

Work Experience

Resident Medical Officer

A.O. Hospital Dept. of Orthopedics | July 2025 - present

Resident Medical Officer

Saifee Hospital A&E Dept. | June 2025 - July 2025

Surgical Resident

Abbasi Shaheed Hospital, KMC | Jan 2023 - Mar 2025

Resident Medical Officer

National Institute of Blood Disease | Sept 2022 - January 2023

House Officer

Abbasi Shaheed Hospital, KMC | Feb 2021 - Feb 2022

- Medicine and Allied (6 months rotation)
 - 3 months in Cardiology
 - 3 months in Internal Medicine (Doctor of the month)
- Surgery and Allied (6 months rotation)
 - 3 months in General Surgery
 - 3 months in Ophthalmology

Joint Lab In-charge

Help of Patients in Exigency by Students (H.O.P.E.S) | 2016-2017

- Helped oversee, organise and maintain the diagnostic lab
 - Supervised the fund allocation to make new diagnostic modalities available
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Academic History

USMLE Step 1, Step 2 CK and OET cleared

Bachelors in Medicine & Bachelors in Surgery (MBBS)

Karachi Medical & Dental College | 2015-2020

- Distinctions in Physiology, General Pathology, Pharmacology and Pediatrics
- Co-Founder of Humans of KMDC
- Member of the Social and Sports Club, KMDC

GCE A levels - Bronze medalist

Beaconhouse School System | 2014

- Attained 100% scholarship
- Passed A levels with a total of 3 As in AS levels and 1 A* and 3 Bs in A2 level
- President MUN Society (2013-2014)

GCE O levels - Gold medalist

Beaconhouse School System | 2012

- Passed O levels with a total of 5 A*s, 3 As and 1 B
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Skills

- Basic medical and surgical diagnosis along with emergency/non-emergency treatment
- Basic information about & interpretation of X-Rays, ECG, Echocardiography, Lab results, BLS, ACLS
- Application of basic surgical skills during assisting procedures
- Ability to handle different types of patients in critical situations
- Proficiency in Content Writing and Presentations
- Basic knowledge of operation of softwares like Microsoft Office and SPSS
- Adaptable and flexible with working environments and hours
- Good communication skills with patients and co-workers

Extracurriculars

- Participated in the Pakistan Science Contest by PKSC (2014)
 - Participated in Kalaam-e-Tamsil organised by Youth Spark Titans (2014)
 - WWF Ambassador and Eco-Intern (2013)
 - Runner-up in the 1st Annual Writing Planet Essay Contest organised by SPELT (2013)
 - Participated in the Essay Competition organised by HS Consultants (2013)
 - Meritorious Award by Habib University Foundation (2013)
 - Virtual Exhibition Ambassador for Education UK (2012)
 - Participated in ROTMUN (2012)
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Volunteer Work

- Markaz-e-Umeed (2017 & 2018)
- HOPES Talks Program (2017 & 2018)
- HOPES Health Expo (2016, 2017 & 2018)
- Patients Helping Hands and Dept. Of Oncology, JPMC (2016)
- HOPES Zakat Campaign (2015 & 2016)
- SOCH, Civil Hospital (2013)
- SIUT (2013)

Publications

- Risk of Postoperative Venous Thromboembolism After Benign Colorectal Surgery: Systematic Review and Meta-analysis". *Dis Colon Rectum*. 2025 Jan 7. doi: 10.1097/DCR.0000000000003639. Epub ahead of print. PMID: 39774691.
- Staging laparoscopy with peritoneal lavage to identify peritoneal metastases and free intraperitoneal cancer cells in the management of locally advanced gastric cancer'. *Eur J Surg Oncol*. 2024 Sep;50(9):108466. doi: 10.1016/j.ejso.2024.108466. Epub 2024 Jun 6. PMID: 38870870.
- Letter to the editor 'Prednisolone 20 mg vs. 40 mg in complex regional pain syndrome type I: An imperative consideration'. *J Clin Neurosci*. 2024 Jun;124:142-143. doi: 10.1016/j.jocn.2024.04.034. Epub 2024 May 4. PMID: 38705026.
- Revisiting traditional practices in the management of acute uncomplicated diverticulitis: a call for change. *Int J Colorectal Dis*. 2024 May 21;39(1):74. doi: 10.1007/s00384-024-04648-1. PMID: 38771354; PMCID: PMC11108862.
- Risk factors for fractures following liver transplantation: a population-based cohort study. *Ann Med*. 2023;55(2):2272723. doi: 10.1080/07853890.2023.2272723. Epub 2023 Oct 29. PMID: 37899001; PMCID: PMC10614705.
- Letter to editor; "Effect of chronic heavy tobacco smoking on ankle fracture healing". *Foot Ankle Surg*. 2024 Aug;30(6):529-530. doi: 10.1016/j.fas.2024.03.003. Epub 2024 Mar 14. PMID: 38523010.

Certifications

- **AHA Certified BLS Provider** - (2024)
- **Achilles Tendinopathies Hands-On Workshop** - AKUH (2023)
- **CME symposium Diabetes and Ramzan** - CPSP (2021)
- **CME workshop on Interpretation of ECG** - DUHS (2021)
- **CME Seminar on Vaginal Discharge** - AKUH (2020)
- **CPR training with Automatic External Defibrillator** - Aman CPR (2013)