

PERSONAL STATEMENT:

Passionate and dedicated medical practitioner, equipped with a solid foundation in patient care and clinical skills particularly critical care. Enthusiastic about advancing medical knowledge and enhancing patient outcomes through innovative research and education. Seeking an opportunity to leverage my skills and contribute to a dynamic healthcare team.

EDUCATION:

Dow Medical College – DUHS

2018 - 2023

Bachelors of Medicine and

Bachelors of Surgery

Aga Khan Higher

Secondary School

2015 - 2017

Intermediate in Pre-Medical

Shahwilayat Public School

2015

Cambridge O-levels

WORK EXPERIENCE:

RESIDENT MEDICAL OFFICER

AHMED MEDICAL COMPLEX, KARACHI

MAY 2024 – CURRENT

Currently working as a Medical Officer at a secondary care hospital, overseeing night shift patient care in ICU, NICU, PICU, and managing patients in surgical, medical, OBGYN, and pediatric specialties, including pre-op and post-op care, while also handling ER admissions.

HOUSE JOB

DR. RUTH K.M.PFAU, CIVIL HOSPITAL, KARACHI

GENERAL MEDICINE

FEB 2024 – MAY 2024

- Worked in medicine ward and Higher Dependency Units (HDU), Learned about the approach and management of common Medical disorders and emergencies
- Worked in medicine OPD, and managing the patient from relevant history taking to investigations required for diagnosis, interpreting them and prescribing the required treatment

DEPARTMENT OF ACCIDENT & EMERGENCY

- Learned about the multidisciplinary life saving approach in case of emergency.
- Learned effective communication and teamwork in high-pressure environments.
- Learned to recognize and manage a wide range of medical emergencies including cardiac arrest, respiratory distress, and stroke.

DEPARTMENT OF NEUROLOGY

NOV 2023 – FEB 2024

- Learnt neurologic management in OPD, ICU, Wards and how to cater neurology emergency
- Learned to recognize and distinguish various neurological findings on examinations and techniques like fundoscopy, Interpretation of Neurological imaging like CT, MRI etc
- Performed and assisted in invasive procedures like lumbar puncture, passing of Double lumen catheter, Plasmapheresis etc

DEPARTMENT OF GENERAL SURGERY

AUG 2023 – NOV 2023

- Observed and assisted in elective and emergency surgeries and learnt basic surgical skills and handling of surgical equipments.
- Assisted in executing ward rounds, Surgical Assessment Unit and in OPD in taking their brief history and performing examinations.
- Provided pre-operative and post-operative care to patients by conducting health checks and taking necessary actions.

DEPARTMENT OF ANAESTHESIOLOGY

MAY 2023 – AUG 2024

- Performed Pre op Anesthesia assessment, Participated in Administration of General, Spinal Anesthesia and multiple sort of local blocks
- Strong knowledge of induction, monitoring in maintenance phase and then reversal of patient
- Performed techniques under supervision like intubation, lumbar puncture, ambu bagging, passing central venous catheter etc

SURGICAL INTENSIVE CARE UNIT

- Rotated in Surgical ICU, learned the critical patient care, management and monitoring of patients, ICU protocols, Resuscitation of patient, Patient education and negative counselling.
- Got knowledge and learnt handling of ICU equipments like CPAP, BiPAP and basic settings of a Ventilator

ELECTIVES:

VASCULAR AND ENDOVASCULAR SURGERY , SMBB TRAUMA CENTRE

Learnt about various aspects of vascular surgery and contributed in detailed patient histories while taking a holistic approach , assisted in surgeries , diagnostics aspects, delivered case presentations and polish skills like basic suturing skills, one hand knot tying and gowning/gloving etc

BURNS CENTRE ,CIVIL HOSPITAL KARACHI

Learnt about managing different degrees of burn, provided first aid management to burns patients.and observed and assisted in routine burn surgical procedures.

CERTIFICATIONS:

BASIC LIFE SUPPORT

- NHCPS Save a Life BLS Certification
- level 1 and level 2 by F.R.I.P (First Response Initiative of Pakistan)

Neonatal Resuscitation Program

- Helping Babies Breath Provider Course

BASIC LAPAROSCOPIC SKILLS

- CME accredited by DUHS
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VOLUNTEERING and LEADERSHIP EXPERIENCE:

SERVE OUR COMMUNITY HEALTH - General Secretary (2018-2022)

Dedicated 4 years to NGO leadership, advancing healthcare through diverse awareness campaigns campaigns, hospital renovations, medical camps, orchestrating internship and educational programs, refining project management, problem-solving, team-building, and communication skills.

