

The Twenty-Fifth Annual Meeting, 1996/8th Congress of the Association of European Psychiatrists

The Twenty-Fifth Annual Meeting of the College was held jointly with the 8th Congress of the Association of European Psychiatrists at the Queen Elizabeth II Conference Centre on 7–12 July 1996, on the theme, 'European Psychiatry: a Force for the Future'.

Scientific Meetings

The Scientific Meetings were held at the Queen Elizabeth II Conference Centre, London.

Business Meeting

The Business Meeting of the Royal College of Psychiatrists was held on 9 July and was chaired by Dame Fiona Caldicott. It was attended by 147 members of the College.

The minutes of the previous meeting held in Torquay on 5 July 1995, and published in the *Psychiatric Bulletin*, December 1995, were approved and signed.

The Report of the President was received.

The Report of the Registrar and the Annual Report were received and approved.

The Report of the Treasurer and the Annual Accounts for 1995, as given in the College's Annual Report, were received and approved.

The re-appointment of the auditors was approved.

The new fees and subscription rates from 1 January 1997 were approved.

In accordance with the recommendation of Council, it was agreed that the rates should be rounded up, as set out in the tabled paper.

The Report of the Dean was received.

The Report of the Editor was received.

The Report of the Librarian was received.

President's Report

The President, Dame Fiona Caldicott, welcomed members to the Twenty-Fifth Annual Meeting of the College. The President highlighted issues of particular importance within the College over the last year, which included concerns relating to the workload of the Honorary Officers, members of the College, and College staff, particularly in ensuring that the College was able to respond promptly to the many documents received by the College for consultation.

The President emphasised to members that the increase in fees and subscriptions had been

necessary in order to enable the College to properly undertake its responsibilities as defined in the Supplemental Charter.

The President reported that the Academy of Medical Royal Colleges had recently been granted legal and charitable status. This, together with the development of the Specialist Training Authority, constituted an extremely important development for postgraduate medical education and standards of patient care.

The new Specialist Registrar grade in Psychiatry had been introduced on 1 July 1996. With many of the difficulties associated with the transition to this new grade having been anticipated, it appeared that this was being implemented relatively smoothly. The President emphasised the importance of monitoring the impact of this change on the psychiatric service and on the training of young doctors, and urged members to bring details of any particular problems being experienced to the College's attention.

A series of meetings had taken place between Officers of the College and politicians in recent weeks, including a meeting between the President and the Secretary of State for Health to discuss care in the community and the implementation of the Mental Health (Patients in the Community) Act. Attempts had been made, so far without success, to arrange a meeting with the Shadow Health Secretary. A meeting would be taking place on the following day with Mr John Bowis, MP, Under Secretary of State for Health, and Miss Ann Widdicombe, Minister of State at the Home Office, to discuss the proposals for the introduction of a 'hybrid order', which had profound implications for mentally disordered offenders.

The College was concerned about the staffing difficulties throughout the service which were affecting every speciality in psychiatry at all levels. A paper addressing these concerns had been produced recently in collaboration with the College, the Department of Health and NAHAT, which had been submitted to the Medical Director of the NHS Executive. This contained a number of short and longer-term proposals which it was hoped would be accepted and promulgated. The paper would be made available to members in due course.

Registrar's Report

The Registrar, Professor Chris Thompson, reported that the President had become a Dame of

the British Empire in the Queen's Birthday Honours List. Professor David Goldberg, a Fellow of the College, and Judge Stephen Tumim, an Honorary Fellow, had been awarded Knight's Bachelors. Professor Malcolm Lader had been awarded an OBE.

A number of new College Reports had been approved by Council, including the statement on the responsibilities of consultant psychiatrists, which would be available shortly, a new College policy statement on rape, a Report addressing concerns about procedures relating to children's evidence in court, entitled '*Evidence of Children*', and a Report addressing ethical considerations in the compulsory detention of psychiatric patients, entitled '*Wish you were here?*'. Joint Reports produced with other bodies included a Report on Chronic Fatigue Syndrome produced jointly with the Royal College of Physicians and the Royal College of General Practitioners, and a Report on Psychiatric Services to A&E Departments, produced in collaboration with the British Association for A&E Medicine. A Mental Health Act training pack and video had been produced, which would be available shortly.

At the College's instigation, arrangements for the approval of doctors under Section 12 of the Mental Health Act (1983) had been revised, as set out in a guidance document published by the NHS Executive. Guidelines on clinical risk assessment had been produced within the College, which would be circulated to all UK members with the assistance of a grant provided by the Department of Health.

The College had sought to influence the development of the Mental Health (Patients in the Community) Bill, and the Act had been passed with amendments put forward by the College, but with little enthusiasm on the part of the profession.

