

Curriculum Vitae

Dr. Asef Zafar

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PERSONAL DETAILS:

Nationality:	British Citizen
Sex:	Male
Date of Birth:	7th November, 1965
Qualification:	MBBS, MRCP
GMC Medical Registration Number:	5207520 (Full Registration)
Marital Status:	Married

EDUCATION:

Undergraduate:

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

School Education:

Queen's School, Bushey (Herts). Abobottabad 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*)

Present Position:

Dynamic leader with history of driving healthcare organisation profitability, while streamlining operations and ensuring delivery of highest-quality service to patients. Proven specialist with demonstrated track record of ensuring best physical and mental health of patients, providing education, and managing resources. Highly-skilled in handling complex issues, rendering best services, improving efficiency, and offering creative solutions to achieve objectives of an organisation. Thrives in team-oriented and challenging environments and adapt to the ever-changing demands of healthcare field. Versatile, reliable, and target oriented with winning mentality and approach.

Highlights of Expertise

- Healthcare Regulatory Compliance
- Patient Services & Advocacy Services
- Clinical Research & Analysis
- Emergency Management
- Healthcare Programme Administration
- General Physician Operation Management
- Quality Assurance & Quality Control
- Meeting Arrangements
- Conflict Resolution
- Teaching, Staff Development, & Leadership

Key Accomplishments

- ♦ Successfully established a medico legal practice for more than ten years ago and prepared comprehensive witness reports for numerous reputable solicitors and UK agencies for Courts.
- ♦ Attained name in merit list of video component of MRCGP Exam, as well as passed collective exams with excellent marks in general practice training.
- ♦ Enhanced healthcare performance through contributing in Pilot Study for Primary Health Care at Milton Keynes General Hospital for Chilvers & McRea.
- ♦ Designed accurate oral and video modules of MRCGP in 2005 and passed both designs with a merit.

Professional Experience

Jenner House Surgery, Farnborough, England

General Practitioner (Present)

I am currently working at Jenner House Surgery in Farnborough as a Salaried GP since July 2016. The list size of 10000 patients with 2 full time partners, 4 part time GPs working. This is a PMS purpose built surgery. Other staff members includes a practice manager, assistant practice manager, a pharmacist, a physiotherapist, several secretaries, four practice nurses, and several reception staff. My duties as the duty doctor consist of seeing patients face to face, answering telephone calls of the day, attending to any emergencies, home visits, responding to letters, printing and signing prescriptions, filing test results on the day and dealing with duty doctor responsibilities of the day. Practice and Clinical Meetings are held every week on designated days according to the calendar and attended by staff members. I also attend CCG, local network meetings on allocated days. The practice is a high QOF achiever. I am on the Kingston CCG Performers List. 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 have gained an insight into health needs of these patients and to better understand the problems they face.

(Previous Job)

I was working at Grays Medical Practice as a Salaried GP and the Prescribing Lead.

The list size of 3500 with 4 part time GPs working .This is a PMS practice.

I also carry out joint injections at the practice for patients from both practices

I was doing 4 sessions a week including one day on call. This was a 3 doctor internal PMS practice run by the Kingston CCG. It was a purpose built surgery serving a list size of 3500.Other staff members included a practice manager, assistant practice manager, three secretaries, three practice nurses, and three reception staff. On call duties consisted 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 were held every month on designated days according to the calendar and attended by all staff members .I also attended the CCG, local network meetings on occasions on allocated days for the practice. The practice was a high QOF achiever.

I am currently on the Kingston CCG Performers List at the moment as a Salaried GP.

