

DR SIKANDER H. KAMLANA

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Wynyardwoods
Billingham
Cleveland
TS22 5RZ

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PERSONAL DETAILS

Date of Birth : 12 September 1946
Marital Status : Married
Nationality : British
General Medical Council : Full Registration Number 2696315
Defence Organisation : Medical Protection Society Number 92808

QUALIFICATIONS

1969	Dec	MB BS	Nishtar Medical College, Multan, Pakistan
1975	Jun	DPM	London
1977	Dec	MRCPsych	London
1982	Jun	Dip. Psychotherapy	Sheffield University (The Hallam Institute of Psychotherapy)
1994	Mar	FRCPsych	London
1998	Jul	Certificate in Psychopharmacology	
2001	Jun	Dip. Hypnotherapy	National School of Hypnotherapy, London
2002	Jan	CPD Certificate	
2007	Dec	Certificate of Mental Health Law	
2024	Jan	CPD Certificate	
2009	Sep	Certificate in Management Studies,	Middlesbrough College

HONOURS & AWARDS

1964	1 st Prize in Biochemistry) Government College, Jhang, Pakistan 1 st Prize in Biology)
1997 Jan	Appointed Honorary Clinical Lecturer, Newcastle University
1997 Jun	Awarded Merit Certificate in Setting High Standard of Clinical Care
2002 Sep	Honorary Clinical Lecturer and PPD Tutor, Durham University

SPECIAL ACTIVITIES

I had participated in special activities including:

- The Royal College of Psychiatrists Projects in Confidential Enquiry into Suicide and Homicide
- Mental Health Needs of Defined Population
- Health of the Nation Outcome Scales
- Development of Indicators and Local Audit Tool for Care Programme Approach
- CASC Examiner
- Peer Review Member of the Royal College Accreditation Programme
- Medical Member of Mental Health Review Tribunal
- Also serve as a Second Opinion Appointed Doctor (SOAD)
- Appraiser of Mental Health Review Tribunal Appraisal Scheme
- Also served as a Medical Advisor MCAA
- Audit Convener
- Royal College Assessor
- Member of Clinical Policy Board
- Academic Board
- SIGP Working Group for Appraising New Atypical Antipsychotic with NICE
- Also served as a Member of Regional Rehabilitation Group, Royal College
- Psychotherapy
- I also provide both formal and information teaching methods for both the Undergraduate, Postgraduate and Multidisciplinary Team
- I have been Honorary Clinical Tutor for the University of Sheffield and Newcastle University
- I have also served as a Royal College Tutor and PPD Tutor for Durham University since 1978
- I also conducted OSCE Exams, Clinical Audits, recent Advance in Treatment of Schizophrenia and Manic Depressive Disorder and gave lectures at National and Internal Conferences
- I served as a Research Coordinator and participated in double blind drug trial with antidepressants and antipsychotic medications
- Clinical Research including Perspective Observational Study, Multi-Centred Trial of Outcome Studies, SOSMI (Surveillance of Occupational Stress and Mental Illness) and SOHO (Schizophrenia Outpatient Health Outcome) and EMBLEM (European Manic with Bipolar Longitudinal Evaluation of Medicine)

- I have published about 70 papers in Scientific Journals on Management of Complex, Uncommon Treatment-Resistant Psychiatric Cases
- I have served in the capacity of :
Clinical Leader
Lead Clinician
Associated Medical Director
Medical Director
- I have developed Services including Mental Health Centre, Community Mental Health Teams, Methadone Clinics, Lithium Clinics, Gender Specific Low Secure Female Self-Injury Units, Low Secure Rehabilitation and Forensic Units, Neuropsychiatric Acute Organic Units and local Clinical Guidelines
- I served as a Mentor for Nurse Practitioners and Overseas Doctors
- I was elected Chairman SHCA (Senior Hospital Consultant Association) of the North East branch and appointed POWAR (Power of Work Accredited Representative) and member of Executive Committee

MEDICAL LEGAL WORK

I was appointed as Specialist for Independent Medical Appeal Board; Panel Member for Medical and Professional Services Limited for Medical Legal Reports (MAPS); member of BIPA Expert Panel Witness Management Services; Medreport, Premex, IMR (Insurance Medical Reporting) and Medical Member of Panel of Examiners for the National Medical Examination Network for War Pensions.

- I attended Advanced Clinical Negligence Premex plus Expert Seminar in 2018
- I attended Bond Solon, The Legal Training Consultancy on Excellent on Written Evidence and Witness Familiarisation in London
- I commenced Medical Legal Work since 1982 for
Complex serious injury
Complex PTSD
Serious forensic cases
Negligence claims

I have dealt with 70% claimant and 30% defendant cases. I find my work as an Expert Witness intellectually stimulating and rewarding. It gives me great satisfaction and enables me to help the Court in making a just and fair decision.

- I am also a Medical Member of the Mental Health Tribunals.

- Currently engaged in running private clinic at Park View Medical Clinic , 276 Martin Road Middlesbrough, TS4 2NS. From 1998 & Ongoing.
- I am a General Adult Psychiatrist with a special interest in psychotherapy and neuropsychiatry.

CLINICAL EXCELLENCE

I was awarded a Merit Certificate in setting high standards of clinical care.

I treated and discharged patients with good outcome as a Lead Consultant Psychiatrist/Medical Director over the years at:

- Castle Lodge Independent Hospital
- The Billingham Grange Independent Hospital
- South View Independent Hospital

Applying:

Evidence based approach

Patient centred care

Care Programme Approach (CPA)

Multidisciplinary approach (MDT)

Biopsyo-social Model

Complex Treatment-Resistant Psychiatric Cases include:

Organic Brain Disorder including:

- Vascular Dementia
- Alzheimer's Disease
- Mixed Dementia
- Fronto-temporal Dementia
- Lewy Body Disease
- Huntington's Disease
- Korsakoff's Psychosis
- Traumatic Brain Injury with comorbidities with psychosis, depressive disorder, mixed anxiety/depressive disorder, alcoholism, substance misuse, epilepsy, dissocial personality disorder, organic personality disorder, CVA, renal disease, COPD, ischemic heart disease, hypertension, multiple sclerosis and challenging behaviour.
- Parkinson's Disease
- Diabetes

Functional Illness includes:

- Chronic Paranoid Treatment-Resistant Schizophrenic Illness
- Schizo-Affective Disorder
- Unipolar Treatment-Resistant Disorder
- Suicidality
- Treatment-Resistant Bipolar 1 and Bipolar II (Manic Depressive Disorder) with comorbid borderline personality disorder, mild to moderate cognitive impairment, physical comorbidities and challenging behaviour
- Complex Post-Traumatic Stress Disorder (PTSD)

- Bipolar Disorder with comorbid borderline personality disorder, post-traumatic stress disorder and autistic spectrum disorder
- HyperKinetic Disorder (ADHD)

I was also granted good for South View Independent Hospital and Castle Lodge Independent Hospital, Hull, when I was the Lead Consultant/Medical Director of these hospitals.

ACHIEVEMENT

ACHIEVEMENT AS MEDICAL DIRECTOR

It was a conflict resolution between patient's mother and ward staff, previous and current Doctors involved with her son's care and Trust Management.

Conflict

- There was a complete breakdown in 1) Communication, 2) Relationship, 3) Trust.

When I took over the care of this particular patient who was severely ill and receiving treatment.

The mother had a negative attitude towards treatment with Psychotropic medications and ECT.

In order to resolve and repair these three most fragmented areas by:

1) Setting up a weekly meeting for an hour with parents being consistent in approach.

I used Duty of Candor and gave honest and open feedback on her son's progress with the treatment.

2) Used Psychoeducation about pharmacotherapy and ECT treatment and providing information and literature and answering any questions.

3) Provided supportive psychotherapy to mother who get very distressed and cry and would complain bitterly about ward staff and Doctors who were involved in the care of her son and the Trust Management behaviour towards her.

She was safeguarded and banned from visiting the ward to see her son.

She would come with placards outside the hospital to protest.

She threatened to go the Panorama Programme and to complain about the adverse treatment she received from staff, Doctors and Trust Management.

Reparation

I not only repaired the communication but developed trust and therapeutic relationships.

She wrote an email to me on the 2nd September 2024 complaining bitterly about the ward staffs attitude, previous Doctors attitude, Psychologist negative attitudes towards her and wrote:

"I dread to think what might have happened to her son had I not arrived on the ward".

She went on to write:

"Dr Kam (short for Kamlana) after all you have provided the care he truly needed".

I continued weekly sessions with her and her ex-husband.

I particularly had face-to-face meetings with mother and father would be on line with feedback. She preferred face-to-face meetings as she

was a bit hard of hearing until this particular patient was discharged on the 19th September 2024 and responded very well to the treatment. Her attitude towards medications changed and both herself and her ex-husband were full of gratitude for the support they received from me and the care and treatment their son received from me. I was very pleased with the resolution of the conflict and success of the treatment.

- Provided medical lead running neuropsychiatric wards and functional psychiatric wards including (I) Wynyard Suite, (ii) The Grange Unit (iii) South View Unit (iv) Windemere Unit and (v) Castle Village Unit.
- AIMS Accreditation for Wynyard Suite
- Introduced modified T2 Form incorporating capacity to consent assessment
- Introduced Structured CPA (Care Programme Approach) document
- Introduced Structured Ward Round Summary Document
- Member of Multidisciplinary Team
- Introduced Unit Case Conferences
- Developed Operational Policies
- Introduced Risk Assessment tools and Outcome Measure Tools
- Set up operational policy meeting in the hospital
- Appointed as Caldicott Lead in March 2010 at Billingham Grange Independent Hospital, Barchester Health Care.
- Introduced Blood Monitoring Policy for Atypicals and Mood Stabilizers as part of physical healthcare of patients according to NICE guidelines and to Audit it.
- Developed Multidisciplinary Team (MDT) and meeting at Castle Village Independent Hospital, Hull in April 2010.
- Developed mixed male and female dementia service at Castle Village Independent Hospital, Hull, in April 2010.
- Attended and initiated Clinical Governance Meeting at Windemere Independent Hospital, Hull, in March 2010.
- Member of evidence based practice meeting.
- Member of Regional Clinical Governance Meeting and developed Structured Clinical Governance document.
- Introduced new therapies (non-pharmacological) including (i) Reality Orientation (ii) Aromatherapy and (iii) Cognitive Stimulation Therapy in treatment of dementia as adjunct to drug treatment.
- Wrote Guidelines on Physical Healthcare in Management of Dementia.
- Wrote Guidelines on Non-Pharmacological Approaches for Insomnia in Dementia.
- Introduced Running Risk Log to be discussed at multidisciplinary team meetings and risk management planned.
- Gave lecture on the following : (i) Psychodynamic Therapy (ii) Cognitive Stimulation Therapy (iii) Cognitive Behaviour Therapy (iv) Validation Therapy (v) Reality Orientation Therapy (vi) Interpersonal Therapy.
- Developed Billingham Grange Therapeutic Model – namely psychological approaches in managing aggressive behaviour.
- Additionally developed Billingham Grange Model of Care.

