

CURRICULUM VITAE
FOR
DR OKON FRANKSON UMOH

PERSONAL DETAILS

Contact Details

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EDUCATION AND QUALIFICATIONS

Qualifications

- Certificate of Completion of Training, (CCT) General Psychiatry, October 2008, PMETB
- MRCPsych, April 2004, Royal College of Psychiatrists
- M.B.B.S, June 1993, Stavropol Medical Academy
- LL.M Medical Law and Practice, June 2010, Anglia Ruskin University.

Other qualifications

- Approved Clinician
- Approved under Section 12 of Mental Health Act

Medical School:

Stavropol Medical Academy, Russian Federation

Secondary School:

Samuel Bill College, Nigeria

Qualifications obtained in secondary school

GCE, 'O' Level in:-

Mathematics - A

Biology - A

Physics - A

Chemistry - A
Agricultural Science - A
Geography – A
English Language – Credit
English Literature - Credit

PRESENT POSITION

Locum Consultant Psychiatrist
South Essex Partnership NHS Foundation Trust
Laurel House
Rochford Hospital
Rochford,
Essex, SS4 1RB

Start date: 9 August 2010

PREVIOUS EMPLOYMENT

Locum Consultant Psychiatrist, Hertfordshire Partnership NHS Foundation Trust, Oxford House,
Bishop's Stortford, Herts.
Oct 2008 – August 2010

Specialist Registrar Training

Specialist Registrar, Adult Psychiatry, Clacton and District Hospital, Clacton on Sea, Essex, October
2007 – October 2008

Specialist Registrar, Old Age Psychiatry, Linden Centre, Broomfield Hospital, Chelmsford, Essex,
May 2007 – October 2007

Specialist Registrar, Old Age Psychiatry, Savemake Hospital, Marlborough, Wiltshire
Nov 2006 – May 2007

Specialist Registrar, Adult Psychiatry, Green Lane Hospital, Devizes, Wiltshire
November 2005 - October 2006

Special Interests undertaken during the SpR training

April 2008 – October 2008. Rehabilitation Psychiatry, South Essex Partnership Foundation Trust,

October 2007 – April 2008. Crisis Resolution and Home Treatment Service, South Essex
Partnership Foundation Trust.

October 2006 – October 2007 – Mentally Disordered Offenders/Court diversion, South Essex
Partnership Foundation Trust

April 2006 – October 2006 – Assertive Outreach Service, Green Lane Hospital, AWP Trust,
Devizes, Wiltshire.

Other posts

Acting Consultant Psychiatrist, Child and Family Consultation Service, Dagenham Essex, Aug 2005 - Nov 2005

Locum Appointment for Service, Specialist Registrar in Old Age Psychiatry Goodmayes Hospital, Goodmayes, Essex, May 2005 to August 2005,

Locum Staff Grade Psychiatrist, Early Intervention in Psychosis Runwell Hospital, Wickford, Essex, Feb 2005 to May 2005

Acting Consultant Child and Adolescent Psychiatrist, Child and Family Consultation Service, Southend on Sea Jan 2004 – Feb 2005

Senior House Officer, Child and Adolescent Psychiatry Child and Family Consultation Service, Grays, Essex August 2003 - Jan 2004

Staff Grade Psychiatrist, Rehabilitation Psychiatry Runwell Hospital, Wickford, Essex, March 2002 – August 2003

Staff Grade Psychiatrist, Substance Misuse Rochford Hospital, Rochford, Essex, July 2000 – March 2002

Senior House Officer, Psychiatric Intensive Care/Challenging Behaviour, Runwell Hospital, Wickford, Essex, Sept 1999 – July 2000

Senior House Officer in General Adult Psychiatry Rochford Hospital, Rochford, Essex, Feb 1999 – Aug 1999

Senior House Officer in Old Age Psychiatry, Runwell Hospital, Wickford, Essex, Aug 1998 – Feb 1999

Senior House Officer in General Adult Psychiatry, Basildon Hospital, Basildon, Essex, Aug 1997 – Aug 1998

Senior House Officer in Medicine for the Elderly, Southend Hospital, Prittlewell Chase, Westcliff on Sea, Feb 1997 – Aug 1997

Resident Doctor, General Medicine, University of Calabar Teaching Hospital, Nigeria, Sept 1993 – Oct 1995

EXPERIENCE IN CLINICAL LEADERSHIP

My training in psychiatry has taken me through the length and breadth of the speciality. After completing my SHO rotation, (where I held posts in Adult Psychiatry, Old Age Psychiatry, Addictions, Intensive Care Unit and later, Child Psychiatry), I held Staff Grade positions in Addictions, Low Secure Rehabilitations, Early Intervention in Psychosis and an acting consultant in Child and Adolescent Psychiatry before embarking on senior specialist (SpR) training. I have used my relatively long and tortuous training path to my advantage. By the time I joined the SpR scheme I had acquired the degree of knowledge and experience that prepared me for the next level of experience.

