

Directions

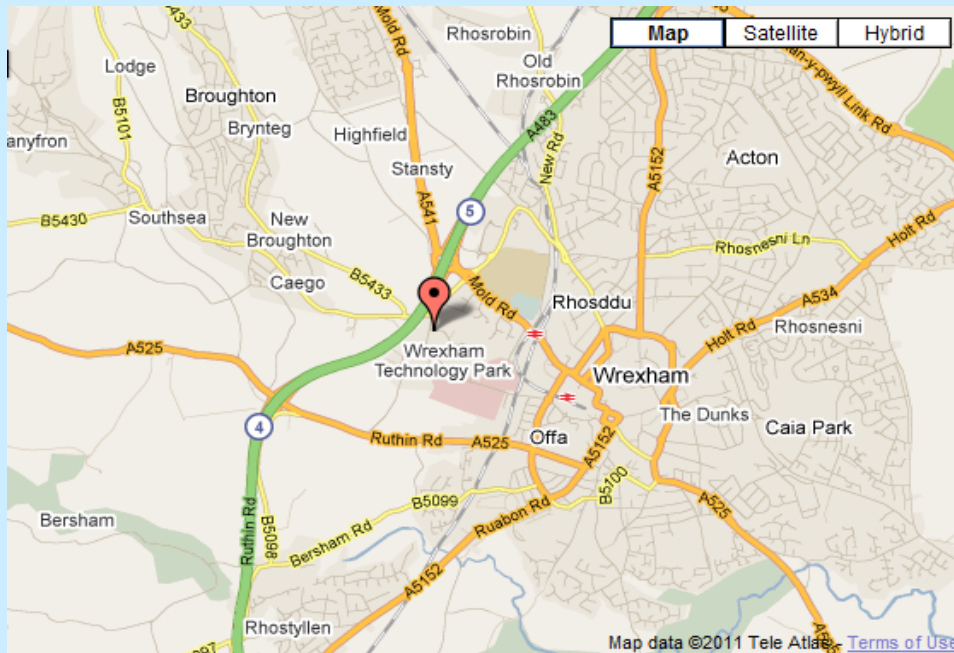
From the **NORTH** exit A55 onto A483 sign posted Wrexham. Continue on the A483 over the next roundabout signposted Wrexham. Come off at Junction 5 signposted A541 Wrexham/Mold & take the first exit off. Take the third exit off next roundabout onto Berse Road (B&Q on the right) and then 350 yards take the first exit off roundabout into Rhyd Broughton Lane. The Ramada Plaza is on the left hand side.

From the **SOUTH**, follow signs for A483 North Wales. Continue on the A483 signposted Wrexham. Come off at Junction 5 signposted A541 Wrexham/Mold & take first exit off. Take the third exit off next roundabout onto Berse Road (B&Q on the right) and then 350 yards take the first exit off roundabout into Rhyd Broughton Lane. The Ramada Plaza is on the left hand side.



FREE SEMINAR Metabolic Syndrome in Severe Mental Illness: Strengthening Research in Wales

Organised by the MHRNC Research Development Group ATHRAM



Antipsychotic medication is the most common treatment for schizophrenia. People with schizophrenia have a higher mortality rate than the general public and have higher rates of cardio vascular disease, obesity and diabetes. There is growing concern that antipsychotics are associated with these health risks with as many as 50% of patients gaining substantial body weight during long-term antipsychotic therapy. Antipsychotics vary, however, in the extent to which they contribute to adverse health outcomes.

ATHRAM is a clinical research development group supported by the Mental Health Research Network Cymru (MHRNC) (<http://www.mhrnc.org>). The overarching aim of this group is to bring together key academics and clinicians with a particular interest in the physical health risks associated with antipsychotic medication. The intention of the group is to facilitate large-scale research within Wales (and wider afield) on this topic. We are committed to:

- identifying interventions or good practices that have been shown to reduce health risks associate with antipsychotic medication (e.g., screening, exercise or healthy living programmes etc.)
- rigorously evaluating innovative interventions or practices to provide evidence of the appropriateness, feasibility, applicability, and the clinical- and cost-effectiveness of such interventions
- securing adequate funding and resources to undertake quality research within Wales

This seminar is **FREE**. If you are a mental health professional, service user or carer, or researcher with an interest in getting involved with research relating to metabolic syndrome in severe mental illness, then please reserve a place by following the instructions overleaf.

Friday 18th November 2011

Ramada Plaza Wrexham, Ellice Way, Wrexham, LL13 7YH

MORNING

9.00	REGISTRATION, TEA & COFFEE
9.30	Introduction Dr Seren Roberts Bangor University
09.40	Antipsychotic medication prescribing across Wales Wendy Davies, Principal Pharmacist (Mental Health) Cardiff and Vale University Health Board
10.10	Cardiovascular disease risk & Health Screening in Wales Dr Richard Tranter & Ms Dawn Williams Bangor University & BCU Health Board
10.40	TEA & COFFEE BREAK
11.00	Cardiovascular risk and its management in people with severe mental illness: Research from UCL and the English MHRN Dr David Osborn UCL Medical School
11.30	Weight gain, diabetes and metabolic syndrome Dr John Harvey BCU Health Board
12.00	Lifestyle Interventions Dr Seren Roberts & Ms Jois Bailey Bangor University & BCU Health Board

AFTERNOON

12.20-1.45	LUNCH AND NETWORKING
1.45	Group Discussion*
2.45	TEA & COFFEE BREAK
3.00	Group Discussion continued*
3.45	Summation and closing remarks
4.00	CLOSE

*Group Discussions

The group discussions will consist of small group– based activities to generate research ideas, initiate early proposal development work and form links for future research collaboration and partnership.

Poster Presentations

You are invited to present research posters at this event. If you wish to do so please e-mail: ATHRAM@bangor.ac.uk so that we can arrange the necessary exhibition space.

To register for this workshop please e-mail: ATHRAM@bangor.ac.uk with your name, affiliation and indicate any special dietary requirements. This seminar is open to a maximum of 40 participants. Places will be reserved on a first-come, first-served basis. The workshop is FREE. Note that accommodation and travel expenses are not included for delegates.