There was serious concern within the College in relation to the proposal for the introduction of a 'hybrid order' for mentally disordered offenders, a response to which had been prepared on the College's behalf by the Forensic Psychiatry Section. As previously reported by the President, a meeting would be taking place on the following day with Ministers from the Department of Health and Home Office, to discuss this.

The College Research Unit was continuing to work very effectively, and had recently received a grant for £300 000 from the Sainsbury Charitable Trust for the development of a clinical guidelines programme for child and adolescent psychiatry. In addition, a College Research Unit in Wales had recently been established.

In recognition of the increasing amount of care being provided by the private and independent sectors, the College had established a liaison with the Independent Healthcare Association.

After five successful years of activity, the Defeat Depression Campaign would be coming to an end in 1997.

The Registrar expressed his sincere thanks to the College staff.

Treasurer's Report

The Treasurer, Professor Issy Kolvin, reported to members with satisfaction that the majority of the financial problems with which the College had been confronted in recent years had now been resolved, and that matters had improved considerably. He reported a number of developments, including the fact that the computerisation of the College's financial systems had been completed; that the Finance Management Committee regularly provided relevant and essential information to the Executive and Finance Committee about a wide range of financial matters; that the decline in the General Fund had been arrested; and that the cash flow was now healthy, and there was no longer any overdraft.

This improvement was a tribute to the endeavours of the College staff, in particular the College Secretary and the Head of Financial Services, and also the Honorary Officers, who had to oversee College finances during an uncertain economic period; and in particular, the President, who had proved unflappable in the face of many exigencies. The exercise had been one of containing and controlling expenditure and generating new income.

The College was a prestigious, but not wealthy, organisation. Furthermore, the traditional sources of income, such as membership subscriptions, and the excellent contribution of the Publications Department, were no longer sufficient to meet the needs of running a modern College. Savings had been achieved, and new income generated. However, the Treasurer commented that these improvements should not give rise to an expectation that the recent prudent financial policies could be abandoned. Rather, he emphasised the need for continued caution and financial consolidation and the desirability of rebuilding the depleted reserves of the College.

Finally, the Treasurer drew to the attention of members the small rounding up of the annual subscription fees, which he commented had been approved by Council, explaining that the penultimate version of the document listing proposed fees had been circulated inadvertently.

Dean's Report

The Dean, Professor John Cox, highlighted some of the developments in the previous year, which had been one of unprecedented change in relation

to the delivery of the education and training of psychiatrists.

These had included publication of the College's Educational Policy, setting out objectives of training at general, higher professional and CPD levels, and the establishment of the CPD programme, to which over 1000 consultants had registered.

The Dean commented on the contribution made by the Collegiate Trainees' Committee in relation to initiatives in postgraduate training and the MRCPsych Examinations.

The Central Approval Panel and the Court of Electors had maintained a close scrutiny of training programmes, and in general, mandatory requirements were rapidly complied with.

Over 100 overseas doctors from across the world were currently on placements on the Overseas Doctors Training Scheme. This scheme was under review in response to new NHS directives.

The Dean assured members that the College was aware of the pressures of clinical and managerial work facing Tutors and Educational Supervisors, to whom the College was deeply indebted, and he expressed the hope that their roles in relation to postgraduate training would be fully recognised in weekly job plans.

Finally, the Dean expressed his thanks and appreciation to the four Sub-Deans, and to members of staff in the Postgraduate Education Department.

Editor's Report

The Editor, Professor Greg Wilkinson, reported that there were currently 12 600 subscriptions to the *British Journal of Psychiatry* (BJP), 400 of which were from individuals and institutions outside the UK. The BJP had become the sixth most cited psychiatric journal in the world.

Over the past three years the delay to publication had been reduced from 80 to 40 weeks, and at the same time, the number of original papers published per issue had risen from 16 to 20. The Editor announced that from 1997, the BJP would appear in A4 format.

The *Psychiatric Bulletin* - *The Journal of Trends in Psychiatric Practice*, under the Editorship of Dr Alan Kerr, continued to go from strength to strength.

Consideration was being given to the introduction of a College newsletter to facilitate matters of concern to the College and issues of policy to be brought rapidly to the attention of Members and Fellows.

Professor Andrew Sims had introduced with success the Journal of Continuing Professional Development (CPD), *Advances in Psychiatric Treatment* (APT). It had recently been agreed that

the subscription fee for APT should be incorporated into the CPD registration fee. The number of renewed subscriptions to APT stood at 1000, and it was anticipated that this would rise, with increased interest and participation in CPD. From 1997, APT would be increased to 64 pages, and it was proposed to produce an annual version aimed at general practitioners.

