

# ISHTIAQUE AHMED

**Cell No:** (+92)-3005037632

**Email:** ishtiaquejogi@gmail.com

**Date of Birth:** 20-December-1997

**CNIC:** 45206-5223346-7

**Religion:** Muslim

**Domicile:** Khairpur Mirs

**Address:** Boys hostel, Health services academy, Chak Shahzad, Islamabad.

## Career Objectives:

To develop my career as a professional by utilizing my skills and ability, which lead to the growth of an organization as well as in my professional skills and personal satisfaction. I am a detailed-oriented, task-driven leader seeking to acquire a position in public health where my skills can be utilized to foster shared vision, achieve desired outcomes and for advancement of the organizational mission.

## Academic History:

- Master's in Public Health | Health Services Academy Islamabad, Pakistan, | Continue, (2022-2023)
- Doctor of Physical Therapy | College of Physical Therapy JPMC, Karachi, Pakistan | Completed (2015-2019);
- Bachelor's Thesis:
  - Title: To assess the sit to stand work stations in workers using the POS machines.
- Intermediate (Pre-Medical) | Board of Intermediate and Secondary Education, Sukkur Pakistan | Completed (2012-2014)
- Matriculation (Science Group) | Board of Intermediate and Secondary Education, Sukkur Pakistan | Completed (2010-2012)

## Professional Experiences:

### ➤ **World Health Organization, Islamabad, Pakistan - Surveyor (LQAS & PCM Activities)**

#### ❖ My responsibilities include:

- Seasonal Supportive Supervision and Monitoring services in every Polio Campaign, Duty station Islamabad, Rawalpindi, Punjab including rural and areas, remote areas.
- The outcome monitoring following SIA campaign include post campaign monitoring (PCM) to be conducted in 100 of clusters in HRMP and 50 clusters in non-HRMP.
- Lots Quality Assurance Survey (LQAS) and out-of-house finger mark survey conducted to assess the coverage and quality of the vaccination activity, to identify missed or poorly covered areas, identify reasons for missed children, and take immediate corrective actions.
- Remote monitoring by NEOC call center will continue in all high-risk, hard to reach areas and possible blind spots. Data from remote monitoring will be analyzed over the rounds to see any rising trends.

### ➤ **AKUH (Polio Sero-prevalence survey) November 2022 – February 2023**

#### ➤ My responsibilities include:

- Undertake fieldwork at the district level, including interviews with key stakeholders, and collection of secondary documents and contextual information.
- Assisted the program managers in developing and piloting instruments.
- Assisted in conducting field work, coordination, and managing the data collection process.
- Assisted in Program management tasks, and coordination in the field.
- Undertake and quality review transcriptions and field notes process.
- Managed the data: transcription and field notes, compilation, and data storage.
- Managed overall logistics of any seminars, workshops, and conferences organized by the research program.

- **Al Khidmat Hospital Karachi (Nazimabad) (January 2021-January 2022)** - Worked as Physiotherapist.



❖ My responsibilities include:

- Working with patients with a variety of condition, sometimes over a period of weeks or months.
- Diagnosing, assessing and treating problems.
- Encouraging exercise and movement.
- Advising patients on leading a healthy lifestyle.
- Keeping reports on patients and their progress.
- Musculoskeletal Physiotherapy – treating issues such as strains, sprains, back pain and posture problems.
- Cardiorespiratory Physiotherapy – aiming to prevent or improve the symptoms of conditions including asthma, chronic bronchitis, and other cardio-respiratory disorders.
- Focuses on treating conditions related to rehabilitation and pain management – introducing exercises to reduce and manage pain following surgery, injury or illness.
- Diagnose the causes of injury and put together a treatment plan, sometimes including exercises, manual therapy and electrotherapy using electrical energy, as a medical treatment, also advise on managing long-term conditions.

1

- **Jinnah Postgraduate and Medical Centre (October 2020-October 2021)** □ □ Worked as a House Officer.

❖ My responsibilities include:

- Examine patients and assess them according to diagnosis.
- On Chest Auscultation performing chest physio if needed.
- To Nebulize patients for better breathing.
- Assist patient and also educate their attendant about plan and physical activities.
- To perform limb physio to improve circulation. Performing ACBTs (Active Cycle Breathing Techniques).
- To apply Postural Drainage Technique to mobilize large amount of secretions in people with respiratory conditions.
- To reduce Edema.
- To assist Mechanical Ventilation.



- **Hussain Lakhani Hospital Karachi (Jan 2020- Feb 2020)**- Worked as a Physiotherapist

❖ My responsibilities include:

- Consulting with patients to learn about their physical condition and symptoms.
- Diagnosing movement dysfunction and developing a treatment plan.
- Teaching patient show to properly use therapeutic exercise techniques.
- Providing stimulation or therapy to promote healing.
- Assisting patients with the use of equipment such as wheel chairs or walkers.
- Maintaining patient records and keeping track of goals and progress.
- Advising the patient and family about in-home treatment options and exercises.

## ***Skills***

- Reporting Skills
- Project Monitoring
- Project Management
- Project Coordination
- Planning Skills
- Monitoring and Evaluation
- Hospital Medicine Knowledge
- Health Training
- Field Monitoring
- Field Activities

- Community Health
- MS Office Proficiency
- Management skills
- Interpersonal skills
- Problem Solving Ability

### **Awards and achievements:**

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- Certificate of Clinical & Family Planning updates about maternal & newborn child health & family planning
- Certificate of Pakistani's unsolved dilemma of social cohesion from Health Services Academy Islamabad
- Certificate of Mental Health in the work place from JPMC Karachi, held in 10<sup>th</sup> October 2017.
- Certificate of Vestibular rehabilitation from JPMC Karachi, held in 12<sup>th</sup> October 2019.
- Certificate of Intra Venous and Intra Muscular from JSMU Karachi, held in 18<sup>th</sup> Feb 2017.
- Certificate of Emergency First Aid from Pakistan Red Crescent Karachi, held in Feb 2017

### **Short courses and Trainings:**

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- Integrated Bio-behavioral surveillance (IBBS) Round 6, Pakistan 2023.
- Attended 2 days training of Emergency First Aid, from Pakistan Red Crescent society, Karachi.
- Three-month short course in operating system MS-Office (MS-Word, MS- PowerPoint, MS- Excel), Internet and Installation in 2013.
- Two-month short course of English language courses comprehensive writing, communication skills and vocabulary in 2013.
- Three-month short course of visual basic in 2013.

### **Languages:**

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- English (Proficiency)
- Urdu (Proficiency)
- Sindhi (Proficiency)

### **Participations and Trainings:**

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#### **Seminar/Conference**

- *3 days' Annual Medical symposium held by JPMC, Karachi, from (2015-2019)*
- *Public Health Reporting UNICEF*
- *Annual medical symposium JPMC karachi*

**\*Further reference will be provided upon request.**

