OLD AGE PSYCHIATRY NEWS

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Dr Iain Wilkinson Consultant Orthogeriatrician and MFOAP speaker talks about his MDTea podcasts

THE BIG INTERVIEW

EDITOR: Tell us who are you?
IAIN: Hello, I am Iain Wilkinson and I am a consultant geriatrician in Surrey working at Surry and Sussex Healthcare NHS Trust. With my colleagues I run an orthogeriatric unit, where we look after around 500 patients a year with neck of femur fractures. I have a great interest in the management of chronic diseases, and find that these two areas go together really well. Both groups of patients have high-risk for delirium and cognitive impairment and need multidisciplinary management. The hip fracture unit is great as we have an amazing team and can see patients from their acute presentation through to the end of their rehabilitation and discharge home.

EDITOR: How did the Podcasts originate?
IAIN: At the start of my training in the UK, I was a registrar in a hospital in London. I lived in a big hospital while I was training. I was scheduled to do an orthogeriatric rotation in my second year, and I really enjoyed it. I wanted to explore this area further, and I found that this was a great area to explore. I was assigned to a unit where we looked after older people suffering from chronic diseases. I found that I really enjoyed being part of the team, and I wanted to learn more about the complex needs of these patients.

EDITOR: What resources are there?
IAIN: For each episode we produce an infographic which has the key points from each episode. The MDTea is a great resource for people wanting to learn more about delirium and cognitive impairment. It is also available on the website, and you can download the episodes for free. We also have a Twitter account, @MDTeaPodcast, where we share updates on new episodes and other resources. We are confident that MDTea will be beneficial for people working with older people.

EDITOR: Do many people listen to them?
IAIN: It’s actually quite hard to know how many people listen to the podcast, but we know that the number of people downloading the episodes has increased over time. We have had over 1,000 downloads in total, and there are people from different countries listening. We are also planning to launch a Facebook page for the MDTea, where we can share more information and connect with listeners.

EDITOR: Who decides the topics?
IAIN: We meet with the faculty every few months, and plan what we are going to discuss. We discuss the topics that are relevant to our patients, and we also ask our listeners what they would like to hear about. We try to cover a range of topics that are relevant to our listeners.

EDITOR: What’s next for the Podcast?
IAIN: We are looking to develop some more content, and we are planning to launch a series of interviews with experts in the field. We are also planning to produce some podcasts on new developments in the field, and we are looking for guests to join us. We are always looking to improve the podcast, and we welcome feedback from our listeners.

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EDITOR: How can people access them?
IAIN: There are a number of ways to access the MDTea podcasts. You can listen on your mobile device, or you can download the episodes to your computer. We also have a Facebook page, where we share updates on new episodes and other resources. We are committed to making the MDTea as accessible as possible for everyone who wants to learn more about delirium and cognitive impairment.

IAIN: I think delirium is a complex and under-recognised condition. It is important for healthcare professionals to be aware of the signs and symptoms of delirium, and to take steps to prevent and treat it. I hope that the MDTea will help to raise awareness of delirium and its impact on patients, and that it will encourage healthcare professionals to take steps to improve the care of patients with delirium.

EDITOR: How do you make the episodes?
IAIN: We record the episodes in a recording studio with a radio producer. Sometimes, we record them in the garden. We have recorded MDTea episodes in our home and in the garden. Each episode is about 40 minutes long, and each episode is available on the website.

EDITOR: Why is it important to talk about delirium?
IAIN: Delirium is a common and serious condition that affects many older people. It is important to talk about delirium because it can have a significant impact on patients' health and quality of life. It can also have a significant impact on the healthcare system, by increasing hospital stays and hospital costs.

EDITOR: Who are the guests?
IAIN: We have a range of guests on the MDTea, including doctors, nurses, and other healthcare professionals. We have a mix of experts from different fields, including geriatrics, psychiatry, and psychology. We also have guests from different countries, and we try to cover a range of topics that are relevant to our listeners.

EDITOR: Who produces the MDTea podcast?
IAIN: The MDTea is a multi-disciplinary team, including a consultant geriatrician, a consultant psychiatrist, and a consultant in geriatric medicine. We are all experienced in working with older people, and we have a shared interest in delirium and cognitive impairment.

EDITOR: What is the MDTea?
IAIN: The MDTea is a multi-disciplinary team, including a consultant geriatrician, a consultant psychiatrist, and a consultant in geriatric medicine. We are all experienced in working with older people, and we have a shared interest in delirium and cognitive impairment.

EDITOR: How long are the podcasts?
IAIN: The MDTea episodes are about 40 minutes long, and each episode is available on the website. We try to keep them to this length because we know that people are busy and that they want to get the most out of their listening time.

EDITOR: What is the purpose of the MDTea?
IAIN: The MDTea is a multi-disciplinary team, including a consultant geriatrician, a consultant psychiatrist, and a consultant in geriatric medicine. We are all experienced in working with older people, and we have a shared interest in delirium and cognitive impairment.

EDITOR: What is the impact of delirium?
IAIN: Delirium is a common and serious condition that affects many older people. It is important to talk about delirium because it can have a significant impact on patients' health and quality of life. It can also have a significant impact on the healthcare system, by increasing hospital stays and hospital costs.

EDITOR: Why do we do theMDTea?
IAIN: We believe that talking about delirium is important for improving the care of older people. We want to raise awareness of delirium, and to encourage healthcare professionals to take steps to improve the care of patients with delirium.

EDITOR: How can we access the MDTea?
IAIN: You can access the MDTea on the website, or you can download the episodes to your mobile device. We also have a Facebook page, where we share updates on new episodes and other resources. We are committed to making the MDTea as accessible as possible for everyone who wants to learn more about delirium and its impact on patients.