ACHIEVEMENT cont.

- Introduced amended weekly audit template for medication Cardex, Sept. 2010
- Gave talk to the carers on Dementia and its Management, Sept. 2010, with excellent feedback.
- Developed risk assessment tools for supporting Best Practice
- Policy Document written on the Management of Dual Diagnosis, Barchester Healthcare, December 2010
- Forwarded and nominated clinical team for the Psychiatric Team of the Year Award from Royal College of Psychiatrists, March 2011
- Provide supervision to specialist nurse prescriber, March 2011
- Examiner MRCPsych, CASC and conducted exam on 16 June 2011, Don Valley Stadium, Sheffield
- Policy Document written on Drug Overloading Harm, Solutions on Prevention
- Guideline written on Use of Acuphase in the Management of Disturbed and Violent Behaviour, September 2012
- Chairman of Stakeholders three monthly meetings for Southview Independent Hospital and Billingham Grange Independent Hospital from March 2013.
- Developed and Introduced Billingham Grange Independent Hospital for providing high standard care delivery, June 2013
- Introduced Citalopram and Escitalopram maximum dose reductions. July 2013. (Guidance online with Norfolk and Waverly Mental Health NHS Foundation Trust, November 2013)
- Introduced template for writing mental health tribunal reports in accordance with Mental Health Review Tribunal's Statutory Requirement. July 2013.
- Completed Premier and Premex CertMR, July 2013
- Initiated and developed Billingham Grange Independent Hospital protocol for High Quality and Safe Service with multidisciplinary input, October 2013
- Peer Reviewers for Accreditation for Inpatient Mental Health Services project.
- CQC Inspection (Care Quality Commission)
I obtained Outstanding grades in 2018 and I was praised for Leadership and Multidisciplinary meeting at the Billingham Grange Independent Hospital.
I was also granted good for South View Independent Hospital, Billingham Grange and Castle Lodge Hospital, Hull.

OTHER PAST ACHIEVEMENTS

- Achieved accreditation of the open Rehab Ward Thoburn by Royal College of Psychiatrists on 13 November 2007
- Obtained Certificate in Management Studies, Middlesbrough College, September 2009
- Carried out Royal College Membership Examination as an Examiner, October 2009

PROFESSIONAL EXPERIENCE UK

I am an approved clinician and Section 12 Approved Doctor.

September 2024 to Tees Esk and Wear Valleys NHS Trust REHABILITATION WARD

Lead multidisciplinary ward rounds.

Lead and attended multidisciplinary report out meetings.

Lead and attended progress meetings (multidisciplinary).

Attended STR multidisciplinary meetings.

Lead and attended 12 points discharge meetings (multidisciplinary).

Lead and attended multidisciplinary pre-discharge meetings.

Lead and attended professional meetings (multidisciplinary).

Lead and attended formulation meetings.

Supervised Junior Doctors in Protected time.

Lead case based discussion with Junior Doctors.

Gave lectures on rehabilitation and psychiatry.

ADHD Experience

I have a special interest in assessing, diagnosing & treating Neuro- divergent cases including Autism & ADHD & Complex cases with psychiatric Co-Morbidities at his weekly therapy Clinic at Park View Medical Clinic, Marton road Middlesbrough, 276 Martin Road, TS4 2NS.

ADHD clients initials. I started assessing, diagnosing & treating ADHD cases since 2018.

The following patients of ADHD are assessed, diagnosed and treated.

- SS, ADHD (Early Trauma History).
- PG ADHD
- DA ADHD with co-morbid Bipolar Disorder and Cocaine abuse.
- AF ADHD
- RS ADHD with co-morbid depressive episode.
- MC ADHD with co-morbid depressive episode, alcoholism and EUPD (Emotionally Unstable Personality Disorder).
- MM ADHD with co-morbid Bipolar Disorder.
- GG ADHD
- LC ADHD with co-morbid illicit substance misuse, alcohol and Cannabis.
- FE ADHD
- GM ADHD with co-morbid EUPD (Emotionally Unstable Personality Disorder).
- JB ADHD with co-morbid severe depressive episode.
- AM ADHD with co-morbid Bipolar Disorder.
- DA ADHD with co-morbid severe depressive episode (childhood trauma).
- AB ADHD
- TR ADHD with co-morbid Bipolar Disorder (ongoing treatment).
- OW ADHD ongoing treatment etc.

7th May 2024 – 7th September 2024 **GENERAL ADULT CONSULTANT PSYCHIATRIST**
Tees, Esk and Wear Valleys NHS Foundation Trust
Interface Team at Stewart House, Hartlepool.
Attended Multidisciplinary Team Meetings.
Outpatient Clinics.
Progress Report Meetings.

Lectures to Junior Doctors on thorough assessment on suicide risk and its management

Willow Ward High Dependency Rehabilitation and Recovery Ward at West Park Hospital, Darlington.

Inpatient Ward for functionally ill, chronic treatment resistant and neurodivergent cases (Autism Spectrum Disorder) and dual diagnosis cases.

Preparing a psychiatric report and attending Mental Health Tribunal Hearings.

Completing statutory forms T2, Section 62, SOAD referrals, CTO's (Community Treatment Order).

Attending multidisciplinary pre-discharge meetings.

Attending multidisciplinary discharge meetings.

Attending multidisciplinary progress meetings.

Attending multidisciplinary formulation meetings.

Multidisciplinary ward round reviews.

Primrose Lodge, Chesterlee Community Ward.

Functionally ill patients who are ready for discharge into the community supported accommodation.

Discharged home with team support or to an independent living accommodation with team support.

Attended multidisciplinary progress reports.

Patient reviews to monitor progress and review medications with the multidisciplinary team.

Case Based Discussions with Junior Doctors.

Attending multidisciplinary pre-discharge meetings.

Attending multidisciplinary discharge meetings.

March 2010 – September 2022

APPOINTED FULL-TIME LEAD CONSULTANT PSYCHIATRIST / PSYCHOTHERAPIST & MEDICAL DIRECTOR, Barchester Health Care

October 2022 – February 2023

Locum Consultant at Roseberry Park Hospital, Middlesbrough Tees, Esk and Valley NHS Foundation Trust.

Feb 2010 – March 2010

APPOINTED PART-TIME CONSULTANT PSYCHIATRIST / PSYCHOTHERAPIST, The Billingham Grange Independent Hospital

Oct 2006 – January 2010

APPOINTED FULL-TIME LEAD CONSULTANT & ASSOCIATE MEDICAL DIRECTOR, Middleton St George Hospital, Middleton St George, Darlington, Durham

- To develop picu and low secure services for females and Prison Support services
- Also to lead picu and low secure services for males and open rehabilitation and Dual Diagnosis Services
- Provided medical leadership
- Developed weekly senior medical meeting Chaired by me
- Developed and Chaired in-house weekly teaching programme
- Produced Medical Manpower Document across the site
- Produced a document on Care Pathway Secretaries

- Developed two successful gender specific Female Units for Self-Harming Behaviour and borderline Personality Disorder
- Gave vision and presentation at open day of Female Units
- Produced Clinical Strategy Document for the organisation
- Produced Staff Grade job description
- Carried out Appraisals for Medical Staff, OT Lead and Psychology Lead
- Presented medical colleagues performances annually
- Got Open Rehabilitation ward accredited by AIMS project
- Developed multi-disciplinary teams
- Developed Structured CPA document
- Developed Unit Case Conferences
- Co-chaired Clinical Governance meeting

Aug 2006 – Oct 2006

APPOINTED PART-TIME CONSULTANT PSYCHIATRIST
The Billingham Grange Care Centre, High Grange Avenue,
Billingham, Cleveland TS23 3TY, running organic brain
syndrome services for females

Sep 1996 – Oct 2006

CONSULTANT PSYCHIATRIST / PSYCHOTHERAPIST
University Hospital North Tees, Hardwick, Stockton-on-Tees,
TS19 8PE

May 1982 - Sep 1996

CONSULTANT PSYCHIATRIST / PSYCHOTHERAPIST
West Cumberland Hospital, Hessington, Whitehaven, Cumbria

Jun 1980 - Apr 1982

SENIOR REGISTRAR, (*ROTATION SCHEME*)
Whitleywood Clinic, Sheffield

Mar 1978 - Jun 1980

SENIOR REGISTRAR
Middlewood Hospital, Sheffield

Dec 1977 - Mar 1978

LOCUM SENIOR REGISTRAR, MENTAL HANDICAP
Cold Harbour Hospital, Sherborne

Aug 1974 - Dec 1977

REGISTRAR
Herrison Hospital, Dorchester, Dorset

Mar 1973 - Aug 1974

REGISTRAR
John Connolly Hospital, Birmingham

Jul 1972 - Mar 1973

SENIOR HOUSE OFFICER
Shelton Hospital, Shrewsbury

Jan 1972 - Jul 1972

SENIOR HOUSE OFFICER, PSYCHIATRY
Burton Road Hospital, Dudley, Birmingham

PROFESSIONAL EXPERIENCE OVERSEAS

Jun 1971 - Nov 1971

MEDICAL OFFICER
Punjab Employment, Social Security, Rawalpindi, Pakistan

Jun 1970 - Jun 1971

SENIOR HOUSE SURGEON, NEUROSURGERY
Mayo Hospital, Lahore

Jan 1970 - Jun 1970

HOUSE PHYSICIAN, Nishtar Hospital, Multan, Pakistan

CLINICAL EXPERIENCE

Significantly experienced in the following areas of clinical work:

- Acute psychiatry caring for acutely disturbed patients
- Patient follow-up at Outpatient Clinics
- Running day hospitals
- Rehabilitation programme for chronic schizophrenic patients
- Therapeutic community based work for personality disorders
- Mental subnormality hospital for adults and children
- General Admission
- Mother and Baby Unit
- Long Stay and Psychogeriatric Wards
- Establishment of two Special Lithium Clinics for Affective Disorders

- Specific experience in child and adolescent psychiatry gained under Dr Woodmanstey at Northumberland Road Clinic for a year on a day release basis.

- Provision of consultative psychiatric service to the Hallamshire General Hospital in assessing overdoses and in dealing with psychiatric emergencies at the Casualty Department and any referrals from other general hospitals.

- Treatment of patients in both individual and group psychotherapy sessions.
- Treatment of cases of eating disorder such as bulimia nervosa with combined individual and behavioural cognitive psychotherapy.
- Treatment of cases of borderline disorders with long term psychotherapy.
- Use of Masters & Johnson type of behavioural psychotherapy approach in treating couples with sexual dysfunction.
- Grief counselling in many cases of unresolved grief presenting with psychiatric symptomatology and behavioural problems.
- Application of crisis intervention techniques
- Interested in preventative approaches to psychiatric problems in the community.

