

# **CURRICULUM VITAE**

**OF**

**DR ANANTHA PADMANABHA  
PILLAI ANIL KUMAR**

November 2008

# CURRICULUM VITAE

## PERSONAL DETAILS

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## MEDICAL REGISTRATION

### UNITED KINGDOM

Fully registered with General Medical Council as a Medical Practitioner  
(Principal list)

Full registration No 4694274  
Date of full registration 15th May 2000

Date of Award of CCST 31<sup>st</sup> March 2004  
Main Specialty General Psychiatry  
Subspecialty Substance Misuse Psychiatry  
Approved under Section 12 of the Mental Health 1983

### UNITED STATES OF AMERICA

Passed USMLE Step 1 and 2  
Awarded ECFMG Certificate  
Certificate No. 0-575-365-2 August 1997

### INDIA

Registered with Indian Medical Council  
Registration No 22195  
Year of Registration July 1994

## ACADEMIC QUALIFICATIONS

July 2000	MRCPsych Part2	Passed (1 <sup>st</sup> attempt)
August 1997	USMLE Step 2	Passed (1 <sup>st</sup> attempt)
June 1997	USMLE Step 1	Passed (1 <sup>st</sup> attempt)
July 1996	PLAB, General Medical Council	Passed (1 <sup>st</sup> attempt)
April 1993	MBBS, University of Kerala, India	Passed (1 <sup>st</sup> attempt)

## Medicolegal Experience

I was a member of the Priory expert witness panel for two years from 2006-2008 October, when it was taken over by a new company. I have completed 60 reports in relation to child custody cases, with more than a total of 150 reports completed to date.

I was the consultant representative for Southwark for the Committee for the protection of vulnerable children. This committee was instrumental in implementing the Joint Service protocol to meet the needs of children and unborn children whose parents or carers have mental health problems or substance misuse problems. I have attended conferences on child protection and also on how to protect and support children whose parents or carers have mental health or substance misuse problems. The impact of parental mental illness on the emotional development of children is one of my special interests. I have attended training courses to prepare expert witness court reports and have done more than fifty court reports on parents suffering from mental illness.

I had 50-100 patients suffering from Traumatic Stress disorder under my care when I was a community mental health team Consultant. This included war veterans, victims of abuse, and asylum seekers who were granted permission to stay. I have done more than fifteen court reports for people suffering from Traumatic Stress Disorder and I have a particular interest in assessing and treating Substance Misuse, as a consequence of Traumatic Stress Disorder. Since becoming the consultant of the assertive outreach team, I have 10-15 patients suffering from Traumatic Stress Disorder in my caseload.

### My specialities include

- 1. Assessment of mental health and substance misuse problems of parents of children in care, custody or contact issues (I have done more than 60 reports).**
- 2. Personal injury in road traffic accidents including whiplash injuries, Post Traumatic Stress Disorder (PTSD) & Depression (more than 15 reports).**
3. Employment LAW/Tribunals/Disability Discrimination Act and Occupational mental health (more than 10 reports).
4. Antisocial behaviour in mentally ill people, Disability Discrimination Act cases (more than 10 reports).
5. Independent reports Mental health review tribunals (more than 5 reports)
6. Criminal/forensic case reports for court (more than 15 reports).
7. Competence determination, Capacity Assessments & Psychiatric Evaluation. Mental Health Act 1983 assessment of mental capacity (more than 5 reports).
8. Independent reports for mental health review tribunal (more than 5 reports).
9. Fitness to plead (more than 10 reports).
- 10. Any (civil, criminal, family) cases with substance misuse problems disorder (more than 15 reports).**
11. Any (civil, criminal, family) adult cases with psychosis, schizophrenia, bipolar affective disorder (more than 10 reports).

## **PERSONAL STATEMENT**

Right from Medical school days, I was interested in General Psychiatry because of the closer, interactive relationship it offers with clients, the challenges in managing psychiatric disorders and the opportunities for further research. After passing the PLAB examination, I did an SHO job in Transcultural Psychiatry in Bradford for 6 months, before joining the Sheffield SHO Rotation. I worked in all the General Psychiatry subspecialties including Forensic Psychiatry and Substance Misuse. I had very good exposure to inner-city psychiatry in an ethnically diverse population and a very good training in psychodynamic psychotherapy during my SHO training in Sheffield. While I was doing my SHO training, I became very interested in the psychopathology and aetiopathogenesis of psychosis.

I moved to London to do research at the Institute of Psychiatry, after passing my MRCPsych. I worked as a Clinical Research Worker in the section of Cognitive Psychopharmacology for a year. I completed my Specialist Registrar training in Adult Psychiatry on 31<sup>st</sup> March 2004 with a special endorsement in Substance Misuse Psychiatry. I have good experience in the management of Dual Diagnosis clients. I had worked in a first episode Psychosis service and also did a mood disorder clinic for a year as my special interest. I was awarded my CCST on 31<sup>st</sup> March 2004 in General Psychiatry as my main specialty and with a subspecialty endorsement in Substance Misuse Psychiatry. I have been working as the Consultant Psychiatrist in General Psychiatry for the Southwark Community Assertive Outreach team from November 2006. Since I took over as Consultant, I have managed to improve the team's morale and performance greatly. I have worked as Consultant Psychiatrist for the St Giles 2 Continuing Care team at the Maudsley Hospital, from September 2004 to November 2006. I have been doing this job as a Locum from May 2004.

