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Recent modules and podcasts

Module Dementia: breaking the 'bad news' – a guide for psychiatrists

'Bad news' is information that adversely affects an individual. It is a largely subjective concept; what one person considers to be very bad news may be easier to accept for another, and a 'bad news' diagnosis will affect different people in different ways. The process of breaking bad news is a frequent task for doctors working in all specialities of medicine and doing this well is an essential but complex skill that should be continually developed. This module aims to explore the process in relation to dementia, but will also detail ways in which the experience of having any difficult conversation can be enhanced for the professional and the patient. **CPD credits: 1**



Podcast The psychology and psychiatry of pandemics

The World Health Organization (WHO) characterised COVID-19 as a pandemic on 11 March 2020 and countries around the world are putting measures in place to combat the spread of coronavirus. How do psychological factors influence the spread of pandemic infection and the associated emotional distress and social disruption? In this podcast, Dr Raj Persaud talks to Professor Steven Taylor about his recently published book offering a comprehensive analysis of the psychology of pandemics. **CPD credits: 0.5**



Podcast Promoting physical activity in severe mental illness

In daily practice psychiatrists prescribe drugs that can encourage weight gain, but physical activity is often not widely promoted. A widening robust evidence base is proving the benefits of exercise in mental health, so how can we increase mental health professionals' active involvement in this area? Dr Amit Mistry and Dr Lynne Drummond talk to CPD Online Trainee Editor Dr Jennifer Powell about physical activity guidelines, research, risks and guidance in promoting physical activity in severe mental illness. **CPD credits: 0.5**



Module Self-harm in adolescents: Part 1 – risk assessment and management

Young people who self-harm represent a significant challenge to professionals. Junior doctors at all stages of training will be required to conduct assessments in a variety of settings. To be effective the doctor is required to conduct an in-depth and thorough psychiatric assessment and to formulate a management plan that will include the mitigation of risk. Self-harm is a symptom of multiple mental disorders and is not a disorder in its own right. This module, the first of a two-part series, covers risk assessment and management. The second module will cover treatments and the legal frameworks. **CPD credits: 1**

