

Curriculum Vitae

Personal Information

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Academic Qualifications

MBBS, MSc. Clinical Research (AKU), FCPS (Family Medicine), MRCP UK-int, PhD (Health Sciences)

Experience

Designation	Organization	Responsibilities
<i>Founding Director, College of Family Medicine and Public Health</i>		Establish the college, develop training programs and academic curriculum . Facilitate for national and international affiliation of programs
<i>Prof. and Consultant Family Medicine</i>	Indus Hospital and Health Network (IHHN) Nov 2021-present (full time)	Promoting academics, training and research at primary care level to improve quality of services Supervising academics and research activities by faculty at IHHN campuses . Patient care and post-graduate training
<i>Interim Chair, ORIC</i>	Indus Hospital and Health Network August 2022-Oct 2022	Facilitating, teaching and training research. Collaborating and providing a platform for clinical research and publications by working as a link between clinicians and research
<i>Consultant Family Medicine</i>	Ziauddin University Jan 2021- present	Part time Consultant Family Medicine
<i>Professor and Head of the Department, Family Medicine, Staff</i>	Liaquat National Hospital and Medical College	Establishing and managing dept. of family medicine in campus and outreach Assisting in capacity building for family medicine in collaboration.

<i>clinic and Senior Citizens unit (Founding Chair)</i>	Nov 2020-Sep 2021	Initiating and promoting preventive medicine, lifestyle and wellness clinics at LNH. Initiation and Recognition of primary care journal by HEC.
<i>Associate Professor and Head of the Department, Family Medicine, Staff clinic and Senior Citizens Primary care unit</i>	Liaquat National Hospital and Medical College Oct 2017-Oct 2020	Expansion of primary care in outreach areas Expanding FM services in outreach Establishing Senior Citizens unit Supervising healthcare provision to 4500 LNH employees and their families. Initiating a primary care journal (LNJPC) and acting as chief editor Member of publication committee, Institutional Research review board, Academic council, Quality control committee and PGME committee.
<i>Assistant Professor and HOD, Family Medicine</i>	Liaquat National Hospital and Medical College Oct 2015-Oct 2017	Obtained ISO certification for department. Establishing and leading Family Medicine department and services in campus, establishing outreach services family medicine and primary care nursing service including promotion, expansion and administration. Teaching, training initiating and establishing undergraduate FM teaching and post graduate residency program. Primary care research and promotion of research activities at undergraduate and post graduate level. Patient care in LNH and outreach services, peer audit and conducting CMEs and audits to improve services.
<i>Director, Office of Research Innovation and Commercialization (ORIC) and Asst. Professor Family Medicine</i>	Ziauddin University Feb 2015-Aug 2015	Manage and enhance the research activities of the university, develop research policies and priorities, and serve as an effective advocate for research within the university and to its broader community of stakeholders and supporters in collaboration with HEC Patient care , under grad and post grad teaching and Primary care research
<i>Deputy Director Quality Enhancement Cell and Asst. Professor, Family Med</i>	Ziauddin University, Karachi Jan 2011-May 2013	Program review and evaluation , facilitation in developing self-assessment reports for diploma and degree programs, post graduate teaching and collaboration with Higher Education Commission. Patient care, under grad and post grad teaching and Primary care research

<i>Lecturer Family Medicine</i>	Aga Khan University Hospital, Karachi Oct 2009-May 2016	Patient care, teaching, medical audit, vaccinations, IUCD insertions, small procedures, CME and Research
<i>Medical Director</i>	Feesabilillah Healthcare (primary healthcare) 2019- 2023	Established, inducted human resource, supervising and coordinating clinics, EMR, start-up of basic labs, ultrasound and free medications

