

# Mental Health Updates 2020



**Date:** Friday 28th February

**Time:** 12.30 - 4.30pm  
(lunch included from 12.00pm)

**Venue:** HPFT, The Colonnades,  
Beaconsfield Road, Hatfield,  
AL10 8YE

**Cost:** £30 per person

**How to Book:** Complete the online [Booking Form](#) and follow the instructions of how to pay. Payment secures your place.

**Contact for more information:**  
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In partnership with Beds & Herts LMC and HPFT, these important updates are suitable for GPs and other healthcare professionals in Primary Care with an interest in mental health. Delivered and facilitated by specialist HPFT consultants.

## UPDATE 1: Emotionally Unstable Personality Disorder

1. Consider the common EUPD presentations in primary care
2. Look at diagnostic criteria for EUPD and how to ask the questions
3. Consider the main psychological theories underpinning EUPD
4. Discuss the stigma associated with EUPD
5. Focus on simple DBT skills that can be utilised in day to day consultations
6. Review NICE recommended treatments
7. Provide an update on EUPD pathways at HPFT that are under way
8. Discuss risk assessment in EUPD

## UPDATE 2: Dementia

1. Define the dementia syndrome and describe common subtypes
2. Describe the pathway for diagnosing dementia including roles of key professional groups in this process
3. Explain the rationale for investigations commonly used by memory clinics
4. Explain supports and treatments available for dementia, in terms of care interventions, pharmacological and non-pharmacological options
5. Define and outline principles of investigating and treating delirium in people at risk of or with a diagnosis of dementia
6. Describe the interfaces between memory services and other services who support people who have dementia, e.g. acute hospitals, care homes, crisis function teams
7. Describe the process and outline legal considerations when advising patients and their carers about the implications of a dementia diagnosis on road safety/holding a driving license
8. Describe how to support people in a caring role for a person with dementia

## UPDATE 3: Risk Assessment / Suicide

1. Awareness of national suicide data
2. Awareness of local suicide data and emerging trends
3. Implications for clinical practice
4. Overview of Hertfordshire Suicide Prevention Strategy
5. Case scenario-based risk assessment and management