

ISSUE 2 \_ 2018

# OLD AGE PSYCHIATRY NEWS

THE NEWSPAPER OF MEDICINE FOR OLD AGE PSYCHIATRISTS

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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, so I am Iain Wilkinson and I am a consultant geriatrician down in Surrey working at Surrey and Sussex Healthcare NHS Trust. With my colleague I run an orthogeriatric unit where we look after around 500 patients a year with neck of femur fractures. I also run a movement disorder clinic and I find that these two areas go together really well. Both groups of patients have falls, have risks for delirium and cognitive impairment and need multi-disciplinary 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:** A tricky one really to explain. Essentially whilst I was training as a registrar in South London I was listening to non-medical podcasts whilst commuting on the train. I didn't really explore medical podcasts at all at that point. I then started to listen to the famous 'Serial' podcast - which is 'one story told week by week'. I was hooked and when the series had finished I thought, 'I wonder if you could do something like this for medicine?'

At around the same time I was doing an MA in Higher and Professional Education at the Institute of Education. It was a great course for me as it encouraged thinking in a slightly different way to clinical education courses that I had done before. It really made me think outside of the box about education. My dissertation was looking into the key aspects of what it is to be a person that looks after older people, the so called 'Threshold Concepts'. One of the things I found was that sometimes people don't see older people and their healthcare needs as complex. Putting these two things together I started to wonder if there would be scope for a podcast looking to educate people who look after older people. I started to dabble in making podcasts and made a couple based on interviews with people at a British Geriatrics Society conference. Editing these taught me I needed someone else to do this in the future!



THE MDTea TEAM

I pitched my idea to a friend of mine who is now a consultant geriatrician, Dr Jo Preston, in London and we started to draw up some plans and after some really productive conversations with Health Education England (Kent, Surrey and Sussex) the MDTea podcast was born!

**EDITOR: Tell me about the MDTea podcast**

**IAIN:** The MDTea is a multi-disciplinary team educating about ageing and its MDTea



**"ITS ALWAYS A PLEASURE TO HAVE IAIN TALKING AT THE MEDICINE FOR OLD AGE PSYCHIATRISTS CONFERENCE. HIS LECTURES ARE ALWAYS VERY WELL RECEIVED AND ENJOYED BY OUR DELEGATES" DR RAJ SHAH, CONFERENCE CHAIR**

like a 'cup of tea'. We set up a faculty with staff in hospitals and universities across Kent, Surrey and Sussex. We now have a big faculty with core members being two geriatricians, a GP, two nurses, a physiotherapist, an occupational therapist, a social worker, a pharmacist and a physician associate. Where we need other skills, such as psychiatrists, we get people in for help with specific episodes. As a group we work with a radio producer to make a series of 30-40 minute episodes. These are released in series of ten episodes each and come out every two weeks, on a Tuesday.

**EDITOR: Who decides the topic?**

**IAIN:** We meet with the faculty every few months and plan what we are going to focus on in the next series. We always have too many suggestions so have a debate between us which ten are the best for that series so we have a bit of a mix in each set of ten to ensure we have a good balance. Once we have the set of ten decided we divide up and Jo and I take a lead on five each. Each episode also has input from two or more of the faculty. They really guide the content of the episode and Jo and I pull things together into a script of sorts (more of a list of topics and key references). We show this to the faculty to make sure everyone is happy and then record the episode. The faculty then also listen to the episode before it goes 'live' on the Tuesdays.

**EDITOR: How do you make the episodes?**

**IAIN:** We record them in a recording studio with a radio producer. Sometimes, and increasingly, we have faculty members or guests in the studio with us. We have also recorded MDT members at our workplaces to add additional bits to the episodes if needed. The recordings are then edited by the producer who makes them sound great. Then they are good to go! Each episode also contains a quick review of social media things we have seen over the week, mostly twitter, and a quiz, the MDTeaser, where listeners can send in their answers for the chance to win an MDTea mug. At the end of episodes this last series, series five, we have added something called 'The Gallery' where we look at a piece of art/music/poetry/literature etc. about older people - this has been going really well - when we remember we are on the radio.

**EDITOR: How long are the podcasts?**

**IAIN:** We try to keep to them as close to 30 minutes as possible. (we think that's a fairly average commute), but they can be a bit longer - but anything over 45 minutes we edit down to under that. We have also recorded a couple of episodes from conferences (a review of some of the lectures and talking through the posters etc). These ones can be a little longer.

**EDITOR: How can people access them?**

**IAIN:** There are lots of ways to get podcasts.

I suppose the commonest is via a podcast app/player. So the podcast app for iPhone or 'Stitcher' or 'Tune-in radio' or one of the many podcast players on android devices (I use one called Player FM - but there are loads). Once into the app search for MDTea and it should appear. All of the episodes are also held on our website [thehearingaidpodcasts.org.uk](http://thehearingaidpodcasts.org.uk) Here we have all the previous episodes; there are 50 now and all the associated resources.

We use twitter a lot for promoting the podcasts and our twitter account is @mdtea\_podcast we send messages here with anything we find that's relevant to MDT working with older people.

**EDITOR: What other resources are there?**

**IAIN:** For each episode we produce an infographic which has the key points from each episode (a 'sip' of the MDTea - we do love a good pun as you can see!) This is designed to be printed out and displayed on a ward, surgery or office etc. They tend to contain key facts etc. Also for each episode we produce a set of 'show notes' which are part of the script with references attached. At the bottom of there is a table which maps the episode to a range of post graduate curriculums so listeners can log their learning. Talking of logging learning last year we have a Clinical Fellow working for us and she set up a CPD log on the website. These allow listeners to log their learning and allows us to tailor the content to the listeners. We also work with a care of the elderly registrar, Dr Dan Thomas, to run a twitter based journal club after each episode where listeners can interact about the content and trade ideas and experiences etc. This is called the MDTea Club and can be found using the hashtag #mdteaclub on twitter.

**EDITOR: Do many people listen to them?**

**IAIN:** It's actually quite hard to know how many people listen to an individual podcast. We know the number of times each episode has been downloaded and can track this over time but not if the download has been listened to. So far we have had just over 70,000 downloads in total. The first episode, on Comprehensive Geriatric Assessment, now has had 4,000 downloads and as of today the newest episode, which has been out only a couple of weeks, has had about 800 downloads. We have a number of episodes particularly suited for those working with older people with mental health problems, including episodes on Delirium, depression on older people and ones on communication with patients who have dementia and the identification and management of BPS in dementia.

**EDITOR: What's next for the Podcast?**

**IAIN:** We are looking to develop some more content on some specific areas. So we have in the pipeline some mini series - one on stroke (with a focus for carers and patients) and one on end of life care. Each of these will have five episodes that will be a bit longer so we can explore things in more detail. I would also like to start grouping some of the episodes into mini courses with some blended e-learning perhaps and hope to work with our next educational fellow to do this. **OAP NEWS**