

Umer Farooq Malik



Experience 4 years
Current salary 0
Created at 6th April, 2023
Last modified 22nd September, 2024

A dedicated Physician with complete specialist training in Pulmonology.

Personal Information

Email	umerfarooq.dir@gmail.com	Date of birth	1st January, 1993
Contact No#	03065900900	Gender	Male
CNIC #	17301-7489188-9	Domicile City	Dir
Country	Pakistan	City	Peshawar
Address	House 257, Street 9, Sector F7, Phase 6, Hayatabad, Peshawar		

Education

INSTITUTE OF HEALTH PROFESSIONS EDUCATION & RESEARCH (IHPER KMU)
CHPE (CERTIFICATE IN HEALTH PROFESSIONS EDUCATION) (77/100)
Health Professions Education , Medical Education
2024 - 2024

Certificate in Health Professions Education (CHPE)

The CHPE is a postgraduate certificate program designed for healthcare professionals, educators, and administrators seeking to enhance their knowledge, skills, and practice in health professions education.

Key Areas of Focus:

- Curriculum design and development
- Teaching and learning methods
- Assessment and evaluation
- Educational leadership and management
- Scholarship and research in health professions education.

REHMAN MEDICAL COLLEGE, HAYATABAD, PESHAWAR
MBBS (2843/4700)

Anatomy , Physiology , Biochemistry , Islamiyat & Pakistan Studies , Pharmacology , Pathology , Forensic Medicine , Community Medicine , Special Pathology , Ophthalmology , ENT , Medicine , Surgery , Obstetrics & Gynaecology , Paediatrics
2011 - 2019

Bachelor of Medicine, Bachelor of Surgery

QURTABA COLLEGE, HAYATABAD PESHAWAR
FSC (776/1100)

English , Urdu , Islamic Education , Physics , Chemistry , Biology , Pakistan Studies
2009 - 2011

FSc Pre-Medical

FRONTIER CHILDREN'S ACADEMY, HAYATABAD, PESHAWAR
SSC (853/1050)

English , Urdu , Islamiyat , Pakistan Studies , Mathematics , Physics , Chemistry , Biology
2007 - 2009

Secondary School Certificate

Experience

MADINA MEDICAL & ENT HOSPITAL
GENERAL PHYSICIAN AND PULMONOLOGIST
2024 - 2024

I worked as a Physician and Pulmonologist where I managed OPD cases in my unit aiming at a multidisciplinary approach. In case of need, I referred the patients to specialised health units or hospitals.

**HBS MEDICAL COMPLEX
PHYSICIAN
2024 - 2024**

OPDs, laboratory, and pharmacy services.

**PAKISTAN RED CRESCENT SOCIETY, KP BRANCH
RESIDENT MEDICAL OFFICER
2023 - 2023**

Start Date: 1/6/2023
End Date: 30/11/2023
(Experience Certificate Received)

Access to Health Services and Protection in Conflicts Affected Area (Pakistan Red Crescent Society)

RESIDENT MEDICAL OFFICER

Pakistan Red Crescent Society being auxiliary to the Government in Disaster Preparedness and Disaster Response extended its services by providing Health Care Services at TDP's camp Baka Khel, District Bannu
01/06/2023 - 30/11/2023

Major Responsibilities:

Contributing towards the overall goal and objectives of the organization.

Leading the team in the Field Health Unit.

To support in maintaining Minimum Service Delivery Standards (MSDS) as set by the Government of Pakistan for Field Health Unit.

Attending OPD, examining patients & either prescribing medicine or referring them to specialized health facilities.

To ensure lab tests and procedures are performed as per MSDS.

To ensure the availability of required medicine and timely communicating deficiency of medicines to PHQ.

To ensure presence in FHU 24/7, fifteen days a month.

To run OPD on daily basis (15 days a month) as per set timings.

To provide emergency services 24/7, fifteen days a month.

To control ambulance attached to FHU for transportation of patients to other health facilities in case of emergencies.

To analyze and communicate staff capacity building (Trainings).

To conduct on-the-job trainings for other health staff at FHU.

To offer services to all age, gender, and religious groups of people.

To compile and ensure timely submission of daily/monthly reports and records.

To conduct regular progress meetings with the staff.

I was required to perform other related duties assigned by the supervisor as per organization-set standards.

Besides my job description in Pakistan Red Crescent Society, I advocated and emphasized on the importance of vaccination of all my patients because I believe, "Prevention is better than cure." I counselled parents of every child below 5-year-age about the importance of vaccination according to the expanded programme on immunization. I kept myself in liaison with EPI officers to make sure that even 'tetanus toxoid' isn't missed in cases of injury alongside medical/surgical interventions. I followed all immunization protocols and have successfully generalized vaccination in TDPs Camp Baka Khel by teaming up with 'WHO' and 'EPI'.

