

# Dr Jigna Stott

## Curriculum Vitae



**MBBS, MSc Psych, MRCPsych, MSc Psych, PG Dip GP, PG Dip Health Professions Education**

**Consultant Adult and Older Adult Psychiatrist**

### Professional qualifications

Professional Qualification		Date
<b>MSc Medical education</b>	Hull York Medical School	2022
<b>MRCPsych</b>	Royal College of Psychiatrists UK <b>UK CCT – General Adult Psychiatry + Old Age Psychiatry</b> <b>UK CCT – Special endorsement in Liaison Psychiatry</b>	2014
<b>MSc Psychiatry</b>	Leeds University	2009 - 2014
<b>GP Dip</b>	St Bartholomew's and the Royal London School of Medicine and Dentistry	2005 - 2006
<b>MBBS</b>	St Bartholomew's and the Royal London School of Medicine and Dentistry	1999 - 2005

### Publications

Jigna Stott, Jack Haywood & Paul Crampton (2021) <b>Early career doctors' experiences of psychiatry placements: A qualitative study</b> , <i>Medical Teacher</i> , 43:10, 1196-1202, DOI: <a href="https://doi.org/10.1080/0142159X.2021.1934425">10.1080/0142159X.2021.1934425</a>
RCPsych Insight Issue 2 Autumn 2017. Royal College of Psychiatrists <a href="https://www.rcpsych.ac.uk/docs/default-source/members/rcpsych-insight-magazine/members-rcpsych-insight-magazine-issue-2.pdf?sfvrsn=748254b_2">https://www.rcpsych.ac.uk/docs/default-source/members/rcpsych-insight-magazine/members-rcpsych-insight-magazine-issue-2.pdf?sfvrsn=748254b_2</a>
Patel J, Kotwal S, Carmaciu C, Abdul-Hamid W. (2008) <b>Deliberate Self Harm –Two audits of mental health assessments carried out on deliberate self harm (DSH) patients</b> . <i>Evidentia</i> ;vol2,issue 6, Pages 42-44
JM Ng, J Patel, H Gibson, PE Jennings (2008) <b>Continuous blood glucose monitoring: does it really affect diabetic control?</b> <i>Practical Diabetes International</i> ;Volume 25, Issue 6 , Pages239 - 240

### Teaching experience

<b>Clinical Assistant Professor College of Medicine – Ajman University</b> Faculty member. Syllabus and course creation + teaching	August 2022 - present
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<b>Course Director for behavioural sciences – Khalifa University Abu Dhabi</b> Syllabus and course creation + teaching	Sept 2020 – Sept 2022
<b>Leeds Medical school UK + Hull York Medical School UK – Psychiatry</b> Pitstop. Mental health communications skills teaching	2013 - Present
<b>Leeds medical school, UK – undergraduate Lecturer</b>	August 2015 Feb 2017
<b>Leeds medical school, UK – Undergraduate mentor and tutor</b>	Aug 2012 – Aug 2015
<b>York Hospital, UK -undergraduate clinical training.</b>	2005 2007

### **Clinical roles 2020 - present**

<b>Live Well Psychiatry - Dubai</b> On line patient consultations + mental health promotion project work	Sept 2021 – Present
<b>Maudsley health - Abu Dhabi</b> Out patient clinics	Sept 2020 – Sept 2021
<b>In Patient Psychiatric Consultant. Leeds and York Foundation trust. Becklin centre, Leeds. 22 bed male locked ward</b>	Feb2020 – June 2020

### **Medical and Psychiatric training roles 2006 - present**

<b>Leadership fellow – Health education Yorkshire and Humber</b>	August 2018 – August 2019
<b>Higher Training -Duel Old Age + Gen adult Psychiatry</b> <b>Royal College of Psychiatrists UK. Health education, Yorkshire and Humber</b> Liaison – Endorsement. PICU + Gen adult community, Old age community, Old age inpatient.	Feb 2015 – Feb 2020
<b>Speciality Doctor Liaison Psychiatry. Royal College of Psychiatrists UK. Leeds and York Foundation trust</b> Chronic Fatigue syndrome OPD + In reach	August 2012 Feb 2015
<b>Royal College of Psychiatrists UK. Health education North West + Health education Yorkshire and Humber</b> <b>Core training</b> Old age psychiatry (IP), General adult psychiatry (IP + OPD), Community gen adult, CAHMS, Liaison, PICU,	Aug 2008 – aug 2012
<b>Foundation programme</b> <b>Royal College of Psychiatrists UK. Yorkshire and Humber Foundation school</b> General surgery, Cardiology, Psychiatry, Public health, A+E, Orthopaedics.	August 2006 - 2008

