

# CURRICULUM VITAE

## DR. ELENA DANIELA HERESCU

### 1. Professional Registration & Membership

On the Specialist Register in the United Kingdom since March 2012

Registered with a License to Practice with the General Medical Council (reg. no. 7069812)

Member of the Royal College of Psychiatrists

Approved under Section 12(2) of the Mental Health Act 1983 (amended 2007)

Member of the British Medical Association

### 2. Professional Qualifications

Certificate of Completion of Training in Psychiatry obtained in October 2011 in Romania Membership of the Royal College of Psychiatrists Faculty of Medicine, University of General Medicine "Gr T Popa", Iasi, Romania - 2005

### 3. Experience as a Consultant Psychiatrist

Current role:

I am working as a part-time consultant psychiatrist at Cygnet Maidstone Hospital on a 16 bedded unit for women with Emotionally unstable personality disorder, depression and suicidal ideation, complex trauma (abuse) and also supporting ladies with other comorbidities – autism, anxiety, avoidant PD, attachment disorder, drug and alcohol misuse; schizoaffective disorder, paranoid schizophrenia. Part of my role is to review mental state, risk, diagnosis and treatment and also liaise with externals around discharge pathway.

I am involved in the referral process for the ward, clinical governance, supervision of the ward doctor.

Significant part of the role is working jointly with the psychology team around risk management, treatment e.g DBT, CBT, EMDR etc and also with other members of the team e.g nursing, OT, social worker.

- September 2018- Substantive role as a Consultant Psychiatrist CAMHS (Tier 4) - Cygnet Godden Green - Working as a consultant psychiatrist on a 15 bedded GAU, mixed ward. Worked closely with the MDT, parents, Local Authorities, Care homes and care coordinators in minimising risks, review treatment and ensure safe discharge in the community
- September 2017 to January 2019- Responsible Officer for Cambian Group
- June- End of August 2018 - Locum consultant psychiatrist CAMHS - West Sussex - I was involved in ADHD clinics and reviewing patients, reviewing their mental state, medication and advising on treatment. Worked closely with the psychology team and we have been involved in meetings around referrals and treatment pathway.
- February- end of May 2018- Locum consultant psychiatrist Adult CMHT in Canterbury - part of my role was to review with the team referrals for Tier 3, independent clinics with patients, team meetings with RAG review, on call rota for MHAA and phone consultations with the GP surgeries.
- **November 2016 – January 2018** Consultant Child Psychiatrist - Cambian Group I worked

alongside the therapy team, care and education team and school management in providing specialist care for young people in SEN. I cover 3 schools across Hampshire and Dorset and am actively involved in reviewing young people's mental state, medication, risk associated with their challenging behaviours, autism, mental health difficulties and liaising with externals and their family. The young people in our care suffer from intellectual disabilities, autism, ADHD, mental health conditions e.g anxiety, depression, emerging personality disorder etc and are placed by the local authorities either in 38 or 52 weeks residential schools which also provide education and therapeutic input: psychiatry, psychology, CBT, OT, SaLT, behavioural support. We support young people with a history of attachment disorder, trauma, gender identity and I am involved in regular meetings addressing safeguarding, high priority meetings where we review their risk around self harm, deterioration in mental state, aggression etc

- **January 2014 – end of October 2016** – Consultant Psychiatrist Cedar House – Secure Service for People with Learning Disabilities, The Huntercombe Group

I worked as a Consultant in Intellectual Disabilities, on a low secure forensic unit for people with intellectual disabilities and mental health problems who due to risks required secure setting and specialist clinical input. My role of the Responsible Clinician over 2 wards (10 beds); one on the secure site and one on the step-down/rehab unit was to provide in conjunction with a robust MDT team, the best care and management plan for our patients. The client group consisted of complex cases, with diagnosis of Autism Spectrum Disorder, Mild to Moderate Intellectual Disabilities with physical and mental health complex needs which required high staff ratio and/or nursing in segregation/bespoke arrangements. Most of the patients were detained under the MHA and 3 of them were detained on a restriction order which involved joint work with MoJ.

I was involved in monthly clinical governance meetings, senior management team meetings, interviews for nurse, assistant psychologist and OT role, investigations under disciplinary policy, regular reviews of patients within the company nursed in long term segregation, regular meetings with NHS England, drafting SLA contract between Cedar House and GP surgery and taking a lead on re-writing CCTV policy for patients nursed in long term segregation.

Between 2014-2015 I was also part of the KSS Programme Board of the Compassion Care and Patient Safety.

