



SEPTEMBER 2026 | MONTHLY NEWSLETTER

Connecting minds across neurology and psychiatry

FROM THE EDITOR

September brought a rich exchange of clinical ideas, international case discussion and research across the interface of brain, behaviour and mental health. This expanded issue captures educational highlights from the GNG community and a curated selection of newly published papers. The new-research section is editorially selected and is distinct from papers circulated by members.

SEPTEMBER IN FOCUS | HUNTINGTON'S DISEASE GRAND ROUNDS

The 17 September international case-based grand rounds, presented by Dr Sashini Gunawardena and chaired by Dr Philip Mosley with Rodney Marsh as co-chair, explored the evolving neuropsychiatric burden of Huntington's disease. Discussion addressed behavioural symptoms, psychosis, cognition, swallowing risk, multidisciplinary care and the tension between autonomy and safety. Identifying information and patient-specific details are intentionally omitted.

- **Clinical takeaways** Differentiate psychosis from perseveration and other disease-related behaviours; review medication burden and reversible contributors; coordinate speech and language therapy, nursing, neurology, neuropsychiatry and palliative care as needs evolve.

ACADEMIC MEETING | ADHD ACROSS THE LIFESPAN

The 24 September academic meeting featured Prof David Coghill and Prof Patrick Ip, among invited contributors. Discussions considered diagnostic trajectories, neurodevelopmental overlap, co-occurring mood symptoms and the balance between under-recognition and overdiagnosis. Members also raised questions about stimulant prescribing following ischaemic stroke: individual cardiovascular and neurological risk assessment remains essential.

CLINICAL DISCUSSIONS | PRACTICAL PEARLS

- **Akathisia, restless legs and orthostatic tremor** Contrast subjective urge and medication exposure with positional triggers, diurnal variation and objective movement phenomenology. A focused examination and medication timeline help avoid misclassification.
- **Functional gait disorder** Look for positive signs of internal inconsistency and incongruence; consider dual diagnoses rather than treating functional and structural disease as mutually exclusive.
- **Cerebellar and complex gait assessment** Members discussed broad-based gait, nystagmus, scanning speech and other localising signs; bedside observation remains central to deciding on further investigation.
- **Post-stroke behavioural presentations** Delayed psychosis, depression and catatonia were discussed alongside lesion location, including the insula; clinical formulation should integrate timing, medication and delirium assessment.
- **Huntington's disease beyond motor symptoms** Apathy, sleep disturbance, carer distress, capacity, advance care planning and genetic counselling deserve proactive review.

ANONYMISED CASE-BASED LEARNING | SEPTEMBER

Case summaries are deliberately generalised: ages, dates, gender, location, family relationships, distinctive histories, treatment combinations and exact clinical timelines have been removed or broadened. These are educational themes, not reproductions of patient records.

- **Complex Huntington's disease in specialist residential care** A multidisciplinary consultation explored advanced behavioural and psychiatric manifestations, possible psychosis versus perseveration, agitation, circadian disturbance, swallowing and aspiration risk, medication burden, capacity and safety. Discussion raised anticholinergic and sedative deprescribing, careful evaluation of proposed treatments, caregiver and staff support, and integration with neuropalliative care. No individual management recommendation is implied.
- **ADHD medication after a cerebrovascular event** A clinical vignette prompted debate about continuing stimulant treatment after a prior ischaemic event and treated cardiac risk factor. Contributors emphasised uncertainty, drug-specific contraindications and specialist cardiovascular/neurological review rather than a blanket recommendation.
- **Gait video teaching case** A consented teaching video generated differential diagnoses of ataxic, sensory, vestibular and functional gait patterns. Members considered base width, turning, tandem gait, ocular signs, Romberg testing and clinical context. The source video and identifying descriptors are not reproduced.

FURTHER SEPTEMBER DISCUSSION THEMES

- **Insular neuroanatomy and neuropsychiatric localisation** Anatomical discussion addressed the insula, its boundaries and relevance to interoception and post-stroke behavioural symptoms.
- **Psychotropic adverse effects and metabolic management** Members debated metformin for antipsychotic-associated metabolic problems, samidorphan combinations, dose adequacy and real-world evidence; viewpoints differed and no consensus recommendation was established.
- **Neuroprotection and cognitive disorders** Literature exchanges examined lithium signalling and proposed neuroprotective pathways, and metformin in relation to cognitive outcomes; mechanistic hypotheses were distinguished from clinical evidence.
- **Psychedelic-assisted therapy research** A call for contributions to a Frontiers in Psychiatry Research Topic focused on neurobiological mediators of clinical outcomes.
- **Technology and gait** Members discussed machine-learning gait quantification, wearables and objective tracking, including potential relevance to catatonia, FND and rehabilitation outcomes.
- **Education and community** International networking, trainee journal club plans, case teaching, conference invitations and the development of GNG social media were also discussed.

