**Dr. Zain Komal**

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D.O.B: 12th December 1990

**PROFESSIONAL SUMMARY**

I am an experienced medical doctor with 5 years residency training in Internal Medicine (3 years in Pakistan and 2 years in Ireland). I focus strongly on listening and addressing to patient concerns and answering all questions in terms that patients can easily understand. I always have willingness to work with all members of the department/team and listen to their suggestions and input to improve results and maximize patient satisfaction.

**PROFESSIONAL QUALIFICATIONS**

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| **QUALIFICATION** | | **INSTITUTE** | | | | **REGISTRATION No.** | | **YEAR** |
| M.B.B.S | | University of Health Sciences, Lahore,  Pakistan. | | | | 84391-P | | 2011-16 |
| F.C.P.S  (fellowship in Internal Medicine)  College of Physician and Surgeon Pakistan | | College Of Physician and Surgeon Pakistan | | | | MED-22-32699  (CPSP ID:2017-4412) | | 2022 |
| MRCPI | | Royal College Of Physician  Of Ireland | | | | 00090265 | | 2022 |
| MRCP (UK)  Passed Part 1 and 2  (Preparing for Paces) | | Royal College Of Physicians  of the United Kingdom | | | | 337896 | | 2020 |
| MRCP SCE ENDOCRINOLOGY AND DIABETES  (preparing for June 2023) | | Royal College of physician UK | | | |  | |  |
| **IELTS** | | | | | | | | | |
| **LISTENING** | **READING** | | **WRITING** | **SPEAKING** | **OVERALL** | | **YEAR** | | |
| 8.5 | 6.5 | | 6.5 | 7.5 | 7.5 | | 2019 | | |
| Candidate No: 002123 - Test Centre: Islamabad, Pakistan  (Already worked in Ireland for 2 year exempt to repeat IELTS/OET, will provide exemption letter on request) | | | | | | | | | |

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| **PROFESSIONAL REGISTRATIONS / LICENSING AUTHORITY** | |
| * Irish Medical Council | Registration No. 427828 |
| * Pakistan Medical & Dental Council (PMDC) | Registration No. 84391-P |
| * ECFMG | EPIC ID: C-KZ078658 |

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| **Educational Activities** | * **Advanced Cardiac Life Support Nov 2020, Co, Kerry, Ireland** * **BASIC LIFE SUPPORT 10 NOVEMBER 2020** * Workshop on Research Methodology(Quantitative and Qualitative research) 2018 GMC Gujranwala, Pakistan * Basic Life Support Workshop December 2020 Gujranwala Pakistan * Worked Voluntarily with various organizations |

**WORK EXPERIENCE**

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| 10 July 2021 - 10 July 2022 | **SPECIALITY:** Internal Medicine/Endocrinology |
| **POSITION**: Medical Registrar | **HOSPITAL :** Wexford General Hospital, Wexford |
| My day to day responsibilities are to take care of the patients with various issues in Medical Wards, emergency departments, Endocrinology and Diabetic Clinics :   * I provide direct patient care, including physical examinations, evaluations, assessments, diagnoses and treatments. * History taking, clinical examination and case discussion with registrar and board rounds. * Involved in Management of variable cases of Emergency Medicine. * Emergency and Critical patients managed according to the proper management protocols of HSE/NICE/ WHO, and follow up with patients as appropriate. * Prescribe pharmaceuticals, other medications, and treatment regimens as appropriate to assessed medical conditions. * Refer patients to relevant patient care departments as appropriate.. * Monitor on-going medical treatment, review diagnostic studies, conduct clinical assessments of abnormal results, and follow up with patients as appropriate * Review plans for patient rehabilitation. * Review clinical records of patients * Arrange and attended MDT meetings, family discussions regarding patient management. * OPD based management including 2 endocrinology clinics per week( 1 type 1 diabetic clinic and 1 general endocrinology clinic) * Participated in departmental journal clubs, case presentations, death review discussions & radiological clinics | |

