

# Umer Farooq Malik



Experience 4 years  
Current salary 0  
Created at 6th April, 2023  
Last modified 30th August, 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

Benefits:

- Develop expertise in health professions education
- Enhance teaching and learning skills
- Lead and manage educational programs and teams
- Contribute to the advancement of health professions education through scholarship and research

Target Audience:

- Healthcare professionals (clinicians, educators, administrators)
- Educators in health professions education
- Leaders and managers in healthcare education

Program Outcomes:

Upon completion of the CHPE program, participants will be able to:

- Design and implement effective curricula and educational programs
- Utilize various teaching and learning methods
- Develop and implement effective assessment and evaluation strategies
- Lead and manage educational programs and teams effectively
- Contribute to the advancement of health professions education through scholarship and research

**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

---

**Health Professions Education**  
**Excellent**  
**Last used 9th April, 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.

**Medical Case Management**  
**Excellent**  
**Last used 18th December, 2023**

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 15th November, 2023**

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.

**Intensive/Critical Care**  
**Excellent**  
**Last used 15th November, 2023**

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.

**OPD**  
**Excellent**  
**Last used 15th November, 2023**

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.

**Incision & Drainage**  
**Excellent**

**Last used 2nd 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.

### **Chest Tube Intubation**

**Excellent**

**Last used 4th January, 2023**

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

### **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.

### **Microsoft Office**

**Excellent**

**Last used 16th April, 2023**

I have an excellent knowledge of Microsoft Word and Excel.

### **History Taking**

**Excellent**

**Last used 10th February, 2023**

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**

---

### **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 <sup>™</sup>

### **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  
www.integrityce.com

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)**  
- 15th September, 2022

Workshop on Communication Skills

**Introduction to Computer & Internet From (College of Physicians & Surgeons Pakistan)**  
- 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  
drnowshadasim@kmu.edu.pk  
+92919217703

Dr Touqeer Anjum  
Mdr Tb Coordinator at Lady Reading Hospital Peshawar (4 years)  
Professional

drtbcoord.psh@acd.org.pk  
0313536995

Professor Dr Mukhtiar Zaman Afridi  
Head Of Department, Consultant, Professor & Principal at Rehman Medical Institute (3 years)  
Professional  
mukhtiar.zaman@rmi.edu.pk  
0915838666 Ext 3713

Professor Dr Bakhtyar Zahid  
Professor, Head Of Department & Dean at Rehman Medical Institute (7 years)  
Professional  
bakhtyar.zahid@rmi.edu.pk  
+92915838666