

# Rafia Tahir

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## Professional summary

Dedicated and experienced healthcare 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.

## Employment history

### **Postgraduate Medical Institute, Lahore General Hospital, Ameer-ud-din Medical College | Postgraduate Resident, M.Phil Physiology | Lahore**

*Dec 2021 - Jun 2024*

- Lead tutorials and practical sessions for undergraduates, enhancing their understanding of physiology.
- Contributed to ongoing medical research projects, advancing knowledge in the field.
- Developed and prepared teaching materials, ensuring comprehensive and engaging content.
- Created and administered online lessons and tests, facilitating remote learning.
- Evaluated students through oral exams and OSPEs, ensuring thorough assessment of their skills.

### **University of Medical & Dental College (UMDC) | Demonstrator of Physiology | Faisalabad**

*Jun 2021 - Dec 2021*

- 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.

### **Allied/District Head Quarter Hospital | House Physician/House Surgeon | Faisalabad**

*Apr 2020 - Apr 2021*

- 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.
- 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 healthcare 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 & lifestyle modifications.

## Education

**Postgraduate Medical Institute, Lahore | M.Phil part 1 Physiology**

*Dec 2021 - Jun 2024*

**Punjab Medical College, Faisalabad | MBBS**

*2020*

**Board of Intermediate & Secondary Education, Faisalabad | Intermediate & Secondary Education (Pre-Medical)**

*2014*

**Faisalabad Grammar School, Faisalabad | O levels: Science Subjects**

*Jun 2011*

## Courses

**FrieslandCampina Institute | Webinar Lactose intolerance : Insights and management strategies**

*25 June 2024*

**Familycon | Gastrohepatology workshop**

*Oct 2023*

**Cardiopulmonary resuscitation workshop**

*Sep 2019*

## Skills

Ward Management	Basic medical skills
Primary healthcare	Patient counselling
Research & Analytical Skills	Student-centered Teaching

## Languages

English	Urdu
Punjabi	

## Hobbies

Playing Badminton	Listening to Music	Watching Movies & Seasons
Reading Novels	Travelling	

## Professional Memberships

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)

## **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 Appreciation as front line warrior in COVID-19 pandemic, Allied Hospital, Faisalabad.
- Certificate of participation in Forensic Day held by Pakistan Society of Forensic Medicine & Toxicology in Faisalabad on 27 February, 2016.