

## SAIMA SAEED

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### Personal Statement

Passionate about Lung Health, I have a special interest in all aspects of chronic lung disease from pre-hospital non-communicable disease prevention to impacting quality of life and mortality through evidence-based interventions in emergency, in-patient or out-patient care. Clinical initiatives I recently developed have matured to become an ideal platform for further clinical research. These include obstructive lung disease diagnostics through integration of spirometry services within primary care (10,000+ referrals), pulmonary rehabilitation for chronic lung disease (200+ patients completed) and joint pulmonary-rheumatology clinic services. Additionally, I have created 'Voices against Tobacco' to provide a youth-based advocacy platform for improving tobacco control measures. I have experience in both bench and clinical trials research with various local, national and international clinical research activity.

### Work Experience

Jan 2024 to date **Head of Pulmonology**

*The Indus Hospital, Korangi Campus*

July 2017 to date **Director, Lung Health Program & Consultant Pulmonologist**

*Indus Hospital & Health Network, Pakistan*

Oct 2016 – Dec 2016 **Consultant in Respiratory & General Internal Medicine**

*Doncaster and Bassetlaw Teaching Hospitals, South Yorkshire*

Oct 2007 - Oct 2016 **Specialty Registrar in Respiratory & General Internal Medicine**

*Yorkshire Deanery - South*

Sep 2011 - Sep 2013 **Medical Research Council awarded Clinical Research Fellow**

*University College London*

July 2007 - Oct 2007 **Registrar in Respiratory and General Internal Medicine**

*Charing Cross Hospital, London*

May 2007 - July 2007 **Registrar in Intensive Care Medicine**

*University College Hospital, London*

May 2006 - May 2007 **Senior House Officer Anaesthetics & Clinical Fellow Cardiothoracic ICU**

*St George's Hospital, London*

Nov 2005 - May 2006 **SHO Intensive Care Medicine**

*Queen Elizabeth Hospital, London*

Feb 2005 – Aug 2005 **SHO Respiratory Medicine**

*The Royal Brompton Hospital, London*

Aug 2002 - Feb 2005 **SHO Rotation in Geriatrics, Cardiology, Oncology, Endocrine, Gastro**

*Maidstone District General Hospital, Kent*

Feb 2002 - Aug 2002 **Pre-Registration House Officer, Vascular & General Surgery**

*The Royal Devon and Exeter Hospital*

Aug 2001 - Feb 2002 **Pre-Registration House Officer, Respiratory & General Medicine**

*The Royal London Hospital, Whitechapel*

### Education

2022 **Fellow of the Royal College of Physicians**, London

2016 **Certificate of Completion of Specialist Training in Respiratory & General Internal Medicine** Postgraduate Medical and Dental Training Board, UK

2009 **MSc Clinical and Experimental Medicine** University College London, UK

2008 **Certificate in Clinical Education** University of Edinburgh

2006 **MRCP (UK)** Royal College of Physicians, London

2001 **MB BS** St Bartholomew's and the Royal London Medical School, University of London

**Research Experience**

**2024** PI: Enhancing Healthcare Resilience: addressing mortality patterns in response to air quality, heatwaves and flood in Pakistan. A mixed methods study to determine in-hospital mortality characteristics (Amnesty International)

**2023** Site PI: A Phase 3, multicenter, randomized, double-blind, 24-week study of the clinical and antiviral effect of S-217622 compared with placebo in non-hospitalized participants with COVID-19 "Activ\_2D\_A5407" (Shionogi & Co, Ltd, Japan).

**2022** Country PI: Implementation research on the tailored, multidisciplinary NCD prevention package FRESHAIR4Life: Targeting tobacco and air pollution exposure in mid- to late adolescents in disadvantaged populations (GACD Consortium, EU Horizon)

**2021** Site PI: A Phase III Randomised, Double-blind, Placebo-controlled Clinical trial to Determine the Safety and Efficacy of ZF2001, a Recombinant Coronavirus Vaccine for prevention of Covid-19 (Anhui Zhifei Longcom Biopharmaceutical)

**2021** Co-PI: The Pragmatic Observation of Labour, Exercise Tolerance and Respiratory Impairment after Treatment of TB. MI-4 Seed Fund Grant (McGill University)

**2020** PI: Post COVID19 Lung Health Study: Respiratory and cardiac function following moderate-severe COVID pneumonia (Indus Hospital)

**2019** Co-PI: Implementing smoking cessation in TB clinics – engagement with a private healthcare provider in Pakistan (GCRF – IAA with University of York, UK)

