

# Medically Unexplained Symptoms /Somatic Symptom Disorder National Summit 2017

Wednesday 10 May 2017 The Studio Conference Centre, Birmingham



**Chair and speakers include :**

**Paul Jenkins OBE**

*Chief Executive*

The Tavistock & Portman NHS Foundation Trust

**Kevin Mullins**

*National Director, IAPT*

NHS England

**Supporting Organisations**



# Medically Unexplained Symptoms /Somatic Symptom Disorder National Summit 2017

Wednesday 10 May 2017 The Studio Conference Centre, Birmingham

A Joint Conference Healthcare Conferences UK & The Tavistock and Portman NHS Foundation Trust

Researched and produced in partnership with The Tavistock and Portman NHS Foundation Trust, this important and timely conference will support delegates to better understand and meet the needs of people with medically unexplained symptoms/somatic symptom disorder. The summit follows on from a similar popular event held in London at the end of 2016, and will provide a networking and learning forum for leaders and practitioners in the field of somatic symptom disorder.

Through national updates, extended sessions and practical case studies the Summit will bring together leading practitioners in this area, and focus on developing a holistic integrated service, improving the management of people in primary care, evaluating the Stepped Care Model and Learning from the National Pathfinders, developing nurse led services, commissioning services and looking ahead to the future of care for people with medically unexplained symptoms.

The Tavistock and Portman NHS Foundation Trust has substantial experience in developing and implementing integrated, GP based primary care services focusing on MUS. Their Hackney PCPCS (Primary Care Psychotherapy and Consultation Service) has won numerous national awards, and a Health economics evaluation in 2015 showed that it produced excellent "value for money". Their TAP project (Team around the Practice) in Camden builds on this tradition and incorporates Social prescribing, in partnership with the VSO "Mind in Camden". These services are amongst a number of pioneering approaches from throughout the UK, to be showcased at the MUS summit, all bringing new models, health economics data, outcome monitoring and patient involvement.

*"A large number of people experience physical symptoms for which no clear biological cause can be identified. These symptoms are often chronic in nature (for example, persistent pain, tiredness or gastric symptoms); they can cause people significant distress, and often have an important psychological component. The terminology used to describe these symptoms is a subject of debate. For these difficult-to define problems, applying a clear diagnostic label (mental or physical) can be inappropriate, and a biopsychosocial approach towards management is particularly important. The concept of medically unexplained symptoms can also include people who have a physical condition but experience symptoms at a level that is disproportionate to the severity of that condition. Medically unexplained symptoms are more common than is often recognised, and people experiencing them are typically referred for multiple investigations and assessments, at considerable expense to the system and with little or no benefit for the patient. The NHS in England is estimated to spend at least £3 billion each year attempting to diagnose and treat medically unexplained symptoms (Bermingham et al 2010).*

Much of this expenditure currently delivers limited value to patients; at worst, it can be counterproductive or even harmful.. Poor management of medically unexplained symptoms can have a profound effect on quality of life. People with such symptoms often experience high levels of psychological distress as well as co-morbid mental health problems, which can further exacerbate their medical symptoms (Henningsen et al 2003; Kroenke et al 1994). More than 40 per cent of outpatients with medically unexplained symptoms also have an anxiety or depressive disorder (Nimnuan et al 2001). Chronic pain can worsen depressive symptoms and is a risk factor for suicide in people who are depressed.... Patients with medically unexplained symptoms account for an estimated 15 to 30 per cent of all primary care consultations (Kirmayer et al 2004) and GPs report that these can be among the most challenging consultations they provide. Medically unexplained symptoms also account for a significant proportion of outpatient appointments – in one study, accounting for more than 20 percent of all outpatient activity among frequent attenders (Reid et al 2001). In primary care, some of the The case for change: 10 areas where integration is needed most biggest challenges are related to patients with a mixture of medically unexplained symptoms and poor adjustment to a long-term physical health condition, leading to disproportionate symptoms and medication use for the long-term condition. The annual health care costs of medically unexplained symptoms in England were estimated to be £3 billion in 2008/9, with total societal costs of around £18 billion (Bermingham et al 2010)." The Kings Fund 2016

*"People with medically unexplained symptoms, ...and those with complex mental health problems frequently get 'bounced' around the NHS, passed from one service to another, none able (or willing) to offer them the flexible, personalised and sometimes time consuming support they require."* Managing Patients with Complex Needs, The Centre for Mental Health

## 10.00 Chair's introduction

**Paul Jenkins OBE** *Chief Executive* The Tavistock & Portman NHS Foundation Trust

## 10.10 The Lived Experience: its all in your head

**Service User Representative**

- changing the way we talk about medically unexplained symptoms
- the lived experience
- developments in social prescribing