AREAS OF SPECIAL INTEREST

- Neuro Psychiatry
- Intensive Psychiatric Care (PICU)
- Rehabilitation (LS) Low Secure
- Psychotherapy
- Hypnotherapy
- Psychopharmacology
- Forensic Psychiatry
- Research
- Teaching

TEACHING EXPERIENCE May 2025

15 May 2025

Worked as a Community Psychiatrist 4 days a week leading: Treatment Intervention Team and Early Intervention Team.

Attended:

- Report out meetings for Treatment Intervention Team.
- Affective Disorder Team.
- Early Intervention Team.
- Carried out case reviews with Care Coordinator, Social Worker and resident Doctors.
- Carried out capacity assessment for Consent to Treatment.
- Assessment for Mental Health Act being a Section 12 Approved Doctor.
- Supervision of resident Doctors including Trainees, Trust Doctors, Specialty Doctors.
- Case reviews with families.
- Carrying out home visits with Care Coordinators.
- Attending Tribunal Hearings, Managers Hearings.
- Assessing cases for CTO renewal (Community Treatment Order) with Care Coordinator and Social Worker.
- Case reviews of cases of 47/41 with Care Coordinator and Social Supervisor.
- Case reviews with Care Coordinator for discharge from CTO meetings.

Case Based Discussions on 18th August 2025 with resident Doctors (co-Trainees), Trust Doctors and Specialties Registrar and Doctors.

Discussed the pharmacotherapy in the management of Post Traumatic Stress Disorder.

Evidence Based Treatment Case Discussion between 12 to 1.00pm on 28th November 2025.

Diagnosis: Bipolar Disorder in depressive phase and its evidenced based management.

This was presented and discussed by Dr O'Connor.

Patient responded well to combined atypical antipsychotic and mood stabiliser therapy and this treatment stabilised his Bipolar Disorder. His relationship improved with his partner. He enjoyed his hobby of watching football. The patient commented that he felt the most normal he ever felt in his life in a long time.

- Significantly experienced in use of both formal and informal teaching methods.
- Considerable experience gained as a lecturer undertaking regular lectures and tutorials for medical students, junior doctors and student nurses in addition to the delivery of special lectures for other health care professionals, families and carers of patients and the presentation of seminars on psychotherapy and counselling for multi-disciplinary teams and voluntary organisations.
- Responsible for Registrar and SHO supervision in their clinical training and supervising weekly tutorials for them and also provide supervision for Mental Health professional carers who take cases for counselling, individual psychotherapy and marital therapy.
- Former Honorary Clinical Tutor of University of Sheffield and currently appointed Honorary Clinical Tutor and teach medical students from Newcastle University, GP trainees, SHOs, Registrars on rotation schemes and nursing staff.
- Conduct regular weekly multi-disciplinary journal clubs and case presentations in the Mental Health Department.

Evidence Based Treatment Case Discussion between 12 to 1.00pm on 28th November 2025.

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Achievement in 2025

1. Survey – introduced questionnaire to medical staff in order to assess a) job pressure and its causes
b) job satisfaction which helped in reducing the job stress and improving job satisfaction with a good outcome.

Clinical cases

- Improving joint assessment of patient's with family and care coordinator involvement using a multidisciplinary approach and person centred approach.
- Established a weekly supervision and evidenced based management of complex psychiatric cases.
- Improving consistency and continuity of providing assessment, treatment and care.

- Complex cases and their management who are hospitalised for over a year and were treatment resistant.
- Chronic complex psychiatric cases with severe symptomatology and behaviour in the community. Patient was housebound for 8 years.
Providing a comprehensive assessment and treatment, the diagnosis and introducing evidenced based treatment and rehabilitation programme helped patient to have a smooth discharge in the community and patient's in the community for the quality of life and improving quality of life and functioning.
- Assessing community treatment order cases (CTO) with the care coordinator for the justification of keeping patients on CTO and being more proactive and deciding to rescind the CTO of patients who did not fulfil the statutory criteria and were doing well with the treatment and were compliant with the treatment.

Visibility and accessibility

- Improve the accessibility and visibility of medical staff in order to support and collaborate with the multidisciplinary team.

Problem solving

- Problem issues.
Resolve the monitoring and dealing with the tracker prescriptions like the resident doctors and the trust doctors and speciality doctors.
- Keeping up to date of completion of HDAT forms.
- Completing the Clozapine annual form and attending the Clozapine clinics.
- Completing the medication initiation forms.
- Keeping with ECG investigations reading and taking action accordingly.

Teaching medical students

The following domains are considered and taught including:

- To take a full psychiatric history.
- Present a psychiatric formulation using the biopsychosocial model.
- Presenting a mental state examination (MSE).
- Performing a cognitive assessment.
- Having discussion regarding the mental capacity act and its implications for the patient.

TEACHING EXPERIENCE cont.

- Have prepared guidelines for assessing attempted suicides for psychiatry and general medical trainees.
- **I am a research co-ordinator and have taken part in double blind drug trials with anti psychotic drugs Zuclopenthixol and Chlorpromazine and anti-depressant drugs Fluoxetine and Lofepramine, together with hypnotics Temazepam and Zimovane.**
- Participated in a double blind study of Paroxetine and Amitriptyline in senile depression in August 1993.
- I am due to prepare a video on *How to Interview Psychiatric Patients* for trainees.
- Encourage trainees to take an interest in research, resulting in numerous joint psychiatric papers published in Scientific Journals.
- Clinical Tutor 1993-to date
- College Tutor (twice) from September 1997
- Set up multi-disciplinary teaching programme
- Developed teaching programme for A&E Department
- Developed teaching programme for Orthopaedic Department
- Undergraduate teaching, Final Year Grand Round Teaching, led 2 psychiatric sessions on 22.10.03 and 07.04.04
- **PPD Tutoring** was carried out for Second Year Medical Students on :
 - (1) Evidence Based Medicine
 - (2) Ethics
 - (3) Communication Skills and Clinical Skills
 - (4) Learning Portfolio Interviews
 - (5) Career Planning
 - (6) Patient Study Visits
 - (7) Marking Case Studies
 - (8) OSCE Exams
- Medical Teacher for Medical Students, Newcastle University, October 2003.
- Carried our Final Year Grand Round Teaching, April 2004.
- Postgraduate Teaching included providing :
 - (1) Supervision of In-Patient, Out-Patient, Day Patient, DSH Cases and Crisis Cases.
 - (2) Gave weekly seminars on the diagnosis, assessment and treatment of psychiatric cases.
 - (3) Participation in Audits and Research.
 - (4) Chair In-House Teaching Programme
- Carried out **OSCE Examination** Part One, MRCPsych, April 2004

TEACHING EXPERIENCE cont.

- In Postgraduate Teaching conducted **OSCE Examination** Part One, MRCPsych, October 2004
- In Undergraduate Teaching lead **Grand Round** for final year students, September 2004 to May 2005
- MBBS Student Selected Components (SSCS), 2005, University of Newcastle Upon Tyne. Objectives included :
 - (1) To enhance knowledge and skills in history taking and interviewing
 - (2) Management of Acute Inpatient Psychiatric Cases
 - (3) To provide experience in multi-disciplinary ward rounds
 - (4) Observation policies experience
 - (5) Risk Assessment Experience
 - (6) Care Programme Approach Experiences
 - (7) Pharmacological and Psychological Therapeutic Approaches Experience
- Conducted **OSCE Exam, MRC Psych Part 1 Examination**, April 2005, Sheffield
- Conducted **Appraisal** of Legal Member and Lay Member of Mental Health Tribunal, May 2005
- Organised **MRC Psych Part II Examination** as a Senior Organiser, May 2005
- Conducted **OSCE Exam MRC Psych Part I Examination**, October 2005, Sheffield.
- Honorary Clinical Tutor, University of Sheffield, 1978-1982
- Honorary Clinical Tutor, University of Newcastle, 1982-1997
- College Tutor 1991-1993
- College Tutor 2000-2002
- PPD Tutor, Durham University, 2002-2004
- Honorary Clinical Lecturer, Durham University, 2002-2004
- Honorary Clinical Lecturer, Newcastle University, 1997-2006
- Encourage trainees to take an interest in research, resulting in numerous joint psychiatric papers published in Scientific Journals.
- **Appraisers Training**, Sheffield, on 24 September 2014
- **Moving and Handling**, on 23 July 2014
- **CPR / Defib Training**, on 17 July 2014
- **Training Day for Appraisers**, on 14 January 2015
- **Workshop on Cognitive Stimulation Therapy and Individual 'CST' Training** on 9 February 2015
- **Core Course Training**, London, organised by FET (HESC) Mental Health on 25 and 26 February 2015

- TEACHING EXPERIENCE cont.**
- **The Care Act 2014**, Leeds, on 10 March 2015
 - **14th Latest Advances in Psychiatry Symposium**, London, 2015
 - **Attended Training on Manual Handling**, Billingham Grange Independent Hospital, 13 April 2015
 - **Attended Training on Management of Actual and Potential Aggression** at Billingham Grange Independent Hospital (MAPA), 27 April 2015
 - **Attended CPR / Defib Training** on 4 June 2015
 - **Specialist Medical Members Course**, (Role of Expert Witness, Ethnicity in Tribunals, Psychopharmacology in Pregnancy and Perperium) on 15 October 2015
 - **Delivering a More Productive Tribunal Hearing**, London, 23 November 2015
 - **RC Psych LeaderShip & Management Training**, London, 3 February 2016
 - **Latest Advances in Psychiatry, an Update on Psychiatry, from Gambling to Guidelines and Beyond**, London, 19 April 2016
 - **Attended Cardiopulmonary Resuscitation of Defibrillation Training Certificate**, Billingham Grange Independent Hospital, 6 April 2016
 - **Attended Training on Health and Safety and Manual Moving and Handling Training** on 4 May 2016
 - **Specialist Medical Member's Training**, Harrogate, on 7 June 2016
 - **Advanced Clinical Negligence Seminar**, London, on 8 June 2016
 - **Communicating Effectively**, Swindon FET (HESC) Mental Health, on 20 September 2016
 - **CPR, De-Fib and Choking**, Billingham Grange Independent Hospital, Billingham, on 23 March 2017
 - **Health and Safety Refresher**, Billingham Grange Independent Hospital, Billingham, on 4 April 2017

- **The Management of Actual or Potential Aggression Foundation Course**, Billingham Grange Independent Hospital (MAPPA Course), on 26 May 2017
- Attended **Latest Advances in Psychiatry, Complexities and Conundrums in Mental Health**, 21 March 2017

LECTURES / SEMINARS

Psychiatric Emergencies Seminar

Given to A&E Department Medical Staff, June 1995

Psychiatric Emergencies

Regular talks given to A&E Medical and Nursing Staff

Assessing Suicide Risk

Regular lectures given to Medical and Community Mental Health Nursing Staff

Management of Disturbed Patients

Talk given to Medical and Nursing Staff on Medical and Mental Health Departments

Marital Stress and Genesis of Affective Disorder

Lecture delivered at Postgraduate Centre
North Tees General Hospital, May 1997

Muslim Patients with Mental Illness, Their Problems and Predicament

Lecture delivered to delegates at World Islamic Association Conference (European Region), Islamic Foundation Conference Centre, Leicester, June 1997

