



RCPsych in Scotland PsyQlatry: Ideas, Innovation and Impact

**@RCPsychScot
#RCPsychiSPsyQlatry2026**

Thursday 19 March 2026
Online via Zoom
Entry from 9.50am

Digital Event Booklet

Housekeeping



A register will be taken to confirm attendance



Keep your microphone muted to avoid background noise



Please turn your phone/devices to silent



Questions will be invited at the end of each presentation. Please feel free to contribute via the Chat or raise your hand using the Reactions feature to be invited to speak.



We recommend you switch to 'speaker view'



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within 5 days of the event.

PROGRAMME

Event Chairs: Dr Sanjana Mahanta and Dr Kevin Thomas Edassery, Core Psychiatry Residents, NHS Grampian	
Morning Session	
09:50 – 10:00	Join Online via Zoom / Registration
10:00 – 10:15	Welcome and Introduction
10:15 – 10:45	Developing Research Experience in Core Training Guest Speaker: Dr Maytal Wolfe, Consultant Liaison Psychiatrist, NHS GGC
10:45 – 11:00	Improving Antipsychotic Monitoring in Community CAMHS Dr Jo Carnegie, Foundation Year 2 Doctor and Dr Sadia Ahmed, Foundation Year 1 Doctor, Hampshire Hospitals NHS Foundation Trust
11:00 – 11:15	Improving Completion and Timeliness of Extended Discharge Documents (EDD) in a Forensic Psychiatry Inpatient Service: A Baseline Audit and Re-audit Following System Changes. Dr Kene Orazulike, Core Trainee Psychiatry; North of Scotland Deanery
11:15 – 11:30	Comfort Break (and posters)
11:30 – 11:45	Efficacy of Exposure and Response Prevention Therapy in Combination with Selective Serotonin Reuptake Inhibitors for Obsessive-Compulsive Disorder in Adolescents: A Real-Life Experience from Bangladesh Dr Tumpa Indrani Ghose, Senior Clinical Fellow, Black Country Health Care NHS Foundation Trust
11:45 – 12:00	Improving Awareness of Alcohol Use in Pregnancy within a Perinatal Mental Health Service: A Quality Improvement Project Dr Aliaa Ismail, CT3, Hampshire and Isle of Wight Healthcare NHS Foundation Trust
12:00 – 12:15	From Fragmentation to Integration: Enhancing staff awareness and signposting capabilities via a collaborative digital resource directory Dr Nikhil Dhir, CT2; Dr Ayse Mine Ozcelik, CT3; and Dr Viyas Sooriyakumaran, CT3, South West London and St Georges' NHS Trust
12:15 – 13:15	Lunch (and posters)

PROGRAMME

Afternoon Session	
13:15 – 13:45	Leadership & Management Opportunities in Higher Training Guest Speaker: Dr Nina Mackenzie, GAP Higher Trainee and Clinical Research Fellow, St Andrews University
13:45 – 14:00	Improving the Quality of Psychotherapy Training in Core Psychiatry Trainee Programmes Dr Monica Francis, CT3 in Forensic Psychiatry, NHS Tayside
14:00 – 14:15	Improving Uptake of Cervical Screening for Psychiatric Inpatients at the Royal Edinburgh Hospital Dr Amy Mathews and Dr Sarah Blue, ST5 General Adult Psychiatry, NHS Lothian
14:15 – 14:30	Comfort Break (and posters)
14:30 – 14:45	Transforming the psychiatric on-call handover: improved clarity and efficiency with Microsoft Teams Dr Nancy Liu, CT2, NHS Greater Glasgow & Clyde
14:45 – 15:00	Promoting Safer Care: Improving Contraception and Sexual Health Documentation on Psychiatric Admission Dr Dorette Ngemoh, CT1, Hampshire and Isle of Wight NHS Foundation Trust
15:00 – 15:05	Introduction to Polls (presentation prize voting)
15:05 – 15:35	Portfolio prep for ST4 Application: Tips, Tricks & Truths Guest Speaker: Dr Praveen Kumar, ST5 Child and Adolescent Psychiatry, NHS Grampian
15:35 – 15:45	Oral Presentation Awards
15:45 – 16:00	Poster Q&A and Closing Remarks
16:00	Meeting Closes

Event Chairs

Dr Sanjana Mahanta

Sanjana is an early career psychiatrist with a special interest in medical education and healthcare management. She is currently focused on championing for the wellbeing of her peers, addressing organisational and administrative hurdles, and proactively managing solutions. She holds the role of Wellbeing Champion (North of Scotland, RCPsych), Medical Communications Lead (Resident Doctors' representative, NES), Co-Chair Resident Doctors' Committee (RCH), Co-chair Resident Doctors' Onboarding Team (RCH), and Core Psychiatry Trainee. Dr Mahanta endeavours to fulfil her personal and professional goals through involvement with various committees and organisations. She is also a writer and artist and aims to share her experiences with various artistic endeavours.

