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Recent modules and podcasts

**Leadership and management series:
Part 2 – time management for psychiatrists**

It is often claimed that successful time management can reduce stress and improve personal efficiency, service delivery and patient care. Unfortunately, time management publications tend to read as long lists of suggestions by those who have tried a few approaches and want to be helpful, rather than scientific analyses of various techniques in a range of clinical contexts. This module considers the key theories and models of time management and provides practical strategies for effective planning and prioritising. It is aimed at psychiatrists in all specialties and readers are encouraged to increase their self-awareness and adapt their time management approaches to their own circumstances. **CPD credits: 1**



Podcast Transcranial magnetic stimulation

Transcranial magnetic stimulation (TMS) has been shown to be a well-tolerated, minimally invasive procedure for treatment-resistant depression. Raj Persaud talks to Dr Lena Palaniyappan at the RCPsych International Congress 2015 about the practicalities and efficacy of TMS. **CPD credits: 0.5**



Safe lithium prescribing: initiation and monitoring (fully updated by the authors June 2015)

It is well known that patients on lithium commonly experience adverse effects. Many of these side-effects are preventable by improving clinical practice. Despite this, audits carried out by the UK's Prescribing Observatory for Mental Health (POMH-UK) have shown that a significant number of patients are not monitored in accordance with NICE guidance. We hope that this module will not only help you learn about lithium but will also help you understand the need for keeping patients informed, as well as for regular monitoring and timely management of side-effects. **CPD credits: 1.5**

