

## **Shamrock Assist**

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## **CURRICULUM VITAE**

### **SRA Locum Template**

It is of importance that all our CVs are received in the same format. We appreciate if you could fill this template out and return to [info@sralocum.com](mailto:info@sralocum.com). Should you have any questions please contact : Shahid Ali, Locum Coordination Consultant, SRA Locum (00353 1 685 4700).

#### **PERSONAL DETAILS AND CONTACT INFORMATION**

**Name:** Zahoor Ahmad  
**Date of Birth:** 15/01/1969  
**Address:** 4 Stratton Lawn, Adamstown, Lucan, County Dublin

#### **REGISTRATIONS**

**Registration body:** Irish Medical Council, Ireland  
**Registration status:** Specialist Registration General Adult Psychiatry  
**IMC Number:** 162091

**Registration body:** General Medical Council  
**Registration status:** Full without licence to practice  
**GMC Number:** 6079895

#### **MEMBERSHIPS AND LICENSURE**

<b>Member Royal College of Psychiatrists</b>	Feb 2015
<b>Member Irish college of Psychiatrist</b>	Nov,2017

#### **QUALIFICATIONS/EDUCATION**

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<b>Bachelor of Medicine, Bachelor of Surgery (M.B.B.S)</b>	University of Peshawar , Pakistan 4 <sup>th</sup> April,1994
<b>Diploma in Clinical Psychiatry, Ireland</b>	Royal college of Physician and surgeons Ireland , October,2007
<b>Diploma in Healthcare Management</b>	ICM, UK ,August 2010
<b>Certificate in Psychopharmacology (CNIP)</b>	January ,2011
<b>Member Royal College of Psychiatrists, UK</b>	United Kingdom, Feb 2015

### EMPLOYMENT HISTORY ONE– POSTS HELD

#### **Locum History**

<b>DATE</b>	<b>GRADE</b>	<b>AREA</b>
5 <sup>TH</sup> SEPT 2022 – PRESENT	CONSULTANT PSYCHIATRY	KILDARE/WEST WICKLOW MENTAL HEALTH

**Post Title:** Locum Consultant Psychiatrist  
**Specialty:** General Adult Psychiatry, Inpatient and Community Mental health team  
**Dates:** 8<sup>th</sup> June 2015  
**Post Type:** Full Time

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**Institution:** Kildare/west Wicklow mental health services, Naas, County Kildare, Ireland

**Line Managers:** Dr. Donal O'Hanlon

**Duties:**

**Clinical**

- Management of Kildare west Wicklow mental health services patients in the acute Psychiatric unit, Department of Psychiatry Portlaoise Hospital.
- Assessment and management of general adult psychiatry patients in the community settings
- Involved in regular clinical assessment of complex patients where there were concerns regarding diagnosis, medication, compliance and complexity involved in individual cases presenting with mental health crisis.
- Referring patients to specialized national Rehabilitation programme and liaison with national Rehab team for smooth transfer of patients
- Conducting outpatients' clinics for new and follow up review patients.
- I coordinate and liaise with other health care professionals, health service managers and administrative staff and other agencies.
- Management of patients in day hospital and community settings
- Chairing weekly multidisciplinary Meeting where patients are discussed, and the team is able to draw and update the individual care plan with the patients and their families.
- Administered ECT in lakeview unit
- Participation in the consultant on call rota and provide cross cover for other sectors/consultant colleagues
- Liaison with various sectors team for proper follow up of patients in the community after discharge.
- Providing the medical lead role in the Multi-Disciplinary Agency Team for individual case management.
- Undertaking psychiatric assessment of persons in their own homes where this is the most appropriate response to the need of the patients
- Taking part in mental health tribunals and preparation of reports for tribunals
- Providing clinical expertise and clinical leadership to other teams as a part of patient pathway
- Helping in the implementation of local mental health policies, mental health commission guidelines regarding the care of patients.
- Providing liaison services to other specialties both in Regional hospital Portlaoise and Naas general hospital.

**Management:**

- This is a consultant led team
- Participating in ensuring the provision of effective clinical services including implementation of the Health services Executive best practice guidance for Mental Health Services
- Participating in planning, steering and working groups and subjects relevant to special interests or general area of work and contributing in a positive and constructive manner to the development of services and new innovations.
- Participating in relevant management training courses as part of personal development and to ensure effective delivery of services.