I have received two clinical excellence awards, one in 2005-2006, while I was at St Giles CMHT and the second in 2006-2007, for my work with the assertive outreach team.

I have been involved in three or more F-MRI projects on the effects of medication and other therapies on the Brain. I have worked as a Clinical Research Worker at the Institute of Psychiatry and was involved in three F-MRI studies of cognitive function and the effects of antipsychotic medication in Schizophrenia. I am committed to teaching and have been very active in the teaching of postgraduate doctors from the Maudsley rotation. I teach the MRCPsych Part 1 and 2 course at the Institute of Psychiatry on antipsychotic medication. My other research interests include research in Transcultural Psychiatry and have completed a review on faith healing. I have taught at the Guilford MRCPsych Revision course on Transcultural Psychiatry.

### **Current Post:**

**From November 2006 to Present**

**Consultant Psychiatrist, Southwark Community Outreach team, South London and Maudsley NHS Trust.**

I am currently the Consultant Psychiatrist for the assertive outreach team which covers the whole of Southwark. I have a total of around 120 (one hundred and twenty) patients under my care. Assertive Outreach teams care for hard-to-engage patients who have a diagnosis of psychosis, who do not adhere to treatment regimes and readily lose contact with services. Many of these patients have comorbid personality disorders, border line learning difficulties, associated substance misuse problems and experience socio-economic deprivation. In Southwark, substantial proportion of these patients are from ethnic minorities, and there is a high level of deprivation, unemployment, substance misuse, relatively high incidence of psychotic disorders, Post Traumatic Stress Disorder (PTSD), dual diagnosis.

I have taken over a team which went through lot of uncertainties regarding the future and in the process, became very disillusioned ,unmotivated and lacked the drive to keep up the standards they had in the past. It has not been able to fulfill it's specialist function as an assertive outreach team with significant impacts on out come and has had issues regarding through put .I have been working closely with the team leader and care co-ordinators, to re-establish standards and structure .We have re-established the structure for meetings, for the zoning system, crisis management, and looking to redefine the entry and exit criteria. We have also identified the clients who could be transferred back and has started taking on new clients.

I have been meeting the care coordinators on a regular basis to discuss their clients and advise regarding client management looking into ways to promote engagement ,reduce frequency and duration of hospital admission . I also review the clients who are treatment resistant, have treatment adherence issues and other management or diagnostic problems, on a regular basis. I have been attending all the CPA review meetings and see almost all the clients in crisis. This has helped the team to be more confident and take a positive approach to the management of risk ,in an assertive manner in the community. I use the electronic data system, e-PJS. We have restarted the detail review of complex cases and we are attempting to improve liaison with ward. I have been having regular meetings with team leaders to explore ways of improving the throughput in the service and we are redefining the entry and exit criteria. We are also in the process of looking to define our outcome measures. I have been doing home visits and also mental health act assessments for clients who are acutely unwell.

My other responsibilities include offering clinical supervision to the Specialist Registrars and Senior House Officer. I have been involved in the teaching of medical students attending the unit.

## **Previous Consultant Posts**

### **Forensic High Support Rehab Team Cover:28<sup>th</sup> July 2008-15<sup>th</sup> September 2008**

I did 3-4 sessions a week in addition to my regular NHS Consultant responsibilities .I was regularly reviewing Forensic patients in high support rehabilitation placements. Most of these patients were on forensic sections including restriction orders.

### **Psychiatric Intensive Care Unit /ES1 Cover: 6<sup>th</sup> August 2007 –14<sup>th</sup> Septmeber 2007**

I did 3-4 sessions a week ,in addition to my regular NHS consultant work, covering the consultant respnsibilities for ES1 ward for 6 weeks from 6<sup>th</sup> of August.This was to cover Dr S.Smith's sabbatical leave .I was doing two ward rounds,reviewing patients in seclusion,liaising with home office ,writing regular reports for people on Forensic sections,assessing patients in the prison for possible transfer to ES1and supervising the SHO and the SpR .

### **Consultant for Priory Grange ,Ticehurst-two session a week; June 2006- May 2008**

I was one of the Consultant Psychiatrists responsible for the inpatient care at Priory Grange Ticehurst house, which is a long-term rehabilitation ward for adults with severe and enduring mental health problems; who are complex or dual diagnosis, often with forensic histories, detained under Mental Health Act 1983 and in need of expertise in areas such as self-harm, substance misuse problems, challenging behavior, trauma or severe interpersonal difficulties.

**From September 2004 to November 2006  
Consultant Psychiatrist, St GILES CC2, South London and Maudsley NHS Trust**

I worked as the Consultant Psychiatrist in Adult Psychiatry at the St Giles 2 Continuing Care team, a community mental health team at the Maudsley from May 2004 to November 2006. I have RMO responsibility for the continuing care patients of St Giles CC2 and also share the workload of the St Giles 2 ABT team with another consultant colleague. St Giles locality is the largest locality in Southwark and it is an ethnically diverse inner-city catchment area. There is high level of deprivation, high incidence of criminality, substance misuse, and unemployment. In my case load, around 10% of my clients have a significant Forensic history and there is a slightly higher percentage of people with dual diagnosis. I have been managing these patients with Pharmacotherapy, psychological therapies in close liaisons with the Forensic and substance Misuse Services. I work closely with the care co-ordinators, and review the clients, who are treatment resistant, have treatment adherence issues and other management or diagnostic problems, on a regular basis. I have been having regular meetings with team leaders to manage the waiting list, discharge issues and exploring ways of improving the throughput in the service. I have been doing home visits and also mental health act assessments for clients who are acutely unwell. My other responsibilities include offering clinical supervision to the Specialist Registrars and Senior House Officer. I have been actively involved in the teaching of medical students attending the unit and has been the acting head of my firm for 3<sup>rd</sup> year medical students.

