

# **D R. S H A H A N A R E H M A N**

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## **EDUCATION**

- **Health Services Academy, Islamabad** (2023 – Till Date)  
Master of Science in Public Health (MSPH) Islamabad
- **Quetta Institute of Medical Sciences** (2015 – 2020)  
Bachelor of Medicine, Bachelor of Surgery (MBBS) Quetta, Balochistan

## **WORK EXPERIENCE**

- **National University of Sciences and Technology - NUST (Islamabad)**  
***Demonstrator (Community Medicine)*** (Aug, 23 – Present)
  - Delivering lectures, seminars, and practical sessions
  - Develop and update instructional materials and resources for relevant courses
  - Facilitate student learning through interactive teaching methods and hands-on demonstrations
  - Prepare and administer assessments, including quizzes, exams, and practical evaluations
  - Grade assignments and provide constructive feedback to students
  - Monitor and report on student progress and performance
  - Engage in research activities related to community medicine and public health
  - Assist faculty in research projects, including data collection, analysis, and publication
  - Present research findings at conferences and seminars
  - Provide academic and career guidance to students
  - Support students in developing their research projects and dissertations
  - Participate in community outreach programs and health promotion initiatives
  - Maintain accurate records of student attendance, grades, and other required documentation
  - Participate in departmental meetings and contribute to the administration of the relevant department
  - Work closely with faculty members and other demonstrators to ensure cohesive and comprehensive delivery of the curriculum.
  - Foster a collaborative learning environment among students
- **Rural Health Center, (Chinari, Tehsil Hattian Bala, Azad Jammu Kashmir)**  
***Medical Officer*** (Oct, 22 – Jul, 23)
  - Conducted thorough medical examinations and diagnoses for patients of all ages
  - Prescribed appropriate medications and treatments adhering to standard medical protocols
  - Managed and treated common illnesses and injuries
  - Implemented preventive healthcare measures including vaccinations, immunization, and health education
  - Maintained accurate and updated medical records for all patients
  - Performed minor surgical procedures as required
  - Oversaw and supervised the healthcare team at the health center
  - Ensured adequate availability and efficient utilization of medical supplies and equipment
- **Bahria International Hospital (Islamabad)**  
***Medical Officer*** (Feb, 22 – Aug, 22)
  - Monitored and managed patients, assessed and developed treatment plans

- Administered medications, therapies, and interventions as required
- Interpreted diagnostic tests, such as ECGs and blood tests etc.
- Worked closely with senior doctors, nurses, and medical staff
- Participated in multidisciplinary team meetings to discuss patients' care
- Respond promptly to emergencies and provided advanced life support and resuscitation as needed
- Maintained accurate and detailed patient records, also document all care provided and any changes in patient condition

- **Rural Health Center, (Chinari, Tehsil Hattian Bala, Azad Jammu Kashmir)**

- ***Medical Officer***

(May, 21 – Jan, 22)

- Conducted patient examinations, diagnose and treat common illnesses and injuries
- Provided immediate care for medical emergencies and administer medications, basic medical procedures
- Stabilized patients in emergency and referred them to higher-level facilities if needed
- Monitored prenatal and postnatal care
- Participated in immunization programs
- Prepared regular health reports
- Understood and addressed local health needs

- **Pak – Emirates Military Hospital, Combined Military Hospital (Rawalpindi)**

- ***House Officer***

(Apr, 20 – Apr, 21)

- Conducted initial patient assessments, physical examinations, took detailed medical histories and diagnose
- Administered treatments, medications, therapies and assisted routine emergency medical procedures
- Interpreted diagnostic tests such as blood tests, X-rays, and ECGs to patients
- Monitored patients' treatment progress and updated plans as necessary
- Prepared and presented patient case summaries during ward rounds
- Responded promptly to medical emergencies and participate in resuscitation efforts
- Provided basic life support and assist in advanced life support procedures
- Assisted surgeons during operations and other invasive procedures
- Participated in multidisciplinary team meetings to discuss patient care plans
- Attended mandatory training sessions, workshops, and seminars
- Engaged in continuous medical education to stay updated with the latest medical practices
- Mentored and supported medical students and interns as required
- Communicated effectively with patients and their families about diagnosis, treatment options, and prognosis
- Provided compassionate care and emotional support to patients and their families
- Did necessary administrative paperwork and reports related to patients' treatment etc.
- Ensured compliance with hospital policies and procedures
- Adhered to military protocols, discipline, and standards
- Maintained patient confidentiality and practice according to ethical guidelines
- Demonstrated professionalism and integrity in all interactions
- Followed health and safety regulations to ensure a safe environment for patients and staff
- Reported any incidents or hazards promptly to the appropriate authorities

**PERSONAL DETAILS**

- Date of Birth: 16.11.1995
- Nationality/Domicile: Pakistani/Mohmand Agency, Khyber Pakhtunkhwa (Ex FATA)
- Languages: English, Urdu, Pashto