

**Editor**

Patricia Casey (Ireland)

Editorial Board

Regi Alexander (UK)	Malcolm Hopwood (Australia)	Aastha Sharma (Canada)
Daniilo Arnone (UAE)	Roger Ho (Singapore)	Wang Wei (Norway)
Kamaldeep Bhui (UK)	Sarah Huline-Dickens (UK)	Jessica Yakeley (UK)
Asit Biswas (UK)	Jason Luty (UK)	Trainee Editor
Billy Boland (UK)	Beatriz Moyano (Argentina)	Sundar Gnanavel
William Burbridge-James (UK)	Femi Oyeboode (UK)	Cochrane Corner Editor
Angela Carballedo (Ireland)	Mariana Pinto da Costa (UK)	Riccardo De Giorgi
Carlos Carona (Portugal)	David Reiss (UK)	Managing Editor
John Cookson (UK)	Keith Rix (UK)	Anna Munks
Oliver Gale-Grant	Howard Ryland (UK)	
Gian Maria Galeazzi (Italy)	Jan Scott (UK)	

Subscriptions

BJPsych Advances Volume 28, 2022 (six issues)

	Members of the Royal College of Psychiatrists	Non-members	Institutions
Print and electronic	£80/\$150	N/A	£236/\$409
Electronic only	Free	£164/\$248	£207/\$318

Members of the College may purchase a print subscription at <https://www.cambridge.org/core/membership/rcpsych>.

Orders from non-members of the College, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfillment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA, email subscriptions_newyork@cambridge.org. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Online access BJPsych Advances is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-advances>. Information about the College's publications is available at <http://www.rcpsych.ac.uk>.

Instructions to authors Full instructions to authors are given at <https://www.cambridge.org/core/journals/bjpsych-advances/information/instructions-contributors>.

Continuing professional development (CPD) Those wishing to register for CPD with the Royal College of Psychiatrists should contact the CPD unit (tel: +44 (0)20 3701 2621 or +44 (0)20 3701 2610). There is no charge for participation in the CPD scheme for Members, Fellows and Affiliates of the College.

CPD eLearning The College also publishes an interactive online learning facility for CPD in psychiatry. Further details, sample modules and subscription information can be viewed at <https://elearninghub.rcpsych.ac.uk>.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, Dorchester, Dorset DT1 1HD.

This journal issue has been printed on FSC™-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

© The Royal College of Psychiatrists 2022. Published by Cambridge University Press on behalf of the Royal College of Psychiatrists, a charity registered in England and Wales (228636) and in Scotland (SC038369). Unless so stated, material in BJPsych Advances does not necessarily reflect the views of the Editor or the Royal College of Psychiatrists. The publishers are not responsible for any errors of omission or fact.

The College crest is a registered trade mark of the Royal College of Psychiatrists.

ISSN 2056-4678



New from CPD eLearning

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. During the pandemic, there will be no limit on eLearning that can be counted for CPD; it will be possible for ALL 50 CREDITS to be obtained in this way. Access to the modules is through annual subscription, but we also offer a series of **free modules** and **podcasts** for you to trial first.

For more information, visit CPD eLearning on the eLearning Hub: <https://elearninghub.rcpsych.ac.uk>

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

[View related CPD eLearning content](#)

Recent modules and podcasts*Podcast* The Reluctant Carer

In this podcast, Dr Raj Persaud talks to the anonymous author of the book *The Reluctant Carer: Dispatches from the Edge of Life* and discusses their experiences when looking after their elderly parents. **CPD credits: 0.5**

Module: Planning ahead: end-of-life care, treatment escalation and advance care planning

Planning ahead, including advance care and treatment escalation planning, increases the likelihood that care and treatment is consistent with the individual's preferences and minimises invasive treatment of limited clinical benefit. All professionals involved in care should be equipped to support patients, and within psychiatry we face additional challenges when addressing these emotive and complex concepts. **CPD credits: 1**

Module: Depersonalisation-derealisation disorder (DDD): assessment and treatment

Meeting your first patient with depersonalisation-derealisation disorder (DDD) may be challenging if you lack confidence in knowing how to diagnose this condition and what evidence-based treatments to offer. This module provides a brief, but comprehensive, overview from both a consultant psychiatrist and clinical psychologist who have extensive experience working with DDD. The module includes information on common presentations, comorbidity and the main triggers for onset, as well as guidance on how to assess and diagnose DDD. Learners will also be given an overview of the main treatments and a stepped care guide to implementing these. **CPD credits: 1**

Podcast Sustainable prescribing

Greener NHS aims to be the world's first net zero national health service by 2045. In this podcast Dr Raj Persaud discusses with Dr Guy Harvey and Dr Ally Xiang sustainable healthcare, medicine's carbon footprint and what the NHS could be doing to prescribe and practice sustainably at individual, local and organisational levels. **CPD credits: 0.5**

Module Understanding and managing cardiovascular risks in treating mental illness

This module will build on the BJPsych Advances paper 'Understanding and managing cardiac side-effects of second-generation antipsychotics in the treatment of schizophrenia'. It provides practical, psychiatry-related tips and information on: reading an electrocardiogram (ECG), how to approach cardiovascular risk assessment and common imaging techniques used by cardiologists to evaluate common heart conditions. **CPD credits: 1**

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

- 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'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.