

Masterclass Lithium

5 – 6 February 2026
Clarion Hotel, Sense, Luleå

Region Norrbotten and Umeå University

Preliminary programme[#]

Programme Organisers and scientific committee

Michael Ott, Umeå University, Umeå Sweden
David Cousins, Newcastle University, Newcastle, UK
Ursula Werneke, Region Norrbotten and Umeå University, Umeå Sweden

DAY 1 Thursday 5 February 2026

SESSION 1: Thursday morning: 195 min teaching time

Channelling your inner lithium

Chair: Ursula Werneke

	Teaching time	Topic	
08.00 – 08.30		Registration	
08.30 – 08.35	5 min	Welcome	David Cousins, Michael Ott, Ursula Werneke
08.35 – 09.15	40 min	<i>Welcome address</i> Lithium: Bipolar disorder's greatest challenge and biggest opportunity	Mikael Landén (Göteborg)
09.15 – 09.55	40 min	Up and away: lithium's journey through the brain	Frank Bellivier (Paris)
09.55 – 10.20		Coffee break	
10.20 – 11.00	40 min	Enough is enough: when are serum lithium levels therapeutic?	Ralph Kupka (Amsterdam)
11.00 – 11.30	30 min	Better the devil you know: stopping and restarting lithium	Louise Öhlund (Luleå)
11.30 – 12.10	40 min	Lithium and/or clozapine in bipolar disorder. The 'when' and the 'who'	David Taylor (London)
12.10 – 13.10		Lunch	

SESSION 2: Thursday afternoon: 270 min teaching time

A salt assaults – the risks of lithium

Chair: David Cousins

	Teaching time	Topic	
13.10 – 13.15	5 min	Welcome back	Ursula Werneke
13.15 – 13.45	30 min	SILENT whispers: does lithium leave a neurotoxic legacy?	Bruno Mégarbane (Paris)
13.45 – 14.05	20 min	When good becomes too much: understanding lithium intoxication	Michael Ott (Umeå)
14.05 – 14.45	40 min	Go-no-go: dialysis decision dilemmas with simulated case discussions. <i>Interactive poll session</i>	Michael Ott Bruno Mégarbane
14.45 – 15.15		Coffee break	
15.15 – 15.45	30 min	Bones, groans and moans: calcium & PTH	Nahid Tabibzadeh (Paris)
15.45 – 16.05	20 min	On knife's edge: when calcium is high, but lithium cannot be stopped	Frans Perris (Umeå)
16.05 – 16.20	15 min	Bring you case – Managing lithium-induced hyperparathyroidism in clinical practice	All
16.20 – 16.30		Break	
16.30 – 17.00	30 min	True mood connection? Lithium and the thyroid gland	Ingrid Lieber (Luleå)
17.00 – 17.40	40 min	Stick or treat: when to intervene with hypothyroidism	Salman Ravzi (Newcastle)
17.40 – 17.50		Break	
17.50 – 18.30	40 min	Lithium: new research on the old element <i>Keynote session</i>	Allan Young (London)
19.30		Conference dinner (separate booking)	

DAY 2 Friday 6 February 2026

SESSION 3: Friday morning: 205 min teaching time

Renal revelations – lithium and the kidney

Chair: David Cousins

	Teaching time	Topic	
08.00 – 08.05	5 min	Welcome back	Ursula Werneke
08.05 – 08.45	40 min	#NoFilter: the renal handling of lithium exposed	Carsten Wagner (Zürich)
08.45 – 09.25	40 min	Partners in crime? Diabetes insipidus and chronic kidney disease	Nahid Tabibzadeh (Paris)
09.25 – 09.50		Coffee break	
09.50 – 10.20	30 min	Point of no return? Lithium and chronic kidney disease	Filip Fransson (Umeå)
10.20 – 10.50	30 min	Amiloride for polyuria: concentration required	Rebecca Strawbridge (London)
10.50 – 11.00		Break	
11.00 – 12.00	60 min	Exceptions that prove the rule: four patients who drank too much (water) <i>Interactive case discussion</i>	Michael Ott (Umeå)
12.00 – 13.00		<i>Lunch</i>	

SESSION 4: Friday afternoon: 170 min teaching time

Testing, testing, one two, one two: are our dosing regimens sound?

Chair: Ursula Werneke

	Teaching time	Topic	
13.00 – 13.05	5 min	Welcome back	Ursula Werneke
13.05 – 13.15	10 min	First poll: lithium one dose two dose?	
13.15 – 13.45	30 min	Lithium one dose two dose: What do we really know?	Petra Truedson (Uppsala)
13.45 – 14.15	30 min	Lithography: what can imaging tell us?	David Cousins (Newcastle)
14.15 – 14.55	40 min	One or two dose lithium: temporospatial lithium kinetics in the CNS	Philipp Ritter (Dresden)
14.55 – 15.05		Coffee break	
15.05 – 15.35	30 min	One or two dose lithium: how best to protect the kidneys	Michael Ott (Umeå)
15.35 – 15.55	20 min	Lithium: once or twice daily? Interactive discussion and second poll	
15.55– 16.00	5 min	Close	David Cousins, Michael Ott, Ursula Werneke