

*Curriculum Vitae*  
**Dr. Asef Zafar MBBS MRCGP**

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### **PERSONAL DETAILS**

Nationality:	British Citizen
Sex:	Male
Date of Birth:	7 <sup>th</sup> November, 1965
Languages Spoken:	English, Urdu, Hindi, Punjabi.
Qualifications:	M.B.B.S. (1994) MRCGP
GMC Medical Registration Number:	5207520 (Full Registration)
Marital Status:	Married

### **CAREER OBJECTIVES**

- To establish myself in Primary Care as a GP within a progressive dynamic team.
- To enhance my clinical, managerial and academic skills further by establishing an excellent partnership with my patients as well as within the team.
- To contribute further towards the best medical practice and care within my practice scope, setting an example at both Local and National level.
- To participate and contribute into any research project aimed at Primary Care Practice.
- I would like to improve my professional and personal development whilst maintaining a challenging and integrated environment.
- To generate more enthusiasm amongst new medical graduates towards general practice and work with the College towards education.
- Areas of interest are: Medico-legal Injuries in General Practice, Psychiatry and Minor Surgery.

### **EDUCATION**

Undergraduate:

June 1993	MBBS- Rawalpindi Medical College, Punjab University.
June 1986	FSc- Pre Medical-Obtained 1 <sup>st</sup> Position in the Azad Kashmir Distt.

School Education:

	Queen's School, Bushey (Herts). Abobttabad Public School, Abbottabad. Kotli Degree College, Kotli, A.K.
1981-1986	10 GCSE at Grade A A-Levels-Chemistry, Biology, Physics, Maths, General Studies (5 Grade A's)

### **PRESENT POSITION**

I am currently working at Grays Medical Practice as a GP.

The list size of 3500 with 3 Full time GPs working.

This is a 5 doctor internal PMS practice run by the Kingston PCT. It is a purpose built surgery serving a list size of 3500. Other staff members include a practice manager, assistant practice manager, three secretaries, three practice nurses, and three reception staff. I am on call every Monday and Tuesday of the week. On call duties consist of answering the telephone calls of the day, attending to any emergencies, home visits, responding to letters, printing and signing prescriptions and filing test results on the day. Practice meetings are held every month on designated days according to the calendar and attended by all staff members. CCG and local network meetings are also attended on allocated days. The practice is a high QOF achiever. I am currently on the Kingston PCT Performers List.

## **PREVIOUS POSITION**

I was working at Harley Grove Medical Centre in East London as a General Practitioner.

The list size of 6000 with 3 Full time GPs working. This is a PMS practice. I was doing 8 sessions a week including two days on call. This is a 5 doctor internal PMS practice in Tower Hamlets. This job has allowed me to expand my outlook and clinical acumen whilst developing my communication skills with a variety of patients from different socio-economic backgrounds. I gained an insight into health needs of these patients and a better understanding of the problems they faced. I also had the opportunity to work with different Healthcare professionals and the Tower Hamlets Health Care team, broadening my ability to work with people in different roles. I was the QOF Lead at the practice as well as taking on a number of other responsibilities including teaching junior staff, managing the day to day running of the practice and taking the initiative in carrying out audits and participating in the Friday educational programmes as well as a persistent focus on improving quality of service at the practice for our patients

## **EXPERIENCE AND SKILLS IN OTHER SPECIALITIES**

### **PSYCHIATRY EXPERIENCE & SKILLS**

**1<sup>st</sup> July 2003 to 31<sup>st</sup> December 2004: Registrar (General Adult Psychiatry/Drugs & Rehab/Old Age Psychiatry), Dublin University Psychiatric Training Scheme.**

