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Recent modules and podcasts

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

Podcast Connecting the dots in an uncertain world

In this podcast, Dr Raj Persaud speaks with Dr Christian Busch about his book *Connect the Dots: The Art and Science of Creating Good Luck*. They discuss the concept of the serendipity mindset as part of a larger shift that is taking place in the cultures and values of some of the world's biggest corporations and their leaders, as well as its relevance to psychiatric treatment. **CPD credits:** 0.5

Podcast RCPsych in Scotland: Drug-related deaths

Over the past 20 years, several national reports have been produced in Scotland, reporting on the increasing numbers of drug related deaths occurring in the country. In this podcast, Dr Nadia Imran discusses with Dr Brian Kidd the history and problems surrounding the attempts to reduce drug deaths in Scotland. **CPD credits:** 0.5

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

- Are you ignorant about the pandemic?
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- The psychology behind mathematical modelling of epidemics
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- 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'
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- The psychology and psychiatry of pandemics.

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