

CURRICULUM VITAE

Dr Ruhin Karim

Private GP & Expert Witness

BSc (UCL)

M.D. (SGUSOM)

LMSSA.Lond (GKT, London)

MRCSEd (UK) (England)

MRCGP (England)

CCFP (Canada)

AAFP (USA)

Office: [+44203 7343629](tel:+442037343629)

Mobile: [+44789 7343629](tel:+447897343629)

Apr 2025

CONTENTS

Section 1 Medical Expert's Curriculum Vitae - Overview

Section 2 Personal Details

Section 3 Education

Section 4 Courses and Memberships

Section 5 Employment History

Section 6 Clinical Experience & Competencies

Section 7 Continuing Education

Section 8 Audit Experience

Section 9 Presentations

Section 10 Academic Awards

Section 11 Educational Contributions

Section 12 Management

Section 13 Other Positions Held

Section 14 Information Technology Experience

Section 15 Community Service

Section 16 Objectives

Section 17 Referees

1. MEDICAL EXPERT'S CURRICULUM VITAE - OVERVIEW



Dr Ruhin Karim – Private GP & Expert Witness

Professional Registration Details:

GMC number	6037181
MPS number	596610
Ntegrity Indemnity:	PI22V1039190
MedCo Accredited Training:	April 2022
Medco Ref No:	DME8724
ICO Registration No:	ZB266293
UK Register of Expert Witnesses	Vetted Member
APIL	Registered Expert

Dr. Ruhin Karim is a highly experienced General Practitioner, Medical Director, and Healthcare Start-up Expert with over 22 years of expertise in clinical practice, medico-legal reporting, and medical entrepreneurship. Based in Portsmouth, with offices in Harley Street, London, he has built a diverse portfolio encompassing private general practice, expert medical consulting, and healthcare business leadership.

Professional Credentials & Expertise

- Registered Medical Practitioner – General Medical Council (UK)
- Member – Royal College of General Practitioners (MRCGP)
- Licensed in Family Medicine (General Practice) – UK, UAE, and Canada
- Specialist in General Practice – Comprehensive, patient-centred care

Professional Experience

- Private & Portfolio GP – Providing holistic patient care in general practice
- Medical Director & Healthcare Start-up Consultant – Leading private healthcare ventures and service innovations
- Medico-Legal Expert – Specialising in medical reporting for personal injury, forensic assessments, and legal cases
- Flight Doctor – Assessing patients for Fitness to Fly and conducting global patient escorts
- Forensic Medical Examiner – Formerly serving Hampshire Constabulary and the Metropolitan Police, preparing reports and attending court as a medical expert

Professional Interests

Dr. Karim is deeply committed to patient education and the training of healthcare professionals, with a focus on long-term condition management and medical business innovation.

2. PERSONAL DETAILS

Name	Dr Ruhin Karim
Gender	Male
Nationality	British
Languages	English, Sylheti, Bengali, Hindi, and Urdu
Permanent Residence	Portsmouth, UK
Contact Number	02037343629 or 07897343629
Email	immigrationmedicals@regencymedical.co.uk
Website	www.regencymedical.co.uk
GMC Licence No (UK)	6037181
DHA Licence (UAE)	Consultant Family Medicine
CPSO Licence No (Canada)	99136
MPS Membership No	596610
RCS Affiliates No	039309
BMA Member No	8143489
UK Register of Expert Witnesses	Vetted Member
MedCo Reference	DME8724
APIL	Registered Expert

3. EDUCATION

<i>Pre-Clinical</i>	Bachelor of Science (BSc) University College London (UCL), UK	1993- 1996
<i>Clinical</i>	Doctor of Medicine (MD) St George's University School of Medicine, Grenada W.I. (SGUSOM)	1998- 2002
	Licentiate of Medicine & Surgery of the Society of Apothecaries (LMSSA.Lond) (Guys, Kings and St. Thomas School of Medicine, London (GKT), UK	2000- 2002
<i>Post-Graduate</i>	MRCs Part I Royal College of Surgeons, England	Jan 2005
	MRCs Part II Royal College of Surgeons, England	Apr 2005
	MRCGP Member of the Royal College of General Practitioners, England RCGP England	Aug 2009
	MCFP Member of the College of Family Physicians, Canada CFPC (Canada)	Jan 2012
	CCFP Certificant of the College of Family Physicians, Canada CFPC (Canada)	Jun 2012
	AAFP International Member of the American Academy of Family USA	Jun 2014