Seminar on Mental Disorders

Hosted seminar for Housing Association members as part of Integrated Mental Health Services Education Day, Norton, Stockton-on-Tees, November 1998

Assessment and Management of Alcohol Misuse

Lecture delivered to General Practitioners
Newcastle Upon Tyne, April 1999

Psychiatric Conditions and Their Management (Family Psychoeducational Approach)

Lectures given to family and carers of psychiatric patients, October 1999

Noval Antipsychotics and the Role of Primary Care

Lectures given to GPs, January 2000

Manic Depressive Illness and Schizophrenic Illness and Its Treatment

Lecture given to family and carers, August 2000

LECTURES / SEMINARS cont. Postgraduate Trainee Lectures on :

- Psychiatric History
- Interview Skills
- Anxiety State
- Depressive Illness
- Obsessive Compulsive Disorder
- Personality Disorder
- Schizophrenia
- Drugs in Psychiatry
- Mental Health Act

Health Education : “Mental Health”

Lecture given to SEHAT Project, Stockton-on-Tees, September 2000

Health Education : “Mental Health”

Lecture given to SEHAT Project, Stockton-on-Tees, October 2000

Schizophrenia and its Treatment

Lectures given to Ware Street Resource Centre, Stockton-on-Tees, November 2000

Treatment of Manic Depressive Illness

Lecture given to a Carers Group, November 2000

Lead Grand Psychiatric Round

North Tees General Hospital, Stockton-on-Tees, March 2001

Drug Misuse, Its Psychiatric Complications and Its Management

Lecture given at one day conference at Postgraduate Centre, Solihull Hospital, Solihull, West Midlands, October 2001

Psychiatric & Medical Aspects of Drug Misuse & Its Management

Lecture given at University Hospital, North Tees, April 2002

How to Assess People who Harm Others

Lecture given to all staff grade doctors at A&E, North Tees General Hospital (University Hospital), May 2002

Menace of Drugs

Lecture given at Al-Shafa Medical Association UK, Shotton Hall Business & Conference Centre, Peterlee, Co. Durham, October 2002

Seminar on Interview Skills

University Hospital North Tees, October 2002

Psychiatric Emergencies and their Management

Lecture given to A&E Medical and Nursing Staff, University Hospital North Tees, October 2002

LECTURES / SEMINARS cont.

NICE Guidelines and its Implications for Clozaril

Lecture given at Regional Focus Group, Thorpe Park Hotel, Leeds, November 2002

Balanced Approach to Treatment of Schizophrenia

Lecture given to Mental Health Teams and Assertive Outreach Team, June, 2004

Balanced Approach to Major Depressive Illness

Lecture given to GPs in June 2005, Norton Practice

Balanced Approach to Major Depressive illness and Case Study treated with Duloxetine, Lecture given to GPs in September 2005

Balanced Approach to Treatment of Major Depressive Illness and a Case Study

Lecture given to GPs in March 2006, Kingsway Practice, Billingham

Carried Out OSCE Examination Part I MRCPsych, April 2006

Introducing case formulation and clinical care pathway

guidelines written and lecture given with multidisciplinary team members on 15.4.2016 at Billingham Grange Independent Hospital

‘Do Not Resuscitate Order’ talk given to multidisciplinary team on 23.6.2016 at Billingham Grange Independent Hospital

High Dose Antipsychotic Monitoring template/protocol developed on 28.10.2016

Template for Case Formulation for Comprehensive Assessment developed with inbuilt clinical care pathway, discharge pathway and case formulation meetings on 16 May 2017

Dementia Awareness talk given to families and professional carers at Billingham Grange Independent Hospital, 20 June 2017

Chaired Shareholders Forum

Forum given at Billingham Grange Independent Hospital and South View Independent Hospital, 18 July 2017

Chaired Case Formulation Meeting, 16 May 2017 and monthly

ADMINISTRATION & MANAGEMENT SKILLS

Experienced senior in administrative and management duties and clinical leader covering various aspects including :

- Support and development of individual staff
- Improvement of staff morale
- Monitoring use of resources
- Providing impetus for change and solving problems
- Arrangement of day to day medical cover
- Meetings of the Area Division of Psychiatry
- Responsibility for interests of junior doctors
- Multi-Disciplinary Management Teams
- Provision of Sector Psychotherapy Service on Outpatient basis
- Experienced as Chairman of staff meetings
- Chairman and member of Psychiatric Management Teams

- Clinical leadership of staff within the unit and building up the team providing the clinical service.

- Foreseeing changes in the pattern of service and planning for the future.

- Represented Area Division of Psychiatry on a working party in preparing guidelines for the confidentiality of medical records, and have represented Senior Registrars on a working party for preparing a hospital handbook.

- Served as member of a working party looking at accommodation needs for mentally ill patients in the community in 1993 in West Cumbria District and also appointed member of working party looking at diversion scheme for mentally disordered offenders.

- Served as a **lead clinician** on Audits and from April 1999 serve as **Clinical Leader** of the Mental Health Division, North Tees General Hospital, Stockton-on-Tees and Chairman of the Consultants' meetings.

- At North Tees General Hospital led the development of the following in June 1997:
District Psychotherapy Service
District Risperidone Drug Protocol
Special Lithium Clinic for Affective Disorder
District Methadone Clinic

- Led Mental Health Team for **Team of the Year Hospital Doctor Award 1997** and Awarded Merit Certificate for Setting High Standard of Clinical Care.

- Interested in setting up introductory course in Psychotherapy and have set up community psychiatric services such as crisis intervention service, mental health centres, travelling day hospitals and community homes (residential for chronic dependent schizophrenics).

**ADMINISTRATION &
MANAGEMENT SKILLS
cont.**

- With multi-disciplinary team prepared Operational Policy for Mental Health Department and Community Health Teams, January 1999.
- Led Working Party on developing a protocol for drug and alcohol service with mental health team and drug and alcohol counsellors, January 1999.
- Senior Organiser for MRCPsych Part II Examination in May 2001.
- Member of SIGP Working Group for appraising the newer atypical antipsychotics, March 2001 with NICE.
- Acted as an Examiner for Part II MRCPsych Examination on 16 May 2001
- I am also an active member of the following :-
Mental Health Steering Group (Chairman)
Medical Executive Committee
District Medical Committee
Hospital Medical Committee
District Advisory Committee on Substance Misuse
Stanfield House Advisory Committee
The Joint Care Planning Team
The Mental Health Advisory Group

Prevention of Harm to Patients resulting from Mental Disability, Psychotherapy Section of the Royal College of Psychiatrists

Honorary Member of the Psychotherapy Section of the Scottish Institute of Humane Relations

Regional Specialist Sub-Committee

Pakistan Psychiatry Society

Joint Working Party for Crisis Intervention Service

Regional Rehabilitation Group

Clinical Policy Board

District Medical Audit Committee

Advisory & Management Group of Cumbria Independent Hospital

District Advisory Education Committee

Academic Board, North Tees General Hospital (November 1997)

Senior Medical Staff Committee Meeting

Management Team Meetings of Adult Mental Health

Working Party on Philosophy of Mental Health Services (May 1997)

Member of Royal College of Psychiatrists, Special Interest Group in Psychopharmacology since 2001

Member of Royal College of Psychiatrists, Special Interest Group in Psychotherapy since 1982

Member of Royal College of Psychiatrists, Special Interest Group in Rehabilitation and Social Psychiatry since 1983

- Clinical Leader 1988 to 1993
- Lead Clinician 1999 to 2001
- Lead Clinician 2005 to 2006
- Associate Medical Director, December 2006 to April 2009
- Medical Director April 2009 – to date

SPECIAL APPOINTMENTS

- Appointed as a Lead Clinician for the Clinical Attachment of overseas doctors for the Trust.
- Facilitator – Essential Senior Rotation in Mental Health – on formulation of management plan, October 2005, on :
 - Deliberate self-harm
 - Delirium
 - Eating Disorder
 - Alcohol and Substance Misuse
 - Bipolar
 - Schizophrenia
 - Anxiety
 - Depression
 - Post-Natal Depression
- Mentor for Nurse Practitioner, September 2005.
- Elected Chairman for the Governing Body Council, Constituency of Cleveland and Durham, 1998-2000 session, SHCA (Senior Hospital Consultants Association).
- Appointed Clinical Assessor at the independent review stage for the new NHS Complaints Procedure in January 1996. My name has been placed on the National List.
- In January 1997 appointed by Home Office as a Medical Referee for Appeal under the Firemen's Pension Scheme 1992.
- Act as a Specialist Adviser to the Assessment Referral Committee and Committee on Professional Performance from May 1998 with General Medical Council (GMC).
- Appointed POWAR (Place of Work Accredited Representative) and Member of the Executive Committee in November 1999 with BMA.
- Appointed as a Second Opinion Appointed Doctor for the purposes of Part IV of the Mental Health Act, 1983.
- I am Audit Convenor for the Royal College of Psychiatrists, representing West Cumbria Healthcare NHS Trust since 1992.
- Appointed as College Assessor on Advisory Appointments Committees since October 2001
- Appointed Mental Health Review Tribunal Member January 2002

SPECIAL APPOINTMENTS cont.

- Appointed Examiner for OSCE Medical Student Exams on 7 June 2002 at University Hospital North Tees
- Appointed Personal and Professional Development Tutor in Phase 1 Medicine, June 2002
- Appointed as Expert in Mental Health Review Tribunal Cases who appeal against Sections, October 2002
- Appointed as Specialist for Independent Medical Appeals Board – Ill Health Early Retirement for Newcastle-upon-Tyne Board, October 2002
- Member of the Investigation Team for the Adverse Events for the Tees and Yorkshire NHS Trust, 2002
- Acted as Examiner for Part II MRCPsych Examination in November 2002
- Panel Member for Medical And Professional Services Limited for Medico-Legal reports. (MAPS)
- Member of expert panel of witnesses, BUPA Health Management Services, Medico-Legal
- Expert panel member for Medplan, Medico-Legal Reports
- Medical Expert for Medicological examination for Expedia
- Medical Expert for Medico-Legal Services Limited
- Medical Expert for LAB Medico-Legal Services
- Appointed as an NCAA (National Clinical Assessment Authority) Assessor, April 2003
- MRCPsych Part I Board of Examiners, November 2003
- Appointed Consultant Specialist Member for Norwich Union Health Care Limited
- Appointed Clinical Expert Management for Medico-Legal Consultancy with Authority, Surrey
- Appointed Medical Examiner on The National Medical Examination Network, War Pensioner's Assessments Panel, April 2004
- Appointed Consultant Specialist Member in Police Medical Appeal Boards under new regulations applicable to Police Pension Scheme with AON Health Solutions, London.
- Appointed Appraiser for Mental Health Review Tribunal Appraisal Scheme, June 2004.
 - (i) one of the first to take forward the scheme
 - (ii) opportunity to develop knowledge and skills
 - (iii) to provide high quality service to patients.
- Consultant Prescriber, Addictive Behaviour Service, Yarm Lane, Stockton-On-Tees since 1997.

