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Managing Complexity in the Community

Thursday 6th February 2020

One Great George Street
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08:50 - 09:30 Registration, Tea/Coffee, Networking & Exhibition Stands

09:30 - 09:45 Welcome and Introduction to the Day

Dr Michael Dilley, Consultant Neuropsychiatrist and Professor Mark Edwards, Consultant Neurologist, Brain & Mind Ltd

09:45 - 10:30 Traumatic Brain Injury: How to recognise cognitive and psychiatric disorders after moderate-severe TBI

Professor Walterfang will look at the burden of cognitive/psychiatric problems post mod-severe TBI and the problem of missed diagnosis of these issues. He will identify the range of difficulties that can occur and how to make a diagnosis.

Professor Mark Walterfang, Senior Staff Specialist, Neuropsychiatry Unit, Royal Melbourne Hospital

10:30 - 11:15 Traumatic Brain Injury: Outpatient rehabilitation of cognitive and psychiatric disorders after moderate-severe TBI

Dr Shai Betteridge, Consultant Clinical Neuropsychologist, St George's University Hospital NHS Foundation Trust

11:15 - 11:45 Tea/Coffee, Networking & Exhibition Stands

11:45 - 12:30 Innovations in Assessment and Therapy Delivery for Mind and Brain

Increasingly interest has been directed at novel approaches to delivering assessment of neuropsychiatric conditions and the innovative delivery of therapy as well as empowering people to self-manage their symptoms. This lecture will consider the literature regarding self-management approaches and innovations in indirect service delivery of assessment and therapy for neuropsychiatric conditions, with a focus on comparing these to face to face intervention effectiveness, service user experience and in identifying approaches that might be utilised in neuropsychiatric conditions, but as yet have not been tried.

Dr Michael Dilley, Consultant Neuropsychiatrist, Brain & Mind Ltd

12:30 - 13:15 Medicolegal Processes and their Pitfalls: How does the medicolegal process interact with the care of patients with mixed physical and psychiatric need?

Professor Alan Carson will explore the challenges of missed diagnosis within the context of psychiatric, functional neurological disorders and cognitive disorders along with the mixed messages from experts split along defence/claimant lines. He will also discuss patient misunderstanding of medicolegal assessments as treatment and disengagement from NHS care (including lack of access e.g. to inpatient treatment for FND for those going through a medicolegal process).

Professor Carson will look at the provision of care via atomised rehab teams without medical oversight/involvement and review evidence on influence of the medicolegal process on recovery.

Professor Alan Carson, Consultant Neuropsychiatrist, NHS Lothian, Honorary Professor University of Edinburgh

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13:15 - 14:15 Lunch, Networking & Exhibition Stands

14:15 - 15:00 Functional Neurological Disorder: What is it, how to diagnose it and how to explain it?

Functional Neurological Disorder (FND) is one of the commonest reasons to be referred to a neurologist, and is the cause of similar levels of disability and impaired quality of life to conditions such as MS and Parkinson's Disease. However, research interest and clinical service development has been very limited worldwide. In this talk I will discuss the positive diagnosis of FND, how to conceptualise FND beyond the typical mind/body split that exists within society and healthcare, research evidence that is helping to disentangle the pathophysiology of FND, and how to successfully explain the diagnosis. I will explain how the diagnostic process and explanation should help the processes of triage into the most appropriate treatment.

Professor Mark Edwards, Consultant Neurologist, Brain & Mind Ltd

15:00 - 15:45 FND and mild TBI – Recognising functional cognitive and somatic symptoms after mTBI

In this presentation Dr Jenkins will dissect the complexity of mTBI, in particular the causes of persistent symptoms and how we can try to determine the cause to aid treatment decision making. He will also look at how FND relates to persistent symptoms after mTBI and whether all persistent symptoms after mTBI are functional. Dr Jenkins will identify the problems of psychometry, imaging and using other biomarkers to help disentangle the problems in this patient group and discuss the interaction with depression, medication, migraine, malingering and medicolegal processes.

