

Dr MILIND KARALE

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Summary

I am a registered medical practitioner approved under Section 12(2) of the Mental Health Act 1983 and listed on the General Medical Council's Specialist Register for General Psychiatry. I hold a Master's degree in Clinical Forensic Psychiatry from the Institute of Psychiatry, Maudsley Hospital, and have formal training in Forensic Psychiatry. I am a member of the Royal College of Psychiatrists and serve on its Board of Examiners. I also provide out-of-hours on-call cover for Robin Pinto Low Secure Unit and Woodlea Clinic in Bedfordshire.

In addition, I act as an Expert Witness to the Courts, having completed accredited expert witness training through Cardiff University. I have been providing medico-legal reports over last 17 years and provide nearly 100 reports annually for both prosecution and defence

Consultant and clinical leader with more than 18 years' experience of working in various adult specialities including acute inpatients, assessment unit, psychiatry emergency department and innovative community based teams.

Recognised for leadership roles, including Chief Medical Officer, with a strong focus on clinical governance and patient safety. Successfully implemented transformational initiatives, such psychiatry emergency department (shortlisted for parliamentary award) and pioneering Neuromodulation Services in the East of England.

Qualifications

FRCPsych	2017	Royal College of Psychiatrists, London
MSc in Clinical Forensic Psychiatry (Merit)	2007	Institute of Psychiatry, London
MRCPsych	2003	Royal College of Psychiatrist, London
DNB Psychiatry (Diplomate Nation Board)	1998	Ministry of Health, New Delhi
DPM (Diploma in Psychological Medicine) (University Topper)	1996	King Edward Hospital, Mumbai
MBBS	1993	Govt. Medical College, Nagpur, India

Cert. International Health Management, Yale University, June 2009

Cert. Caldicott Guardian (Merit), Anglia Ruskin University, 2014

Professional Roles

Consultant Psychiatrist

Acute Adult Inpatient Ward, Linden Centre, EPUT December 2025- March 2025

Having resigned from the organisation, will be working as Consultant during notice period delivering care to adult male patients on an 18 bedded psychiatric ward.

Consultant Psychiatrist

1. Mental Health Urgent Care Department, Basildon March 2023 - Present

Two sessions per week providing clinical leadership and assessing patients in mental health crisis. One in four first on call services to forensic units in Bedfordshire.

2. Community Mental Health Teams, EPUT 2018 - 2023

Two sessions per week providing outpatient reviews and treatment for new and follow up patients to various CMHTs in Essex (Loughton, Grays, Harlow & Canvey Island). One in four first on call services to forensic units in Bedfordshire.

3. Essex rTMS Service, EPUT 2017- Feb 2018

Two sessions per week undertaking assessments of patients to determine suitability, prescribing and administering treatment and reviewing progress. One in four first on call services to forensic units in Bedfordshire.

4. Mental Health Assessment Unit SEPT 2012 - 2017

Two sessions per week undertaking assessments of new patients admitted in mental health crisis to a 7 day inpatient assessment unit. One in four first on call services to forensic units in Bedfordshire.

5. Luton CRHT and Mental Health Assessment Unit. (Full time) BLPT/SEPT 2010 - 2012

For a six months period seconded to address clinical issues in the Assertive Outreach Team in Bedford.

6. Consultant Psychiatrist (Kempston Locality (Inpatient and CMHT) and Progress House Rehabilitation Unit (Full Time) BLPT 2007-2010

Leadership & Wider NHS Roles

Chief Medical Officer/ Responsible Officer, SEPT/EPUT	April 2012 - Dec 2025
Deputy Medical Director, SEPT	Nov 2011 - Oct 2012
Clinical Director for Adult & Old Age Services in Luton, SEPT	Oct 2010 - Nov 2011
Clinical Director for Clinical Governance, BLPT	Aug 2008 - Sept. 2010

Clinical Advisor, Niche Consult (previous Niche Patient Safety) 2016 - Present
Ex-Chair, Health & Wellbeing Research Academy 2013-2015
Executive member (Ex) Eastern Division of Royal College of Psychiatrists
Ex Member of Specialist Advisory Committee to East of England Strategic Health Authority

Teaching Experience

Examiner for the Royal College of Psychiatrists 2010 - Present
Ex Associate at the University of Hertfordshire
Lectures for medical students at Addenbrookes Hospital, Cambridge 2007 - 2009
Lectures for medical students at Anglia Ruskin University, Chelmsford 2018-19
Published several chapters in books for College Examinations (detailed in publications)
Organised and Chaired National and Regional Conferences, mainly on patient safety
Organised and led a six weeks certificate course in mental health for General Practitioners, Bedfordshire University

Key Publications

Milind Karale. Sample Essays. The Complete MRCPsych Part II. A Comprehensive Guide to the Examination. Editor Ashok Patel. Hodder Arnold Publication. March 2006 ISBN: 0340908114

Milind Karale and Ashok Patel. How to tackle the essay paper. The Complete MRCPsych Part II. A Comprehensive Guide to the Examination. Hodder Arnold Publication. March 2006. ISBN: 0340908114

Milind Karale and Kallol Sain. Research Methods and study designs used in psychiatry. The Complete MRCPsych Part II. A Comprehensive Guide to the Examination. Hodder Arnold Publication. March 2006. ISBN: 0340908114

Lunavat, V. & Karale, M. (2013). Hypercalcemia and Primary Hyperparathyroidism presenting with Mental Illness, *Psychiatria Danubina*,:Vol 25, No4, pp 423-424.

Nuruz Zaman, Milind Karale, Mark Aguis. Secondary Enuresis & Body dysmorphic disorder in a Caucasian male with catatonic schizophrenia: a case report, *Psychiatria Danubina* 11/2010; Suppl 1:S53-55

Milind Karale and Hameen Markar. Is pruritus in pregnancy an indicator of phenothiazine-hypersensitivity? Case Study. *Progress in Neurology and Psychiatry*. March 2007

Karale & Markar H, Factors affecting the outcome of the home treatment team (unpublished research). Presented at Cambridge and Luton International Conference 2007

Systematic Review of the Effectiveness of the Court Diversion Systems. Dissertation for the MSc in Clinical Forensic Psychiatry under Professor Tom Fahy.

Antecedent Life Events and Attempted Suicide in Adolescents. A cross sectional study on 100 consecutive adolescents in a general hospital of major metropolis. Submitted a dissertation to the National Board of Examinations Ministry of Health, Government of India.

References

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