Competencies

Research

- **Supervising and conducting community and clinical research** with multidisciplinary teams, developing protocols, writing grants and collaborating research activities with national and international researchers as principal investigator.
- Enhancing institutional research activities through designing **research courses**, training of undergraduates and post graduates in research methodology, writing a manuscript and publishing in local and international journals. Further, helping them to conduct clinical research abiding to principles of research ethics.
- **Devising policies and protocols** of research and Public Health Programs including Bachelors, MPhil and PhD.
- Launching a scientific journal and getting it indexed and obtaining HEC recognition

Research Interests:

- Non-communicable diseases and mental health
- Education in Primary care
- Primary Healthcare, Health promotion and disease prevention
- Clinical trials

Clinical service, Administration and Academics

- Develop **clinical and training programs for other primary care** specialties like public health, community health workers, nursing, mental health
- Developing **Family Medicine curricula** for training courses, diploma and degree programs
- **Establishing and reforming departments, new services and training programs.**
- **Lead and supervise administrative staff, medicine and allied faculty** for primary and community care (outreach).
- Organizing and conducting **screening and health awareness programs for all age groups**, in schools, colleges, universities and communities.

- Provide **Family Medicine consultation** to patients of all age groups in OPD and through tele health.
- Establishing, supervising, standardizing and promoting Family medicine/ **primary health care services** in the community. Provision of primary health care including preventive medicine, health education and promotion.
- Obtain and maintain **ISO certification** of family medicine department
- Establish **EMR for primary care and family medicine**
- Develop **E-Health/tele-health** strategies and support advancement in clinical data entry to facilitate **clinical audits** and other research activities.
- **Supervise training** of healthcare professionals in family medicine
- Conducting national and international CME in **collaboration** with other sub-specialties.
- Supervise, devise **strategies and policies for clinical audit.**
- Organizing and supervising **flood relief camps (disaster management)**

Academic and Teaching Experience

- **Director Academics and Principal**, College of Family Medicine and Public Health, May 2022- present
- **Faculty of Family Medicine, CPSP**, 2017 till date. **Secretary CPSP** since 2020 and **Dean** since June 2023
- On **Expert** panel of **CPSP-RACGP collaboration** task force for Family Medicine Training since 2023
- **Founding and Course Director, MRCGP int training** at Indus College of Family Medicine and Public Health, IHHN Oct 2022- present .
- **Founding and Course Director, Family Medicine practice training (FMPT)**, IHHN, Feb 2022-present
- **Founding and Course Director, Clinical Research Training series (IHHN, CRT)**, IHHN, April 2022- present
- **Convenor, paper/OSCE setter and Examiner**, FCPS, MCPS, MRCGP international and undergraduate clinical exams.
- **Launched** a blended learning “**Train the Trainers course**” for Family Physicians with National and International Speakers. Feb 2023
- **Adjunct Faculty**, University of Lahore Sep 2022- present
- **Established collaboration** with SINA Primary care NGO and Al-Khidmat network for capacity building in Family Medicine.
- Course Director, 100 CME hours **in Family Medicine.**
- Launched and Facilitated “**online Manuscript writing course**”
- Launched and Facilitated “**online Protocol development course**”
- **CPSP approved supervisor** for MCPS and FCPS training, 2016 till date.
- Course Director “**Primary care Nursing Course**” at LNHMC 2019
- Chair, **Undergraduate Research Committee**, Liaquat National Medical College, July 2017 till 2021.