EMPLOYMENT HISTORY:

<u>Date</u>	<u>Position</u>	<u>Institution</u>	<u>Consultant</u>
02.01.13 to 31.07.16	Salaried GP	Grays Medical Practice,KT9 1AG	Dr S Bruins
07.03.11 to 31.12.12	Salaried GP	Harley Grove Medical Centre,E32AT	Dr S Mugadasan/Dr S Tharmalingham
01.03.10 to 04.03.11	Salaried GP	South Park Surgery,RH2 8AX	Dr R.Thoppuram
01.06.08 to 28.02.10	Salaried GP	Milne House Medical Centre,W2 1RU Westminster PCT	Dr M Soe / Dr K Takhar
01.02.06 to 31.05.08	Sessional GP	Kingston PCT , Westminster PCT and other PCTs in the UK	Dr .N Iqbal / Dr Patricia Law
01.02.05 to 31.01.06	GP Registrar	1 Huntingdon Road Surgery, Cambridge, CB3 0DB	Dr Anthony Flinn
01.07.04 to 31.12.04	Adult Psychiatry Registrar	St.Edmundsbury Hospital, Lucan, Co.Dublin, Ireland.	Dr. Noel Kennedy
01.01.04 to 30.06.04	Old Age Psychiatry Registrar	St.Patrick's Hospital,James's Street, Dublin- 8,Ireland.	Dr. Declan Lyons
01.07.03 to 31.12.03	Drugs & Rehab. Registrar	St.Patrick's Hospital, James's Street, Dublin-8, Ireland.	Dr. Matt Murphy
01.01.03 to 30.06.03	Paediatric Medical SHO	The Adelaide & Meath & National Children's Hospital, Dublin-24, Ireland.	Dr. M. Taylor
01.07.02 to 31.12.02	Paediatric A&E SHO	The Adelaide & Meath & National Children's Hospital, Dublin-24, Ireland.	Dr. M. McKay
01.07.01 to 30.06.02	Registrar A&E	The Adelaide & Meath Hospital, Dublin-24, Ireland.	Mr. Geoff Keye
01.01.01 to 30.06.01	Registrar A&E	St.Vincent's University College Hospital, Dublin-4, Ireland.	Mr. Robert McQuillan
01.07.00 to 31.12.00	Orthopaedic SHO	Tullamore General Hospital,Tullamore, Co.Offaly,Ireland.	Mr. David Cogley

01.07.99 to 30.06.00	Medical SHO	Kotli General Hospital, Kotli, (A.K), Pakistan.	Dr. M. Z. Kaleem
01.07.98 to 30.06.99	Casualty SHO	St. Vincent's University College Hospital, Dublin-4, Ireland.	Mr. R.F. McQuillan
01.01.98 to 30.06.98	Casualty SHO	Mater Misericordiae Hospital, Dublin-7, Ireland.	Dr. Peter O'Connor
01.07.97 to 31.12.97	Surgical SHO	Kotli Clinic, Azad Kashmir, Kotli, (A.K), Pakistan.	Mr. M. Shah
01.01.97 to 30.06.97	Medical SHO	Mater Private Hospital, Dublin-7, Ireland.	Dr. Edward Kealan
01.01.96 to 31.12.96	Medical SHO	Mater Misericordiae Hospital, Dublin-7, Ireland.	Dr. Peter O'Connor
01.01.95 to 31.12.95	Paediatric SHO	Kotli General Hospital, Kotli, (AK). Pakistan.	Dr. A. Hameed
01.07.94 to 31.12.94	Medical SHO	Kotli General Hospital, Kotli, (AK). Pakistan.	Dr. M.Z. Kaleem
01.01.94 to 30.06.94	Medical Intern	Holy-Family Hospital, Rawalpindi, Pakistan.	Prof. K Bashir
01.07.93 to 31.12.93	Surgical Intern	DHQ Hospital, Rawalpindi, Pakistan.	Mr. Azam Yusuf

EXPERIENCE AND SKILLS IN OTHER SPECIALTIES:

PSYCHIATRY EXPERIENCE

1st July 2003 to 31st 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

1st July 2002 to 30th 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 undergraduates*

ACCIDENT & EMERGENCY EXPERIENCE

1st July 2001 to 30th June 2002: Registrar(Accident & Emergency, The Adelaide & Meath Hospital, Dublin-22,Ireland.

Consultant: Mr. Geoff Keye

1st January 2001 to 30th June 2001: Registrar (Accident & Emergency, St. Vincent's University College Teaching Hospital,Dublin-4, Ireland.

