

## Directions

St Christopher's Hospice is only 15 minutes away by train from London Bridge station and is well serviced by transport links, main highway routes and buses.

### By Bus

Routes 176 and 197 stop outside the hospice.

Routes 122, 202 227 pass the ends of Lawrie Park Road.

Route N3,75, 194 and 306 stop within 10-15 minute walk of the Hospice.

Bus route maps can be viewed at <http://journeyplanner.tfl.gov.uk>

### By Train

The nearest train stations are Sydenham (*not Sydenham Hill*) and Penge East.

London Bridge to Sydenham trains leave London every 15 minutes.

\*Victoria to Penge East trains leave London twice an hour. Return trains to London leave Penge East every 15 minutes.

\* NOTE When arriving at Penge East from Victoria, cross over the footbridge, turn right out of the station and follow Station Road to the High Street. Turn right, under the railway bridge and take the first turning on the right into Lawrie Park Road.

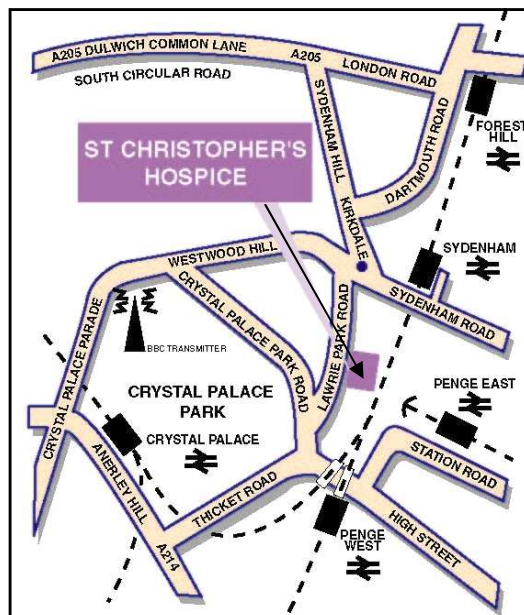
### By Road

There is unrestricted parking in adjoining residential roads.

All timings and instructions are correct at the time of print however it is strongly recommended that delegates check all travel arrangements before they begin their journey. Details of all London travel can be found at: <http://journeyplanner.tfl.gov.uk>

St Christopher's Hospice  
51-59 Lawrie Park Road  
Sydenham  
London  
SE26 6DZ

Education Administration:  
Tel: 0208 768 4656  
Fax: 0208 776 5838  
[education@stchristophers.org.uk](mailto:education@stchristophers.org.uk)



### Bookshop

Contact the bookshop for key material on all aspects of palliative care.

Phone the Librarian : 0208 768 4660, email: [d.brady@stchristophers.org.uk](mailto:d.brady@stchristophers.org.uk).

Or visit our website [www.stchristophers.org.uk/bookshop](http://www.stchristophers.org.uk/bookshop).

You will find annotations of all material in the shop as well as details on how to order by post

# Mental Health in Palliative Care

*"There is little doubt that poor care for patients with pre-existing mental health problems is made worse by a general lack of training."* Mental Health Foundation 2008.

This course is offered as a joint initiative between St Christopher's Hospice and the Institute of Psychiatry

16-18 November 2009

09.30—16.00

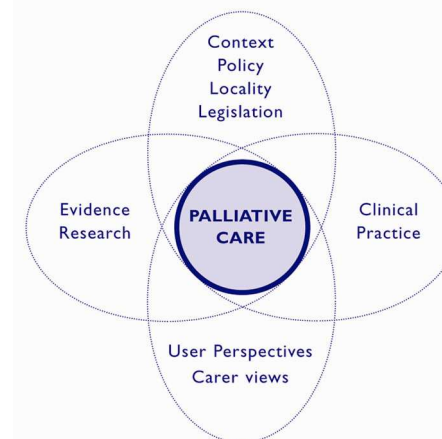
Cost: £270

Code: MH1109

The Education Centre,  
St Christopher's Hospice

Book Online:  
[www.stchristophers.org.uk/bookingform](http://www.stchristophers.org.uk/bookingform)

Email: [education@stchristophers.org.uk](mailto:education@stchristophers.org.uk)



Institute of Psychiatry at the Maudsley

KING'S  
College  
LONDON

# Mental Health in Palliative Care

The teachers on this course have extensive experience of providing psychiatric/psychological services in palliative care and are aware of the particular challenges such a setting provides. The teaching team will be led by:

## COURSE LEADER

### **Professor Matthew Hotopf**

*Professor of General Hospital Psychiatry, Institute of Psychiatry and Honorary Consultant Psychiatrist, St Christopher's Hospice*

Matthew Hotopf has been a liaison psychiatrist at St Christopher's for nine years, where he sees patients with advanced disease, their carers and bereaved relatives. His clinical interests are in the grey area between psychiatry and medicine including depression in physical illness, and medically unexplained symptoms. He is also developing a number of projects in palliative care, including work on training homecare nurses in Cognitive Behaviour Therapy, and a project on the experiences of carers and their transition to bereaved relatives. More recently he has developed an interest in mental capacity and its measurement.

## SPEAKERS WILL INCLUDE:

### **Dr Khalida Ismail**

*Clinical Senior Lecturer in Liaison Psychiatry, Institute of Psychiatry and Honorary Consultant Psychiatrist, Trinity Hospice*

### **Dr Annabel Price**

*Liaison Psychiatrist, St Christopher's Hospice and Specialist Registrar in Psychiatry, Institute of Psychiatry*

This three day course sets out to provide an introduction to common mental health problems for those working in a palliative care setting and so to improve the confidence of staff in both recognising and managing mental ill health. Teaching will be informal and interactive. Sessions will begin with a lecture but will be followed by practical workshops, role play or use of video material as appropriate.

The course is open to all who work in palliative care but is aimed mainly at nursing staff and allied health professionals.

## TOPICS INCLUDE

- Basics of mental health assessment: what do psychiatrists do?
- Mental health services in the real world: how do they work?
- Depression and anxiety: definitions/problem of diagnosis in physically ill patients.
- Depression and anxiety: the assessment of the withdrawn/suicidal patient.
- Depression and anxiety: antidepressants/anxiolytics/principles of Cognitive Behaviour Therapy.
- Cognitive impairment and confusion: introduction to organic disorders/introduction to schizophrenia/management of delirium.
- Cognitive impairment and confusion: assessment of cognitive impairment.
- Patients with complex needs.
- Mental health law: issues around capacity and consent/basics of Mental Health Act.
- The Mental Capacity Act: assessment of patient with doubtful capacity.

## Book Online:

[www.stchristophers.org.uk/bookingform](http://www.stchristophers.org.uk/bookingform)

For more information and Programme:  
[www.stchristophers.org.uk/education](http://www.stchristophers.org.uk/education)