



GMC No. 6041251

Approved Clinician under Section 12(2) of MHA 1983

SPECIALISMS

ADHD (Diagnosis)
ADD (Diagnosis)
ADHD
Addiction
Antisocial Behaviour
Anxiety
Bereavement
Bipolar
Capacity
Dementia
Depression
Drug/Alcohol/Substance Misuse
Eating Disorder
Mood Disorder
OCD
Personality Disorders
Postnatal Depression
Psychosis
Risk
Schizophrenia
Self-Harm
Suicidal Ideation

CASE TYPES

ADHD
ASD
Capacity Certificates
Clinical Negligence
Coroner's Reports
Criminal
Fitness to Plead
Forensic
Mental Health Tribunal
Occupational Health
Second Opinion
Testamentary Capacity

SUMMARY

Experienced clinician, management consultant and entrepreneur with a distinctive healthcare and managerial expertise:

- **Experienced psychiatrist** with experience across multiple specialties in psychiatry in inner London, mainly based in South London & Maudsley and Oxleas NHS FTs with CCT in General Adult and Substance Misuse Psychiatry. Experience working across community, liaison, PICU, MSU and male & female acute inpatient units.
- **Extensive commercial and managerial expertise** developed through MBA and as management consultant with experience across the healthcare value chain: clinicians, patients, payers, providers, integrated care organisations, pharma and medical device companies.
- **Experienced in innovation and entrepreneurship:** As a CEO of London based tech startup, launched an innovative and award winning IoT wearable, wellbeing monitoring product.
- **Led high performing and cross-cultural teams often spread across geographies** to deliver on complex and high priority problems facing my clients as management consultant and also as CEO of a tech startup.
- **Experience of developing and delivering solutions** for complex healthcare issues across different settings of care and stakeholders spanning the healthcare value chain – both as clinicians and as management consultant.

In my current role as Consultant Psychiatrist of a female acute inpatient unit (2 days) and a male PICU (3 days), I lead multidisciplinary team delivering high quality care:

- Lead multi-disciplinary ward rounds, discharge planning meetings and CPA meetings
- Lead mental health and risk assessment; diagnostic formulation and care plan development of patients with complex psychiatric disorders
- Prepare medical reports for Mental Health Review Tribunals and Manager's hearings
- Supervision of two core trainees and one specialty trainee on the female ward; and one core trainee, one specialty trainee and a staff grade doctor on PICU
- Attend key management meetings for the inpatient unit

In my part-time role in private Consultant Psychiatrist and as Medical Member of Mental Health Tribunals:

- Lead assessments and medication of ADHD patients
- Provide psychiatric and MHA expertise to Mental Health Tribunal panel





CURRENT APPOINTMENTS

- **Locum Consultant Psychiatrist, General Adult Psychiatry (Female Acute Ward & Johnson PICU)**
 - Ladywell Unit, University Hospital Lewisham, South London & Maudsley NHS FT
 - 3 days a week in a 10-bedded PICU and 2 days a week in 16-bedded Female Acute ward
 - October 2022—ongoing
- **Consultant Psychiatrist, General Adult Psychiatry (Neurodevelopmental disorders)**
 - Psychiatry UK: undertaking ADHD diagnostic assessments and treatment initiation
 - Part-time
 - December 2022—ongoing
- **Consultant Psychiatrist, Appointed Medical Member for First Tier Tribunal, Mental Health**
 - Ministry of Justice
 - Part-time
 - August 2022—ongoing

PREVIOUS APPOINTMENTS

- **Locum Consultant Psychiatrist, General Adult Psychiatry (Female Acute Ward)**
 - Ladywell Unit, University Hospital Lewisham, South London & Maudsley NHS FT
 - 16-bedded Female Acute ward
 - October 2020—October 2022
- **Locum Consultant Psychiatrist, General Adult Psychiatry (Multiple short-term roles across different teams)**
 - Ladywell Unit, University Hospital Lewisham, South London & Maudsley NHS FT
 - Roles included providing consultant cover for Community Early Intervention Service, Liaison, PICU, Acute Adult Female Ward, Community Psychosis Team and Community Personality Disorder Team
 - August 2018—September 2020
- **Locum Consultant Psychiatrist, General Adult Psychiatry (Acute Inpatient Ward)**
 - Green Park House, Princess Royal University Hospital, Oxleas NHS FT, Orpington, BR6 8NY
 - 18 bedded mixed-sex inpatient and later female ward
 - May 2017—May 2018
- **Locum Specialist Registrar, General Adult Psychiatry (Female Inpatient Ward)**
 - Ladywell Unit, University Hospital Lewisham, South London & Maudsley NHS FT
 - 17 bedded Acute Female Ward
 - November 2016—April 2017
- **Founder & CEO, London-based Tech Startup**
 - Connido Ltd, Tech-based start-up developed and launched wearable IoT wellbeing monitoring solution
 - November 2016—May 2023





