

## SPECIALISMS

Addiction  
Anxiety  
Bipolar  
Capacity  
Dementia  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Mood Disorder  
Non-Accidental Injury  
OCD  
Old Age  
Paedophilia  
Personality Disorders  
Psychosis  
Psychosomatic  
PTSD  
Radicalisation  
Risk  
Sexual Harassment  
Schizophrenia  
Self Harm  
Sex Offenders  
Victims of Torture  
Suicidal Ideation  
Cultural Psychiatry  
Possession Disorder

## CASE TYPES

Criminal  
Fitness to Plead  
Forensic  
Immigration & Asylum  
Litigation Capacity  
Risk Assessments  
Second Opinion  
Testamentary Capacity

## MEDICO-LEGAL EXPERIENCE

I have a specialist interest in forensic psychiatry and have trained in the same between February 2009 to April 2012 as a Specialty Registrar including placements in High Secure Special Hospital Broadmoor, Regional Secure (Medium-security) and Low-Secure hospitals.

My experience since 2009 includes forensic psychiatric assessments for the purposes of admission to secure psychiatric hospitals, forensic risk assessments, and many reports for magistrates' and crown courts at the request of solicitors, probation services and the courts themselves. Since August 2014, I have been working as a Consultant Psychiatrist in NHS and private hospitals, and have continued to produce psychiatric reports for solicitors, courts and the CPS (over approximately 100).

I have also appeared as an expert witness at crown court on many occasions, and at the Old Bailey in a homicide case.

## LANGUAGES

English, Urdu and Hindi

## QUALIFICATIONS

My qualifications are MSc, MB, BS, MRCPsych. I am on the Specialist Register of the General Medical Council for Adult Psychiatry (GMC no. 4475103) and I have a special interest and several years' experience in Forensic Psychiatry, including the assessment of mentally-disordered offenders for the purposes of court hearings and high-, medium- and low-secure hospitals.

I have a medical degree (MBBS) and am a Member of the Royal College of Psychiatrists (MRCPsych). I am approved by the Secretary of State for the purposes of Section 12(2) of the Mental Health Act (MHA) 1983 as amended 2007.

MB,BS (London)	1998	MSc in Medical Anthropology (UCL)	2013
Certificate/Diploma in Islamic Studies (Syria)	2005	Certificate of Completion of Training (CCT)	2014
Member of the Royal College of Psychiatrists (MRCPsych) (UK)	2010		



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## PSYCHIATRY EXPERIENCE

### Consultant in adult rehabilitation psychiatry (January 2018 – ongoing)

I provide clinical leadership of a 28-bed complex care locked rehabilitation unit. I work with MDT staff, including psychologists, OTs, social worker, nursing, to coordinate care for patients. I also work with management and am active within clinical governance systems and processes within the organisation. I provide clinical supervision to a speciality doctor.

My day to day work includes the care of forensic patients, appearance at Mental Health Review Tribunals, Risk Assessments, Capacity Assessments, and liaison with the criminal justice system.

### Locum consultant in Forensic Psychiatry (October 2014- ongoing)

Working as Consultant for a busy inner city community forensic service, I am undertaking the whole range of responsibilities that such a position requires, including:

- Risk assessment and management of complex mentally-disordered offenders
- Management of conditionally discharged offenders in the community
- Assessment of referrals to the forensic service
- Liaison with prisons, courts, MOJ and regional secure units
- Leading CPA and other clinical team meetings
- Member of funding panel for forensic placements in the area
- Supervision and mentoring of junior colleagues
- Providing, in conjunction with consultant colleagues, clinical leadership for the team

### Locum consultant in Forensic Neuro-Psychiatry (August to October 2014)

I was responsible for a low-secure 14-bed neuropsychiatric rehabilitation ward (with 4 rehabilitation apartments within the secure perimeter) and an 8-bed locked rehabilitation ward.

I undertook all aspects of patient care in this role as Responsible Clinician, including Mental Health Review Tribunal reports and appearances, various Mental Health Act processes, liaison with MAPPA (Multi-Agency Public Protection), chairing of Multi-Disciplinary Team and Care Programme Approach reviews, and liaising with external agencies.

This role provided me with valuable experience in leading an MDT, as well as insights into specialist neuropsychiatric assessment, management and rehabilitation.

My patients suffered from a mix of neuropsychiatric problems (including acquired brain injuries, Huntington's disease, multiple sclerosis) and associated physical disabilities. Patients varied from those undergoing intensive neuro-rehabilitation programs to those whose needs were more of continuing care.