Dr Peter Jenkins, Neurology Consultant Epsom and St Heliers University Hospitals NHS Trust and St Georges University Hospitals NHS Foundation Trust

15:45 - 16:15 Tea/Coffee, Networking & Exhibition Stands

16:15 - 17:15 Plenary session: How to implement successful Interdisciplinary management of functional symptoms

In this plenary session the panel will look at case examples and discuss the process of interdisciplinary assessment, triage and specific treatment approaches bespoke to individual patients.

Dr Mike Dille, Dr Shai Betteridge, Dr Peter Jenkins, Professor Mark Edwards, Professor Mark Walterfang, Alan Carson, Laura Slader, Jeanette Thrilling and Erika Turner

17:15 - 17:30 Summary and Close

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Dr Michael Dilley,

Consultant Neuropsychiatrist in Neurorehabilitation, Wolfson Neurorehabilitation Services, St George's University Hospitals NHS Foundation Trust; Clinical Director & Programme Board Chair, South London Neurosciences Network; Joint Clinical Director, Brain & Mind Ltd

Dr Mike Dilley, Consultant Neuropsychiatrist in Neurorehabilitation, has specialist interests in brain injury and severe and complex functional neurological disorder that requires interdisciplinary inpatient and day patient rehabilitation.

He provides input across the entire integrated care pathway for patients with neuropsychiatric needs associated with brain injury and sees patients in neurological intensive care, on the acute brain injury unit; looks after inpatients and outpatients at the Wolfson Neurorehabilitation Centre and Vocational Rehabilitation Programme. As such, Dr Dilley will often support a patient's recovery along their entire journey from acute care to a return to the community. He is also the Clinical Director for the South London Neurosciences Network and Joint Clinical Director of Brain & Mind Ltd.

He is a member of the Clinical Reference Group in Neuroscience at NHS England; the Faculty of Neuropsychiatry, Royal College of Psychiatrists and British Society of Rehabilitation Medicine.

Dr Dilley completed his training at King's College London, The Maudsley, National Hospital for Neurology & Neurosurgery and Institute of Psychiatry.

Professor Mark Walterfang,

Senior Staff Specialist, Neuropsychiatry Unit, Royal Melbourne Hospital

Professor Mark Walterfang has worked in specialist neuropsychiatry for almost 20 years, having completed his Fellowship of the Royal Australian and New Zealand College of Psychiatrists in 2000. Since this time, he has worked as a consultant neuropsychiatrist at the Royal Melbourne Hospital, developing expertise in managing comorbid psychiatric and neurological disorders, neurodegenerative disorders, neurometabolic disorders and a typical dementias. He runs specialist clinics and services for Huntington's disease, Parkinson's disease, neurometabolic disorders and traumatic brain injury.



Professor Walterfang has also been involved in the development in a number of clinical tools for use in psychiatric patients in the areas of cognition and behavioural observation, and their validation in a variety of medical, neurological and psychiatric settings since 2000. He has published over 150 scientific manuscripts, with publications in neurology, neuroimaging, psychiatry and metabolic medicine journals, with a strong focus on neuroimaging, and contributes chapters on psychiatric aspects of metabolic disease to major textbooks including Kaplan and Sadock's Comprehensive Psychiatry and the Oxford Textbook of Neuropsychiatry.

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Dr Shai Betteridge,

*Consultant Clinical Neuropsychologist, St George's University Hospital
NHS Foundation Trust*

Dr Shai Betteridge graduated in psychology in 1994 and subsequently worked in various areas related to the research and application of neuropsychology and neurorehabilitation. She graduated as a Health Psychologist from City University, London, in 1998, and obtained her Doctoral Qualification in Clinical Psychology from the University of Surrey in 2003. She obtained her postgraduate qualification in Clinical Neuropsychology at the Institute of Psychiatry in 2006. She is a Chartered Clinical Psychologist with the British Psychological Society (BPS), a Member of the Division of Neuropsychology's Specialist Register of Clinical Neuropsychologists (SRCN), and is a

registered practitioner psychologist with the Health and Care Professions Council (HCPC).

