

# Dr. Waleed Tariq

MBBS, BSc

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## Contact

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## Education

2020 to 2021	BSc. University of Punjab, Lahore, Pakistan
2015 to 2020	MBBS Ameer-ud-Din Medical College, Lahore, Pakistan
2013 to 2015	FSc. Pre-Medicine Punjab Group of Colleges, Lahore, Pakistan

## Certification/Licensure/Personal Blogs

PMC Registration Number	720699-01-M
ResearchGate	<a href="https://www.researchgate.net/profile/Waleed-Tariq-4?ev=hdr_xprf">https://www.researchgate.net/profile/Waleed-Tariq-4?ev=hdr_xprf</a>
ORCID	<a href="https://orcid.org/0000-0001-8480-2710">https://orcid.org/0000-0001-8480-2710</a>
LinkedIn	<a href="https://www.linkedin.com/mwlite/in/waleed-tariq-03b23b224">https://www.linkedin.com/mwlite/in/waleed-tariq-03b23b224</a>

## Achievements

Gold Medal in Forensic & Toxicology

## Work Experience

### Pediatric Medicine

1st June, 2021 to 31st August, 2021

Job Type: Training (as a House Officer) at Lahore General Hospital (LGH)

The department of Pediatric Medicine in Lahore General Hospital has 60 beds that are divided into ICU, medical ward and emergency wards. During three-months' rotation, I worked in emergency, ICU, neonatal unit, and dengue room. I learnt many essential clinical skills and procedures including neonatal resuscitation, neonatal care, ventilator setting, chemotherapy preparation, bone marrow biopsy, intravenous sampling, central venous catheterization, arterial blood gas sampling, lumbar puncture, CPR, ascitic tap, nasogastric tube insertion, and urinary catheterization.

### Internal Medicine

1st September, 2021 to 30th November, 2021

Job Type: Training (as a House Officer) at LGH

During Internal Medicine rotation, I worked with the team in emergency department, outpatient clinics, and medical high dependency unit (HDUs). I learnt many essential clinical skills and procedures including clerking admitted patients, attending ward rounds, doing ward calls, emergency on-calls, breaking bad news to patients or their attendants, vital monitoring, ECG, intravenous sampling, central venous catheterization, arterial blood gas sampling, lumbar puncture, CPR, ascitic tap, nasogastric tube insertion, and urinary catheterization. I did duties in Corona wards and managed the patients under supervision according to consultant orders. During dengue outbreak, I did duties in dengue room where I become proficient related to vital monitoring and fluid management of dengue patients.

### General Surgery

1st December, 2021 to 28th February, 2022

Job Type: Training (as a House Officer) at LGH

During General Surgery rotation, I worked with the team in emergency department, ward, and operations theatres. I learnt multiple clinical skills procedures including clerking, preoperative assessment and management, changing patients' dressings, chest intubation, cleaning fluid drains, digital rectal examination, proctoscopy, drainage of abscess, rib block, stoma bag care, and different types of suturing. Moreover, I also observed and assisted multiple surgeries which include laparotomy, open cholecystectomy, laparoscopic cholecystectomy, mastectomy, ileostomy reversal, hernia repair, perianal fistula/ sinus excision and fasciotomy. I also got my hands on performing appendectomy as a primary surgeon.

### Gynecology & Obstetrics

1st March, 2022 to 31st May, 2022

Job Type: Training (as a House Officer) at LGH

During rotation in department of Obstetrics & Gynecology, I worked with the team in labor room, ward, out door and operations theatres. I learnt the management of the antenatal patients on OPD basis and during active phase of labor. I got experience of assisting and also individually performing the emergency obstetrics procedures as spontaneous vaginal delivery even with episiotomy, dilation & curettage, suction & evacuation and emergency Caesarean section. I also learnt to manage patient in wards with antenatal complications as anemia, abnormal fetal presentations, and placental abnormalities as well as patients with gynecological ailments as abnormal uterine bleedings, infertility, and ovarian abnormalities. I also assisted and observed surgeries as cystectomy, trans-abdominal hysterectomy, vaginal hysterectomy, endometrial sampling and marsupialization.

## Research Publications

### Journal Papers:

- 1) Tahir MJ, Saqlain M, **Tariq W**, Waheed S, Tan SH, Nasir SI, Ullah I, Ahmed A. Population preferences and attitudes towards COVID-19 vaccination: a cross-sectional study from Pakistan. BMC public health. 2021 Dec;21(1):1-2. (**IF = 3.29, HEC W category**) <https://doi.org/10.1186/s12889-021-11814-5>
- 2) Sawal I, Ahmad S, **Tariq W**, Tahir MJ, Essar MY, Ahmed A. Unequal distribution of COVID-19 vaccine: a looming crisis. Journal of Medical Virology. 2021 Sep;93(9):5228-30. (**IF = 2.32, HEC W category**) <https://doi.org/10.1002/jmv.27031>
- 3) Jamil H, **Tariq W**, Ameer MA, Asghar MS, Mahmood H, Tahir MJ, Yousaf Z. Interventional radiology in low-and middle-income countries. Annals of Medicine and Surgery. 2022 May 1;77:103594. (PubMed) <https://doi.org/10.1016/j.amsu.2022.103594>

## Extra-Curricular Activities

I like cooking and reading books on personal development and economy. Recitation of Quran and Tafseer brings me inner peace and serenity.