

CV Dr Dinesh Kannan

Name: Dinesh Kannan

Current Post: Locum Consultant Psychiatrist
Enfield North Core Team, North London NHS Trust
September 2020 till date

Consultant Psychiatrist in Adult ADHD Clinic
Clinical Partners
April 2021 to current

Consultant Psychiatrist in Adult ADHD Clinic
Private Therapy Clinic
Oct 2022 to current

Consultant Psychiatrist and Clinical Lead
Medacs Adult ADHD
Aug 2024 to current

I qualified as a medical doctor in 2001 from Gulbarga University in India, specialized in General Psychiatry and became an affiliate member of the Royal College of Psychiatrists in 2009. I further specialized in Older People's Psychiatry for the next two years. I went on to work in the Eating Disorder Service for the next two years, where I gained a special interest in the developmental aspects of trauma in children and how this contributes to adult mental disorders and especially anorexia nervosa. I have worked in the adult acute treatment pathway including inpatient and community settings in Dorset, South and North London. I specialize in neurodevelopmental disorder pathways, post-traumatic stress, eating disorder and other traumatic developmental pathways.

Academic Qualifications

MRCPsych
MSc (Applied Neuroscience), Kings College London
EMDR Therapist
Diploma in Cognitive Behavioural Therapy
Diploma in Dialectical Behavioural Therapy
Postgraduate Diploma in Psychiatry, University of Leeds

Licenses & Certifications

July 2021	ADI-R
July 2021	UKAAN ADHD
March 2020	ADOS-2
October 2018	Approved Clinician
October 2008	Section 12 (2) Approved

Previous Appointments

Consultant Psychiatrist Posts:

1st May 2023 – 30th Aug 2024: Adult ADHD service

Harrow Health CIC

1st Apr' 2021 – 30th March 2022: Adult ADHD service

Barnet, Enfield and Haringey NHS Trust, London

25th Mar' 2019 – 25th Aug'20: Adult Community Mental Health Team

Barnet, Enfield and Haringey NHS Trust, London

10th Dec' 2018 – 22nd Mar' 2019: Male Inpatient Unit, Ladywell Unit, London

South London and Maudsley NHS Trust

11th Jun' 2018 – 14th Sept' 2018: Female Inpatient Unit, Bethlem Royal Hospital, London

South London and Maudsley NHS Trust

3rd April 2018 – 29th May' 2018: Adult Community Team, Bedford

East London NHS Trust

Sept' 2017 – Feb' 2018: Crisis and Home Treatment Unit, Poole

Dorset Healthcare University NHS Trust

Feb' 2017 – Aug' 2017: Acute Assessment Unit, Poole

Dorset Healthcare University NHS Trust

Associate Specialist Psychiatrist Posts:

June 2013 to Jan 2018: Inpatient & Community mental health services, Poole, Dorset, U.K.

Aug 2011 to June 2013: Eating Disorder Service, Darlington, U.K.

Middle Grade Psychiatrist Posts:

Feb 2011 to Aug 2011: Longley centre, Sheffield, U.K.

Feb 2009 to Feb 2011: Kendray Hospital, Barnsley, South Yorkshire, UK.

General Core Psychiatric Training, South West Yorkshire:

August 2008 to February 2009: Assertive Outreach Team, Halifax, U.K.

February 2008 to August 2008: Inpatient Services, The Dales, Halifax, U.K.

August 2007 to February 2008: Learning Disabilities, Dewsbury, U.K.

February 2007 to August 2007: Inpatient Services, The Dales, Halifax, U.K.

August 2006 to February 2007: Older People's Services, The Dales, Halifax, U.K.

Trust Grade Psychiatry Positions:

February 2006 to August 2006: Older People's Service, The Dales, Halifax, U.K.

August 2005 to February 2006: Crisis & Home Treatment Team, Huddersfield, U.K.

February 2005 to August 2005: Adult Inpatient Services, St Luke's Hospital, Huddersfield, U.K.

May 2004 to February 2005: Older People's Services, Wakefield, U.K.

Oncology Training:

August 2002 to September 2003: Research Assistant, Bangalore Institute of Oncology, India,

September 2001 to August 2002: Clinical Oncology, Bangalore Institute of Oncology, India

Post Registration Appointment:

March 2001 to September 2001: Resident Doctor, Ramakrishna Nursing Home, India

Pre-Registration Appointments:

December 2000 to February 2001: General Surgery - *VIMS, Bellary, India.*

March 2000 to May 2000: General Medicine - *VIMS, Bellary, India.*

Clinical and Therapeutic Experience

Complex Diagnosis and Management

- Diagnosis, multi-modal management planning and treatment of complex patients across the whole range of psychiatric morbidity.
- Management of complicated presentations of young people with mixed biological, psychological and social problems.
- Working with adults presenting with Eating Disorders, PTSD and child abuse.
- Careful team working, systemic and systematic thinking, familiarity with local services, experience using of complex psychopharmacology and knowledge of evidence-based psychological inputs.