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- Maintaining a healthy positive working relationship with all medical, non-medical, clinical managerial colleagues in the interest of best outcomes for patients.
- Participating in mandatory training (clinical and non-clinical)

### **Teaching and Training:**

- Providing supervision to the junior medical staff working with him and generally participating in the academic and teaching programmes
- Taking part in teaching and clinical supervision of undergraduate medical students from Limerick university medical school and other health professionals attach to the team.
- Conducting and participating in audits aiming to improve the services locally as well as actively participating in the Kildare mental health and DOP, Portlaoise audits.

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**Post Title: Registrar/Acting Consultant Psychiatrist (General Adult)**

**Specialty:** General Adult Psychiatry

**Dates:** 12<sup>th</sup> January 2015 to 7<sup>th</sup> June 2015

**Post Type:** Full Time,

**Institution:** Kildare/West Wicklow Mental health services, Mideast Team, Naas, County Kildare

**Line Managers:** Dr. Alyson Lee

**Duties:**

- This post gave me the experience required to work as a leader of the multidisciplinary team in the absence of my consultant.
- I also worked independently as a consultant psychiatrist for two weeks in the South Kildare team which gave me good exposure to lead the multidisciplinary team.
- I have also been given responsibility to manage the patients attending the acute day hospital which involves risk assessment, care planning and meeting with families.
- I helped the community mental health team in assessment and management of acutely unwell patients.
- I did domiciliary visits with Community Mental health team.
- I participated in Mentalization based treatment programme started by Mid east team
- I led the Induction Programme for new trainees and actively participated in the teaching programme.
- I also worked in acute inpatient unit and participated in MDT care planning meetings
- I took part in Audit for improvement of services.
- I did two outpatient clinics weekly for review and new patients
- I was on a regular first on - call Rota for the acute inpatient unit, Emergency department and general hospital liaison services.
- Took detailed psychiatry history
- Took Psychiatric histories and carried out mental state examinations

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- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Participated in EOLAS educational programme for various patients groups and their families

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**Post Title:** Senior Registrar, Locum  
**Specialty:** Rehabilitation Psychiatry  
**Dates:** 14/07/ 2014- 11/01/2015

**Post Type:** Full time, fixed term,  
**Institution:** Kildare/West Wicklow mental health services, St Mary's, Naas, County Kildare, Ireland  
**Supervisor:** Dr. Donal O'Hanlon  
**Duties:**

- My work included looking after rehabilitation patients in the hospital, transitional unit, high support hostels and medium support hostels.
- Assessment and placement of recovering patients in community and referring patients to workshops.
- Attended management meetings and transfer of patients from acute psychiatric unit to rehabilitation ward.
- First on call in as a registrar in a 1:11 rota covering acute admission wards, General medical wards, Rehabilitation units, and A& E of Naas General Hospital and gained experience in managing various psychiatric emergencies including dealing with application of the Mental Health Act 2001.
- Experience of looking after the physical and mental wellbeing of chronic psychiatric patients in long stay wards and hostels in the community.
- Liaison consultation to Accident and Emergency in Regional hospital, Portlaoise.
- Liaison consultation to medical, surgical wards in Naas General hospital.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations and Balint groups.
- Participated in EOLAS educational programme for service users and their families

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**Post Title:** Registrar  
**Specialty:** General Adult Psychiatry  
**Dates:** 13/01/2014 to 13/07/2014

**Post Type:** Full time, fixed term,  
**Institution:** Mid-West kildare mental health Services, TUSNUA, Kildare Town, County Kildare, Ireland.  
**Supervisor:** Dr. Maria Morgan  
**Duties:**

- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call rota for Emergency Department Naas General Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Participated in EOLAS educational programme for service users and their families

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**Post Title:** Registrar  
**Specialty:** Substance Misuse/Addiction Psychiatry  
**Dates:** 08/07/2013-12/01/2014  
**Post Type:** Full time, fixed term,  
**Institution:** National Drug treatment Centre, Dublin ,Ireland  
**Supervisor:** Dr. Michael Doran  
**Duties:**

- This post allowed me to gain skills in the comprehensive assessment of patients with addiction problems
- I initiated treatment and discharged patients to primary care.

