

# CURRICULUM VITAE



## ORTHOPAEDIC SURGERY

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**Date of Birth:** February 16, 1986 (Faisalabad, Pakistan)

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## **Qualifications:**

- a) **Matriculation** 2003 (Pakistan International School, Riyadh, KSA)
- b) **FSc** 2005 (Government College University, Lahore)
- c) **MBBS** March 2011 (King Edward Medical University, Lahore)
- d) **FCPS -I** in November 2012 (1<sup>st</sup> attempt)
- e) **Intermediate Module** in April 2015 (1<sup>st</sup> attempt)
- f) **FCPS-II** in October 2018 (1<sup>st</sup> attempt)

### **Pakistan Medical & Dental Council Registration:**

62395 - P, valid up to 31 Dec. 2020

## **Clinical Experience**

### **a) HOUSE JOB**

*in Surgery, Medicine, Paediatric Medicine & Orthopedic Surgery*

**at Mayo hospital, Lahore from 01.05.2011 to 30.04.2012**

During this period my training was whole time and residential. I was responsible for the care and management of patients admitted in the ward, accident & emergency and outpatient departments.

### **b) POSTGRADUATE TRAINING in:**

#### **i. General Surgery:**

- **at Mayo Hospital, Lahore** (which is an 1800 - bedded teaching hospital, affiliated with King Edward Medical University, Lahore)
- **under Supervision of**
  - **Prof. Kh. Muhammad Azim** (15 Jan. 2013 - 31 July 2013)

- **Prof. M. Arshad Cheema** (1<sup>st</sup> Sept 2013 - 15 Jan. 2015)

- **Duration of General Surgery Training:** 15 Jan. 2013 - 14 July 2014

**ii. Elective Rotations:**

- **Urology** at Urology Unit 2, Mayo Hospital Lahore
- **Paediatric Surgery** at Mayo Hospital Lahore
- **Orthopaedic Surgery** at Orthopaedic Unit 2, Mayo Hospital Lahore
- **Plastic Surgery** at Mayo Hospital Lahore.

- **Duration of Rotational Training:** 16<sup>th</sup> July 2014- 15<sup>th</sup> January 2015

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**iii. Orthopaedic Surgery:**

- at Ghurki Trust Teaching Hospital, Lahore
- under Supervision of
  - **Prof. Amer Aziz** (20<sup>th</sup> Jan. 2015 – 19<sup>th</sup> Jan 2018)

**iv. Skills Acquired During Postgraduate Training:**

- Dealing Surgical Emergencies:
  - BLS,
  - ATLS (*primary and secondary surveys including different methods of airway maintenance, intravenous accesses, chest intubations, controlling external hemorrhage*)
  - Management of shock
- Basic surgical skills, wound management, debridements, different types of dressings, wound closure, and split skin thickness grafting.

- Operative Skills learnt during General Surgery Training ( Opening and closure of abdomen including exploratory laparotomy; handling of small & large intestines *including gut resection and anastomosis, stoma formation, appendectomy, feeding gastrostomy & jejunostomy*; cholecystectomy; suprapubic cystostomy.)
- Different types of amputations and disarticulations (*in upper and lower limbs*)
- Different types of Splintings (Back-slabs, skin and skeletal traction in upper and lower limbs as well as emergency management of spine trauma).
- Non Operative Management of Orthopaedic trauma (different types of POP casting and Spica)
- **Operative Skills Learnt During Orthopaedic Training**
  1. External Fixators (AO Ex.fix application in upper and lower limbs; Ilizarov application for different indications in lower limb)
  2. Wound debridements and wound management
  3. Bone debridements and management of bone infections
  4. Intramedullary interlocking nails in upper and lower limbs
  5. Application of different types of plates (DCP, Locking plates, anatomical plates, DHS, DCS etc)
  6. Management of Peri-articular fractures
  7. Management of Fractures around hip joint (intertrochanteric Fx, neck of femur fixation, posterior acetabular wall fractures)
  8. Arthroplasty (hemiarthroplasty of hip, Total hip and total knee arthroplasty)
  9. Sports injuries (Knee Arthroscopy, ACL reconstruction, PCL reconstruction, Patellar tendon reconstruction)
  10. Spine (fixation of spine trauma/ TPSF of thoracic and lumbar spine, Lumbar disc excision, spine decompression, management of TB thoracic spine, cervical Tongs Application)
  11. Paediatric Orthopaedics (different surgeries for paediatric trauma, CTEV and DDH)

12. Arthrodesis of elbow, wrist, knee, ankle and triple arthrodesis.
13. Management of lower limb POLIO and CP patients including tendon transfers
14. PONSETI castings treatment of CTEV(clubfeet)