- Faculty for “**MCPS course for General Physicians**” in collaboration with Faculty of Family Medicine, Pakistan and Liaquat National Hospital and Medical College, Feb 2017 till 2019.
- Conducting quarterly online **Workshops on “SPSS and Endnote” software**.
- **Undergraduate teaching** in Liaquat National Medical College, 2015 till date.
- *Examiner, MD Family Medicine*, Dow University of Health Sciences. Feb 2018
- *Examiner, DFM*, Ziauddin University
- Conducted **Research Methodology workshops and training sessions** for MPhil/PhD candidates, Ziauddin University, 2015.
- **Undergraduate and Post graduate teaching** (conducting sessions, facilitation in clinics and clinical skills development of students and trainees) in Ziauddin University and Aga Khan University 2009-2015.
- Conducted **MRCGP international Workshops** in College of Family Medicine, Pakistan 2013 till date.
- **Examiner and Paper Setting** of FCPS and MCPS exams since June 2014.
- Conduction of **Communication Skills Workshop** for MRCGP Training.
- Prepared **MCQs and OSCE cases** for MRCGP international exams.
- **OSCE examiner and Exam coordinator** for MRCGP international exams.
- **OSCE and Honors viva examiner** of undergraduate students (MBBS) AKUH.
- Course Director for “**Developing a Quality Synopsis for Research**” conducted in Ziauddin University for M Phil and PhD students 2013.
- Conducted **evaluation of MBBS undergraduate exams at Ziauddin University**, 20

Research Contributions

On Editorial Board of

Integrated Healthcare Journal,(British Medical Journal) (BMJ) 2020-2023

Founding Editor

Liaquat National Journal of Primary care - launched and obtained HEC recognition for the journal 2019-2021

Editor

Liaquat National Medical College Magazine 2019-2021

Publications

Scientific Journals

1. Madiha A. Faridah A., Shaista S, Salima M..... Evaluation of an Online '**Train the Trainers**' Course for **Family Physicians** in Pakistan: Expectations vs Reality.JFMPC. May 2024
2. Faridah A., Sharif S, Patel N, Ata M. The Chat GPT Develops Multiple Choice Questions (MCQs) for Postgraduate Specialty Assessment – A Reality or a Myth? Pak J. Neu Sur. Mar2024.
3. Faridah A., Madiha A. Fahad A. Equity, diversity, and inclusion in medical education in Pakistan: Navigating a complex landscape. *MedEdPublish*. Dec 2023
4. Maaha U, Faridah A, Rabeeya S et al. Nutritional status and its associated factors among the geriatric population in outpatient clinics of a tertiary care hospital in Karachi, Pakistan. *JFMPC*. Feb 2024.
5. Maaha U, Rabeeya S, Faridah A, et al. "Functional Independence among a Geriatric Population in Karachi, Pakistan: A Cross Sectional Study". *The Professional Journal*. 2023 Aug.
6. Faridah A, Rashid MA. Enhancing family medicine training to build capacity in Pakistan: a call for action. *Education for Primary Care*. 2023 May 11:1-4.
7. Faridah A, Imran M,Diabetes and its associated factors: A Retrospective cohort analysis of a large database at Indus Hospital Health Network. *PJMS*.Dec 2023
8. Ali Z, Saeed R, Kanwal F, Faridah A, Durrani N, Abdullah A. Self-Medication Among the Elderly and Factors Associated with It. *Journal of Bahria University Medical and Dental College*. **2023**;13(01):18-23.
9. Zaheer A., Faridah A., Maha U. A case of Subclavian Artery Thrombosis in Primary care. *PriMera Scientific Surgical Research and Practice*. Jan 2023