Dr Kevin Thomas Edassery

Kevin is a Core Trainee Year 2 (CT2) in Psychiatry at Royal Cornhill Hospital, NHS Grampian. A 2020 medical graduate from India, he is an active member of the Resident Doctors' Onboarding Team (RDOT) and the Resident Doctors' Committee (RDC). Their professional interests are centered on medical education and enhancing the postgraduate trainee experience. In addition to clinical work, Kevin is one of the lead organisers for this Quality Improvement conference aimed at fostering innovation among resident doctors.

Speaker Biographies & Presentation Abstracts

Dr Maytal Wolfe

Maytal is a consultant liaison psychiatrist at the Queen Elizabeth University Hospital, Glasgow, and has a Senior Research Fellowship with NHS Greater Glasgow and Clyde. She is the deputy academic secretary of the RCPsych Neuropsychiatry Faculty.

Presentation Abstract: Developing Research Experience in Core Training - Some top tips on developing your research experience in core training.

Dr Nina MacKenzie

Nina is a General Adult Psychiatry higher trainee in the West of Scotland, and a Clinical Research Fellow at the University of St Andrews. She is a former Scottish Clinical Leadership Fellow, working with Scottish Government Health Workforce Directorate and NHS Education Scotland Quality Management. Nina is a member of the Devolved Council of the Royal College of Psychiatrists in Scotland and sits on its Policy and Public Affairs Forum.

Presentation Abstract: Nina will outline the varied opportunities within psychiatry training in the UK to gain leadership and management experience and skills, drawing on her experience across Scotland.

Dr Praveen Kumar

Praveen is a Higher Psychiatry Trainee in Child and Adolescent Mental Health Services with NHS Grampian, having completed core training in NHS Highland. He is currently pursuing an MSc in Health Policy at Imperial College London, with particular interest in medical education, workforce development, and service improvement within the interface areas of forensic, neurodevelopmental, and CAMHS practice.

His commitment to child and adolescent mental health was recognised through the prestigious Donald J. Cohen Fellowship from the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) in 2026. He also received the Medical Director's Award from NES Scotland in 2024 for his leadership and innovation in supporting refugee children across the north of Scotland.

Praveen is passionate about helping psychiatry doctors especially IMGs navigate portfolio preparation strategically, focusing on what actually matters for their specific goals rather than being pulled in every direction.

Presentation Abstract: Portfolio prep for ST4 Application: Tips, Tricks & Truths. Passing the CASC and performing well at interview are no longer enough to secure competitive ST4 positions. This session unpacks the 10 portfolio domains that determine your application score, revealing strategic tips for maximising points in research, teaching, QIP, leadership, and publications. Learn how to evidence your achievements effectively, avoid common verification pitfalls, and build a portfolio that stands out in an increasingly competitive recruitment landscape.

Oral Presenters & Presentation Abstracts (in programme order)

Dr Jo Carnegie & Dr Sadia Ahmed

Jo is a Foundation Year 2 doctor with an interest in acute medicine, elderly care and medical education. She completed her CAMHS rotation in her FY1 year, where she started this project to try and improve patient safety for children and young people prescribed antipsychotics. She trained at Somerville College, University of Oxford. Outside of medicine she is a keen swimmer, runner and crocheter.

Sadia is a Foundation Year 1 doctor with an interest in oncology with a special interest in paediatrics and medical education. She is currently a CAMHS foundation trainee and has joined to complete this project with the goal of improving patient safety for children and young people prescribed antipsychotics. She trained at University of Manchester. Outside of medicine, she is a keen photographer and traveller.

Presentation Abstract: Regular biochemical and physical monitoring is recommended for children and young people on antipsychotics due to the risk profile of these drugs. Compliance with monitoring is often poor. In our region responsibility for organising monitoring has been transferred to CAMHS, despite a lack of infrastructure to support this. This project set out to improve rates of biochemical and physical monitoring for CYP on antipsychotics.