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- I also gained experience in detoxification and treatment of withdrawals from various substances including opiates, benzodiazepines and alcohol while working in the residential drug detoxification unit.
- I actively participated in weekly Journal club and Case Presentations.
- I participated in first on call Rota for detoxification unit
- I learned motivational interview techniques

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**Post Title:** Registrar

**Specialty:** General adult Psychiatry/Home base Treatment programme

**Dates:** 14/01/2013- 07/07/2013

**Post Type:** Full time, fixed term,

**Institution:** North Kildare Mental Health team, Celbridge, County Kildare ,Ireland

**Supervisor:** Dr.Patrick Gibbons

**Duties:**

- worked in a Home Care Treatment Programme and Day Hospital participated in treatment care planning, assessment of new patients in the clinic and admitting and reviewing patients in the day hospital setting.
- Took detailed psychiatry history and carried out mental state examination
- Ordered, checked and followed various blood tests and investigations.
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call Rota for Emergency Department Naas General Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Participated as a clinical expert in EOLAS collaborative educational programme for service users and their families

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**Post Title:** Registrar

**Specialty:** General adult Psychiatry/Liaison psychiatry



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**Dates:** 09/01/2012-13/01/2013

**Post Type:** Full time, fixed term, training post

**Institution:** Kildare/West Wicklow Mental health Services, Naas, County Kildare, Ireland

**Supervisor:** Dr.Patricia walsh

**Duties:**

- Took detailed psychiatry history and carried out mental state examination
- Ordered, checked and followed various blood tests and investigations.
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call rota for Emergency Department Naas General Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Participated as a clinical expert in EOLAS collaborative educational programme for service users and their families
- Carried out ECT in Lakeview Psychiatric Unit under the supervision of the consultant psychiatrist.
- Attended psychotherapy tutorials and weekly teaching programme.

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**Post Title:** Registrar

**Specialty:** Psychiatry OF Later life

**Dates:** 11/07/2-11-08/01/2012

**Post Type:** Full time, fixed term, training post

**Institution:** ST,Jamse's Hospital Dublin ,Ireland

**Supervisor:** Prof.Brian Lawlor

**Duties:**

- Assessment of patients in the Day hospital and acute unit
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Ordered interpreted and followed various investigations



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- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- 
- Participated actively in old age emergency assessment and psychology services
- Gained experience in assessment and management of dementia and delirium
- I was on regular first on-call rota for St. James's hospital.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations

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**Post Title:** Registrar

**Specialty:** General adult Psychiatry

**Dates:** 10/01/2011-10/07/2011

**Post Type:** Full time, fixed term,

**Institution:** Kildare/West Wicklow Mental health services, Naas, County Kildare, Ireland

**Supervisor:** Dr. Michael Doran

**Duties:**

- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call rota for Emergency Department Naas General Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Gained experience in cognitive Behavioral therapy and completed a CBT for depression under the supervision of Dr. Murphy

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**Post Title:** Registrar  
**Specialty:** Child and Adolescent Psychiatry  
**Dates:** 01/07/2010 to 09/01/2011  
**Post Type:** Full time, fixed term, training post  
**Institution:** LINDARA, CAMHS, Athy, County Kildare  
**Supervisor:** Dr. Elma Hedderman  
**Duties:**

- Assessed deliberate self-harm in children & adolescents
- Participated in the management of pervasive childhood disorders, affective & psychotic disorders in children
- Managed children & adolescents with severe behavioural problems including conduct and oppositional defiant disorders
- Acquired skills in interviewing & assessing families knowledge of early development & attachments, & their relationships to adult adjustment disorders
- Acquired good knowledge of assessment approach to children & adolescents
- Ran ADHD clinics in Athy and Newbridge.
- Linked with appropriate agencies in care of children & adolescents
- Acquired good knowledge of child protection legislation
- Contributed actively during multi-disciplinary meetings.
- First on-call as a register covering acute inpatients at Warrenstown Hospital, Dublin.
- Prepared discharge notes and summaries
- Attended weekly academics programme in cherry Orchard Hospital Dublin

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry/community Psychiatry  
**Dates:** 01/01/2010-30/06/2010  
**Post Type:** Full time, fixed term,  
**Institution:** North Kildare Mental health services, Kilcock, County Kildare, Ireland  
**Supervisor:** Dr. Shiela McGauran  
**Duties**

- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds

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- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users' homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call rota for Emergency Department Naas General Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations
- Trainee Representative for the Dublin University Psychiatric Rotational Training Programme.

