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New from CPD eLearning CPDeLearning

The online resource for mental health professionals

CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our new eLearning Hub.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. Access to the modules is through annual subscription, but we also offer a series of **free modules** and **podcasts** for you to trial first.

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BJPsych Advances and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

View related CPD eLearning content at: <https://www.cambridge.org/core/journals/bjpsych-advances/related-cpd-elearning-content>.

Recent modules and podcasts

Module Premenopausal dysphoric disorder (PMDD)

This module gives the learner an overview of the disorder and considers specifically the interface between PMDD and mental health services, including first-hand accounts from people with lived experience. **CPD credits:** 1

Module Diabetes and the psychiatrist: optimising patient care

This module gives the learner a recap on the evidence-based treatment of diabetes and the importance of optimising glycaemic control, as well as the role of the management of comorbid mental disorders (depression, psychosis and eating disorders) in helping patients to attain this. **CPD credits:** 1

Module Mental health is the perimenopause: Part 1 - Introduction to hormonal changes, hormone replacement therapy and perimenopausal mood disorders

This module looks at the perimenopause and menopause in the context of mental health, the hormonal and neurotransmitter changes that occur, perimenopausal mood disorders and prescribing hormone replacement therapy (HRT). **CPD credits:** 1

Podcast Equity versus equality

In partnership with Health Education England, this podcast is a discussion between CPD eLearning's Podcast Editor and Professor Sir Michael Marmot and Dr Amrit Sachar addressing the factors that cause and perpetuate health inequalities and inequalities. **CPD credits:** 0.5

Other recently published CPD eLearning podcasts (each worth 0.5 CPD credits and freely accessible) include:

- Social prescribing
- Depersonalisation-derealisation disorder
- Mental health in Ukraine
- The psychology of the Ukrainian soldier
- The impact of COVID-19 on maternal mental health
- Are you ignorant about the pandemic?
- Lost in thought: can intellect save you in a pandemic?
- The psychology behind mathematical modelling of epidemics
- Managing alcohol withdrawal in acute in-patient psychiatry
- Coping with the 'pointless suffering' of COVID-19
- Re-reading Camus's 'The Plague' in pandemic times
- Obedience to authority – lessons from Milgram applied to COVID-19
- Mental Health Tribunals: response to the COVID-19 emergency
- How do we lead effectively through the COVID-19 pandemic?
- Working with patients remotely
- Ethical considerations arising from COVID-19
- COVID-19: Isolation and loneliness – is there a 'social cure'?
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'