

Sajid Arshad M.D
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Summary: Passionate psychiatrist with research education and clinical experience. Trained in Adult and Child Psychiatry

EDUCATION:

- Post Graduate Certification in Clinical Research (completed in 2021)
- *Institution:* Drexel University School of Medicine, Philadelphia USA
- Bachelor of Medicine and Surgery - M.B.B.S (1995-2001)
Institution: Dow Medical College, Karachi, Pakistan (W.H.O recognized)

Training Summary:

Completed Training in Adult and Child Psychiatry from New York

Licensure:

Active: NY State Medical License , New Jersey

DEA: Active NY , NJ

Citizenship: USA

Clinical platform: EPIC (Mostly). Also familiar with Meditech and eCW.

ACCOMPLISHMENTS:

- Chief Fellow: Child and Adolescent Psychiatry 2019-2020.
- Awarded best resident PGY-1 of psychiatry in 2011-12
- **Research Studies:** comparing the externalizing factors, socialization, and resilience in a group of children 6-17 admitted in in-patient psychiatry with history of incarceration in the family to a group of children with no such history.
- Presented in Brooklyn Psychiatric Society (2nd Prize). Accepted in ACAAP.
- **Poster presentations:**
Anti-psychotics: Poster presented at presentation for externs by residents
Mirtazapine to reduce the effects of methamphetamine: A randomized controlled trial
Grand Round Presentation:

Common Psychiatric Disorders in Children and Adolescents.
Brookdale Hospital Brooklyn NY
Personality and Misconduct Correlates of Body Modification and
other Cultural Deviance Markers. Poster presented at: Grand Rounds
in psychiatry; Brooklyn, NY

Memberships:

American Psychiatric Association (APA)
American Academy of Child and Adolescent Psychiatry (AACAP)
AHIMA (American Health Information Management Association)

WORK EXPERIENCE:

Child Psychiatrist: NYCHHC: 02/2023 to current

Responsibilities:

Diagnostic Interviewing with Adult Psychiatric patients
Comprehensive review of patient Symptoms (ROS) Medication
Management.
Following up with Medication management and side effects
Supportive psychotherapy and refer to specific therapy if needed.

Locum Psychiatrist: 09-2022 to 02-2023
St Joseph hospital Elmira NY

Diagnostic Interviewing with Adult Psychiatric patients
Comprehensive review of patient Symptoms , Medication Management.
Following up with Medication management and side effects

Essen Medical Associates: 03/2022 to 05-2023
(8-10 hrs weekly Tele-psychiatry)

Responsibilities:

- Diagnostic Interviewing with Adult Psychiatric patients
- Comprehensive review of patient Symptoms (ROS) Medication Management.

- Following up with Medication management and side effects
- Supportive psychotherapy and refer to specific therapy if needed.

Resident psychiatry

Resident in Adult Psychiatry:

Lincoln Hospital Medical Center: 07-01-2020 to 06-30-2022

Responsibilities:

- Clinical Interview to diagnose mental health conditions
- Discussing differential Diagnosis with the attending and devising a treatment plan.
- Rotation at Weill Cornell Psychiatry at NewYork-Presbyterian Westchester Division
- Rotations through Clinical Neurology, Consultation and Clinical Research
- Emergency Psychiatry Rotation to assess, diagnose and treat Psychiatric emergencies

Chief Fellow Child And Adolescent Psychiatry:

07/2019 – 06-2020

Fellow in Child and Adolescent Psychiatry:

07/2018 – 06-2020

Brookdale University Hospital Medical Center Brooklyn NY USA

Responsibilities:

- Administrative help and supervision of first year fellows in Child and adolescent fellowship
- Diagnostic Interviewing with Children and Adolescents
- Comprehensive review of patient Symptoms (ROS)
- History taking including Development history, Educational history and integrating collateral information
- Making Biopsychosocial Diagnostic formulations and treatment plan
- Supportive and CBT therapy.
- Observing side effects of psychotropic such as Serotonin syndrome, metabolic syndrome, and EPS.
- Family meeting and collateral from school, child care agencies involved and treatment team.

