

UMER IQBAL

MEDICAL DOCTOR (MBBS)

hafizumer.iqbal.1@gmail.com

+92 321 2582656

ORCID: 0009-0004-3392-7192

ResearchGate: Umer Iqbal

<https://www.linkedin.com/in/umer-iqbal-dr>



OBJECTIVE

Compassionate medical graduate with clinical experience, seeking to apply clinical skills and contribute to patient care in a collaborative healthcare setting while continuing professional growth in a supportive environment.

EDUCATION

1. BACHELOR OF MEDICINE, BACHELOR OF SURGERY (MBBS)

Year: 2019-24

Institute: Shaheed Mohtarma Benazir Bhutto Medical College Lyari, Karachi

2. INTERMEDIATE:

Year: 2016-18

Institute: D.J. Sindh Government Science College, Karachi

3. MATRICULATION:

Year: 2015-16

Institute: Al-Shams Public School, Karachi

EXPERIENCE

- **House Job Details:**

- A. *Rotation in Medicine Unit M1, Lyari General Hospital, Karachi.*

Duration: 3 months (20-06-2024 to 20-09-2024)

Rotations: Ward, Medical OPD, ICU and emergency.

- B. *Rotation in Paediatrics Unit, Lyari General Hospital, Karachi.*

Duration: 3 months (23-09-2024 to 7-01-2025)

Rotations: Ward, paediatrics OPD, PICU, NICU and emergency.

- C. *Rotation in Otorhinolaryngology, Lyari General Hospital, Karachi.*

Duration: (07-01-2025 to 07-04-2025)

Rotations: Ward, ENT OPD and Operation Theatre.

- D. *Rotation in General Surgery, Lyari General Hospital, Karachi*

Duration: (07-04-2025 to 06-07-2025)

Rotations: Ward, Surgical OPD, Emergency OT and Elective Operation Theatre.

- **Jinnah Postgraduate Medical Center**

1. Electives in Jinnah Postgraduate Medical Center, Department of Medicine Unit.II
Duration: 1 month (29-08-21 to 29-09-21)
Rotations: Medical OPD, ward and
Emergency.
 2. Electives in Jinnah Postgraduate Medical Center, Department of Medicine Unit.II
Duration: 15 days (15-02-2022 to 03-03-22)
Rotations: Medical OPD, Emergency and
ward.
- **Razia Medical Center, Cattle Colony, Karachi**
 1. Reliever Doctor in Emergency OPD
Duration: 07 months (June to December) on weekends only.
 2. Resident Medical Officer in ward, emergency and ICU.
Duration: 01 April, 2024 – 31 August, 2024
 - **Al-Khidmat Fareeda Yaqoob Hospital, Gulshan-e-Hadeed, Karachi**
Works as a Resident Medical Officer in Adult and Paediatric Emergency / Walk-in Clinic.
(27-07-2025 to Present)
 - **Peer Reviewer at American Journal of Case Reports**
Duration: July, 2024 – Present
 - **Peer Reviewer at Springer Nature**
Duration: July, 2024 - Present