4. COURSES AND MEMBERSHIPS

<i>Postgraduate</i>	Immigrant Mental Health (Harvard Medical School)	Apr 2025
	BLS Course	Jan 2025
	Management of Drug Misuse	Mar 2023
	MedCo Mandatory Accreditation Training	Apr 2022

BLS Course	Aug 2022
ACLS Course, Virginia Commonwealth University, Richmond, VA, USA	Nov 2019
Inspire MediLaw – Accredited Expert Witness Training	May 2019
ACLS Course, Virginia Commonwealth University, Richmond, VA, USA	Nov 2016
BLS Course, Emergency Medical Training Ltd., Bridgend, UK	Feb 2014
DFSRH Course (Theory)	Nov 2008
Child Health Surveillance (CHS) Course	Oct 2008
ATLS Course, Addenbrookes Hospital, Cambridge	Jun 2005
CCrISP Course, Queen Alexandra Hospital, Portsmouth	Oct 2004

5. EMPLOYMENT HISTORY

Freelance GP Since April 2010, I have been operating as a Freelance Private GP. I operate my own Private Practice between Portsmouth and Harley Street, London.

April 2010 – Present

Current

- **Private GP, Regency Medical, 1B Clive Road, Portsmouth, PO1 5JB and 10 Harley Street, London, W1G 9PF** since 2010. Providing private GP consultations, Taxi medicals, Immigration medicals, and employment medicals.
- **Freelance GP, UK:** NHS Locum GP.

Past

- **Teladoc Clinical Lead GP, UK:** Private Telemedicine since June 2017
- **Advance Medical Clinical Lead GP, UK:** Private Telemedicine, Expert Medical Opinion (Advance Medical bought out by Teladoc) since June 2017
- **Push Dr, UK:** NHS Telemedicine 2017

- Babylon, UK: NHS Telemedicine 2016
- Aeromedical Repatriation (Flight Doctor): Worldwide escorting of patients with CEGA (part-time) 2010 - 2019

International Experience

- Consultant Family Medicine, Dubai
April 2014 to October 2017
- Specialist Family Medicine, Lifeline Medical Centre, JBR, Dubai
October 2013 to April 2014
- Family Physician, Comprehensive Healthcare Network, Toronto, Canada
April 2013 to October 2013

Other Experience

- GP to Royal Navy, HMS Nelson, Portsmouth Naval Base, UK
September 2011 to 2019
- GP to Serco Health, Hook, Hampshire, UK
December 2009 – January 2011

<i>GP Partner</i>	<u>Northern Road Surgery, Cosham, Portsmouth, UK</u> June 2014 – February 2015
<i>Salaried GP</i>	<u>GP to Care UK, Guildhall Walk Healthcare Centre, Portsmouth, UK</u> August 2009 – April 2010
<i>FME</i>	<u>Forensic Medical Examiner to Hampshire Constabulary and Metropolitan Police Service, UK (Part-Time)</u> June 2007 – December 2012
<i>GP Principal</i>	<u>GP Principal at Manor Way Surgery, Lee-on-the-Solent, UK</u> August 2009 – December 2009
<i>GP Registrar</i>	<u>GP Registrar at Staunton Surgery, Havant, UK</u> August 2008 – August 2009
<i>Locum</i>	<u>A&E Registrar & Hospital Practitioner to Southampton Hospitals, UK</u> December 2007– August 2008 Supervising Trainers: Dr S Robinson, Mr N Maskery
<i>GP Registrar</i>	<u>GP Registrar at Stakes Lodge Surgery, Waterlooville, Portsmouth, UK</u> August 2007 – October 2007 - then on sabbatical Supervising Trainers: Dr AMS Bateman, Dr M White, Dr APU King