***Consultants: Dr. Noel Kennedy, Dr. Declan Lyons, Dr. Matt Murphy***

- Recognized training post by the Royal College of General Practitioners and Royal College of Psychiatrists and Irish Psychiatric Training Committee.
- Intensive and high quality-training scheme.
- Rotated through St. Patrick's Hospital and St. Edmundsbury Hospital in Dublin which were tertiary referral services treating all forms of psychiatric illnesses.
- Experience to specialist approaches for managing refractory cases of Bipolar Affective Disorders, Depression and Anxiety Spectrum Disorders.
- Experience gained in different forms of psychotherapeutic approaches.
- Participating and leading Multidisciplinary Team Meetings.
- On-Call 1 in 10.
- Participated in ECT duties.
- Attended journal clubs, case conferences, half-day release teaching programmes and psychotherapy tutorials.
- Expert weekly supervision with my respective Consultants discussing various clinical topics.
- Taking initiative to teach undergraduate medical students from Trinity College, Dublin.
- *Lead and completed audit project.*
- Setting up, organizing and leading a 'Depression Workshop' along with other members of the team.
- Participated in the Therapeutic Committee meeting and offered suggestions towards service development.
- Facilitated and lead 'Motivation Groups' for alcoholics.
- Attended regular Consultant ward rounds, outpatient clinics and made referral appropriately.

### **PAEDIATRICS EXPERIENCE & SKILLS**

**1<sup>st</sup> July 2002 to 30<sup>th</sup> June 2003: Paediatric SHO (General Paediatric Medicine, Paediatric Accident & Emergency)The Adelaide & Meath National Children's Hospital, Dublin-22, Ireland.**

***Consultants: Dr. Mary McKay, Dr. Mervyn Taylor***

- Approved and recognized post by the Royal College of General Practitioners.
- Rotated through Paediatrics A&E and then General Paediatric Medicine for twelve months.
- Highly active and well-organized paediatric services.
- The post involved a broad experience in General Paediatrics.
- I was exposed to a broad range of medical problems in the paediatric population, which helped me tremendously in my learning curve for General Practice.
- I attended outpatients as well as exposure to acute paediatrics.
- The post was challenging and intense but provided excellent teaching both clinically and academically laying down a good foundation for General Practice.
- On Call 1 in 5.
- Participated in Multidisciplinary Case Management Reviews and Weekly X-ray Seminars.
- Actively participated in regular journal clubs, case conferences and had the *opportunity to teach medical undergraduate.*

## ACCIDENT & EMERGENCY EXPERIENCE & SKILLS

**1<sup>st</sup> July 2001 to 30<sup>th</sup> June 2002: Registrar (Accident & Emergency, The Adelaide & Meath Hospital, Dublin-22, Ireland.  
*Consultant: Mr. Geoff Keye***

**1<sup>st</sup> January 2001 to 30<sup>th</sup> June 2001: Registrar (Accident & Emergency, St. Vincent's University College Teaching Hospital, Dublin-4, Ireland.  
*Consultant: Mr. Robert McQuillan***

**1<sup>st</sup> July 1998 to 30<sup>th</sup> June 1999: SHO (Accident & Emergency Department, St. Vincent's University College Teaching Hospital, Dublin-4, Ireland.  
*Consultant: Mr. R.F McQuillan***

**1<sup>st</sup> January 1998 to 30<sup>th</sup> June 1998: Casualty SHO (Emergency Medicine, Mater Misericordiae Hospital, Dublin-7, Ireland.  
*Consultant: Dr. Peter O'Connor***

- I worked at superb A&E facilities of Ireland.
- Primarily as a Registrar my duties involved running the Minor Surgery Clinics and Review Clinics.
- Managing all major emergencies coming through the casualty with the help of other team members.
- Supervising junior colleagues, advising them and teaching them skills to work in A&E.
- *Improved my IT Skills* by working on various IT systems at different posts.
- I gained vast knowledge over the years, also competency and skills to manage various acute emergencies in Medicine.
- Providing On-Call according to the rota.
- My posts were recognized for training by the RCSI and the RCPI and the Royal College of General Practitioners.
- *I acquired leadership skills* by running acute emergency management cases with the help of my junior colleagues and other team members.
- I improved and polished up my communication skills. These skills I feel will help me in the future as a GP.
- I gained a broad experience in emergency management of acute medical cases and remained abreast of advances in A&E medicine and surgery.
- I also gained a skill of making quick decisive decisions in times of uncertainty that has given me confidence in decision-making now. I feel this is a quality that a GP needs and I was able to develop this through my A&E experience.
- I was involved in teaching junior staff.
- I attended various teaching seminars and X-ray Meetings. I was fortunate to present many interesting cases on these teaching days.
- I have also been involved in writing detailed medical reports for law firms representing patients as their clients in medico legal cases. I have also been involved in writing reports for the police.

