



# RCPsych International

The International eNewsletter

## Welcome

### In this issue:

Welcome	1
UEMS Psychiatry Section	2
International Divisions	3-4
Featured Event	5
BJPsych International	5
Featured Event	6
Black History Month	6
RCPsych Awards	6
Events & Contacts	7



Professor Mohammed Al-Uzri RCPsych,  
Presidential Lead for International Affairs

Dear Colleague,

This autumn truly underlines the unprecedented times we find ourselves in. I know this expression has been much overused during the pandemic, but I feel nothing better describes our start to October.

The flooding in Pakistan has now claimed near 1,500 lives and has impacted 33 million people out of 220 million population. On behalf of the RCPsych, I'd like to express my deepest condolences to all the victims and their families in Pakistan and abroad. In line with the RCPsych's newly adopted Emergency Response Plan, we've reached out to our counterparts in-country, the Pakistan Psychiatric Society, as well as the British-Pakistani Psychiatrists Association, to offer a package of support we're able to make available to mental health professionals during these tragic times. Furthermore, we encourage all Members and Fellows to consider donating to the Disasters Emergency Committee's (DEC) appeal, linked [here](#).

As a medical royal college, we particularly feel the United Kingdom's sad loss of one of the most iconic and influential figures of the last century, Her Majesty Queen Elizabeth II. The RCPsych observed the 12 days of national mourning by cancelling all member and celebratory events till after Her Majesty's funeral. We look forward to continuing our work with our patron, His Majesty, King Charles III.

In more uplifting news, the College launched its 2022 RCPsych curricula, which was the culmination of four years hard work, with most trainees having shifted over in August 2022.

Mandated requirements have been replaced by recommendations and an overall holistic approach guarantees focus on flexibility and personalisation. To find out more visit the [College's Curricula Implementation Hub](#).

Most of you will have seen that we have [three excellent candidates](#) standing for the RCPsych Presidential elections. I invite you to find out more about the candidates, watch their [hustings](#) (20 October at 6-8pm BST) and submit your questions, which will be answered at the hustings event and on the College website throughout November.

I am thrilled to ask you to keep your eyes peeled for an exciting new "friend of" category that will enable you to become a friend of another English or International Division, so you can stay up to date with news and events from the places that matter most to you.

Lastly, please enjoy this most excellent edition of [Insight Magazine](#), featuring the Ghana Future International Workforce Programme that the international team have been leading on in partnership with the RCPsych Old Age, Forensic, Child and Adolescent, and Addictions Faculty Chairs, as well as the Ghana College of Physicians and Surgeons.

As ever, if you have any question, comments don't hesitate to get in touch via Agnes ([agnes.raboczki@rcpsych.ac.uk](mailto:agnes.raboczki@rcpsych.ac.uk)).

Let us know if you have any events or news coming up that we can feature in next quarter's Winter Newsletter.

Warmest Regards,  
Mohammed



# Introducing Dr Marisa Casanova Dias

## President, UEMS Psychiatry Section

I was delighted to be elected President of the European Union of Medical Specialists (Union Européenne des Médecins Spécialistes, UEMS) Section of Psychiatry at our meeting in Zagreb, Croatia. This was our first face-to-face meeting after 2 years of virtual meetings.

The Section of Psychiatry represents the medical specialty of psychiatry within the UEMS.

The UEMS is a non-governmental organisation representing national associations of medical specialists at the European level. With its current membership of 40 national associations and operating through 43 Specialist Sections and their European Boards, 17 Multi-disciplinary Joint Committees and 4 Thematic Federations the UEMS is committed to promote the free movement of medical specialists across Europe while ensuring the professional consensus on the framework for the highest possible level of their training which will pave the way to the improvement of quality of care for the benefit of all European citizens and beyond.

### Vision

The purpose of the UEMS Section of Psychiatry is to promote the highest standard of care for people who are affected by mental health problems in Europe through postgraduate training and continuing medical education of psychiatrists.

### Mission

The Section encourages and promotes excellence in psychiatric education and training, from the undergraduate phase through to continuing professional development.