GP VTS

SHO in A&E (Paed/Adult) at Portsmouth Hospitals, UK

February 2007 – August 2007

Supervising Consultants: Mr S Carrs, Mr S Mullett, Mr A Onkonwo

SHO in Psychiatry at St Anne's Hospital, Poole, UK

August 2006 – February 2007

Supervising Consultants: Dr L Mynors-Wallis

BST

SHO in Urology/Uro-Gynaecology at St Mary's Hospital, Isle of Wight, UK

February 2006 – August 2006

Supervising Consultants: Mr J Makunde

SHO in General Surgery at St Mary's Hospital, Isle of Wight, UK

August 2005 – February 2006

Supervising Consultants: Mr TH Walsh, Mr S Elsmore

SHO in A&E at St Helier University Hospital, Carshalton, Surrey, UK

February 2005 – August 2005

Supervising Consultants: Dr KLH Stevens, Mr S Srinivas, Dr Mitakidis

SHO in ENT at Portsmouth Hospitals, UK

August 2004 – February 2005

Supervising Consultants: Mr M Pringle, Mr CI Johnstone, Miss A Davis

SHO in General Surgery at Portsmouth Hospitals, UK

February 2004 – August 2004

Supervising Consultants: Mr SS Somers, Mr SKC Toh

SHO in Orthopaedics & Trauma at St Richards Hospital, Chichester, UK

August 2003 – February 2004

Supervising Consultants: Mr LJ Taylor, Mrs N Kendell

Pre-Registration

PRHO in Medicine & Surgery at Portsmouth Hospitals, UK

August 2002 – August 2003

Supervising Consultants: Prof KM Shaw, Mr SS Somers, Mr SKCT Toh

6. CLINICAL EXPERIENCE & COMPETENCIES

Private GP

I practice as a Private GP, with a strong focus on chronic disease management, while also working as a locum GP in NHS surgeries.

I have a keen interest in medico-legal reporting, providing comprehensive medical reports to assist courts in personal injury, immigration, and general practice-related cases. These reports offer detailed, holistic assessments, covering injuries, medical conditions, and psychological evaluations of individuals.

Primary Care

- Family Physician with management responsibilities, ensuring high-quality patient care.
- Collaborate within a multi-disciplinary team to optimise patient outcomes.
- Conduct on-call sessions and emergency triage as required.
- Provide comprehensive consultations in a primary care setting, adhering to current clinical guidelines.
- Treat patients across the entire age spectrum, from newborns to end-of-life care.
- Lead chronic disease clinics for cardiology, hypertension, diabetes, asthma, and drug misuse.
- Conduct medication reviews and prescribe in line with best practices.
- Perform minor surgical procedures, including religious circumcisions, wart removal and management of minor injuries.
- Deliver pre-natal and ante-natal care for pregnant women.
- Provide elderly and palliative care, both at home and in care facilities.
- Arrange appropriate investigations and facilitate secondary care referrals.
- Conduct telephone triage and remote consultations.
- Review and action pathology and investigation reports to ensure timely patient management.

Other Roles

- Telemedicine – Providing remote consultations and virtual healthcare services.
- Expert Witness – Preparing detailed medico-legal reports.
- Expert Medical Opinion – Offering independent medical evaluations for legal and insurance purposes.
- Flight Doctor – Performing worldwide medical repatriation and Fitness to Fly assessments.
- Forensic Medical Examiner – Formerly serving Hampshire Police and Metropolitan Police Forces, providing forensic assessments and court testimony.

- Private GP – Providing discreet, high-quality medical care to royalty, celebrities, and dignitaries.
- Medical Director & CEO – Leading Regency Medical, Dr Karim’s Clinic, Harley Street, London, UK, overseeing clinical operations and strategic growth.

