

**GP Protected Learning Time- Middlesbrough & Redcar and Cleveland  
Thursday 07<sup>th</sup> November 2024- 13:00 – 18:00**

**Please register using the following link:**

<https://forms.office.com/e/xPFTqcWkK8>

**Microsoft Teams Meeting**

**The session will be available by following this link:**

[Join the meeting now](#)

Time	Item Description	Item Lead
13:05 - 13:50	Mindfulness session	Dr Paul Bernard
13:50 - 14:00	<b>BREAK</b>	
14:00 - 15:00	Perinatal Mental Health <ul style="list-style-type: none"> <li>• Perinatal mental health and prescribing</li> <li>• Referral pathways</li> <li>• Understanding Maternal risk</li> </ul>	Dr Natalie Smith
15:00 – 15:45	TEWV Community Hubs <ul style="list-style-type: none"> <li>• Community transformation overview</li> <li>• TEWV &amp; partnership community transformation model</li> <li>• Referral process and stepped care model</li> <li>• Overview of current TEWV teams</li> </ul>	Andy Granville (Team Manager) Mandy Capaldi (Project Manager) Debbie Wright (Service Manager) Katie Lloyd (Associate Nurse Consultant)
15:45 - 16:00	<b>BREAK</b>	
16:00 - 17:00	Rheumatology Pathways <ul style="list-style-type: none"> <li>• South Tees Early Arthritis pathway</li> <li>• South Tees Giant Cell Arteritis pathway</li> <li>• Polymyalgia Rheumatica</li> <li>• Dealing with waiting times</li> </ul>	Dr Anupam Paul
17:00 - 17:20	Cancer Update <ul style="list-style-type: none"> <li>• Pelvic Radiation Disease pathway</li> </ul>	Dr Hassan Tahir Clinical Lead for Primary Care – Northern Cancer Alliance
17:20 - 17:25	Close and Evaluation	

Thank you for joining the session, we hope you have found the speakers of interest and useful to your ongoing education and professional development.

You can send questions ahead and during the PLT by following this link:

[Middlesbrough, Redcar/ Cleveland PLT Nov 24 \(sli.do\)](#)

You can provide feedback on the session here:

<https://forms.office.com/e/Pa96iaTCrm>

## Speakers

Speaker/ Topic	Intended learning outcomes
<b>Mindfulness</b>	<p>Mindfulness is the natural capacity we all have to pay attention (in a particular way) to what is happening in the present moment. As we become more aware of our experience, we can sometimes choose to respond rather than react. There is now good evidence that strengthening our capacity for mindfulness can support our well-being and mental health.</p> <p>This workshop will introduce you to, or remind you about, some of the theory and practice of mindfulness.</p>
<b>Speaker Bio</b>	<p><b>Dr Paul Bernard</b></p> <p>Dr Paul Bernard is a Consultant Psychiatrist in the TEWV Trust where he leads an award-winning team that delivers courses of Mindfulness Based Cognitive Therapy for patients and for staff. He is also a senior trainer with the Oxford Mindfulness Foundation.</p>
<b>Perinatal Mental Health</b>	<ul style="list-style-type: none"> <li>• Improved knowledge of perinatal mental health and prescribing: including antidepressant use in pregnancy and breast feeding.</li> <li>• Referring high risk women for pre-pregnancy advice.</li> <li>• Improved understanding of maternal Risk: self-harm suicide, including MBRRACE data</li> <li>• Referral pathways for perinatal mental health.</li> </ul>
<b>Speaker Bio</b>	<p><b>Dr Natalie Smith</b></p> <p>Natalie graduated from Leicester University in 2000, and completed psychiatry training in Northumberland and Tyneside, before getting a consultant post in Teesside in 2012. She developed an interest in perinatal psychiatry as a core trainee and continued to pursue this throughout her higher training. When appointed as a consultant in general adult psychiatry in Teesside, there were no perinatal services within TEWV, and Natalie has led their development. The Tees team was developed in 2015, and further teams across the trust began in 2018. Natalie has worked as a consultant in perinatal psychiatry with the Teesside team since 2015. She contributes to RCPsych peer reviews of other perinatal teams nationally, and the Tees team was accredited by the RCPsych Perinatal quality network in 2022, reflecting the excellent work they do. Natalie is the RCPsych Northern Region perinatal representative.</p>
<b>TEWV Community hubs</b>	<ul style="list-style-type: none"> <li>• Community transformation overview – National view</li> <li>• TEWV &amp; Partnership community transformation model</li> <li>• Referral process and stepped care model</li> <li>• What the current TEWV teams look like and how they operate</li> </ul>
<b>Speaker Bio</b>	<p>Andy Granville (Team Manager)  Mandy Capaldi (Project Manager)  Debbie Wright (Service Manager)  Katie Lloyd (Associate Nurse Consultant)</p>
<b>Rheumatology pathways</b>	<ul style="list-style-type: none"> <li>• South Tees Early Arthritis pathway</li> <li>• South Tees Giant Cell Arteritis pathway</li> <li>• A brief word about Polymyalgia Rheumatica</li> <li>• Dealing with waiting times</li> <li>• Open Q&amp;A session</li> </ul>

<b>Speaker Bio</b>	<p><b>Dr Anupam Paul, MD, FRCP (UK), MMedEd</b></p> <p><b>Consultant Rheumatologist and Clinical Director for Rheumatology, South Tees Hospitals NHS Foundation Trust</b></p> <p>Dr Paul graduated from the University of Delhi, India in 1994 and completed postgraduate training in General Medicine in India obtaining MD degree from University of Delhi in 2000. He commenced his postgraduate training in the UK in 2003 as a junior doctor and completed his specialist training in Rheumatology and General (Internal) Medicine in the West Midlands rotation in 2011 leading to award of Certificate of Completion of Specialist Training (CCT) in both Rheumatology and General (Internal) Medicine. He has been elected to the fellowship of the Royal College of Physicians in 2015.</p> <p>Dr Paul has been a Consultant Rheumatologist at South Tees hospitals NHS foundation trust since July 2011. He has taken on the role of Clinical Director for Rheumatology in March 2022. He has a special interest in early inflammatory arthritis and musculoskeletal ultrasonography. He has completed Level 2 accreditation in musculoskeletal ultrasonography by European League Against Rheumatism (EULAR) and applies musculoskeletal ultrasound for diagnostic purposes and also for guiding injections. He led the development of South Tees 'Living Well with Your Fibromyalgia' multidisciplinary education and therapy programme for patients with fibromyalgia. As a clinical director, Dr Paul is keen to improve urgent access for both new and review rheumatology. In particular, he is committed to meet the NICE quality standards rheumatoid arthritis patients and also uphold the GIRFT recommendations for early inflammatory arthritis and giant cell arteritis. He is striving to position South Tees rheumatology as a leader in patient safety and high-quality care in the region.</p> <p>Dr Paul is also a passionate educator, dedicated to teaching both undergraduate and postgraduate students. He has completed Master of Medical Education (MMedEd) from University of Warwick. He is currently a clinical mentor for medical students and teaches in the Advanced Clinical Experience/ Clinical Experience in Long term Conditions and Elective Surgery (ACE/CELTS) course. He also actively participates in clinical research and is currently a principal investigator for Sterling-PMR trial.</p>
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