

Prof. Tayyeb Tahir
Consultant Psychiatrist

GMC: 4295259

After completing his comprehensive training, Prof. Tahir has worked as a consultant psychiatrist in the National Health Service (NHS) as a consultant psychiatrist and as a trainer in psychiatry. He enjoys teaching and training young physicians and mentoring psychiatrists.

He has extensive experience in General Adult Psychiatry and Old Age Psychiatry with a special interest in Consultation and Liaison Psychiatry. In addition, during his training he worked in Neuropsychiatry, Child and Adolescent Psychiatry and Forensic Psychiatry.

After obtaining the membership of the Royal College of Psychiatrists Prof Tahir obtained the Certificates of Completion of Training in General Adult Psychiatry, Old Age Psychiatry and Liaison Psychiatry. Since July 2006 he has worked as a Consultant Psychiatrist at the Department of Liaison Psychiatry, University Hospital of Wales, Cardiff. He leads and supervises a team that provides a consultation and liaison psychiatry service to a busy Emergency Unit, a Poison's Unit and various general hospital departments. In addition, he has established partnerships between his department and the occupational health departments of South Wales Fire Service and Cardiff County Council for providing occupational mental health service.

AREAS OF EXPERTISE

- Depression
- Expert Witness Psychiatry
- Forensic Psychiatry
- General Adult Psychiatry
- Old Age Psychiatry
- Cognitive Behaviour Therapy
- Liaison Psychiatry
- Medicolegal Reporting
- Actigraphy

PROFESSIONAL EMPLOYMENT

2006 - present: Consultant Psychiatrist, Department of Liaison Psychiatry, University Hospital of Wales, Cardiff and Vale University Health Board, Cardiff, UK.

2006: Locum Consultant Psychiatrist, (end of SpR training placement) and Old Age Psychiatry, Barry Community Hospital,

2006: Cardiff & Vale NHS Trust, Cardiff, UK.

2002 - 2006: Specialist Registrar (SpR) South Wales Psychiatric Training scheme: General Adult Psychiatry, Liaison Psychiatry / General Adult Psychiatry, Old Age Psychiatry

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2001 - 2002: Locum Consultant Psychiatrist, General Adult Psychiatry, Cardiff & Vale NHS Trust, Cardiff, UK.

1998 - 2001: Staff Grade Psychiatrist, General Adult Psychiatry, Cardiff & Vale NHS Trust, Cardiff, UK.

1996 - 1998: Registrar, Cardiff Psychiatric Training Scheme: Old Age Psychiatry, General Adult Psychiatry, Child and Adolescent Psychiatry, Liaison Psychiatry and Neuropsychiatry.

1994 - 1997: Registrar, Greater Manchester Training Scheme: General Adult & Perinatal Psychiatry, Child and Adolescent Psychiatry, General Adult and Community Psychiatry.

PROFESSIONAL EDUCATION AND QUALIFICATIONS

2012: FRCPsych, The Royal College of Psychiatrists, London.

2011: Doctor of Medicine (MD), Cardiff University, Cardiff, UK.

2001: MRCPsych, The Royal College of Psychiatrists, London.

1996: Diploma in Psychiatry, The Victoria University of Manchester, UK

1991: M.B.,B.S., Rawalpindi Medical College, Rawalpindi. The University of Punjab, Pakistan.

1988: Bachelor of Science, The University of Punjab, Lahore, Pakistan.

RESEARCH:

My recent interests include depression in general hospital and CBT in Occupational Health. For my Doctor of Medicine (MD) with Cardiff University, through a randomized controlled trial I have researched the efficacy and acceptability of quetiapine in psychiatric symptoms of delirium. This is the only published placebo controlled RCT for treatment of delirium in a general hospital setting. This investigator-initiated trial gave me an invaluable experience of setting up a research project, obtaining ethics approval and supervising research of junior colleagues. I managed a team of researchers from different backgrounds including integrated medicine, orthopaedics and psychology. Within this bigger study a number of other projects were set up.

The following were the MSc research topics for members of the delirium research group:

- Use of actigraphy in delirium.
- Designing and evaluating the use of delirium management guidelines.
- Designing and comparing the Delirium Symptom Checklist.
- Mental Capacity assessment in delirium.

INTERNATIONAL LINKS

I am part of international collaboration networks with colleagues in Pakistan and Canada.