Management and Leadership

- Serve as a role model, demonstrating integrity, emotional resilience, self-awareness, and professional conduct.
- Lead and coordinate Primary Health Care Team Meetings (PHCTM) to enhance patient care collaboration.
- Design and implement new clinics to improve patient access and service efficiency.
- Foster a continuous learning environment, ensuring physicians maintain up-to-date skills and best practices.
- Mentor and coach clinical leads and physicians in leadership roles, supporting professional growth.
- Build and maintain effective working relationships within multi-disciplinary teams and professional groups.
- Strategically plan and optimise the utilisation of medical human resources.
- Play an active role in physician, nursing, and administrative recruitment processes.
- Oversee credentialing and professional standards compliance to ensure high-quality care delivery.
- Support the performance appraisal process for medical staff, fostering a culture of accountability and excellence.
- Establish priorities, strategies, and action plans to achieve organisational goals and healthcare outcomes.

7. CONTINUING EDUCATION

- Annual GP Appraisals – Conducted in accordance with national guidelines to ensure continued professional competency.
- Weekly Educational Meetings – Covering a broad range of medical topics, including case presentations, audit reviews, referral analysis, and significant event discussions.
- Medical Update Meetings – Focused on specialist subject updates, including Dermatology, Diabetes in Ramadan, Abnormal Uterine Bleeding, and Vitamin Deficiencies in children and adults.
- Regional Educational Meetings – Attended at regional post-graduate medical centres to stay informed on the latest advancements in medical practice.

8. AUDIT EXPERIENCE

- Strong interest in medical audits and audit methodologies, utilising modern IT techniques and online tools for local and national data collection.
- Knowledgeable in Evidence-Based Medicine (EBM) methodologies for conducting audits and journal club meetings.
- Experience in conducting multiple audits aimed at improving service provision and patient care outcomes.
- Committed to ongoing audit participation to ensure continuous quality improvement in healthcare delivery.

1. *Vitamin B12 prescribing and monitoring*; R Karim, A Mirza; Performed at Lifeline Medical Centre, Dubai; to establish a formal protocol for Vitamin B12 prescribing and monitoring; first round of audit in completed in February 2014.

2. *Review of PPI use and prescribing*; R Karim; Performed at Comprehensive Healthcare Network, Toronto, Canada. Presented. September 2013.

3. *Appendicectomy: Histological Diagnosis and Clinical Presentation*; R Karim, O Khan; Performed at St. Mary's Hospital, Newport, IOW. Presented. To be submitted for Journal publication. Jan 2006.

4. *Current Management of Epistaxis in A&E Setting*; R Karim; Performed at St. Helier Hospital, Carshalton. Presented at departmental audit meeting. Jul 2005.
Re-looped: Replaced equipment with ENT instruments, latest nasal packs, and developed guidance notes for epistaxis management.
Loop Closure: Significant reduction in referrals for specialist input.

5. *Bleep Audit: 'That retched bleep!'* R Karim; Performed at Queen Alexandra Hospital, Portsmouth. Presented at departmental meeting. Feb 2005.
Re-looped: Incorporated ward book for Drs Jobs, implemented into Trust bleep policy.
Loop Closure: Significant reduction in Drs being beeped unnecessarily.

6. *Complications following Bascom's Operation*; R Karim, A Senapati, MR Thompson; Performed at Queen Alexandra Hospital, Portsmouth. Presented at departmental presentations. July 2004.

7. *Neck of Femur Fractures: Time interval before Surgery*; R Karim; Performed at St. Richard's Hospital, Chichester. Presented locally. Jan 2004.
Re-looped: Consenting to be done on clerking and to follow NOF Fracture ICP rigorously.
Loop Closure: No Significant reduction in time interval before surgery.

8. *Audit of drug utilisation in trans rectal ultrasound and biopsy*; SAV Holmes, S Wilkinson, R Karim; Performed at Solent Urology, St. Mary's Hospital, Portsmouth. Presented at departmental audit meeting. April 2003.
Re-looped: Tested for 3-day antibiotic use as compared to 5-day antibiotic use.
Loop Closure: No significant difference between 3 and 5-day use of antibiotics.

9. *Out of Hours Appointments: A Patient's Perspective*; JA Hicks, R Rees, R Karim; Performed at Solent Urology, St. Mary's Hospital, Portsmouth. Presented at Wessex Urology. May 2003.