**2012-2015** Registered for PhD – thesis due. Topic: Effect of stimulating mitochondrial biogenesis on skeletal muscle function following critical illness. Lab skills: qPCR, histology, Western Blotting and *in vivo* techniques. Awarded prize for Best Upgrade presentation 2013

**2008** Merit-based student bursary award for Masters at University College London. Research topics included 1. Retrospective review of post thoracotomy lung cancer recurrence 2. Local inflammatory profiles due to leptin receptor deficiency in sepsis 3. Clinical Utility of two murine models of sepsis

**2001** Medical internship at Centres for Disease Control and Prevention (CDC), USA for compilation and analysis of nationwide TB contact tracing reports and study member at JFK airport for evaluation of carriage of *Neisseria meningitides* W135 in returning Hajj population

**Other relevant experience**

**2024** Co-chair (Scientific) Indus biennial medical conference, ICON

**2024** Chair, IHHN Institutional Review Board

**2020** Chair of the Scientific Committee, Indus biennial medical conference, ICON

**2017/18** Clinical Initiatives at TIH: (1) Initiation of joint pulmonary-rheumatology services (2) integration of spirometry diagnostics and nurse-led care in primary care (3) multidisciplinary pulmonary rehabilitation

**2012-2016** Medical Member of the Social Entitlement Chamber, Ministry of Justice, UK  
This merit-based appointment (fee-paid) in the Tribunal Service heard and determined individual appeals against the Department of Work and Pensions regarding medical disability claims in conjunction with a Tribunal Judge.

**Advocacy Grants**

**2024** PI: Influencing policy to enhance tobacco control in Pakistan (Campaign for Tobacco Free Kids, Bloomberg Initiatives, USD 51,000)

**2022** PI: Influencing policy to enhance tobacco control in Pakistan. (Campaign for Tobacco Free Kids, Bloomberg Initiatives, USD 60,474)

**2020** PI: Influencing policy to enhance tobacco control in Pakistan. (Campaign for Tobacco Free Kids, Bloomberg Initiatives, USD 50,853)

## Publications

The FRESHAIR4Life study: Global implementation research on non-communicable disease prevention targeting adolescents' exposure to tobacco and air pollution in disadvantaged populations.

Hoffman CM, Versluis A, Chirila S, Kirenga BJ, Khan A, **Saeed S**, Sooronbaev T, Tsiligianni I, Arvind DK, Bauld LC, van den Brand FA, Chavannes NH, Pinnock H, Powell PD, van der Schans J, Siddiqi K, Williams S, van der Kleij MJJR. NPJ Prim Care Respir Med. 2024 Jun 4;34(1):14. doi: 10.1038/s41533-024-00367-w.

Task-shifting in asthma and chronic obstructive pulmonary disease management: A review of the obstructive lung disease program.

Siddiqui M, Khan F, **Saeed S**. Pak J Med Sci. 2024 Jan;40(2(ICON Suppl)):S42-S46. doi: 10.12669/pjms.40.2(ICON).8945.

Harnessing Pakistan's youth for tobacco control.

**Saeed S**, Zeeshan K, Khan F. Pak J Med Sci. 2024 Jan;40(2(ICON Suppl)):S107-S108. doi: 10.12669/pjms.40.2(ICON).8953.

Artificial intelligence-reported chest X-ray findings of culture-confirmed pulmonary tuberculosis in people with and without diabetes.

Geric C, Majidulla A, Tavaziva G, Nazish A, **Saeed S**, Benedetti A, Khan AJ, Ahmad Khan F. J Clin Tuberc Other Mycobact Dis. 2023 Mar 30;31:100365. doi: 10.1016/j.jctube.2023.100365. eCollection 2023 May.

Neutralizing Antibody Response to BBIBP-CorV in Comparison with COVID-19 Recovered, Unvaccinated Individuals in a Sample of the Pakistani Population.

Aijaz J, Hussain S, Naseer F, Kanani F, Anis S, Sarfaraz S, **Saeed S**, Farooq H, Jamal S. Vaccines (Basel). 2022 Apr 28;10(5):692. doi: 10.3390/vaccines10050692.

Diagnostic accuracy of a commercially available, deep learning-based chest X-ray interpretation software for detecting culture-confirmed pulmonary tuberculosis.

