Medically Unexplained Symptoms
/Somatic Symptom Disorder
National Summit 2018
Monday 10th December 2018 De Vere W1 Conference Centre London

Chair and speakers include:

Brian Rock
Director of Education and Training
The Tavistock & Portman NHS

Tim Kent
Service Lead & Consultant Psychotherapist
The Tavistock & Portman NHS

Andy Bell
Deputy Chief Executive
Centre for Mental Health

Supporting Organisations
Medically Unexplained Symptoms
/Somatic Symptom Disorder
National Summit 2018

Monday 10th December 2018  De Vere W1 Conference Centre London

Researched and produced in partnership with The Tavistock and Portman NHS Foundation Trust and chaired by Mr Brian Rock, Dean of Post Graduate Education and Training at The Tavistock and Portman NHS Foundation Trust, Consultant Psychologist and Psychoanalyst. Brian was the original service lead at the Primary Care Psychotherapy Consultation Service in Hackney, East London and led on an innovative piece of research into MUS and Health Economics. The PCPCS team will be ten years old in 2019 so we thought it was fitting to ask Brian to join us in reviewing the ever developing world of Bio-Psycho-Social understanding of MUS and the Human Condition.

This important and timely conference will support delegates to better understand and meet the needs of people with medically unexplained symptoms/somatic symptom disorder. Through national updates, extended sessions and practical case studies the Summit will bring together leading practitioners in this area. Following an opening presentation on the ‘lived experience’ the programme will focus on; improving management and treatment, whole team consultation for GP and primary care teams, identifying and managing MUS at Accident & Emergency, MUS and Trauma, prioritising MUS for Commissioners, and setting recovery goals for MUS. We will also consider the important area of holistic care for people with both explainable conditions alongside psychogenic aspects of the human condition that can feel too complex or overwhelming to tackle with confidence. We will promote the notion or Curiosity alongside Cure in the exploration and treatment of complex, multi-morbid patient presentations.

Learning points:
Attending the Summit will enable you to:
• Explore contemporary practice in MUS, PPS and the impact of trauma, inequality and psycho-social deprivation on life course and health outcomes.
• Improve your understanding of the breadth and diversity of PPS and MUS including what gets under the skin of GPs and what can help enhance confidence in practice as well as reduce the need to always ‘act’ (prescribe, intervene, investigate…)
• Learn about the impact of adverse experience in childhood (trauma +) on patient experience, body-mind health and outcomes in adult life.
• Explore Innovations in Primary and Emergency care – frequent attenders, complex presentations and cost savings.
• Understand and relate to GP pressures: What helps? How to help? What do GPs want, what might they need – how can we help to support and nurture General Practice and its function of providing much of the ‘therapeutic’ help and listening that complex patients receive 95% of the time?

“Almost one half of Primary Care Patients have at least one medically unexplained symptom that does not respond to standard care. This leads to unnecessary investigation, referrals, health costs, medications as well as frustration in patients and health professionals alike. The great majority of these patients have psychophysiological disorders.” Dr. Allan Abbass, MD, FRCP MUS Expert, Dalhousie University’s Director of Education,

“Doctors often manage the symptoms by minimising (normalising) and treating empirically; whereas patients usually want explanations and emotional support – for their symptoms to make sense. Doctors and nurses, especially if unsure how to manage the situation, may assume patients want more than they do. The doctor may precipitate premature tests & referrals, perhaps to distance themselves from their patients; or by perceiving undue pressure to diagnose and cure. Past health and psychosocial experiences may encourage some patients to minimise certain symptoms and over emphasise others to shift the doctor’s attention in a particular direction. People want reassurance that the doctor has considered all the possibilities. They will usually accept that there is uncertainty now, yet want assurance that their symptoms will be taken seriously and reassessed in future.”

Royal College of Psychiatrists – Guidance for Health care professionals on MUS 2015

