

CURRICULUM VITAE

Dr. Shruthi Eswar
MBBS, FRCPC, MRCPsych (UK)

DR SHRUTHI ESWAR
CPSBC 30706

QUALIFICATIONS

2013 (September)	Sub-Speciality Certification in Child & Adolescent Psychiatry
2011(May)	FRCPC-Psychiatry (Canada)
2003 (June)	MRCPsych (UK)
1998 (July)	MBBS (Bangalore University, Karnataka, India)

MEDICAL LICENSE

2009 (November)	CPSBC
2000(May)	GMC (UK)

MEMBERSHIP OF PROFESSIONAL BODIES

- Member of Royal College of Psychiatrists, London UK
- Fellow of RCPSC
- Member of CPA
- Member of American Academy of Child & Adolescent Psychiatry
- Member of CMPA

POST QUALIFICATION CONSULTANT POSTS

Consultant in Child & Adolescent Psychiatry-November 2009 to date

Adolescent Psychiatric Unit and Child & Adolescent Psychiatric Stabilization Unit

Surrey Memorial Hospital, Surrey BC, Canada

Ten bedded regional adolescent (13 to 18) psychiatric unit

- Psychiatric assessment, diagnostic clarification and treatment of adolescents presenting with a range of severe and complex mental illness.
- Provide treatment recommendations to Community Mental Health Teams at time of discharge to ensure continuity of care.
- Comprehensive psychiatric management including pharmacology, individual therapy and family work.
- Medical leadership to members of the multi-disciplinary team to ensure good clinical care.
- Involved in ongoing service evaluation to maintain a high standard of clinical care.
- Screen and assess all referrals for meeting appropriate criteria for inpatient management.
- Consult and liaise with other service providers and referring agencies.
- Emergency and on-call cover.
- Primary Supervisor to PGY 3 Residents in Psychiatry who are attached to the unit.
- Supervise 3rd year medical students who rotate through child and adolescent psychiatry.

Consultant Psychiatrist- Surrey Child & Youth Mental Health Team

(North Surrey Child & Youth Mental Health Team, Surrey, BC, Canada)

- Psychiatric assessment and management of children and adolescent referred to CYMH with range of mental disorders.
- Provide consultation and supervision to members of the multi-disciplinary team.
- Assessment of Autism spectrum disorders through use of ADI-R and ADOS.

Consultant Psychiatrist- Community Child & Adolescent Mental Health Services (Kidderminster, UK)

(May 2009 to November 2009)

Consultant Psychiatrist- Regional Adolescent Inpatient Unit (Stoke-on-Trent, UK)

(May 2008 to April 2009)

SUMMARY OF TRAINING POSTS

Higher Specialist Training- West Midlands Deanery UK

Specialist Registrar, Child & Adolescent Psychiatry

Nov 07-May 08	Ashlands Centre, Combined Healthcare NHS Trust (Dr J Lovett)
Apr 07-Nov 07	Darwin Centre, Combined Healthcare NHS Trust (Dr A Ayton)
Sep 06-Apr 07	Maternity leave
Apr 06-Sep 06	Irwin Unit, Birmingham Children's Hospital NHS Trust (Dr D Rothery)
Apr 05-Mar 06	Ashlands Centre, Combined Healthcare NHS Trust (Dr J Lovett)
Apr 04-Mar 05	Swiftbrook House, South Staffordshire NHS Trust (Dr C Dunn)

Staff Grade, Adult Psychiatry

Feb 04-Apr 04	Greenfield Centre, Combined Healthcare NHS Trust (Dr X Sgouros)
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Basic Specialist Training

Senior House Officer – Keele Rotational Training Scheme - UK

May 03-Feb 04	Maternity leave
Feb 03-May 03	Liaison Psychiatry, Harplands Hospital, Stoke-on-Trent (Dr M Jorsh)
Aug 02-Feb 03	Substance Misuse, Harplands Hospital, Stoke-on-Trent (Dr R Bloor)
Feb 02- Aug 02	Child & Adolescent Unit, Wall Lane House, Stoke-on-Trent (Dr P Clare)
Aug 01-Feb 02	General Adult Psychiatry, Shelton Hospital, Shrewsbury (Dr C Murphy)

