

10TH ANNUAL CONFERENCE OF BRITISH PAKISTANI PSYCHIATRISTS ASSOCIATION: STATE OF THE ART PSYCHOPHARMACOLOGY 19TH-20TH NOVEMBER 2011

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'It was a real pleasure to be part of the joint BPPA-BAPA Annual Conference in Solihull on the State of the Art of Psychopharmacology. The conference combined high scientific content with clinical utility, set in a deep understanding of impact of cultural context'.

Professor Sue Bailey,
President Royal College of Psychiatrists UK

This year's 10th annual British Pakistani Psychiatric Association (BPPA) conference was held in conjunction with the British Arab Psychiatric Association (BAPA) in Solihull, West Midlands, UK. The theme of the conference was 'State of the Art Psychopharmacology'. In keeping with previous BPPA tradition the 1st day comprised three scientific sessions with key note speeches, whereas the second day hosted a Members symposium. The Annual General Meeting (AGM) and BPPA Annual Conference Dinner were also hosted during the conference. The conference was well attended with 131 registered delegates and was addressed by the President of the Royal College of Psychiatrists (RCPsych) in the U.K.

After Tilawat, Dr Nadim Almoshmash, Chair BAPA, gave opening remarks. He appreciated the collaboration between BPPA and BAPA societies and welcomed delegates to the conference. Dr. Anjum Bashir, Chair BPPA, discussed the theme and put the debate on the place of psychopharmacology in psychiatry into context of recent developments in evidence base. Key note addresses on various topics were delivered by respective experts in the UK. Dr Gordon Bates, Consultant Child Psychiatrist and Director of the Huntercombe Hospital in Staffordshire reminded us that the 'children are not small adults' and discussed the intricacies of altered pharmacodynamics & kinetics in children. Dr Fiona Gaughran, Clinical Lead for the National Psychosis Service at the Maudsley discussed treatment strategies for refractory schizophrenia. The conference delegates found her practical suggestions about monitoring 'subtle' but important side effects of clozapine very useful. Professor

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Chitra Mohan and Dr Peter Haddad, Honorary Senior Lecturer and General Secretary for the British Association for Psychopharmacology (BAP), discussed medical treatments of unipolar depression and bipolar affective disorder respectively. As ever, Professor Mohan's enthusiasm and style of delivery captivated the audience. Dr Claire Royston discussed the role of medical treatments in psychiatric conditions in learning disabilities whereas Dr Ahmad El-Missyri shed some light on the aches of psyche and its treatment.

Professor Sue Bailey, the President of the RCPsych addressed delegates and laid out her agenda for her term as the President. She congratulated the BPPA-BAPA on the high academic standard of the conference. She stressed the need to involve diaspora organisations more in working of the RCPsych and vowed to address issues specific to them.

The conference was also addressed by Professor Malcolm Lader, Emeritus Professor Clinical Psychopharmacology at the Institute of Psychiatry, on the medical treatment of anxiety disorders on the second day.

It would be beyond the scope of this update to detail all other oral presentations and posters put up by members of BAPA and BPPA. However there was a general consensus at the high standard of contributions this year.

Key take-home messages from the conference were the need to use medications across the psychiatric specialities based upon the risk/benefit ratio taking into account current evidence base and guidelines from recognised bodies.

This was a successful conference, and special mention should be made of Dr Samina Karamat, Consultant in Old Age Psychiatry, who was Chair of the Scientific Committee for her hard work behind the scenes. This year's conference was particularly noticeable for increasing participation by trainees and medical students. The 10th BPPA conference has set a precedent which BPPA aspires to excel over and beyond in the coming years.

The dates for the 11th BPPA Conference, 2012 have been provisionally set at the 17th and 18th November 2012. For further information on the BPPA please visit www.bppauk.org or email bppa@btinternet.com