

# ARINZE OKWUASABA; M. B. B. S.

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## CAREER SUMMARY

Dedicated Section 12(2) Mental Health Act 1983 approved-doctor with over a decade experience in healthcare including providing improved and first-class care to patients of diverse ethnic backgrounds. I have extensive working experience with patients in medicine, surgery, paediatrics, obstetrics and gynaecology, psychiatry, including teaching in a world-renowned medical school. My objective is to foster, promote, and deliver efficient and safe health care to individuals and communities of all backgrounds, with care and empathy. I am a great listener with exceptional writing and verbal communication skills. I learn fast and work hard as an individual and effectively as part of a team. I show a lot of intuition and motivation and adapt easily to change. I have a caring personality and a trustworthy character.

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## PROFESSIONAL EXPERIENCE

Priory Hospital East Midlands - Mansfield, Nottinghamshire, UK

03/2021 to Date

### Specialty Doctor, Psychiatry (Full-time, non-training, substantive role)

#### Advanced Clinical Duties:

- Comprehensive Patient Care: Conducting patient admission assessments, completing physical examination, conducting routine blood investigations and Electrocardiogram (ECG), formulating a diagnosis and risk assessment and management. Provide comprehensive psychiatric care to patients in a Psychiatry Intensive Care Unit (PICU) including complex case management of patients with severe and enduring mental health problems.
- Diagnosis and Treatment: Diagnose psychiatric conditions accurately and formulate individualized treatment plans that may include medication prescription under supervision of the consultant, psychology and occupational therapy interventions, and nursing care.
- Specialised Services: Writing Section 2 and 3 Mental Health Act (MHA) recommendations, writing Section 5 (2) MHA recommendations, writing Tribunal Reports, and attending Tribunal hearings Hospital Manager's Meeting (HMM) reports, and discharge summaries to the Community Mental Health Team (CMHT) and the General Practitioner (GP).

#### Leadership and Supervision:

- Team Leadership: Lead or co-lead the multidisciplinary team (MDT) weekly ward rounds, leading daily multidisciplinary team (MDT) meetings on the ward, including coordinating daily patient care with the nursing, occupational therapy, and psychology teams.
- Supervision and Training: Attend weekly supervision with my consultant, including providing daily guidance to the nursing team on the ward regarding the day-to-day care of the patients on the ward, including reviewing food and fluid charts, sleep charts, fasting blood glucose results, and physical health observation charts (NEWS charts).

#### Collaboration with community team professionals:

- Collaboration: Work closely with the local mental health team (LMHT) other healthcare professionals, patients, and families to develop comprehensive individualised care plans, especially for patients with complex needs.

**Research and Development:**

- Research Participation; Engage in clinical audits and personal reflections to contribute to the evidence base for psychiatric practices. This can include conducting original audits and presentations.

**Administrative and Professional Duties:**

- Clinical Governance: Participate in activities related to clinical governance, including medication audits, quality improvement projects, and risk management, to enhance the quality and safety of patient care.
- Continuing Professional Development: Participate in weekly peer reviews with colleagues and pursue ongoing education and professional development through attending presentations (CPD lectures) to maintain up-to-date knowledge and skills in psychiatry.
- Ethical Practice: Uphold ethical principles in clinical practice, including confidentiality, informed consent, and patient-centred care.

**NES Healthcare - Glasgow/Nottingham, UK**

**01/2019 to 03/2021**

**Resident Medical Officer, Psychiatry (Full-time, non-training, substantive role)****Clinical Duties:**

- Assessment and Diagnosis: conduct thorough psychiatric evaluations, including mental state examinations, including assessing patients; mental health states and diagnosing psychiatric disorders using the ICD-I0/ICD-11 manual.
- Diagnostic formulation and risk management plan: Develop and implement risk management plans for patients with psychiatric disorders. This involves prescribing medication, recommending psychology and occupational therapy interventions, and coordinating care with other healthcare professionals.
- Emergency Psychiatry: Provide psychiatric care in emergency situations, including liaising with the general hospital in the local area regarding the management of acute patients. This role involved taking bloods and conducting ECG's and acutely managing unwell patients.
- Inpatient Psychiatry: Participate in the care of patients admitted to psychiatric units, including attending ward rounds, contributing to medication management and discharge planning.

**Educational Activities:**

- Clinical Supervision: Receiving weekly direct supervision from my consultant psychiatrists, including providing guidance on patient care, diagnosis, and treatment.

**Research:**

- I presented my abstract at the Eating Disorder International Conference (FDIC) 2022.
- I presented an Audit on the use of laxatives in patients with eating disorders, at Priory Hospital Glasgow.

