

# Medically unexplained symptoms/ Somatisation Disorder: One Day Integrated Event

Wednesday 15<sup>th</sup> November 2017

Community Hall, 32 Merchant Street

Tower Hamlets health care partners are pleased to invite all primary and community health and social care providers to this one day course on the Integrated management of Medically unexplained symptoms/ Somatisation Disorder. There will be a range of speakers across a variance of professions within Health and Social Care

## Learning Objectives:

- To develop a shared understanding and a common language for MUS Health and Social Care
- To learn about multidisciplinary working, complementing each other's skills for MUS care
- To learn new skills to cope with professional frustration and dealing with complexity and chronicity

Time	Topic	Lead presenter
<b>9.15</b>	<b>Registration/tea/coffee</b>	
9.30	Welcome / Housekeeping and Introduction of speakers	Siobhan Lamb Allied Health Professional Lead: Tower Hamlets Community Neuro Team - THCNT
9.40	What are Medically Unexplained Symptoms – brief overview	Frank Rohricht Consultant Psychiatrist & Associate Medical Director – ELFT
10.00	Grab a drink for Group discussion of personal or professional examples of “managing” MUS: Group work “Identifying common themes”	Frank Rohricht and Nina Papadopoulos (Dance movement psychotherapist – ELFT)
10.20	Feedback from group discussion	Tables facilitated by all speakers
11.00	A brief vignette of cases to highlight the spectrum of severity	Duncan Higgins (Occupational Therapy Clinical Lead – Reablement Service)
11.10	Case studies across Health and Social services, summarising what worked well, what to avoid, outcome measures used, the challenges and emotions evoked within professionals involved in management of cases. Strategies to cope with this	Katie Treers (Occupational Therapist, Long Term OT Service) Sha Vawda (OT, THCNT) Joanne Kurukchi (Physiotherapist, THCNT)
<b>12.10</b>	<b>Lunch</b>	
12.55	PHQ self-assessment exercise	Frank Rohricht
13.10	Assessment of MUS conditions and the Do's and Don'ts in MUS treatment and car	Frank Rohricht
13.55	Coping with despair – ‘Re-Centering’ (interactive exercise)	Nina Papadopoulos
14.25	2 Case studies (conversion paralysis and MUS-BOPT group work)	Nina Papadopoulos
<b>14.55</b>	<b>Tea / comfort break / Discussion</b>	
15.15	Compass and wellbeing service	
15.30	The psychosomatic model of MUS	Frank Rohricht
16.00	MUS-SHINE integrated primary care model	Frank Rohricht
16.30	Q&A	All speakers
<b>16.45</b>	<b>Close</b>	Siobhan Lamb

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