The Publications Book List continued to grow, as did the sales, making a substantial contribution to College finances. It was aimed to continue to produce books of quality in all areas of psychiatry at low prices. A General Psychiatry textbook would be published in the Autumn, under the editorship of Dr George Stein and Professor Wilkinson.

A website on the Internet had been established by Mr Dave Jago, Head of Publications Services, and this was serving as a pilot for the College. (Address-<http://www.demon.co.uk/rcpsych/>) Electronic versions of the BJP would be available shortly in CD-ROM, designed for institutional use.

The Editor expressed warm thanks and appreciation to his fellow editors, assessors, and to College Officers and staff for all their assistance in helping to make the work of the Publications Department so effective. He commented that, like the College, Publications were in a strong position to meet the challenges of the future and to serve the needs of Members, Fellows, Inceptors, and the wider psychiatric community.

Librarian's Report

Dr Ian Pullen commented that it was just a year since he had succeeded Dr German Berrios as Honorary Librarian. This first year had been a challenging one, with the resignation of the College Librarian, and turnover of other staff in the Library. Dr Pullen paid tribute to the Temporary Librarian, Temporary Library Assistant, and College Archivist, who had worked very much as a team to maintain library services to members, College staff, and other organisations.

It was, however, an exciting time, with the proliferation of electronic media, and also a time of questioning the role of libraries. The Library Committee had begun to consider the report of the College's Information Technology working group, and the implications for the Library. The working group's survey of members' access to information technology had been published in the *Psychiatric Bulletin*. The article gave the address of the College's website, and ended with a call for members to advise the Library Committee of the services they wish to receive - which was of utmost importance if the Library and Information Service was to continue to meet the needs of the membership.

Resolutions

The following resolution, as set out in the notice convening the meeting, was proposed by Dame Fiona Caldicott, President, and seconded by Professor Eugene Paykel, Vice-President:

That the Bye-laws of the College be amended, revoked and added in accordance with the copy thereof containing such amendments, revocations and additions sent to the Members with the Notice of this Meeting provided that such amendments, revocations or additions shall not take effect until the same shall have been approved by the Privy Council and provided further that the Executive and Finance Committee of the Council shall have authority and approve any further amendments required thereto by the Privy Council.'

The proposed amendment to the Bye-laws would introduce Faculties and Sections, in place of the current Specialist Sections and Groups, and consequently, revise the constitution of the Executive and Finance Committee and Council. This would facilitate the establishment of seven Faculties, representing the psychiatric specialities recognised by the Department of Health, and two Sections, representing the sub-specialities of liaison psychiatry and rehabilitation and social psychiatry. It was proposed that the Faculties, Sections and Divisions would be represented on Council and the Executive and Finance Committee by their Chairmen, and that the Honorary Secretaries would act as alternates, except in the case of Scotland and Ireland, where the Honorary Secretaries would also be represented on Council.

Details of further proposed amendment to Section XIX (Paragraph 2), concerning the representation of the Irish Division on Council, was tabled. It was proposed that, in addition to the Chairman, the Irish Division should be represented on Council by a second representative from Northern Ireland, and a third representative from the Republic of Ireland.

On behalf of the Welsh Division Executive Committee, and members of the Division, Dr Mike Shooter proposed an additional further amendment to Section XIX (Paragraph 2) to facilitate the continued representation of the Welsh Division by two members in recognition of the fact that Wales was a separate country in its own right, and the fact that the Welsh Division undertook complicated negotiation with the Welsh Office. He proposed that the Bye-law should include the statement, '*and, in the case of the Welsh Division, a second representative who shall normally be the Secretary*'.

The resolution and tabled amendment, and the further amendment proposed by Dr Shooter and seconded by Dr Satnam Palia was approved by a majority of at least two-thirds of the Members of the College present and voting at the meeting, and it was thereby agreed that the Schedule

(Paragraph 16), Section XIV (Paragraph 2), Section XXII (Paragraphs 1 and 2), Section XXIII (Paragraphs 1 and 2), and Section XIX (Paragraphs 2, 3, 4 and 14) of the Bye-laws, should be amended as detailed in the paper which had been circulated, subject to the approval of the Privy Council.

