

H Rauf

Curriculum Vitae

PERSONAL DETAILS:

Name: Hina Rauf

GMC Reg. No: 6112399 (Full Registration)

RCPsych

Membership No: 819598

Section 12 Approved 25 March 2020 - 24 March 2025

MDU Membership number: 539244C

PRIMARY MEDICAL QUALIFICATIONS:

MBBS Dow Medical College. Karachi, Pakistan
Oct 2002

H Rauf

AUDITS

Dec 2021 - May 2022 **Survey/evaluation**

(to evaluate access for Children and Young People (CYP) to the Luton & Dunstable Child & Adolescent Mental Health Services at East London NHS foundation Trust pre and post the COVID 19 pandemic. In addition, it also assesses the mental health symptoms of CYP accessing CAMHS service during the same period)

East London NHS Foundation Trust

April 2019 **Efficacy of Melatonin use in Depression and Anxiety in Children**

Oxford Health NHS Foundation Trust

December 2017 **Risk Assessment Audit**
Sussex partnership NHS trust

March 2017 **Audit on Intuniv use**
Berkshire Healthcare NHS Foundation Trust

Dec2014-Jan2015 **Monitoring of Physical Health of patients on Antipsychotic medication**
Priory Hemel Hempstead

June-Dec 2012 **Service Evaluation to identify amount of time spend on writing prescriptions for outpatients in Hounslow CAMHS by medical staff.** Hounslow CAMHS

Jan 2012 **Consent to Treatment forms (T2 and T3) for inpatients on Blake ward (MSU)**Ealing Hospital

May 2011 **An audit of West London Mental Health NHS Trust's compliance with the National Institute for Clinical Excellence's "Bipolar Disorder".**
Ealing Hospital

Oct –Dec 2010 **Audit onService Users Experience of First Clinical Contact at Windmill Lodge.**
Ealing SDU Child & Adolescent Services

Feb 2010**To audit how many forensic psychiatric trainees are trained to do ECG in forensic services at Ealing hospital**
Ealing Hospital

March 2009**Audit onPhysical Examination Equipment (essential and emergency) available on wards for inpatients use.**
Lakeside MHU

H Rauf

POSTS HELD

Private sector :

Clinical Partners: March 2020- Feb 2022

I have been doing neurodevelopmental assessments mostly ADHD and general psychiatric assessment for children 6 years old to upto 18 years old.

Mind professionals: Feb 2022- June 2022

I have done ADI-R as part of the autism diagnostic assessment along with other professionals and attended MDT meetings to conclude the diagnosis.

Private Therapy Clinic: March 2022 – Ongoing

I have been doing neurodevelopmental assessments mostly ADHD and general psychiatric assessment

LOCUM CONSULTANT IN CHILD AND ADOLESCENT PSYCHIATRY

Oct 2020- Ongoing East London NHS Foundation Trust

I started working as a locum consultant in East London foundation trust from 26th of October 2020. My job was initially based at 2 places Dunstable and Luton camhs. I had 0.5 sessions in both places. Since August 2021, I have moved full time to Luton camhs.

My job plan contains 10 Programmed Activities per week. 7.5 Programmed Activities for Direct Clinical Care duties and 2.5 Programmed Activities for Supporting Professional Activities. I am also participating in out of hours on call rota. It is at present 1:6 on call.

I have been attending and chairing the team meetings regularly. I also attend new patient clinics to help my colleagues with the diagnosis and management of new cases. I am also available in the clinic for colleagues to approach me if they have a difficult case or if they need advice urgently. I regularly see new patients and follow-up patients in my clinic. Due to Covid situation, most of the appointments were either virtual consultation or telephone appointments and we would only see urgent /high-priority cases in clinic. As things are getting back to normal, I have started seeing more patients for face-to-face consultation.

I also attended peer supervision meetings and academic meetings organised by the team and by the trust whenever I am able to attend. I teach medical students and psychiatry trainees whenever the opportunity arises. I am also to chair of peer supervision meeting and manage day duty rota for consultants.