## 10.40 Improving Support for people with Medically Unexplained Symptoms National NHS England Update

**Kevin Mullins**

*National Director, IAPT*  
NHS England

- supporting people with Medically Unexplained Symptoms
- developments at NHS England
- good practice examples

11.10 *Question and answers, followed by tea & coffee at 11.20*

## 11.50 EXTENDED SESSION: Developing an effective integrated holistic medically unexplained symptoms service

**Dr Julian Stern**

*Director of Adult and Forensic Services*  
& *Consultant Psychiatrist in Psychotherapy*

**with Tim Kent**

*Service Lead Primary Care, Consultant Psychotherapist and Social Worker*

**Ahmet Caglar**

*Clinical Practitioner Psychotherapist and Turkish speaking Community*  
*Project group therapist*

**and Carol Sibanda**

*Clinical Co-ordinator and Specialist Nurse Psychotherapist PCPCPS*  
Tavistock and Portman NHS Foundation Trust

- managing patients with complex needs: the g Primary Care Psychotherapy Consultation Service
- delivering an integrated holistic service
- supporting GPs
- how IAPT will link with primary care on one side and liaison psychiatry on the other

12.50 *Question and answers, followed by lunch at 13.00*

## 13.55 Improving management and treatment of 'medically unexplained symptoms' in primary care

**Prof Frank Röhrich**

*Associate Medical Director*  
East London NHS Foundation Trust

- developing a systematic primary care pathway for patients with functional distress disorder/MUS
- training and educating frontline staff in the management of MUS
- our experience: evaluating outcomes

## 14.25 Different strokes for different folks - The BodyMind Approach™ for supporting people with medically unexplained symptoms towards self-management in primary care

**Prof Dr Helen Payne PhD; UKCP Reg.; MBACP; AVR; AMRSPH**

*University of Hertfordshire*

**with Susan Brooks MSc; MA; MSc; MBA; CQSW; HCPC Reg.; FHEA**

*Retired Senior Lecturer* formerly University of Hertfordshire  
Pathways2Wellbeing

- The patient profile (both psychologically and non-psychologically minded) and the design of a unique primary care service delivered in CCGs
- The BodyMind Approach™ a service informed by expressive embodied psychotherapy
- Monitoring reliable improvement outcomes
- Our experience of best practice with patients

## 14.55 EXTENDED SESSION: Medically Unexplained Symptoms: Case Study

**Dr Simon Heyland**

*Consultant psychiatrist in medical psychotherapy*  
Birmingham and Solihull Mental Health Foundation Trust

- models and practicalities of managing medically unexplained symptoms in practice
- working in partnership in Gastroenterology
- our experience of working with Gastroenterology patients in Birmingham

15.35 *Question and answers, followed by tea & coffee at 15.45*

## 16.00 Guidance for commissioners of medically unexplained symptoms services

**Speaker to be announced**

- 10 key messages for commissioners
- What principles should underpin good MUS services
- Service models and contexts
- monitoring outcomes for people with medically unexplained symptoms

## 16.25 Improving management of 'medically unexplained symptoms' in primary care

**Dr Mujtaba Husain**

*Liaison Psychiatrist*  
South London and Maudsley NHS Foundation Trust

- developing a systematic primary care pathway for patients with functional distress disorder/MUS
- training and educating frontline staff in the management of MUS

16.55 *Question and answers, followed by close at 17.00*

# Medically Unexplained Symptoms /Somatic Symptom Disorder National Summit 2017

Wednesday 10 May 2017

The Studio Conference Centre, Birmingham

Download

10% card payments  
discount\*  
15% Group booking  
discount\*\*

**How to book** Book online via credit card and receive a 10% discount\* [www.healthcareconferencesuk.co.uk](http://www.healthcareconferencesuk.co.uk) Fax the booking form to 0208 181 6491 Post this form to Healthcare Conferences UK 8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

## > 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 B A C S**

For Payments in £: Sort Code 40-46-22 Account No. 21553690

Please send your BACS remittance form as confirmation of payment

Your BACS Reference

**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**

## 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.

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](mailto:jayne@hc-uk.org.uk)

### Venue

The Studio Conference Centre, 7 Cannon Street, Birmingham, B2 5EP. A map of the venue will be sent with confirmation of your booking.

Date Wednesday 10 May 2017

### 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.

### Accommodation

On confirmation of your booking you will receive information for booking accommodation should you require it.

### Confirmation 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](mailto:carolyn@hc-uk.org.uk)

### Credits

CPD Certified. Recognised by the Good Governance Institute. Conference Producer is a member of the British Association for Professional Conference Organisers.

The information provided will be held on the Healthcare Conference UK's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.  
©Healthcare Conferences UK Ltd 2016

