

Sym

SYMPOSIA



ROYAL  
COLLEGE of  
PHYSICIANS of  
EDINBURGH

Alcohol & Substance Use:  
busting myths and finding solutions  
Hybrid symposium

# Programme



 [rcpe.ac.uk](https://rcpe.ac.uk)

 @RCPEdin

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Thursday 18 April 2024

 #rcpeSubstanceUse24

# Symposium committee, CPD, catch up, facilities & exhibitors

## Symposium organising committee

Dr Alastair MacGilchrist (Co-Chair)	Professor Angela Thomas OBE (Co-Chair)	Professor Linda Bauld
Dr Paul Gillen	Dr Lesley Graham	Dr Patricia Jackson OBE
Dr Carey Lunan	Professor Catriona Matheson	Dr Peter Rice
Dr Roy Robertson	Dr Paul Syme	

The Federation of the Royal Colleges of Physicians of the UK runs a Continuing Professional Development (CPD) Scheme for all post-training physicians. Please note it is your responsibility only to claim credits for the hours you attend.

CPD ID Code: 148398  
CPD Credits: 6



## CPD certificates and feedback

The CPD sign-in register is online and is combined with the symposium feedback survey.

- Please note that in order for us to issue CPD certificates, we require participants to complete our online feedback survey and you should have received an email containing a link to your individual feedback form. If you have not received this, please contact: Thais Poyo Gonzalez T.Gonzalez@rcpe.ac.uk.
- This survey must be completed fully before exiting.
- The sign-in and feedback form will be open for 28 days after the event, **closing at midnight on Thursday 16 May 2024**. Electronic certificates will be issued shortly after that date via email. It will not be possible to issue certificates to delegates who do not complete the form by this date as it is your confirmation that you attended – so please make sure you do. Please note that it is not possible to download a certificate directly from the online feedback survey platform.

## Asking questions and interactive sessions

- You can submit questions to the speakers during the talks using 'Slido.com' - we will be using interactive software, 'Slido', so that everyone can ask the speakers questions and participate in any polls and case discussions.
- Additionally, if you are attending at the College there are microphones for you to use in the auditorium.
- On your mobile, tablet or computer, go to [slido.com](https://www.slido.com).
- Enter the event code: **#rcpeSubstanceUse24**
- This code will be used throughout the day for all presentations.
- When delegates send questions to speakers, your device will display the delegate questions.
- You can 'like' any delegate questions submitted, questions will rearrange based on how many 'likes' they have, highlighting to the Chair popular questions.

## Social media

The College encourages online discussion and the use of social media. Please feel free to participate – the hashtag for this event is **#rcpeSubstanceUse24**.

# Symposium committee, CPD, catch up, facilities & exhibitors

## Catch-up viewing

The presentations will be available to view 2 days after the symposium and remain available for 28 days after the event, **closing at midnight on Thursday 16 May 2024**. RCPE Fellows and Members will be able to access selected presentations on the RCPE Education Portal for a further period.

## General information - attending at the College

- **Photography**

A professional photographer may be in attendance at this event. Photographs may be used by the College in digital and printed publicity material. If you do not wish to be photographed, please let a member of staff know at the registration desk.

- **Access**

A wheelchair lift and internal lift are in place at the College, allowing access to the conference centre and historic rooms. For further information and assistance, please contact the Event Co-ordinator responsible for the event.

An induction loop system is available in the Great Hall and Conference Centre Auditorium.

- **Parent Room**

We can provide a Parent Room at our events. If you are interested in using this facility, please contact the event Co-ordinator for further information.

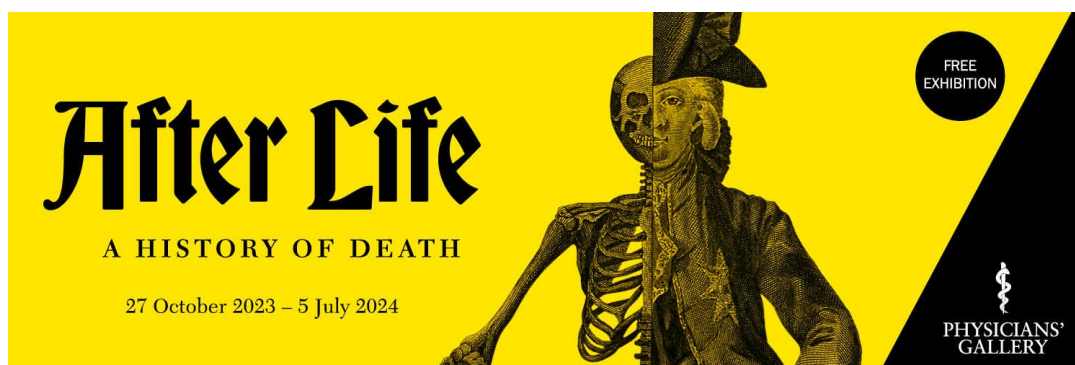
- **Prayer and Quiet Room**

There is a room available. Please ask at the registration desk.