The Section conducts its work by:

- Contributing to the harmonisation of professional standards in Europe
- Setting standards for education and learning across all stages of professional development in Europe
- Producing evidence-based guidance on training and service related matters
- Offering to monitor these standards

I am beyond grateful for the confidence of my colleagues to elect me as the new UEMS PS President. In the next four years I look forward to:

- progressing our equality, diversity, and inclusion agenda,
- engaging with members across Europe and external stakeholders,
- supporting the European Exam project, and
- working to harmonise not only training but human rights aspects of psychiatric practice.

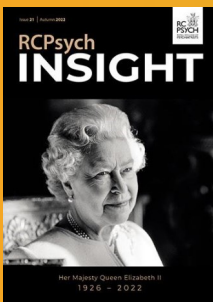
We will also continue to engage in advocacy work that aligns with our mission and vision such as [this](#) recently published paper on Joint European policy on the COVID-19 risks

**Dr Marisa Casanova Dias**

President  
UEMS Psychiatry Section



## RCPsych Insight magazine



The [latest issue of Insight magazine](#) is now available. It features many fantastic articles, including the following:

- Reflections on the College's relationship with its Patron, HM King Charles III
- Political influencing work in the face of the new Government and beyond
- Statements from the three candidates to be the next RCPsych President
- The changing face of psychiatry in Ghana: How the College is supporting a move towards specialisation
- Forthcoming guidance to help organisations provide pastoral support to staff after a patient's suicide



# International Divisions

## Featuring Dr Catherine Mutisya, Chair of the African Division

I am delighted and grateful to the Royal College of Psychiatrists for co-opting me as the Chair of the African International Division having served as the Vice chair of the division for the last three years.

I work at the Mathari National Teaching & Referral Hospital as a chief specialist psychiatrist. I am also a member of the Medical board that assesses for Fitness for further service and I previously headed Mental Health Promotion and Substance use Management at the Ministry of Health-Kenya. I also founded Nairobi Parenting Clinic and Nairobi Mental Health Services. My participation at the Kenya Mental Health Taskforce made understand most of the gaps in mental health in Kenya and Africa. My work in the Public and private arena led to my recognition by the Business Daily as one of the Top 40 Under 40 influential Women in 2014 and 2010

I would like to have the members of the Division working together to solve the Regional problems. One of the main challenges for psychiatrists in Africa is sub-specialisation opportunities. Universities training psychiatrists in Eastern Africa which also train psychiatrists for some parts of Central, West and some Southern Africa countries have no capacity to provide sub-specialisation training. To solve this challenge, Kenya Psychiatric Association is developing a regional College of Psychiatrists that can facilitate these training pathways. The College plans to borrow from the Royal College of Psychiatrists, Ghana Col-



**Dr Catherine Mutisya**  
Chair  
RCPsych African Division

### Western Pacific Division

The Royal Australian & New Zealand College of Psychiatrists (RANZCP) [2023 congress](#) will be held 28 May–1 June 2023 at the Perth Convention and Exhibition Centre. The congress is being organised with “New Horizons, Connected Futures” theme in mind, encouraging participants to reflect on their interconnectedness personally and professionally, the diversity within our communities, and to imagine a new horizon where the knowledge that climate health equals mental health is fully integrated into our systems and treatments.



### European Division

The European Psychiatric Association (EPA) will be hosting their [31st European Congress of Psychiatry](#) in Paris, France, from 25–28 March 2023. Mohammed will be representing the RCPsych on President Adrian James’ behalf and hopes to organise a small networking event for RCPsych Members and Fellows, details to follow shortly.



Abstract submissions are open till 19 October 2022.





# International Divisions

## Middle Eastern Division

As part of a Medical Aid for Palestinians (MAP) sponsored project, a delegation from the College travelled to the West Bank in July 2022. The RCPsych delegation consisted of Dr Nadia Dabbagh, Child and Adolescent Psychiatrist, Dr Richard Braithwaite, RCPsych ECT Lead, and Ms Agnes Raboczki, International Liaison Manager. The aim of the mission was, firstly, to finalise the ECT protocol in collaboration with doctors at Bethlehem Psychiatric Hospital and, secondly, to work with Dr Samah Jabr, National Mental Health Lead for the Ministry of Health, on drafting a mental health strategy for children and adolescents in Palestine.

