

Dr Shahzaib Ahmed

Class of 2024 | Aspiring Anaesthesiologist and Critical Care Physician.

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INTRODUCTION

I am Dr. Shahzaib Ahmed, an aspiring anaesthesiologist and a critical care doctor. Managing critically ill patients in high-pressure situations has strengthened my appreciation for vigilance, precision, and calm decision-making—qualities central to anaesthesia. From mastering basic procedures like venous access to assisting in complex resuscitations, my role has trained me to remain focused and purposeful when every second counts.

I consider myself an avid learner and a collaborative team player, always striving to adapt and grow through challenges. My goal is to specialize in anaesthesia, where the blend of physiology, pharmacology, and critical thinking aligns perfectly with my strengths. I aspire to develop into an anaesthesiologist/critical care doctor who not only provides safe perioperative care but also excels in intensive care and pain management, contributing meaningfully to patient outcomes and the wider field.

PROFESSIONAL EXPERIENCE

HOUSEOFFICER.

JULY 2024 - JULY 2025

Jinnah Postgraduate Medical Centre.

- **Internal Medicine:**

- Competently managed cases including hepatic encephalopathies, multiple organ failures, and sepsis while gaining exposure to various endocrine disorders (diabetes, hypertension, thyroid disorders) and drug-related complications.
- Took History, examined and counseled patients on better management of diabetes mellitus during the Diabetic OPD.
- Organized workshops on Hepatic Encephalopathy and other related diseases, while participating in walks to raise awareness of Hepatitis.

- **Accident and Emergency Department**

- Rotated in Resus, Medicine, and Respiratory Bays; counseled patients and developed treatment plans for acute conditions.
- Diagnosed and observed cardiac emergencies following ACLS protocols.
- Supervised and coordinated a team of 30+ ACMOs during shifts.
- Performed triage and administered appropriate treatment, including rabies vaccination and wound categorization during dog bite training.
- Conducted airway management (intubation), established central venous and dialysis access, and performed essential procedures (IV cannulation, administering Foley's catheterization, NG/OG tube insertion).
- Organized a public awareness session on rabies prevention and vaccination.

- **Surgical ward 03.**

- Gained hands-on experience in managing surgical urgencies vs emergencies, differentiating cases requiring immediate intervention from those suitable for conservative or staged management.
- Proficient in wound assessment and dressing techniques, including debridement, pressure ulcer management, and post-operative wound care.
- Assisted in running a colorectal outpatient clinic, contributing to patient evaluations, follow-ups, and minor procedural support under consultant supervision.
- Managed patients in the High Dependency Unit (HDU), including fluid balance optimization, pain control, and close monitoring of vitals and post-op complications.

- **General Anesthesia.**

- Participated in the acute management of critically ill patients during resuscitation and under critical care, with a focus on maintaining hemodynamic stability under supervision.
- Gained exposure to critical care practices, including intraoperative monitoring, sedation management, and post-anesthesia recovery protocols.
- Assisted in securing the airway through bag-mask ventilation, endotracheal intubation, and the use of adjuncts like laryngeal mask airways (LMAs).
- Observed and assisted in the administration of spinal anesthesia, learning about various techniques, indications, contraindications, and complications associated with regional blocks.

HOUSEOFFICER

MARCH 2024 - JUNE 2024

Dow University of Health Sciences, OJHA Campus.

- **Nephrology**

- Learned about the technicalities of passing a dialysis line, counseling the patient on further management, and clearing their doubts.
- Managed patients with fluid overload, Chronic kidney diseases, and Acute Kidney Injury.
- Gained exposure to the Intensive Care Unit, and learned relevant emergency management.

- **Accident and Emergency Department, Trauma Centre.**

- Rotated in Resus, Cardiac Bay, and Front areas, counseling patients on their acute conditions and paving a treatment plan.

EDUCATIONAL BACKGROUND

Bachelor of Medicine, Bachelor of Surgery - MBBS, Medicine

Dow University of Health Sciences
2019-2024

Intermediate

PECHS Education Foundation Public College,
2016-2018

O levels.

Foundation Public College.
2010-2016

LANGUAGES

- Urdu
- English
- German

CERTIFICATIONS

- Internal Medicine / Emergency Medicine / Critical Care Medicine (IM/EM/CCM) | Aga Khan University
- X-Is Basic Level + SPSS Workshop | Research X
- Interpretation of Xrays | Medicop
- Research Council of Pakistan Level 1
- Symposium on Interpretation of Electrography (ECG) | Cardiology Department, DUHS.

KEY COMPETENCIES

- Empathetic towards Patients and their attendants.
- Efficient managerial skills, especially at Triage.
- Committed to Self-Learning and Improvement.
- Punctual with timings.
- Critical thinking skills.
- Excellent communication skills, especially when breaking bad news or declaring deaths.
- Strong interpersonal skills.
- Proactive and self-motivated
- Always seeking opportunities to expand my clinical skills and refine medical practices.

PUBLICATIONS

- Antimicrobial resistance pattern and bacterial profile from ear cultures
(<https://doi.org/10.38106/LMRJ.2024.6.4-10>)
 - Exploring the link between dopamine dysregulation and eating disorders: A narrative review
(<https://doi.org/10.1111/jne.70070>)
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ELECTIVE ROTATIONS

Electives Program, Emergency department, DUHS.

10/2022 – 11/2022

- I rotated in the Emergency department, at DUHS in my 4th year.
- Observed multiple acute conditions, such as Myocardial infarctions to cardiovascular incidents during my 4-week rotation.
- Observed and learned the skills of establishing IV cannulation, samplings, arterial blood gas, Foley catheterization, and passing of NG tubes.
- Observed CPR and intubation during the same tenure.

Electives Program, National Institute of Cardiovascular diseases.

02/2022 – 03/2022

- I rotated in the Cardiothoracic North ward, in my 4th year.
 - Observed multiple Coronary Arterial Bypass Graft surgeries along with their pre-operative and post-operative management, during my 2-week rotation.
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VOLUNTEER EXPERIENCE

Ambassador, TCF Baghbaan

08/2023 – 05/2024

- Raised funds for highly intellectual individuals from the lower socioeconomic class of Pakistan.
- Advocated for accessible education for all.

Marketing Team Member,

06/2023 – Present

Emergency Medicine Interest Group. (EMIG)

- Worked with highly esteemed colleagues in creating an interest group within the boundaries of DUHS, to raise awareness and nurture interest in this field.

Sub-Executive Member, Excemy Medical.

05/2021 – 09/2022

- Led content production and generated educational materials targeted at medical students.
- Created video tutorials to explain basic physiology concepts to a general audience.