

## Arhma Adeel

 arhmaanwer123@gmail.com

 03132133363

 Karachi

 October 17, 1995

 Karachi

 Female

 Pakistani

## Languages

English

Urdu

## Hobbies

 Volunteering in healthcare

 Reading medical journals

## Education

**Mbbs** Nov 2013 - Dec 2018  
Sindh medical college, JSMU, Karachi

**Intermediate** 2011 - 2013  
St Lawrence govt. Girls degree college, Karachi

**Matriculation** 1998 - 2011  
Sydney grammar high school, Karachi

**Post graduate diploma in family medicine** Jun 2024 - Present  
Health services academy  
Training in patient-centered communication techniques to improve doctor-patient relationships and healthcare outcomes. Development of skills in managing common acute and chronic medical conditions across all age groups. Comprehensive understanding of primary healthcare principles and their application in family medicine.

## Employment

**Resident medical officer** Jul 2021 - Dec 2022  
Rafaheeam medical centre, Karachi  
Collaborated with multidisciplinary teams to develop and implement patient care plans. Provided comprehensive medical care to inpatients and outpatients in a hospital setting, ensuring timely diagnosis and treatment. Conducted pre-operative and post-operative patient assessments to ensure optimal recovery and outcomes.

**House officer** Jun 2019 - Sep 2019  
Jinnah post graduate medical center ( obstetrics and gynecology ward 8), Karachi  
Managed daily patient care duties including history taking, physical examinations, and documentation in hospital wards. Assisted senior doctors during surgical procedures and emergency interventions, ensuring adherence to clinical protocols.

**House surgeon** Jun 2019 - Aug 2019  
Jinnah postgraduate medical center ( surgical ward 26), Karachi

**House office** Mar 2019 - May 2019  
Abbasi shaheed hospital (medical ward 3), Karachi  
Monitored patient progress and documented clinical findings and treatment outcomes diligently. Collaborated with multidisciplinary medical teams to formulate and adjust patient care plans.

**Assistant casualty medical officer** Nov 2018 - Jan 2019  
Jinnah post graduate medical center (accident and emergency), Karachi  
Assisted in emergency procedures such as wound suturing, fracture immobilization, and airway management under supervision. Monitored vital signs and administered emergency medications as per hospital protocols to stabilize patients. Coordinated with nursing staff and specialists to facilitate timely patient transfers and referrals.