The delegation was welcomed by Bethlehem Psychiatric Hospital Director General, Dr Ibrahim Khmayyes, and his team. Members of the delegation observed hospital clinicians and resident psychiatrists for two ECT clinics and discussed some of the challenges faced such as patients' difficulties accessing services due to restrictions on movement. Bethlehem Hospital is the only public hospital in the Occupied Palestinian Territories providing ECT. It is also home to the only specialist training programme, led by Dr Ivona Amleh, United Palestinian Appeal (UPA) Consultant for Specialty Training in Psychiatry.

Dr Dabbagh and Ms Raboczki conducted a scoping exercise to understand the mental health needs and priorities of young people in the West Bank and Gaza. Stakeholders consulted included the only specialist child mental health service, Halhul Community Mental Health Centre, Bethlehem Hospital, the Palestinian Ministry of Education, and Ministry of Social Development – all with the guidance of Dr Jabr. A national strategy will assist funders to align with national priorities and work in a more efficient and coordinated manner.

The mission was part of the college's three-year International Strategy, developed by Professor Mohammed Al-Uzri and was supported by Dr Ovais Wadoo, Chair of the Middle Eastern Section. It was aligned with the RCPsych's overarching ambition to set standards and promote excellence in psychiatry and mental health within the social and cultural context in which people live.

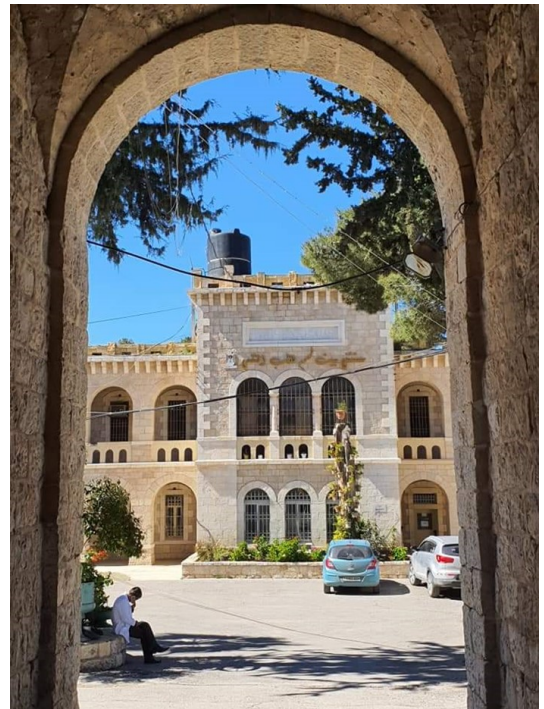
### Dr Nadia Dabbagh MRCPsych



Dr Richard Braithwaite consulting with trainees at the Bethlehem Psychiatric Hospital



Dr Nadia Dabbagh, Dr Richard Braithwaite and Dr Samah Jabr observing practice at Bethlehem Psychiatric Hospital



Bethlehem Psychiatric Hospital



## Featured event

### 14th Annual Scientific Conference, Kenya Psychiatric Association

The 14th Annual Scientific Conference of the Kenyan Psychiatric Association (KPA) took place 6-8 October 2022 in Sarova Whitesands Beach Resort, Mombasa, Kenya. The theme of the conference was *Building a Healthy Nation: A Focus on Youth Mental Health*. This was a hybrid event with a plethora of prominent speakers, including Dr Frank Njenga FRCPsych and Chairman of the Chiromo Hospital Group, who delivered the keynote address on Strategic efforts to promote youth mental health in Kenya.

Professor Mohammed Al-Uzri was a featured (virtual) speaker at the conference and spoke on the RCPsych's "three-way partnership model" within its wider international development work. He discussed case studies from the College's recent THET grant work in Ghana and Uganda as well as the College's work in Palestine and with the Iraqi Red Crescent Society. In addition, RCPsych African Division Chair and long-time member of the KPA, Dr Catherine Mutisya, presented on the Wellbeing of psychiatrists.

