

CURRICULAM VITAE

1. PERSONAL DETAILS

No, Rank & Name : PA-101584 Brig Abdul Majeed Malik
Date of Birth/Age : 1st June 1959/57 years
Mailing Address : H No. 607-D Askari-10, New Airport Road Lahore Cantt.
Telephone : Off. 042-669936116
Res. 042-36502745
Mobile. 0300 8034246

2. QUALIFICATIONS

- a. MBBS (Pb) Rawalpindi Medical College, Rawalpindi- 1983 (PMDC Reg no. 7298-P)
- b. Grading in Ophthalmology Armed Forces Postgraduate Medical Institute (AFPGMI), Rawalpindi – April, 1988
- c. MCPS (OPHTH) College of Physicians and Surgeons of Pakistan (CPSP). Karachi- April, 1989
- d. FCPS (OPHTH) College of Physicians and Surgeons of Pakistan (CPSP). Karachi- April, 1990

3. FOREIGN COURSES ATTENDED

- a. On job training (OJT) in UK (June 1992 to Dec 1992) as Clinical observer/Fellow at New Addenbrooke's Hospital, Cambridge in Medical retina.
- b. On job training (OJT) in UK (Jan 1993 to March 1993) as Clinical observer/Fellow at Moorefield's Eye Hospital, University of London in oculoplastics and glaucoma units.

4. **PROFFESIONAL EXPERIENCE**

a. **Present Appointment:**

Classified Eye Specialist, CMH Lahore Cantt/Professor of Ophthalmology, CMH Lahore Medical College, Lahore Cantt w.e.f. 19.3.2015.

b. **Previous Appointments**

- i. Classified Eye Specialist, PNS Shifa Karachi/Professor of Ophthalmology, Behria University Medical & Dental College (BUMDC), Karachi (01.12.2012 to 18.3.2015).
- ii. Classified Eye Specialist, CMH Lahore Cantt/Associate Professor & Professor of Ophthalmology, CMH Lahore Medical College, Lahore Cantt (30.8.2010 to 30.11.2012).
- iii. Classified Eye Specialist, POF Hospital, Wah Cantt /Assistant & Associate Professor of Ophthalmology, Wah Medical College, Wah Cantt (05 Mar 2007 to 29 Aug 2010).
- iv. Classified Eye Specialist, CMH Lahore Cantt (15 Oct 2004 to 04 Mar 2007) /Assistant Professor of Ophthalmology, CMH Lahore Medical College, Lahore Cantt as pioneer Faculty member (06 Nov 2006 to 04 March 2007)
- v. Classified Eye Specialist/Consultant, CMH Malir Cantt, (23 May 2002 to 14 Oct 2004), CMH Kharian Cantt. (06 October 1998 to 23 May 2002), CMH Peshawar Cantt (30 Sept 1995 to 05 Oct 1998), CMH Okara Cantt (14 March 1993 to 29 Sept 1995) & CMH Sialkot Cantt (15 May 1990 to 13 June 1992).
- vi. Senior House Officer/ Registrar & Senior Registrar in Ophthalmology at Eye Department Military Hospital, Rawalpindi- AFIO (09 April 1987 to 14 May 1990).

- vii. vii. GDMO/House Officer (Internship, 6 months in Medicine and 6 months in Surgery) in Armed Forces Field Med Units & Hospitals from 25 March 1984 to 08 April 1987.

