Name: **Mohamed Abdullah Sofi**

MD, FRCP (London); FRCPEdin; FRCSEdin

Marital Status: Married with two (2) children

Nationality: Indian/Permanent Resident Status United Kingdom

Address: Home: Pathan Bagh, Brein

Nishat, Srinagar, Kashmir, India

Work: D-160, Prince Sultan Military Medical City

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**Saudi Commission Professional Registration: No 99-R-M-40**

**Specialty: Neurology Consultant**

**PROFESSIONAL QUALIFICATIONS:**

MBBS Prince of Wales Medical College, Patna, India 1969

MD (Medicine) Prince of Wales Medical College, Patna India 1973

MRCP (UK) United Kingdom 1980

MRCP (Ireland) Republic of Ireland 1981

FRCP (London) Royal College of Physicians London 1990

FRCP (Edinburgh) Royal College of Physicians Edin. 1991

FRCS (Edinburgh) Royal College of Surgeons Edin. 1991

**AWARDS AND DISTINCTIONS:**

Distinction Higher secondary School 1959

Winner school cross country swimming 1961

Second College Mountaineering Expedition 1962

Certificate of merit for charity work (Flood Victims) 1970

National Scholarship Postgraduate Medicine 1972

**CURRENT AND PAST APPOINTMENTS:**

Assistant Professor Medicine 2014 to date

Maarefa Medical College

Advisor//Consultant Academic Affairs & Training 2010 to 2014

Prince Sultan Military Medical City

Consultant Neurologist Riyadh Military Hospital 1987 to 2014

Prince Sultan Military Medical City

Director Centre for Health Studies PSMMC 2008 to 2010

Prince Sultan Military Medical City

Clinical Assistant Professor Medicine King Saud

University, Riyadh Saudi Arabia 1991 to 1995

Associate Director Postgraduate & Academic RMH 1990 to 2008

Prince Sultan Military Medical City

Dean Medical Studies Riyadh Military Hospital 1987 to 1990

Prince Sultan Military Medical City

Clinical Tutor Riyadh Military Hospital 1985 to 1987

Prince Sultan Military Medical City

Consultant Medicine Allied Medical Services 1982 to 1985

**MEMBERSHIP LEARNED SOCIETIES:**

Member Joint Board Postgraduate Medical Education 1988 to 1995

Examiner Royal College of Surgeons Edinburgh 1991 to 2000

Examiner Saudi Neurology Board 1995 to 2014

Member Library Committee Riyadh Military Hospital 1987 to 2014

Member International League against Epilepsy 1995 to 2000

Member Saudi Chapter Epilepsy 1998 to 2014

Member Pan Arab Neuroradiology 1998 to 20114

International Group for Motor Neuron Disease 2000 to 2008

International Brain Research Organization 2001 to 2008

**CAREER PROFILE:**

1. **Internship** (6 Months) – July 1969 – December 1969. SMHS Hospital, Government Medical College, Srinagar, Kashmir, India.
2. **Resident House Officer** (6 Months General Medicine), January 19, 1970 – July 19, 1970. SMHS Hospital, Government Medical College, Srinagar, Kashmir, India.
3. **Resident House Officer** (6 Months General Surgery), July 20, 1970 – January 20, 197. SMHS Hospital, Government Medical College, Srinagar, Kashmir, India.
4. **Fellow Postgraduate Medicine** (2 years 2 months) – February 1971 – April 1973, Prince of Wales Medical College, Patna, India.
5. **Registrar Internal Medicine (**2 years 5 months) – June 23, 1973 – November 10, 1975. SMHS Hospital, Government Medical College, Srinagar, Kashmir, India.
6. **Lecturer Internal Medicine** (1 year 6 months) – November 1975, April 1977, Department of Medicine, Government Medical College, Srinagar.