Tavaziva G, Majidulla A, Nazish A, **Saeed S**, Benedetti A, Khan AJ, Ahmad Khan F. Int J Infect Dis. 2022 Sep;122:15-20. doi: 10.1016/j.ijid.2022.05.037. Epub 2022 May 18.

The Obstructive Lung Diseases Program: Integrated obstructive lung disease services within primary care in Pakistan.

**Saeed S**, Siddiqui M, Altaf R. Pak J Med Sci. 2022 Jan;38(2):334-339. doi: 10.12669/pjms.38.ICON-2022.5781.

Voice against tobacco: A call for integrated action for effective change.

**Saeed S**, Shahroz IM, Khan SU, Agha AA. Pak J Med Sci. 2022 Jan;38(2):436-437. doi: 10.12669/pjms.38.ICON-2022.5788.

Disarray in tobacco taxes: a physician's perspective. **Saeed S** Published in The Express Tribune, Oct 11, 2021

Measuring fidelity to delivery of a new smoking cessation intervention integrated into routine tuberculosis care in Pakistan and Bangladesh: Contextual differences and opportunities.

Boeckmann M, Dogar O, **Saeed S**, Majidulla A, Swami S, Khan A, Siddiqi K, Kotz D. Tob Induc Dis. 2021 Apr 8;19:24. doi: 10.18332/tid/133054. eCollection 2021.

Chest x-ray analysis with deep learning-based software as a triage test for pulmonary tuberculosis: a prospective study of diagnostic accuracy for culture-confirmed disease.

Khan FA, Majidulla A, Tavaziva G, Nazish A, Abidi SK, Benedetti A, Menzies D, Johnston JC, Khan AJ, **Saeed S**. Lancet Digit Health. 2020 Nov;2(11):e573-e581. doi: 10.1016/S2589-7500(20)30221-1. Epub 2020 Oct 19.

ICON 2020 Supplement.

**Saeed S**, Shaikh QUA. Pak J Med Sci. 2020 Jan;36(1):S3. doi: 10.12669/pjms.36.ICON-Suppl.1729.

Metabolic phenotype of skeletal muscle in early critical illness.

Puthuchery ZA, Astin R, Mcphail MJW, **Saeed S**, Pasha Y, Bear DE, Constantin D, Velloso C, Manning S, Calvert L, Singer M, Batterham RL, Gomez-Romero M, Holmes E, Steiner MC, Atherton PJ, Greenhaff P, Edwards LM, Smith K, Harridge SD, Hart N, Montgomery HE. Thorax. 2018 Oct;73(10):926-935. doi: 10.1136/thoraxjnl-2017-211073. Epub 2018 Jul 6.

Impact of ghrelin on body composition and muscle function in a long-term rodent model of critical illness.

Hill NE, Murphy KG, **Saeed S**, Phadke R, Chambers D, Wilson DR, Brett SJ, Singer M. PLoS One. 2017 Aug 10;12(8):e0182659. doi: 10.1371/journal.pone.0182659. eCollection 2017.

Detailed characterization of a long-term rodent model of critical illness and recovery.

**Saeed S**, Hill HE, Phadke R, Ellis MJ, Chambers D, Wilson DR, Castells J, Morel J, Freysenet DG, Brett SJ, Murphy KG, Singer M. Crit Care Med. 2015 Mar;43(3):e84-96. doi: 10.1097/CCM.0000000000000854.

Mitochondria – Key Roles in Sepsis. **Saeed S**, Singer M. Resuscitation. 2013 22:S352-S358

Measurement of H<sub>2</sub>O<sub>2</sub> within living Drosophila during aging using a ratiometric mass spectrometry probe targeted to the mitochondrial matrix.

Cochemé HM, Quin C, McQuaker SJ, Cabreiro F, Logan A, Prime TA, Abakumova I, Patel JV, Fearnley IM, James AM, Porteous CM, Smith RA, **Saeed S**, Carré JE, Singer M, Gems D, Hartley RC, Partridge L, Murphy MP. Cell Metab. 2011 Mar 2;13(3):340-50. doi: 10.1016/j.cmet.2011.02.003.

Towards evidence based emergency medicine: best BETs from the Manchester Royal Infirmary. Auscultating to diagnose pneumonia.

**Saeed S**, Body R. Emerg Med J. 2007 Apr;24(4):294-6. doi: 10.1136/emj.2007.047845.

Severe Asthma in the Workplace.