WORKSHOPS/CERTIFICATES/MEDICALCAMPS/ACHIEVEMENTS

1. Interpretation of CBC | Aga Khan University Hospital seminar held at Ayesha General hospital, Karachi
Year: June 2019
 2. Hafiz-e-Quran | Jamia Baitussalam Link Road Branch, Karachi
Year: 2011-13
 3. Multidisciplinary Approach to Autoimmune Disorders | CPSP 6 AMA Category 1 Credits held at Indus Hospital and Health Network, Karachi
Year: 21 May, 2022
 4. Flood Relief Medical Camp & Ration Distribution at District Badin (Sindh) | Salman Adil Health Foundation (SA-HF)
Year: 8th September, 2022
 5. Flood Relief Medical Camp & Ration Distribution at District Shaheed Benazirabad – Taluka Sakrand (Sindh) | Salman Adil Health Foundation (SA-HF)
Year: 23rd October,2023
 6. Free Medical Camp held at Manora, Karachi in Collaboration with Rotary Club of Karachi Bay & Pakistan Navy | Salman Adil Health Foundation (SA-HF)
Year: 23rd July, 2022
 7. Free Medical Camp held at Bhit Island near Manora Karachi in Collaboration with Pakistan Rangers | Salman Adil Health Foundation (SA-HF)
Year: 11th Dec, 2021
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8. Free Medical Camp & Money Distribution held at Landhi | Salman Adil Health Foundation (SA-HF)
Year: 22nd September, 2023
9. Participated in 1st All Karachi Bilingual Declamation Competition as a Team Member | SMBBMCL-Public Speaking Society
Year: 7th Sep, 2022
10. Attended KYMUN VI as a Delegate of SOCHUM held at Marriott Hotel | Karachi Youth Model United Nations
Year: 19th – 22th July, 2017
11. Successfully passed the 3 months course of CLP with Grade A | Green Institute of Technology (GIT)
Year: August to November, 2016
12. BLS | medtigo
Year: October 13, 2023
13. ACLS | Medtigo
Year: October 15, 2023
14. Participated in Health Symposium on Road Traffic Accidents and Management organized by SA-HF and Orion Research Council.
Date: 9th July, 2024
15. Serving as a doctor in various free medical camps organized by Al-Khidmat Fareeda Yaqoob hospital and Alkhidmat Network in KKarachi.
16. Certificate of successfully completion of all the requirements for performing scientific peer review by Krager.
Year: 2025-02-20
Certificate ID: qelxwosi2i
17. Peer Reviewed 4 case reports at American Journal of Case Reports.
18. Peer Reviewed 3 Manuscript of Springer Nature Journals.
19. Peer Reviewed 1 submission in Journal of Pain Research in 2025 by Dove Press.
20. Peer Reviewed 2 submissions in Cerebrovascular Diseases by Krager Publishers.

RESEARCH WORK

Published:

1. *Efficacy of hypertonic saline and mannitol in patients with traumatic brain injury and cerebral edema: a systematic review and meta-analysis.*
Journal: Egyptian journal of neurosurgery
Year: October 2023
DOI: 10.1186/s41984-023-00233-w
 2. *Comparison between ticagrelor and clopidogrel in patients with acute coronary syndrome undergoing percutaneous coronary intervention: a systematic review and meta-analysis.*
Journal: *Journal of Medicine, Surgery, and Public Health*
Year: February 2024
DOI: 10.1016/j.glmedi.2024.100065
 3. *Evaluating the safety and effectiveness of tolvaptan in patients with heart failure and renal impairment: a systematic review and meta-analysis*
Journal: *European Journal of Clinical Pharmacology*
Year: November, 2024
DOI: 10.1007/s00228-024-03778-3
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4. *Letter to the editor: A nomogram based on radiomics and clinical information to predict prognosis in percutaneous balloon compression for the treatment of trigeminal neuralgia.*
Journal: Neurosurgical Review
Year: March 2024
DOI: <https://doi.org/10.1007/s10143-024-02362-8>
5. *Letter to the Editor Regarding “Efficacy of Paravertebral Injection of Interferon-α2b Combined with High-Voltage, Long-Term Pulsed Radiofrequency in DRG in Mitigation of Postherpetic Neuralgia: A Retrospective Study”.*
Journal: World Neurosurgery
6. *Letter to the Editor Regarding “Learning Curve of Biportal Endoscopic Spinal Surgery: A Retrospective 2-Center Study”.*
Journal: World Neurosurgery
7. *Coagulation Chaos, Uncovering the incidence and outcomes of early hypocoagulability in traumatic brain injury.*
Journal: Neurosurgical Review
8. *Acute-to-chronic subdural hematoma: radiographic and clinical progression from acute subdural hematoma.*
Journal: Neurosurgical Review
9. *Letter to the editor: A two-center prospective cohort study of serum RIP-3 as a potential biomarker in relation to severity and prognosis after severe traumatic brain injury* Journal: Neurosurgical Review
10. *Letter to the Editor Regarding: “Comparison Between Conventional and Patch Carotid Endarterectomy: A Single-Center Retrospective Study”*
Journal: World Neurosurgery
11. *Comparison of blood distribution on initial imaging vs. early CT perfusion for identification of tissues prone to delayed* Journal: Neurosurgical Review
12. *Early localization of tissue at risk for delayed Cerebral Ischemia after Aneurysmal Subarachnoid Hemorrhage*
Journal: Neurosurgical Review
13. *Walking recovery after tethered cord release* Journal: Neurosurgical Review
14. *Mortality risk association on patients’ health status and endoscopic time in patients with upper GI bleeding*
Journal: Digestive and Liver Disease
15. *Long term outcome after endovascular treatment for large ischemic core acute stroke is associated with hypoperfusion intensity ratio and onset-to-reperfusion time* Journal: Neurosurgical Review
16. *Microvascular decompression: A contemporary update* Journal: BMC Surgery
17. *Racecadotril versus Loperamide for Acute Diarrhea of Infectious origin in adults: A Systematic Review and Meta-Analysis*
Journal: Health Science Reports
18. *Rapid Onset of Neurological Symptoms in an HIV-Positive Patient with Progressive Multifocal Leukoencephalopathy: a case report*
Journal: Annals of Medicine and Surgery
19. *From Trichophagia to Trichobezoar: Rapunzel Syndrome in a Child – A Case Report and Literature Review*