Consultant: Mr. Robert McQuillan

1st July 1998 to 30th June 1999: SHO (Accident & Emergency Department, St. Vincent's University College Teaching Hospital,Dublin-4, Ireland.

Consultant: Mr. R.F McQuilan

1st January 1998 to 30th 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

1st July 2000 to 31st 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

1st January 1996 to 30th 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.

OVERSEAS EXPERIENCE

1st July 1999 to 30th June 2000: General Medical SHO (General Medicine) Kotli General Hospital, Kotli , AK, Pakistan.

1st July 1997 to 31st December 1997: Surgical SHO (General Surgery) Kotli Clinic, A.K, Pakistan.

1st January 1995 to 31st December 1995: Paediatric & Neonatology SHO(General Paediatrics) Kotli General Hospital, AK , Pakistan.

1st July 1994 o 31st December 1994: Medical SHO(General Medicine) Kotli General Hospital, AK, Pakistan.

INTERNSHIP

1st January 1994 to 30th June 1994: Medical Intern (General Medicine) Holy Family Hospital, Rawalpindi, Pakistan.

1st July 1993 to 31st December 1993: Surgical Intern(General Surgery) District Headquarters Hospital, Rawalpindi, Pakistan .

SUMMARY OF CLINICAL EXPERIENCE:

General Medicines: 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 as understanding and applying treatments in my routine clinical work.
- 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.

Psychiatry/Psychological Therapy:

- 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

Paediatrics:

- 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.

Medico legal:

- I have gained 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.

Army:

- I have worked at various Army Bases and Barracks in the UK, eg 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, Medicals , Discharge Medicals , etc.,

Other:

- 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 , 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 audits.

TEACHING:

From time to time I also undertook teaching medical and nursing staff and I found this experience extremely rewarding and challenging. My skills extend to a wide variety of teaching methods-lecturing small groups, tutorials, role-play and the use of multimedia. I have taught nursing and medical staff during my previous posts on the following topics;

- Obesity-'Significance of recording BMI in hypertensive patients'
- Identification of hazardous drinkers in the Primary care
- Management of Bipolar Disorder
- Significance of Evidence Based Medicine in General Practice
- Eliciting effective history and mental assessment in children
- Importance of Screening in Breast Cancer
- Presentation at Case Conference- CSA

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 lead to the development of sophisticated and efficient service models. I have been engaged in the following;

- I took my own initiative and creativeness to set up a therapeutic programme in St. Edmundsbury Hospital on Depression. I set up a weekly 'Depression Workshop' for the in patients and coordinated the set up of a team. I found this job very challenging and rewarding.
- Audit-I also completed audit projects whilst working in St.Patrick's Hospital, St.Edmundsbury and Huntingdon Road Surgery. These audits enabled me to improve my organizational and managerial skills.

- Care Maps-I took an initiative to devise a care map for 'Obesity' and for 'Inpatient Detox Unit'.
- I lead the acute care team whilst working in A&E in Dublin and I also brought changes for the effective service development.

COURSES ATTENDED:

2005

- Domestic Violence Seminar-Hinchingbrooke Hospital, UK (02.03.2005)
- How to examine an Eye in General Practice-Cambridge Lea Hospital, UK (16.03.2005)
- Primary Care Ophthalmology-Eye injuries, Cambridge Lea Hospital, UK (16.03.2005)
- Child Health Promotion Course-Broomfield Hospital, UK (16-18.03.2005)
- Basic Theoretical Course for the DFFP-Ipswich Hospital, UK (11-13.04.2005)
- Hot Topics Course-London, UK (09.04.2005)
- Sports and Exercise Medicine: Helpful Hints for GP's-Cambridge Lea Hospital, UK (11.04.2005)
- Common Shoulder Problems in Sport-Diagnosis and Management-Cambridge Lea Hospital, UK (11.04.2005)
- Primary Care Conference-Birmingham NEC, UK (05.05.2005)
- Sexually Transmitted Infection Foundation Course-Peterborough, UK (17.05.2005)
- Screening for everyone including Liquid Based Cytology Training-Cambridge Lea Hospital, UK (18.05.2005)
- HRT Forever-Cambridge Lea Hospital, UK (18.05.2005)
- Basic Life Support and Choking-Addenbrookes Hospital, UK (29.06.2005)
- Dermatology 10 Diagnosis not to miss-Cambridge Lea Hospital, UK (22.09.2005)