**Saeed, S.** Thorax 2007; 62: 218

Perioperative Care & Anaesthetics (Book chapter)

**Saeed, S.** Essential Revision Notes for Medical Students. Pastest Ltd.

**Abstracts:  
Poster & Oral  
Presentations**

**2024**

**Bloomberg Initiative to Reduce Tobacco: Pakistan Partner Meeting**

Multi-disciplinary Stakeholder Engagement for Influencing Positive Policy Change

**12<sup>th</sup> International Primary Care Respiratory Group World Conference**

Age, Gender, and Occupational Patterns in the Burden of Obstructive Lung Diseases: An Epidemiological Perspective

Managing the Impact of Chronic Respiratory Diseases (CRDs) through Pulmonary Rehabilitation (PuRe) in Pakistan: A Path to Better Respiratory Health

Strengthening prevention and management delivery services for chronic respiratory diseases in primary care

**15<sup>th</sup> Biennial ChestCon, Pakistan Chest Society**

Prevalence of treatable traits in chronic airway diseases in Pakistan

Characteristics of Patients Presenting to a Pulmo-Rheumo Clinic in a Tertiary Care Hospital in Pakistan: A Retrospective Review

**Healthy Futures: Preventing NCDs in Young Hearts and Minds: An International Conference, Aga Khan University**

Youth-Led Advocacy on Tobacco Control: Empowering the Next Generation

Visual Narratives: Exploring Youth Perspectives on Tobacco Use Through Photovoice

**ICON '24: 7<sup>th</sup> Biennial Conference of Indus Hospital and Health Network**  
Community Engagement for Tobacco Control in Pakistan

**2023**

**Bloomberg Initiative to Reduce Tobacco Use: International Partner Meeting**  
Advocacy strategies to support tobacco control in Pakistan

**British Thoracic Society, Winter Conference**

Clinical outcomes of an integrated Obstructive Lung Disease Program in Pakistan

**13<sup>th</sup> International Public Health Conference, Health Services Academy**

Incorporating preventive strategies in the management of chronic respiratory diseases in primary healthcare

Exploring Perceptions on Tobacco Control Measures in Karachi's Marginalized Communities: A Public Health Imperative

**3rd International Public Health Conference, Khyber Medical University**

A systematic expansion of the Obstructive Lung Disease (OLD) Program in Pakistan

Advocacy on Tobacco control via Community Engagement

**2022**

**Bloomberg Initiative to Reduce Tobacco: Pakistan Partner Meeting**

Youth advocacy channeled through focused platforms influences positive policy changes

**ICON '22: 6<sup>th</sup> Biennial Conference of Indus Hospital and Health Network**

Impact of Pulmonary Rehabilitation on patients with COPD and post Tuberculosis

**2021**

**British Thoracic Society, Winter Conference**

Factors influencing patient attendance of a pulmonary rehabilitation program in resource-scarce settings

Joint Pulmonary-Rheumatology Clinic in low-resource settings: A one-year experience

**2020**

**European Respiratory Society International Congress**

Impact of a pulmonary rehabilitation service on functional capacity and quality of life in resource-scarce settings

**The Union, 52<sup>nd</sup> World Conference on Lung Health**

Integration of obstructive lung disease diagnostics into primary care in limited-resource settings: Is there a cost advantage?

Effectiveness of e-curriculums in educating healthcare professionals on obstructive lung diseases in low-middle-income-countries

**ICON '20: 5<sup>th</sup> Biennial Conference of Indus Hospital and Health Network**

Integration of respiratory diagnostics in primary care: Obstructive Lung Disease program

Patient reported outcomes and nursing-led education for chronic respiratory diseases

Multidisciplinary and patient-centered care through pulmonary rehabilitation services

**2013**

**26<sup>th</sup> Annual Congress of the European Society for Intensive Care Medicine**

The effect of exercise on muscle function recovery in a rat model of inflammation

**2012**

**25<sup>th</sup> Annual Congress of the European Society of Intensive Care Medicine**

Changes in exercise capacity and muscle function in a recovery in a rat model of inflammation

**2010**

**ATS 2010 International Conference, American Thoracic Society**

A Retrospective Study Of Disease Recurrence Post Thoracotomy For Non-small Cell Lung Cancer

**30<sup>th</sup> International Symposium on Intensive Care and Emergency Medicine**

Clinical severity and local inflammatory responses in animal models of sepsis

**2007**

**ASME Annual Scientific Conference**

A Case Study in the Use of High-Fidelity Simulation in Self-Assessment

**Professional  
Affiliations**

Royal College of Physicians, London

British Thoracic Society

Pakistan Chest Society