During her career she has always had a special interest in neuropsychological rehabilitation and has worked at a number of world-renowned neurorehabilitation institutions such as The Wolfson Neurorehabilitation Centre; The Royal Hospital for Neuro-disability; The Wellington Hospital and the Homerton University Hospital. She is currently employed as head of the Clinical Neuropsychology and Clinical Health Psychology Department at St George's Hospital. Her broad range of experience has helped her to develop extensive knowledge in neuropsychological rehabilitation. Dr Betteridge also has a keen interest in national government agendas that impact on the field of neurorehabilitation, and sits on various working parties committed to quality improvement and excellence (e.g. BPS-led Mental Capacity Act Advisory Group). She is a Care Quality Commission specialist inspector for neuropsychology services and she is also proactively involved in providing core teaching modules in neuropsychology for the Clinical Psychology training courses in London and is a viva examiner for the UK Qualification in Clinical Neuropsychology (QICN). Her most recent publications include the seminal chapter on Empowerment Behavioural Management Approach (EBMA) (Betteridge, Cotterill & Murphy, 2018) and the Essentials of neuropsychological rehabilitation (Wilson & Betteridge, 2019).

Professor Alan John Carson MBCHB, MPHIL, MD, FRCPSYCH, FRCP

*Consultant Neuropsychiatrist, NHS Lothian, Honorary
Professor University of Edinburgh*

Professor Carson has worked as a Consultant Neuropsychiatrist in Edinburgh, split between the brain injury units at the Astley Ainslie Hospital and the Regional Neurosciences Unit at the Western General Hospital, for the last 18 years. He is also an Honorary Professor in Neuropsychiatry based in Clinical Brain Science at the University of Edinburgh. He is routinely involved in undergraduate and postgraduate training and teaching. His primary research interest is in conversion (functional neurological) disorders but he has been involved in projects across a range of neuropsychiatric topics. The Functional Disorders Research group in Edinburgh, which he runs along with Jon Stone, has been among the field leaders over the last decade and produced influential work on clinical phenotype, classification, epidemiology and treatment. He has published over 150 papers but his favorite is getting a 'Jackie style' picture story into Practical Neurology. Along with Mark Hallett, Chief of Human Motor Control NINDS, and Jon he published what they hope will be the landmark Handbook of Neurology- Functional Neurological Disorders (Elsevier 2016). This was followed by hosting the International Conference on Functional (Psychogenic) Neurological Disorders in Edinburgh; the largest ever interdisciplinary meeting on the topic. The profits from this meeting were used to launch a new international society the Functional Neurological Disorder Society.

He holds a number of advisory posts in neuropsychiatry and was the Clinical Lead of the Scottish Managed Clinical Network for Acquired Brain Injury. He is the associate editor of Journal of Neurology, Neurosurgery and Psychiatry and was the previous President of the British Neuropsychiatry Association. He was awarded the President's Medal of the Royal College of Psychiatrists in 2017.



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Professor Mark Edwards

Professor of Neurology, St George's University of London, Consultant Neurologist, St George's University Hospitals NHS Foundation Trust, Joint Clinical Director, Brain & Mind Ltd.

Mark Edwards (MBBS, BSc(Hons), PhD, FRCP, FEAN) is Professor of Neurology at St George's University of London and The Atkinson Morley Regional Neuroscience Service at St George's University Hospital. He has a specialist clinical and research interest in Movement Disorders and Functional Neurological Disorder (FND). He did his PhD with Professor John Rothwell and Professor Kailash Bhatia at the UCL Institute of Neurology, studying the pathophysiology of genetic dystonia. During this period he was involved with the development of a novel and now widely used technique for transcranial magnetic stimulation: theta burst stimulation. Following completion of neurology training he became a Senior Lecturer and Honorary Consultant Neurologist at UCL and the National Hospital for Neurology. Here he developed an NIHR funded research program and specialist diagnostic and treatment service for patients with FND. After moving to St George's in 2015 he expanded this work to develop one of the first integrated diagnostic and treatment services for FND alongside continued research work into the pathophysiology of the disorder and development and testing of novel treatments, including the first randomised trial of specialist physiotherapy for functional movement disorders.