With support from the team leaders and managers, I have revamped ,restructured a service which was in chaos and confusion with lots floating patients after the reconfiguration in 2004 and a succession of locums.I have reduced outpatient caseload from 186 to 53 for continuing Care and from more than 100 to 31 for ABT patients,thus improving through put.Through a introduction of zoning system(at the initiative and support of my team leaders) ,regular discussions of the crisis (red zone ) patients with the team leader and care coordinators, I have significantly reduced the number of serious untoward incidents.There was no suicide or serious harm to others by my clients during my 24 months as the Consultant for this team, looking after more than 500 patients and there was only one serious untoward incident during that period.

**From May 2004 to September 2004: Locum Consultant Psychiatrist, St GILES CC2, South London and Maudsley NHS Trust**

I had worked as a Locum Consultant Psychiatrist in Adult Psychiatry at the St Giles 2 Continuing Care team from May 2004 to September 2004. I was appointed as a substantive Consultant in the same job, in September 2004.

**October 2003 to January 2004, Locum Consultant Psychiatrist In Addictions, OAKS Resource Centre, Croydon (four sessions a week)**

I had RMO responsibility for all the patients with drug dependence problems attending the Oaks and I was the named clinician at the DTTO, Croydon where I did one session. I was supervising all the junior doctors including, one SHO and a clinical assistant. I am one of the tutors for MSc in Addictions, at the Institute of Psychiatry.

**Training Posts**

### **INTERNSHIP (Pre-registration House Officer)**

Duration 1st July 1993 to 30th June 1994.  
Hospital Medical College Hospital, Trivandrum, Kerala, India.

### **SENIOR HOUSE OFFICER POSTS IN INDIA**

July 1994 to October 1995 General Medicine Maria Hospital, Adoor, Kerala.  
(200 bedded rural hospital)

October 1995 to April 1996 General Medicine Medical Trust Hospital, Kulanada.  
(100 bedded rural hospital)

### **EXPERIENCE IN PSYCHIATRY IN INDIA**

I was a regular attender of Case Conferences and Journal Clubs since the first year of my clinical postings as an undergraduate student. I have also presented cases at Case Conferences.

### **EXPERIENCE IN PSYCHIATRY IN THE UNITED KINGDOM**

**August 1996 to February 1997.**

**Locum Senior House Officer in Transcultural Psychiatry to Dr H G Daudjee, Consultant Psychiatrist at Lynfield Mount Hospital, Bradford.**

A valuable experience in detecting the varied clinical presentations in a range of cultural settings. This post greatly improved my clinical skills in diagnosing and managing acute and chronic psychiatric problems in ethnic minorities.

### **February 1997 to September 2000 Sheffield SHO Rotation.**

**February 1997 to August 1997**

**Senior House Officer in General Adult Psychiatry to Dr M G Jackson, Consultant Psychiatrist at Royal Hospital, Chesterfield.**

I gained further experience in history taking, mental state examination and also in multi-disciplinary assessment and management. I also did risk assessment and management for dangerous and self-injurious behaviour, particularly in-patients with Personality Disorder. I administered ECT under supervision and presented cases at local clinical meetings.

**August 1997 to February 1998.**

**Senior House Officer in Old Age Psychiatry to Dr C W Rusius, Consultant Old Age Psychiatrist at Nether Edge Hospital .**

I had experience in extended cognitive state examination, assessing and addressing Carer needs and assessment and management of organic and functional illness in the elderly.

**February 1998 to August 1998.**

**Senior House Officer in General Adult Psychiatry under Dr T J G Kendall, Consultant Psychiatrist, Southern Acute Day Hospital, Bighton .**

I had experience in providing transient acute day hospital care for patients who have been discharged from the ward and also for patients who were acutely ill but managed in the community with intensive support. The assessment and management were multi-disciplinary in collaboration with senior nurses and occupational therapists. I also became proficient in psychodynamic formulation through the regular supervisions I had with my consultant.

**August 1998 to February 1999.**

**Senior House Officer in Child and Adolescent Psychiatry to Dr S R Hughes, Consultant Child Psychiatrist at Shirle Hill Hospital, Sheffield.**

The hospital had twelve in-patients and some day -patients. I gained experience on the effect on parenting of adult mental health problems, early onset of adult type mental disorders, issues of child protection, diagnoses specific to Child Psychiatry and also a broad range of therapeutic interventions in Child Psychiatry. I did domiciliary visits with other members of the team. I also did family assessment, family therapy and individual therapy.

**February 1999 to August 1999.**

**Senior House Officer in Substance Misuse Psychiatry to Dr N A Seivewright, Consultant Substance Misuse Psychiatrist, Sheffield.**

I managed In-patient and community detoxification. I became more experienced and well informed in the use of sensitising and antagonistic medication, newer pharmacological treatments, and techniques of harm reduction and substitute prescription, use of psychological therapies and management of dual diagnosis.

**August 1999 to February 2000**

**Senior House Officer in Forensic Psychiatry to Dr E F Mendelson and Dr Hayes, Consultant Forensic Psychiatrists at Wathwood Hospital, RSU, Rotherham.**

I gained experience in assessment and management of dangerousness, management of disturbed patients in a secure setting and also experience in preparing court, tribunal and Home Office reports. I attended both Crown and Magistrates Court with my consultant. I also joined my consultant for prison assessment.