**COLLEGE OF PHYSICIANS AND SURGEONS PAKISTAN
MCPS TRAINEE
2021 - 2022**

Start Date: 1/1/2021
End Date: 31/12/2022
(Experience Certificate Received)

MCPS Trainee in Pulmonology.

My duties were taking thorough histories of patients, prescribing them appropriate antibiotics, bronchodilators, intravenous/oral/inhaled corticosteroids, anticoagulants, analgesics, anti-inflammatory medications, and if needed antidiabetics, antihypertensives, anti-anginals etc.

I had to admit patients from the emergency department and give the best treatment plan that is "evidence-based" after discussion with my senior colleagues. In case of urgent/emergent needs, I also used to shift ICU candidates to intensive care.

I did bronchoscopy, Ultrasound guided pleural taps, chest tube intubations, and other vital procedures such as pleurodesis.

I've intensive care experience. During my postgraduate training I provided critical care to patients afflicted with SARS-CoV-2 and provided them evidence-based quality care and safety.

I did evidence-based practice and problem-based learning.

**REHMAN MEDICAL INSTITUTE
MEDICAL OFFICER
2020 - 2020**

From: 9/11/2023
To: 31/12/2023

While I was a Medical Officer I participated in procedures such as CABG, thoracotomy staples' removal, wound dressing,

and chest tube management.

I got the opportunity to start MCPS training in Pulmonology and pursued my post-graduate training therein.

REHMAN MEDICAL INSTITUTE
HOUSE OFFICER
2019 - 2020

I completed my house job at Rehman Medical Institute, Peshawar. My training included 6 months in Medicine & Allied, and 6 months in Surgery & Allied. Job Responsibilities: To provide the best quality care and safety to patients. To diagnose and treat diseases per evidence based practice. Preparing comprehensive discharge summaries for patients with different diseases. Assisting in medical procedures under the supervision of senior colleagues.

Skill

Microsoft Office
Excellent
Last used 16th April, 2024

I have an excellent knowledge of Microsoft Word, PowerPoint, and Excel.

Pleural Tap
Excellent
Last used 10th February, 2023

Pleural tap is an invasive medical procedure to remove fluid or air from the pleural space for diagnostic or therapeutic purposes. A cannula, or hollow needle, is carefully introduced into the thorax, generally after administration of local anesthesia.

Incision & Drainage
Excellent
Last used 3rd August, 2023

Incision and drainage (I&D), also known as clinical lancing, are surgical procedures to release pus or pressure built up under the skin, such as from an abscess, boil, or infected paranasal sinus. It is performed by treating the area with an antiseptic, such as iodine-based solution, and then making a small incision to puncture the skin using a sterile instrument such as a sharp needle or a pointed scalpel. This allows the pus to escape by draining out through the incision.

OPD
Excellent
Last used 26th August, 2024

An outpatient department or outpatient clinic is the part of a hospital designed for the treatment of outpatients, people with health problems who visit the hospital for diagnosis or treatment, but do not at this time require a bed or to be admitted for overnight care. Modern outpatient departments offer a wide range of treatment services, diagnostic tests and minor surgical procedures.

Intensive/Critical Care
Excellent
Last used 26th August, 2024

Intensive care medicine, also called critical care medicine, is a medical specialty that deals with seriously or critically ill patients who have, are at risk of, or are recovering from conditions that may be life-threatening. It includes providing life support, invasive monitoring techniques, resuscitation, and end-of-life care. Doctors in this specialty are often called intensive care physicians, critical care physicians, or intensivists.

Health Professions Education
Excellent
Last used 21st September, 2024

Health Professions Education is a teacher friendly program that helps teachers in health sciences to develop their basic teaching skills. All teachers must acquire basic teaching skills if they wish to adopt a teaching career in health sciences.

Communication Skills
Excellent
Last used 21st September, 2024

Good communication skills helps a professional convey their message in an effective way.

Medical Case Management
Excellent
Last used 21st September, 2024

Medical case management is a collaborative process that facilitates recommended treatment plans to assure the appropriate medical care is provided to disabled, ill or injured individuals.

Team Leadership
Excellent
Last used 22nd September, 2024

I led the team in Field Health Unit, TDPs Camp Baka Khel when I was with the esteemed Pakistan Red Crescent Society. Both in relaxed and tough times I managed to give quality care and patient safety to our beneficiaries.

Chest Tube Intubation

Excellent

Last used 4th January, 2023

A procedure for treatment of diseases such as pneumothorax and pleural effusion.

History Taking

Excellent

Last used 21st September, 2024

Detailed history-taking and evidence-based practice.