LOCUM CONSULTANT IN CHILD AND ADOLESCENT PSYCHIATRY

Feb 2018- Oct 2020 Central Oxon CAMHS, Oxford Health NHS Foundation Trust

Responsibilities of the post were

Clinical

- To provide a diagnostic, assessment and treatment service for children and adolescents with a mental health problem

- To adopt a multi-disciplinary approach to care, promoting high quality multidisciplinary working and relationships
- To provide psychiatric support and consultation to other team members.
- To provide consultation and liaison with other services, including paediatrics, children's service, adult psychiatry and education, as appropriate.
- To hold clinical responsibility for the care of patients where I am directly involved.
- To promote the development of close and effective working relationships with colleagues in allied agencies, notably children's services and education.
- To record clinical activity accurately and comprehensively both in case records and supporting data entry for service data systems.
- To provide health information to other agencies where appropriate in accordance with the Trust's confidentiality and information sharing policies.
- To take part in emergency out of hours rota which provides back-up for professionals involved in the assessment of young people seen in A&E .

Professional

- To receive regular clinical and managerial supervision as per the Trust policy of Supervision
- To undertake all necessary statutory and mandatory training
- To keep updated with latest research and participate with research as appropriate and as negotiated through Job Planning
- To take part in annual Appraisal and Job Planning processes.
- To actively contribute to quality improvement, through personal development and service development, implementing best practice and developing audit projects to measure clinical effectiveness.

Managerial

- To undertake the administrative and managerial duties associated with the care of the patients.
- To cover colleagues during daytime hours, supporting annual leave and absences for short term sickness and study leave as far as possible
- To participate in Trust-wide activities as a fully committed member of the Consultant body, contributing to achieving performance targets for the service.
- To work closely with the managers to ensure that clinical standards are maintained.
- To contribute to the healthy and safe working environment by adhering to health and safety regulations and Trust policies.
- To contribute to the prevention and control of health care associated infection by adhering to Trust policies and guidelines.
 - Teaching and Training
- To provide training for medical students on placements
- To contribute to the in-service training programme, including seminars on a range of clinical topics and case presentations, run as part of teams or educational half days.

On-call Arrangements

- During the day, medical cover is provided by local duty system.

- Out of hours on call cover is delivered on a 1:11 rota, providing telephone consultation in almost all instances, but sometimes if there is no SPR cover, one might have to be the first on-call doctor for CAMHS.

SPECIALTY DOCTOR PSYCHIATRY

Aug 2017 – Jan 2018 Child and Adolescent Mental Health Service (CAMHS)
Sussex Partnership NHS Foundation Trust

SPECIALTY DOCTOR PSYCHIATRY

Dec 2015 – July 2017 Child and Adolescent Mental Health Service (CAMHS)
Berkshire Healthcare NHS Foundation Trust

SPECIALTY DOCTOR PSYCHIATRY

April 2015 – Nov 2015 The Beacon Centre
Edgware Community Hospital, Barnet, Haringey and Enfield.

SPECIALTY DOCTOR PSYCHIATRY (COMPLEX CARE FORENSICPSYCHIATRY)

April 2014- March 2015 The Priory Hospital
Hemel Hempstead

LOCUM SPECIALTY DOCTOR

Jan 2014- March 2014 Locum at St Charles Hospital London, Cygnet hospital Stevenage.

SPECIALTY DOCTOR PSYCHIATRY

April 2013- Jan 2014Barnet Child and Adolescent Mental Health Service (West)
Edgware Community Hospital

H Rauf

SPECIALTY TRAINEE PSYCHIATRY

Aug 2012- Feb 2013 Community Learning Disability Team

Hounslow and Richmond Community Healthcare NHS Trust

SPECIALTY TRAINEE PSYCHIATRY

Feb 2012- Aug 2012 Hounslow CAMH's
Lakeside Mental Health Unit.

SPECIALTY TRAINEE PSYCHIATRY

Aug 2011- Feb 2012 Ealing Hospital, London (Forensic Medium Secure)

SPECIALTY TRAINEE PSYCHIATRY

Feb 2011- Aug 2011 Ealing Hospital, London (Forensic Rehab)

SPECIALTY TRAINEE PSYCHIATRY

Aug 2010- Feb 2011 Ealing Hospital, London (Adolescence Forensic)

SPECIALTY TRAINEE PSYCHIATRY

Feb 2010- Aug 2010 Ealing Hospital, London (CAMHS)

SPECIALTY TRAINEE PSYCHIATRY

Aug 2009- Feb 2010 Ealing Hospital, London (Acute Forensic)

SPECIALTY TRAINEE PSYCHIATRY

Feb 2009- Aug 2009 Lakeside Hospital, London (General Adult)