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**Post Title:** Registrar

**Specialty:** General adult Psychiatry/Community Psychiatry

**Dates:** 01/07/2009-31/12/2009

**Post Type:** Full time, fixed term,

**Institution:** Kildare/West Wicklow Mental health services, Naas, County Kildare, Ireland

**Supervisor:**

### **Duties**

- Worked in a community-based Day Hospital and Home Care Team  
Actively participated in treatment care planning of patients after comprehensive psychosocial assessments
- Attended weekly outpatient clinics, including new and review patients.
- Assessed patient as urgent referrals.
- Managed patients on the inpatients acute ward
- Attended weekly outpatient clinics, including new and review patients.
- Managed patients on the inpatients acute ward.
- Participated in weekly multidisciplinary meetings
- Assessed and managed patients on domiciliary visits with community psychiatric nurses.
- Administered Electroconvulsive therapy under supervision.
- Liaison consultation to medical and surgical in Naas General Hospital
- First on call in as a registrar in 1:11 rota covering acute admission wards and A&E Hospital Naas general Hospital and gained experience in managing various psychiatric emergencies including dealing with application of the Mental Health Act 2001.
- Assessment and management of a wide range of psychiatric disorders under supervision, in both outpatient and inpatient settings.
- Attended weekly teaching programme and participated in Audit.

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry/Community Psychiatry  
**Dates:** 01/01/2009-30/06/2009  
**Post Type:** Full time, fixed term,  
**Institution:** Adelaide, and National children Hospital, Tallaght, Dublin 24 ,Ireland  
**Supervisor:** Dr.Yolande Furguson  
**Duties;**

- Worked in Ballyfermot Mental Health Services which is in a busy and socially deprived area.
- Gained experience in assessment and management of various adult mental health illnesses both in the community and inpatient unit.
- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder, substance abuse in Day Hospital and Community
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Carried out domiciliary visits to service users homes and answered any correspondence when required
- Participated actively in liaison psychiatric services
- I was on regular first on-call rota for Emergency Department AMNCH,Tallaght Hospital, Acute Psychiatric unit and General hospital wards.
- Attended and participated actively at the weekly teaching sessions that consisted of case and journal presentations

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry/Homecare treatment programme  
**Dates:** 01/07/2008-31/12/2008  
**Post Type:** Full time, fixed term, training post  
**Institution:** Kilrush Day Hospital, Ennis, County Clare, Ireland  
**Supervisor:** Dr.Marie McLoughlin  
**Duties**

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- Worked in a community-based Day Hospital and Home Care Team
- Actively participated in treatment care planning of patients after comprehensive psychosocial assessment
- Gained experience in treating patients in the community through the Home Care Treatment Programme and in the Day Hospital
- I worked with patients living in rural as well as urban settings and had frequent domiciliary visits as part of home care treatment programme..
- Assessed patient as urgent referrals.
- Attended weekly outpatient clinics, including new and review patients.
- Managed patients on the inpatients acute ward.
- Participated in weekly multidisciplinary meetings
- Assessed and managed patients on domiciliary visits with community psychiatric nurses.
- Administered Electroconvulsive therapy under supervision.
- Liaison consultation to medical and surgical in Naas General Hospital
- First on call in as a registrar in 1:11 rota covering acute admission wards and A&E Ennis General Hospital and gained experience in managing various psychiatric emergencies including dealing with application of the Mental Health Act 2001
- Attended weekly teaching programme in Galway University Hospital and Ennis general hospital

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry  
**Dates:** 01/07/2008-31/12/2008  
**Post Type:** Full time, fixed term,  
**Institution:** St. James's Hospital Dublin, Ireland  
**Supervisor:** Dr. Rita Condrón  
**Duties:**

- Got exposure to a broad range of psychiatric illnesses in an urban setting.
- Assessed patients in both inpatient and outpatient settings.
- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder and substance abuse
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up

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- I was on regular first on-call rota for Emergency Department St. James's Hospital, Acute Psychiatric unit and General hospital wards.
- Attended weekly lectures and teaching in St. Patrick's University Hospital and St. James's Hospital Dublin.

