



# YORK MEDICAL SOCIETY

## MINUTES OF MEETING OF YORK MEDICAL SOCIETY

Friday 29<sup>th</sup> January 2021

1. Presidents welcome
2. Minutes of the previous meeting
3. Apologies: None
4. New members: None
5. Guest speakers: – Prof Edgar Jones – *Demob Happy – The Reality for the Returning Soldier*

This meeting was all held virtually on Zoom, with Sarah Anderson co-ordinating the IT.

The majority of service men and women (80-85%) make the transition into civilian life successfully. The armed services are unusual in that it requires young people to risk their lives and be involved in action maybe inflicting wounds and killing. Inevitably while we have war and conflict service men and women will suffer from post-traumatic illness. On leaving the Forces the loss of comradeship, the imposed structure and the adrenaline high of the battlefield experienced while serving can result in feelings of isolation and mental illness.

Depression and anxiety, alcohol misuse and PTSD (7%) are the more common problems

PTSD, a relatively recent diagnosis affects lower ranked and combat role soldiers in a higher proportion. There is the emergence of “Complex PTSD” which shares its diagnostic criteria with unstable personality disorder.

Does army enrolment attract those at risk?

New advances in treatment, which Prof Jones is involved with, is the use of psychedelic drugs alongside psychotherapy- mainly MDMA is used.

Moral injury is where a dilemma violates personal core values, producing feelings of guilt, shame, anger against oneself. It results in a barrier to recovery from a mental illness.

Suicide, substance abuse and homelessness are also issues for ex service personnel.

Veterans Aid set up in 1932 has a high success rate in helping homelessness by tailoring help to individual needs including accommodation, clothing, training courses and general support.

Finally, the elaboration, fabrication and/or exaggeration of experiences for kudos, financial gain or to explain aberrant behaviour can also occur.

As the UKs ex-service population declines in size there is a challenge of keeping the veteran's wellbeing on the Government agenda.

6. Vote of Thanks: Prof James Drife gave the vote of thanks

7. Any other business:

8. Date of Next Meetings:

Friday 5<sup>th</sup> February – Miss Catherine Boffa – *Current Trends in Transplant Surgery*

Friday 15<sup>th</sup> February – Ms Deena El-Sharief – *Online Quiz Night by Alison Betts*

Friday 26<sup>th</sup> February – Jonathan Pomroy – *Sketches of the Landscape and Wildlife of Yorkshire*

Meeting attended by 38

Minutes taken by Judith Evans