

SPECIALISMS

Alienation
Antisocial Behaviour
Anxiety
Bereavement
Bipolar
Capacity
Chronic Pain
Cultural Diversity
Custody
Depression
Epilepsy
Fabricated Illness
Historic Sex Abuse
Mood Disorder
Munchausen
Neglect
Non-Accidental Injury
OCD
Pain Management
Perinatal
Personality Disorders
Postnatal Depression
Psychosexual
Psychosis
Psychosomatic
PTSD
Radicalisation
Risk
Schizophrenia
Self Harm
Sex Change
Sex Offenders
Sexual Abuse Victims
Sexual Harassment
Stroke
Suicidal Ideation
Together and Apart
Trafficking
Trauma

CASE TYPES

Clinical Negligence
Coroner's Reports
Criminal
Disability Discrimination
Educational
Employment Tribunal
Family Proceedings
Fitness to Plead
Forensic
Historic Sexual Abuse
Housing
Immigration & Asylum
Litigation Capacity
Occupational Health
Personal Injury
Risk Assessments
Road Traffic Accident
Second Opinion
Student (16+) Mental Health
Testamentary Capacity
Somatoform Illness
Medically Unexplained Symptoms

GMC Number: 6098898 (CCT in General and Liaison Psychiatry)

MEDICO-LEGAL EXPERIENCE

I am a senior Consultant Psychiatrist with a special interest in the interface between Psychiatry and Law. I author approximately 100 medicolegal reports annually.

Apart from law firms, I have also been commissioned to provide expert opinion by the General Pharmaceutical Council and Solicitors Regulation Authority. I work as a Health Assessor for the General Medical Council to prepare medico-legal reports for doctors facing fitness to practice hearings.

I have undertaken **report writing training** with GMC, Royal College of Psychiatrists and Bond Solon as follows:

- Bond Solon, March 2017
- GMC Health Assessor and Report writing for doctors, Nov 2016 & 2017
- Writing for Court: RCPsych, 06th Dec 2012, London

Expertise & Special Interests:

- Depression, Anxiety and Bipolar disorder
- PTSD
- Clinical negligence
- Psychotic disorders, Schizophrenia
- Post-traumatic stress disorder
- Domestic violence
- Drug and alcohol issues
- Personality disorders
- Mental capacity, litigation capacity and Fitness to plead
- Pre-sentence reports
- Medical negligence
- Stress-related disorders

INTRODUCTION

I am a senior **Consultant Adult Psychiatrist** with experience of working in a variety of clinical settings and dealing with challenging legal scenarios. I have been trained at the world renowned Institute of Psychiatry, London. I have been **awarded with multiple NHS Quality Improvement & Clinical Excellence Awards**.

Along with my clinical role, **I am a Training Programme Director for Psychiatry**. I have also worked in the NHS as an expert for Serious Untoward Investigations cases.

I have been a **medicolegal expert for a number of years and complete an average of hundred reports per year. I am able to take instructions for urgent reports**. I have taken instructions as an expert witness in clinical negligence, civil, family, criminal law and immigration proceedings. I have been instructed by private companies for **Occupational Psychiatry reports, expert report for Employment tribunals, medical negligence & personal injury cases**.

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Dr Muffazal Shabbir Rawala

MSc MRCPsych M.B., B.S

Consultant Adult Psychiatrist

I have expertise in dealing with work related stress, depression, anxiety, psychotic illness, PTSD and cPTSD in asylum seekers, OCD and personality disorders.

I have a Master's degree in Culture and Health with a focus on Transcultural Psychiatry and work with a variety of ethnic groups. I am **fluent in English, Gujrati, Urdu and Hindi** and also regularly work with interpreters.

I am able to do reports at short notice and have access to private consultation rooms in Luton and Central London. I am also able to travel to solicitors' offices if needed with a short turnover time for reports.