Clinical Documentation Specialist:

02- 2015 – 06-2018

Richmond Medical Center University Hospital Staten Island NY
Acuity Delivery Systems 7th Ave New York City
Coding Services Group

Reason for Leaving: Joined Psychiatry Fellowship training at
Brookdale Hospital

Responsibilities:

- Comprehensive review of patient chart.
- Extract relevant clinical information using EMR
- Collect information about medical diagnoses and treatments
- Produce reports that health providers can analyze to determine problems or areas of improvement.
- Communicating with health-care staff members specially physicians to explain their findings (Query)

Resident Medical Officer of Emergency:

07-2013 - 08-2014

King Faisal Hospital, Al Quryat, Saudi Arabia

Reason for Leaving: Moved back to USA

Responsibilities:

- Attending all emergencies coming to ER
- Performing initial assessment of the cases
- Referring or admission/discharge of the patients.
- Performing relevant tests and radiological investigations

Resident Psychiatry: (PGY-1 training)

07-2011 - 09-2012

Brookdale University Hospital and Medical Center Brooklyn, NY USA

Reason for leaving: Had to leave training due to ECFMG
certification issue

(12 months credit for this training was given)

Responsibilities:

- Performing mental examinations (interview) of the Patients on a daily basis.
- Discussing Patients' illnesses and observations while attending.
- Observing Patients for any side effects of medication.
- Teaching students, doing presentations and journal club

- Completed Neurology, Medicine and Consultation Psychiatry rotation

Patient coordinator (Medication technician):

02-2009-06-2011

Sacred Heart Senior Living, Saucon Valley Pennsylvania, United States

Reason for Leaving: Joined PGY-1 training in Brookdale Hospital

Responsibilities:

- Worked with team for Care of Senior Residents in assisted living
- Observing senior citizens for side effects of different medications.
- Assessing for medical and psychological illnesses.
- Referral to the hospital as needed

Resident Medical Officer of Surgery

07/2005 - 08/2008

King Khalid General Hospital, Saudi Arabia

Responsibilities:

- Elicited history and performed physical examination.
- Attended surgical emergencies including trauma
- Processed patients' initial workup, diagnosis, and resuscitation.
- Did retrospective Study regarding Thyroid Carcinoma.

Resident Medical Officer:

011/2004- 06/2005

Railways Hospital, Dadu, Pakistan

Responsibilities:

- Elicited history and did Mental and Physical examination.
- Attended all cases coming to the Emergency Department and performed patients' initial workup, diagnosis, and resuscitation.
- Patient and family counseling about health issues and preventive medicine.

Resident Medical Officer of Surgery

04/2003- 011/2004

(Started working night shift along with Asghar Hospital from 04/2003 to 06/2003)

Zia Ud-Din Medical University Hospital

Responsibilities:

- Elicited history and performed physical examination.
- Attended surgical emergencies.
- Processed patients' initial workup, diagnosis, and resuscitation.
- Administered pre and post operative care of in-patients.
- Assisted major surgical procedures in General and Allied Surgery

Medical Officer:

04/2002-06/2003

Asghar Psychiatric Hospital, Karachi, Pakistan

Responsibilities:

- Elicited history and performed physical examination.
- Processed patients' initial workup, diagnosis, and resuscitation.
- Filling patient data before presenting a case for the psychiatrist.

House Officer (Intern) Medicine and Surgery:

05/2001-04/2002

Civil Hospital Karachi Pakistan

Responsibilities:

- Performs medical examinations of in and out-patients
- Diagnosed and presented cases under supervision; made daily ward rounds; wrote and maintained up-to-date case records and medical reports.
- Prescribed medical treatment based on medical examinations and diagnosis. Referred patients to professional superiors for more detailed attention, as necessary.

Volunteer Work:

- Volunteer Research Assistant:
- 11-2010 - 03-2011 ((Part time - continued to work during this time at Sacred Heart Senior Living PA as Medication Technician)
- New York University, Alzheimer's and Aging Research center NYC
- Responsibilities:
- Assisting (Prof Barry Reisberg) with research article search
- Collecting Data using inclusion/exclusion Criteria
- Assisting in Patient examination and specimen collection

References will be provided on request