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry  
**Dates:** 01/01/2007-31/12/2007  
**Post Type:** Full time, fixed term,  
**Institution:** St.James's Hospital Dublin ,Ireland  
**Supervisor:** Prof.Aiden Corvin  
**Duties:**

- Got exposure to a broad range of psychiatric illnesses in an urban setting.
- Assessed patients in both inpatient and outpatient settings.
- Took detailed psychiatry history
- Carried out mental state examinations
- Conducted capacity and risk assessment of service users
- Conducted physical examination of service users
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder and substance abuse
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- I was on regular first on-call rota for Emergency Department St. James's Hospital, Acute Psychiatric unit and General hospital wards.
- Attended weekly lectures and teaching in St. Patrick's University Hospital and St. James's Hospital Dublin.

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**Post Title:** Registrar  
**Specialty:** General adult Psychiatry  
**Dates:** 01/03/2007-30/06/2007  
**Post Type:** Full time, fixed term,  
**Institution:** Adelaide, Meath & National Children's Hospital Tallaght, Dublin 24.

**Supervisor:** Dr. Eammon Kenny

**Duties:**

- Got exposure to a broad range of psychiatric illnesses in an urban setting.
- Assessed patients in both inpatient and outpatient settings.
- Took detailed psychiatry history

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- Carried out mental state examinations
- Conducted risk assessment and physical examination
- Managed patients with general psychiatry cases such as depression, schizophrenia, bipolar affective disorder and substance abuse
- Contributed actively during multi-disciplinary meetings and ward rounds
- Updated case notes and other records of service users according to the hospital procedures
- Prepared discharge notes and summaries and liaised with the appropriate agencies including General Practitioners to ensure appropriate follow-up
- Participated on first on-call rota for Emergency Department Tallaght Hospital, Acute Psychiatric unit and General hospital wards.
- Attended weekly lectures and teaching in St. Patrick's University Hospital and Tallaght hospital Hospital Dublin.

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**Post Title:** Medical Officer/SHO  
**Specialty:** General Practice  
**Dates:** 01/07/2006-28/02/2007  
**Post Type:** Full time, fixed term,  
**Institution:** Civil Hospital Khawazakhela, Swat Pakistan  
**Supervisor:**  
**Duties:**

- I worked as a medical officer in THQ Hospital Khawazakhela, Swat.
- Assessed patients in general medical outpatients and in the inpatient unit.
- Assessed and managed people with infectious diseases and other medical conditions.
- Performed minor surgical procedures

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**Post Title:** Demonstrator/Lecturer  
**Specialty:** Pathology  
**Dates:** 01/07/2002-30/06/2006  
**Post Type:** Full time, fixed term,  
**Institution:** Saidu Medical College,swat Pakistan  
**Supervisor:** Prof:Anwar Ali Khan  
**Duties:**

- Performed minor surgical procedures
- worked as a Lecturer/Demonstrator in Saidu Medical College, Swat
- Taught Microbiology to third year medical students
- participated in practical demonstrations and examinations

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**Post Title:** Lecturar  
**Specialty:** Basic medical Sciences



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**Dates:** 01/07/2000-30/06/2002

**Post Type:** Full time, fixed term,

**Institution:** Paramedical Institute swat, Pakistan

**Supervisor:** Dr.Muhammad khan

**Duties:**

- worked as Lecturer in the Paramedical Institute where I taught basic and clinical subjects to health technicians and paramedics
- Participated in practical demonstrations and examinations

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**Post Title:** Medical Officer

**Specialty:** General Practice

**Dates:** 23/11/1995-23/06/2000

**Post Type:** Full time, fixed term,

**Institution:** Basic Health unit,Shalpin,Swat Pakistan

**Supervisor:** Dr.Siraj Khan

**Duties:**

- According to the requirements of the Government my first role was in primary health care.
- This provided me with invaluable experience in working in the community in the preventive side of medicine.
- I supervised community health workers
- I participated in Polio eradication programme