QUALIFICATIONS

- **Clinical Certificate in Psychopharmacology, British Association of Psychopharmacology:** September 2013.
- **MSc in Transcultural Mental Healthcare (Distinction), Queen Mary University of London:** August 2011.
- **MRCPsych: Royal College of Psychiatrists, UK:** October 2010
- **M.B., B.S:** Karachi Medical & Dental College, KMDC. [Jan 2004] University of Karachi, Pakistan.

CERTIFICATIONS:

- Approved Clinician Training London/North Thames 2014
- CCT in General Adult Psychiatry London Deanery 2014
- Section 12 Approval London/North Thames 2011

APPOINTMENTS HELD (Consultant Experience February 2014 onwards)

Clinical:

Consultant Psychiatrist Nov 2014 - present
and Training Programme Director
Luton Community directorate, East London NHS Foundation Trust

Consultant Psychiatrist as an added role (from Oct 2016—Sep 2017)
Court Liaison and Criminal Justice team, Luton

Consultant Psychiatrist (fixed term post) Feb 2014 till Oct 2014:
Whittington Hospital / Highgate Mental Health Centre, Camden and Islington NHS Foundation Trust.

Non-clinical:

- **Executive Member of Liaison Faculty, Royal College of Psychiatrists (Jan'17 onwards) Royal College Tutor for Psychiatry trainees in Luton (Feb'17—March 2020)**
- **Chair Medical Staff Committee, Luton and Bedford division, East London NHSF Trust (2016-2018)**
- **Health Assessor and Medical Examiner, General Medical Council**

Higher Specialist Psychiatry Training February 2011 - January 2014
Guys and The Maudsley Rotation

Basic Specialist Psychiatry Training August 2007 - January 2011
Barts' and The London Rotation

Foundation Year One and Two August 2005 - July 2007
Royal Victoria Hospital, Belfast

PLAB exam preparation and UK migration February 2004—July 2005

PUBLICATIONS

Martin S, Rawala M. Suicide patterns on the London Underground railway system, 2000-2010. *BJPsych Bulletin*, Volume 4, Issue 5, October 2017.

Mental Health in General Hospitals: Treat as One. Case reviewer and examiner for National Confidential Enquiries into Patient Outcome and Death, 2017 (<http://www.ncepod.org.uk/2017mhgh.html>)

Maitra B, Rawala M. 'Culture' in child mental health assessments. *Context-psychology* Vol 140, August 2015

National Schizophrenia booklet for primary care. GPonline, Haymarket publishing, June 2015.

Malik R, Rawala M. Clinical Review: Delirium. *General Practitioner*, April 2015.

Malik R, Rawala M. Clinical Review: Generalized Anxiety disorder. *General Practitioner*, June 2014.

Rawala M, Gupta S. Use of Community Treatment Orders in an inner city London Assertive Outreach Service. *The Psychiatric Bulletin* 2014; 38,13-18, doi: 10.1192/pb.bp.112.042184

Rawala M, Saleem S. Clinical Review: Bipolar Affective disorder. *General Practitioner*, March 2013.

Rawala M. Postnatal Depression: Should I ask the question? *General Practitioner*, Vol 5, Feb 2012

The M6 to Psychiatry. The Royal College of Psychiatrists, London Division Newsletter. Autumn 2011, Issue 18, p6.

QUALITY IMPROVEMENT PROJECTS & CLINICAL AUDITS

Development of a Mental Health triage tool and risk assessment in Emergency Department, Luton and Dunstable hospital, Oct 2016.

Assessment of a Liaison Psychiatry service – qualitative data collection to facilitate service expansion. Presented at Liaison Psychiatry Annual conference, May 2015.

To reduce self harm on an acute psychiatric inpatient unit. Quality Improvement Project as part of 6 month course on Quality Improvement by London Deanery. Feb-July 2012.

First prize winner at the Annual London Conference 2013: Engaging in Quality and Safety Improvement

Influence of cultural formulations in mental health problems. Conducted with Dr Maitra, Child Psychiatrist, East London NHS Foundation Trust [ELNFT]

Use of radiological investigations in the assessment and management of dementia patients. City and Hackney Centre of Mental health, London. March 2009.