Dr Kenechukwu Orazulike

Dr Orazulike is a Core Psychiatry Trainee (CT2) with NHS Education for Scotland in the North of Scotland Deanery. He has over a decade of diverse clinical experience within the NHS and internationally, bringing a broad medical perspective to his psychiatric training. His training has included rotations in general adult, forensic, older adult psychiatry and CAMHS across Aberdeen and Inverness.

With academic foundations including an MBBS, an MSc in Public Health (Child & Adolescent Health), and a Master's in Health Planning and Management, Dr Orazulike combines clinical practice with a population-health lens. He is actively involved in quality improvement and research, with a current work exploring trainee burnout in North of Scotland and past contributions to public health interventions in malaria control.

He has a growing interest in medical education, collaborative care, and service innovation. Dr Orazulike is committed to advancing mental health care through evidence-based practice, and system-level thinking.

Presentation Abstract: This presentation outlines a two-cycle audit evaluating the completion and timeliness of Extended Discharge Documents (EDD) within a forensic psychiatry inpatient service. It demonstrates how simple system-level interventions, like allocating a named doctor and introducing a shared handover tool, led to a four-fold improvement in EDD completion. Persistent delays in EDD dispatch are explored, highlighting risks to continuity of care. The session concludes with practical next steps to improve timeliness and sustain reliable documentation processes.

Dr Tumpa Indrani Ghose

Tumpa is a Child and Adolescent Psychiatrist from Bangladesh and has been working as a Senior Clinical Fellow at CAMHS, Sandwell, Black Country Health Care NHS Foundation Trust. She is dedicated to supporting young patients experiencing mental health challenges.

Tumpa's clinical work focuses on the assessment and management of mental health conditions affecting children and young people, with an emphasis on early intervention and holistic, patient-centred care. She works closely with multidisciplinary teams, families, and community services to support the emotional, behavioural, and developmental wellbeing of young people.

Areas of interest include neurodevelopmental disorders, mood and anxiety disorders, and improving access to timely mental health care for children and adolescents. I am committed to evidence-based practice, continuous professional development, and promoting mental health awareness. Through my work, Tumpa contributea to improving outcomes for young people by supporting resilience, recovery and long-term wellbeing.

Presentation Abstract: This presentation explores the effectiveness of Exposure and Response Prevention (ERP) Therapy and Selective Serotonin Reuptake Inhibitors (SSRIs) in adolescents with obsessive-compulsive disorder (OCD). OCD can significantly impact adolescents' daily functioning, education, and social wellbeing. The poster reviews evidence on how ERP and SSRIs reduce symptoms and improve quality of life. It highlights the benefits of early, combined treatment approaches in managing OCD in adolescents.

Dr Aliaa Ismail

Dr Ismail worked within the Perinatal Mental Health Team and has a particular interest in collaborative maternal mental health, preventive care and quality improvement projects aimed at improving patient awareness and outcomes for mothers and babies and providing best clinical practice.

Presentation Abstract: Alcohol use during pregnancy can have important effects on both maternal and infant health, but these risks are not always widely understood. Many women may be unaware of the potential impact of alcohol exposure on the developing baby, particularly at low levels of consumption.

This quality improvement project introduced a patient information leaflet within a perinatal mental health service to improve awareness of alcohol-related risks and available support.

Dr Nikhil Dhir, Dr Ayse Mine Ozcelik, and Dr Viyas Sooriyakumaran

Dr Nikhil Dhir is a Core Psychiatry Trainee at South West London and St Georges'. He has interests in General adult and Forensic Psychiatry and Medical Psychotherapy. He is currently working on a medium secure forensic ward.

Dr Ayse Ozelik is a Core Psychiatry Trainee at South West London and St Georges'. She has interests in General Adult and Learning Disabilities and Sleep Medicine. She is currently working in an older persons community mental health team.

Dr Viyas Sooriyakumaran is a Core Psychiatry Trainee at South West London and St Georges'. He has interests in General Adult, Liaison and Old Age Psychiatry. He is currently working in a CAMHS Outpatients team.

Presentation Abstract: An audit on improving signposting capabilities and staff awareness of services within and external to the trust through Microsoft Lists.