During my SpR years, and through the use of my Special Interests placements, I obtained experience in Mentally Disordered Offenders, Assertive Outreach, Crisis Resolution and Home Treatment, and Rehabilitation Services.

Throughout my training I have demonstrated a good sense of clinical judgement and a depth of knowledge in the diagnosis of management of clinical conditions. I have shown good clinical leadership at various stages of my training and in every post that I have held in the past. I have demonstrated a good command of the core knowledge of psychiatry throughout my progression in the career. I have also undertaken measures to update my knowledge through participation in conferences, symposia, seminars and other academic events.

I have attended the Mental Health Act 2007 Conversion Training for Psychiatrists

EXPERIENCE IN MANAGEMENT

- Shadowing of a Service manager during my SpR training, attended service planning meetings.
- Attended of management courses organised by the South West Organisation of Psychiatric Training
- Attended Management for Psychiatrists organised by Wyeth Pharmaceuticals, Newcastle, 2007
- Attended Management for Psychiatrists organised by Janssen Cilag, London October 2007
- Attend Medical Advisory Committee meeting and other consultant meetings.
- Regularly keep up to date with health service management news by reading the Health Service Journal (HSJ)

RESEARCH AND CLINICAL AUDIT EXPERIENCE

- I have been involved in various research projects with Dr Jason Luty at the Southend Drug and Alcohol Service, Taylor Centre, Southend on Sea.
- I have gained significant knowledge on how to generate research hypothesis, the structure of the Ethics Committee and the process of obtaining ethical approval, how to prepare research protocol and other aspects of the research process.
- I have contributed to the randomised controlled trial of antidepressants in alcohol dependent people. I was involved in the recruitment of subjects as well as the conducting of rating with the use of structured interviews and rating scales.
- I have been involved in the validation of a short instrument for the measurement of stigma towards mentally ill people- the Attitude to Mental Illness Questionnaire. This involved a survey of over 800 UK adults for their attitudes towards those with mental illness.
- I have broad experience in the conduction of clinical audit and the use of its outcome. For the past 3 years I have taken on at least one audit project a year. My present audit project involves the issue of delayed discharge in hospital.

TEACHING EXPERIENCE

- I undertake teaching sessions during the weekly in-house academic programme.
- I have completed a formal two day teaching course organised by the South West Organisation of Psychiatric Training (SWOPT).
- During my SpR training I have undertaken induction of new Senior House Officers in various areas including Psychiatric Emergencies, and The Mental Health Act.

- I regularly presented and chaired academic meetings. My topics included Driving and Dementia, The Cardiovascular effects of cholinesterase inhibitors and a review of Mood Stabilisers in Pregnancy.

PUBLICATIONS

EFFECTIVENESS OF 'CHANGING MINDS' CAMPAIGN FACTSHEETS TO REDUCE STIGMATISED ATTITUDES TOWARDS MENTAL ILLNESS

Jason Luty, Okon Umoh, Mohammed Sessay and Arghya Sakhel
Psychiatric Bulletin (2007), 31, 06-12443/1

A SHORT SELF-REPORT OUTCOME MEASURE (MAP-SC) FOR OPIATE ADDICTION TREATMENT

Jason Luty, Vincent Perry, Okon Umoh, Donna Gormer, Colin O'Gara, Mohammed Sessay, Argo
Psychiatric Bulletin, April 2006

Validation of A Short Instrument To Measure Stigmatised Attitudes Towards Mental Illness

Jason Luty, Daniel Fekadu, Okon Umoh & John Gallagher. Psychiatric Bulletin, July 2006

THE PROFESSIONAL STATUS OF PSYCHIATRISTS: GOOD BUT NOT GREAT Jason Luty Daniel, Fekadu, John Gallagher & Okon Umoh. Psychiatric Bulletin, August 2006.

A Simple and Effective Methods to Reduce Stigmatised Attitudes Towards Mental Illness Jason Luty, Okon Umoh, Colin O'Gara, Argo Sarkel, Mohammed Sessay & Francis Nuamah. BJPsych

EXPERIENCE IN MEDICO – LEGAL WORK

- Attended Bond Solon course for report writing
- Hold LLM in Medial Law and Practice
- Attend conferences on medico-legal practice in psychiatry
- On the average write 10 reports a year
- Regularly take part in Mental Health Tribunals
- Regularly prepare reports on my patients for the Mental Health tribunals and Managers Meetings.
- Hold both Approved Clinician Status and Section 12 Approval
- Have practiced psychiatry in various settings including low secure units and currently look after patients some of whom have been released into the community with Home Office restrictions.
- Areas of expertise covers all areas relating to adult mental health.

Other interests

I am a cycling enthusiast and regularly use my mountain bike as an alternative to motor transport where possible. I have a special interest in the preservation of the environment.

I am interested in current affairs in particular the economic and political development of third world countries.

I am a keen user of personal computer for personal and work usage.