9. PRESENTATIONS

1. *Prostate: How aware are you?*: R Karim; Department of Primary Care, CHN, Toronto; Presented at Ontario Medical Association Meeting, Toronto; Sep 2013.
2. *Diabetes Awareness*: R Karim; Department of Primary Care, CHN, Toronto; Presented at Warden Community Centre, Toronto; Aug 2013.
3. *Randomised Clinical Trial of Multimodal Optimization of Surgical Care in Patients Undergoing Major Colonic Resection*: R. Karim; Department of Surgery; St. Mary's Hospital, Newport, Isle of Wight; Departmental Presentations; Jan 2006.
4. *Case Presentation: Acute Abdomen*: R. Karim; Department of A&E; St. Helier Hospital, Carshalton; Departmental Presentations; Jul 2005.
5. *The Surgical and Medical Management of Rheumatoid Arthritis*: R. Karim, M. Gupta; Orthopaedic Directorate, St. Richards Hospital, Chichester; Departmental Presentations; Jan 2004.
6. *Effect of Nicorandil on Coronary Events in Patients with Stable Angina: The Impact of Nicorandil in Angina (IONA) Randomised Trial*; R Karim, T Leach, N Hedger; Department of Medicine, QAH; Medical Seminar; Aug 2002.
7. *The Immunopharmacological Response to Stress*: R Karim, L Ratna; Department of Psychiatry, Barnet General Hospital, London; Psychiatry Seminar; Jul 2001.
8. *Case Study in a Patient with Chest Pain*: R Karim, S Bushnamurth; Department of Pathophysiology, SGUSOM, Grenada, WI; Termly Student Presentations; Nov 1999.
9. *Topographical Presentation of Anatomy of the Heart*: R Karim, R Jordan; Department of Anatomy, SGUSOM, Grenada, WI; Departmental Presentation; Feb 1998.
10. *The Facial Nerve (CN VII)*; R Karim, CV Rao, TS Ranganathan, R Jordan; Department of Anatomy, SGUSOM, Grenada, WI; Poster Presentation to Anatomy Department; Jun 1998.
11. *The Efficacy of Bangladeshi Herbal Treatment in the Management of Asthma*; R Karim, J Brostoff; Faculty of Life Sciences, UCL; Annual Faculty Presentations; Jun 1996.
12. *Monoclonal Antibodies in Rheumatoid Arthritis*: R Karim, D Isenberg, M Whittaker; Department of Physiology, UCL; Departmental Presentations; Feb 1995.

13. *The Inflammatory Response and its Mediators*; R Karim, J Foreman, A Dickinson, I Kramer; Department of Immunopharmacology, UCL; Poster Presentation to Departments of Immunology and Pharmacology; Jun 1994.

14. *The Defective Respiratory Burst in Chronic Granulomatous Disease*; R Karim, I Kramer, A Dickinson; Department of Immunopharmacology, UCL; Departmental Presentation; Apr 1994.

10. ACADEMIC AWARDS

- Awarded International Peace Scholarship by St George's University School of Medicine, Grenada W.I. (SGUSOM)
Scholarship awarded to foreign medical students for outstanding ability.
1998-2002.

11. EDUCATIONAL CONTRIBUTION

- Teaching & Supervision – Provide training and mentorship to Medical Students, Physician Assistants, and Community Pharmacy trainees.
- PLAB Exam Training – Educate and guide foreign medical graduates on successfully passing the PLAB examination.
- Southampton University Medical Teaching (2004 – 2005) – Delivered lectures on ENT emergencies, their presentations, and immediate management.
- Clinical Teaching (2002 – 2003) – Instructed Southampton University medical students during PRHO year on: History taking and clinical examination skills. Basic procedures, including catheterisation, IV cannulation, and blood sampling.
- Immunology Tutorials (1999 – 2000, SGUSOM Grenada) – Led group discussions, one-on-one tutoring, and prepared educational materials to support fellow medical students in Immunology.
- Commitment to Teaching – Dedicated to enhancing teaching skills through both practical experience and formal training for future career development.