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| 10 July 2020 - 10 July2021 | **SPECIALITY:** Internal Medicine (Endocrinology/Gastroenterologist) |
| **POSITION**: Senior House Officer | **HOSPITAL :** University Hospital Kerry, Tralee |
| My day to day responsibilities are to take care of the patients with various issues in Medical Wards and emergency departments such as:   * I provide direct patient care, including physical examinations, evaluations, assessments, diagnoses and treatments. * History taking, clinical examination and case discussion with registrar and board rounds. * Involved in Management of variable cases of Emergency Medicine. * Emergency and Critical patients managed according to the proper management protocols of HSE/NICE/ WHO, and follow up with patients as appropriate. * Prescribe pharmaceuticals, other medications, and treatment regimens as appropriate to assessed medical conditions. * Refer patients to relevant patient care departments as appropriate.. * Monitor on-going medical treatment, review diagnostic studies, conduct clinical assessments of abnormal results, and follow up with patients as appropriate. * Participated in departmental journal clubs, case presentations, death review discussions & radiological clinics. * Review plans for patient rehabilitation. * Review clinical records of patients * OPD based management 1 clinic of endocrinology and 1 clinic of gastroenterology/week | |

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| 1st July 2017 – 30th June 2020 | **SPECIALITY:** Internal Medicine |
| **POSITION**: Post Graduate Resident | **HOSPITAL:** DHQ/UTH Hospital Gujranwala, Pakistan. |
| My day to day responsibilities are to take care of the patients with various medical issues in emergency departments , OPDs and emergency department such as:   * I provide direct patient care, including physical examinations, evaluations, assessments, diagnoses and treatments. * History taking, clinical examination and case discussion with registrar and board rounds. * Involved in Management of variable cases of Emergency Medicine including SAH, intracerebral bleeds, ischemic strokes, DKA, HONK, HEPATIC ENCEPHALOPATHIES, IECOPD, Asthma exacerbation, CCF exacerbation myocardial infarction, sepsis of all type ETCs. * Emergency and Critical patients managed according to the proper management protocols of WHO/NICE Guidelines, and follow up with patients as appropriate. * Regularly attended the indoor & outdoor patient clinics, managed critically ill patients, as well as performed emergency duties as per rota, ward rounds and presented cases in clinical discussions * Prescribe pharmaceuticals, other medications, and treatment regimens as appropriate to assessed medical conditions. * Refer patients to relevant patient care departments as appropriate. * Monitor on-going medical treatment, review diagnostic studies, conduct clinical assessments of abnormal results, and follow up with patients as appropriate * Review plans for patient rehabilitation. * Review clinical records of patient. * Total duration of internal medicine training more 2 years and 4 month plus 8 month of rotations in subspecialties mentioned below * I did rotations in Dermatology, Cardiology, Medical Oncology and Nephrology department 2 month each including emergency and OPD services. * Perform all the lifesaving procedures in emergency department including ETT intubation and ventilation, therapeutic paracentesis, tension pneumothorax aspirations, diagnostic and therapeutic pleural drainage, chest drains, lumber punctures, and central venous catheterization including double lumen catheters. * Procedure inn nephrology department including supervised renal biopsy and central catheterization. * Procedures In cardiology supervised Temporary pace maker insertion and central catheterizations. Participated in departmental journal clubs, EKG conference, death review discussions & radiological clinics | |