**United Kingdom**

1. **Locum SHO Medicine** (3 months) – 25 April 1977 – 15 July 1977, Queen’s Park Hospital, Blackburn, Lancashire, UK.
2. **SHO Neurology** (1 year) – 16 July 1977 – 15 July 1978, Preston Royal Infirmary, Preston, Lancashire, UK.
3. **SHO Internal Medicine** (18 months) – 16 July 1978 – 11 May 1980, Blackburn Royal Infirmary, Blackburn, Lancashire, UK.
4. **Registrar Internal Medicine** (2 years) - **12** May 1980 – 11 May 1982, Derby City Hospital, Derby, Derbyshire, UK.

**Saudi Arabia**

1. **Consultant Medicine** (2 years 5 months) – 01 September 1982 - 01 February 1985, Allied Health Care Center, Riyadh Saudi Arabia.
2. **Clinical Tutor Medical Studies** (**2 years**) – 02 February 1985 – 01 February 1987, Medical Studies Department, Riyadh Military Hospital.
3. **Consultant Neurologist** (**26 years**) – 02 February1987 2014, Department of Clinical Neurosciences, Riyadh Military Hospital.
4. **Dean Medical Studies** (**5 years**) – 02 February 1987 – 02 February 1992, Medical Studies Department, Riyadh Military Hospital.
5. **Associate Director Postgraduate & Academic Affairs Department** (**17 years**) – 02 February 1992 – February 01 2008, Postgraduate & Academic Affairs Department, Riyadh Military Hospital.
6. **Director Centre for Health Specialties (2 years)** – 02 February 2008 – February 01, 2010, Department of Centre for Health Specialties, Riyadh Military Hospital.
7. **Advisor/Consultant Academic Affairs & Training (4 years)** – 02 February 2010 to date

###### **TEACHING EXPERIENCE**

**Undergraduate & Postgraduate Teaching Experience:**  **45 years**

* **Has been closely associated with undergraduate and postgraduate teaching throughout my professional career:**
* Didactic lectures in all disciplines of internal medicine
* Bedside clinical teaching for residents and fellows
* Supervised Journal club meetings
* Teaching on ward rounds
* Formulated MCQ’s for Board examinations
* Prepared resource material for learning
* Prepared resource material for OSCE
* Participated in preparatory courses for board examinations
* **Organized Higher Professional Examinations**
* Chief organizer Saudi/Arab Board Certifying Examinations
* Principal organizer FRCS Examination (Royal College of Surgeons of Edinburgh)
* Chief organizer Royal College of Ireland Examinations for Anaesthesia
* Member Faculty of Saudi Examination Boards
* Member Joint Board for Postgraduate Medical Education of Kingdom of Saudi Arabia for higher professional training and continuing medical education.
* Introduced preparatory courses for Saudi/Arab Board Certifying Examinations and for Royal Colleges of the Great Britain for medical and surgical specialties.
* Pioneered Summer Student teaching and training program for medical and dental students of the College of Medicine King Saud University Riyadh, King Fahad Medical University Al Khobar, King Abdul Aziz University Jeddah Kingdom
* Regular member of the teaching faculty for MRCP courses and other preparatory courses for Arab Board and Saudi Board examinations
* Member expert committee for preparing multiple choice questions for Board Certifying Examinations.
* Member of teaching faculty for preparatory courses for FRCS Edinburgh examinations
* Active member on teaching faculty for Saudi Neurology Board
* Visiting lecturer to Institute of Medical Science, Srinagar and other national and international scientific meetings and seminars
* **Examiner Higher Professional Examinations;**
* Examiner Royal College of Surgeons of Edinburgh FRCSEdin Examinations
* Examiner Neurology Board Saudi Commission for Health Specialties
* Examiner Saudi Board & Arab Board Internal Medicine
* Examiner College of Medicine King Saud University Riyadh
* Examiner Neurology/ Internal Medicine Examinations for Government Medical College Srinagar Kashmir India

