# Dr Ramandeep Kaur Patiala, Punjab, 147001 India

+918437680042

# [sandhuramandoc@gmail.com](mailto:sandhuramandoc@gmail.com)

## Professional Summary:

* Psychiatrist certified by the medical council of India with expansive experience in government sector working with an ethno-culturally diverse population , dealing with psychiatric conditions across all spectrums with a special focus in adult and addiction psychiatry .
* Experienced with all aspects of psychopharmacology having dealt with patients across all age

groups and psychiatric conditions and adept at psycho education ensuring treatment compliance, optimisation, and all adverse drug reactions, keen interest in responsibly measuring outcomes of new modalities such as ketamine and tms.

* Able to eﬀectively partner with other team members within complex organisational

structures and other specialties as part of consultation liaison psychiatry

* Experienced in chronic mental conditions and oﬀering specialized support of women and child and adolescent mental health issues.

## Skills:

* Proven and eﬀective communication skills with patients, families, and other medical professionals.
* Highly communicative and positive professional ﬂuent in English, Hindi and Punjabi

language..

* Leadership abilities to lead and manage practice staﬀ in providing patients with quality care.
* Highly organised, which allows me to keep appointments, records, and patient details in order.
* Detail oriented, which reduces mistakes made in patient treatment, diagnosis, and

medication administration.

* Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals.

## Work history:

### Senior Resident: Government medical college and Rajindra hospital, Patiala, Punjab- 2nd September 2021-3rd September 2022.

* + Working as a senior resident in a tertiary care hospital, managing OPD and IPD patients with psychiatric illness, substance use disorders.
  + Handling and executing the state de-addiction programme in the district
  + Monitoring operations of outpatient opioid assisted treatment under government medical college, Patiala
  + Handling a daily opd of about 20-30 patients other than the ones enrolled in the de-

addiction programme.

* + Handling an inpatient 30 bedded psychiatric facility and 50 bedded Model de-addiction centre.
  + Consulting with police and district administration to help curb and curtail ongoing drug

menace, regularly visiting central jail, Patiala for identification, assessment and management of psychiatric illness among jail inmates.

* + Teaching MBBS students, BDS and nursing students.
  + Providing medicolegal assistance, disability certification in patients with chronic mental illness and mental retardation.
  + Organising mental health awareness camps, disability certification camps under Punjab

government.

* + Providing consultation liason among various other departments.
  + Providing psychotherapy sessions to patients with mental illness, behavioural management among children and adolescent, interpersonal conﬂicts, marital disputes.

### Junior Resident| Government medical college and Rajindra hospital, Patiala, Punjab- May 2018- August 2021.

* + Detailed history taking, mental status examination, diagnosis and treatment of patients suﬀering from acute and chronic mental conditions.
  + Planned and delivered comprehensive treatment of psychiatric patients using principles of rationale drug therapy.
  + Wrote medical prescriptions, detailing side eﬀects and possible adverse reactions to keep patients informed and alert of potential issues.
  + Performed relevant investigative and therapeutic procedures like electroconvulsive therapy (ECT) and rTMS.
  + Treated patients undergoing substance abuse treatment, detoxification and recovery in in- patient treatment facility.
  + Implemented therapeutic regiments involving medications and other interventions to mitigate symptoms and prevent reoccurrence.
  + Identified serious conditions and emergency situations and immediately referred to hospital for prompt care.
  + Teamed with other physicians, specialists and health care providers to provide well-rounded care for complex cases.
  + Engaged with other professionals to impart knowledge and discuss best treatment courses.
  + Administered high level of care to patients though active listening.
  + Provided multiple psychotherapy sessions among patients with psychiatric illness, stress management, behavioural issues in children and adolescents, marital disputes, interpersonal conﬂicts etc.
  + Taking classes of MBBS, BDS and nursing students.

### House Surgeon, Government Multi-speciality Hospital, Sector -16, Chandigarh| Jan 2018- april 2018.

* + Analyzed patient’s medical histories, medication allergies, physical conditions and examination results to determine best procedure.
  + Informed patients of risks prior to procedures to assist families and patients in making educated decisions for personal care.
  + Performed minor, outpatient surgical procedures.
  + Gathered medical history and addressed patient questions and concerns regarding health and treatment.
  + Ordered and analyzed tests such as x-rays, CT scans and MRIs to help diagnose wide range of medical conditions.
  + Administered pain relief medication.
  + Collaborated with other medical professionals to check patient wishes and care.
  + Educated patients on recovery methods and times.
  + Updated charts and patient information to show findings, treatments and medications.

### Medical Intern, Government Multi-speciality Hospital, Sector -16, Chandigarh| Jan 2015- December 2015.

* + Wrote detailed and professional progress notes for each patient, outlining notable events and examinations findings.
  + Completed daily rounds to check on patients and identify any reasons for concern.
  + Assisted patient medication administrations using various methods such as intravenous, intramuscular, oral, subcutaneous and pulmonary.
  + Collected data on patients, including labs and test results.
  + Responded to medical emergencies to help stabilize and treat patients.
  + Built strong foundation in medical practice by contributing to diﬀerent areas of patient care and administrative practice.

## Education:

* May 2018- August 2021 – Post graduation in Psychiatry- Government Medical college and Rajindra Hospital, Patiala
* August 2010- December 2014 – MBBS – Adesh Institute of Medical Sciences and Research, Bathinda, Punjab

## Research:

* Thesis: To study therapeutic efficacy of Aripiprazole augmentation in Treatment Resistant Obsessive Compulsive Disorder.
* Quality of life among patients with obsessive Compulsive Disorder: Impact of stigma, severity

of illness, insight and beliefs (accepted by pubmed indexed journal).

* Study to evaluate the psychiatric morbidity using MINI questionnaire in patients diagnosed with CKD: A cross sectional study

## Additional Information:

* Paper presentation on "Quality of life in patients with Treatment resistant OCD before and after aripiprazole augmentation".
* Presented symposium on "The Second Brain" at Annual National Conference of Indian

Psychiatric Society, Kolkata, 2019.

* Organised drug awareness camp on international day against drug abuse and illicit trafficking 2019, 2020, 2021.

## Training Programs:

* One month neurology training program in December 2019 from National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore.

## Hobbies:

* Dancing gives me joy and happiness. It's a kind of sport that every generation enjoys. Since the days of my childhood to this day, I have learned (Bhangra (Folk dance), Salsa) and performed on various occasions.