<u>DR. SHAHANA REHMAN</u>

🖂 sh_9516@hotmail.com 💊 + 9 2 - 3 3 6 - 5 9 9 7 7 9 5 📭 Rawalpindi, Pakistan



- Health Services Academy, Islamabad
 Master of Science in Public Health (MSPH)
- Quetta Institute of Medical Sciences
 Bachelor of Medicine, Bachelor of Surgery (MBBS)

WORK EXPERIENCE

- National University of Sciences and Technology NUST (Islamabad) Demonstrator (Community Medicine)
 - o Delivering lectures, seminars, and practical sessions
 - o Develop and update instructional materials and resources for relevant courses
 - o Facilitate student learning through interactive teaching methods and hands-on demonstrations
 - o 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
 - o Engage in research activities related to community medicine and public health
 - o 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
 - o Support students in developing their research projects and dissertations
 - o Participate in community outreach programs and health promotion initiatives
 - o Maintain accurate records of student attendance, grades, and other required documentation
 - o 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)

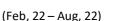
Medical Officer

- o Conducted thorough medical examinations and diagnoses for patients of all ages
- o Prescribed appropriate medications and treatments adhering to standard medical protocols
- o Managed and treated common illnesses and injuries
- o Implemented preventive healthcare measures including vaccinations, immunization, and health education
- o Maintained accurate and updated medical records for all patients
- o Performed minor surgical procedures as required
- o Oversaw and supervised the healthcare team at the health center
- o Ensured adequate availability and efficient utilization of medical supplies and equipment

Bahria International Hospital (Islamabad) Medical Officer

Monitored and managed patients, assessed and developed treatment plans

(2023 – Till Date) Islamabad (2015 – 2020) Quetta, Balochistan



(Oct, 22 – Jul, 23)



(Aug, 23 – Present)

- \circ 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
- o 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

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

• Pak – Emirates Military Hospital, Combined Military Hospital (Rawalpindi)

House Officer

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

(May, 21 – Jan, 22)

(Apr, 20 – Apr, 21)