**BOOKS AND MANUSCRIPTS REVIEWED FOR MEDICAL JOURNALS**

**Saudi Medical Journal**

1. Introduction to Clinical Examination 1985

John Macleod, E.B. French, J.F. Munro

1. Pocket Series for MRCP Part 1

Book 1: Cardiology & Respiratory Medicine

Book 2: Neurology & Psychiatry 1988

1. Pocket Series for MRCP Part 1

Book 3: Gastroenterology, Endocrinology

& Renal

Book 4: Rheumatology, Hematology, &

Infectious Diseases 1988

1. Treatment in Clinical Medicine: Neurological

Disorders

David Parks, Peter Jenner, David Rushton

David Marsden 1989

1. 300 Medical Data Interpretation

For MRCP 3rd Edition

Nick Sawyer, Roger Gabriel 1990

1. Multiple Choice Questions for MRCP

2nd Edition

Pankaj Joshi 1990

1. Living Medicine: Planning Career

Choosing a Specialty

Peter Richards 1991

1. King Faisal University Fellowship

Training Program: an Internal Audit 1991

1. Multiple Choice Questions in Medicine

For MRCP Examination (Part 1) 3rd Edition

P. Bell, B. Collins, D. McCluskey 1993

1. Pastest MCQ Revision Book, 3rd Edition

Philip A. Karla, John Anderson 1993

1. Medicine International Book 4

Richard Hawkins 1995

1. MRCP Part 1 MCQ Practice Exams 1996
2. The Need for Continuing Medical Education

In the Kingdom of Saudi Arabia (Manuscript) 1997

1. Clinical Diagnosis and Management of

Alzheimer’s Disease 2000

1. Betrayal by the Brain

Jay A. Goldstein 2001

1. Hand Book of Ataxia Disorders

Edited by Thomas Klockgether 2001

1. Schizophrenia in Children and Adolescents

Edited by Helmut Remschmidt 2001

1. The Ketogenic Diet: A Treatment for Epilepsy

John M. Freeman, Jennifer B. Freeman,

Millicent T. Kelly 2002

1. Hand and Brain

Edited by Alan M. Wing, Patrick Haggard 2009

**RESEARCH & PUBLICATIONS**

1. **Mohamed A. Sofi** MD; FRCP; FRCPEdin

Bedside mental status examination; Review article

Neuroscience 1999; Vol.4

1. N. Biary; Y. Bahu, **M. A. Sofi**, W. Thomas;

S. M. Aldeeb

The effect of nimodipine on essential tremor

Neurology 1995; 45:1523-1525

1. N. Biary, N. Al Amri, Y. Yaqub, M. **A. Sofi**

Stump and phantom limb dystonia

3rd International congress of Movement Disorders,

Florida, USA 7-12 November 1994

1. N. Biary, Mohamed Tariq, **Mohamed Sofi,**

Saleh Al Deeb

Association between oxidative stress and essential

Tremor (ET) Neurology 50 April 1998

1. N. Biary**, Mohamed Sofi**, Mohamed Tariq,

Williamson Thomas, Saleh M. Al Deeb

Long-term therapy of essential tremor with

Nimodipine.

1. S. Jacob, M.Y. Al Thagafi, N. Biary, H. Hussain,

**M. Sofi,** M. Zulaikha

Neurological failure occurring in patient with fat

Embolism demonstrating no lung dysfunction

Intensive Care Medicine (1996) 22: 1461 – 1468

1. Nabil Biary, Eman Baksh, **Mohamed Sofi**,

Khalaf Al Moutaery Departmnt of Neurosciences,

Riyadh Armed Forces Hospital, Saudi Arabia

Hemidystonia – Hemiatrphy syndrome

1. Neurosarcoidosis Presenting as Essential Tremor

Dr. Khalid Nourein, Dr**. M. A. Sofi** MD, FRCP,

Dr. Nabil Biary MD, Dr. Waleed Khoja MDFRCP Edin.