**February 2000 to August 2000**

**Senior House Officer in General Adult Psychiatry to Dr C M Wallbridge and Dr R Lethem, Nether Edge Hospital, Sheffield**

It was an excellent experience in management of acutely ill in-patients and I also did two outpatient clinics a week .I

**August 2000 to October 2000**

**Senior House officer in Psychotherapy to Dr Fitzgerald, Sheffield**

I joined the consultant in the assessment sessions for psychodynamic therapy and I also saw a patient for short-term psychodynamic psychotherapy, during this period.

## **Higher Psychiatric Training**

**October 2000 to September 2001**

**Clinical Research Worker in Cognitive Psychopharmacology at the Institute of Psychiatry**

I worked with Prof Tonmoy Sharma, then Senior Lecturer, Institute of Psychiatry from October 2000 to September 2001 doing neuroimaging studies in Psychosis.

I was awarded my Research NTN on 12th January, from the South London Training Scheme.

**March to September 2001**

**Honorary SpR in Rehabilitation Psychiatry to Dr S.Cope, Consultant Rehabilitation Psychiatrist at the Lady well Unit, Lewisham**

I ran the Clozapine Clinic, which included clinical review of patients on Clozapine, evaluation of side effects including weight gain, dietary advice, ensuring compliance, monitoring Clozapine levels and educating the patients about the medication. I saw new

referrals and treatment resistant inpatients, attended ward rounds and visited various rehabilitation hostels.

## **From October 2001 to May 2004**

### **Maudsley Specialist Registrar Rotational Training Scheme**

#### **October 2001-August 2002**

**Specialist Registrar in General Adult Psychiatry under Dr Siva Kumar at Priority House, Maidstone.**

My responsibilities included chairing the team meetings, the ward round in the Consultant's absence, Mental Health Act assessments, attending mental health review tribunals as well as doing two outpatient clinics a week. I also did sessions in the Intensive Care Units and was very much involved in the medical and psychological management of patients. I was doing ward rounds in the ITU as well in the absence of my Consultant. I worked closely with the multidisciplinary team and did domiciliary visits with CPNs or social workers either for regular monitoring and follow up of clients or for urgent assessment of their mental state. I was involved in supervision and teaching of the SHOs. I worked as the Acting Consultant for a month, chairing the multidisciplinary team meetings, doing the ward rounds both at the ITU and in the general ward, supervising two Senior House Officers and providing the Clinical Lead for the multidisciplinary team.

#### **September 2002 to August 2003**

**Specialist Registrar in Substance Misuse Psychiatry to Dr Jane Marshall at the National Alcohol Unit, Bethlem Royal Hospital, Beckenham as part of Maudsley SpR rotation.**

I gained experience in managing alcohol dependence and poly substance misuse. It extended my knowledge of pharmacological and psychological management of alcohol dependence. I did the management round weekly and acted up in my consultant's absence. I trained the MSc students, medical students and supervised the SHO on a regular basis. I attended the referral meetings and was involved in the management of the waiting list. I liaised with the different substance misuse teams as well as the borough CMHTs, who refer clients to our Unit. I did a weekly outpatient clinic at the Maudsley, managing long-term patients.

#### **September 2003 to February 2004: Specialist Registrar in Substance Misuse Psychiatry to Dr J Bearn at the Drug Dependency Unit, Wickham Park House**

My responsibilities included supervising the Senior House Officer, Clinical Assistant and acting as a tutor to the MSc students attending the unit. I did the management round every week and chair the ward reviews in the absence of my consultant. It has expanded my knowledge about the medical and psychological management of opiate, cocaine, benzodiazepine and other drug dependencies. I represented my consultant in the referral meetings and was involved in the management of the waiting list. I supervised the antenatal substance misuse clinic at the Mayday Hospital as my special interest.

#### **March 2004 to May 2004: Specialist Registrar to Dr E. Cole, Southwark Community Outreach Team (SCOT) and Community Mental Health Team, Lordship Lane Locality, East Dulwich.**

I did 4 sessions with the Lordship Lane Locality Team and 2 sessions with Southwark Community Outreach Team (SCOT) under the supervision of Dr Eleanor Cole. Majority of the clinical time at Lordship Lane was spent with the Assessment and Brief Treatment

team. I did one outpatient clinic every week, and participated in the weekly multidisciplinary team meetings. I did regular domiciliary visits with my colleagues to assess acutely ill patients and gained more experience in Mental Health Act assessments.

With the Southwark Community Outreach Team, I worked closely with a multidisciplinary team, and gained valuable experience in working closely with the voluntary sector. I had good experience of strategies to engage “hard to engage patients”, the Team Approach, crisis and contingency planning and Risk assessment and Management. I have been using the electronic data system, CCS (Current Clinical Summary).

**Special Interest and Research Sessions**

**LEO (Lambeth Early Onset Psychosis Service) October 2001 to August 2002**

I did two sessions per week under the supervision of Dr Paddy Power and Prof Phil McGuire. I had a caseload of around fifteen patients. My responsibilities included working closely with the key worker to ensure a good standard of living, good recovery from illness for clients and continued compliance with medication and reviewing the mental state and medication whenever needed for patients in the first episode of a Psychotic illness.