SPECIAL APPOINTMENTS cont.

- Appointed to the APPEALS PANEL as Independent Member for Consultant Contract, July 2004.
- The medical member of the Panel of Examiners, the National Medical Examination Network for War Pensions, April 2004.
- Clinical Governance – Member of Clinical Performance Action Team Meeting, July 2004.
- Member / Lead Clinician for Developing Dual Diagnosis Service and Dual Diagnosis Steering Group, January 2005.
- Appointed Associate Medical Director in December 2006
- Supervisor for psychologist and occupational therapist and substance misuse specialist.
- Appointed a Regional Fellow of The Royal Society of Medicine in 2006
- **Medical Director**, Barchester Health Care, of the following hospitals : The Billingham Grange Independent Hospital
South View Independent Hospital, Billingham
Castle Care Independent Hospital, Hull
Castle Rise Independent Hospital, Hull

COURSES / CONFERENCES

I have attended the following meetings, often playing a major role in the form of lecturing, presenting papers or organising the event.

World Psychiatric Conference, Vienna, July 1983

International Conference on Psychoanalysis,
Montreal, June 1984

Management Course on “The Consultant Psychiatrist in the Post Griffiths National Health Service”
NHS Training Centre, White Heart, Harrogate, November 1985

World Psychiatric Conference, Greece, October 1989

One Day Symposium : Resource Management Initiative (RMI) and its Contribution to Psychiatric Services in Hospitals and Community Settings *organised by* University of Keele
London, February 1991

5th International Conference on Biological Psychiatry
Florence, June 1991. *Presented Paper : Does Lithium therapy prevent relapses in Affective Disorder?*

Symposium for GPs, Cumbria
Presented Paper : Seasonal Affective Disorder

**COURSES / CONFERENCES
cont.**

**Immersion Course on “Short Term Dynamic Psychotherapy”
featuring H Davanloo MD**

Switzerland, October 1991 & Holland, October 1992

Mental Health North Annual Conference

November 1992. *Presented Paper : Yew Approach to Mental
Health Services in West Cumbria*

**One Day Workshop : Developing Witness Skills run by David
Carson, Senior Lecturer in Law**

Southampton, January 1993

**Intensive Short Term Dynamic Psychotherapy Conference
featuring H Davanloo MD**

Switzerland, October 1993

Association of University Teachers of Psychiatry Meeting

October 1993

One Day Workshop : Cognitive Therapy for Eating Disorders

November 1993

**International Conference on Innovation of Community
Psychiatry, March 1994**

Teaching Skills Seminar for Consultants, May 1994

Annual Meeting of the Royal College of Psychiatrists

Ireland, July 1994

**Symposium : Managing the More Difficult to Treat
Schizophrenic Patient, Birmingham, September 1994**

Annual Residential Conference for Psychiatric Tutors

September 1994

Symposium : Co-Morbid Depression

Jersey, November 1994

Social, Community & Rehabilitation Residential Conference

Glasgow, November 1994

**Annual Case Presentation to GPs, Surgeons, Physicians,
Pathologists and Junior Medical Staff**

Postgraduate Centre, February 1995

**Conference : Health of the Nation – Measuring Mental Health
Outcomes, Birmingham, March 1995**

Recent Developments in Opiate Detoxification Conference

Lumley Castle Hotel, Chester-le-Street, Durham, March 1995

**COURSES / CONFERENCES
cont.**

Conference : Modern Management of Depression – Closing the Gap between Theory and Reality
Brussels, Belgium, April 1995

Advances in Affective Disorders Conference
Prague, April 1995

London International Conference on Eating Disorders
London, April 1995

One Day Workshop for Educational Supervisors
Royal College of Psychiatrists, London, May 1995

Managing Depression with the Whole Patient in Mind
Paris, June 1995

A Clear Focus in Neurology
Washington DC, June 1995 (four days)

One Day Workshop : Measurement of Mental Health Needs of the Defined Population (MHNDP)
Royal College of Psychiatrists, London

Annual Meeting of the Royal College of Psychiatrists
Riviera Centre, Torquay, July 1995

Psychiatric Tutor Conference
Garden House Hotel, Cambridge, September 1995

Seminar : Psychiatric Injury and Law *by Dr Marion Swan and Mr Forrest Barrister*
Barretts Solicitors, 6 Victoria Place, Carlisle, October 1995

Current Issues for Clinical Directors in Psychiatry Workshop
Down Hall Country House Hotel, Hertfordshire, October 1995

First Annual Organon Psychiatry Seminar
Cameron House Hotel, Loch Lomond, November 1995

Symposium : Affective Personality Disorders – The Role of Serotonin
Holiday Inn, Crown Plaza, Manchester, November 1995

CPD - Assertive Case Management Workshop
Regent's College, Regent's Park, London, November 1995

Investigatory Meeting on Risperidone Study *arranged by Janssen Research Foundation*
Arden Hotel, Birmingham, January 1996

Participation in Clinical Presentations to Psychiatry Department
Postgraduate Centre, February 1996

**COURSES / CONFERENCES
cont.**

Symposium on Mind, Mood and Mechanisms

Delivered Lecture to General Practitioners
Keswick, Cumbria, March 1996

Efexor Communication Workshop

Estoril, Portugal, April 1996 (five days)

Research Progress in Psychiatry Meeting *arranged by Dista Company*

Dublin, May 1996

Interactive Depression, Diagnosis and Management Meeting

Birmingham, June 1996

New Perspectives in the Treatment of Schizophrenia Satellite Symposium *by Janssen-Cilag Ltd / Organoon Laboratories Ltd*

London, July 1996

Clinical Risk Management Training

North Tees Health NHS Trust, October 1996

Interactive Symposium : Hot Topics in Psychiatry Today

Guernsey, November 1996

One Day Symposium : Chronic Fatigue Syndrome

TAD Centre, Middlesbrough, November 1996

Anxiety Disorders Conference, Bristol, January 1997

The Medicine and the Message Conference

Edinburgh, March 1997

Schizophrenia Conference *organised by Professor Deakin for BAP Certificate in Psychopharmacology*

Manchester, April 1997

Annual Residential Conference : Dilemmas in Psychotherapy

Bristol, April 1997

Participated in OCD Study 95201 UK *and* attended Symposium : Developments in Obsessive Compulsive Disorder during investigator Meeting

London, October 1997

Conference on Schizophrenia – Masterclass Series

Beerse, Belgium, May 1997

World Islamic Association Conference (European Region)

Islamic Foundation Conference Centre, Leicester, June 1997

Joint British Association for Psychopharmacology and Canadian College of Neuro-Psychopharmacology Meeting

Cambridge, July 1997

**COURSES / CONFERENCES
cont.**

Depressive Illness Conference *organised by Prof Farier for BAP Certificate in Psychopharmacology*
London, September 1997

New Treatment Strategies and Novel Antipsychotics -A New Window of Opportunities Conference
Paris, France, October 1997

Symposium : Today's Problems in Schizophrenia - New Solutions, Cannes, France, November 1997

Conference : Hypothalamic-Pituitary-Adrenal Axis in Psychiatric Disorder, Newcastle Upon Tyne, May 1998

American Psychiatric Association (APA) Conference
Toronto, Canada, May 1998

Integrated Mental Health Services - "The Way Forward" – Conference, Bellingham, June 1998

Consultant and Senior Registrar Management Development Programme, White Hart Hotel, Harrogate, June 1998

Two Day Workshop : Measuring Ouality and Outcome *run by Professor Rolf Olsen, Birmingham University, 1996*

Anti-Depressants : Approaching the Millennium
Athens, September 1998

Final Investigation Meeting : Obsessive Compulsive Disorder and Use of Citalopram, Athens, September 1998

Recent Advances in the Management of Common Sexual Disorders Seminar, London, November 1998

Evidence Based Practice in Primary Care Workshop
North Tees General Hospital, Stockton-on-Tees, February 1999

International Symposium : Risperidol – Exceeding Expectations, Cannes, France, March 1999

Psychiatry Towards the Millennium
Belfast, Ireland, March 1999

Treatment Options of Opiate Dependency Problems and Access to Teesside Addictive Behaviour Service Seminar
Acted as Chair, Stockton-on-Tees, May 1999

Understanding of Statistics Workshop
North Tees General Hospital, Stockton-on-Tees, January 1999

Critical Appraisal Skills Workshop
North Tees General Hospital, Stockton-on-Tees, February 1999

**COURSES / CONFERENCES
cont.**

**One Day Workshop : How the Media Perpetuates Stigma and
How You Can Use the Media to Reduce It**

Society of Chemical Industries, London, May 1999

Special Module in Substance Misuse, Manchester, June 1999

Interpersonal Psychotherapy Course

Durham University, June 1999

12th ECNP Congress, London, September 1999

**Consultant Management and Leadership Development
Programme**, Middlesborough, November 1999

**Symposium : Psychopharmacology – Past Success and Future
Prospects**

Commonwealth Institute, Kensington, London, November 1999
(25th Anniversary Meeting of the BAP)

**Workshop : Cognitive Behavioural Approach to Personality
Disorder (Borderline)**

North Tees General Hospital, Stockton-on-Tees, November 1999

Good Practice in Educational Supervision Workshop

Yarm, Cleveland, February 2000

Psychiatry in the New Millennium, February 2000

**European Regional Neuroscience Conference on Mood
Disorder, Managing the Issue of the Discontinuation, Recent
Advances in the Management of Schizophrenia**

Stresa, Italy, 29 March- 1 April 2000

The Doctor-Patient Relationship

American Psychiatric Association, Chicago, USA, May 2000

4th ENCP Congress, Munich, Germany, September 2000

Schizophrenia Master Class, Belgium, October 2000

“Mind the Gap”, Scotland, March 2001

L.N.C. Training Course, Cheshire, March 2001

MRCPsych Part II Examination Induction

Royal College of Psychiatrists, London, March 2001

Better Practice for Psychosis

Scotch Corner Hotel, Scotch Corner, September 2001

Good Practice in Recruitment & Selection Training Course

North Tyneside General Hospital, Tyne & Wear, October 2001

Consultant Appraisal Workshop

Kirklevington, Yarm, Stockton, November 2001

NHS Disciplinary Procedures for Consultants

London, December 2001

**COURSES / CONFERENCES
cont.**

Brain Storming Planning of Secondary Care HCSA
London, January 2002

SOAD Refresher Training Day, London, February 2002

Training Day for College Assessors
Royal College of Psychiatrists, London, March 2002

National Training Day for Mental Health Review Tribunal
Guildford, March 2002

International Seminar on Transcultural Psychiatry “From Theory to Practice”
Holiday Inn Hotel, Coventry, UK, April 2002

SOHO (Schizophrenia Outpatient Health Outcomes) Study Conference, Prague, Czechoslovakia, June 2002

PH7 Mental Health of the Nation Conference on Schizophrenia
House of Commons, Westminster, London, July 2002

MRCPsych Part II Annual General Meeting, September 2002

MHRT Members Training 2002
Whitehart Hotel, Harrogate, October 2002

Regional Approvals Panel (Northern) Section 12(2) Refresher Course, October 2002

Presentation Skills : Making your Presentations Accessible
University of Newcastle, June 2002

Your Presentation and Powerpoint
University of Newcastle, July 2002

MRCPsych Part I and II Senior Organisers Meeting
Royal College of Psychiatrists, September 2002

Royal College of Psychiatrists MRCPsych Part II Board of Examiners Annual General Meeting, September 2002

Astra Zeneca Research Forum XI, Manchester, October 2002

Conducted Grand Round Teaching for Undergraduates
October 2002

Mental Health Review Tribunal Members Training 2002
White Hart Hotel, Harrogate, October 2002

Mental Health Act Refresher Course
Newcastle-upon-Tyne Regional Approvals Panel Northern,
November 2002

Astra Zeneca Research Forum XIII
Gleneagles, Scotland, February 2003

COURSES / CONFERENCES
cont.