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**Post Title:** Medical Officer

**Specialty:** General Practice

**Dates:** 11/04/1995-22/11/95

**Post Type:** Full time, fixed term,

**Institution:** Swat Pakistan

**Supervisor:** Dr.Bakhat Jamal

**Duties:**

- I worked as a general practitioner in the rural area of district swat
- I gained experience in history taking, physical examination, assessment and management of common medical conditions under supervision

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**Post Title:** Internship

**Specialty:** Surgery and Allied

**Dates:** 11/10/1994 to 10/04/1995

**Post Type:** Full time, fixed term,

**Institution:** Lady Reading Hospital Peshawar, Pakistan

**Supervisor:** Prof.Muhibullah Khan

**Duties:**

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- Performed early morning ward-rounds to assess clinical state of patients on the wards
- Performed medical consultations at the outpatient, inpatient and emergency clinics
- Collected blood and fluid samples from patients for laboratory investigations
- Conducted physical examination on inpatient and outpatient units
- Attended surgical theatre for a number of surgical procedures and performed a few under supervision
- Was on regular on-call rota

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**Post Title:** Internship

**Specialty:** Medicine and Allied

**Dates:** 11/04/1994 to 10/10/1994

**Post Type:** Full time, fixed term,

**Institution:** Lady reading Hospital Peshawar Pakistan

**Supervisor:** Prof.Alaf khan

**Duties:**

- Performed medical consultations at the outpatient, inpatient and emergency clinics in an urban setting
- Managed patients with tropical medical cases such as Malaria, Tuberculosis and general medical cases such as diabetes mellitus, hypertension, cardiac failure, ischemic heart diseases
- Performed cardiopulmonary resuscitation, venipunctures, and lumbar punctures
- Supervised community health workers and other junior staff.
- Participated and presented cases during clinical meetings.
- Was on regular on-call rota

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### PRESENTATIONS

#### **Audit**

- Outcome of patients in a community Mental Health Setting in six months period .North East Kildare Mental Health Services Dec 2009 Presented in Naas Hospital
- PRN medication in acute Psychiatric unit Naas general Hospital Hospital June 2010, Presented in Naas Hospital
- Smoking cessation at Psychiatric Outpatients Mid East Kildare Mental health services, December 2012, presented in Naas Hospital and won best Audit prize
- Audit on ECG monitoring in inpatient setting,13 June 2014, presented in Naas hospital and won the best Audit Prize
- Evaluation of quality and compliance with protocol set out for care plans and admission procedure in Lakeview unit, December 2014, presented in Naas hospital and got first audit prize
- AUDIT on Medication Management, Lake view Unit 2018, Presented in Naas.

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- AUDIT on ITCP Lakeview UNIT, Naas 24/01/2018
- Audit on Medication Prescription and Management, DOP, Portlaoise March 2018
- Audit on Medication Prescription and Management, DOP, Portlaoise 07/12/2018

### **Oral Presentations:**

- Presentations on EOLAS educational programme for people with chronic mental illness to the service users and their families, 2013-2014
- Presentation on Individual treatment care plans NAAS General hospital, 2008
- Presentation on Clozapine induced Myocarditis, 2014 Naas general Hospital
- Presentation on Fitness for interview by Gardaí, Naas General Hospital, 2016
- Presentation on Capacity assessment, Naas General hospital, 2016
- Journal Club presentation Naas hospital, Method of attempted suicide as predictor of subsequent successful suicide, Cohort study BMJ 201004/05/2012
- Case Presentation, Suicide Risk Management, Naas hospital 05/10/12
- Case presentation, Assessment for fitness to be interviewed and capacity assessment, Naas 17/04/2015
- Presentation on clinical Audit Naas hospital, 08/8/2014
- Case Presentation, Difficulties in Risk management in a patient with both Axis I and II disorders, Naas hospital, Dr McGauren, s team
- Case presentation, Naas hospital East team 04/05/2012
- Case Presentation, Catatonia Dr .Doran's team, 2013
- Journal club presentation, Predictors on two years outcome for patients with borderline personality disorder, 2009
- Case Presentation, Difficulties in Risk assessment. Dr. Gibbon, s team, Naas hospital, 2009