**Administrative and Professional Development:**

- Documentation: Maintain accurate and detailed medical records for all patients, including assessments, treatment plans, multidisciplinary team (MDT) clinical notes, and discharge summaries.

**St. George's University School of Medicine - Grenada, West Indies**

**09/2016 to 01/2019**

**Clinical tutor. Pathology (Full-time, non-training, substantive role)**

**Responsibilities:**

- Tutoring term four medical students in general and systemic pathology.
- Delivering presentations in pathology to fellow colleagues at clinical meetings.
- Participation in pathology case reviews.
- Participation in continuing medical education (CME) lectures.
- Tutoring term four medical students in pathology laboratory sessions.
- Participation in microbiology and clinical skills reviews.
- Conducting clinical skills OSCE for term four medical students.
- Conducting clinical skills OSCE for term five medical students.

**General Hospital Wamba - Nasarawa, Nigeria**

**08/2013 to 09/2016**

**Senior Medical Officer (Full-time, non-training, substantive role)**

**Responsibilities:**

- Managing male and female patients with Schizophrenia, mania, depression, and suicidal ideations,
- Conducting ward rounds in medical, surgical, paediatric and obstetrics/gynaecology wards.
- Performing bed side procedures including lumbar punctures, insertion of nasogastric tubes, and urinary catheters.
- Teaching of junior doctors and nursing staff.
- Monitoring critical patients.
- Performing ILS resuscitation.
- Pre-Op examination of patients.
- Assessment and management of male and female psychiatric patients and performing mental state examinations (MSE).
- Attending to over 40 patients daily - adults and children.
- Attending to emergencies before transfer to the ward.
- Obtaining clinical history, conducting physical examination, investigations, and management of patients.
- Counselling HIV patients.
- Conducting antiretroviral therapy (ART) clinic enrolment and managing HIV/AIDS patients.
- Conducting administrative responsibilities on behalf of the medical superintendent.
- Conducting patient follow up.
- Insertion of contraceptive devices - IUDs, implants.
- Referral of patients to tertiary health facilities.
- Issuance of medical certificates and medical reports.
- Performing major and minor Surgeries — Caesarean sections, exploratory laparotomies, appendectomies, hernia surgeries, and lipoma excisions.

**Madonna Hospital and Maternity - Anambra, Nigeria**

**02/2013 to 08/2013**

**Senior Medical Officer (Full-time, non-training, substantive role)**

**Responsibilities:**

- Conducting ward rounds with the medical director.
- Performing bedside procedures — insertion of urinary catheters, nasogastric tubes.
- Conducting ward rounds in the absence of the medical director.
- Instructing and teaching of nursing staff.
- Attending to medical emergencies.
- Obtaining clinical history, conducting physical examination, carrying out investigations, and treating patients - adults and children.
- Conducting medical fitness examinations and insurance of medical certificates.
- Assisting in major and minor surgeries — Caesarean sections, appendectomies.

**Nigerian Prisons Service - Anambra, Nigeria****02/2012 to 02/2013****Senior Medical Officer (Full-time, non-training, substantive role)****Responsibilities:**

- Assessment, physical examination, and treatment of inmates.
- Assessing over 50 inmates daily.
- Psychoeducation and counselling of inmates.
- Providing practical health education to the inmates.
- Treating of prison staff.
- Referral of inmates to general hospitals for tertiary care.
- Serving as the President and Vice-President of a Health Awareness Community Development Service group (HACDS).
- Organizing medical outreaches to communities, markets, secondary schools, abattoirs, prisons - delivering health talks on STIs, substance abuse, teenage pregnancy, personal hygiene.
- Organizing meetings with Local government chairman, community leaders, and school principals.

**Jos University Teaching Hospital - Jos, Plateau, Nigeria****03/2011 to 02/2012****Internship/Housemanship (Full-time, non-training, contract role)****Responsibilities:**

- Three-monthly rotations in Internal medicine, Surgery, Paediatrics, and Obstetrics/gynaecology.
- Taking clinical history and performing physical examination on new patients during out-patient clinic visits and during emergencies.
- Taking blood samples for investigations.
- Performing minor procedures — incision and drainage, debridement, inserting nasogastric tubes.
- Pre-op preparation of patients.
- Participating in bedside teaching, ward rounds.
- Presenting of seminar topics to the team consultant, registrars, and medical students.
- Monitoring post-operative patients.
- Assisting in emergency procedures during urology postings suprapubic catheterisations, relieving priapism.
- Administration of chemotherapy to cancer patients.
- Obtaining clinical history, conducting physical examinations on new patients.
- Performing bedside procedures — intravenous lines, nasogastric tubes insertion, urethral catheterisation, urinalysis, blood glucose monitoring.