Project

Access to Health Services and Protection in Conflicts Affected Area (Pakistan Red Crescent Society)

Resident Medical Officer

1st June, 2023 - 30th November, 2023

Pakistan Red Crescent Society being auxiliary to the Government in Disaster Preparedness and Disaster Response extended its services by providing Health Care Services at TDP's camp Baka Khel, District Bannu. PRCS is currently providing following services:

OPD services

Emergency Services 24/7

Emergency Treated at FHU (Field Health Unit)

Referrals to Specialist Centres(Free Ambulance Services)

MNCH Services

Psychosocial Support Services

Health and Hygiene Education

Laboratory Services

Provision of Free Medicine

Child Friendly Spaces

Certification

CME Interstitial Lung Diseases From (Postgraduate Medical Institute Peshawar, KPK)

5496/24/DME/PGMI - 17th September, 2024

Interstitial Lung Diseases (ILDs), aka Diffuse parenchymal lung diseases (DPLDs) are a group of disorders affecting the lung tissue, leading to inflammation, fibrosis, and impaired gas exchange. Symptoms include dyspnoea, cough, and fatigue. Subtypes include idiopathic pulmonary fibrosis, sarcoidosis, and connective tissue disease-associated ILD. Diagnosis involves HRCT scans and clinical evaluation. Treatment varies by disease, but may include corticosteroids, immunosuppressants, and pulmonary rehabilitation.

Adult Infectious Diseases Review Course 2024 From (The Aga Khan University)

VLE-MED-1011351 | 2024-2025 - 16th July, 2024

Adult Infectious Diseases Review Course (Offered in 2024, DCPE-MC-PK)

Accredited by ACCME for a maximum of 70 credit hours of AMA PRA category 1 credit.

Infections and Eid ul-Adha From (The Aga Khan University)

LSA/24-EID-829406 - 7th June, 2024

The delegate has obtained a maximum of 1.5 credit hours of AMA PRA category 1 credit™

2023 GOLD International COPD Conference: Latin American Satellite From (Integrity Continuing Education, Inc.)

i859-041024-41 - 10th April, 2024

Integrity Continuing Education, Inc. certifies that:

Dr. Malik Umer Farooq

has participated in the program type:

2023 GOLD International COPD Conference: Latin American Satellite

on

Wednesday, April 10, 2024

that was designated for:

1.75 AMA PRA Category 1 Credit™

Michael Baffuto

President

Integrity Continuing Education, Inc.

106 Apple Street, Suite 305, Tinton Falls, NJ 07724

Phone: 732-212-9777 • Fax: 732-889-3888

Certificate #: i859-041024-41

Integrity Continuing Education, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education.

Airway Management CME From (Postgraduate Medical Institute (PGMI) Peshawar)
- 19th December, 2023

A 1 Day CME Workshop on Airway Management

CME Critical Care Course From (The Aga Khan University)
VLE-0058-2022 - 21st November, 2023

ACCME designated 9.00 credit hours of AMA PRA category 1 credit™.

Leishmaniasis Training Workshop From (Pakistan Red Crescent Society)
- 18th October, 2023

Successful Completion of Workshop on Leishmaniasis. (2 Days Workshop)

CME Workshop on Chest Drain Insertion and Ultrasound Significance From (Postgraduate Medical Institute Peshawar, KPK)
2939/23/CME/DME - 22nd August, 2023

02 CME credit hours awarded by PGMI on attending a one day workshop on "Chest Drain Insertion and Ultrasound Significance" at MTI-Khyber Teaching Hospital Peshawar.

One Day Training of Trainers on Dengue Fever Control & Management From (Pakistan Red Crescent Society)
- 14th July, 2023

CME Online Course on TB Management From (Ministry of National Health Services, Regulations & Coordination Government of Pakistan)
- 21st March, 2023

Awarded 06 CME Credit Hours by Shaheed Zulfiqar Ali Bhutto Medical University, Islamabad.

Experience Certificate From (Rehman Medical Institute)
RMI/090-Dean/917 - 15th February, 2023

Completion of MCPS Training in Pulmonology Department, Rehman Medical Institute.

Communication Skills From (College of Physicians & Surgeons Pakistan)
181312-148453 - 15th September, 2022

Workshop on Communication Skills (Ethics)

Introduction to Computer & Internet From (College of Physicians & Surgeons Pakistan)
181313-147256 - 28th July, 2022

Workshop on Introduction to Computer & Internet

BLS Provider From (American Heart Association)
225604971153 - 11th April, 2022

Successfully completing the cognitive and skills evaluations in accordance with the curriculum of the American Heart Association Basic Life Support (CPR and AED) Program.

References

Dr Nowshad Asim
Senior Lecturer at Khyber Medical University Institute Of Health Professions Education & Research (1 years)
Professional
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Dr Touqeer Anjum
Mdr Tb Coordinator at Lady Reading Hospital Peshawar (4 years)
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Professor Dr Mukhtiar Zaman Afridi
Head Of Department, Consultant, Professor & Principal at Rehman Medical Institute (3 years)
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Professor Dr Bakhtyar Zahid
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