(Refer to my research Gate or ORCID ID for more published work and details)

Under Publication Process:

1. Under technical review: "Evaluating the importance of probiotics in management of patients with irritable bowel syndrome: A systemic review and meta-analysis"
2. Hemodynamic Safety of Remimazolam Versus Propofol in Elderly Patients Undergoing Upper Gastrointestinal Endoscopy and Colonoscopy: a protocol for a systematic review and meta-analysis of randomized control trials
3. Role of Probiotics in Management of Depressive Symptoms and Cognitive Impairment in Patients with Depression: An Updated Analysis of Trials.
4. In consideration: Effect of dapagliflozin in chronic kidney disease patients: A Systemic Review and Meta-Analysis.
5. Bernard Soulier Case Report.
6. Intracranial teratoma presenting as unilateral nasal obstruction: A Rare Case Report.
7. In consideration: Effect of dapagliflozin in chronic kidney disease patients: A Systemic Review and Meta-Analysis.

EXTRACURRICULUM ACTIVITIES

1. Core Member in Salman Adil Health Foundation (SA-HF).
2. Co-Founder, Marketing and Sales Manager and Research Mentor at Orion Research Council.
3. Team Member in SMBBMCL-Public Speaking Society.
4. Brand Ambassador of Marketing Team at Medlynco. (Resigned)
5. Teaching experience to Students of secondary and higher secondary board for 5 years.
1st Position in English language competition held by Select Welfare Organization (Year: 2016)
6. 1st Position in Quran Musabqa Competition held at Jamia Baitussalam Link road, Karachi (Year: 2012)

COMPUTER SKILLS

1. I have a very good command on Microsoft Word.
2. I have a very good command on Microsoft Excel.
3. I have a very good command on Microsoft Power Point.
4. Window Installation.
5. Learned to use RevMan for Systematic Review and Meta-Analysis.
6. Good Hand at Endnote citation manager.
7. Logo designing and poster making at Canvas.

CLINICAL/SURGICAL SKILLS

1. Cannulation.
 2. Foley's catheterization.
 3. NG tube insertion.
 4. Intramuscular and intravascular drug injection.
 5. Subcutaneous Insulin injection and insulin fixation.
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6. Suturing.
7. Arterial blood gases.
8. Can run Medical OPD and small emergency setups efficiently.
9. X-RAY interpretation.
10. Basic life support (BLS).
11. Minor surgical procedures.
12. Good in history taking and making differential diagnosis.
13. Treating various medical emergencies.
14. Good at patient's counselling.

PERSONAL

Languages and social skills:

- Fluent in Urdu, Punjabi and English. Can understand Sindhi and little bit Pashto.
- Interested in learning and understanding Arabic language.
- Quick at learning and decision making
- Give attention to detail.
- Good at communication.
- Good at stress management.
- Flexibility
- Interpersonal skills
- Organization
- Teamwork
- Multitasking
- Solo performer
- Empathy
- Leadership qualities
- Problem solving
- Time management
- Pressure tolerance
- Creativity
- Adaptive nature
- 4 years of experience living at a boarding Institute.

Hobbies:

- Travelling
 - Playing cricket
 - Playing table tennis
 - Watching cricket, news and political issues, movies and seasons.
 - Listening podcast
 - Blog reading
 - Active at social media platforms.
 - Interest in digital currency knowledge.
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