

DR AFSHAN QAMAR

PERSONAL DETAILS

Name	Dr. Afshan Qamar
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QUALIFICATIONS &

Professional and Linguistic Assessments Board (PLAB 2)	GMC-UK	2025
Professional and Linguistic Assessments Board (PLAB 1)	GMC-UK	2023
Occupational English Test [OET]	Pakistan	2025
Post Graduate Diagnostic Ultrasound Course (JPMC)	Pakistan	2010
Bachelor of Medicine and Bachelor of Surgery [M.B.B.S.]	Pakistan	2003

CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

Course Title	Training Provider	Duration	Year Completed
Introduction to Diagnostic Musculoskeletal Ultrasound course	Royal College of Radiologist [London South Bank University] London UK	2 Days	2025
e-Doctor Clinical Rotation (OBGYN)	Dow University of Health Sciences (DUHS) & Edu cast	6-months	2020
e-Doctor Family Medicine Program	Dow University of Health Sciences (DUHS) & Edu cast	6-months	2019
Basic Ultrasound Course	Jinnah Post Graduate Medical Centre [JPMC], Karachi	6-months	2010
PMDC Medical License	Pakistan Medical & Dental Council	perpetual	2028

PROFESSIONAL EXPERIENCE

Dates	Job Title	Employer Name
March 2025 – April 2025	Clinical attachment	Walsall Healthcare NHS Trust-UK
October 2024 – December 2024	Sonographer	Dr. Farah Essa Academy
March 2023 – November 2023	Senior Sonographer	City Lab Diagnostic Center.
September 2022 - November 2022	Medical Officer	NKATI Welfare Clinic
August 2019 - March 2020	Diagnostic Medical Sonographer	Royal Institute of Medicine & Surgery (RIMS Hospital)
January 2017 – August 2018	Senior Sonographer	Al-Mustafa Medical Center
April 2014 – February 2017	Senior Sonographer	Jinnah Post Graduate Medical Center (JPMC)
January 2010 – December 2013	Trainee sonographer/ Instructor	Jinnah Post Graduate Medical Center (JPMC)

TEACHING EXPERIENCE

Sr. Instructor- Diagnostic Medical Sonographer
Jinnah Post Graduate Medical Center (JPMC), Karachi, Pakistan

Taught ultrasound physics, instrumentation and techniques to medical students, and trainee

DETAILS OF WORK EXPERIENCES

Medical Officer (Family Medicine)

- Worked under supervision of consultant family physicians in a busy clinical setup
- Performed routine care protocol for 50-70 children, adults, geriatrics, as well as management of urgent care cases in all age groups
- Obtained detailed histories and performed physical examinations on patients with diverse medical conditions related to pulmonology, gastroenterology, cardiology, dermatology and OBGYN
- Actively participated in counselling of patients related to primary care and review medication in accordance with clinical compliance
- Participated in the case discussion and reports and grand rounds daily with the consultants, residents, junior doctors, and medical trainee students
- Follow-up patients and document their records and medical history for consultants
- Worked in urgent care clinic to reach the correct diagnosis and quick decision making during busy clinical environment
- Gained confidence as a physician and enhanced my clinical knowledge about rare diseases

Diagnostic Medical Sonographer

- Performed all types of ultrasounds scanning NT scans, dating scans, anomaly scans, fetal wellbeing scans, growth scans, fetal doppler, vascular-DVT, general-abdomen, KUB, pelvis TA/TVS, breast, lumps, neck, thyroid, soft tissues specifically lipomas, sebaceous cysts, skin abscesses, ganglion cyst
- Prepared patients, explained ultrasound procedures and inquired patient history for examinations
- Accurately differentiate between normal and pathologic findings and used highly skilled techniques to provide optimal images to assist in the diagnosis of the patient.
- Select transducer and adjust equipment controls according to organ to be examined and other specifications of test.
- Increased patient satisfaction by implementing efficient scheduling techniques and improving communication with patients.
- Worked cooperatively with all members of the health care team to provide excellent patient care
- Evaluation of Trainee Sonographer & conduct examination via hands-on & VIVA
- sonographer as a senior ultrasound instructor in the department of Radiology in JMPC

CLINICAL RESEARCH/PROJECT

Project title : **Association between Bone Mineral Density (BMD) and Visceral Fat Thickness among women of Reproductive Age**

Date : **2022**

Visceral fat thickness was linked with the detrimental effects on bone health. This study was conducted on Pakistani women between ages 14 to 50 years during the year 2018. BMD at lumbar spine (LS) and femoral neck (FN) was evaluated by using DEXA scan whereas VFT was calculated by Ultrasound. A multiple regression analysis was used to estimate the correlation between VFT and BMD both sites. The study results were supporting the hypothesis that VFT was injurious for bones, suggesting that VFT was a potential predictor of osteoporosis in premenopausal women of reproductive age.

MEMBERSHIPS

- Pakistan Medical and Dental Council – PMDC 44913-S
- Life time member of **Ultrasound society of Pakistan (USP)** for contributions to the field of Medical Ultrasound. (Ultrasound society of Pakistan is affiliated with Asian Federation of Societies for Ultrasound in Medicine and Biology [AFSUMB] & World Federation of Ultrasound in Medicine and Biology [WFUMB]).

REFERENCES

Will be provided upon request