## CORE PSYCHIATRY TRAINING – ST MARY’S ROTATION, LONDON

### General Psychiatry

Working in a busy Assessment and Brief Treatment Team provided extensive experience in the management of a wide variety of mental health problems. I had experience in assessing new referrals and managing my own outpatient clinic under supervision.

### Child and Adolescent Psychiatry

A six month attachment to a neurodevelopmental team in C&A psychiatry with on-calls covering general C&A emergencies. This post provided me with extensive experience in the assessment and management of childhood neurodevelopmental disorders such as autism spectrum and attention-deficit hyperactivity disorders. I undertook regular assessments of children who were referred to the service, including school observations.

### Old Age Psychiatry

Prior to my training rotation, I had two years experience as a locum staff grade doctor in Goodmayes Hospital and Grovelands Day Hospital in which I ran a Memory Clinic as well as providing regular input to the community mental health team for older adults. This included regular domiciliary visits to patients’ homes and residential/nursing homes.

As part of my work in running a Memory Clinic, I completed an audit to examine outcomes for all patients on our caseload that were prescribed memantine.

A further six months working in old age psychiatry, with responsibility for an acute admission ward for patients with a wide variety of functional illnesses, and a day hospital under supervision provided broad experience in old age psychiatry. I also assessed patients in the community as part of a multi-disciplinary team.

### Substance Misuse/Addictions

Six months working in a busy inner city drug and alcohol service provided me with excellent experience in assessing and managing patients with complex mental, physical and social needs. My daily work included running an out-patient detoxification clinic for heroin and alcohol dependency and assessment and management of patients admitted to Capiro Nightingale in-patient ward

## HIGHER PSYCHIATRY TRAINING - ST MARY’S ROTATION, LONDON

### Forensic psychiatry

Two and a half years (eighteen months as a general trainee and a further twelve as a higher trainee) provided me with extensive experience in forensic psychiatry. I worked in high-, medium- and low-secure facilities thus seeing the whole range of forensic patients from the most high-risk groups to the relatively settled and successfully rehabilitated.

During my time at Broadmoor Hospital, I had the unique experience working in the Dangerous and Severe Personality Disorder Unit. This allowed me to see personality disorders, including psychopathic disorder, at their extreme manifestations and gain insights into the highly specialised medical, psychological and nursing management of such patients.

My time in forensic psychiatry finely attuned me to assessing and managing risk and how well-resourced services can work effectively to provide multidisciplinary care to rehabilitate mentally ill offenders while managing risk issues.

## Rehabilitation psychiatry

Twelve months in a long-term rehabilitation ward provided me with good experience of multidisciplinary working in rehabilitation of patients with complex needs due to mental illness. I worked in close liaison with nursing staff, social workers, occupational therapists, psychologists, psychotherapists, dieticians, art, drama and music therapists, and others.

I gained valuable experience in deputising for my consultant and chairing MDT meetings, CPA reviews and regularly appearing in Mental Health Review Tribunals and Managers Hearings.

## In-patient and Community Recovery General Adult psychiatry

Fifteen months of working in a busy general adult recovery ward and a community recovery team gave me invaluable experience in all aspects of the assessment and management of mentally ill adult patients. I regularly deputised for my consultant trainers in the role of chairing ward rounds, CPA meetings, and appearing at tribunals.

## EMPLOYMENT RECORD

Jan 18 - ongoing	Consultant psychiatrist	Cygnets Lodge complex care rehabilitation service	Cygnets Healthcare	
2 Oct 14 – Jan 18	Consultant Forensic Psychiatrist (locum)	Lewisham Community Forensic Mental Health Team	S. London & Maudsley NHS Trust	
May 15 – July 15	Locum Consultant	Harrow community rehabilitation team (2 sessions)	C & NW London NHS Trust	
4 Aug 14 – 1 Oct 14	Consultant Forensic Psychiatrist (locum)	Forensic neuropsychiatric unit, inpatient care (low-secure and locked rehabilitation).	St Mary's Hospital, Warrington, WA28DB	
Apr 14 – 31 Jul 14	Speciality Registrar (ST6)	General Adult: Inpatient & Community Recovery team	Amazon Ward/Recovery Team, CNWL Trust	Dr M Clarke
Apr 13 – Apr 14	Speciality Registrar (ST6)	General Adult: Inpatient & Community Recovery team	Discovery Ward, St Bernard's Hospital, W London MHT	Dr A Parshall/Dr R Kemp/Dr J Too