DOW STUDENT'S SURGICAL SOCIETY- Head of Welfare Department (2021-2023)

As a founding team member of a surgical interest group, I spearheaded initiatives to foster knowledge exchange, organize awareness events, advocate for pertinent issues, and create opportunities for aspiring surgeons, thereby enhancing my professional skills and expertise in the field.

FIRST RESPONSE INITIATIVE OF PAKISTAN , FRIP- Instructor (2019-2022)

Certified Level 2 instructor with extensive experience teaching BLS protocol and first aid to medical students. Also led first aid training initiatives across diverse sectors, accumulating 135 teaching hours, and enhancing teaching, presentation, and public speaking skills

PATIENTS' WELFARE ASSOCIATION- Volunteer (2018-2021)

Organized and participated in various blood donation camps, charity bake sales, zakat campaigns, roadside donation events, and other promotional activities focused on thalassemia prevention, which polished my team coordination skills.

SURGERY INTEREST GROUP OF AKU - Ambassador (2020-2021)

Heightened my passion for pursuing a career in the surgical field while providing valuable insights into surgical procedures

VOLUNTEER FORCE AGAINST HEPATITIS TREATMENT (VFAHT)- Volunteer (2019-2020)

Participated in Hepatitis Awareness Campaigns focused on eradicating hepatitis, gaining key skills in public health advocacy and community engagement.

INTERNATIONAL FEDERATION OF MEDICAL STUDENT ASSOCIATION (IFMSA ,Pakistan)- Member

Active IFMSA member, fostering global connections with medical students and participating in international health initiatives.

TEACHING- HOME TUTOR AND TEACHER'S ASSISTANT (2015-current)

With over 7 years of experience as a Teaching Assistant and home tutor, I have helped O-Level and A-Level students build strong academic foundations, providing me with a solid grounding in student and audience engagement.

RESEARCH AND CLINICAL AUDITS:

PUBLICATIONS:

Global Incidence and Risk Factors Associated With Postoperative Urinary Retention Following Elective Inguinal Hernia Repair: The Retention of Urine After Inguinal Hernia Elective Repair (RETAINER I) Study

DOI: 10.1001/jamasurg.2023.2137

Centre collaborator at multicentre study - pubmed indexed

An assessment of knowledge, attitude, and practice regarding organ donation among students and physicians

DOI: 10.47391/JPMA.5123

pubmed indexed

CASE PRESENTATIONS:

Early v/s Delayed Laparoscopic Cholecystectomy in Acute Cholecystitis- A COMPARATIVE REVIEW

Gave a Poster Presentation

Paraneoplastic Opsoclonus Myoclonus Ataxia Syndrome - CASE REPORT

Presented Clinicopathological Case

WORKSHOPS:

- Beginner's Guide To Research: An Online Workshop Series by SRF-AKU
- Attended Research Week by FSRH covering all aspects of research including Literature Search , Synopsis , Research Methodology , SPSS , Endnote Referencing
- Attended **Meta Analysis Workshop** By RCOP(Research Council Of Pakistan)
- Attended Workshop On '**Clinical Governance And Clinical Audit**' held by DOGANE

MEDICAL CONFERENCES AND WORKSHOPS:

- **6TH AKU Annual Surgical Conference on Surgical Education and Training** - 14 ACCME Credit hours
- **Suicide Prevention And Risk Assessment Workshop By Advance Educational Institute And Research Centre (AEIRC)** - 3 day workshop
- **Essentials of Neuroscience course 2021 by PASBAN** - 1 month training - 24 ACCME Credit Hours
- 6 Day session by IBRO /PASBAN on '**Untangling the Degenerating brain- From Neurobiology to Psychopathology**'
- **6th National Headache Conference and 23rd International Neurology Update** - 12 ACCME hours
- **DOGANE-DSS Workshop on ECG Interpretation**
- A Session on Primer on NeuroRehabilitation
- CME session on IS ILD an Autoimmune Disease - 2 ACCME Credit hours

MEDICAL AND SURGICAL CAMPS

Organized and participated in various medical and surgical camps, including assisting in surgeries, conducting medical checkups, and managing logistics, finances, and volunteer coordination, thereby gaining comprehensive skills in healthcare delivery and event management. Some of which include

- **Fistula Surgery + Surgical And Medical Camp At Chitral** By PNFWH - 11-15 June 2021
- **General Surgery Camp At Kohi Goth Women Hospital** - 4th-7th March 2021
- **Medical Health camp at Idara-AI-Khair** by SOCH
- **Medical camp organised by SOCH with Rotaract Club at Baldia Town and other outskirts of city**

KEY COMPETENCIES:

- Excellent communication and relationship-building abilities
- Highly proactive with a strong self-motivation drive
- Superior organizational and planning skills
- Proven leadership and management expertise
- Advanced critical thinking and problem-solving skills
- Meticulous attention to detail
- Efficient time management and prioritization skills