5. **CONFERENCES/WORKSHOPS/CME ACTIVITIES ATTENDED**

- a. Regional & International Ophthalmic Conferences/Clinical meetings organized by OSP Lahore, Peshawar, Karachi & Islamabad regularly from 1990 – 2016.
- b. Ophthalmic update Conference (OUC), Beijing China (18-21 Oct 2012), Rome Italy (14 – 18 Oct 2015 & Kualalampur Malaysia (01 – 05 Oct 2016).
- c. A total of more than 80 hours of CME activities in last 02 years & more than 40 CME hours in 2016.
- d. Asia Pacific Association of Ophthalmology (APAO) at Lahore 02 – 07 Dec 2007)
- e. Saarc Association of Ophthalmology (SAO) at Colombo, Sri Lanka (26 Sept 2014 – 01 Oct 2014 & Karachi 19 – 23 sept 2016)
- f. Educational Planning & Evaluation, Aug 16-19, 1999, at MCH Center, PIMS Islamabad.
- g. Development and administration of MCQs & Essay Questions, Oct 04- 06, 1999, at MCH Center, PIMS Islamabad.
- h. Objective Structured Clinical Examination, June 07- 09, 2000 at MCH Center, PIMS Islamabad.

- i. Research Methodology, Biostatistics & Medical writing, July 17 – 21, 2000 at Army Medical College Rawalpindi

6. **TEACHING EXPERIENCE**

PRESENT:

Professor of Ophthalmology/Supervisor FCPS II Training at CMH Lahore Medical College since 19 March 2015 to date.

PREVIOUS:

- i. Professor of Ophthalmology at Behria University Medical & Dental College (BUMDC) & Supervisor FCPS II Training at PNS Shifa Naval Hospital, Karachi from 01 Dec 2012 to 18 March 2015.
- ii. Professor of Ophthalmology/Supervisor FCPS II Training at CMH Lahore Med College, Lahore Cant from 18 Sep 2012 to 30 Nov 2012.
- iii. Associate Professor of Ophthalmology at Wah Medical College Wah Cantt & CMH Lahore Med College, Lahore Cant from 09 April 2009 to 17 Sep 2012.
- iv. Assistant Professor of Ophthalmology at Wah Medical College Wah Cantt from 05 March 2007 to 08 April 2009 & CMH Lahore Medical College from 06 Nov 2006 to 04 March 2007.
- v. Supervised FCPS II training of postgraduate ophthalmic trainees at Combined Military Hospital, Peshawar cantt & Combined Military Hospital, Kharian cantt (01 Oct, 1995 – 23 May, 2002). It is certified by PM & DC (No. 1-G-2008 (7298-P) /5168 Dated 19th March 2009.
- vi. Supervised FCPS II training of postgraduate ophthalmic trainees at POF Hospital, Wah Cantt & CMH Lahore Med College, Lahore Cant from (05 Mar 2007 to 30 Nov 2012)

7. **LIST OF PUBLICATIONS**

List of my publications includes eight (8) original articles published in the national and international medical journals. In addition, I have four (4) case reports published in the national and international medical journals.

a. **ORIGINAL ARTICLES**

1. Intra-operative 5-fluorouracil as an adjunct chemotherapy with trabeculectomy; Pak Journal of Ophthalmology, 1999; 15: 72-78.
2. Prevention of recurrence with intra-operative mitomycin C-A prospective trial in primary pterygium surgery; Pakistan Armed Forces Med Journal (PAFMJ), 1999; 49:7-10.
3. Prevention of pterygium recurrence with intra-operative 5-fluorouracil; Journal of College of Physicians & Surgeons of Pakistan (JCPSP), 1999; 10: 104-106.
4. Mine blast injuries –ocular & social aspects; Br Journal of Ophthalmology, 2000; 84: 626-630.
5. Epidemic Adenoviral Conjunctivitis, Report of an outbreak in a Military Garrison & Recommendations for its management and prevention; Journal of Pakistan Medical Association (JPMA), 2005; 55: 273-275.
6. Analysis of Primary Surgery and Medical Treatment in the Management of Primary Open Angle Glaucoma; Journal of Rawalpindi Medical College (JRMC), 2008; 12(1):25-28.
7. Role of Intravitreal Triamcinolone Acetonide in Treatment of Diabetic Macular Edema; Journal of Rawalpindi Medical College (JRMC), 2008; 12(2):85-87.
8. Efficacy of Manual Small Incision Cataract Surgery for all types of Cataracts; Journal of Rawalpindi Medical College (JRMC); 2009; 13 (2): 70-72.