**Mood Disorder Clinic, Brixton Road, under Prof. Mary Phillips, September 2002 to August 2003**

This enhanced my knowledge of the management of affective disorders and the use of different mood stabilisers, newer antidepressants and antimanic drugs.

**EXPERIENCE IN PSYCHOTHERAPY**

I attended a weekly psychodynamic case discussion group under the supervision of Dr G Fitzgerald from May 1998 to May 1999. I have experience in Individual and Family Therapy in Child Psychiatry. I have attended regular lectures on Cognitive Behavioural Therapy. I also saw a patient weekly for psychodynamic psychotherapy under the supervision of Dr H Vaas.

**PRESENTATIONS**

I regularly take part in the Symposiums, Seminars, discussions and meetings at the Institute of Psychiatry. I was a regular attender and active participant of Maudsley Case Conferences and also of the Academic meetings at the Institute of Psychiatry. I have been an expert for the Maudsley Grand rounds and have also presented to grand rounds . I have presented at Case Conferences and the Journal Clubs and have chaired grand rounds . In addition to this, I have done the following presentations:

<b>Date</b>	<b>Presentation</b>	<b>Audience</b>
May 2008 at the Maudsley for ST3-6 (SpRs ) in South London .	Management of Dual Diagnosis	Presentation on Calman day
April 2008	Assertive Outreach Services	Guys academic meeting
	Consultants and Postgraduate Junior doctors at Guy’s Hospital.	
January 2008	Dual diagnosis	Consultants and Postgraduate
	Junior doctors at Guy’s Hospital.	

November 2007 taking Part 1	Antipsychotics	Postgraduate doctors
June 2007	Metabolic syndrome	Southwark Consultants
May 2007	Maudsley Grand Round	SLAM staff
February,2007	Antipsychotics	Postgraduate doctors taking Part1
February 2006	Abstract and poster presentation at the <b>13th Biennial Winter Workshop on Schizophrenia Research,7 day conference at Davos, Switzerland</b>	
May 2003,2004,2005,2006 taking Part 1	Antipsychotics	Postgraduate trainees
18/08/2002 Trainees taking	Transcultural Psychiatry MRCPsych Part 2	Lecture at Guildford Revision Course for

### **Courses/Conferences attended**

24 <sup>th</sup> and 25 <sup>th</sup> November, 2008	Translating Advances in Biological Psychiatry into Therapeutics: moving from bench to bedside	
24 <sup>th</sup> October 2008	Mental capacity Act 2005 & Decision Making	
16 <sup>th</sup> October 2008	How finance work in NHS	
17 <sup>th</sup> October 2008	2007 MHA Conversion Course	
22 <sup>nd</sup> May 2008	Mental Capacity Act update	
24 <sup>th</sup> January 2008	Recovery Model Workshop	
13 <sup>th</sup> and 14 <sup>th</sup> December 2007 Management	Psychiatry Faculty Update Meeting, Vienna Challenges and Advances in Long Term Schizophrenia	
30 <sup>th</sup> November 2007	Expert Witness course at the Royal college of Psychiatry	
29 <sup>th</sup> November 2007	The early phase of psychosis –research and treatment	
26 <sup>th</sup> November 2007 Collaborative	Symposium for the London Spirituality and Mental Health	
19 <sup>th</sup> November 2007 leaders	Recovery in Mental Health ,workshop for consultants ,team	
22-24 <sup>th</sup> October 2007	Maudsley Mediterranean Forum ,3 day conference ,Palermo	
May 2007	2 <sup>nd</sup> International Cannabis and Mental Health Conference	
13 <sup>th</sup> April 2007	BBC media training course at BBC training and development centre at 35 Marylebone High Street.	
4-5 <sup>th</sup> April 2007	Pole 2 Pole Master class, Birmingham	
April 2006	The early phase of psychosis-research and treatment, International conference London, attended workshop “Setting up an Early Intervention Service”	

- March 2006 Introduction to SPSS .One day course at IOP
- March 2006 Working together to protect and support children and Unborn Children whose parents or carers have mental Health or Substance Misuse Problems
- February 2006 **13th Biennial Winter Workshop on Schizophrenia Research,7 day conference at Davos, Switzerland**
- January 2006 Section 12 Approval Refresher Course, one day course at Guys Hospital, London
- September 2005 'Phenomenology and Psychiatry for the 21<sup>st</sup> Century' two day International Conference at IOP
- April 2005 Minimising risk: Managing violence and physical health in patients in general psychiatry' A one-day conference
- April 2005 Long Term Outcomes In Schizophrenia and Bipolar Affective Disorder
- April 2003 Schizophrenia, not just biological 2 day conference at IOP
- March 2002 Trainees in Psychiatry (TIPs) Becoming a Consultant Psychiatrist 3 day conference in Dublin.
- December 2001 Senior Registrar's Management Training Course 3 day course at IOP organised by Professor Bhugra.
- March 2001 Mental Health Act Section 12 Introductory Course at IOP

## **EXPERIENCE IN RESEARCH AND AUDIT**

### **RESEARCH**

I am currently involved in two Research projects , an f-MRI study of the Effects of Psychological Therapies on Brain Functions with Prof Veena Kumari, Professor of Experimental Psychology, Institute of Psychiatry and I have also been the clinical lead for f-MRI project studying eye movements and the effects of smoking on the brain of people with Schizophrenia. I am collaborating with Dr Ettinger at the IOP .I have done the f-MRI analysis of a emotional face recognition study in depersonalisation with Dr Erwin Lemche and Prof Mary Philips at the Institute of Psychiatry. I am also writing up the papers from two other projects which I have completed. I have collaborated with Dr Tennyson Lee regarding a personality disorder outreach service and also with Prof Thornicroft in the INDIGO study.