Follow the conference on Twitter #medicallyunexplainedsymptoms

Visit our website www.healthcareconferencesuk.co.uk or tel 01932 429933 fax 0208 1816491
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter/Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00</td>
<td>Chair’s introduction</td>
<td>Brian Rock, Director of Education and Training/Dean of Postgraduate Education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Tavistock and Portman NHS Foundation Trust</td>
</tr>
<tr>
<td>10.10</td>
<td>The Lived Experience: its all in your head. Video Presentation via Tim Kent</td>
<td>Lived Experience Video Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• changing the way we talk about medically unexplained symptoms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• the lived experience</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• developments in social prescribing</td>
</tr>
<tr>
<td>10.30</td>
<td>EXTENDED SESSION: Improving management and treatment of ‘medically unexplained symptoms’:</td>
<td>MUS Integrated Team Presentation</td>
</tr>
<tr>
<td></td>
<td>A partnership approach</td>
<td>• managing MUS across primary and secondary care</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• gathering expertise around the patient</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• PIT in action: using psychodynamic principles at the roadside</td>
</tr>
<tr>
<td>11.30</td>
<td>Question and answers, followed by tea &amp; coffee at 11.40</td>
<td></td>
</tr>
<tr>
<td>11.50</td>
<td>EXTENDED SESSION: Care for the Carers – whole team consultation for GP and Primary Care Teams – “Balint-plus for the 21st century</td>
<td>Tim Kent, Service Lead Primary Care, Consultant Psychotherapist and Social Worker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>How a Psychanalytically minded Primary Care Service can help GPs, administrators and practice staff to both manage the burden of their work and think about the many faces of patient communication that can help to manage complexity of presentation and potentially reduce both human and health economic costs.</td>
</tr>
<tr>
<td>12.50</td>
<td>Question and answers, followed by lunch at 13.10</td>
<td></td>
</tr>
<tr>
<td>13.50</td>
<td>What principles should underpin good MUS Services?</td>
<td>Speaker to be announced</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• principles of good MUS services</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• improving recognition and practice in primary care</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• learning from the Birmingham MUS Pilot</td>
</tr>
<tr>
<td>14.20</td>
<td>An enhanced care approach to Medically Unexplained Symptoms at A&amp;E</td>
<td>Dr Mark Griffiths, Consultant Lead Clinical Psychologist</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Department of Clinical Health Psychology</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aintree University Hospital NHS Foundation Trust</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• identifying &amp; managing MUS at Accident &amp; Emergency</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• pro-active management of frequent attenders</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• clinical outcomes &amp; our experience</td>
</tr>
<tr>
<td>14.50</td>
<td>Improving practice: learning from case studies MUS and the hypermobility spectrum disorder..the missing link?</td>
<td>Dr Philip Bull, Consultant Rheumatologist, Education Lead, Medical Advisor and Trustee</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hypermobility Syndromes Association (HMSA)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Former Clinical Director, Medicine, East Kent Hospitals University NHS Trust</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• explaining the diagnosis</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• training and educating frontline staff in the management of MUS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• some case studies in practice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• our experience</td>
</tr>
<tr>
<td>15.30</td>
<td>Question and answers, followed by tea &amp; coffee at 15.40</td>
<td></td>
</tr>
<tr>
<td>15.20</td>
<td>Medically Unexplained Symptoms and Trauma</td>
<td>Dr Tony Downes, General Medical Practitioner, Honorary Research Fellow, Cardiff University, Visiting Research Fellow, Glyndwr University, Dan Phillips, Trauma Counsellor</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• MUS and Trauma presentations in Health and Social Care: Challenges for all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• co-producing Outcomes and Wellbeing Pathways</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• our approach and case studies</td>
</tr>
<tr>
<td>16.10</td>
<td>EXTENDED SESSION: Why services for complex needs and MUS should be a priority for commissioners – awareness, understanding and policy implications</td>
<td>Andy Bell, Deputy Chief Executive, Centre for Mental Health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• reasons why this should be a priority for commissioners, STPs, ACSs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• national policy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• the current gap in awareness, understanding and support</td>
</tr>
<tr>
<td>17.00</td>
<td>Question and answers, followed by close</td>
<td></td>
</tr>
</tbody>
</table>
Medically Unexplained Symptoms / Somatic Symptom Disorder National Summit 2018

Monday 10th December 2018
De Vere W1 Conference Centre, London

Visit our website www.healthcareconferencesuk.co.uk or tel 01932 429933 fax 0208 1816491

How to book

Book online via credit card and receive a 10% discount*
Fax the booking form to 0208 1816491

Visit our website or call Jayne Gleave on 01932 429933, or email jayne@hc-uk.org.uk for more information.

> Your Details (please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please Circle)

First Name
Surname
Job Title
Department
Organisation
Address
Postcode
Telephone
Fax
Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box. Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking (By signing this form you are accepting the terms and conditions below)

Name
Signature
Date

> Payment

**By Cheque** A cheque for is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd.

**By Invoice** Please send an invoice to

Name
Organisation
Address
Postcode

PURCHASE ORDER NUMBER
(if Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

**By BACS**

For Payments in £:

Sort Code 40-46-22
Account No. 21553690

Please send your BACS remittance form as confirmation of payment.

**By credit card** Please debit my Visa/Mastercard/Switch

All sections must be completed

Cardholder’s Name

Card No.

Valid From

Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking to confirm the payment card security code. This is the last three digits of the number printed on the back of your card

Signature

Card billing address

Promotional Code

The PDF will be emailed out after the conference, please fill in the “Your Details” section above, ensuring your email address is clear and the “Payment” section.

For more information contact Healthcare Conferences UK on 01932 429933 or email jayne@hc-uk.org.uk

Conference Documentation

I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

Venue
De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date
Monday 10th December 2018

Conference Fee
£365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
£300 + VAT (£360.00) for voluntary sector / charities.
£495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

Credit card Discount
10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

Group Rates
A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

Terms & Conditions
A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Cancellation of Booking
All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition
If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

Conference Producer is a member of the British Association for Professional Conference Organisers.

© Healthcare Conferences UK Ltd 2018

Visit our website www.healthcareconferencesuk.co.uk or tel 01932 429933 fax 0208 1816491