1. Nabil Biary, MD; **Mohamed Sofi** MD: Basim Yaqub MD;

Saleh Aldeeb MD

The Effect of Baclofen on Essential Tremor

1. Pattern of neurological diseases in Saudis

Saleh M. Al Deeb, MD, FRCP (Glasg), Basim A. Yaqub, MD, FRCP, Sonia Khan, MD, Nabil Biary MD, FAAN, **Mohamed Sofi** MD; FRCP

1. Role of Oxidative Stress in Essential Tremor

N. Biary, M. Tariq, **M. Sofi** and S. Al Deeb

1998 AAN Scientific program

#### PRINCIPAL AUTHOR PRIODICALS

1. Internship Training Manual

Riyadh Armed Forces Hospital Riyadh, Saudi Arabia 1987

1. Guidelines for Arab Board Training Program

Riyadh Armed Forces Hospital, Riyadh Saudi Arabia 1988

1. Postgraduate Medical Education Training Manual

Riyadh Armed Forces Hospital Riyadh, Saudi Arabia 1989

1. Handbook Residency Training Program

RKH Program, Riyadh Saudi Arabia 1990

1. Annual Postgraduate Performance Report

Riyadh Armed Forces Hospital Riyadh, Saudi Arabia 1991

1. Prospectus Postgraduate Training

RKH Program, Riyadh, Saudi Arabia 1993

1. Annual Postgraduate Performance Report

Riyadh Armed Forces Hospital, Riyadh Saudi Arabia 1994

1. Annual Postgraduate Performance Report

Riyadh Armed Forces Hospital Riyadh, Saudi Arabia 1995

1. Residency Training Manual Neurology

Riyadh Armed Forces Hospital, Riyadh Saudi Arabia 1987

1. Residency Training Manual Internal Medicine

Armed Forces Hospital Riyadh, Saudi Arabia 2007

1. Training Manual Profile CHS Centre

Armed Forces Hospital Riyadh, Saudi Arabia 2009

**PLATFORM & POSTER PRESENTATION AT NATIONAL & INTERNATIONAL CONFERENCES**

1. **Analysis of therapeutic options for myasthenia gravis RKH experience**. **XIV World Congress of Neurology. New Delhi, India, October 1989.**

**M. Sofi,** N.Biary, M.Tariq S.M Al-Deeb

1. Evidence for Systemic Oxidant Stress in Parkinson’s Disease

5th International Congress of Parkinson’s Disease and Movement Disorders,

New York, USA, 10-14 October 1998**. M. Sofi;** S.M Al Deeb

1. **Multiple sclerosis in Arabian Peninsula RKH Experience. XV** **World Congress** of **Neurology**: **Vancouver**, Canada,   
   September 5-10, 1993**. M. Sofi**, B. Yaqub, S.M Al Deeb
2. **Intracranial Melanocytosis with Malignant Intracranial Hypertension**. **XVI World Congress** of **Neurology**. Buenos Aires, **Argentina**, September 14-19,   
   1997**. M.Sofi**, N. Biary, S.M Al Deeb.
3. **Motor neuron disease and varients RKH experience. XVII World Congress** of **Neurology. London, June 17 – 22, 2001. M. Sofi**, B. Yaqub, N. Biary
4. **Update on Parkinson’s disease. 10th International Advanced Medicine Symposium**. Riyadh, KSA, 27 -29 November 2006.

1. **Update: Al Zheimer’s Disease: 11th International Advanced Medicine Symposium**. Riyadh, Saudi Arabia 16 -18 November 2008.
2. **Impact of dementia disorders in urban Saudi society: 16th Annual Saudi Neuroscience Symposium**. Riyadh, KSA, 21 – 24 January 2008.
3. **Clinical approach to peripheral nerve disorders: 2nd Basic Neuroscience Course (Peripheral Nervous System**). Riyadh, KSA

1. **“Achieving Program Objectives” First Developmental course. Riyadh Saudi Arabia. 5 – 9 May 2012**
2. **Clinical approach to rapidly progressive dementias: 11th International conference on Al Zheimer’s & Parkinson’s Diseases. March 6 -10 2013 Florence, Italy**
3. **Brief on neurodegenerative disorders: Second Neurological Nursing Course, PSMMC, Riyadh, KSA, 1 -2 September 2013.**

**Community Services**

Active member/chairperson in fund raising for charitable organizations

1. Orphanage & Socially deprived persons
2. Disaster Victims

**Reference: On demand**