Psychotherapy Experience:

- Family Therapy training sessions at St Ann's Hospital, Huddersfield, UK.
- Introductory courses in Cognitive Behavioural Therapy and Dialectical Behavioural Therapy.
- I believe that psychotherapy - in one form or another - is an indispensable part of any person's recovery from mental illness.

Eating Disorder Services:

- Assessment, care planning and medical management of patients with eating disorders.
- Planning and medically supporting community-based weight management.
- Working alongside multi-disciplinary community-based psycho-social interventions for managing eating behaviours.

Neuropsychiatry and Neurodevelopmental Disorders:

- Experience in in-patient and outpatient settings diagnosing and treating people with primary and co-morbid neurodevelopmental disorders.
- Mixed cases of ADHD, Obsessive Compulsive Disorder, Tic Disorders and young people and adults on the Autism Spectrum. Such patients frequently require careful management of psychopharmacology alongside psychotherapy and behavioural inputs as well as detailed working with community services to provide on-going support after discharge.
- I am trained to deliver the tools ADOS-2 and ADI-R as part of an Autism Assessment.

Post-trauma Experience:

- I have worked extensively with colleagues from other mental health disciplines and agencies to provide assessment, consultation, liaison and treatment for children and teenagers with a history of emotional, physical, sexual abuse and neglect, presenting with traits of PTSD and Emerging Emotionally Unstable Personality Disorder, including self-harm and suicidal behaviour.
- This experience has provided me with a good understanding of the roots of adult personality disorder and the roots of adult substance misuse and co-morbid pathologies.
- EMDR Therapist

Psychopharmacology Experience:

- Completed modules in British Association of Psychopharmacology.
- I have a special interest in complex psychopharmacology - particularly the need for monitoring potential adverse risks associated with prescribed medication.

Management and Administrative Experience

Clinical Governance Experience:

- Working from an evidenced base in terms of my personal practice and as part of nationally agreed standard for doctors is achieved through keeping up to date with NICE guidelines and applying the trust's clinical governance policies implementing treatments driven by emerging evidence.
- Undertaking annual appraisal of my performance with an assessor external to my peer group and approval by the medical director.
- Repeated formal assessments of my colleagues and patient's opinion of my work through the Royal College of Psychiatrist's '360° Appraisal', which consistently yield positive results.
- Supervision and support from colleagues within various consultant peer groups.
- Experience of electronic note-keeping, Care Planning and the use of Outcome Measurements.
- Regular local audits - both internal and national.

Service Development:

- 2011 - 2013: Developed Day patient treatment program for managing adults with eating disorders and was part of a development project to move the unit to new premises which were bespoke designed to provide day facility services. This entailed working with professionals from finance and management to architecture and the building trade, which expanded my skills in multiagency working and gave me insight into the process of NHS service development.

Teaching Experience

- Teaching Junior Doctors
- Teaching staff In-House Training
- Regional Peer Group Education Meetings and Post Graduate Medical Education sessions.
- Sat on the panel for the 2018 Band 6 and Team Leader interviews.
- Approved Clinical Supervisor

Continued Professional Development

- I maintain my Royal College annual PDP programme status.
- My PDP is driven and assessed by peer group supervised completion of RCPsych CPD forms.
- Local mandatory training is up to date through local trust/agency courses and study days.
- External courses include the British Association of Psychopharmacology annual conference.
- I subscribe to the British Journal of Psychiatry and Journal of Psychopharmacology.

Research

Publications in Peer-Reviewed Medical and Scientific Journals:

- Effective, Safe Management of Starved Patients with Anorexia Nervosa Through a Combined Medical & Psychiatric Approach-Meeting the MARSIPAN Challenges, British Medical Journal, 2011.
- Research Assistant, Bangalore Institute of Oncology

Media Work on community eating disorder service:

- **PRINT: The GazetteLive** (2011),
- <http://www.tevv.nhs.uk/site/content/Care-&-Treatment/Adults/Eating-disorders-enhance>

Other Experience

Mental Health Act Experience:

- 'Approved Clinician' status and Section 12 Approved.
- Frequent experience of The Mental Health Act in in-patient and out-patient / emergency settings. Mental Health Act assessments including Community Treatment Orders.

Forensic and Legal Work:

- Completed Court Reports for immigration issues.
- Previous consultation at local Secure Unit (St Ann's Hospital House, Poole).
- Completed Court Reports as Expert Witness.
- Completed Court Report for capacity assessment.

Awards and Prizes:

- **Trust Excellence Award.** For achieving special excellence in service development, service delivery, innovative practice and contributions to audit and research.
- **National Talent Search Examination Scholarship**