

Resume

Tenzing Norzin Bhutia

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EMPLOYMENT HISTORY

1) Junior Resident (Equivalent to Registrar)

- Department of Psychiatry, National Institute of Mental Health & Neurosciences, Bengaluru
- Jan 2021 – Dec 2023 (3 years)

Duties:

- Provided comprehensive care and management of psychiatry patients in a diverse variety of settings including in-patient, out-patient, and the community
- Conducted detailed evaluations of patients while educating them and their caregivers about psychiatric illnesses, management plans, and prognosis.
- Engaged in Rotational 24-hour emergency duties under the supervision of senior residents and consultants, completing a total of 40 emergency duties over 3 years.
- Completed three-month postings in the specialties of –
 - Child & Adolescent Psychiatry – Evaluated and managed psychiatric disorders in children and adolescents with a special focus on neuro-developmental disorders in children, mood disorders and trauma in adolescents and various psychotherapeutic techniques.
 - Deaddiction Psychiatry – Outpatient, inpatient and emergency treatment of individuals with alcohol use disorders, tobacco use disorders, opioid use disorders, cannabis use disorder and polysubstance use disorders. Applied motivation enhancement therapies and relapse prevention therapies for individuals dealing with addiction.
 - Neurology – Attended outpatient department patients of headache, vertigo, epilepsy, movement disorders, stroke and demyelinating disorders under the supervision of neurology consultants. Managed cases of stroke, epilepsy, autoimmune demyelinating disorders in emergency duties under the supervision of duty neurology duty teams.
 - Consultation Liaison Psychiatry – Actively collaborated with diverse medical teams in general hospitals, and specialized orthopaedic and pulmonary hospitals. Managed cases of delirium, alcohol dependence, as well as psychiatric presentations in complex medically ill cases.

- Active Liaison with the Neurology and Neurosurgery clinical teams for evaluating and managing psychiatry referrals
- Participated in around 70 hours of supervised psychotherapy sessions with focus on psychodynamic principles and also incorporating behavioural therapy and family therapy. Conducted and submitted psychological testing assessments for IQ and personality, under the guidance of a consultant clinical psychologist
- Completed one-month special postings in the fields of Forensic psychiatry, Psychiatric rehabilitation services, Cognitive behavioural therapy, Family therapy, Community and Geriatric psychiatry
- Undertook postings in specialty OPDs of Perinatal Psychiatry, Obsessive Compulsive Disorder Clinic, Schizophrenia and Metabolic clinic and the Psychiatric Rehabilitation OPD
- Administered around 300 Electroconvulsive therapies (ECTs), 15 sessions of repetitive transcranial magnetic stimulation (rTMS) and 8 sessions of Ketamine infusion under the supervision of senior residents and post-doctoral fellows.
- Actively participated and presented in multiple unit level and departmental level teaching program (attended around 250 teaching sessions over 3 years, and presented 24 times)

EDUCATION

M.D. in Psychiatry (Jan 2021 – Dec 2023)

Department of Psychiatry, National Institute of Mental Health & Neurosciences, Bengaluru (NIMHANS)

"Course and outcome of Bipolar disorder- a systematic review under the guidance of Dr Muralidharan Kesavan "

M.B.B.S (Aug 2012-January 2019)

Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER)

Completed postings in: Medicine, Surgery, Obstetrics and Gynaecology, Orthopaedics, Paediatrics, Blood Bank, Psychiatry, Casualty, Otorhinolaryngology, Ophthalmology, Anaesthesiology and Community Medicine in JIPMER .