## EMPLOYMENT RECORD

Apr 12 – Apr 13	Speciality Registrar (ST5)	General Adult: Rehabilitation	Solaris Ward, St Bernard’s Hospital, W London MHT	Dr J Dent
Apr 11 – Apr 12	Speciality Registrar (ST4)	Forensic: Medium Secure Unit	Three Bridges Unit, W Lon- don MHT	Dr I Treasaden
Feb 11 – Apr 11	Speciality Registrar (ST4)	General Adult: Rehabilitation	St Bernard’s, W London MHT	Dr J Dent
Aug 10 – Feb 11	Speciality Registrar (ST3)	Forensic: High-security Assertive Rehabilitation and Personality Disorder Unit	Broadmoor Hospital, West London MHT	Dr N Pyszora & Dr J Romero-Urcelay
Feb 10 – Aug 10	Speciality Registrar (ST3)	Child & Adolescent Psychiatry – Neuro- developmental Service	Windmill Lodge, W London MHT	Dr C Wee
Aug 09 – Feb 10	Speciality Registrar (ST3)	Forensic: High security hospital, Mental Illness Assertive Rehabilitation	Broadmoor Hospital, W London MHT	Dr J Vermeulen
Feb 09 – Aug 09	Speciality Registrar (ST2)	Forensic: Medium Secure Unit	Three Bridges Unit, W London MHT	Dr I Treasaden
Aug 08 – Feb 09	Speciality Registrar (ST2)	Substance Misuse	Crowther Market, C & NW London MHT	Dr E Katona
Feb 08 – Aug 08	Speciality Registrar (ST1)	General Adult Psychiatry (Community): Intake & Assessment Service	NW Brent Community Mental Health Team, C & NW London MHT	Dr J Lewin
Aug 07 – Feb 08	Speciality Registrar (ST1)	Old Age Psychiatry, In- patient and community teams.	St Charles’ Hospital, C & NW London MHT	Dr C Kelly
Dec 06 – Jul 07	Locum Staff Grade/SHO	Various locums in different locations	The Locum Register	
July 05 – Nov 06	Full-time Locum Staff Grade	Old Age Psychiatry: Day Hospital, Memory Clinic, and Community Mental Health Team	Grovelands Day Hospital/ Goodmayes Hospital, NE London MHT	Dr Y Ong, Dr Z Khan, & Dr H Kinsler
Jan 00 – Jul 05	Locum SHO & Staff grade	Career break to study Islamic Theology (in Damascus, Syria). Maintained medical experience by undertaking regular short-term locum SHO posts during this period.		

## AUDIT

1. Carried out and presented monthly firm audit in Orthopaedic house job (1999).
2. Carried out audit of dementia patients taking Memantine in Memory clinic (2006).
3. Carried out audit of all referrals to a psychiatric Intake & Assessment Service over 6 month period to evaluate treatment pathways and outcomes (2008). Presented as a poster at Annual London Trainees' Conference (2009).
4. Carried out and presented audit of triptorelin prescribing as an antilipid medication in a high-security hospital to check if prescribing was in line with standards. Won Broadmoor Hospital Annual Best Audit prize. (2009)
5. Audit of provision of spiritual and pastoral care facilities to a religious minority sub-group at Broadmoor Hospital (service evaluation). Identified several areas where provision should be improved and not meeting national standards. Presented at Annual Audit meeting to senior staff including Medical Director. (2010)
6. Re-audit of all Community Treatment Orders (CTOs) active within a one-week window at St Bernard's Hospital General Adult service to complete audit cycle and check if improvements in CTO administration suggested in baseline audit had taken place. (2014)

## RESEARCH PROJECTS

### Genetic Case Control Studies of Mental Illness (Schizophrenia & BPAD).

- Supervision by Prof. Hugh Gurling (late), Molecular Psychiatry Laboratory, University College London (UCL).
- I was the Principal Investigator at West London Mental Health Trust for this large multi-centre national research project headquartered at the Molecular Psychiatry laboratory at University College London and headed by Professor Gurling.
- Participating in this project gave me invaluable research experience, including:
  1. applying for and obtaining local ethics and trust R&D approval
  2. using validated research tools such as the SADS-L diagnostic interview schedule for mental illness
  3. co-ordinating with clinical colleagues and organising academic seminars (with Prof Gurling as guest speaker) to raise awareness of the project
  4. presenting a synopsis of current knowledge of genetic causes of mental illness and introduction to the research project to clinical multi-disciplinary meeting at my workplace
  5. regular attendance at team lab meetings at the Molecular Psychiatry laboratory at UCL which provided me with invaluable insights into the current state of research into genetics of mental illness, including areas of pharmacogenomics.