I was involved in three projects in the Section of Cognitive Psychopharmacology at the Institute of Psychiatry, under the supervision of Prof. Tonmoy Sharma, from 2000-2001. One was a Naturalistic, Multimeasure study of Clinical and Cognitive Efficacy of different Atypical Antipsychotics. It involved Neuropsychological measures as well as Functional magnetic resonance imaging of Cognitive functions in Schizophrenia. My role involved recruiting, screening subjects, administering SCID and coordinating the different tests.

The second project was the International, Multicentric study comparing the efficacy of Olanzapine vs. Haloperidol in Schizophrenia, sponsored by Lilly. The third project I was

involved with was a f-MRI study of the Cognitive and Clinical Efficacy of Ziprasidone in first episode Psychosis .

I have also done research sessions with Prof Jenkins at the WHO collaborating centre, Institute of Psychiatry, from October 2001-August 2002 doing a review on faith healing. I have completed the data collection and am doing final revisions on three papers to be sent for publication.

I have completed the f-MRI analysis on a research project on face recognition in depersonalisation under supervision of Prof Mary Philips.

I have attended introductory and safety courses for the Magnetic Resonance Imaging and have been closely involved in this part of the different projects. I am well experienced in using the PANSS and also the SCID. The other rating scales which I am using include MADRS, Hamilton depression scale, Calgary depression scale, Attitude to Medication, Questionnaires for assessing Insight, Quality of Life and also the various side effect scales.

## **Publications**

All the projects are in the process of being written up for submission to peer reviewed journals.

## **Papers Published**

**1. The relationship of structural alterations to cognitive deficits in schizophrenia: a voxel-based morphometry study.** : Antonova E, Kumari V, Morris R, Halari R, Anilkumar A, Mehrotra R, Sharma T  
Biol Psychiatry. 2005 Sep 15;58(6):457-67.

**2. Prefrontal Cortex and Insight in Schizophrenia: A Volumetric MRI Study**  
Sapara<sup>1</sup>, A., Cooke<sup>1</sup>, M., Fannon<sup>2</sup>, D., Peters, E., Barkataki<sup>2</sup>, I., Aasen<sup>1</sup>, I., Anil Kumar<sup>1</sup>, A., Francis and Buchanan., Kuipers<sup>1</sup>, E., Kumari<sup>1</sup>, V. : **Schizophr Res. 2007 Jan;89(1-3):22-34. Epub 2006 Nov 13**

**3. Limbic and Prefrontal responses to facial emotion expression in depersonalisation.** Erwin Lemche, Simon A. Surguladze, Vincent P. Giampietro, , Ananthapadmanabha Anilkumar, Michael J. Brammer, Gasston, D. Chitnis, X., David, A.S., Williams, S.C.R., Joraschky, P., Phillips, M.L  
**Neuroreport. 2007 Mar 26;18(5):473-79**

**4. Insight, distress and coping styles in schizophrenia.**  
Michael Cooke<sup>1</sup>, Emmanuelle Peters<sup>1</sup>, Dominic Fannon<sup>2</sup>, Anantha PP Anilkumar<sup>2</sup>, Ingrid Aasen<sup>1,2</sup>, Elizabeth Kuipers<sup>1</sup>, Veena Kumari<sup>1\*</sup>  
**Schizophr Res. 2007 Aug; 94(1-3):12-22. Epub 2007 Jun 11.**

**5. The Effect of Long-Acting Risperidone on Working Memory in Schizophrenia: A Functional Magnetic Resonance Imaging Study.**  
Surguladze SA, Chu EM, Evans A, Anilkumar AP, Patel MX, Timehin C, David AS.  
**J Clin Psychopharmacol. 2007 Dec;27(6):560-570.**

**6. Neural Effects of Ziprasidone Monotherapy in First-Episode Schizophrenia: A Longitudinal Study using fMRI and a Procedural Learning Paradigm**

Veena Kumari<sup>a\*</sup>, Anantha PP Anilkumar<sup>b</sup>, Dominic H ffytche<sup>c</sup>, Ravi Mehrotra<sup>b</sup>, Martina T Mitterschiffthaler<sup>c</sup>, Tonmoy Sharma<sup>d</sup>

**Journal Clinical Schizophrenia & Related Psychoses. Volume 1, Number 4 / January 2008. 317-327**

**7. A pilot personality disorder outreach service: development, findings and lessons learnt**

Tennyson Lee, Duncan McLean, Paul Moran, Hugh Jones, and Anil Kumar  
**Psychiatr Bull 32(4), April 2008: 127-130.**

**8. Uncontrollable voices and their relationship to gating deficits in schizophrenia**

.Kumari V, Peters ER, Fannon D, Premkumar P, Aasen I, Cooke MA, Anilkumar AP, Kuipers E.

**Schizophr Res. 2008 Apr;101(1-3):185-94. Epub 2008 Feb 11.**

**9. An fMRI study of face encoding and recognition in first-episode schizophrenia**

Anantha P. P. Anilkumar, Veena Kumari, Ravi Mehrotra, Ingrid Aasen, Martina T. Mitterschiffthaler, Tonmoy Sharma

**Acta Neuropsychiatrica June 2008 - Vol. 20 Issue 3 ,pages 129–138**

**10. Cerebral and autonomic responses to emotional facial expressions in depersonalisation disorder.**

Lemche E, Anilkumar A, Giampietro VP, Brammer MJ, Surguladze SA, Lawrence NS, Gasston D, Chitnis X, Williams SC, Sierra M, Joraschky P, Phillips ML.