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

COURSES ATTENDED CONT'D:

2011

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

2012

- RCGP Part Cert 1 on Substance Misuse Management (June,2012)
- Child Protection-SAFE Child Online Course
- Bond Solon Course on Expert Witness Reporting (10.12.12)
- Bond Solon Courtroom Skills (11.12.12)

2013

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

2014

- Hot Topics Course (London)
- Travel Medicine Course-5 days course (Royal College of Hygiene & Tropical Medicine)

2015

- Cosmetics Course in Dermal Filler & Botox-03.10.2015 –Harley Street, London UK

2016

- MedCo Mandatory Accredited Training for GP Expert Witness(13.03.2016)
- CPR Training & First Aid(18.05.2016)
- RCGP Certificate on 'Record Keeping: Data Quality, Protection and Patient Access'(17.05.16)

2017

- CPR Training & Safeguarding Level 3 (15.02.2017)
- Hot Topics Course -London (25.03.2017)
- ECG Interpretation |Preventing Avoidable Atrial Fibrillation in Primary Care (10.06.17)
- Avoid Harm & Reduce Your Risk (18.07.2017)
- Breast cancer diagnosis and management (23.09.2017)
- Uterine bleeding –diagnosis and management (23.09.2017)
- Upper Limb examination & Common problems (23.09.2017)

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.
- I have written various article for the 'Expert Witness Journals' and have had these published.
- I have also featured in the article "A day in the life of a medicolegal expert" in the Pulse Magazine a journal that is distributed to all GPs in the country.

AUDIT:

- 1) To determine the completeness & quality of physical assessment done at the time of admission to Hospital. St. Patrick's Hospital-(24.09.03)
- 2) To determine the incidence of Self Harm /Suicide Attempts during inpatient stay at Hospital-St. Patrick's Hospital-(20.10.04)
- 3) Recording BMI in all Hypertensive patients in a Large City Practice- Summative Assessment Written Project-(03.10.05)
- 4) Cost effectiveness of prescribing Venlafaxine M/R equivalent preparations compared to Venlafaxine M/R capsules-(03.10.11)
- 5) Cost effectiveness of prescribing Vit D according to local guidelines-(15.02.2015)
- 6) Sore throat audit in primary care-(21.12.2015)
- 7) Otitis media audit in primary care-(18.01.2016)
- 8) Uncomplicated Urinary Tract infection audit in primary care-(01.02.2016)

ACHIEVEMENTS:

- I sat the Oral and Video Modules of the MRCGP in October 2005 and passed them both successfully at my first attempt with a Merit.
- I obtained a Merit in the Video Component of the MRCGP Exam.
- Completed my training in General Practice by passing the Summative Assessment with outstanding marks.
- Participated in a Pilot Study for Primary Health Care at Milton Keynes General Hospital from April to June '06 for Chilvers & McRea to see if setting up a Walk in Centre within the A&E Department run by a GP would benefit patients and off load the A&E's of irrelevant referrals to A&E that could easily be dealt by triaging and managing such cases.
- I have managed to set up my own medico legal practice over the last 10 years .I do Expert witness reports for the Courts for various reputable solicitors and UK agencies.

INTEREST AND ACTIVITIES:

- I was on the Board of Governors for Malden Manor Primary School, New Malden, Surrey. This role had allowed me to use my skills and expertise as a parent and a GP to be involved in various projects for the School .I was also on the various subcommittees and met on a regular basis to give advice and make important decisions for the School. Due to my busy schedule in General Practice I had to resign from my position after serving for 4 years.
- 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, Darjeeling Children's Trust and Humanity First.
- 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.
- I like socialising, keeping fit and spending time with my family. I bought a R Ninety BMW motorbike last year and enjoy riding it whenever I find time and weather permitting.