He is also an active part of the specialist movement disorders and deep brain stimulation team at the Atkinson Morley Regional Neuroscience Centre, and continues electrophysiological and psychophysical research work into the pathophysiology and treatment of movement disorders in general. He has published over 250 peer reviewed publications and is author of the Oxford Specialist Handbook of Parkinson's Disease and Other Movement Disorders. He is President of the Association of British Neurology Movement Disorders Group, International Executive Committee member of the International Parkinson's and Movement Disorders Society, Board and Founding Member of the Functional Neurological Disorder Society, Associate Editor of the European Journal of Neurology, and medical advisor for FNDHope, the UK Dystonia Society and the British Association of Performing Arts Medicine. He is the winner of the Jon Stolk Award for Movement Disorders research from the American Academy of Neurology, the David Marsden Award for Dystonia research, the Queen Square Prize and the Uschi Tschabitscher prize for research from the European Academy of Neurology.

Dr Peter Jenkins

Neurology Consultant Epsom and St Heliers University Hospitals NHS Trust and St Georges University Hospitals NHS Foundation Trust.

Peter Jenkins studied Natural Sciences at Cambridge University before going on to study post-graduate Medicine at Oxford University.

He completed a PhD in traumatic brain injury (TBI) at Imperial College in 2017 and continues to research TBI. He was a founder member of the Association of British Neurologists TBI Specialist Interest Group and sits on the clinical steering group committee for Attend, a head injury charity set up to aid return to work in people who have suffered a brain injury.

He currently works as a Consultant Neurologist at St Helier's Hospital and St George's Hospital. He runs a specialist TBI clinic and his current interests include clinical delivery of specialist TBI services, targeting treatment in TBI based on biomarkers and understanding the pathophysiology of TBI.



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Laura Slader

Clinical Specialist Neurological Occupational Therapist & Director, LSOT Ltd.

Laura Slader is an occupational therapist (OT) registered with the Health and Care Professions Council and the Royal College of Occupational Therapists. She graduated from Brunel University in 1993. Laura has worked for fourteen years in the NHS in the fields of accident and emergency, general medicine and neurology including acute brain injury, neuro-rehabilitation, community rehabilitation and vocational rehabilitation before moving into operational and strategic management of community rehabilitation services in Kensington and Chelsea and Westminster PCTs. Spending 4 years abroad working in Australia, South Africa and Saudi Arabia, Laura developed a unique and eclectic approach to her assessment and

rehabilitation and has an enthusiastic and engaging approach to meeting the needs of the individuals she is referred and works with.

She set up Laura Slader Independent OT Services (LSOT Ltd) in 2009. She now specialises in community assessment and rehabilitation of individuals who have sustained catastrophic brain injury. She has had contracts providing specialist neurological rehabilitation into NHS and independent rehabilitation units and schools. Laura has a number of associates working for her and she provides supervision and consultation to these associates who work extensively in the medico-legal field providing OT assessment and treatment programmes. She has attended the High Court of Justice and provided evidence as a treating therapist.

Dr Jeanette Thrilling

Clinical Neuropsychologist, Hertfordshire Community NHS Trust

Jeanette Thrilling is a Senior Clinical Neuropsychologist working for Hertfordshire Community NHS Trust in the Acquired Brain Injury Service and the Early Supported Discharge Team for Stroke and FND. She has specialised in working with individuals with neurological conditions in both hospital and community settings. Jeanette prioritises strong MDT working, ensuring the client is the centre of any intervention. She received a commendation for Outstanding Leadership in the Trust awards in 2019. Currently she is working on the development of a clear FND pathway across all neuro services from acute to the community.



Erika Turner

Director, Matters Case Management Services

Erika is a qualified social worker with over 20 years experience in both practice and policy settings gained in Australia and the UK. In addition to case management her experience spans frontline child protection, social policy positions in central and local government, quality assurance roles, service development and improvement. Erika has been working as an independent clinical Case Manager with adults and children following traumatic brain injury, stroke, spinal cord injury, amputation or other complex orthopaedic/medical conditions for the past 10 years. Erika has developed and delivered training to other health care professionals and has an interest in research to inform best practice having presented a poster at the 10th

World Congress on Neurorehabilitation in 2018, titled 'how many people in my house'. This collaborative research project investigated the impact on families living with support workers who care for their family members.

Erika is a trustee of the Brain Injury Social Work Group, registered with the Health and Care Professions Council, and is a member of BABICM (British Association of Brain Injury Case Managers) and CSMUK (Case Management Society UK).

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