## Prescribing protocol for antilibidinal depot medication, triptorelin.

- I led the project for the development of a prescribing protocol for a powerful antilibidinal medication, triptorelin, used in the management of serious sex offenders.
- A gonadotropin releasing hormone agonist, triptorelin, when administered by depot injection, causes a 'chemical castration', leading to reduced libido and (arguably) reduced risk of offending.
- It is used almost solely in high-secure forensic facilities to manage the most serious sex offenders.
- I developed a prescribing protocol for triptorelin based on a comprehensive literature and evidence review.
- My prescribing protocol and audit of the use of triptorelin as an antilibidinal was published in the Journal of Forensic Psychiatry and Psychology.

## MSc in Medical Anthropology (UCL)

- Original research dissertation on topic of: "An Islamic critique of Freudian psychoanalytic dream interpretation by a contemporary Arab Muslim scholar" (achieved distinction).
- Supervision by Professor Roland Littlewood
- Included analysis of cultural understandings of mental illness and treatment and contemporary use of traditional faith healers amongst Muslims in Britain.
- Original essay submitted on topic of: "Use of the terms 'shakk' and 'shakk ki bimari' for paranoid psychosis as a useful strategy in the psychiatric assessment of Urdu-speaking patients". I am currently preparing this to submit for publication.

## PUBLICATIONS

- Saleem, R, Tresaden, I, Puri, B K (2014): Provision of spiritual and pastoral care facilities in a high-security hospital and their increased use by those of Muslim compared to Christian faith. *Mental Health, Religion & Culture*. Vol. 17, Iss. 1
- Saleem, R, Tresaden, I, Vermeulen, J, Kaitiff, D (2011): 'Clinical use of triptorelin as an antilibidinal medication in a high-security hospital', *Journal of forensic psychiatry and psychology*. Vol 22 (2): 243-51
- Saleem, R (2013): Special section: Psychoanalysis and religion. *New Associations*. Publ: British Psychoanalytic Council. March 2013; No. 11



## TEACHING

- Have provided **regular formal teaching** to undergraduates (Imperial College) and postgraduates during my Higher Training, including using powerpoint presentations and clinical case discussions.
- Have provided regular informal teaching to undergraduates, FY trainees and Core Trainees during my Higher Training
- Have provided CASC tuition to Core Trainees and formal teaching in Communication Skills
- Currently hold position of **SPR Lead for Undergraduate Teaching** at Park Royal Centre for Mental Health. Responsibilities include:
  1. organizing and coordinating clinical psychiatry experience for Imperial College medical students during their psychiatry attachments
  2. organizing and coordinating weekly academic tutorials for the students during their attachment
  3. organizing and delivering induction to the psychiatry attachment for the students
  4. providing pastoral care, supervision and support for students during their attachment
- Delivered a lecture at University of Birmingham Medical School on the topic of “Islamic understanding of Jinn spirits and appropriate patient management” (03.03.2014)
- Delivered lectures at St Bartholomew’s and The London School of Medicine & Dentistry(18.02.11) and Guy’s Hospital medical school (19.02.10) on the topic of ‘Islam and Psychiatry’

## MANAGEMENT TRAINING/EXPERIENCE

Edward Jenner Course on Leadership Foundations

- Successfully completed the Edward Jenner Course on Leadership Foundations run by the NHS Leadership Academy. Modules completed included:
  1. demonstrating personal qualities
  2. working with others
  3. managing services
  4. improving services
  5. setting direction

## Complaint Investigation

- Took responsibility for a complaint investigation and report under supervision. Patient: SP. Oct 2013

## Peer representative

- SPR representative for St Bernard’s site, WLMHT, July 2013 – Dec 2013.
- Attended SPR meetings, Medical Advisory Committee meetings etc.

## Management meetings

- Attendance and input at Delayed Discharge Meetings (Jan – Apr 2014)
- Attendance and input at Clinical Improvement Group meetings on in-patient ward (Aug 2009 – Feb 2010).





## Clinical Management Project

- Developed a prescribing protocol for the administration of depot antilipid medication, triptorelin, in the management of severe sexual offenders in a high-security hospital

## Leadership and management

- Outside of psychiatry, I have led the establishment and development of an independent secondary school for girls in my local area and am currently Chair of the Board of Governors and Trustees.

## ADDITIONAL CLINICAL SKILLS

- Supervised training in **psychodynamic psychotherapy** (long case) and **Cognitive Behavioral Therapy** for common disorders.
- Trained in the use of **HCR-20** violence risk assessment tool
- Trained in the use of **SADS-L** diagnostic and research tool