10. Faridah A, Luxmi S, Ali F, Fareeduddin M. Flood 2022 in Pakistan: Managing medical flood relief camps in a developing country. *Journal of Family Medicine and Primary Care*. **2023** Feb 1;12(2):194-200.
11. Ali Z, Faridah A, Saeed R, Durrani N, Pasha MS, Ahmed I. Frequency and predictors of depression among the elderly population of Karachi. *Journal of Family Medicine and Primary Care*. **2022** Nov 1;11(11):6920-8.
12. Faridah A, Akhter, S., Abdulla, A., Durrani, N., Shehzad, S., & Akhtar, K. Efficacy of Sinopharm Vaccine Among Healthcare Workers of Pakistan. *Pakistan Journal of Medicine and Dentistry* **2022**.
13. Mariam A, Faridah A, Taj A, Durrani N. "Antenatal Anxiety and Depression - Frequency and Correlates during the Covid-19 Pandemic in Pakistan. *Journal of Family Medicine and Primary care*. 11(10):p 6407-6415, October **2022**.
14. Sharif S, Faridah A, Hafiz M, Costa F, Dahlan RH, Vaishya S, Peev N, Benzal E; World Spinal Column Society Executive Board. A Year of Pandemic-Comparison of Depression Among Neurosurgeons After the Advent of the COVID-19 Vaccine. *World Neurosurg*. **2022** Mar;159:e466-e478.
15. Saeed R, Faridah A, Talha M, Randanikumara S, Shariff I, Durrani N, Salman S. COVID-19 pandemic prevalence and risk factors for depression among health care workers in South Asia. *Asia Pacific Journal of Public Health*. **2021** Nov;33(8):935-9.
16. Amber P, Faridah A, Noureen D. July **2021**. COVID-19 Pandemic Prevalence of Depression, Anxiety and Insomnia During COVID-19 Lockdown And Its Associated Factors In Karachi, Pakistan. *Pakistan Journal of Pharmaceutical Sciences*. Vol 34.
17. S Rabeeya, Faridah A.....**2021**. 'Prevalence of Erectile dysfunction and associated factors among males visiting Family Medicine Clinics in a Tertiary Care Hospital in Karachi, Pakistan', *Journal of Family Medicine and Primary care*. 10(3) 1294-1300.
18. Salman S.....Faridah A. Virtual learning in neurosurgery during COVID-19 pandemic-Is pedagogy transforming? *British journal of Neurosurgery*. July **2021**
19. Salman S, Syed Ali M, Noor-Ul-Ain A, Faridah A. Benchmark of Neurosurgical training in Pakistan. June **2021**. *Asian Journal of Neurosurgery*.
20. Noorulain A, Yousuf S, Faridah A, "Challenges of Neurosurgery training in a third world country", *World Neurosurgery*. Volume 152, August **2021**, Pages 19-23.
21. Faridah A,, Rabeeya S..... **2020**. COVID-19 Pandemic- Knowledge, Perception, Anxiety and Depression among Frontline Doctors of Pakistan. *BMC Psychiatry*. *BMC Psychiatry* **20**, 459.
22. Maha U.....Faridah A. **2020**. Tele-health during COVID -19 Pandemic lockdown- Experience of a tertiary care hospital. *LNJPC*; 2 (1).
23. Sharif S, Faridah A.....**2020**. COVID 19 - Depression and Neurosurgeons. *World Neurosurgery*. 140: e401–e410.

