

DR. ZAINAB ABBAS

PROFILE

As a dedicated doctor, I have completed my house job at Jinnah Postgraduate Medical Centre, I have diverse interests including research and skill development. My career goal is to become a successful doctor in the field of medicine, excelling in my specialty and contributing to the community. I aim to publish research, present at conferences, and develop complementary skills like communication and leadership. I am committed to upholding high ethical standards, showing empathy and compassion to patients, and making a positive impact.

UNDERGRADUATE EXPERIENCE

- **Sindh Institute of Urology & Transplantation** MAY'22 - JUNE'22
(SIUT), Pakistan - Nephrology Intern
 - Exposure to cases in general medicine, nephrology, hemodialysis & oncology wards.
 - Observing & assisting treatment to critical care & intensive care unit patients.
 - Collected & documented patient's medical information such as blood pressure, temperature, weight.
- **National Institute of Child Health** APRIL'23 - MAY'23
(NICH), Pakistan - Pediatric Intern
 - Led Pediatric OPD under seniors' guidance, managing 25 patients on average daily. Conducted Emergency Management & Patient Assessment as per ATLS protocol under supervision. Daily monitoring & charting of patients.

RESEARCH AND PROJECTS

- **SELF-MEDICATION AMONG MEDICAL STUDENTS DURING COVID-19 PANDEMIC: A CROSS SECTIONAL STUDY.**
- (2024, JPPI journal)
 - - Contributed to a research study on self-medication among medical students during the pandemic
 - - Collected data and co-authored the study
- **SUICIDAL IDEATION IN PEOPLE ON ANTIDEPRESSANTS VS WHO ARE NOT ON ANTIDEPRESSANTS: A CROSS SECTIONAL STUDY**
On going study.

CONTACT

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EDUCATION

2013 - 2015

QAMAR E BANI HASHIM SCHOOL

- Matriculation
- A-one grade

2015 - 2017

QAMAR E BANI HASHIM HIGHER SECONDARY SCHOOL

- Intermediate
- A-one grade.

2018 - 2023

JINNAH SINDH MEDICAL UNIVERSITY

● MBBS

FCPS 1 in Medicine and Allied

SKILLS

- Project Management
- Teamwork Time
- Management Clinical
- Assesment
- Diagnostic Skills
- Critical Thinking

LANGUAGES

- English
- Urdu

CLINICAL SKILLS

- Blood Sampling
- Arterial Blood Gases (ABGs)
- IV Cannulation
- Blood Transfusion
- Urinary Catheterization
- Nasogastric Tube Insertion
- Basic First Aid
- Sutures

COMMUNITY SERVICE

- Volunteered at many Blood Transfusion camps organised by IBTMS and Imamia Medics International
- Volunteered for the "Breast Cancer Awareness Campaign" in JPMC, Karachi.

EXTRA CURRICULAR

- Basic Surgical Skills by Medics International-2022
- Workshop on Safe Obstetrics Practice Hands-2022
- Training in Blood Donor Recruitment and Management Phlebotomy in Donor Area and Diagnostic Laboratory-2022
- Critical Analysis Workshop-JSMU Student Council-2022
- Introduction to Research-California institute of Behavioral Neurosciences and Psychology-2020
- Online First Response Webinar by FRIP-2020
- Medagon - All Pakistan
- Medical Quiz - 2019
- Essay writing and poster competition - Character Building Society - JSMU - 2019
- LEAD'19 - leadership exploration and development - JSMU - 2019
- Spelling Bee Competition - 2012

PROFESSIONAL EXPERIENCE

- Jinnah Post Graduate Medical Center, Pakistan -
House Officer JULY'23-JULY'24
Quarterly rotations: each comprising of OPDs, 30hr Calls bi-weekly & Ward posting.
- **Emergency medicine**
 - Took part in all the routine activities including receiving and managing acute emergencies, clerking of patients and presentation of cases in ward rounds. Has been able to grasp, some basic principles of managing all kinds of emergencies, which include trauma and all acute medical, surgical, orthopedics and neurosurgical cases besides poisoning and medicolegal cases.

General Surgery

- Identified surgical emergencies such as pancreatitis, cholecystitis, appendicitis, strangulated hernias, etc., ordered appropriate tests & decided on an optimal treatment plan under seniors' supervision. Also assisted in complex procedures: appendectomy, mesh repair of hernias, ileostomies, etc.
- Additionally, performed a 2-week rotation in the High Dependency Unit (HDU) & single-handedly managed post-operative unstable patients.

Nephrology

- Conducted OPDs in nephrology with and without supervision, received patients from ER, and managed patients in the ward.
- Additionally, 2 weeks posted in dialysis unit for further nephrological exposure.

General Medicine

- Collaborated with seniors to manage all sorts of cases in the ward including stroke, diabetic ketoacidosis, malaria, dengue, gastroenteritis, etc. Grasped knowledge of common medical conditions in OPDs. Performed a 2-week separate Intensive Care Unit (ICU) posting, which included dealing with critical patients & performing procedures such as assisted intubation, & solely doing abdominal paracentesis, pleural fluid aspiration, lumbar puncture, catheterization & nasogastric tube placement.