

# CURRICULUM VITAE

**DR LAVINIA DEBORAH LUMU**

**CV**

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## CURRICULUM VITAE: DR LD LUMU

**DATE OF BIRTH:** 2 November 1982  
**ID NUMBER:** 8211020870080  
**CITIZENSHIP:** South Africa  
**RACE:** African  
**SEX:** Female  
**MARITAL STATUS:** Single

### **DESCRIPTION:**

- A specialist psychiatrist in full -time private - practice servicing inpatients and outpatients from 16 years of age and above; with a special interest in perinatal psychiatry and general psychiatry since July 2016 at the Akeso Crescent Clinic, Johannesburg.
- An honorary lecturer at the University of the Witwatersrand, Department of Psychiatry, Johannesburg, South Africa.
- Currently running a public perinatal psychiatry clinic since 1<sup>st</sup> of July 2018 at the Rahima Moosa Mother and Child Hospital, Johannesburg in collaboration with the departments of Psychiatry, Obstetrics and Gynaecology, and Psychology of the University of the Witwatersrand.
- An advocate for maternal mental health and mental health
- Convener of the Early Career Psychiatrists division of the South African Society of Psychiatrists (SASOP).
- A member of the SASOP (South African Society of Psychiatrists) Special- Interest Group in Women's Mental Health and a member of The Marcé Society for Perinatal Mental Health.

### **EDUCATION:**

<b>Name of School/ University</b>	<b>Qualification Obtained</b>	<b>Year Obtained</b>
Ferndale High School	Senior Matric Certificate and Exemption	2000
Pretoria University	Bachelor of Medicine and Surgery	2006
Colleges of Medicine in South Africa	Diploma in Mental Health	2010
Colleges of Medicine in South Africa	Fellowship of the College of Psychiatrists	2014
Witwatersrand University	Masters in Medicine (Psychiatry)	2014
<b>Courses</b>		
Parent-infant interpersonal therapy course: 26 <sup>th</sup> January 2018 – 16 <sup>th</sup> March 2018		

**WORK EXPERIENCE**

- **INTERNSHIP:** *Helen Joseph Hospital / Rahima Moosa Mother and Child (Coronation) Hospital*  
(2nd January 2007 – 31st December 2008)
- **COMMUNITY SERVICE:** *East London Hospital Complex*
  - **Obstetrics & Gynaecology:** (2nd January 2009 – 30th June 2009)
  - **Psychiatry:** (1st July 2009 – 31st December 2009)
- **POST COMMUNITY SERVICE:** *Sterkfontein Psychiatric Hospital*
  - **Medical Officer:** (2nd January 2010 – 30th June 2010)
- **REGISTRARSHIP:** *Witwatersrand University, Department of Psychiatry*  
(1st July 2010 – 30th June 2014)  
*Registrar- of -the- year Award: 2013*
- **MEDICAL SPECIALIST PSYCHIATRIST:**
  - 01 July 2014 – 30 June 2016: Charlotte Maxeke Johannesburg Academic Hospital
  - **Job description:** Management of the 20-bedded acute psychiatric ward and chairing the multi-disciplinary team. Liaising with other medical disciplines. Conducting academic ward rounds and training of undergraduate students and registrars. Lecturing and examining undergraduate and post-graduate students. Attending to administrative duties related to the ward. Writing medical reports and corresponding with the Mental Health Review Board. Exposure to consultation-liaison services and the out-patient psychiatric department. Initiated a pilot perinatal psychiatry clinic that ran from January 2016 – June 201
- **RESEARCH:**
  - **Masters in Medicine (Psychiatry) programme**  
Supervisor: Dr Lynda Albertyn  
**Research Title:**  
*A retrospective review of pre-schoolers referred for psychiatric services at the Charlotte Maxeke Johannesburg Academic Hospital*  
**Research Award:** *Louis Franklin Freed Psychiatric Award, Department of Psychiatry, University of the Witwatersrand – April 2015*
  - **Masters in Medicine Supervision**  
Completed supervision of one Masters of Medicine candidate at the University of the Witwatersrand, Department of psychiatry: Passed in 2019  
**Research Title:**  
*Clinical use of neuro-imaging in psychiatric patients at the Charlotte Maxeke Johannesburg Academic Hospital*

• **PUBLICATIONS:**

- Workload indicators in staffing needs: A critical review, South African Psychiatry, Issue 1, November 2014, pages 22-23.
- Psychiatric services for preschoolers: An emerging need, Journal of Child and Adolescent Mental Health, Volume 27, Issue 2, September 2015, pages 113-124.

• **CPD PRESENTATIONS:**

- The Impact of Perinatal Mental Disorders on the Foetus – 25<sup>th</sup> May 2016
- Psychotic-related disorders – 25<sup>th</sup> May 2017
- Substance use disorders in pregnancy – 20<sup>th</sup> September 2017
- World Maternal Health Day Seminar at Akeso Crescent Clinic: Premenstrual Dysphoric Disorder – 2<sup>nd</sup> May 2018
- South African Society of Psychiatry (SASOP): Birth Trauma: Postpartum post-traumatic stress disorder – 23<sup>rd</sup> September 2018
- South African Addiction Medicine Society (SAAMS) conference: The ethics of off-label prescribing of medication in addiction – 17<sup>th</sup> August 2019

**RADIO INTERVIEWS:**

<b>Radio Station</b>	<b>Date</b>	<b>Topic</b>
Radio 2000	2 August 2016	Perinatal Depression
Voice of the Cape FM	8 August 2016	Don't let perinatal depression spoil the joys of motherhood
Channel Africa	5 August 2016	Don't let perinatal depression spoil the joys of motherhood
Cape Talk	10 November 2016	Understanding epilepsy and how to treat it holistically
SA Fm	29 November 2016	Understanding epilepsy and how to treat it holistically
Voice of the Cape FM	14 July 2017	Women's mental health before and after birth
Cape Talk	1 August 2017	Women's mental health before and after birth
702	16 July 2018	Postnatal Depression with Dr Motlana
Smile FM	22 August 2018	Postpartum depression
Classic FM	23 August 2018	Overcoming postpartum blues
Cape Talk	23 August 2018	Overcoming postpartum blues
702	11 February 2019	ADD & ADHD (Family Matters)
702	19 August 2019	Maternal Mental Health (Family Matters)

• **REFEREES:**

- Prof. Simone Honikman
- Dr Carina Marsay