## ORTHOPAEDICS EXPERIENCE & SKILLS

**1<sup>st</sup> July 2000 to 31<sup>st</sup> December 2000: Orthopaedics & Trauma SHO (Orthopaedics, Tullamore General Hospital ,Offaly, Ireland.  
*Consultant: Mr. David Cogley***

- This was a 52 bed Trauma and Orthopaedic Regional Unit in the Midlands covering all four counties.
- I was responsible for carrying out ward routine work and gained good organizational skills in the process.
- I looked after all minor & major surgery on the ward, assisted my Consultant in the OT .I was able to gain experience in post-op management of orthopaedic cases.
- I was able to carry out procedures e.g. Removal of K-wires, Application of plasters, Shoulder reductions,MUA etc.
- *I was able improve my clinical skills* in managing minor trauma cases essential for treating in a GP Minor Surgery set up.
- Participated in 1 in 4 on call rota.

## GENERAL MEDICINE EXPERIENCE & SKILLS

**1<sup>st</sup> January 1996 to 30<sup>th</sup> June 1997: Medical SHO(General Medicine, Mater Misericordiae Hospital, Dublin-7, Ireland.  
*Consultant: Dr. P. O'Connor, Dr. Edward Kealan***

- These posts were recognized and accredited by the RCPI and the Royal College of Practitioners.
- *I gained a broad range of clinical experience and skills* in assessment and management of medical conditions especially in internal medicine, cardiology, neurology and respiratory medicine.
- I found my medical experience useful in managing medical disorders.
- I also attended ward rounds with my consultant. *I learnt record keeping skills.*
- I also attended the out patient clinics and *was able to learn about the importance of continuity of care in General Medicine.*
- I participated actively in the weekly teaching on the academic side.

## **SUMMARY OF CLINICAL EXPERIENCE:**

### **GENERAL MEDICO-LEGAL EXPERIENCE**

My training has equipped me with skills and experience in delivering high quality, evidence based medical care. Specifically;

- I have attained proficiency in assessment, diagnosis and formulation of all forms of medical illness relevant to General Practice through direct assessment and integrating information from other sources.
- I have also gained competent skills in the management and treatment of medical conditions by employing or combining pharmacological, physical, psychological or social interventions as necessary or by seeking referral to specialist services.
- I gained a good grounding in theoretical knowledge of medical and sub specialty conditions as well a understanding and applying treatments in my routine clinical work.
- I have a large amount of experience in assessing the mechanism of an accident and how the symptoms may be affected by this. This includes both high and low velocity impact accidents, salon accidents, trips and falls, complex injuries at work and injuries sustained through assault.
- I have skills in identifying and prioritizing interventions for associated physical, psychological and social dysfunction including when and how to arrange appropriate after care such as residential rehabilitation or day programs.
- I have worked extensively in inpatient settings both public and private in Ireland , UK and Pakistan .I have developed clinical and leadership skills for this setting as well as General Practice and have on many occasions lead multidisciplinary team reviews ,planning immediate and after care. I have a strong sense of when and how to use inpatient care appropriately.
- I developed initiative, reliability, self-reliance and administrative abilities.
- I gained good experience in broad spectrum of medical problems and also have lead acute care community teams in Ireland .I have the skills and the experience in outreach work, risk management, balancing crisis management with routine tasks and working with families and colleagues.
- I have extensive experience and gained a good understanding of various Acts in Ireland and the UK.I have a firm understanding about litigation laws, patients' rights, and consent.
- I have been involved in the past writing reports for Medico legal agencies brought to the Tribunal. From these experiences I learnt that thorough clinical notes and good record keeping are essential to avoid litigation and I practice that religiously to prevent any mishaps in my day-to-day practice.
- I am competent at using WARP, XPORT, COREX, SMART and GRIP reporting systems and do over 3000 reports/year for various medico-legal agencies in the UK