Senior House Officer – North Trent Rotational Training Scheme- UK

Feb 01-Aug 01	Psychogeriatrics, Nether Edge Hospital, Sheffield (Dr P Boston)
Aug 00-Feb 01	General Adult Psychiatry, Princess Diana Hospital, Grimsby (Dr L K Roy)

Psychiatry Training in India

Aug 98-Jun 99	Senior House Officer- General Adult Psychiatry (Dr A V Bhide) St Martha's Hospital, Bangalore, India
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SUMMARY OF PROFESSIONAL EXPERIENCE

Child & Adolescent Psychiatry

Three and a half years of specialist training in Child & Adolescent Psychiatry has included two and a half years based in Community CAMHS (semi-rural area, Stafford for 12 months and semi-urban area, Newcastle-under-Lyme for 18 months) and one year in Tier 4 inpatient service (Irwin Unit, Parkview Clinic, for adolescents aged 12-16 for 5 months and Darwin Centre for adolescents aged 12-18 for 7 months. I gained experience and skills in the following:

- Experience in interviewing children, adolescents and families.
- Competence in assessment, diagnosis and management of neurodevelopmental disorders, affective disorders, psychotic disorders, emotional and behavioural disorders, substance misuse, school refusal and eating disorders.
- Experience in working with children of all age groups and from varied socio-economic and cultural backgrounds.
- Experience in liaising with external agencies such as education, social services and voluntary agencies.
- Experience in effective liaison work with paediatrics, substance misuse, forensic, learning disability and psychology services while managing complex cases.
- Gained experience in managing complex cases of eating disorders and psychosis during inpatient placement.
- Effective co working with psychotherapists, psychologists, art therapists, drug workers and specialist nurses.
- Experience in chairing review meetings and multi-disciplinary meetings.
- Experience in child protection procedures and have been part of child protection conferences.
- Consultation and supervision to colleagues, junior doctors and medical students within the multidisciplinary teams.
- Prepared child care court report and a report for the home office.
- I have prepared medical reports for Mental Health Tribunals.

Special Interest Sessions and Placements

- Adolescent Addiction
- Paediatric Liaison
- Autism Clinic
- Learning Disability Services for Adolescents.
- Forensic Child and Adolescent Mental Health

Therapy Experience

Family Therapy

- Systemic Family Therapy
- Behavioural Family Therapy

Psychotherapy

- Cognitive Behavioural Therapy
- Interpersonal Therapy

Group Therapy

- Parent Management Training

RESEARCH and AUDIT

Research

Children's Perception of Parental Mental Illness

This is a qualitative study to understand children's perception of parental mental illness. I became involved in this project along with Dr J Barton, Dr L Lovett and Ms J Fletcher. This study has been granted ethics approval in recent months and I will assist in data collection.

Belief Errors in Emotional Management Within Interpersonal Relationships.

This research project was to identify the presence of deeply held cognitive errors in adolescents and development of a rating tool to identify the same which was done along with Dr P Clare as a Specialist Registrar. I was involved in literature search, completing project design and submission to the ethics committee. This project could not be completed as I went on maternity leave.

Audits

Audit on Use of Medication in ADHD in Ashlands CAMHS

Audited the assessment, diagnosis and treatment of Attention Deficit Hyperactivity Disorder as per NICE technological appraisal on ADHD. This was done on a sample size of 27 cases attending the Ashlands CAMHS. This audit was the basis of a further audit conducted by the trust across the four CAMHS teams in the trust.

Standard Setting- Art Therapy Practice in CAMHS

Collaborated with Art Therapist in Newcastle CAMHS to set standards in the practice of Art therapy within CAMHS. All cases referred to art therapy during the period of January 2005 to January 2006 were included for the audit. This audit resulted in setting standards for art therapy practice within CAMHS including the documentation process.

Standard Setting- Audit on the Referral Process within CAMHS Referral Meetings

This audit was to look at the process of referral meetings over a period of 8 weeks. This audit resulted in setting up guidelines for the accurate documentation of the referral process.

Teaching Experience

- Clinical Instructor – University of British Columbia
- Medical Student and Resident Preceptor.
- Supervision and training modules for Junior residents in Psychiatry in the UK.
- Facilitated psychiatry module for medical students, topic Child and Adolescent Mental Health, Eating Disorders, Mental Health Act and Psychosis.

Management Experience

- Division Lead for Children Youth and Young Adults – Fraser Health Authority (September 2015 to date)

