

Dr Vibha Tomar

MBBS, MD (Psychiatry)

Curriculum Vitae

Title and Name	Dr. Vibha Tomar
Permanent address	11, Sainik enclave, Mohan Garden, New Delhi- 110059
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E-Mail	vibha82tomar@gmail.com
Nationality	Indian
Languages	Hindi English

Professional Qualifications:

Specialist qualification	MD (Doctor of Medicine) Psychiatry, 2021 Atal Bihari Vajpayee Institute of Medical Sciences and Dr. RML Hospital. Delhi, India
Medical qualification	M.B.B.S (Bachelor of Medicine & Bachelor of Surgery), 2016 Vardhaman Mahavir Medical College and Safdarjung Hospital, Delhi, India
Intermediate qualification	Senior School Certificate Examination, 2008 CBSE from K.V. VIKASPURI, Delhi.
High school qualification	All India Secondary School Examination, 2006 CBSE from K.V. VIKASPURI, Delhi
MRCPsych Paper A	<u>Royal College of Psychiatrists</u> <u>July"2022</u>
MRCPsych Paper B	<u>Royal College of Psychiatrists</u> <u>April'2023</u>

Medical Council Registration :

2017	Delhi Medical Council (DMC) 18369
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Training and Work Experience in Psychiatry:

May 2018 to August 2021 Position: Postgraduate in Psychiatry as a Junior Resident in the Department of Psychiatry (Specialist training)

Facility: Atal Bihari Vajpayee Institute of Medical Sciences and Dr. RML Hospital

Full-time Training post (for fulfillment of MD Psychiatry)

Clinical Activities:

General Adult Psychiatry:

- Detailed history taking and examination of allocated new patients in the outpatient department. Discussion of diagnosis and formulation of the management plan with consultants and senior residents.
- Review and management of old patients in follow-up OPD.
- Management of inpatient ward admissions and review of diagnosis and treatment plan.
- Inpatient ward rounds, monitoring patients, case presentations to consultants, and management plan discussions.
- Family meetings, psycho-education, and discharge counselling of patients and carers.
- Psychotherapy and psycho-education of patients.
- Discharge planning with senior residents and consultants and discharge of inpatient admissions.

Deaddiction psychiatry:

- Detailed history taking and examination of allocated new patients in the outpatient department. Discussion of diagnosis and formulation of the management plan with consultants and senior residents.
- Review and management of old patients in follow-up OPD.
- Detailed evaluation of deaddiction ward inpatient admissions and administering treatment after discussion with consultants and senior residents (detoxification, stabilization, and relapse prevention).
- Inpatient ward rounds, monitoring patients, case presentations to consultants, and management plan discussions.
- Psychotherapy and psycho-education of patients.
- Discharge planning and discharge of inpatient admissions.

Child Psychiatry:

- Detailed history taking and examination of allocated new patients in the special child psychiatry outpatient department.
- Discussion of diagnosis and formulation of the management plan with consultants and senior residents.
- Review and management of old patients in follow-up OPD.

Emergency in Psychiatry:

- Evaluation and management of psychiatry patients presenting in the hospital emergency department.
- On-call duties with one senior resident and an on-call consultant for 24 hours on a rotation basis.

Consultant- liaison Psychiatry:

- Screening of new referrals from the general hospital unit in OPD.
- Evaluation and management of the patients admitted in inpatient wards of other departments of the General hospital unit with one senior resident and supervising consultant.
- Follow-up review of the referral patients.

Clinical Activities: specialty services

- Administration of modified Electroconvulsive therapy on OPD and inpatient basis along with supervision of junior psychiatry trainees.
- Administration of neuromodulation techniques like repetitive Transcranial Magnetic stimulation, and Transcranial direct current stimulation to both outpatients and inpatients.
- As part of COVID-19 services conducting evaluation and follow-up of cases in both Psychiatry and COVID-19 facility of the hospital.

Teaching Activities

- Taking classes for interns, nursing students and undergraduate students during clinical postings.

**October 2021 to
of October 2022**

**Position: Consultant Psychiatrist in the Department of Psychiatry
a Private Psychiatry Hospital in Punjab**

Facility: Samana Manoaadhaar Hospital and Deaddiction Centre, Patiala, Punjab, India.

Clinical Activities:

General Adult Psychiatry:

- Diagnosing and formulation of a management plan after a detailed assessment of new patients in OPD.
- Review and management of follow-ups in OPD.
- Psychoeducation of patients and carers.

Deaddiction Psychiatry:

- Diagnosing and formulation of a management plan after a detailed assessment of new patients in OPD. Review and management of follow-ups in OPD.
- Psychoeducation of patients and carers.
- Management of patients admitted in IPD. Discharge planning and discharge of IPD patients.

**December 2022 to
September 2023**

**Position: Consultant Psychiatrist in the Department of Psychiatry
of a Private Psychiatry Hospital in Punjab**

Facility: Jagraon Hospital and Deaddiction Centre, Ludhiana, Punjab, India.

Clinical Activities:

General Adult Psychiatry

- Diagnosing and formulation of a management plan after a detailed assessment of new patients in OPD.
- Review and management of follow-ups in OPD.
- Psychoeducation of patients and carers.

Deaddiction Psychiatry:

- Diagnosing and formulation of a management plan after a detailed assessment of new patients in OPD.
- Review and management of follow-ups in OPD.
- Psychoeducation of patients and carers.

- Management of patients admitted in IPD. Discharge planning and discharge of IPD patients.

May 2024 to July 2024 Position: Attending Consultant Psychiatrist in the Department of Psychiatry of a Private Psychiatry Hospital in Uttar Pradesh

Facility: Rudrax Hospital (Psychiatry Hospital), Meerut, Uttar Pradesh, India.

Clinical Activities:

- Detailed history taking, examination, and diagnosis of new patients in the outpatient department.
- Formulation of a management plan with the consultant and independently.
- Review and management of old patients in follow-up OPD.
- Management of inpatient ward admissions and review of diagnosis and treatment plan.
- Inpatient ward rounds, monitoring patients, and management plan discussion with the consultant.
- Family meetings, psycho-education, and discharge counselling of patients and carers.
- Psychotherapy and psycho-education of patients.
- Discharge planning and discharge of inpatient admissions

October'2024 to current Visiting Junior Psychiatrist at a Private Psychiatry Clinic

Facility: Mind Brain Institute (Psychiatry Clinic) Safdarjung Enclave, Delhi, India.

MD Thesis

A Randomized Sham Controlled Trial Assessing Effectiveness of High Frequency Repetitive Transcranial Magnetic Stimulation In Persons With Panic Disorder And Comorbid Depression.

Presentation in Scientific Conference:

A case of Systemic Lupus erythematosus-induced Psychosis, Dr Vibha Tomar, Dr. Ananya Mahapatra, Dr. Shipra Singh at ANCIPS 2019.

CMEs and Workshops attended:

2018 Postgraduate Development Programme, The Annual Conference of IPS North Zone

2018

2018 CME & Workshop on repetitive Transcranial Magnetic Stimulation, Dr. Ramalingam

Board Room, AIIMS, New Delhi.

2019 71ST ANNUAL NATIONAL CONFERENCE OF INDIAN PSYCHIATRIC SOCIETY, Lucknow, U.P., India.

2020 72nd ANNUAL NATIONAL CONFERENCE OF INDIAN PSYCHIATRIC SOCIETY, Kolkata, W.B., India.