SPECIALTY TRAINEE PSYCHIATRY

Aug 2008- Feb 2009 Charring Cross Hospital, London (General Adult)

SPECIALTY TRAINEE PSYCHIATRY

Feb 2008-Aug 2008 EalingHospital, London (Old Age)

SPECIALTY TRAINEE PSYCHIATRY

Aug 2007 – Feb 2008 GordonHospital, London (General Adult)

SHO PSYCHIATRY

Dec 2006 - July 2007 Warne ford Hospital, Oxford (General Adult)

HONORARY SHO:

Feb 2006 – May 2006 Camden and Islington Mental Health and Social Care Trust Highgate
Mental Health Centre (General Adult)

RMO [SHO LEVEL]

Oct 2003 – June 2004 M. Rab Medical Centre, Karachi Pakistan. (General Adult)

HOUSE OFFICER:

July 2003 - Sept 2003	Psychiatry	[Civil Hospital Karachi, Pakistan]
April 2003 - June 2003	General Medicine	[Civil Hospital Karachi, Pakistan]
Oct 2002- March 2003	General Surgery	[Civil Hospital Karachi, Pakistan]

COURSES:

March 2023 **BAP Clinical Certificate Module**
Child and Adolescent Psychopharmacology

June 2022 **Approved Clinician Portfolio Workshop**
Midlands and East of England

February 2022 **Nice guidelines for children in care.**
East London NHS Foundation Trust

January 2022 **Certification 363 Adult and Paediatric Basic Life Support.**
East London NHS Foundation Trust

February 2021 **ADI-R Training**
Compass Psychology Services Ltd

December 2019 **MBT-Skills training**
Anna Freud National Centre for Children & Families

November 2019 **DBT Skills Workshop**
Oxford Health NHS Foundation Trust

May 2019 **CESR Training for SAS Doctors**
Royal College of Psychiatrists

April 2019 **Health and Social Care Workforce Development - Preventing Stress
and Enhancing Workforce Resilience Health** education England

H Rauf

February 2019 **South East Region Conference on Self harm and Suicide Prevention**
NHS England

January 2019 **Edward Jenner Leadership Programme**
Oxford Health NHS Foundation Trust

October 2018 **International Practitioner Health
Summit 2018: The Wounded Healer**
30 Euston Square, London

June 2018 **Symposium on Empathy in clinical psychiatry**
University of Oxford

October 2017 **Humanitarian Medical Aid Course** Doctors Worldwide

September 2017 **Thames Valley Suicide Prevention and Intervention Conference**
Oxford health NHS foundation trust

March 2017 **ADOS Administration and Coding**
Berkshire Healthcare NHS Foundation Trust

Feb-March 2017 **Senior Clinical Leadership Programme**
Berkshire Healthcare NHS Foundation Trust

THERAPEUTIC EXPERIENCE

December 2019 **MBT-Skills training**, Anna Freud National Centre for Children & Families

November 2019 **DBT Skills Workshop**, Oxford Health NHS Foundation Trust

IPD (Metallization Based Therapy): Ealing Hospital Supervised by Dr Kirtchuk. (Feb '2011- Aug '2011)
(Aug2011-Feb2012)

Family Therapy Sessions &CBT Cases : Ealing SDU Child & Adolescent Services (Feb 2010- Aug2010)

IPD (Metallization Based Therapy): Ealing Hospital Supervised by Dr Kirtchuk. (Aug 2009- Feb 2010)

CBT Case 1 &2 : Depression& Anxiety(March '09 – Aug'09)
Lakeside MHU
Supervised by Jelena McMennemin

Psychodynamic Psychotherapy:

Case : Depressive Disorder with Sexual Abuse Issue May2008
Ealing Hospital Supervised by Dr Norton Kingsley

CBT Seminars: September 2008Charring Cross Hospital, London

CBT Lectures: Aug'07-Feb'08 Gordon Hospital

CLINICAL PRESENTATIONS:

June 2022 ADHD Presentation and teaching medical students.
East London NHS Foundation Trust

September 2020ADHD Presentation Oxford Health NHS Foundation Trust.

March 2017 ADHD Presentation
Berkshire Healthcare NHS Foundation Trust

Jan 2015 Sustainability in health care
Priory Hemel Hempstead

April 2011 Psychotherapy presentation in a conference of psychologist
and psychotherapist. Ealing Hospital
