

Medically Unexplained Symptoms /Somatic Symptom Disorder *Improving Practice and Outcomes*

Friday 22 November 2019 De Vere West One Conference Centre, London



Chair and speakers include :

Brian Rock

Director of Education & Training
The Tavistock & Portman NHS Foundation
Trust

Professor Mark Edwards

Professor of Neurology
St George's University Hospitals NHS
Foundation Trust

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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 conference will have a focus on improving the primary care response. 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.

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.
- Reflect on how we can improve the primary care response
- 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, FRCPC 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.

10.00 Chair's introduction

Brian Rock Director of Education & Training/Dean of Postgraduate Studies
The Tavistock and Portman NHS Foundation Trust

10.10 The Lived Experience: it's all in your head

Annie Fleming Expert by Experience
with **Tim Kent** Service Lead Primary Care,
Consultant Psychotherapist and Social Worker
Tavistock and Portman NHS Foundation Trust

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

10.30 EXTENDED SESSION: Improving the Primary Care Response to Medically Unexplained Symptoms

Dr Thanos Tsapas
Consultant Psychiatrist in Psychotherapy, Complex Psychological
Interventions Service
Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)
with **Dr David Porteous**
GP Fishponds Family Practice

- Understanding MUS
- What is useful for patients, GPs and other professionals
- Evolutions of models in Primary care and Liaison Psychiatry

11.20 Question and answers, followed by tea & coffee at 11.30

11.45 EXTENDED SESSION: Improving the Care Pathway and Patient Outcomes

Tim Kent
Service Lead Primary Care, Consultant Psychotherapist
and Social Worker
Tavistock and Portman NHS Foundation Trust

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.

12.30 Question and answers, followed by lunch at 12.45

13.45 Working in partnership to develop an effective care pathway

Dr Catherine Parker
Consultant Clinical Psychologist Clinical Lead for Familiar Faces,
Physical Health and Rehabilitation Psychology
Cumbria Partnership NHS Foundation Trust

- managing MUS across primary and secondary care in Cumbria
- a new model of care for those who consult frequently
- system wide initiatives

14.15 You kind of want to fix it – thinking and working with MUS and complexity

Dr Marta Buszewicz
GP and Associate Professor in Primary Care
Research Department of Primary Care & Population Health,
University College London Medical School
with **Dr Gareth Drake** Clinical Psychologist
Camden TAP (Team Around the Practice) Service

- principles of good MUS services
- improving recognition and practice in primary care

14.45 Reframing Persistent Unexplained Physical Symptoms: Functional Neurological Disorders

Prof Mark Edwards
Professor of Neurology
St George's University Hospitals NHS Foundation Trust

- An overview of Functional Neurological Disorders – the link with ANS
- Problems with the current approaches in diagnosis and treatment
- How to better manage such disorders, and future plans: addressing the service gap for people with FND between primary and tertiary care

15.15 Question and answers, followed by tea & coffee at 15.25

15.40 Medically Unexplained Symptoms and Trauma

Dan Phillips
Trauma Counsellor

- MUS and Trauma presentations in Health and Social Care: Challenges for all
- co-producing Outcomes and Wellbeing Pathways
- our approach and case studies

16.10 An enhanced care approach to Medically Unexplained Symptoms at A&E

Dr Mark Griffiths
Consultant Lead Clinical Psychologist
Department of Clinical Health Psychology
Aintree University Hospital NHS Foundation Trust

- Identifying & Managing MUS at Accident & Emergency
- Pro-active management of Frequent Attenders
- Clinical Outcomes & Our Experience

16.40 Question and answers, followed by close

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Venue
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Date Friday 22 November 2019

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