**HOUSE JOB/INTERNSHIP (1st April 2016 - 31 March 2017)**

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| 1st April 2016 – 30th June 2016 | **SPECIALITY:** Internal Medicine |
| **POSITION:** House Physician (Intern) | **HOSPITAL:** DHQ/UTH Hospital Gujranwala, Pakistan. |
| * I covered indoor and outdoor patients as well as two emergency duties per week. My job was full time, regular and residential. * Learnt basic medical & surgical skills, clerking and managing patients * Regularly attended the indoor & outdoor patient clinics, managed critically ill patients, as well as performed emergency duties as per rota, ward rounds and presented cases in clinical discussions * History taking, physical & clinical examinations, record keeping, patient care, conducting relevant investigations, chalking out proper management protocols, providing a diagnosis with a list of differential diagnosis, and counselling the patients and their families * Carrying out routine laboratory procedures, I/V cannulation, administering parenteral medications, nasogastric intubation and catheterization of patients * Pre & Post-operative management of critically ill patients * As part of daily work routine in ward, I required to:   - Check pre & post-op bloods on the daily basis.  - Prepare paperwork for discharge of patients on the daily basis  - Take history and examine patients and making sure recent blood data are available  - Work closely with multi-disciplinary team which involves nursing staff, physios, OTs, and pharmacist.  - To attend any patients who are not well  - To liaise with other medical teams / Outreach team if there are concerns regarding any patients.   * House officer hospital notes * Attended the departmental & hospital clinical/pathological conferences and presented cases of clinical interest. | |
| 1st July – 30th September 2016 | **SPECIALITY:** Gastroenterology |
| **POSITION:** House Physician (Intern) | **HOSPITAL:** DHQ/UTH Hospital Gujranwala, Pakistan. |
| * House officer general responsibilities * Dealt with a variety of cases particularly those in need of critical care including upper gastrointestinal bleeding, hepatic encephalopathies, hepatorenal syndromes and spontaneous bacterial peritonitis. * Learnt basic medical skills, clerking and managing Intensive thoracic Unit patients * Regularly attended the indoor & outdoor patient clinics, managed critically ill patients, as well as performed emergency duties as per rota, ward rounds and presented cases in clinical discussions * Performed and assisted procedures like diagnostic and therapeutic paracentesis, ascetic drain insertion, assisted OGD and sang taken Blackmore tube insertion in uncontrolled UGIB. | |

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| 1st October 2017 – 31th December 2017 | **SPECIALITY:** Gynaecology |
| **POSITION:** House Surgeon (Intern) | **HOSPITAL:** DHQ/UTH Hospital Gujranwala, Pakistan. |
| * House officer general responsibilities * Managed Emergency patients of preeclampsia, eclampsia, vaginal deliveries, and management of anaemia etc. * Dealt with emergencies like SVT in pregnancy, peripartum cardiomyopathies related overload and exacerbation of asthma etc. * Performed procedures like I/V Cannulation, Urinary Catheterization and Arterial Puncture * Perform dozens of independent vaginal deliveries , episiotomies ,VBAC and assisted caesarean sections | |
| 1st January 2017 – 30th March 2017 | **SPECIALITY:** General Surgery |
| **POSITION:** House Surgeon (Intern) | **HOSPITAL:** DHQ/UTH Hospital Gujranwala, Pakistan. |
| I joined surgical unit – 2 DHQ Gujranwala as a House Surgeon. My responsibilities ware to manage preoperative and postoperative patients in ward under supervision. I assisted elective and emergency procedures of General Surgery to my seniors.  I covered outdoor and indoor patients as well as two emergency duties per week. My job was full time, regular and residential. I used to do   * History taking, physical examination and case presentations during ward rounds. * Confidently dealt with all types of surgical emergencies. * Gained experience in post-operative care. * Assisted surgical procedures like Cholecystectomy, Thyroidectomy, Exploratory Laparotomy, Vascular Repair, Right Hemicolectomy, Herniorrhaphy etc. * Performed surgical procedures like Suturing all types of wounds, Appendectomy, Incision and Drainage, Circumcision, Chest Intubation, Venous cut-down etc. | |

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| **CLINICAL SKILLS** | | |
| Medical | Competent | * History Taking * Clinical Examination * IV line placement * Blood Sampling * ABG’s Sampling * Cardiopulmonary resuscitation * Central Venous line placement * Endotracheal Intubation * Nasogastric Tube Insertion * Lumbar puncture * Urinary Catheterization * Ascitic tap |
| Assisted | * Endoscopies |
| Surgical | Competent | * History Taking * Clinical Examinations * Suturing Minor wounds * Preoperative & post-operative care * Incision/drainage of abscess * Circumcision * Caesarean section |
|  | Assisted | * Appendectomy * Suprapubic cystostomy * Mesh Hernioplasty * Exploratory Laparotomy * Mastectomy * Laparoscopic Cholecystectomy |
| Emergency | Competent | * Poisoning management * DKA management |
|  | Assisted | * Management of Multiple Trauma * Chest Tube Insertion * Pericardiocentesis |

**REFERENCES**

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| **Dr. Colin Davenport** Consultant Endocrinologist  colin.davenport@hse.ie  Wexford General Hospital Mobile: +353 87 967 0534 | **Dr. Tom Higgins**  Consultant Endocrinologist  Tom.higgins@hse.ie University Hospital Kerry Mobile: +353 87 677 7727 |