### **PSYCHIATRIC/ PSYCHOLOGICAL EXPERIENCE**

- I gained extensive exposure into various forms of psychological interventions and this has expanded my personal therapeutic repertoire and greatly enhanced my assessment and formulation skills with complex or resistant patients, my ability to balance the cost and benefits of choosing between or combining psychological and drug treatments and my ability to collaborate with specialist psychotherapists.
- I gained good experience by doing CBT sessions myself under supervision particularly for anxiety spectrum disorders.
- I regularly engage in psychotherapy and seek expert opinion on understanding the psychodynamics. This I feel is a key skill that can be used to tackle difficult patients.
- I gained good experience in assessment and management of patients with alcohol, drug abuse and dependence.
- I have devised a care map for methadone patients.
- I have also experience with anxiety and depressions associated with Occupational Health hazards and road traffic accidents and have written reports involving anxiety relating to travel and accidents both on the road and at work.

### **MEDICO-LEGAL PAEDIATRIC EXPERIENCE**

- I gained good experience whilst working in Ireland and extensively in A&E, Outpatient services and on the ward.
- I understood the theoretical aspects and applied this knowledge competently in various childhood and adolescent disorders.
- I participated in regular Multidisciplinary team meetings.
- I have also done numerous medico-legal reports for various UK based agencies for children who have been injured in accidents and have very extensive knowledge in this field.

### **ARMY WORK**

- I have worked at various Army Bases and Barracks in the UK, e.g. Sandhurst, North Camp, Aldershot, Dennison Barracks and Duchess of Kent Barracks. I am quite familiar with the Army terminology and also the PULHEEMS system of grading and have done many OMMB, TMMB, Soldier Medicals, Discharge Medicals, etc.,

### **MEDICO-LEGAL PRISON EXPERIENCE**

- I have extensive knowledge of working in a Prison and understand the potential difficulties and issues that can present in this setting. I have also made may visits to prisons in the capacity of a medico-legal expert.

## CLINICAL/MEDICAL NEGLIGENCE MEDICO-LEGAL EXPERIENCE

- I have been instructed to provide the court with medical reports on several occasions dealing with cases where there has been an allegation of clinical and medical negligence.
- I am confident in my abilities as a General Practitioner and I am able to see where a doctor has made a decision that may have not been appropriate to the case.
- I am also able to look deeper into the reasoning of each decision and come to a tentative idea as to why each doctor decided to act in the manner that he did.

## OTHER MEDICO-LEGAL EXPERIENCE

- I feel adequately skilled to identify and initially investigate various pathological presentations requiring specialist referral through my medical experience and through the cases I have encountered with general medicine.
- *Personal Safety*- I attended a One-day course on 'Breakaway Techniques' at St. Patrick's Hospital.
- *IT Skills*-During my GP Registrar year I familiarized myself with the EMIS System. Furthermore I improved my IT skills whilst doing an audit and now after also working in various practices all over the country I can use EMIS, VISION, System One and ADAstra proficiently.
- *Communication Skills*-I have good communication skills that were verified by obtaining a Merit in the Video Consultation Skills Module of the MRCGP.
- *Leadership Skills*-By doing the audit with the help of my colleague's participation and raising awareness to better the standards of practice I have improved my teamwork and leadership skills with other staff members.
- *Working with Colleagues*-I have the ability to communicate effectively, delegate work appropriately and work as a team member or as a leader.
- *Teaching and Training Skills*- I have over the last year taken a great interest in teaching the nursing staff. This was apparent when I spoke about Obesity and the importance of BMI whilst doing my audit.

## MANAGEMENT & ORGANISATIONAL EXPERIENCE:

My managerial and organizational experience extends to a wide variety of clinical settings. I have been fortunate to work in specialist centres where resources and innovative leadership have led to the development of sophisticated and efficient service models.