PAPERS CIRCULATED OR DISCUSSED IN SEPTEMBER

The following links were included in the earlier September newsletter; they are provided as reading pathways, not endorsements of any intervention.

Bachoud-Lévi et al. International Guidelines for the Treatment of Huntington's Disease — Frontiers in Neurology, 2019. Multidisciplinary management. [Read paper ↗](#)

Memantine and cognition in Huntington's disease — Observational evidence highlighted in post-grand-rounds discussion. [Read paper ↗](#)

Visual-perceptual phenomena and neurodegenerative disease — Trends in Neurosciences review shared with members. [Read paper ↗](#)

Neuropsychiatric visual phenomena — The Lancet Psychiatry paper circulated in discussion. [Read paper ↗](#)

Gait-related neurology paper — Neurology reference circulated in late September. [Read paper ↗](#)

Nonnekes et al. Functional gait disorders: A sign-based approach — Neurology, 2020; positive clinical signs and differential diagnosis. [Read paper ↗](#)

RECENT RESEARCH | SEPTEMBER 2026 EDITORIAL SELECTION

The following publications were identified independently for this edition; they should not be described as papers discussed in the WhatsApp group.

Pharmacological management in frontotemporal dementia and patient outcomes — Frontiers in Neurology, 3 September 2026; retrospective TriNetX cohort. Observational findings require cautious interpretation. [Read paper ↗](#)

Behavioural and psychological symptom determinants of carer burden across FTLD and Alzheimer's disease — Journal of Neurology, 12 September 2026; transdiagnostic analysis. [Read paper ↗](#)

Emotional brain responses and pattern expressions in right temporal variant FTD — Journal of Neurology, 10 September 2026; affective neuroscience and phenotype. [Read paper ↗](#)

The relationship between social cognition and social behavior in neurodegenerative disease — Neuropsychology Review, 1 September 2026; systematic review and meta-analysis. [Read paper ↗](#)

Smartphone passive digital phenotyping in frontotemporal lobar degeneration — medRxiv preprint, 21 September 2026; not peer reviewed. [Read paper ↗](#)

CONFERENCES & UPCOMING EDUCATION

• **12–15 November 2026 | Gold Coast, Australia** RANZCP Section of Neuropsychiatry Conference, co-hosted with GNG and SPIDD. Theme: From neurons to narratives.

[Conference details and registration ↗](#)

• **11–13 December 2026 | Oxford, UK** BNPA Essentials of Neuropsychiatry teaching weekend; check programme and availability.

[BNPA events ↗](#)

• **17 December 2026 | GNG annual conference** Programme and speaker details to be confirmed on the GNG website.

[GNG events calendar ↗](#)

• **17–20 March 2027 | Albuquerque, USA** American Neuropsychiatric Association annual meeting; confirm dates with organisers.

[ANPA meeting information ↗](#)

FORTHCOMING BOOKS | ON THE RADAR

• **The Dynamics of Experience** George H. Denfield and Evan J. Kyzar; Cambridge University Press, expected December 2026.

• **Psychiatric and Behavioural Disorders in Intellectual Disability, 4th ed.** Colin Hemmings and Jane McCarthy (eds); Cambridge University Press, expected March 2027.

• **Disorders of Gait, Balance and Posture** Alfonso Fasano, Adolfo Bronstein and Bastiaan R. Bloem (eds); Cambridge University Press, expected May 2027.

Publication dates may change. Browse publisher listings: [Cambridge Medicine ↗](#)



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*For clinicians, trainees and researchers interested
in the interface between brain and mind*

GNG is an international professional community built around generous exchange: challenging cases, journal discussions, research updates, academic meetings and connections across disciplines and borders. If this September round-up was useful, we invite you to become part of the conversation.

MEMBER ACCESS



ACADEMIC MEETINGS

Join international academic meetings and journal discussions.



CONTRIBUTIONS

Contribute ideas for future meetings, surveys, handouts and newsletters.



GLOBAL NETWORK

Learn from colleagues working across psychiatry, neurology, neuropsychology, rehabilitation and neuroscience.



ACADEMIC OPPORTUNITIES

Share research, educational resources and carefully de-identified clinical questions.

Our shared purpose: To advance neuropsychiatric education, thoughtful clinical practice and collaboration—while keeping curiosity, humility and patient-centred care at the heart of the work.

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EDITORIAL NOTE: Clinical discussion summaries are educational, not patient-specific advice. Recent research was selected independently and is not necessarily endorsed by GNG. Please verify event details and publication status before sharing.