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Advances

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## The online resource for mental health professionals

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

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## Recent modules and podcasts

### *Podcast* RCPsych Act Against Racism: how to effectively tackle racism in the workplace (RCPsych Congress 2024)

Following their presentation at the RCPsych International Congress, Dr Rajesh Mohan, Dr Amrit Sachar and Dr Ananta Dave explain how the 'Act Against Racism' guidance can support psychiatrists in tackling racism in the workplace and how it's already being used by organisations, as well as exploring how to overcome possible obstacles when implementing the guidance. **CPD credits:** 0.5

### *Module* Delivering greener, more sustainable, net zero mental healthcare

This module, which is based on the Royal College of Psychiatrists' (n.d.) *Net Zero Mental Health Care: Guidance and Education,* is for anyone delivering mental healthcare. It provides guidance on how to make tangible changes across service delivery and the mental healthcare pathway. We are pleased to offer this module free to those without a paid subscription. **CPD credits**: 1

### *Podcast* Rising rates of involuntary detention: is there a solution (RCPsych Congress 2024)

Ahead of their presentation at the Royal College of Psychiatrists' International Congress 2024, Dr Patrick Keown and Prof Claire Henderson spoke with CPD eLearning Podcast Editor, Dr Nadia Imran. They discuss rising rates of involuntary detention in the age of deinstitutionalisation and the implementation of Advance Choice Documents (ACDs). **CPD credits:** 0.5

### *Module* Discharging risky patients: England and Wales

The pathway to discharge is complex by nature, not least due to the number of agencies that need to be involved. This module aims to provide general adult and forensic psychiatrists with ideas about how to conduct a high-quality, safe and effective discharge from a mental health in-patient setting. **CPD credits:** 1

### *Podcast* Improving mental health outcomes for autistic women (RCPsych Congress 2024)

In this interview, Dr Conor Davidson, Dr Alison Lennox and Ms Rhiannon Hawkins explore issues such as the gendered diagnosis gap, obstacles to accessing mental health care, and reasonable adjustments that can be made to better support autistic women. **CPD credits:** 0.5

### *Module* QI 6: An introduction to the run chart

The run chart is a powerful visual tool that can be used to guide quality improvement initiatives in healthcare. This module discusses and demonstrates the analysis of run charts and introduces the concepts of 'signal change'. This is a simple yet effective technique that can enhance your service. **CPD credits:** 1

### *Module* An introduction to trauma-informed care (TIC): Part 2

This module will further explore the psychophysiology of trauma, presenting a strengths-based approach to formulation, treatment planning and care. This module will propose a psychophysiological approach to assessment and treatment. **CPD credits:** 1



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