## COURSES ATTENDED:

### 2006

- Minor Surgery Course-RCGP Bedfordshire Division (23-24.02.2006)
- Primary Care Conference - 'Cardiology' attended on (15.03.2006)
- Hot Topics Course-London, UK (25.03.2006)
- Medico-legal Seminar in Reading (30.11.2006)

### 2007

- Hot Topics Course –London UK (24.03.2007)

### 2008

- Hot Topics Course – London UK (26.09.2008)
- Guidelines Workshop, London - Incontinence in General Practice- (05.11.2008)
- Guidelines Workshop, London - Management of Asthma - (25.11.08)

### 2009

- CPR Training and First Aid-London (17.03.2009)
- An Introduction to Child Protection-SAFE child Online Course (18.05.2009)
- Sexual Health & HIV-Westminster PCT (27.03.09)
- Drugs & Substance Misuse-Westminster PCT (07.04.09)
- Mental Health & Wellbeing-Westminster PCT (30.04.09)
- Older People-Westminster PCT (12.05.09)
- Disabled People-Westminster PCT (18.05.09)
- Obesity-Westminster PCT (11.06.09)
- Alcohol Issues-Westminster PCT (16.06.09)
- Hot Topics Course – London UK

### 2010

- Hot Topics Course-London UK (25.04.2010)

**2011**

- Hot Topics Course-London UK
- CPR Training –London UK

**2012**

- Child Protection-SAFE Child Online Course
- RCGP Part 1 Substance Abuse Management – London UK
- Bond Solon Course on Expert Witness Reporting (10.12.2012)
- Bond Solon Courtroom Skills (11.12.2012)

**2013**

- Hot Topics Course-London UK (26.04.13)
- Bond Solon on Civil Law & Procedure Rules (7-8.2.13)
- Minor Surgery Course- RCGP London UK (4-5.06.13)
- Certificate in Medical Reporting: Whiplash Associated Disorder (CertMR2) (16.07.13)

**2014**

- Topics Course-London UK (23.04.2014)
- Travel Medicine Short Course -10.11.14 to 14.11.14-London School of Hygiene & Tropical Medicine (London UK)

**2015**

- I am currently undergoing a Diploma in legal medicine from Ulster University.

**RESEARCH & PUBLICATIONS:**

- Review Article- 'Rating Scales in Old Age Psychiatry'- Old Age Psychiatric Journal (30.06.2004)
- I undertook research work in Ireland that was a randomized controlled study which included 'Methods on Identification of Hazardous Drinkers in Primary Care'.
- Psychiatry Abstracts prepared from various Journals for -Hospital Doctor Sept/Oct. 2004.
- Pilot Study for Chilvers & McRea on A&E based GP Walk in Centres from April- June 2006.
- Quoted in article published in the popular Medico-Legal Industry magazine 'Your Expert Witness': Issue No.29 – Page 41 'New rules on whiplash could give rise to more GP Expert Reports' – June 2014
- Article published in the leading Medico-Legal Industry magazine 'The Expert Witness Journal': Volume:1 Issue No.9 – Pages 69-71 'Running an Expert Witness Practice – With expose and Q&A' – October 2014
- Article published in the popular Medico-Legal Industry magazine 'Your Expert Witness': Issue No.32 – Pages 33-35 'How To Avoid Becoming My Next Negligence Case' – March 2015

**INTEREST AND ACTIVITIES:**

- I am currently on the Board of Governors for Malden Manor Primary School, New Malden, Surrey. This role has allowed me to use my skills and expertise as a parent and a GP to be involved in various projects for the School .I am also on the various subcommittees and meet on a regular basis to give advice and make important decisions for the School.
- I have participated in a number of charities and fund raising events, involving marathon walks and cycling. My endeavours have supported Great Ormond Street Hospital Appeal, Save the Children and Roy Castle Cancer Appeal and Beaumont Hospital Foundation.
- I am also a keen sportsman, having represented my University at football and cricket for three consecutive years and was the Football Captain in the Final year of my Medical School.

**REFEREES:****Dr A Masood, MB, ChB, DRCOG, MRCGP**

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