- Managing medical emergencies under supervision.
- Participating in bedside teachings and presentations.
- Presentation of topics during clinical seminars.
- Participating in the medical on-call rota.
- Taking of clinical history and performing physical examination.
- Management of childhood emergencies — severe malaria, meningitis, sickle cell crisis, febrile convulsions, Presenting clinical cases and summaries during morning clinical meetings.
- Participating in 48-hour on-calls.
- Special Care Baby Unit: Setting intravenous lines for neonates.
- Performing exchange blood transfusions.
- Monitoring neonates in incubators and collecting samples for investigations.
- Administration of neonatal medications — aminophylline, vitamin K, calcium gluconate.
- Participating in bedside presentations and teaching of medical students.
- Presentation of clinical topics during seminars.
- Taking clinical history and performing physical examination on women in the labour room, clinic, and gynaecological patients.
- Monitoring mother and baby in labour.
- Performing procedures in the labour room suturing episiotomies.
- Participating in family planning clinic sessions and counselling patients on family planning methods.
- Assisting and performing obstetric ultrasonography.
- Performing gynaecological procedures — manual vacuum aspiration.
- Administration of chemotherapy — molar pregnancies.
- Attending to Obstetric and gynaecological emergencies — ectopic pregnancies, placental accidents, foetal distress, and cephalopelvic disproportion.
- Conducting deliveries in the labour room.
- Participating in bedside teaching.
- Presentation of clinical papers, case notes to the team consultant, registrars, and medical students.

**Faith Alive Foundation - Jos, Plateau, Nigeria 06/2010 to 03/2011**

**Voluntary medical service (Voluntary, non-training role)**

**Responsibilities:**

- Obtaining clinical history and performing physical examination of HIV and TB patients.
- Participating in adherence counselling and PMTCT clinics.
- Administration of ARTs to HIV patients.
- Ordering baseline investigations for HIV patients.
- Recognising symptoms and signs of TB and HIV.
- Participating in clinical meetings and presentations.

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## **ACCOMPLISHMENTS**

- Section 12 (2) of the Mental Health Act 1983 approval, 13 May 2024.
- Completed the United States Medical Licensing Examination (USMLE), 2020
- Best clinical tutor in the international clinical tutor fellowship program, department of pathology, St. George's University School of Medicine, Saint Georges, Grenada, 2018.
- Completed a comprehensive TB-HIV training organized by Integrated Programs for Sustainable Action against HIV AIDS in Nigeria (IPSAN), Plateau state, Nigeria, June 2015.
- Completed an ART/TB-HIV training in Plateau State, Nigeria, 2014.

- Completed a DOTS expansion training for medical officers organized by the Nigerian Federal ministry of health supported by GFATM, 2014.
  - Effectively controlled a Cholera endemic at a local community in Wamba LGA, Nasarawa State, Nigeria, in December, 2013: -covering 24-hour calls, all through the weeks of the outbreak, with over 150 cases, the outbreak was well controlled. 1 casualty was recorded in the entire health facility and community. Health education was provided, and measures implemented in the community for disease surveillance and early case detection. The source was also identified (a local drink, 'Kunu'). Vaccines were also made available to the community.
  - Completed a course for DOTS expansion on tuberculosis and leprosy management supported by USAID, 2012.
  - President and Vice-president of a health awareness community development group, 2012: -as the President, the group was awarded the best community awareness group for the year -successfully organized projects to communities, prisons, markets, as well as scheduling and meeting with community leaders and the local government chairman.
  - Participated in several free medical outreaches to communities, prisons, markets, 2012.
  - Completed a manual vacuum aspiration course, 2011.
  - Successfully completed an 8-week voluntary training at a health facility (HIV/AIDS facility), 2010.
  - Participated in a 2-week psychiatry rotation, which included clinical ward rounds in psychiatry with the consultant and residents, taking medical history from patients with Schizophrenia, mania, depression, Bipolar affective disorders, as well as, carrying out MSE and physical examination, Jos University Teaching Hospital, 2010.
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## **EDUCATION**

- Teaching Fellowship Program in Pathology - St George' s University School of Medicine, Grenada
- M.B.B.S - University of Jos - Nigeria
- GSCE - Demonstration Secondary School - Jos, Nigeria

## **AFFILIATIONS**

- Member, General Medical Council (GMC)
- Member, Medical and Dental Council of Nigeria (MDCN)

## **CERTIFICATIONS**

- General Medical Council (GMC)
- Medical and Dental Council of Nigeria (MDCN)
- Educational Commission for Foreign Medical Graduates (ECFMG)
- Section 12 (2) Mental Health Act 1983 approval

## **SKILLS**

- Microsoft Word, Excel, and PowerPoint
- Electronic Care Notes
- Ashtons pharmacy electronic works