9. Outcome of Pre-existing Corneal Astigmatism by Incision at Steep Axis in a tertiary care hospital; Pakistan Journal of Medical & Health Sciences (PJMHS) Vol; 6, No. 3 Jul-Sep 2012: 583-585.

10. Comparison of Post-surgical Astigmatism induced by phacoemulsification through 2.75 mm incision on steep axis versus Scleral Tunnel Incision; Pakistan Journal of Medical & Health Sciences (PJMHS) Vol; 6, No. 3 Jul-Sep 2012: 710-712.

11. Outcome of Pre-existing Corneal Astigmatism by Incision after phaco by scleral tunnel incision; Pakistan Journal of Medical & Health Sciences (PJMHS) Vol; 6, No. 3 Jul-Sep 2012: 583-585.

12. Early diagnosis of Glaucoma by using Optical Coherent Tomography (OCT); Pakistan Journal of Ophthalmology, 2015; 31(02) April-June 2015: 72-76.

b. CASE REPORTS

1. Macular Hemorrhage: An unusual complication of ND: YAG Laser capsulotomy; Pak Journal of Ophthalmology, 1998; 14: 118-120.
2. Acute Myeloid Leukemia presenting with Proptosis; Pak Journal of Ophthalmology, 1998; 14: 182-184.
3. Optic Neuritis with Multiple Sclerosis – A dramatic response to intravenous steroids; Pakistan Armed Forces Medical Journal (PAFMJ), 1998; 48:59-61.
4. Colloid Miliun of the Upper Eyelid Margins, A Rare Presentation; Ophthalmology (Journal of American Academy of Ophthalmology), 2002; 109: 1-3

8. EXPERIENCE AS EXAMINER/CONVENER

- a. **MCPS (Examiner-Ophthalmology)** at College of Physicians and Surgeons of Pakistan (CPSP) Karachi (Sept 2002 to Dec 2015).
- b. **FCPS (Examiner-Ophthalmology)** at College of Physicians and Surgeons of Pakistan (CPSP) Karachi Sept 2002 to March 2016.
- c. **MCPS (Convener-Ophthalmology)** at College of Physicians and Surgeons of Pakistan (CPSP) Karachi (Dec 2014).
- d. **FCPS (Convener-Ophthalmology)** at College of Physicians and Surgeons of Pakistan (CPSP) Karachi (March 2015 to Nov 2016).

- e. **Grading (Ophthalmology)** at Armed Forces Postgraduate Medical Institute (AFPGMI), Rawalpindi in Jan 2006.
- f. **MBBS (Ophthalmology, UHS) as co-examiner** at Wah Medical College Wah Cantt (2007-2010). **Examiner** CMH Lahore Med College, Lahore Cantt (2010-2012)
- g. **MBBS (Ophthalmology, BUMDC) Examiner** at Behria University Medical & Dental College, Karachi (2012-2014).

7. GOLD MEDAL AWARD

Awarded with the prestigious **OSP MUKHTAR AHMED GOLD MEDAL** for the year 2016 for ethics & professionalism in the XIIIth Congress of SAARC Academy of Ophthalmology Karachi 18th – 21st August 2016

8. ROLE IN OPHTHALMIC SOCIETIES & ASSOCIATIONS

- a. Member Executive Committee Ophthalmological Society of Pakistan (OSP) Lahore.
- b. General Secretary Pakistan Association of Cataract & Refractive Surgeons (PACRS).
- c. Member Pakistan Glaucoma Association (PGA)
- d. Member Pakistan Oculoplastic Association (POA).
- e. Member Association of Paediatric Ophthalmology of Pakistan (APOP)

9. **CLUB MEMBERSHIPS**

- a. Gymkhana Club, The Mall, Lahore
- b. Defence Raya Golf & Country club, DHA Lahore