Psychiatry 2003

Berlin, Germany, *Presented Case Study on **Declerambault's Syndrome Associated with Bipolar Illness and its remarkable response to combined mood stabilizers and antipsychotics.***

International Conference on Psychiatry

Colombo, Sri Lanka, August 2003

*Presented Poster on **Declerambault's Syndrome Associated with Bipolar Illness and its remarkable response to combined mood stabilizers and antipsychotics.***

Basic IT Training,

June 2003, Flatts Lane Centre, Middlesbrough

Access, Booking, Choice Programme

Attended with Mental Health Team at Bellasus Business Centre, Billingham, September 2003

Attended and Lead Multidisciplinary Mental Health Team Meeting discussing the following agenda :-

- (1) Supervision Register Cases
- (2) Section 117 CPA Reviews
- (3) Standard and Enhanced Case Plan Reviews
- (4) Assessment of Cases
- (5) Crisis Team Case Reviews
- (6) Assertive Outreach Team Case Reviews
- (7) Referral Allocations including Assessment / New Referrals
- (8) Clients Receiving Intensive Home Treatment
- (9) Other Clinical Issues
- (10) Day Centre Case Reviews
- (11) Ward Rounds Feedback for In-Patient Cases
- (12) Discharge Cases

Training of Medical Student Teaching, March 2004

Annual Assessors' Workshop by NCAA, June 2004

Training Event Medical Student Teaching, July 2004

Self-Harm and Trauma – A Guide Workshop

June 2004 at the Tuke Centre, York

Tribunals Appraisal Skills Seminar, September 2004

MRCPsych Part II Annual General Meeting, September 2004

Refresher Course in Psycho Pharmacology, September 2004

Two Day Workshop on Borderline Personality Disorder – Understanding the Complexities, September 2004

**COURSES / CONFERENCES
cont.**

Tees Evidence Based Practice Course, Jan-February 2005

**Risk Assessment & Risk Management for Tribunal Members,
Training, June 2005**

**Case-Based Assessment Workshops for NCAS National
Patient Safety Agency, June 2005**

**Annual Assessor's Workshop for NCAS National Patient
Safety Agency, June 2005**

Nurse Practitioner Mentor Workshop, September 2005

**SOAD and Commissioners Joint Training Conference,
Attended November 2005**

**Treatment Resistant Mood Disorders : Implementation of
Guidelines for Service Provision, November 2005**

**An Update on Current Clinical Issues in Schizophrenia,
November 2005**

**A Practical Guide to Mental Health Law & Legislations :
Implementing the Mental Health Bill, January 2006
Report Writing Workshops, National Patient Safety Agency,
March 2006**

New Ways of Working – 2006 and Beyond, May 2006

**Mental Health Conference on Mental Health Law and the
Polygraph & its use as a Clinical Tool, October 2006**

**SOHO Regional Investigators Meeting, October 2006,
Barcelona, Spain**

**New Legislation and Innovations in Clinical Practice,
October 2006**

***Presented at* Barchester Health Care Service at PCT and
Carer's Forum, Peterlee, November 2006**

Health and Safety Awareness Seminar, December 2006

Breakaway Technique, December 2006

Conference on Schizophrenia, February 2007, Cardiff

Updates for Medical Members, February 2007, Manchester

**Affinity Health Care, Picu and Low Secure Service for
Female, *Presented at* Middleton St George's Hospital,
February 2007**

**COURSES / CONFERENCES
cont.**

Mental Capacity Act 2005, March 2007

Health Outcomes Measure Day, March 2007, Middleton St George's Hospital

Conducted MRCPsych Part 1 Examination, OSce, April 2007

AIMS (Accreditation for Acute Inpatient) Project Conference, April 2007, London

Effectively Managing Clinical Risk, May 2007, London

Chaired Conference on an Overview of Long Acting Injection Medication, Self-Injury Treatment and Impact on Staff, Slavery, Schizophrenia and 'Atypicals', June 2007, Middleton St George's Hospital

Innovations in the Management of Schizophrenia, July 2007

Dual Diagnosis – A Practical Guide to Improving the Management of Dual Diagnosis, July 2007, London

MRCPsych Examination Training Day, September 2007, Manchester

Examined Royal College of Psychiatrists MRCPsych Part 1, October 2007, Sheffield

Gave Talk on Metabolic Syndrome and Severe Mental Illness, November 2007, Middleton St George's Hospital

Presented at Oak Unit Service (Female Gender Specific Service PICU & Low Secure) to Executive Management Group (EMG), October 2007

The Anatomy of Tribunal Practice and Procedure, Attended December 2007

Adult Basic Life Support
January 2008, Middleton St George's Hospital

Risk Assessment & Risk Management
May 2008, Northampton, MHRT Training

Statutory and Mandatory Training on Personal Safety and Breakaway Techniques
May 2008, Middleton St George's Hospital

Special Training Event – Mental Health Act 2007
May 2008, Birmingham

Mental Health, Risk and Reconviction Conference
June 2008, Middleton St George's Hospital

**COURSES / CONFERENCES
cont.**

**Statutory and Mandatory Training on Personal Safety and
Breakaway Techniques**

May 2008, Middleton St George's Hospital

**International Seminar on Psychiatry – Best Practice
Pharmacotherapy of Schizophrenia and Bipolar Disorder**

June 2008, Birmingham

Effective Management of Schizophrenia and Bipolar Disorder

June 2008, Newcastle

Carried Out MRCPsych Examination, November 2008

Drug and Alcohol Awareness

September 2008, Middleton St George's Hospital

Doctors in Court, in Association with Bond Solon Training
Written Evidence – Excellent in Report and Statement Writing
Evidence – Court Room Skills Training

The Royal Society of Medicine, London, December 2008.

Attended Bond Solon, the Legal Training Consultancy, on
Excellence on Written Evidence and Witness Familiarisation,
London 2008

Mental Health Act 2007 – Transitional Training

January 2009, Newcastle

Immediate Life Support Course

Middleton St George's Hospital, January 2009

**Special Event – Lord Darzi, Minister of State for Health's
Lecture**, Royal Society of Medicine, London, April 2009

Attended Statutory and Mandatory Training, June 2009

Attended Electronic Care Record Training, August 2009

Attended Appraisers' Meeting to evaluate the new scheme in
September 2009 at the Civil Justice Centre, Manchester

Attended The New Core Course focusing on New Legislation,
Code of Practice, Personality Disorders and Community
Treatment Orders. 2 day residential course in London, February
2010.

Attended CPA C Care Programme Approach Training at
Billingham Grange Independent Hospital in April 2010.

Attended Management of Challenging Behaviours in Dementia
at Newcastle Upon Tyne in April 2010.

**COURSES / CONFERENCES
cont.**

Attended Awareness Training on Caldicott at Billingham Grange Independent Hospital in May, 2010.

CASC Examiner DIET II, September 2010, Sheffield.

Safer Prescribing of Medication – Depression

September 2010, London.

Safer Prescribing of Medication – Schizophrenia

October 2010, London.

Updating your Physical Healthcare Knowledge and Skills

October 2010, Manchester.

Attended CASC Examiner Refresher Training Day

November 2010, Edinburgh

Participated in Appraiser's Workshop

November 2010, Rugby

Attended Fire Safety and use of Extinguishers at Billingham

Grange Independent Hospital, Billingham, November 2010

Attended Mental Capacity 1 and Mental Capacity 2 on

Residential Course in Cheltenham, March 2011

Attended Advanced Appraisal Skills – Multijurisdiction

Seminar, London, March 2011

Risk Training, at Judicial College, London, May 2011

Management of Alzheimer's Dementia, New Guidance and the Changing NHS, Newcastle, June 2011

Attended College Assessor Training Day, London, June 2011

A Mental Health Law Update, Scarman Training and

Conference Centre, Coventry, December 2011

Gave Talk on Huntington's Disease and its Psychiatric

Perspective and Management, Billingham Grange Independent Hospital, April 2012

Discussed Case of Bipolar Disorder on CTO and Outcome of

Tribunal Hearing in CPD Peer Group, Billingham Independent Hospital, June 2012

Attended Refresher Training under The Mental Health Act

1983, Wynyard Rooms, Billingham, June 2012

Attended Medical Study Tour to Cuba. Talks on Medical

Sciences, Community Centers, Healthcare, Rural Practice and Polyclinics, March 2012.

COURSES / CONFERENCES
cont.

Attended Training Course Residential Care Course for Mental Health Review Tribunal (Ministry of Justice for Mental Health), Bristol, February 2013

Latest Advances in Psychiatry Symposium 2013, The Royal College of Physicians, London, March 2013

Attended Breakaway Training, Billingham Grange Independent Hospital, April 2013

Attended CPR & Defib. Training, Billingham Grange Independent Hospital, May 2013

Presented a Case Study on Resistant Organic Bipolar Disorder with Remarkable Response to Combined Pharmacotherapy, at Newcastle CPD Group, June 2013

Gave Talk on DNAR (Do Not Attempt Resuscitation) to Multidisciplinary Team at CPD Forum at Billingham Grange Independent Hospital, August 2013

Attended one day course Delivering A More Productive Tribunal Hearing organised by Mental Health First-Tier Tribunal (HESC), December 2013

Attended one day conference Essential Dementia, London, February 2014

Attended 13th Latest Advances in Psychiatry Symposium, 2014 at the Royal College of Physicians, March 2014

Section 12 Refresher Training, Newcastle, September 2017

Attended Core Course Mental Health Review Tribunal (MHRT) 2017, a two day residential course, October 2017, Oxford

Attended Seminar on The Use of Depot Abilify in Chronic Complex Paranoid Schizophrenic Case and in Outcome, Billingham Grange Independent Hospital, November 2017

Attended the 17th Latest Advances in Psychiatry Symposium, March 2018, London

Attended Appropriate Medical Treatment Beyond Medications, Durham, May 2018

Attended Bond Solon seminar on **Clinical Negligence**, October 2018, Birmingham

Attended **Mental Capacity and the MHT Training**, December 2018, Swindon

COURSES / CONFERENCES cont.

