

DR. SHAHJAHAN AKTHAR

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DOH LICENSED PSYCHIATRIST

CORE COMPETENCIES

- Cognitive Behaviour Therapy
- Electroconvulsive Therapy
- Medication Management Support
- Personality test support
- Psychoanalysis Support
- Hypnosis
- Anxiety Reduction Therapy
- Group and Family Counselling
- Psychological Disorder Treatment
- Psychiatric Assessment & Diagnosis
- Patient- Centered Care
- Therapeutic Interventions

ACADEMIC CREDENTIALS

One year Certificate Course in Child and Adolescents' Mental Health; 2023
IACAM Academy, Location

Certification in Geriatric Mental Health Issues; 2024
college, Location

MD (Psychiatry Department); 2019
Osmania Medical College, Institute of Mental Health, Erragadda, Hyderabad

M.B.B.S.; 2014
Mamata Medical College, Khammam, Telangana

THESIS

- Quality of life of parents and amount of stress in parents of children with ADHD

TRAINING UNDERGONE

- Trained in child psychiatry at Niloufer hospital and neuropsychiatry at NIMS hospital

CERTIFICATION

- Certified in Child and Adolescents Mental Health by IACAM Academy

EXECUTIVE SUMMARY

- Dedicated and compassionate Consultant Psychiatrist with **over 5 years** of experience in diagnosing, treating, and preventing mental, emotional, and behavioral disorders
- Proficient in employing a diverse range of treatment modalities, including medication management, therapy, neuromodulation, and psychotherapy to address common issues such as insomnia, anxiety, depression, bipolar disorder, and schizophrenia
- Excellent communication skills enable effective collaboration with patients and healthcare teams to enhance treatment outcomes
- Committed to delivering patient-centered care and improving the overall mental well-being of individuals

KEY DELIVERABLES

- Conducting thorough psychiatric evaluations to assess mental health conditions
- Diagnosing, and developing treatment plans for various psychiatric disorders, including mood disorders, anxiety disorders, schizophrenia, and personality disorders
- Prescribing, and managing psychotropic medications while monitoring patients for side effects and treatment effectiveness
- Providing psychotherapy and counselling to patients, utilizing various therapeutic techniques
- Collaborating with psychologists, social workers, and other healthcare providers to ensure coordinated patient care
- Conducting regular follow-up appointments to evaluate patient progress and adjust treatment plans as necessary
- Participating in ongoing professional development and stay updated on advancements in psychiatric medicine

CAREER CONTOUR

Since Aug 2022 with Apollo hospital, Secunderabad as Consultant (Psychiatrist)

- Ensuring sensitivity to patients' constitutional rights along with adhering to medical ethics and standards within an outcome-oriented management system
- Conducting daily ward rounds on assigned wards, initiating necessary psychiatric interventions
- Evaluating patient progress and made clinical recommendations, including reviews of psychotropic medications, to enhance patient functioning
- Managing patient admissions by performing comprehensive psychiatric evaluations, documenting admission notes, and formulating preliminary treatment plans
- Securing informed consent from patients or guardians for psychotropic treatment
- Engaged in discussions with guardians or relatives to clarify the patient's status, helping them understand the illness and treatment, thereby improving overall satisfaction
- Accepting clinical assignments as directed by the Medical Executive Director or their designee to meet hospital needs

Since Aug 2022 with Ayaan Institute of Medical Sciences, Moinabad as Assistant Professor

- Actively engaged in academic activities, including delivering lectures and teaching psychiatry to undergraduate and postgraduate students
- Organized seminars, group studies, and Continuing Medical Education (CME) sessions to enhance learning
- Ensured a supportive and healthy learning environment and took responsibility for the mental well-being of medical students

CAREER CONTOUR (contd.)

Oct 2019 – Aug 2022 with Chalimeda Anand Rao Institute of Medical Sciences, Karimnagar, Telangana

Oct 2021 - Aug 2022 as Assistant Professor
Oct 2020 - Sep 2021 as Senior Resident
Oct 2019 - Sep 2020 as Psychiatrist

- Performed comprehensive psychiatric evaluations, encompassing assessment, diagnosis, treatment, and management, while facilitating care coordination for patients with acute and complex mental health needs
- Emphasized active listening and addressed patient concerns, ensuring all responses were conveyed in easily understandable terms

INTERNSHIP

Organisation: Mamata Medical College, Khammam, Telangana
Duration: 2014 – 2015

ACCOLADES

- Secured first place in a quiz competition organized by the Telangana Psychiatric Association in September 2018
- Triumphed in the quiz competition commemorating World Alzheimer's Day at IMH, Hyderabad, in September 2016
- Participated in the World Suicide Prevention Day Run in September 2016

CONFERENCES ATTENDED

- Telangana State psychiatric conference at Gandhi medical college and hospital, Secunderabad, June 2016
- CME at Marriott Courtyard, Hyderabad, Aug 2016
- Annual national conference of Indian psychiatric society at Raipur, Chhattisgarh, Jan 2016
- Telangana State psychiatric conference, Hyderabad Race club, Hyderabad, Telangana, June.2017
- Telangana State Psychiatric Conference, Mamata medical College, Khammam, Telangana, June 2018
- Annual National conference for Private Psychiatrist, at Taj Krishna, Hyderabad, Nov.2018
- Telangana State Psychiatrist Conference held at Institute of Mental Health, Hyderabad, June 2019
- Telangana State Psychiatrist Conference held at Taj Deccan, Hyderabad, June 2021
- World Congress of Asian Psychiatrist at Westin, Mindspace, Hyderabad, Sep 2022
- Attended workshop on Basic Course in Medical education, certified for the same by National Medical Council of India, May 2023

PERSONAL DOSSIER

Date of Birth: 17th September 1990
Passport No.: U7568669 (Valid till: dd/mm/yyyy)
Languages Known: English, Hindi, Telugu, Urdu, and Arabic