**Br J Psychiatry. 2008 Sep;193(3):222-8.PMID: 18757982**

**11. Impaired verbal self-monitoring in schizophrenia: Associations with reduced fronto-temporal activity and mental inflexibility**

Veena Kumari<sup>1</sup>, Vinod Raveendran<sup>1</sup>, Dominic Fannon<sup>2</sup>, Preethi Premkumar<sup>1</sup>, Dominic H ffytche<sup>3</sup>, Michael A Cooke<sup>1</sup>, Emmanuelle R Peters<sup>1</sup>, Ingrid Aasen<sup>1</sup>, Anantha PP Anilkumar<sup>2</sup>, Steven CR Williams<sup>3</sup>, Christopher Andrews<sup>3</sup>, Louise C Johns<sup>2</sup>, Robin M Murray<sup>2</sup>, Philip McGuire<sup>2</sup>, Elizabeth Kuipers<sup>1</sup>

Accepted **for publication in Schizophrenia Bulletin**

**Submitted**

**1. Duration of illness and working memory in schizophrenia: An fMRI investigation**

Sarah Elsabagh<sup>\*1</sup>, Preethi Premkumar<sup>1</sup>, Anantha Anilkumar<sup>2</sup>, Veena Kumari<sup>1</sup>

**2. Event-related potential assessment of tobacco-smoking and gender effects in patients with schizophrenia.**

Alex Sumich<sup>1</sup>, Veena Kumari<sup>2</sup>, Maria Rodriguez<sup>2</sup>, Namal Botenne<sup>1</sup>, Ravi Mehrotra<sup>2</sup>, Elizabeth Zachariah<sup>2</sup>, Ananth PP. Anilkumar<sup>2</sup>, Ulrich Ettinger<sup>3</sup>, and Tonmoy Sharma<sup>4</sup>  
In submission to AJP

**3. Effects of Nicotine on Brain Function during Antisaccade Eye Movements**

Ulrich Ettinger (1), Alejandro Caceres (1), Dhanesh Patel (1), Tanja M. Michel (2), Agwawumma Nwaigwe (1), Anantha P. Anilkumar (3,4), Mitul A. Mehta (1), Steven C.R. Williams (1), Veena Kumari (5) **In submission to Neuropsychopharmacology**

#### **4. Structural MRI predictors of responsiveness to Cognitive Behavioural Therapy in Psychosis**

Preethi Premkumar a\*, Dominic Fannonb, Elizabeth Kuipersa,d, Emanuelle R Petersa,d, Ananatha PP Anilkumar a,e; Andrew Simmons c,d, Veena Kumaria,d

#### **5. Dorsolateral Prefrontal Cortex Activity Predicts Responsiveness to Cognitive Behaviour Therapy in Schizophrenia**

Veena Kumari<sup>1,4</sup>, PhD, Emmanuelle R Peters<sup>1,4</sup>, PhD, Dominic Fannon<sup>2</sup>, MBBS, MRCPsych, Elena Antonova<sup>1</sup>, BSc, PhD, Preethi Premkumar<sup>1</sup>, MSc, Anantha P Anilkumar<sup>2</sup>, MBBS, MRCPsych, Steven CR Williams<sup>3</sup>, PhD, Elizabeth A Kuipers<sup>1,4</sup>, PhD, FBPsS

### **Abstracts Published**

1. Face Encoding and Recognition in Non-familial First episode Schizophrenia: A functional MRI Investigation  
A.Anilkumar,\* Veena Kumari,\* Ingrid Aasen,\* Martina Mitterschiffthaler,\* Tonmoy Sharma
2. Functional MRI Evidence for Striatal and Thalamic Abnormalities in First Episode Schizophrenia  
Veena Kumari<sup>1</sup>, A.Anilkumar<sup>1</sup>, Ingrid Assen<sup>1</sup>, Martina Mitterschiffthaler<sup>1</sup>, Tonmoy Sharma<sup>2</sup>
3. Neuroimaging of medication change in schizophrenia: from conventional depot to Risperidone Long Acting Injections  
S. Surguladze, E. Chu, A. Evans, A. Anilkumar, A. David
4. Testing three different models of neural mechanisms causal to depersonalization syndrome with combined fMRI and SCL  
Erwin Lemche, Anil A. Kumar, Vincent Giampietro, Michael J. Brammer, Simon A. Surguladze, Xavier Chitnis, Steven C.R. Williams, Mary L. Phillips
5. Effects of antipsychotics in first-episode psychosis investigated with fMRI  
Tonmoy Sharma, Anil Kumar, Veena Kumari
6. Current Intellectual Functioning and Grey and White Matter Alteration in Schizophrenia: A Voxel-Based Morphometry Study:  
E Antonova, V Kumari, R Halari, E Zachariah, R Mehrotra, A Kumar, T Sharma
7. Effects of typical and atypical antipsychotic treatment on antisaccade and prosaccade eye movements in schizophrenia:  
Ulrich Ettinger, Veena Kumari, Elizabeth Zachariah, Ravi Mehrotra, Jonathan Vickers, Pam Scott, Anil Kumar, Trevor J. Crawford, Tonmoy Sharma
8. SMALLER LEFT INFERIOR FRONTAL LOBE ASSOCIATED WITH POORER INSIGHT INTO ILLNESS IN SCHIZOPHRENIA.  
M.A. Cooke<sup>1</sup>, A. Sapara<sup>1</sup>, I. Aasen<sup>1</sup>, D.G. Fannon<sup>1</sup>, A. Kumar<sup>1</sup>, E.R. Peters<sup>1</sup>, E. Kuipers<sup>1</sup>, V. Kumari<sup>1</sup>.
9. Relationship between Antisaccade and Neuropsychological Test Performance and the Role of IQ