**v. WORK EXPERIENCE IN ORTHOPAEDIC SURGERY:**

- 1- House Job at Orthopaedic Unit-II Mayo Hospital, LHR.  
(01-02-2012 To 30-04-2012)
- 2- Postgraduate Training at Department of Orthopaedic and Spine Surgery, Ghurki Trust Teaching Hospital, LHR  
(20-01-2015 To 19-01-2018)
- 3- Medical Officer (On intra-departmental Senior Registrar Roster) at Department of Orthopaedic and Spine Surgery, Ghurki Trust Teaching Hospital, LHR (20-01-2018 To 31-10-2018)
- 4- Senior Registrar at Department of Orthopaedic and Spine Surgery, Ghurki Trust Teaching Hospital, LHR (01-11-2018 To 31-01-2019)
- 5- Senior Registrar at Department of Orthopaedic Surgery, at Akhtar Saeed Trust Hospital, LHR (01-02-2019 - 18-04-21)
- 6- Assistant Professor at Department of Orthopaedic Surgery, at Akhtar Saeed Trust Hospital, LHR (19-04-21 till Date)

**vi. Currently Working As:**

Assistant Professor at Department of Orthopaedic Surgery, at Akhtar Saeed Trust Hospital, LHR

**vi. Medical Education:**

**i. Workshops Attended:**

1. BLS Trauma course By 1122 (2009)
2. Primary Surgical Skills at CPSP (2013)
3. Communication Skills at CPSP (2014)
4. Computer and IT Workshop at CPSP (2014)

5. Research Methodology & Medical Writing at CPSP (2014)
6. Basic Life Support course by American Heart Association at CPSP (2014)
7. Basic Scoliosis Management Workshop at GTTH, LHR (2015 & 2018)
8. Principles Workshop of Spine infection, trauma and deformity, GTTH LHR. (2015)
9. Live spine surgery workshop of spinal injuries at CMH, Rawalpindi (2016)
10. AO spine Principles workshop- education in research, LHR (2016)
11. AO spine Principles seminar Trauma, Deformity and degeneration, LHR (2018)
12. AO Spine Advanced Live Surgery Course – Minimally Invasive Spine Surgery (MISS), LHR (2019)
13. AO Spine Endorsed 5<sup>th</sup> International Scoliosis Week, GTTH, LHR (2019)
14. Limb Deformity correction and Planning Workshop at Khyber Teaching Hospital, Peshawar (2018)
15. Ilizarov Workshop at GTTH, LHR (2017)
16. POA Pelvis and Acetabulum Trauma Workshop, GTTH, LHR (2015)
17. Developmental Dysplasia of Hip Workshop, GTTH LHR (2015)
18. Paediatric Hip Live Surgery Course at GTTH, LHR (2018)
19. Paediatric Orthopaedic Course & Ponseti Workshop, Nishtar Hospital, Multan (2017)
20. Paediatric Trauma Review Course (2017)

21. Nerve & Tendon Repair Workshop by Pakistan Society of Hand Surgery, Jinnah Burn & Reconstructive Surgery Center, LHR (2017)
22. Small Bone Fracture Fixation Workshop by Pakistan Society of Hand Surgery, Jinnah Burn & Reconstructive Surgery Center, LHR (2017)
23. Microvascular Workshop by British Association of Plastic Reconstructive & Aesthetic Surgeons, at Pakistan Society of Hand Surgery, Jinnah Burn & Reconstructive Surgery Center, LHR (2018)
24. AO spine Advanced Surgery Course at Ghurki Hospital, LHR (2019)
25. 1st GTTH Pelviacetabular Course at Ghurki Hospital , Lahore (February 2022)
26. 3rd International Foot and Ankle Course week at Ghurki Hospital, LHR ( March 2022)
27. 4th International Foot and Ankle Week Course at Ghurki Hospital, LHR (March 2023)

**ii. Conferences Attended:**

1. Diabetes Mellitus Conference at KEMU (2009)
2. Diabetes Mellitus Conference at KEMU (2010)
3. Breast Cancer awareness Conference at KEMU (2010)
4. 29<sup>th</sup> International Pak Orthocon 2015
5. 31<sup>st</sup> International Pak Orthocon 2017
6. 14<sup>th</sup> Annual Meeting of Pakistan Society for Surgery of The Hand, at Pakistan Society of Hand Surgery, Jinnah Burn & Reconstructive Surgery Center, LHR (2017)

7. 12<sup>th</sup> Microsurgery Course at Pakistan Society of Hand Surgery, Jinnah Burn & Reconstructive Surgery Center, LHR (2018)

**iii. Paper Presentation:**

At 31<sup>st</sup> International Pak Orthocon, 2017

**vii. RESEARCH PAPERS**

1. RESULTS OF TOTAL KNEE ARTHROPLASTY IN TERMS OF FUNCTIONAL SCORING AND KNEE SOCIETY SCORING IN GHURKI TRUST TEACHING HOSPITAL Lahore, Indo Am. J. P. Sci, 2019; 06(06)
2. Comparison of the Operative Time and Post-Operative Pain with Peek Cage versus Autologous Iliac Crest Bone Graft in Anterior Cervical Discectomy and Fusion, Pak. J. of Neurol. Surg. –2021 – 25 (1): 76-82