24. Faridah A, Saboor F, Durrani N “Traditional Practices and Beliefs Regarding Infant Care in Pakistan” Dec 2020, “*Annals of Pediatrics*”.
25. Saniya S., Faridah A. 2020 Urinary Incontinence in the Elderly: An Overlooked and Under-Treated Problem. *Family Medicine and Medical Science Research*; 9. 249.
26. Faridah A. Primary care-Identifying the gaps. Editorial. 2019. *LNJPC*
27. Sadia S, Faridah A, Farheen Saboor. 2019. Factors Associated With Patient Satisfaction – Evidence From A Primary Care Not For Profit Organization In Karachi, Pakistan. *JBUMDC*; 9(1):38-42
28. Farheen S, Faridah A, Sabeen N. 2018 Nov. A rare case of community acquired *Shingomonas paucimobilis*. *J Pak Med Assoc.*; 68(11):1714-1716.
29. Faridah A, Sabzwari S. (Sep 2018). Work force issues in General Practice in a developing country-Pakistan. *Australian Journal of General Practice*. 47(9).
30. Faridah A., Sabzwari S. (Aug 2018). Family Medicine-An Emerging Specialty in Pakistan. *British Journal of General Practice*.
31. Tehseen S., Nasir S, Faridah A. (Jan 2017). “Fibromatosis Colli”. *Asia Pacific Journal of Health Sciences*. 4(1).
32. Jamshed H., Gilani A.H., F.T. Sultan, Faridah A., Arsalan J., Ghani S., Masroor M.. (Aug 2016). Almond supplementation reduces serum uric acid in coronary artery disease patients. *Nutrition Journal*. 15:77.
33. Arsalan R., Faridah A. (July 2016). Community outreach centres in Pakistan-Moving beyond cure. *The Network: Towards unity for health*. 14(1):13.
34. Faridah A., Islam N., Gilani A.H. (Sep 2015). Use of complementary and traditional medicine in a South-Asian population. *Asian Pacific Journal of Health Sciences*. 2(3):36-42.
35. Faridah A, Islam N, Fatima S, Gilani AH. (2015). Prevalence of obesity and overweight, its clinical markers and associated factors in a high risk South-Asian population. *BMC Obesity*, 2:16.
36. Faridah A, Islam N, Anila Nfn, Gilani AH. (Apr 2015). Clinical efficacy of the co-administration of Turmeric and Black seeds (Kalongi) in metabolic syndrome – A double blind randomized controlled trial – TAK-MetS trial. *Complementary Therapies in Medicine*, 23(2): 165–174.
37. Faridah A, Mehmood H, Siddiqui B, Khatoon N, Gilani AH. (Feb 2015). Co-administration of Black seeds and Turmeric shows enhanced efficacy in preventing metabolic syndrome in fructose-fed rats. *Journal of Cardiovascular Pharmacology*, 65(2):176-83.
38. Mukesh K, Faridah A, Ali Khan K., Waris Q, Badar S. (Sep 2014). Educational intervention among Barbers to improve their knowledge regarding HIV/AIDS: A pilot study from a South Asian country. *Journal of Health, Population and Nutrition*, 32 (3).
39. Faridah A, & Gilani, AH. (Mar 2013). Fiber-free white flour with fructose offers a better model of metabolic syndrome. *Lipids in Health and Disease*, 12(1), 44.

40. Faridah A. & Zuberi RW. (Jan 2012). Association of sociodemographic factors with depression in women of reproductive age. *Asia-Pacific Journal of Public Health*, 24(1), 161-172.
41. Faridah A. (2012). Connecting with Patients. *Journal of Pioneering Medical Sciences*.
42. Faridah A., Israr SM, Ali BS, & Janjua NZ. (Dec 2009). Association of various reproductive rights, domestic violence and marital rape with depression among Pakistani women. *BMC Psychiatry*, 9(1), 77.
43. Faridah A. (2005). Nocturnal enuresis in children. *Med Today*, 3(1):38-42.

Book

44. Editor and reviewer. *Family Medicine Approach*. July 2024.

Book chapters:

45. Saeed R, Sharif S, Faridah A. Unveiling the Uncertainty-Revolutionizing Medical Education in COVID-19 Era. May 2022. *Publisher Intechopen*.
46. Faridah Amin, Salman Sharif. COVID-19 Pandemic; Anxiety and Depression among frontline healthcare workers: Rising from the Ashes, June 2021. *Publisher Intechopen*. DOI: 10.5722/intechopen.98274.
47. Chapter on "Cancer" *Paramount Text Book of Public Health and Preventive Medicine*, (2014) (*Publisher: Paramount Books*).

Miscellaneous

Memberships:

- **Dean Faculty CPSP**, June 2023 - present , Secretary **2020** till 2023, faculty CPSP, 2017 onwards
- **External advisory board member** for establishing Best Clinical Practice through "AKU Manual of Therapeutics" since October 2023
- Member Academic council, IUHS
- Member, Board of studies, IUHS
- Member Policy development committee, IUHS
- Executive Committee Member and Head of Research, **National Family Medicine Council**
- **Sindh Co-ordinator** for Women in Leadership League-Medicine (**WILL-Med**)- 2023 onwards
- Member of special Task force "**Primary care in Pakistan**" by Govt. of Pakistan.
- Executive **Member of Family Medicine national Council (FMNC)** since 2020
- Member of "**Expert Advisory Committee**" for Family Medicine Approach by Ministry of Health, Govt. of Pakistan
- **CPSP**, 2008- date
- **College of Family Medicine**, 2008 to date