#### **4. Experience as a Specialty Doctor**

- Kent & Medway NHS and Social Care Partnership Trust (KMPT) - The Allington Centre: I worked as a Specialty Doctor alongside Dr Z. Nasser – Consultant Forensic Psychiatrist between 20/03/2013 and January 2014

As Specialty Doctor on The Allington Centre – a 20 bedded low secure male forensic unit, I was actively involved in providing Psychiatric and Medical care for the patients, liaising with different professionals, taking part in different multi-disciplinary meetings, CPA, Best Interest Meetings, Pre-Discharge Meetings (Section 117); doctors from different specialities and Primary Care services.

I demonstrated extended knowledge of the Mental Health Act, Mental Capacity Act and worked alongside the Team in order to provide quality of care and suitable care pathway for the patients.

I carried out assessments for patients referred to us either from other hospitals, PICU or prisons and we provided feedback and made necessary recommendations following assessment process.

I provided reports for CPA, Managers' Hearing or Mental Health Tribunal Reports, Discharge Summaries and also being actively involved in CQUIN meetings – Physical Health monitoring, teaching and education sessions and Clinical audits.

- 28<sup>th</sup> August 2012 – 28<sup>th</sup> February 2013

Speciality Doctor/Associate Specialist, Sunley ward, William Wake House, St Andrew's Healthcare – Northampton; under the direct supervision of Dr Katina Anagnostakis.

I worked on an in-patient medium secure unit for women with complex mental health and forensic needs and challenging behaviour. Some of the patients were restricted and all of them were detained under the MHA and were on close monitoring due to risks involved.

As part of the multi-disciplinary team I took part in reviewing the risks and ascertaining the patients' presentation in order to establish appropriate management and adequate care pathways. I attended medical and psychiatric reviews and assessments, multi-disciplinary team meetings and provided psychiatric and medical care for the patients as well as attending assessments under the MHA.

- 9<sup>th</sup> July – 24<sup>th</sup> August 2012

Specialty Doctor, Kent and Medway NHS Trust, working with Dr Catherine Kinane, Consultant in Forensic Psychiatry. Based at TGU, medium secure unit, women inpatient service

I worked in a multi-disciplinary team and provided care adult female patients with mental illness, challenging behaviour and forensic needs. All patients were detained under the provisions of the MHA 1983 (amended 2007).

- 16<sup>th</sup> February 2012 – 6<sup>th</sup> July 2012

Staff Grade/Specialty Doctor, Tarentfort Centre, Kent and Medway NHS Trust, under the close supervision of my Dr Anthony Fernando, Consultant Psychiatrist.

I worked on a 32 inpatient unit for people with Learning Disabilities and Forensic history with different index offences and Mental Health Disorders. My responsibilities included psychiatric assessments, admissions, CPA review, Hospital Managers hearings and Tribunal reports and liaising with various colleagues and other specialities.

I partook in the weekly training (CPD) sessions and e-learning as part of the continuous professional development.

- 9<sup>th</sup> November 2011- 31<sup>st</sup> January 2012

ST3 in Learning Disabilities, Royal Cornhill Hospital, NHS Grampian, Aberdeen, Scotland

I worked on 2 wards; one ward with people with LD/Intellectual Disabilities and Forensic history and another ward with people with LD and Mental Health Disorders. Part of my role was also to cover outpatients and took part in joint clinics and home visits with various team members, including Dr Mackay, Consultant Psychiatrist.

I was on the on call rota for Royal Cornhill Hospital and for day duty which involved joint work with the Liaison Psychiatric Team.

Part of my continuous training was to take part in weekly teaching sessions.

August 2011 to November 2011 - gap period- studying for my final exams in Romania

- 4<sup>th</sup> August 2010– 2<sup>nd</sup> August 2011: community LD team - Devon Partnership NHS Trust, SHO/Staff Grade (as per reference) in Learning Disabilities, based in Torquay

I worked closely with the Learning Disabilities consultant, Dr Flo Watt. My work required good knowledge

of the Mental Health Act, Mental Capacity Act, DOLS as I took part in numerous MDT meetings and safeguarding meetings.

I took the lead for a Mental Capacity Assessment and a best interests meeting for one of our clients.

I assessed and reviewed outpatients in weekly clinics, provided psychiatric and risk-assessment review for patient in home visits, residential homes, clinics and delivering numerous psychiatric assessments and liaising with other doctors of other specialities, especially GPs and Primary Care services. I worked in a fantastic team, with community nurses, social workers, psychologists, Additional Support Team, Speech and Language Therapists covering a large area and complex cases e.g: Intellectual Disabilities (ID) and Epilepsy; ID and psychotic disorders, ID and personality disorders, Severe ID, patients with Asperger, patients with Autism and challenging behaviour; patients with numerous genetic syndromes: Down, Fragile X Syndrome, Prader-Willi, DiGeorge, San Filippo Syndrome.

