



Dr Upasana

Consultant Family Medicine

DHA 54442924

BRITISH NATIONAL

Contact

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Address

Limousine Building, Flat 105
near MIM cafe, Dibba Fujairah ,
UAE

Licenses

Dubai Health Authority

Eligibility :Consultant Family

Medicine April 2022 -Current

General Medical Council
UK 2014-current

Education

2020 October CCT GP training GMC UK

2020 July -MRCGP PART 2 RCGP UK

2019 MRCGP part 1 RCGP UK

2014 MPH University Wolverhampton

2012 MBBS Tribhuvan University

Expertise

- Womens' Health
- Mental health
- Chronic Health Conditions like Diabetes
- Learning Disability clinics
- Leadership and Management
- Teaching medical students ,assistant nurse practitioners and physician associates

Language

English, Hindi ,Urdu ,Punjabi ,Nepali

Experience

◦ 2020-Current

2023 January-current

Consultant Family Medicine : Forrester Street Surgery Walsall UK

2023 March -October

Consultant Family Medicine :Walsall West Primary care Network UK

2023 January -October 2022

Consultant Family Medicine : Featherstone Family Health Centre UK

2020 November- 2022 August

Consultant Family Medicine : Forrester Street Surgery Walsall UK

○ 2017-2020

2020 October -August 2019 Family Medicine Trainee doctor: Prestbury Medical Practice

2019 August- Feb 2019 - Family Medicine Trainee doctor :Emergency dept - New Cross Hospital UK

2019 Feb -August 2018 -Family Medicine Trainee doctor : Lea road surgery Wolverhampton

2018 August-February 2018- Family Medicine Trainee doctor: Elderly care -New Cross Hospital UK

2018 February -August 2017 -Family Medicine Trainee doctor:Obstetrics and Gynaecology- New Cross Hospital UK

○ 2017- 2014

2017 August- 2016 August -Foundation Trainee doctor , 4 Monthly roles at 1.ICU University Hospital Coventry UK

2.Kenyon medical Centre UK

3.Orthopaedics -George Elliot Hospital UK

2016 August- 2014 December :Trust Grade Doctor : Trauma and orthopaedics Royal Cornwall Hospital UK

2014 October :Vascular surgery Observership Broomfield Hospital UK

Reference

Dr Adeel Riaz

GP partner and Trainer FeatherstoneFamily Health Centre

Phone: 00447563562012

Email : adeel.riaz@nhs.net

Dr Mona Sidhu

Principal GP Lea road Medical Practice UK

Phone 07932065559

Email : mona.sidhu@nhs.net

PRESENTATIONS AT NATIONAL CONFERENCE AND DEPARTMENTAL LEVEL

- British Trauma Society -Poster Presentation on impact of virtual fracture clinic on upper limb surgical work load
- Impact of virtual fracture clinic on upper limb surgical workload audit- presentation at quarterly audit departmental meeting.
- Shoulder joint injuries- fracture clavicle- departmental teaching and presentation.
- Infection control after joint replacement surgery- collective measures for surgical and anaesthetic team.
- Heart disease in pregnancy –effect on management and outcome.

COURSES & ONLINE TRAINING

2023 April	Basic life support course
2020 September	Online Basic life support – Royal Wolverhampton NHS trust
2020 September	GP update course Autumn/winter 2020-2021 -Red whale
2020 September	RCGP webinar on diabetes -One day essential
2019 October	Children and adult safeguarding course -Wolverhampton CCG
2017 November	Cervical smear training and PIN
2016, March	Basic Practical Skills In Obstetrics and Gynaecology Welsh Institute for minimal access therapy , Cardiff Wales
2015,July	Advanced life support course ,Gloucestershire Hospital NHS
2015, June	ALERT course- Royal Cornwall Hospital NHS trust ,Truro
2012, April	University of Minnesota Public Health Emergency Training Series Disease Surveillance

RESEARCH EXPERIENCE & AUDITS

2020 January	Prescribing Audit – Self prescribing audit and comparison to Local formulary and BNF-Prestbury medical practice
2020 March	Hospital re admission after gynaecological surgeries- Royal Wolverhampton NHS trust
2020 March,2018 Nov	NSAID in over 65, gastro protection in primary care Re-audit -Lea Road medical Practice
2016 Dec	Emergency C section –assessment of practice as compared to Local guidelines at George Eliot Hospital Nuneaton <ul style="list-style-type: none">• Quality improvement project focused on underlying reasons for increased rates of Em CS over two months
2016 Dec	Incidence of post-operative infection in fractured neck of Femur patients <ul style="list-style-type: none">• To compare local infection rates with the literature and evidence for routine use of PICO/ VAC dressing post opera
2016 July	Impact of virtual fracture clinic on upper limb surgical load <ul style="list-style-type: none">• Audit conducted and presented at quarterly audit department- presented later at National Conference
2012-2014	MPH – Meta analysis Research <ul style="list-style-type: none">• Identifying the level of risk of Chronic Heart Disease in Optimal Birth Weight for adult outcome

MANAGEMENT EXPERIENCE

2019 August -September	Practice trainee lead for teaching /trainee forum
2017 August	Departmental junior doctor lead for teaching in Obstetrics and Gynaecology
2012-2014	Course representative, MPH-Master of Public Health, University of Wolverhampton

TEACHING EXPERIENCE

2017 August till-current	Teaching medical students in practice ,physician associate students including case discussion .being on call consultant supervising Advanced nurse practitioners , nursing staff , medical students .
2017 January	Chest pain- Updated NICE guidelines 2016 – Presentation At GP practice – early identification and assessment for better Outcome of ACS
2015 May	Shoulder joint injuries- clavicle fracture Departmental teaching session - presentation- interactive session Answered any questions and got feedback at the end.