael King. Professor of Primary Care Psychiatry, Department of Mental Health Sciences, University College London.

Treatment strategies - an overview

- Drug therapies
- What you need to know
- Which drugs need careful monitoring
- Stopping drugs – what are the risks?
- Talking therapies
- When are they helpful?
- What sort are there?
- Impact in the older patient & those with intellectual disability

12.35 Lunch

13.35 Session 3

Dr Alan Cohen. Senior Fellow Sainsbury Centre for Mental Health. National Primary Care Advisor Improving Access to Psychological Therapies (IAPT) programme.

Depression and anxiety

- How common are these conditions?
- Cultural issues. Differences in presentation.
- What constitutes a phobia? How should it be treated?
- What is a normal grief reaction?
- Assessment.
- Indications for specialist referral.
- Management strategies.
- Pharmacological & non-pharmacological therapy.
- Role of link workers between psychiatrist and primary care team.

14.25 Pause

14.30 Session 4

Dr Chris Ford. GP and Clinical Director of Substance Misuse Management in General Practice.

Alcohol dependence

- What can be done in primary care to identify problem drinking? AUDIT and CAGE screening tools.
- Assessment of patients with alcohol dependence.
- Management
- Brief interventions. What works?
- How to advise people on cutting down their drinking.
- Pharmacological treatment.
- Services, links and resources.

Substance misuse

- The scale of the problem – who takes what?
- Being aware of substance misuse in your patients
- Assessment
- Opportunities for intervention
- Management and referral to other services

15.20 Tea

15.40 Session 5

Prof Clive Ballard. Director of Research, Alzheimer’s Society.

Dementia

- Incidence and prevalence of dementia.
- Assessment.
- When to refer to specialist services.
- Management.
- Specific drug therapy & treatment of behavioural problems.
- Community services.

16.30 Close