My job in the Trust also required hospital duties, joint work with the Liaison Psychiatric Team and the Crisis Team.

I was on the on-call Torbay Hospital Rota for Psychiatry with more than 70 on-calls and involved in numerous psychiatric assessments for patients in A&E, admissions and APOS under Section 136.

I took part in the training and teaching sessions, monthly educational meetings where I participated at the Journal Club and Case Presentation. I also had one month training in ECT.

- 7<sup>th</sup> June 2010 - 9<sup>th</sup> July 2010: OBMH – Tindal Centre, SHO – acute psychiatric inpatients.

I provided psychiatric and medical care for patients on an acute female ward. My job responsibilities involved admitting new patients, taking part in ward rounds and multi-disciplinary meetings, liaising with other doctors, especially GPs. I was also involved in the weekly training sessions.

## **5. Experience as a Trainee in Psychiatry in Romania**

Between January 2007 and 2010 I worked as a trainee in psychiatry in Romania, Iasi - “Socola” Psychiatric Hospital - acute services and completed the following rota training:

- 6 months of Child and Adolescent Psychiatry

1<sup>st</sup> January 2008 – 30 June 2008 - Trainee - at “Socola” Psychiatric Hospital, Iasi, Romania

Working with 2 Consultants Psychiatrists, performing assessments on inpatients with different pathology: e.g learning disability, autistic spectrum disorder, ADHD, psychosis, depression and different forms of epilepsy.

During this training, forensic assessments, examinations and psychological assessments were needed for patients with different index offences e.g manslaughter, rape, ABH ; or being the victims of different forms of abuse e.g physical, sexual, emotional or neglect.

- 2 months of Neurology- Trainee

1<sup>st</sup> July- 31<sup>st</sup> August 2008 at “Recovery” Hospital, Iasi, Romania

I worked closely with the Consultant and the team, assessing inpatients with neurological problems, especially post-stroke recovery, but also with MS and neuropathology caused by alcohol misuse.

- 1 month of Internal Medicine at “Saint Spiridon” Hospital – trainee - Iași, Romania

1<sup>st</sup> September – 30 September 2008 - Trainee

I worked in the Emergency Department/A&E – Anaesthesia and Intensive Therapy, providing medical care for inpatients with cardiac arrests and different cardiac disorders and on call rota.

- 1 month of Community Psychiatry - Trainee

1<sup>st</sup> October -31<sup>st</sup> October 2008– liaised with other mental health services and reviewed the early stages of community work in Romania for people with mental health conditions.

- 1 month of Forensic Psychiatry - Trainee

1<sup>st</sup> November- 30<sup>th</sup> November 2008 at "Socola" Psychiatric Hospital

I worked on a mixed unit with patients who committed different offences; providing mental health assessments, forensic assessments, risk assessments, working closely with the psychology team for different psychological assessments, liaising with the Forensic Department and the Police.

- 1 month of Health Management Department - trainee

1<sup>st</sup> December - 31<sup>st</sup> December 2008 at University of Medicine and Pharmacy "Gr.T.Popa", Iasi, Romania

I worked closely with the consultant, for a better knowledge of a more effective medical management and also of the tools and legislation used by professionals in the daily practice.

Most of my trainee program January 2007 to 2010 (except 2008 when part of the training I was involved in the aforementioned psychiatry rota programme) included work on the acute psychiatric wards providing psychiatric and medical care and assessments for inpatients and outpatients, referrals to different investigations or specialities, ward rounds and multi-disciplinary meetings. During this time I worked closely with my direct line manager, Dr. Turliuc Serban, Consultant Psychiatrist, and my caseload consisted of a wide variety of psychiatric cases e.g dementia, alcohol misuse, depressive disorder, bipolar disorder, schizo affective disorder, schizophrenia, anxiety e.g general anxiety, social phobia, OCD, learning disabilities, personality disorder, organic personality disorder.

In 2010, as part of my training programme, I partook in psychotherapy classes e.g cognitive behavioural therapy, family therapy and counselling.

## **6. Personal Interests**

I am passionate about psychiatry and would like to work in a team which encourages and promotes personal development, training and implements balanced clinical care. Over the last years the focus on wellbeing and empowering patients through education and understanding of their mental health has played a significant role in our society and I am looking forward to having the availability and opportunity to share my knowledge and experience with colleagues and people

In my personal life I like travelling, reading, dancing and enjoying the blissfulness of my home and family life.