- **Management Consultant, Healthcare Practice (Permanent Substantive)**
 - McKinsey & Company, London
 - As a healthcare focused management consultant, managed C-level projects for leading healthcare providers, payers, pharma and medical device companies in UK, Europe and US
 - January 2011—November 2016
- **Specialist Registrar, Psychiatry (Permanent Substantive)**
 - South London & Maudsley NHS FT & Oxleas NHF FT
 - Rotated as SpR across different roles across general adult (inpatient and community), forensic (MSU), old age (inpatient and community) and substance misuse (community) psychiatry with busy on-calls across different sites
 - May 2007—December 2010
- **Staff Grade Psychiatrist (Permanent Substantive)**
 - South London & Maudsley NHS FT
 - Worked in CMHT including HTT
 - April 2006—April 2007
- **Senior House Officer, Psychiatry (Permanent Substantive)**
 - South London & Maudsley NHS FT
 - Rotated as SHO across different roles in general adult (inpatient and community), rehab (inpatient), old age (inpatient and community), and child & adolescent (community) psychiatry with busy on-calls at Ladywell Unit
 - February 2003—March 2006
- **Locum Senior House Officer, Psychiatry**
 - Ladywell Unit, South London & Maudsley NHS FT
 - Float Locum SHO covering across different inpatient wards with busy on-calls at Ladywell Unit
 - October 2002—January 2003
- **Experience in India**
 - Completed Pre-registration House Officer training across multiple specialties in a busy multi-specialty hospital in Delhi, India (March 2000 - March 2001)
 - Worked as a Senior House Officer (Resident Doctor) in A&E in a 500 bedded multi-specialty hospital in Delhi, India (July 2001 - July 2002)

KEY RECENT COURSES AND TRAINING

- Excellence in Report Writing—Bond Solon Course - 6th June 2023
- Seni-Lewis PVMA Training Course - 20th to 22nd March 2023
- UKAAN ADHD Training Course - 9th to 10th March 2023
- ADOS-2 Training Course - 21st to 23rd February 2023
- First Tier Tribunal Medical Member Induction - 22nd to 23rd September 2022
- AC Refresher Course - 21st September 2021
- Psychiatry UK ASD Induction Training - 18th January 2023
- Risk Training - 3rd November 2023





PROJECTS, AUDITS, SERVICE & QUALITY IMPROVEMENT ACTIVITIES

OTHER ACHIEVEMENTS

- **Specialist Training Committee SpR representative** for General Adult & Old Age for Guy's rotation. Initiated and helped achieve rationalise higher trainee representative structure in Guy's rotation, leading to greater trainees' involvement.
- Led the formation of the London Deanery Psychiatric Trainee Forum and was elected first **Chair of the Psychiatric Trainee Forum**. As chair, worked closely with other trainees across London to create consensus regarding the structure, membership, aims, objectives and functions of the forum. Apart from chairing, the Trainee Forum Committee meetings, attended the Deanery School of Psychiatry Board and Executive Committee meetings.
- Co-authored a chapter on Schizophrenia, PRN Psychiatry, published by Oxford University Press
- Published a paper: Delirium Scales—A review of current evidence in Ageing & Mental Health, May 2010
- Presented a poster on Delirium Scales in European Delirium Association Annual Meeting 2009, Leeds
- Granted patent for a connected wearable family monitoring solutions in the UK, US, EU & China
- As a management consultant, I worked with senior executives of NHS payer and providers and led many quality, operational and service improvement projects, including:
 - Led a project for UK mental health trust to identify strategic and operational opportunities to deliver the required transformation plan
 - Developed integrated transformation plans delivering improvements across quality, operations and finance for a number of hospitals
 - Redesigned PMO and service improvement programmes of a number of large foundation trusts
 - Designed and delivered a field-and-forum capability building programme for ~200 senior nurses and managers across 40 organisations covering one-third of England to achieve aspiration for eliminating pressure ulcers
 - Worked with a group of CCGs and providers to develop blue print for implementation of Integrated Care with a new outcome based reimbursement framework