- **Heritage Exhibitions**

Please take time to view the exhibition displayed in the cabinets in the conference centre during the symposium.

**After Life... a history of death** is available opposite the College's main reception area. Please visit this free exhibition during the breaks in the symposium.



## Symposium committee, CPD, catch up, facilities & exhibitors

'After Life' explores changing views of death from antiquity to the present day. It uses the remarkable collections of the Royal College of Physicians of Edinburgh and its library - Scotland's oldest and largest medical library - to uncover the history of death. An original copy of Napoleon Bonaparte's post-mortem, written on Saint Helena Island, and a diary documenting the last days of celebrated Edinburgh physician James Young Simpson are displayed alongside a broadside proclaiming the execution of famous Edinburgh murderer William Burke.

## Symposium programme

# Alcohol & Substance Use: busting myths and finding solutions

*RCPE Hybrid Symposium held on Thursday 18 April 2024*

**09:00** Registration and coffee

**09:25** Welcome and introductory remarks

Dr Conor Maguire, Vice President (International), Royal College of Physicians of Edinburgh

### Session 1 – Alcohol - the big picture

Chair: Professor Linda Bauld, Professor of Public Health, University of Edinburgh

**09:30** A European perspective on alcohol

Ms Maria Neufeld, Technical Officer, WHO European Office for Prevention and Control of Noncommunicable Diseases

**09:50** Scotland's story

Dr Peter Rice, Chair, European Alcohol Policy Alliance (Eurocare)  
\* reasons behind alcohol death trends \* public health policies (including MUP)

**10:10** Case history

Dr Carey Lunan, GP Advisor to Scottish Government on Health Inequalities  
\* alcohol presentations in primary care – myriad and indirect

**10:20** Discussion

Tom Bennett, Rights in Recovery Officer, Scottish Recovery Consortium and participants from above

### Session 2 - Alcohol - the damage done

Chair: Dr Alastair MacGilchrist, Chair, Scottish Health Action on Alcohol Problems (SHAAP), Edinburgh

**10:30** Foetal alcohol spectrum disorder

Professor Ana Hanlon Dearman, Professor of Paediatrics, University of Manitoba, Canada  
\* effects are many and varied \* how to recognise and what to do

**10:45** Mental health

Dr Rebecca Lawrence, Consultant Psychiatrist, NHS Lothian  
\* dual pathology: mental health and alcohol dependency \* implications for service provision

**11:00** Break

**11:20** SIR JOHN CROFTON LECTURE

#### Cancer and cardiovascular disease

Chair & Introduction: Dr Conor Maguire, Vice President (International), Royal College of Physicians of Edinburgh

Professor Tim Stockwell, Professor Emeritus, Department of Psychology, University of Victoria, Canada & Scientist, Canadian Institute for Substance Use Research

\* 7 cancers linked to alcohol \* latest evidence on alcohol and CVD (and overall) mortality

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**11:45 Liver disease**

Dr Ewan Forrest, Consultant Hepatologist, Glasgow

\* main cause of alcohol specific deaths \* 'silent killer' – need for early diagnosis

**12:00 Discussion**

Tom Bennett, Rights in Recovery Officer, Scottish Recovery Consortium + 4 session speakers

### **Session 3 - Alcohol - making a difference**

Chair: Dr Lesley Graham, Public Health Consultant, Edinburgh

**12:10 Alcohol interventions**

Professor Julia Sinclair, Professor of Addiction Psychiatry, University of Southampton

\* alcohol brief interventions \* alcohol care teams \* treatment of alcohol dependency

**12:35 Barriers and solutions**

Dr Alastair MacGilchrist, Chair, Scottish Health Action on Alcohol Problems (SHAAP), Edinburgh

\* stigma \* alcohol industry \* efficacy of population and individual interventions \* clinicians as advocates

**12:50 Discussion**

Tom Bennett, Rights in Recovery Officer, Scottish Recovery Consortium and participants from above

**13:00 Lunch**

### **Session 4 - Substance use - a multilayered problem**

Chair: Professor Roy Robertson, Professor of Addiction Medicine, University of Edinburgh

