

HIRA FAROOQ

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Society Malir City, Karachi- 75210.

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OBJECTIVE:-

To work in an environment of growth and excellence, that explores my potential and provides me with the opportunity to enhance my talent with an intention to give a valuable contribution to public health improvement in Pakistan.

CURRENT PROFILE:-

Working as Visiting Faculty at Ziauddin Medical University, Karachi Jan 2023- Present

Worked as a Project Support Officer at Health Services Academy, MoNHSR&C, Islamabad
(Worked on UNFPA funded Project on Sexual and Reproductive Health) August 2022- Jan 2023

Involved with different research projects as well as working with different philanthropic organization for nutritional improvement.

Having a special interest in Public health and health policymaking

Associated with Pakistan Journal of Surgery and Medicine as a Peer Reviewer

EDUCATION

MSc. Health Policy and Management from AKUH year 2021 with specialization in STRATEGIC PLANNING and HEALTH SECTOR REFORMS AND EVALUATION

The topic of the Thesis "Quality Assessment of Clinical Nutrition Services in Tertiary Care Hospitals of Karachi, A Mixed-Method Study"

CITI (collaborative institutional training initiative) certified
IHI (institute for health care improvement) certified

Had done International Clinical Research Training from Harvard Medical School (2019)

Had done grant and research administration courses at Aga Khan University Hospital.

Bachelors of Science in Nutrition & Dietetics (1st Division, 3.62 GP, Yr. 2014)
Karachi University, Karachi Pakistan.

Major research Topic: "Gender differences in consumption of milk and its products among adolescents" (year: 2014)

Experimental research Topic: To prepare micronutrient dense yogurt for malnourished children. (Year: 2014)

Intermediate in Home economics (A+, 2nd Position in Karachi, 2010),
Board of Intermediate Education, Karachi.

Matriculation (A+, 2008)

WORK EXPERIENCE

Selected as “Champions of Reforms” from Ministry of Planning Developments and Special Initiatives MoPD&SI, Pakistan January 2023

Working as Visiting Faculty at Ziauddin Medical University, Karachi
Jan 2023- Present

Worked as a Project Support Officer at Health Services Academy, MoNHSR&C, Islamabad AUG’ 2022- January 2023

(Worked in UNFPA funded Project on Sexual and Reproductive Health)

- Responsible for all projects related activities.
- Conduct meetings, consultations, report writing and policy briefs.
- Conduct health facilities visits and provide technical support.
- Data record and maintenance.

Worked as Clinical dietitian at AKUH NOV’ 2016 – July 2022

(Registered with Pakistan Nutrition and dietetic society, RD’2016)

- Leading and Management of staff in the absence of manager
- Mainly worked in the field of pediatric nutrition care and Ketogenic Diet, along with other specialties; specifically, Oncology, Surgery, Medicine, Ortho, cardiology.
- Nutritional Management of both In-patient and Out-patient.
- Conduct CNEs, workshops, seminars, awareness sessions and meetings.
- Conduct departmental trainings and internal audits.

WACE Global Challenge (Worked as Student Management Consultant) for an international organization on alignment with UN SDGs 31st Jan- 25th Feb 2022

Aga Khan University Hospital, Karachi

Currently involved as CO-PI In a research on ketogenic diet in SSPE

Developed training Module of “Training Program for Dietitians” at Aga Khan University

Served as external Examiner for Multiple Exams at Dow Medical University of Health Sciences for the faculty of Nutrition Sciences

Initiated and lead 5 weeks nutrition assessment and improvement project at Dar ul Sukun, Karachi. (Dec 2020- Jan 2021)

One year trainee-ship as trainee dietitian Nov’2015- Nov’2016
Aga Khan University Hospital, Karachi

Volunteer work as a dietitian
Indus Children Cancer Hospital

Sep-Nov' 2015

Clinical nutrition internship
Aga Khan university hospital

Oct- Nov, 2015

Community Nutrition Internship
(288 credit hours)

PROFESSIONAL MEMBERSHIPS/ACREDITATIONS

- BLS certified.
- Part of Karachi Down syndrome Program.
- Registered clinical dietitian (RD) with Pakistan Nutrition and dietetics society (since 2016)
- Lifetime Member of Pakistan Nutrition and Dietetic Society. (***PNDS***)
- Member of Publication committee at Food and Nutrition Society (***FANS***), 2013 -2014.
- Worked as a student member in “***Student Educationist Syndicate of the Board of Intermediate Education***”, Karachi of the year 2010-2011.

PROFESSIONAL PARTICIPATIONS

- Presented “Practices of Ketogenic Diet in Pakistan” in Asian KD conference.
- Presented Research abstract oral presentation at 2nd PNDS international conference 2022, topic “Quality Assessment of Clinical Nutrition Services in Tertiary Care Hospitals of Karachi, A Mixed-Method Study”
- Conducted ketogenic diet workshop for neurologists and dietitians.
- Conducts PGME for residents in pediatric on EN/PN every year.
- Conducts CME for Nutrition in pediatric oncology for residents and nurses every quarter.
- Conducts family support group for children with down syndrome every year.
- Delivered talk on healthy eating in Ramadan on FM 93.
- Delivered talk on a ketogenic diet and its health impact on FM 91.
- Delivered lectures on nutritional screening and assessment to doctors of different specialties at Burban on 17th March 2019.
- Delivered lecture on a ketogenic diet and weight loss at Aga Khan Karimabad.
- Delivered lecture on nutrition in pediatric oncology arranged by PSPO at Indus hospital.
- Delivered lectures on the Ketogenic diet arranged by Wal-Mart for their employees.
- Delivered lecture on Assessment tools to doctors of Hyderabad.
- Participated in 2 days workshop on “Total Parenteral Nutrition” arranged By SIUT in collaboration with PNDS on 28th and 29th July 2018.
- Delivered a workshop on Subjective global assessment, held on 26th Feb 2018 at Marriot Hotel, Karachi.
- Participated as a speaker in CNE organized by PNDS on nutrition in pediatric oncology.

- Attended 3rd Dubai Nutrition conference held at the intercontinental hotel, Dubai from 26th – 28th Oct 2017.
- Conducted a workshop on “celiac disease in children” in a nutrition intervention program, organized By Abbott nutrition, Feb 2017

COMPUTER SKILLS

- MS Office.
- SPSS
- Internet Browsing.
- NCMS (use in AKUH)
- STATA

INTERESTS

- Special interest to work with the public health sector for the sake of nutrition care on the national level.
- Reading about scientific Approaches &Media updates
- Reading research articles and journals
- Internet Browsing & Surfing related to nutrition care.
- Developing new recipes and enteral feeds formulations.
- My dream job would include being part of a major public health intervention program/ research.

LANGUAGES

- Urdu
- English

REFERENCE

Dietitian Salma Siddiqui
Interim Assistant
Manager

NFSD AKUH

Dr. Shahnaz Ibrahim.
Professor Peads neurology
AKUH

Dr. Mairaj Shah
Chief Operating Officer, Secondary Hospitals
AKUH