The following resolution, as set out in the notice convening the meeting, was proposed by Dr Doris Hollander, and seconded by Professor Steven Hirsch:

The Royal College of Psychiatrists believes that the Government's policy on care in the community is in a state of deep crisis. The Royal College of Psychiatrists has been supportive of community care for many years while warning repeatedly of dangers which would arise if the policy were under-resourced,

In that there are now: unacceptably high levels of bed occupancy;

dependence on extra-contractual referrals for routine admissions;

consequent placement of patients many miles from their homes;

and that: many long-term severely mentally ill patients are discharged to hostels staffed by volunteers, many untrained, unaware of the realities of mental illness and unprepared for the challenges of caring for the severely mentally ill;

and further: that psychiatrists are demoralised by these failures and are leaving the NHS through early retirement and/or by joining the burgeoning private sector;

so that: recruitment into the speciality is now, for the first time in decades, becoming more difficult;

and thus: there is a twofold squeeze on staffing, at entry and at exit, and many senior and junior posts remain unfilled. In several parts of the country it is hard to find a single adequately trained and permanently appointed (i.e. not locum) psychiatrist;

and additionally: the problems identified apply in the care of all the severely mentally ill, including adolescents, the elderly and those with learning disabilities, not just those who gain the attention of the media due to violence or self-harm;

acknowledging that: psychiatrists have always worked with risk, but this has become intolerable in many parts of the country;

and accepting: the need for professionals to be accountable, we reject emphatically the tendency for individual psychiatrists to be inappropriately blamed for the failings of a flawed system or of Government policy;

we therefore: call upon the Government to stop any further closures of admission beds whilst this situation persists;

seek the urgent development within our service of cost-effective havens or psychiatric rehabilitation units, domestic in scale, professionally staffed and sited in attractive locations as an integral part of the therapeutic process available for those who cannot cope by themselves in the community;

request that an inspectorate be appointed to ensure that there are appropriately trained staff in community-based developments for the mentally ill;

and establish a committee which can guide the restoration of a sound mental health infrastructure,

in partnership with management and other agencies, for the delivery of a safe national mental health service.'

In response to an inquiry from Dr John Henderson, Dr Hollander suggested that the resolution should apply to the Department of Health in England and Wales only at this stage.

Dr Martin Deahl proposed a revised resolution, copies of which were made available, which embodied most of the points in the original resolution, and addressed several additional points. These included concern about the lack of consultation and disregard by Health Authorities and purchasers for professional advice, concern about the increasing level of bureaucracy and introduction of guidelines, the effectiveness of which had not been tested, the scapegoating of individual psychiatrists, and the effects of manpower planning on the training of staff.

Dr Deahl's resolution was seconded by Dr Trevor Turner.

The meeting considered in turn each of the proposed amendments to the resolution proposed by Dr Hollander and seconded by Professor Hirsch.

The inclusion of the phrase '*24 hour nursed beds*' in place of '*cost-effective havens*' was supported by a majority of at least two-thirds of the Members of the College present and voting at the meeting.

The inclusion of the Health Advisory Service as an example of an inspectorate to ensure that there are appropriately trained staff in community-based developments for the mentally ill was not supported.

The addition of a final paragraph stating '*and that every district should be required to produce a plan for a comprehensive spectrum of care to be implemented within three years*', was supported by a majority of at least two-thirds of the Members of the College present and voting at the meeting.

The resolution proposed by Dr Hollander, with the inclusion of the above amendments, was carried.

The amended resolution proposed by Dr Deahl was not supported.

Copies of the Resolution on care in the community are available from the College Secretary on written request.

Election and introduction of Honorary Fellows

The following were unanimously welcomed to the Honorary Fellowship.

Duchess of Kent (introduced by Dame Fiona Caldicott)

Her Royal Highness The Duchess of Kent was born Katharine Lucy Mary Worsley and grew up in Yorkshire. She was educated in Yorkshire and Norfolk and subsequently studied music in Oxford. She worked in a children's home in York and taught at a kindergarten in London. She married His Royal Highness The Duke of Kent in 1961 and has two sons and a daughter, two grandsons and two granddaughters.

Her Royal Highness is Deputy Colonel in Chief of the Adjutant General's Corps., Deputy Colonel in Chief of the Royal Dragoon Guards, and Colonel in Chief of The Prince of Wales Own Regiment of Yorkshire. She is Chancellor of the University of Leeds, President of the Royal Northern College of Music, and Patron of the Christie

Hospital in Manchester, the Yehudi Menuhin School and a large number of charities including SCOPE, Age Concern, Cancer Relief, the Samaritans and the Arthritis and Rheumatism Council. She is also President of the British Legion Village in Kent.

She has the Honorary Freedom of four of the Ancient City Companies, the Worshipful Companies of Cloth Workers, Dyers, Glaziers and the Coach Makers and Coach Harness Makers.

Her Royal Highness became Patron of the United Kingdom Committee for UNICEF in 1971 and in this capacity has visited field projects in Goa and Tanzania.

The Duchess was created a Dame of the Grand Cross of the Royal Victorian Order (GCVO) in 1977 and was awarded the Honorary Freedom of the City of York in 1989. She is an accomplished pianist and sings regularly as a member of the Bach Choir.

Her Royal Highness is being honoured today for her involvement with the Samaritans. She agreed to become their Royal Patron making the condi-