### **Prizes**

<b>Royal Society of Medicine</b>	Psychiatry section <b>overall winner essay prize</b> Oct 2017
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<b>Psychiatry Pitstop</b>	<b>Team excellence prize</b> awarded by Hull York Medical School 2016
<b>Clinical teacher award</b>	<b>Prize awarded by Leeds University</b> with monitory award 2013
<b>Poster prize - Evaluation of a novel approach to teaching communication skills</b>	Poster presentation at 2 <sup>nd</sup> annual HEE Quality improvement conference. Yorkshire and the Humbar 2017. <b>Best poster presentation prize.</b>
<b>Poster prize - Do we all need a Psychiatry Pitstop</b>	Evaluation and results from a novel teaching programme in communication skills. <b>Prize winner at DEMEC 2015.</b>
<b>Poster prize - HADAP</b>	Poster highlighting the use of high dose antipsychotics and monitoring. <b>Prize winner at the Royal College of Psychiatrists International Congress 2012</b>

### Conference oral presentations

<b>Maudsley Heath conference Abu Dhabi</b>	'Psychosis during covid' – Presentation of clinical cases of new onset psychosis brought about by the Covid pandemic
<b>DEMEC</b>	"Psychiatry Pitstop" – presentation of a near-peer led teaching programme. Dec 2019
<b>DEMEC</b>	Oral presentation - Evaluating psychiatry in the foundation programme: A qualitative study. Dec 2019
<b>RCPsych Medical Education</b>	Oral presentation - Evaluating psychiatry in the foundation programme: A qualitative study. Sept 2019
<b>World Psychiatric Association - Lisbon</b>	Oral presentation - Evaluating psychiatry in the foundation programme: A qualitative study. Aug 2019
<b>"Psychiatry Pitstop" – presentation of a near-peer led teaching programme</b>	RCPsych Enhancing Simulation in Mental Health conference – world café presentation. April 2018
<b>BMJ careers fair</b>	Workshop on behalf of RCPsych Oct 2017
<b>Young psychiatrists network - Prague</b>	Workshop presentation Sept 2017
<b>National student psychiatric society conference - Leeds</b>	Workshop presentation Feb 2017

### Conditions treated

**Psychosis** – acute severe psychosis treated within a Psychiatric intensive care unit (double locked security system)

**Depression, Anxiety, OCD, EUPD, chronic psychosis** – Hospital ward and outpatient experience

**Chronic fatigue syndrome + medically unexplained symptoms** – specialist team + out patient clinic

**Liaison Psychiatry** – In reach service for acute hospital wards in emergency and chronic situations

**Risk assessment** – Acute suicidal and psychotic risk with assessment under the Mental Health Act UK

## **Personal details**

<b>HAAD Licence number</b>	<b>GD36046</b>
<b>UK General Medical Council Member number</b>	<b>6128028</b>
<b>Nationality</b>	<b>British</b>
<b>Email</b>	<b>j.stott@ajman.ac.ae</b>

## **Personal qualities**

I have completed all my undergraduate and postgraduate training in the UK. I am a full and active member of the Royal College of Psychiatrists and hold a full UK General Medical Council license.

I have a great deal of experience in leading teams as part of locked wards as well as in the community. Prior to Moving to the UAE I took over an in-patient unit and implemented Covid requirements. I led the team into using PPE and maintain high hygiene standards whilst continuing to care for very unwell mental health patients

My strengths lie in my knowledge as well as my management and leadership skills. I am also aware of the strengths of working as a cohesive team. I feel that I possess the skills to find the strengths of all team members and encourage them to create a fully diverse skill set.

## **Teaching**

Since moving to the UAE I have been asked to take the role of course director for behavioural sciences at Khalifa University. This involved creating a syllabus and course which was also tracked and aligned with the curriculum.

Whilst in the UK I designed, initiated and delivered a communications skills programme for medical students within 2 separate medical schools. This programme, Psychiatry Pitstop, involves a series of short lectures and interviews with simulated patients observed by tutors and peers over the course of six weeks. The course has been awarded a number of prizes.

## **Management + Leadership**

During my training I had undertaken a year out of training as a leadership fellow. During this year I had developed Psychiatry Pitstop as a postgraduate teaching course for all members of the MDT. I had also completed a review of the foundation programme in psychiatry which was endorsed buy HEE and RCPsych. This research has become pivotal in making recommendations for the foundation curriculum.

## **Career objectives**

Overall I would say that I have an interest in medical education not only for the challenge but for the opportunity to promote psychiatry, a specialty which is poorly understood and unpopular. Am passionate about reducing mental health stigma and improving mental health provisions for all.