The College looks forward to collaboration with the KPA in their efforts to deliver quality care to patients with mental illness in Kenya and beyond.



Sarova Beach Resort

## BJPsych International Journal

Dr Hussien Elkholy's editorial in the [latest issue of BJPsych International](#) introduces the issue's **addictions' theme**, covering recent updates in addiction medicine, ranging from types of substances and service provision to inclusion of gaming disorder in ICD-11.

The September edition of [Muses - the arts blog from BJPsych International](#) features an article by Sabrina Coleman-Pinheiro, a visual artist of Nigerian, British and Sudanese lineage. The journal welcomes submissions for consideration, such as, comments on artwork, visual arts, literature, drama, films, podcasts, and videos. Read the [instructions](#) for blog authors for details on how to submit.

### New vacancy!

BJPsych International is looking for a **Digital Content Editor**. The closing date is **31 December 2022**. Find out more: [BJPsych International Digital Content Editor \(rcpsych.ac.uk\)](#)

Listen to the latest [podcast](#) - Sachin Shah and Hamilton Morrin discuss the journal article "**Sri Lanka's response to prescribed drug misuse: is it enough?**" and are joined by the authors Dr Aruni Hapangama and Prof Lalith Kurupparachchi.—How big is the problem of prescribed drug misuse in Sri Lanka, and what changes need to be made to address this issue?

*All the journal articles and podcasts and videos are entirely open access and free to access.*



**Muses**  
the arts blog from  
BJPsych International

BJPsych  
International





## International Congress 2023

Building on this year's success, the RCPsych is delighted to be hosting another in-person Congress in 2023, taking place in Liverpool from 10-13 July 2023.

Proposal for sessions and masterclasses are now open till Friday, 21 October 2022. Please have a look at [this](#) useful guide assembled by the CALC team on how to submit a successful abstract.



## Black History Month

In October the College will be celebrating Black History Month to mark the contributions and achievements of our black psychiatrists to mental health services.

Please join us for the below events and activities and celebrate with us:

**27 October—Free Member's Webinar: Proud to be me. My journey, my learning.**

The discussion will be led by Dr Lade Smith with three working psychiatrists who will take us through their journey - what it means to them to be a Black Psychiatrist, who has been influential in their lives, barriers they have overcome and their proudest achievements.

Register [here](#).

For a teaser, watch [this brief interview](#) with **Dr Dami Ajayi**, Nigerian Specialty Doctor working at Barnet Enfield and Haringey Mental Health NHS Foundation Trust and Trainee/Blog Editor, BJPsych International. Dr Ajayi talks about his journey, achievements, influences, and what makes him 'proud to be' him.



## RCPsych Awards

The RCPsych International Team would like to convey massive congratulations to all international and diaspora doctors shortlisted for the RCPsych Awards 2022. The winner will be presented at the RCPsych Awards ceremony on Wednesday, 9 November 2022, which will be live streamed. Register [here](#) to watch live.

You can check out last year's recipients [here](#) along with the [recording](#).





## Events

Upcoming events you may be interested in:

### Trent Division: The Endocannabinoid System Mental Health 2022

**Date:** 21 October 2022  
Online via Zoom webinar  
9.30–12:30 (BST)

**Description:** This webinar will look at mental health and medical cannabis prescribing, with speakers discussing the validity of these new practices, training, as well as a Campaigner speaking on a family's journey with medical cannabis.

You'll find the program [here](#).

[Registration](#) for this event is now open.

Find out more ►

### Diagnosis and management of ADHD in general psychiatric clinics

**Date:** 26 October 2022  
Online via Zoom webinar  
15:00-16:30 (BST)

**Description:** This talk will cover diagnostic process, management of ADHD and challenges associated with comorbidities. The session will be chaired by Dr Hasanen Al-Taiar and presented by Dr Bathika Perera, Consultant Psychiatrist, specialising in Adult ADHD.

[Registration](#) for this event is now open.

Find out more ►

## Keep in contact



## Submissions for the Winter 2022 issue

Please contact Sarah Eldridge at [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the Winter 2022 edition is 2 December 2022.

*The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.*

*Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.*

*Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists*