



## **Press Release**

**4 October 2022**

### **For Immediate Release**

#### **London Doctor Wins Innovator of the Year**

A London doctor has won Innovator of the Year at a national awards ceremony for his work to improve the lives of those struggling with severe and enduring mental illness.

Dr Omer Malik, Consultant Psychiatrist and Medical Director at Cygnet Churchill, an inpatient mental health hospital for men, was singled out during the Cygnet Annual Psychiatrists Conference and National Awards 2022.

Organised by Cygnet Health Care, one of the UK's largest independent providers of specialised mental health services for the NHS and local authorities, the Cygnet Innovator of the Year award celebrates a doctor who has driven innovation to improve the quality of services, empowering service users and putting them at the centre of care, engaging stakeholders and reducing stigma.

Dr Malik led the physical health Quality Improvement (QI) project which was first of its kind and led to a better model of collaborative working with GPs and ensured Cygnet service users received direct access to a GP every week.

Presenting the award, Stephen Firn OBE, Cygnet Health Care's new CEO of Healthcare, said: "Dr Malik has been involved in a number of impressive projects which have made a huge difference to the organisation.

"The main outcome measure of his physical health QI project was that all physical health investigations were completed and all results acted upon. Impressively, this improved from 60 per cent to 90 per cent. Likewise, patient satisfaction with their physical health doubled from 45 per cent to 90 per cent.

"Dr Malik is currently involved in a QI project involving care plans across all Cygnet rehabilitation wards. The new care plan pilot has allowed service user opinion to take centre stage and the monthly collaborative goal setting exercise has far greater engagement."

Dr Malik is also involved in a national collaborative project with the NHS regarding reducing restrictive practices. He was also primary author in a publication for the British Association of Psycho-Pharmacology and over the past year, mentored two nurses undertaking their Nurse Prescriber course.

Upon receiving his award, Dr Malik, said: "I am truly humbled, proud and privileged to work with great Cygnet Churchill staff and extremely supportive Cygnet colleagues.

“I always maintain that all plant seeds have the potential to grow into healthy trees but it is the environment which enables the seed to harness its true potential. Thank you Cygnet for being a nourishing and supportive environment.”

Dr Tony Romero, CEO of Cygnet Health Care, said: “We are a clinically-led organisation and doctors are the engine here at Cygnet.

“These awards recognise the achievements and the difference that motivated, compassionate and value-driven doctors and their teams make for our services users and our residents every single day.

“We have seen so many wonderful examples of our doctors and other clinicians, going above and beyond over the last year and stepping up to work beyond their role and sacrifice their time and dedication for the benefit of the individuals in their care.

“As CEO I am proud to count these exceptional individuals as colleagues who exemplify our values at Cygnet. Dr Malik has demonstrated an extraordinary level of innovation to keep things constantly improving and to ensure our standard of care remains the very best. We are extremely lucky to have him with us and to witness the positive difference he makes to our service users each and every day.”

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**Notes to Editors:**

For more information, please contact Gemma Attew, External Communications Manager, on [gemmaattew@cygnethealth.co.uk](mailto:gemmaattew@cygnethealth.co.uk) or 07718 244811.

**About Cygnet Health Care**

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet’s facilities are rated as good or outstanding, which is above the national average.

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