Completed DAC Beachcroft Approved Clinician Refresher Training Course, May 2022

Participate in Mutidisciplinary Report-Out Meetings on daily basis for one hour, since October 2022

Participate in Senior Consultant Meetings on weekly basis for two hours, since October 2022

Gave Talk to Junior Doctors, Senior Doctors, Nursing and Pharmacists, November 2022

Started Locum Consultant Psychiatrist job at Roseberry Park Hospital, Marton Road, Middlesbrough – Tees, Esk and Wear Valleys NHS Foundation Trust, TS4 3AF, from October 2022. Acute Assessment and Treatment Wards, 14-bedded female and 18-bedded male ward.

- Every morning report-out meeting when the management of all patients is reviewed
- Formulation meetings are carried out following standard process
- Discharge planning meetings and patient review meetings are carried out.
- A traffic light system is used for clinical need
- A multidisciplinary approach (MDT) and Care Programme Approach (CPA) is used in providing high standard patient care. A person-centred approach, evidence-based treatment and Biopsychosocial Model is applied in carrying out treatment and care.

Attended Bond Solon Expert Witness Conference in November 2022

CPD PROGRAMME

Chaired and presented Peer Group CPD Programme

- 24.01.2014 Audit of Antidepressant Induced Hyponatraemia.
- 04.04.2014 Discussed case study of complex case of Bipolar Disorder and its management.
- 02.05.2014 Preparation for revalidation.
- 20.06.2014 Case discussion on-going Diagnostic Conundrum
- 18.07.2014 Case discussion on-going Diagnostic Conundrum
- 17.10.2014 Case discussion on-going Diagnostic Conundrum

- 12.12.2014 Case discussion Paroxetine Discontinuation Syndrome

- *Presented* article on Non-Pharmacological Interventions for Agitation in Dementia, Systematic Review of Randomised Controlled Trials. Review Article by Gill Livingston et al, *The British Journal of Psychiatry*, 2014, p. 205, pp. 436-442, December 2014

- 27.01.2017 Case based discussion on Alzheimer's Disease

CPD PROGRAMME cont.

- 17.03.2017 Case based discussion on Chronic Treatment Resistant Schizophrenia with Comorbid Dementia.
- *Attended* Latest Advances in Psychiatry Complexities and Conundrums in Mental Health, March 2017, London
- CPR, De-Fib and Choking, March 2017 at The Billingham Grange Independent Hospital, Billingham
- Health and Safety Refresher, April 2017 at The Billingham Grange Independent Hospital, Billingham
- 19.05.2017 Case based discussion on Lewy Body Disease and Parkinson's Syndrome, chaired by Dr Kamlana in CPD Peer Group
- *Attended* The Management of Actual or Potential Aggression Foundation Course, May 2017, at The Billingham Grange Independent Hospital, Billingham (MAPPA course)
- *Attended* Seminar on the use of Depot Abilify in Chronic Complex Paranoid Schizophrenic Case and its Outcome, November 2017 at The Billingham Grange Independent Hospital, Billingham

CPD Online Training Course, 10 modules completed in January 2018 on :

Countering Fraud Bribery and Corruption in the NHS
Equality, Diversity and Human Rights
Information Governance, Record Keeping and Caldicott Protocols
Lone Worker
Mental Capacity Act 2005
Mental Health Act 2007
Preventing Radicalisation
Reducing Restraints in Health and Social Care
RIDDOR
SOVA & SOCA Level 3

Completed the following Athona Limited Online Training Courses, June 2021
Fire Safety
Preventing Radicalisation
SOVA & SOCA Level 3

Completed the following Athona Limited Online Training Courses, January 2022
Conflict Resolution
Equality, Diversity and Human Rights
Health, Safety and Welfare
Moving and Handling Level 2

CPD PROGRAMME cont.

Completed the following Athona Limited Online Training Courses, April 2022
Complaints Handling
COSHH
Countering Fraud Bribery and Corruption in the NHS
Infection Prevention and Control (Level 2)
Information Governance including Cyber Security
Lone Worker
Mental Capacity Act 2005 incl Deprivation of Liberty Safeguards
Mental Health Act 2007
Reducing Restraints in Health and Social Care
Resuscitation: Adult Basic Life Support, incl safe use of AEDs
RIDDOR

The Royal College of Psychiatrists' Continuing Professional Development (CPD) is in good standing for CPD 2022.

E-LEARNING

- Read article online on the Pharmacological Management of Anxiety Disorder. Review Article by Stephen Bleakley et al. *Progress in Neurology and Psychiatry Journal* December, 2014
- Viewed video online, Circadian Body Clocks, Genes, Cells and Circuits that set the tempo to our lives, The Ellison-Cliffe Lecture (E-Learning, RSM Video), December 2014
- E-Learning on GM Journal, Alzheimer's Patient Healthcare Cost Higher already before Diagnosis, News, 16.11.2015
- E-Learning GM Video on 17.10.2015, Antipsychotic Initiated [xxxx] and used for long-term [xxxx] patients
- Bipolar Disorder – v – ADHD in 9 year old tried on Seroquel and Abilify but again wait and no response, but responded well on Concerta medication for ADHD diagnosis – in attentive type on 22 September 2016.
- The Psychological Effects of Reporting Extreme Violence – A Study of Kenyan Journalist. The Royal Society of Medicine Journal 2015, Volume 6 (9), 1-6 by Anthony Feinstein et al.
- Social Prescribing Improving Mental Health Discharges Rate, Pilot Study. British Journal of Family Medicine (BJFM) on the 11 November 2016.
- Mental Health Today, News on 18 November 2016. First improvement needed to improve inpatient mental health care, CQS warns (in key issues such as patient's involvement in their care plan and treatment and protection of rights according to Code of Practice 2015).

E-LEARNING cont.

- CQC to investigate after a number of detentions under the Mental Health Act rises by 9% in the past year. *Mental Health Today*, news on 30 November 2016.
- Rise in suicide rate leads to call for overall of Mental Health Services to focus on prevention. *Mental Health Today*, news on 6 December 2016.
- A small amount of exercise can prevent depression. *News*, 6 October 2017, *BJFM*
- Gender and Disability Hate Crime Reporting Improving, *Mental Health Today*, *News*, 17 October 2017
- Psychosocial Profession Unite Against Conversion Therapy, *Mental Health Today*, *News*, 16 October 2017
- Mental Health Education could enter National Curriculum, *Mental Health Today*, *News*, 13 October 2017
- Nearly 7,500 deaths attributed to alcohol in the UK in 2016. *News*, 9 November 2017, *BJFM*
- Risk of Intestinal Obstruction with Clozapine prescriber, *News*, 14 November 2017
- New research shows depression linked with inflammation plus 5 ways you can fight inflammation, by Marilyn Wive-, *Urban Survival*, 8 January 2017
- Avator therapy for auditory verbal hallucinations in people with psychosis, a single double blind, randomised control trial, *Lancet Psychiatry*, 2017
- Living with a mental illness in the Indian community, *Sharina Purohit*, *Mental Health Today*, 18 December 2017

RESEARCH

Agreed to participate in clinical research : “A prospective observational study of the safety and effectiveness of intramuscular Olanzapine in patients with schizophrenia who are acutely agitated”

Agreed to participate in International multicentre trial of outcome studies using Olanzapine in Bipolar Affective Disorder attending outpatient clinic.

Participated in SOSMI (Suveillance of Occupational Stress and Mental Illness)

EMBLEM (European Mania in Bipolar Longitudinal Evaluation of Medication) is a 2 year pan-European prospective observational study to evaluate medication use, health outcomes and quality of life associated with Olanzapine versus other oral medications for the treatment of acute mania.

AUDITS

Participated in **Clinical Audit of Schizophrenia**
North Tees General Hospital, Stockton-on-Tees, July 1998

Prescription of Antipsychotic Medication

Royal College National Audit, July 1998

Economic Evaluation of Atypical Antipsychotic Drugs

Arranged Grand Round, North Tees General Hospital, Stockton-on-Tees, October 1998

Participated in **Clinical Audit of Schizophrenia Workshop**

Yarm, Cleveland, January 1999

Medical Note Keeping

North Tees General Hospital, Stockton-on-Tees, 1999

Communication : Discharge Letters to GPs

North Tees General Hospital, Stockton-on-Tees, 1999

Mental Health Act 1983, Section 2, Section 3 and 5(2)

North Tees General Hospital, Stockton-on-Tees, 1999

Prescription Charts : Polypharmacy and PRN Prescriptions

North Tees General Hospital, Stockton-on-Tees, 1999

Suicide / Self Harming Behaviour in Patients with Borderline Personality Disorder – the use of Depixol

This audit was carried out with SHO who won two prizes on its presentation, January 2002

Impact of Emergency Clinic on Hospital Admission Rate before the initiation of clinic and after its development.

This audit was carried out with my SHO in June 2003.

Audit on Medical Case Records.

Carried out with my Clinical Attache in October 2003

Audit on Use of Antimuscarinic Drugs in Schizophrenic Patients on Anti-Psychotic Medications.

Carried out with my Clinical Attache in November 2003

Clinical Audit on Use of Antipsychotic Medication in Dementia carried out in June 2013

Audit on Monitoring Blood for Patients on Antipsychotic Medications carried out in December 2013

Clinical Audit of T2 and T3 using Modified Audit Tool Prepared carried out in January 2014

Completed Clinical Audit on Antidepressants Induced Hyponatraemia, February 2014

AUDITS cont.

Audit on Blood Monitoring for Patients on Antipsychotic Drugs published in the local journal 'The Curve,' Number 001, August 2016, The Billingham Grange Independent Hospital

This Audit developed a Template for Reducing Medicine and Administration Errors on Long Stay Inpatient Units with cognitive impairment in December 2017

MAIN PUBLICATIONS

Lithium - Some Drug Interactions, *Practitioner* 224; No 1350; p1291, December 1980

Research on a Comparative Study of Psychodynamic Concept of Faith Healing & Modern Psychotherapy, May 1982
(Dissertation for Diploma in Psychotherapy)

Does Lithium Therapy Prevent Relapse in Affective Disorder? in *Proceedings Book* for 2nd British Lithium Congress, September 1987

Psychotherapy of a Female Patient with Depression, Self Destructive Tendencies and Long Standing Marital Conflict
Diploma in Psychotherapy, June 1982

Psychotherapy of a Male Patient with Depression and Personality Difficulties
Diploma in Psychotherapy, June 1982

Psychotherapy of a Male Patient with Depression and Relationship Difficulties
Diploma in Psychotherapy, June 1982

Paranoid State Associated with Hyperthyroidism
British Journal of Psychiatry, 1986, Vol 149, p376-377

Fear of AIDS in the Genesis of Acute Obsessional Illness
British Journal of Psychiatry, July 1988, Vol 153, p129

Long Term Psychotherapy Treatment of Borderline Personality Disorder and Grief Therapy of some Psychiatric and Behaviour Manifestations of Unresolved Grief
Paper In Progress – Awaiting Publication

Pisa Syndrome, Paper Awaiting Publication

Paranoid Psychosis – A Sequel to Cholecystectomy
CMD (Cleveland Medical Journal), August 1999, Vol 3, p34-36

Paranoid Hallucinatory State & Lithium Therapy
British Medical Journal of Psychiatry, February 1989, Vol 154, p273

Chernobyl Nuclear Fall-Out & the Genesis of Obsessional Neurosis
British Journal of Clinical & Social Psychiatry, Spring 1988, Vol 6, No 1

MAIN PUBLICATIONS cont.

