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Recent podcasts – all currently free to access on CPD Online

Podcast The psychology behind mathematical modelling of epidemics

Our understanding of and reaction to the COVID-19 pandemic has been largely driven by the modelling developed by infectious disease experts. While this is largely referred to as 'science', both mathematical and sociological considerations are crucial to this modelling process. Here, Dr Raj Persaud speaks to Professor Chris Bauch, whose work is centred on applying mathematics to real-world problems in infectious diseases, about how this modelling system works and how effective our response has been. **CPD credits: 0.5**

Podcast Alcohol self-management during COVID-19 and beyond

Alcohol use amongst the general population has become more polarised during the COVID-19 pandemic, with those who previously drank heavily reportedly now drinking even more. It is therefore vital that those in the at-risk groups for severe dependency are identified and supported to cut down their intake safely. In this podcast, Dr Peter Rice talks to Dr Jennifer Powell about the most effective ways to help alcohol-dependent patients self-manage their alcohol use during the pandemic and beyond. **CPD credits: 0.5**

Podcast Managing alcohol withdrawal in acute in-patient psychiatry

Alcohol withdrawal is a process that should be managed carefully and gradually. But this can be challenging in psychiatric in-patient units where patients may already have severe withdrawal symptoms when they arrive, or may later present with withdrawal symptoms having been admitted for a separate condition. In this podcast, Dr Chris Daly talks to Dr Howard Ryland about the most effective assessment, treatment and ongoing management procedures to put in place in order to help patients withdraw from alcohol safely. **CPD credits: 0.5**

Podcast Coping with the 'pointless suffering' of COVID-19

With the current COVID-19 pandemic appearing to inflict suffering indiscriminately, age-old questions have come to the fore, like "why do we suffer?, why do people die young?, is there any point to our physical and emotional pain?". In his 2018 book, 'Seven Ways of Looking at Pointless Suffering', Professor Scott Samuelson examines the various philosophies of suffering and attempts to tackle these hardest questions of all. Here he talks to Dr Raj Persaud about the conclusions he has drawn from these theories, and how this may help us to cope with suffering at this challenging time. **CPD credits: 0.5**

Podcast Re-reading Camus's 'The Plague' in pandemic times

Albert's Camus's famous 1947 novel 'The Plague' has now come to the attention of a new generation of readers – those who draw parallels between Camus's depictions of disease-ridden Algeria and the COVID-19 pandemic we are currently living through. It is the story of placid everyday lives that are suddenly, brutally disrupted by a virus: an existential reminder of the arbitrariness of life and the certainty and randomness of death. In this podcast, Dr Raj Persaud talks to the author of 'A Very Short Introduction' to Camus, Dr Oliver Gloag, about the impact this writer could have on our outlook and behaviour during these challenging times. **CPD credits: 0.5**

Other recently published CPD Online podcasts (each worth 0.5 CPD credits) include:

- 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'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.