

# Physical Health Update for Psychiatrists

19th September 2018

09:30	<b>Arrival &amp; registration</b>
10:00	<b>Introduction to physical health issues in mental illness</b> <i>Dr Jason Read</i>
10:30	<b>Exercise</b> <i>Dr Kate Little</i>
11:30	<b>Break</b>
11:45	<b>Dietary interventions</b> <i>Fran Taylor</i>
12:15	<b>Lunch</b>
13:00	<b>Update on diabetes</b> Dr Martin Rogers
14:00	<b>Cardiovascular risk: BP and lipids</b> <i>Dr Michael Okorie</i>
14:55	<b>Break</b>
15:10	<b>Behaviour change interventions</b> <i>Dr Lisa Page</i>
15:55	<b>Summing up</b> Dr Jason Read
16:00	<b>Close &amp; certificates</b>