De Claram Bault's Syndrome - A Manifestation of Unresolved Grief, Awaiting Publication

The Treatment of Delusional Jealousy Associated with Depression, Submitted for Publication

Evaluation of Mental Health Unit Study

Royal College of Psychiatrists' Bulletin, 1992, 16, p660-668

Seasonal Affective Disorders

Newspaper Article published in *Times & Star*, 17 September 1992

New Approaches to Mental Health Care in West Cumbria

Newspaper Article published in *Whitehaven News*, 18 September 1992

Audit of Overdose Patients Presenting at Accident & Emergency Department, Part I and Part II

Submitted for Publication

Vasectomy - A Decision for Both Partners

Psychiatry in Practice Journal, Autumn 1994, Vol 13, No 3, p19

Live Talk on ECT

Radio Cumbria, November 1994

Case Report : Use of Risperidone in Obsessive Compulsive Symptoms in Schizophrenia

Journal of Drug Dev. Clinical Practice, 1995, Vol 7, p127-129

Quality News, Special Lithium Clinics

in *Alternative Grapevine Newsletter* for the staff of West Cumbria Health Care NHS Trust, No 25, September 1995

Temazepam Withdrawal Syndrome. A Simple Case of Cold Turkey

in *Hospital Doctor*, 7 September 1995 (the leading weekly newspaper for seniors in all specialities)

District Policy on the Management of Deliberate Self-Harm
September 1995.

Investigator in an open label multi centre trial evaluating the **Efficacy and Safety of Risperidone in Elderly Psychiatric Patients Treated up to 12 Months**

Case Report : Use of Risperidone in Korsakoff Psychosis Patients

Journal of Drug Dev. Clinical Practice, 1996, Vol 8, p43-44

A Case of Fear of Emitting Body Odour : A Remarkable Response to Pimozide

Journal of Drug Dev. Clinical Practice, 1996, Vol 8, p187-189

MAIN PUBLICATIONS cont.

Brief Psychotherapy of Male Patient with Depression after 'Cot Death'

Submitted for Publication

Use of Paroxetine in Panic Disorder. A Case Report.

Written for Psychopharmacology Certificate, 1997

Use of Risperidone in Hypomania in Patients with Frontal Lobe Syndrome. A Case Report. Submitted for Publication

Use of Clozapine in Resistant Schizophrenic Illness. A Case Report. Written for Psychopharmacology Certificate, 1997

Participated in **Clinical Trial on the Effect of Citalopram Tablets 20, 40, 60 mg per day in Obsessive Compulsive Disorder.** A multi national, multi centre, phase II double blind, placebo-controlled dose finding study.

Participated in **Clinical Trial** on an Open, Randomised, Parallel Group Comparison of the **Efficacy and Safety of Risperdal (2-8 mg) plus a Benzodiazepine and Chlorpromazine (75-1000 mg) in the Treatment of Active Phase Symptoms in Schizophrenia**

Participated in **Research Study on Comparing Acute Home Based Treatment and Partial Hospitalisation,** 1997

Use of Venlafaxine in Resistant Depressive Illness, Case Study for the Certificate of Psychopharmacology, January 1998

Protocol for Special Lithium Clinic for Affective Disorder in *Dear Doctor Hospital Magazine*, January 1998

Provision of Outpatient Dynamic Psychotherapy in *Dear Doctor Hospital Magazine*, January 1998

Communicating with the Immigrant Psychiatric Patient in *MDDA (UK) Journal*, Hikmah, June 1998

Proformas for Audits on Medical Case Notes, Communication, Discharge Summaries and Prescription Charts
January 1999

Guidelines on Alcohol Detoxification and Use of Acamprosate and Disulfiram in *Dear Doctor Hospital Magazine*, North Tees General Hospital

Crime and Mental Disorder
Article in magazine *Insight*, February 2000

Brief Psychotherapy in Severe Depression Associated with Unresolved Grief Following a Miscarriage
Cleveland Medical Journal (C.M.J.), Millennium Edition, Issue 4, pp 133-136

MAIN PUBLICATIONS cont.

Dysmorphophobia Heraldng Hypomanic Illness

Progress in Neurology and Psychiatry Journal, March / April 2001, Vol 5, Issue 2, pp 14-16

Participated in **Schizophrenia Outpatient Health Outcomes (SOHO)**. A 3 year pan-European, prospective, observational study of health outcome associated with antipsychotic medication therapy in outpatients treated for Schizophrenia, April 2001.

Suicide by Hanging - An Insight into its Physical and Psychological Consequences, Review Article, *Care of Critically Ill Journal*, August 2001, Vol 17, No 4

An Unusual Presentation of Capgras Syndrome : Case Report

Progress in Neurology and Psychiatry Journal, November 2001, Vol 5, Issue 6, pp 10-11

Development of Deliberate Self-Harm Service at University Hospital North Tees

In *Newsletter*, the Royal College of Psychiatrists Northern and Yorkshire Division, No 2, Vol 1, February 2002

Successful Combined Treatment of Cotard's Syndrome

Progress in Neurology and Psychiatry, Vol 6, Issue 2, March / April 2002

Capgras Syndrome : Anyone may be the object of delusion

Letters in Progress in Neurology and Psychiatry, Vol 6, Issue 3, May / June 2002

How can ECT continue to be used as a treatment for depression?, In *Insight*, Issue 2, Vol 1, Christmas 2002

The Treatment of Mono Delusional Psychosis Associated With Depression : Case Report

In *CMJ 2003*, Issue 5, pp 45-46

Gastrointestinal Obstruction caused by a Carpet Pica Case Report, In *CMJ 2003*, Issue 5, page 57

Post-Traumatic Stress Disorder Associated with Interpersonal Difficulties At Work – Case Of The Quarter, In *SOCHI, Surveillance of Occupational Stress and Mental Health*, June 2005

Clinical Audit on Lithium Treatment, carried one Audit with Junior Doctor, July 2005

Use of Risperidome in Hypomania in Patients with Frontal Lobe Syndrome : Case Report

In *CMJ*, September 2007, pp 27-28

MAIN PUBLICATIONS cont.

Body Dysmorphic Disorder Associated with Severe Depressive Illness in a Male and its Remarkable Response to Combined Cognitive Therapy and Pharmacotherapy

In *CMJ*, September 2007, pp 16-18

DeClerambault's Syndrome Associated with Bipolar Illness and its Remarkable Response to Combined Mood Stabiliser and Antipsychotic Medications

In *CMJ*, September 2007, pp 40-42

Discussion Document on Multidisciplinary Team

Written, January 2008

Speciality Doctor (Staff Grade) Job Description Document

Written, December 2008

Clinical Strategy of Middleton St. George's Hospital

Written, January 2009

Organic Bipolar Disorder and Remarkable Response to Combined Therapy

Awaiting publication in *Progress in Neurology and Psychiatry*, January 2011

Capgras Syndrome associated with Post-Traumatic Stress Disorder In *Progress in Neurology and Psychiatry*, Vol 15, Issue 2, April 2011

Remarkable Response to Cognitive Stimulation Therapy in Dementia, Awaiting publication, June 2011

Remarkable Response to Naltrexone Therapy in Self Injury Behaviour : Case Study Awaiting publication, February 2013

Remarkable Response with Memantine in the Management of Resistive Behavioural Symptoms with Dementia In *The Curve, Monthly Newsletter, Billingham Grange Independent Hospital*, Issue 1, March 2013

Remarkable Response to Naltrexone Therapy in Self Injury Behaviour In *The Curve, Monthly Newsletter*, Issue 2, April 2013

Remarkable Response to Combined Resperidone and Collaborative Approach in the Management of Major Depressive Illness in Huntington's Disease : Case Study, Awaiting publication, April 2013.

Organic 'Bipolar Disorder' : Getting the Diagnosis and Treatment Right can give a person hope. Case Study Abstract in *The Curve, Hospital Journal of The Billingham Grange*, Issue 3, May 2013

MAIN PUBLICATIONS cont.

Remarkable Response to Combined Drug Therapy and Collaborative Care of Severe Depressive Episode with Psychotic Symptoms in Huntingdon's Disease. Case Study Abstract in *The Curve, Hospital Journal of The Billingham Grange*, Issue 4, June 2013

Remarkable Response to Combined Antidepressant, Antipsychotic Drug Treatment on Psychotic Depression and the Internet : Case Study Abstract in *The Curve, Hospital Journal of The Billingham Grange*, Issue 5, July 2013

A Complex Case of Bipolar Disorder Responding to Combined Drug Therapy : Case Study in *Progress in Neurology and Psychiatry*, January/February 2014

Quality Improvement

Written and Introduced **Your Questions Answered and Useful Advice About Your Medication** on EBIXA (Memantine), August, 2014

Written and Introduced Protocol **Leave of Absence from Hospital** (according to Code of Practice of Mental Health Act 1988 (amended Act 2007), Section 17

MEMBERSHIP

- Member of Local Negotiating Committee, 2005
- Chaired Multidisciplinary Team Meeting
- Member of Management Team Meeting
- Developed and Chaired Teaching Programme
- Member of Hospital Governance Management Team Meeting
- Set up working party AIMS Project (accreditation for Acute Inpatient Mental Health Services)
- Set up working party for Dual Diagnosis Project
- Medical/Clinical Manager for VOICE (Very Own Information and Consultation Executive) Process
- Member of Clinical Risk Management Committee Meeting
- Member of MEDS Managing Meeting
- Member of Steering Group for CPA (Care Programme Approach) Development
- Chair of Clinical Governance Management Team Meeting
- Set up Multidisciplinary Team for Picu and Low Secure Female Service
- Set up working party in developing Medics Handbook at Middleton St George's Hospital, February 2007
- Developed Compliance Therapy and Psycho-Education approaches with Schizophrenia and Bipolar Illness, February 2007
- Set up Professional Advisory Group, March 2007
- Member of Expert Witness Institute

INTERESTS

Jogging and going on long walks
Playing Tennis and Badminton
Reading Biographies and Histories