Ulrich Ettinger, Elena Antonova, Rozmin Halari, Anil Kumar, Elizabeth Zachariah, Trevor J. Crawford, Ravi Mehrotra, Tonmoy Sharma, Veena Kumari

## AUDIT

- (i) **Engagement of clients in assertive outreach services:** I am supervising my previous SHO in the audit of those clients who resistant to engagement with psychiatric services as treated by the Southwark Community Outreach Services. This will provide a database to enable SCOT to assess it effectiveness at engaging with this particular client group ant identify any changes which may be required to enhance this vital service.
- (ii) **Depot audit:** My colleague Dr Phil Timms, Consultant Psychiatrist, START team and myself are in the process of applying for approval from the audit committee , for a new audit looking in to side-effects, monitoring and recording of side effects ,doses used, efficacy, dose changes in response to [lack of efficacy and](#) side effects and the general prescribing patterns of depot antipsychotic in the assertive outreach teams in the borough.

**(iii) Audit of Alcohol dependence patients referred for MRI**

I am currently doing an audit of all the alcohol patients who had a MRI scan in the last five years. This is to look into the referral process, appropriateness of each referral and also trying to correlate clinical findings with MRI findings. This is being done in collaboration with the department of Neuroradiology.

**(iv) New long stay Audit**

I did the “New Long Stay Audit” with Dr E C R Milner, Consultant Psychiatrist. Patients were deemed to be New Long Stay if they had been in-patients for six or more months continuously. A set of audit standards for NLS patients were drawn up and distributed to all psychiatrists. The sets of standards were drawn from the 1998 Long Stay Audit. The demographic details and Audit Standards were examined.

**(v) Family Involvement in Therapy in Child Psychiatry**

An internal audit done at Shirle Hill Hospital with Dr S R Hughes, Consultant Child Psychiatrist, which audited the family involvement and their attendance in various therapy sessions offered and the reasons for non-attendance.

## Computer skills

I have attended introductory courses for the use of SPSS v13 and am able to use it with reasonable confidence. I am well informed on the various psychiatric websites. I can perform literature searches and am familiar with the Medline and Cochrane Data Base. I am familiar with Microsoft word and use the e-mail.

## TEACHING EXPERIENCE

I am in the London Deanery panel to interview postgraduate doctors for ST1 posts.

I was one of the Psychiatry firm heads for Neurology, Ophthalmology, and Psychiatry rotation for third year medical students. In addition to arrange for the various teaching including ward-based teaching and web-based teaching, I did regular tutorial sessions for them every week. I chaired of some their grand round presentations .I also act as their

mentor, and have sessions with students who have any problems .I also do their mid term and final evaluation.

I lectured at the MRCPsych Part 2 course at Guildford on Transcultural Psychiatry in August 2002.

I am committed to teaching and am very active in teaching postgraduate doctors in the Maudsley rotation. I teach on the MRCPsych Part1 and 2 course, at the Institute of Psychiatry on antipsychotic medication. I have been a tutor to the medical students attached to the Drug Dependency Unit, Alcohol Unit as well as the Mood Disorder Clinic. I have been supervising the MSc students attached to the Drug Dependency Unit and Alcohol Unit. I was one of the Personal tutors to MSc students in Addictions.

I was an examiner in Psychiatry for the University Examination of Undergraduate, Medical students, in London. I was one of the examiners for the Pilot of the new MRCPsych Clinical Assessment of Skills and Competencies (CASC) examination, run by the Royal College of Psychiatrists, at the York Clinic, Guy's Hospital on two occasions ,the first time in May and second time in August.

## **MANAGEMENT EXPERIENCES**

- I have been the principal investigator for two Serious Untoward incidents investigations in SLAM.
- I am the Southwark Consultant representative for the SLAM Medicines Management Committee
- I am the Consultant representative for the mental health partnership board .
- I was the Consultant representative for the Southwark Protection of Vulnerable Children Committee.
- I was a member of the interview panel for recruiting postgraduate specialist CT trainees at the London Deanery, in 2008.
- I was the organizer of MRCPsych Part 1 examination in October 2001, conducted in Maidstone.
- I prepared the draft plan for a first episode service development in Lewisham supervised by Dr Sharma. I also did another service development plan with my colleagues for a Psychosis re-evaluation service as well.
- Was Secretary of the Doctors Committee at Wathwood Hospital, RSU for four for months.
- Was Junior Doctor's representative on the Drug and Therapeutic Committee in Community Health, Sheffield.

## **VOLUNTARY ACTIVITY**

- Was a member of the college union as a medical student.
- One of the chief organisers of the State Intermedical Youth Festival in Kerala in 1991.
- One of the organisers of the State Medical Exhibition in 1988.

## **EXTRA CURRICULAR ACTIVITY**

- Winner of the debate competition in Malayalam for three consecutive years while a student.
- Second prize in debate in Intermedical State Youth Festival 1989.
- Second prize in drama competition.
- Published short stories.