### **COURSES AND WORKSHOPS**

- EMDR Part 1,2,3 and supervision day 2018, Belfast and Manchester
- BLS, NAAS Hospital ,25/05/2018
- BMA, CESER Seminar, Antrim, UK, 14<sup>th</sup> March 2018
- Fire safety, DOP, Portlaoise 2017
- Fire safety training 09/11/2018, DOP, Portlaoise hospital
- Mental Health Act 2001, 02/11/2018, DOP, Portlaoise hospital
- Child First training, DOP, Portlaoise, 2018
- Management of Violence and Aggression 07/04/2017
- Western University Psychiatry course, Canada, 25<sup>th</sup> January to 30<sup>th</sup> January 2016
- BLS, Global medics Dublin 20 June 2015
- Mastering your Risk workshop 11 July 2015, Dublin
- Basic life support: Naas General Hospital, January 2014
- Psychological aspects of cancer care: St. James's Hospital, Dublin 8, May 2012
- ECT training course, March 2011, St Vincent hospital, Dublin

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- Communication and Self Awareness Training Course, Cathrine McAuley Centre, Dublin, January 2011
- Two-day training on Professional management of aggression and Violence Sep 2008
- Dementia Management Course, AMNCH, Tallaght, Dublin, June 2006
- De-escalation and Management of Aggressive Patients, National Drug Treatment Centre, Dublin, 2013.
- PIMS Symposium 2005 (meeting health challenges) 04-06 Mar 2005
- English Language Support Program for Instructor of Para Medic training conducted by British Council, 19<sup>th</sup> Feb to 3<sup>rd</sup> Mar 2001

### **Conferences Attended**

- Conference on sensible living optimizing well-being, UCD, Dublin 20th October 2018
- Psychiatry study day, Limerick University, 24/05/2018
- College of Psychiatry annual conference, 2017
- Psychiatry study day Limerick university, 14/12/2017
- College of Psychiatrists Ireland spring meeting 2015
- German association of Psychiatry, psychotherapy and psychosomatics conference, Berlin 27- 30 NOV, 2013
- German association of Psychiatry, psychotherapy and psychosomatics conference, Berlin 2014
- Irish college of Psychiatry trainee conference Dublin, Feb 2012
- CINP thematic meeting on stress, inflammation and depression, Trinity college Dublin June, 2015

### **Co-Curricular Activities**

- General Secretary of BKWS, patient welfare society AMC, 1991-1992
- Editor of Pushto section, Annual college magazine

### **Extracurricular activities**

- Traveling, listening to music and reading books

### **TEACHING AND TRAINING EXPERIENCE**

- Attended workshop on Effective clinical teaching programme, University of Limerick, 30<sup>th</sup> January to 6<sup>th</sup> March
- Participate in teaching medical students on psychiatric posting
- Participate in teaching Psychiatric and GP trainees on an on-going basis, during their induction sessions, and at their MRCPsych course
- Participate in teaching nursing staff members on an on-going basis

### **MANAGEMENT EXPERIENCE**

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- The assessment and treatment team that I am working in from last 42 months is a consultant led team.
- Successfully completed a course 'Diploma in Healthcare Management ,2010
- I was representative of Psychiatry trainees for two terms
- I attended allocation meetings and facilitated communication with respect to improving junior doctors training needs.
- I organized on call rota for NCHD for two years
- I am a member of the Risk Management Committee for the Kildare Mental Health Services

### **PSYCHOTHERAPY EXPERIENCE**

- Completed three parts and supervision day of EMDR therapy (52 hours) from Dr.Michael Paterson UK, March 2018 to sept,2018
- Completed a case of EMDR for PTSD under supervision Nov,2018
- Completed a case of CBT for Social Anxiety under Supervision, Dec,2018
- As a registrar I was involved in Cognitive Behavioral Therapy for depression and completed a case of CBT for depression under supervision of Dr. Murphy.
- Attended teaching sessions on CBT and Mentalization Therapy during my training.

### **REFEREES**