

Dr Jorge Zimbron
Consultant Psychiatrist

GMC: 6143295

Dr Zimbron is a consultant psychiatrist working at Springbank Ward, Fulbourn Hospital, in Cambridge. Springbank is a specialist unit looking after women with complex presentations and a diagnosis of personality disorder (PD). He has an interest in reducing restrictive practices and improving the environment of inpatient settings to improve outcomes for our patients.

He trained as a general adult and rehabilitation psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust. During his training, he carried out an MPhil in Psychiatric Research at the University of Cambridge. His medical training and foundation years were spent in London at Guy's, King's, and St Thomas' School of Medicine and the Maudsley.

AREAS OF EXPERTISE

- Psychosis
- Personality Disorder
- Schizophrenia
- Human Rights
- Borderline Personality
- Biomedical Science
- Restraint Reduction
- Diet Patterns
- Extreme Risk

PROFESSIONAL EDUCATION AND QUALIFICATIONS

2000 - 2006: MB BS, Kings College London

2012 - 2014: MPhil, University of Cambridge

2014 - 2015: Postgraduate Certificate, Healthcare Leadership, Open University

2020: Expert Witness Certificate, Cardiff University Law School

PROFESSIONAL EMPLOYMENT

2015 - present: Consultant in General Adult and Rehabilitation Psychiatry, Springbank Ward, Specialist Personality Disorder Unit, Fulbourn Hospital

2015: Acting Consultant, South Cambridge Community Mental Health Team, Cambridge

2013 - 2014: Clinical Research Associate. Out-of-programme research experience. University of Cambridge, Cambridge

2011 - 2015: Specialist training in General Adult Psychiatry and Rehabilitation Psychiatry, Fulbourn Hospital, Cambridge

2008 - 2011: Core Psychiatric Training and Academic Clinical Fellowship, Fulbourn Hospital, Cambridge, Addenbrooke's Hospital, Cambridge

2006 - 2008: Academic Foundation Programme, St. Thomas' Hospital, London, Institute of Psychiatry at the Maudsley, London, University Lewisham Hospital, London

RECENT PRESENTATIONS

National:

- Recovery conference, Tees Esk and Wear Valley NHS Foundation Trust, Durham, 2017
- National DBT conference, London, 2017.
- Mental Health Safety Improvement Programme (MHSIP), London, 2018 23.11.18 <https://www.rcpsych.ac.uk/improving-care/nccmh/reducing-restrictive-practice/rrp-launch-event>
- Restraint Reduction Network conference, Royal College of Psychiatrists, London, 2019 5.2.19 <http://restraintreductionnetwork.org/>
- Human Rights, Dilemmas & Solutions in Personality Disorder, London, 7.5.2019 <https://www.forumsandevents.co.uk/human-rights-dilemmas-solutions-in-personality-disorder>
- Recovery conference at HPFT "From Recovery to Discovery". 10.10.2019
- Reducing and improving the use of restrictive interventions and practice. London. 16.03.2020
- Webinar on managing extreme risk. HPFT. 10.06.2020

International:

- World Psychiatric Association, Cape Town, South Africa, 2016
- Royal College of Psychiatrists Annual Conference, Birmingham, 2018
- British and Irish Group for the Study of Personality Disorders conference (BIGSPD):
 - Inverness, 2017.
 - Cardiff, 2018.
 - Durham, 2 - 4.4.2019.
- ENMESH - the European Network for Mental Health Service Evaluation conference, Lisbon, Portugal, 6.6.2019
- The 10th Annual International CMHP Psychiatric Pharmacy Conference. 13.10.2019 <https://www.kc-jones.co.uk/cmhp2019>