Availability of standard medical equipment in adult psychiatric wards. City & Hackney Centre of mental health, London. Feb 2008

The management of cardiovascular risk factors in type 2 diabetics with serious mental illness currently inpatient at Knockbracken healthcare park, Belfast. 2006



POSTERS

I Assessment of effectiveness of a Psychiatry training day for the acute hospital. Liaison Psychiatry conference, London May 2015.

Community treatment orders experience and implications in a deprived inner city London borough. European Psychiatric Association Annual Congress, April 2013, France.

Using Quality Improvement in Psychiatry: Experience of reducing self harm on a psychiatric unit. Annual London Conference 2013: Engaging in Quality and Safety Improvement, March 2013. **First Prize Winner.**

Reduction of Deliberate self harm on an acute psychiatric inpatient unit. Presented at Safety Connections conference, King's Health Partners, 2012.

An evaluation of incorporation of cultural factors in CAMHS case formulation. Presented at the World Congress of Cultural Psychiatry, March 2012, London.

Historical and Cultural Overview of Eating disorders in Men; Focus on anorexia and the male body through centuries. Presented at World Congress of Cultural Psychiatry, March 2012, London.

Use of radiological investigations in assessment and management of dementia. Presented at the London Psychiatry trainee conference 2009.

Availability of standard medical equipment in psychiatry wards. Presented at the London Psychiatry trainee conference 2009.

TEACHING EXPERIENCE

COVID-19 and Psychiatry risks—Webinar, July 2019

Development of Psychiatry teaching for voluntary sector, Jan—Aug 2020.

Facilitator for Court report writing teaching day, Dec 2019.

Development of teaching module, 'Emergency Psychiatry in Acute hospital' for junior doctors at Luton and Dunstable hospital, Jan 2017.

Development of Quarterly Psychiatry training day for physicians, Nov 2016 onwards

Development of thematic weekly Psychiatry teaching programme for Bedfordshire psychiatrists June 2015-Jan2016.

Commencement of Bedfordshire Psychiatry film club – Jan 2016

Active involvement in setting up a clinical teaching module for A&E and acute hospital nursing staff for psychiatric presentations in a general hospital – Feb 2014 onwards.

Co-editor of Residents' Forum on Global Medical Education, USA (Jan 2013 till Dec 2013) (<http://gmeded.com/resident-editorial-board>)



Speaker at MATCH (Multiagency training for City and Hackney) seminar on Historical and Cultural Overview of Eating disorders, CAMHS Jan, 2010.

Participated in Medical Schools Council – Assessment Alliance (formerly UMAP) question writing workshop for medical students, Queen Mary University of London, Nov 2009.

AMHP training workshop re: Substance Misuse. May 2010. Co-presented with Dr Whitely, Consultant Clinical Psychologist at Specialist Addiction Unit, Hackney.

March 2009: Perinatal case discussion group for MRCPsych trainees, Barts and The London Training scheme.
December 2008: Lecture on perinatal psychiatry disorders to fourth year medical students, Barts' and The London Medical School.

TEACHING EXPERIENCE

- Developing clinical teaching, Faculty development, London deanery. February 2009.
- Introduction to Clinical teaching, Faculty development, London deanery. September 2008
- Teaching and learning in the clinical context: Organized by the London Deanery Feb 2007.
- Community oriented medical education – Tutor training programme on Problem based learning. This 3 day workshop was organized by the World Health Organization.