SUPERVISION

For the last 10 years I have supervised MSc students for research and dissertation. Recent MSc students have completed their research on the topic of depression in general hospital setting, gathering data from rheumatology, immunology, cardiology, neurology and pain clinics.

OTHER RESEARCH

I have presented numerous posters at national and international conferences on a wide range of topics.

- Designing a scale to measure knowledge, attitude and skills of prison officers regarding mental health issues amongst prisoners, 1996.
- Participated in data collection for randomised trial of impact of school mental health programme in rural Rawalpindi, Pakistan. (Rehman et al: Lancet 1998: 352: 1022-25)
- I assisted in a systematic review for psychological interventions in cancer patients suffering from psychological disorders, 1998.

TEACHING & TRAINING

Throughout my career I have been involved in training.

- Course director, Diploma/MSc Clinical Psychiatry
- Elected as Finance Officer, Faculty of Liaison Psychiatry, the Royal College of Psychiatrists July 2019.
- Clinical Lead for Liaison Psychiatry National Service Group, Public Health Wales
- Faculty Lead for Training in Cardiff & Vale University Health Board, Cardiff. October 2012 onwards.
- I served as Royal College Tutor from 2009-2012. During that time I was responsible for the core psychiatric training in Cardiff and Vale University Health Board.
- I was module organiser and for the Liaison Psychiatry for MSc in Psychiatry (2008-2014).
- Examiner: Membership exam of the Royal College of Psychiatrists. 2011 onwards.
- Since 2007 I have organised an annual conference Medicine for Psychiatrists.
- For the last thirteen years I have taught liaison psychiatry to medical students and trainee psychiatrists.
- Apart from teaching junior psychiatrists, I have taught doctors in general hospital, the Emergency Unit and GP trainees on regular basis.
- I also, regularly examine medical students and for MSc in psychiatry

MEDICO-LEGAL EXPERIENCE

I have more than 17 years experience in preparing medico-legal psychiatric reports related to forensic, civil and criminal matters. Initially I had gained this experience through my work to assist the Low Secure Unit in Whitchurch Hospital, Cardiff, and later in my career, as a special interest session at Caswell Clinic from August 2003 to July 2004.

I had last attended report writing course in October 2014. I am recognised under Section 12 of the Mental Health Act 1983 as having special experience in the assessment and treatment of mental disorders.

I am also an expert witness for Occupational Mental Health related matters.

Management:

Apart from managing and developing liaison psychiatry service, I have a number of external leadership and

management roles with the Royal College of Psychiatrists Current and Past Commitments with the Royal College of Psychiatrists (RCPsych):

- Elected Finance officer, Faculty of Liaison Psychiatry, RCPsych, 2019
- Chair of the Liaison Faculty for Welsh Division of the Royal College of Psychiatrists (RCPsych), September 2010 to September 2017.
- Academic Secretary of the Liaison Faculty the RCPsych, March 2009 to 2012.
- Executive member of the Liaison Faculty. Elected in 2007.
- Chair, Trainees and New Consultants group of Liaison Faculty of the RCPsych, 2005 - 2006.
- Elected Welsh trainee representative, Collegiate Training Committee (CTC) of the RCPsych, 2002 to 2004. I had represented the CTC on the following panels:
 - The General and Old Age Psychiatry Specialist Advisory Committee (GOAPSAC),
 - Board of International Affairs (BIA),
 - OSCE working party,
 - Examinations Monitoring Panel,
 - Deputy editor of the trainee's web site
 - Working group looking at the transfer of prison healthcare to the NHS

INTERNATIONAL PROFESSIONAL LINKS

Apart from my international collaboration for delirium, I have maintained my long-standing links with the Institute of Psychiatry in Pakistan based at Rawalpindi General Hospital. I have worked with the institute to write a protocol to set up a research project on delirium and medically unexplained symptoms. On my regular visits to Pakistan, I offer my clinical and academic services to the Institute.

I am a member of the international faculty of Rawalpindi Medical College Alumni. After an earthquake in 2005, I spent time with the Mental Health Relief Cell of WHO by helping design a Mental Health Training Manual for Relief Workers. I produced a training video on the psychiatric aftermath of an earthquake.

CHARITY WORK

After the earthquake of October 2005 I went to Pakistan for relief and charity work. This gave me a chance to spend time in the earthquake zone doing relief work. At Rawalpindi Medical College, I coordinated two operating theatres for trauma related surgical work. On return home to Cardiff ITV Wales interviewed me on the relief work carried out.