12. MANAGEMENT

- Medical Director & CEO – Oversee Medique Limited, which operates Regency Medical in Harley Street, London, and Portsmouth, ensuring excellence in private healthcare services.
- Business & Investment Expertise – Actively involved in managing a family portfolio of properties and businesses across the UK and internationally.
- Strategic Decision-Making – Lead structural changes and business expansion strategies, ensuring sustainable growth.
- Financial & Business Development – Engage in negotiations with landlords and financial institutions to facilitate property acquisitions, funding, and future business developments.

13. OTHER POSITIONS HELD

- *Head Prefect:* Mayfield School, Portsmouth, UK 1989-1991
- *Founder of Cultural Society:* UCL, London, UK 1993-1996
- *President of International Students Association:* SGUSOM, Grenada, W.I. 1999-2000

14. INFORMATION TECHNOLOGY EXPERIENCE

- I am competent in basic computing, particularly the use of Word, Power Point, Excel, and Internet facilities.
- I am experienced in setting up computer systems for more efficient prescribing, maintaining QOF requirements, and more efficient data entry.
- I have experience in the use of the following electronic medical records (EMR) systems: EMIS WEB, EMIS LV, SystemOne, Vision, AbelMED, and HospyCare.

15. COMMUNITY SERVICE

- *Medical Advisor (Unpaid) – Provide expert medical guidance for:*
 - Portsmouth Racial Equality Organisation Network (PRENO) – Supporting ethnic minority groups in Portsmouth
 - Life Plus – A charitable organisation based in Manchester.

- *Medical Advice Sessions (Voluntary) – Offer free healthcare support to vulnerable communities:*
 - Organise weekly free clinics at local mosques, community centres, and Portsmouth Regency Medical clinic for immigrants with limited English proficiency.
 - Conduct monthly medical advice sessions with Forgotten Veterans in Portsmouth, assisting military veterans with long-term illnesses.

- *Voluntary work– Support the Bangladesh Welfare Association, Portsmouth, by assisting residents with medical guidance, form-filling, and access to healthcare services.*

- *Charity Work – Actively involved in global humanitarian efforts, including:*
 - Organising free medical clinics in underprivileged regions.
 - Leading projects to build homes, install freshwater wells, and set up healthcare advice clinics in rural villages.
 - Providing medical support in labour camps, including in Dubai.
 - Countries visited for charity work: Bangladesh, India, UAE, Saudi, Malaysia, and Ghana.

16. OBJECTIVES

- Having completed Family Physician training and earning Membership of the Royal College of General Practitioners (MRCGP), I have continued my career in both NHS and private practice, serving as Medical Director and CEO of Regency Medical in Harley Street, London, and Portsmouth.

- In addition to the MRCGP, I have obtained:
 - Membership and Certification of the College of Family Physicians of Canada (MCFP & CCFP)
 - International Membership of the American Academy of Family Physicians (AAFP)
 - Licenses to practice in Canada and Dubai

- Completed a 6-month sabbatical in Toronto, Canada, gaining valuable North American experience and perspective in Family Practice.

- Worked in Dubai as a Consultant in Family Medicine, gaining international experience and insight into cultural perceptions of general practice.
- Highly dedicated and proficient in my work, capable of independent practice while maintaining awareness of my own limitations. I thrive in multi-disciplinary teams, collaborating effectively to provide optimal patient care.
- Multilingual communication skills, fluent in English, Sylheti, Bengali, Hindi, and Urdu, enabling me to connect with diverse patient populations.
- Strong leadership and decision-making abilities, with the confidence to take charge when required while maintaining a patient-centred approach.
- Passionate about teaching, utilising a variety of methods to engage learners effectively. I understand research principles and look forward to exploring new research opportunities.
- General practice is patient-centred, and every individual brings a unique and meaningful interaction. Building long-term relationships with patients is deeply fulfilling and enhances my sense of job satisfaction.
- Above all, I genuinely enjoy seeing my patients. Their warmth, trust, and appreciation for the care I provide make my role as a General Practitioner immensely rewarding.

17. REFEREES

- Available on request.