Dr Monica Francis

Monica is a Core Psychiatry Trainee with NHS Tayside and currently serves as the PRDC Representative for the East Scotland Region, where she advocates for trainee perspectives and contributes to conversations around improving postgraduate psychiatric training.

Monica's main interests lie in medical education, leadership, and quality improvement. She is particularly passionate about developing training structures that support trainees to grow, feel valued, and achieve their full potential. Through trainee representation and involvement in educational and quality improvement initiatives, Monica aims to help create training environments that are supportive, forward-thinking, and responsive to the needs of doctors in training.

Monica strongly believes that meaningful change in healthcare and medical training often begins with small, well-led initiatives. When trainees are empowered to lead ideas and improvement projects, these efforts can grow into wider, sustainable changes that strengthen training systems and ultimately improve patient care.

Monica is especially interested in initiatives that bring together leadership, education, and trainee engagement to shape a better future for psychiatric training.

Presentation Abstract: This project developed a structured handbook outlining the psychotherapy training pathway for Core Psychiatry Trainees at the site. Created as part of a wider quality improvement initiative, it aims to give trainees early clarity about psychotherapy requirements, expectations, and the process of starting clinical cases. By providing a clear and accessible pathway from the beginning of training, the project seeks to reduce uncertainty and improve engagement with psychotherapy learning. Ongoing feedback and future improvement cycles will continue to refine the initiative, with the goal of building a more structured and supportive psychotherapy training experience over time.

Dr Amy Mathews and Dr Sarah Blue

Amy is currently a higher trainee in general adult psychiatry based at the Royal Edinburgh Hospital. She has a special interest in bipolar disorder and is involved in the Helios BD research study looking at the relationship between light, circadian rhythms and lithium treatment.

Sarah is a general adult higher trainee currently working in community alcohol and substance use services within Edinburgh and the Lothians, having previously worked in acute general adult inpatient wards at the Royal Edinburgh Hospital. She has a special interest in mental illness in people experiencing homelessness and is undertaking research in nature-based therapies.

Presentation Abstract: Overview of the on site sexual health clinic which runs at the Royal Edinburgh Hospital. Presentation of the recent QI work aiming to improve the uptake of cervical screening among this at risk population.

Dr Nancy Liu

Dr Liu is a core psychiatry trainee based at Dykebar Hospital in Paisley, NHS Greater Glasgow & Clyde. Her projects often focus on digital quality improvement and neurodiversity.

Presentation Abstract: This quality improvement project outlines the replacement of an inefficient Excel-based handover with a new Microsoft Teams format, which was felt to enhance on-call working across South Glasgow mental health hospitals and was later replicated across North Glasgow.

Dr Dorette Ngemoh

Dr Ngemoh is a Core Psychiatry Trainee within Wessex Deanery, with experience working in general adult and older adult inpatient services. She graduated from St. George's University of London (MBBS) and completed a First Class intercalated BSc in Psychology, Psychiatry and Neuroscience, receiving the award for Best Research Project in Psychiatry.

Her prior experience across acute medicine and elderly care informs her holistic approach to mental healthcare, with particular interests in integration of physical and psychological wellbeing.

Presentation Abstract: Women of childbearing potential admitted to psychiatric wards are at risk of unplanned pregnancy. Baseline audit showed sexual history and contraception discussions were documented in <20% of admissions. A colourful poster, staff prompts, and shared responsibility improved compliance to 70–85%. This demonstrates that low-cost interventions can meaningfully improve patient safety and guideline adherence.

DIGITAL POSTERS

The entries are listed in alphabetical order of submitting author, indicated in bold type.

You can view the posters online using this link [Poster Viewing Area](#) or via the QR code below:-

1. **Dr Hend Eldeeb** & Dr Duncan White - *Improving Adherence to MHRA Valproate Prescribing Mandates: A Two-Cycle Audit*
2. **Dr Izy Hillier-Richardson** - *Improving the ways Legal Documentation is held on an Old Age Psychiatry Ward*
3. **Dr Topias Hokkanen**, Dr Rizwan Ahmad & Dr Rashed Alhadi - *Audit Report on Leave and Observation Documentation in Admission Plans for Out-of-Hours Admissions*
4. **Dr Mina Mahrous** & Abdellatif Tawfik - *Proper Adult with Incapacity Form (AWI) Completion*

SCAN ME



WE LOOK FORWARD TO WELCOMING YOU TO THE EVENT!