

Contact: +923177000275
+923350178919

Email: rafiatahirrandhawa@gmail.com

Rafia Tahir

Professional Summary: *Dedicated and experienced health care professional with a diverse background in medical education and clinical practice. Skilled in enhancing student engagement through interactive teaching methods. Strong communicator of complex physiological concepts. Committed to delivering high-quality patient care and contributing to organizational growth.*

Work Experience

✧ **Postgraduate resident, MPhil Physiology** (December 2021-June 2024)

Postgraduate Medical Institute,
Lahore General Hospital,
Ameer ud din medical college,
Lahore.

- Conducted tutorials and practical sessions for undergraduate students.
- Contributed to medical research on ongoing projects.
- Prepared teaching materials such as presentations, handouts, and lab manuals.
- Created lessons and online testing materials for remote learning.
- Evaluated students through oral examinations.
- Conducted and assessed Objective Structured Practical Examinations. (OSPEs)
- + Collaborated with faculty members for effective teaching strategies.

✧ **Demonstrator of Physiology** (June 2021-December 2021)

University of Medical & Dental College (UMDC), Faisalabad.

- Created personalized lesson plans.
- Contributed to curriculum development and revision.
- Conducted laboratory sessions and demonstrated techniques.
- Mentored students on academic pursuits and career aspirations.
- Encouraged student participation through interactive teaching methods.
- Prepared assessments such as MCQs & Short Essay Questions.
- Responded to student requests for specific information.

✧ **House Physician/House Surgeon** (April 2020-April 2021)

Allied/District Head Quarter Hospital, Faisalabad.

Main roles served included:-

- Initial patient assessment, admission and management in internal and emergency medicine departments.
- Interpreting common abnormalities with diagnostic tests such as X-rays, blood tests, and ECGs.
- Basic medical techniques: Urinary catheterization, Insertion of Nasogastric tube, Obtaining Blood samples, Arterial blood gas (ABG) sampling,

Safe Placement of Central Line (CVP), setting up and administering oxygen to a patient.

- Monitoring and management of patients on dialysis.
- Performing surgical scrubbing, wound care, suturing of minor wounds and removal of sutures.
- Operation Theatre Assistant Surgeon.
- Diagnosis and treatment of patients under the supervision of senior physicians.
- Providing patients with pre- and post-operative care.
- COVID Ward Management.
- History-taking & physical examination.
- Liaising daily with staff including health care professionals, nurses, pharmacists & non-medical management staff.

- Writing reports & maintaining records.
- Supervision of medical students during clinical rotations.
- Ophthalmic history-taking and patient assessment.
- Basic ophthalmic procedures such as foreign body removal.
- Patient Counselling & Education about: disease prevention, investigation, therapy & life style modifications.

Education and Qualifications

✧ **MPhil part 1 (Physiology) (2024)**

Postgraduate Medical Institute, Lahore

✧ **MBBS (2020)**

Punjab Medical College, Faisalabad

✧ **Intermediate & Secondary Education (Pre-Medical) (2014)**

Board of Intermediate & Secondary Education, Faisalabad.

✧ **O levels: Science Subjects (JUNE 2011)**

Faisalabad Grammar School, Faisalabad

Cambridge International Examination (CIE) of University of Cambridge.

Professional Memberships & Certifications

✧ Member of Pakistan Physiological Society

Research Works

✧ “Knowledge of Salon Workers Regarding Transmission and Preservation of Hepatitis B and C at UC-70 Faisalabad.”(2018)

Skills

- | | | |
|-----------------------|--------------------------------|-----------------------------|
| ✧ Ward Management | ✧ Basic medical skills | ✧ Primary health care |
| ✧ Patient counselling | ✧ Research & Analytical Skills | ✧ Student-Centered Teaching |

ACADEMIC AWARDS

✧ O’Levels Brilliance Award “2011” 9A*s

✧ O’levels 1st position 2011, Faisalabad Grammar School, Faisalabad.

✧ Certificate of honour for winning Consolation prize in National Essay Competition on Water Conservation by Pakistan Council of research in water resources, UNDP (United Nations Development Programme), Pakistan

CERTIFICATIONS

✧ Certificate of Attendance of Gastrohepatology workshop by Familycon, 33rd Annual International Conference on Family Medicine 27, 28, 29 October, 2023

✧ Certificate of Appreciation as front line warrior in COVID-19 pandemic, Allied Hospital, Faisalabad

✧ Certificate of participation in Cardiopulmonary resuscitation workshop, 23 September, 2019

✧ Certificate of participation in Forensic Day, 2016 in PMC, Faisalabad by Pakistan Society of Forensic Medicine & Toxicology

Interests and Co-Curricular Activities

- | | | |
|-----------------------------|----------------------|------------------|
| ✧ Badminton | ✧ Listening to Music | ✧ Reading Novels |
| ✧ Watching Movies & Seasons | ✧ Travelling | |

Languages

- ✧ English ✧ Urdu ✧ Punjabi