

MPPN WORKSHOP

MENTAL HEALTH IN PRIMARY CARE

Tuesday 4th February 2025 – 9:15am-4:15pm.
The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES



**MIDLANDS
PRACTICE
PHARMACY
NETWORK**

PROGRAMME

The day will be interactive with case studies and opportunities for questions throughout.

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| 8:30 am | Registration, coffee and networking |
| 9:15 am | Welcome and Introductions – Bharat Patel, MPPN Chair |
| 9:30 am | ADHD Management and Referral Processes – Gurmat Khangura

<i>An invaluable exploration of current best practices in ADHD management, effective referral pathways, and strategies for navigating stock shortages of key medications. Practical insights into optimising care for patients with ADHD in primary care.</i> |
| 11:15 – 11:35 am | Tea & coffee break |
| 11:35 am | Managing Serious Mental Health Conditions – Becky Lycett

<i>Understand the unique needs of patients with serious mental health conditions, focusing on schizophrenia, bipolar, resistant depression, PTSD, etc. Learn about prescribing and managing the use of antipsychotics, physical health monitoring, stopping-switching medications, best practice and clinical guidance.</i> |
| 12:35 – 1:20 pm | Lunch |
| 1:20 pm | Managing Serious Mental Health Conditions (contd.) – Becky Lycett

<i>Familiarise yourself with the role of serious mental illness clinics, secondary mental health services, shared care, red flags, referrals.</i> |
| 2:05 pm | Mental Health in Primary Care – Samantha Hemming

<i>Learn about the everyday presentations of mental health issues in primary care, diagnostic criteria for conditions like low mood, depression, anxiety, and anxiety disorders. This session will cover essential aspects of mental health medication reviews, including templates, outcomes, and guidelines for stopping or switching medications. Practical tips on referrals, the stepped-care model, and 5 Steps to Wellbeing will also be highlighted.</i> |
| 3:10 – 3:25 pm | Tea & coffee break |
| 3:25 pm | Mental Health in Primary Care (contd.) – Samantha Hemming |
| 4:05 pm | Summing up, reflections on key learning points, putting theory into practice |
| 4:15 pm | End |

MPPN

GURMAT KHANGURA

Gurmat is founder and director of AG & Co Health, specialising in the assessment, diagnosis and treatment of children and adults with ADHD. Gurmat also works in the NHS Children & Adolescent Mental Health Services (CAMHS) covering Telford & Wrekin and Shropshire.

BECKY LYCETT

Becky is an Advanced Pharmacist, Non-Medical Prescriber with the Telford and Wrekin Community Mental Health Service for the Midlands Partnership Foundation Trust. She provides specialist input and medication reviews for the assessment team, physical health and severe mental illness pathway, and the Intensive Life Skills team who support those with complex personality disorders. She also acts as the designated prescribing practitioner for those undertaking the Independent Prescribing Course as well as leading on medicines related issues for the team, working collaboratively with the ICB and GP/primary care colleagues.

SAMANTHA HEMMING

Samantha is Service Lead and First Contact Mental Health practitioner at Dudley Integrated Health and Care Trust. She has worked in mental health for 21 years, qualifying as a registered mental health nurse 18 years ago. She initially worked in the private sector in a long stay unit for individuals with severe and enduring mental illness with a forensic background, before moving into community mental health where she qualified as an Approved Mental Health Professional.

Over the last 5 years Sam has been developing a new service: First Contact Mental Health Practitioners (FCMHP). The FCMHP's are advanced practitioners embedded within PCNs and act as an alternative to patients being seen by a GP in Primary care. The team assess, diagnose, prescribe and refer on to appropriate services. The team also offers advice and guidance to GP's and other staff both clinical and non-clinical.

VENUE

The Hub, Walsall College, Littleton Street West, Walsall WS2 8ES
(<https://www.walsallcollege.ac.uk/enterprises/the-hub/>)

SPONSORS

This workshop is sponsored by pharmaceuticals companies (TBC) who have only paid for exhibition stand space at the meeting and therefore will be given the opportunity to discuss their products with attendees. Sponsors will be present with an exhibition stand and the stand will not be in a public space. None of the companies have had any input into the content of the programme, and no involvement in choosing, briefing or paying the speakers.