**13:45 Clinical presentations in primary and secondary care**

Dr Jonathan Brett, Senior staff specialist in Clinical Pharmacology, Toxicology and Addiction Medicine, University of New South Wales, Australia

\* clinical presentations to accident departments and hospital wards relating to drug complications

\* data from International sources on morbidity and mortality \* what the clinical and research data suggests for future policy and clinical interventions

Dr Carey Lunan, GP and Senior Medical Advisor to Scottish Government

\* clinical presentations in the community and primary care \* how we could improve out of hospital care

**14:15 What are the drivers of drug deaths (DRD)?**

Professor Catriona Matheson, Professor in Substance Use, University of Stirling

\* contributory factors in Scottish DRD \* changing patterns of DRD over time \* the strategic response and what is means at service level

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**14:45 Lessons from an international experience**

Dr Jane Mounteney, Head of Unit, Public health, European Monitoring Centre for Drugs and Drug Addiction

\* European comparisons on drug morbidity and mortality \* systematic variation in practice and policy across countries

**15:15 Living with the stigma of substance use**

Wez Steele, Scottish Drugs Forum, Glasgow

\* lived experience of substance use and now working with people affected

**15:20 Discussion**

Participants from above

**15:30 Break**

**Session 5 - Prevention and treatment of harm - now and in the future**

Chair: Professor Angela Thomas OBE, Director of Heritage and Honorary Librarian, RCPE

**15:50 Bringing evidence and innovation into drug services in Scotland**

Dr Saket Priyadarshi, Associate Medical Director & Senior Medical Officer, Glasgow Alcohol and Drug Recovery Services, NHS Greater Glasgow and Clyde

\* radical approaches to a critical problem \* heroin assisted treatment and safer injecting rooms

**16:10 Novel approaches to harm reduction**

Dr Jenny Scott, Senior Lecturer, Bristol Medical School

\* Physical health harms affecting people who use drugs \* Challenges people meet in the broader healthcare sector \* Novel approaches to reducing health harms

**16:30 Drug use and the law**

Iain H B Smith, LLB (Hons), Dip LP, NP, Partner, Keegan Smith SSC Solicitors, Scotland

\* human aspect of drug use and the law \* social harms and the impact on families

**16:50 Discussion**

Participants from above

**17:00 Close**



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# Upcoming Events

## Spring/Summer 2024

Throughout this academic year we will be delivering our Education Programme as a mix of hybrid, in-person and online. Our hybrid events give you the option to meet in the College for some face to face learning and conversation, or to view online from home. Most of our events and CPD/feedback surveys are open for 28 days after the event, so that you can catch-up at your convenience and from any time-zone. Alongside our popular Evening Medical Update programme we have our suite of speciality symposia and some new hot topics events to look out for.



### Education Portal

Material from these events is made available beyond the on-demand period to Fellows, Members and Associates on the College's Education Portal, where you'll also find hundreds of hours of other clinical and non-clinical content.



[learning.rcpe.ac.uk](https://learning.rcpe.ac.uk)

The Royal College of Physicians of Edinburgh's education programme continues with:

### April

TUE <b>30</b>	Online Evening Medical Update <b>Futuristic Medicine</b>	EMU
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### May

THU <b>02</b>	Online International Medical Update <b>RCPE Hong Kong: Updates in Clinical Medicine</b>	IMU
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MON <b>13</b> – FRI <b>17</b>	In-person Course <b>Edinburgh International Course on Medicine for the Older Adult</b>	C&W
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TUE <b>21</b>	Online Evening Medical Update <b>Palliative Medicine</b>	EMU
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FRI <b>24</b>	Online Course <b>Moving on up - The Consultant role</b>	C&W
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### June

TUE <b>04</b>	Online Evening Meeting <b>RCPE: ME/CFS and Long COVID</b>	EM
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THU <b>06</b>	Hybrid Symposium <b>Symposium: Connective Tissues Diseases – time for change?</b>	Sym
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WED <b>12</b>	Hybrid Symposium <b>CG25 - Health Governance for the Future</b>	Sym
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FRI <b>21</b>	Hybrid Symposium <b>RCPE: Cardiff</b>	Sym
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TUE <b>25</b>	Online Evening Medical Update <b>Renal Medicine</b>	EMU
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THU <b>27</b>	Online Course <b>Acute Medicine for the Generalist (Online)</b>	C&W
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### July

TUE <b>30</b>	Online Evening Medical Update <b>Top Tips for New Doctors</b>	EMU
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Further events to be announced.  
To book, or for more information  
visit: [events.rcpe.ac.uk](https://events.rcpe.ac.uk)

or scan QR code >