PRESENTATIONS

- Psychiatry risk assessment in criminal justice systems, Psychiatry regional teaching, Nov 2017.
- Delirium in primary care, Nov 2016.
- Introduction to Liaison Psychiatry – cost analysis of a service. Bedfordshire regional Higher trainees meeting. June 2015.
- Self harm and suicide risk assessment, Junior doctor medical induction, East London NHS Foundation Trust, April 2015.
- Somatoform disorders and the case of multiple scans. Grand Medical Round, Luton and Dunstable hospital, Jan 2015.
- Psychiatry on the medical wards. Liaison Psychiatry teaching module for Whittington hospital staff, April 14
- Quality Improvement in Psychiatry: How to get started? Calman SpR Teaching day, Institute of Psychiatry, Aug 2013.
- Findings from a Quality Improvement project in reducing self harm in an acute inpatient unit. Psychosis CAG Care Pathways meeting, 22nd July 2013.
- Fragmented in Metropolis – The nomad in London; A young man's triangle of distress-Religion, Sex and Psychosis. Grand Round, Institute of Psychiatry, London, October 2011.
- CAMHS presentation on school age workers in Britain.
- Case presentation: Schizoaffective disorder with psychogenic polydipsia, Tower Hamlet centre for Mental health, London, June 2009.
- Elderly Abuse in the community. Primrose resource centre, City and Hackney centre for mental health, London. August 2008.
- Psychiatric manifestations of thyroid dysfunction. Case conference, City & Hackney centre of mental health, London. August 2008.

RESEARCH EXPERIENCE

- Suicide as a zero event on the London underground. Supervisor: Dr Geraldine Strathdee. A project with NHS London and British Transport Police. (awaiting publication)
- Systematic review of historical and cultural overview of eating disorders in men. Research project for MSc in Transcultural Mental HealthCare.



MANAGEMENT EXPERIENCE

Clinical lead for Liaison psychiatry service. Involved with sustainability & transformation plans for Liaison Psychiatry.

Psychopharmacology lead, involved with Clinical Commissioners.

Representative for Local Negotiating committee.

Chair of Medical staff committee.

Led on writing the operational policy for newly reorganized ageless Liaison Psychiatry service at Camden & Islington NHS Foundation Trust, April 2014.

Trainee input into reorganization of Perinatal Psychiatry services at South London and Maudsley NHS Foundation Trust, 2013.

National Higher Trainee representative for General Adult Psychiatry Faculty, Royal College of Psychiatrists, 2012.

Member of the Calman Committee: To help with organizing the SpR Calman training days. South London and Maudsley NHS Foundation Trust. April 2012.

Presentation at Trust away day regarding service evaluation and clinical needs in Psychiatric Intensive Care, Oxleas NHS Foundation Trust. July 2011.

Attended Management Course for SpR's at Institute of Psychiatry. 6th and 7th April 2011.

BMA Local Negotiating Committee representative for East London NHS Foundation Trust, May09 till January 2011. London representative for British Association of Physicians of Indian Origin (BAPIO) January 2009 till present.

Junior doctor representative at quarterly Mental Health liaison meeting with London Ambulance Service and Metropolitan Police. East London NHS Foundation Trust, 2010.

WORKSHOPS, SYMPOSIUMS & COURSES

- **Bond Solon training in court presentation and report writing**, March 2017.
- **Quality Improvement Bedfordshire Conference**, Feb 2017
- **Annual General Adult psychiatry conference, RCPsych**, October 2016
- **GMC Health Assessor and Medical supervisor training day**, October 2016
- **Annual Old Age psychiatry conference, RCPsych**, March 2016
- **Annual Liaison Psychiatry conference, RCPsych**, May 2015
- **Telepsychiatry conference, RCPsych**, April 2015.
- **Clinical supervisors training, East of England deanery**, March 2015.
- **Faculty of General and Community Psychiatry Annual Conference: RCPsych**, Oct 2014, Brighton.
- **Affective disorders Psychopharmacology Module**, British Association of Psychopharmacology, 19th and 20th September 2013, Newcastle, UK.
- **Advanced Course in Liaison Psychiatry**, University of Manchester, 24th – 28th June 2013.
- **Schizophrenia Psychopharmacology Module**, British Association of Psychopharmacology, 09th and 10th May 2013, Manchester.
- **Second Annual London Conference 2013: Engaging in Quality and Safety Improvement: 27th March**, London.
- **Writing for Court: RCPsych**, 06th Dec 2012, London.
- **King's Health Partners Patient Safety Conference, Safety Connections 2012: KHP**, 12th Oct 2012, London.
- **Faculty of General and Community Psychiatry Annual Conference: RCPsych**, 11th Oct 2012, London