- **Royal College of General Practitioners**, 2011-date
- **Founder member of “MRCGP International and Overseas Network”**, 2017, RCGP,UK
- **WONCA**, 2008-date
- Member of **“Natural Product Research group”**, AKUH, 2009 till 2019

Community Health awareness programs

- Organized and conducted multiple awareness and screening programs for NCDs in schools colleges, universities and for communities.
- Conducted multiple live and recorded programs for health awareness on Media. (HNow TV 2022, Samaa TV, FM 105, FM 101, FM 107)
 - Hosted a UNICEF sponsored program for Polio Eradication on Health Television, Oct-Dec 2014.
 - Conducted Public awareness programs on TV and webinars in Pakistan and UAE for COVID awareness

Academic awards, Initiatives and Achievements:

- Served as **Honorary Director**, for **Aga Khan Health Services Pakistan (AKHSP)**. Organized, monitored and audited multiple school health programs and vaccinations throughout the country.
- Awarded **“Montegut Global Scholarship award by American Board of Family Physicians for Primary care leadership”** in developing country.
- Established **Indus College of Family Medicine and Public Health** at Indus Hospital and Health Network.
- Launched **Bachelors in Public Health program** for Indus College of Family Medicine and Public Health, Indus University of Health Sciences in affiliation with JSMU.
- Launched for the first time a **“Train the Trainers”** course in Family Medicine with international and National Family Medicine Trainers, 2023
- Initiated and course director, first **MRCGP int training accredited by South Asian Board and RCGP UK** at 3 cities and 8 IHHN sites, Oct 2022
- Initiated and course director, first **1 year blended GP training (FMPT)** at more than 20 IHHN sites in 9 cities of Pakistan, Feb 2022.
- Facilitated task force for **CPSP-RACGP collaboration** as Dean, faculty of Family Medicine, CPSP.
- Contributed as an expert for renewing the Family Medicine residency training program curriculum at **McGill University**, (A pan-Canadian initiative to renew the family medicine curriculum at each medical school in Canada).
- Organized training for Healthcare workers for **“Organizing Medical Flood Relief Camps and Clinical Guidelines”**, trained more than 500 health workers

- Launched and Successfully conducted **multiple batches of “Protocol Writing Course”** and **“Manuscript writing”** for undergraduate and postgraduate trainees. 2020-2021 (more than 200 participants trained)
- Conducted **Family Medicine Course**, 21 modules, for capacity building for family medicine 2021 (more than 100 family physicians trained).
- Reformed **“Employee Health Services”** at Liaquat National Hospital and Medical College November 2018 onwards Established **Family Medicine Residency Training Program** at Liaquat National Hospital.
- Team lead in LNH and Collaborated with **World Health Organization (WHO) and RCGP** to start **Postgraduate Family Medicine diploma (2021)**
- Launched and Editor in chief of Pakistan’s first primary care journal **“Liaquat National Journal of Primary care” (LNJPC)**. Obtained HEC recognition for journal. 2019-2021
- Established for the first time in Pakistan **“Senior Citizen Primary care unit”** in Liaquat National Hospital in 2019.
- Obtained **ISO certification** in 2019 for Department of Family Medicine 2019.
- Established **Department of Family Medicine** in Liaquat National Hospital and in outreach services of Liaquat National Hospital and Medical college, March 2016.
- Served as Honorary Medical Director at free primary care facility **“Feesabilillah Healthcare”** (3 campuses at hijrat colony, dehli colony and landhi) .
- Chair of undergraduate research committee 2018-2020 and Organized for the first time **“Undergraduate and post graduate Research Expo 2018 and 2019”** in Liaquat National Medical College.
- Member of **“Anti-Quackery Taskforce”** Sindh Healthcare Commission. Since July 2018.
- Member of Curriculum development committee for **“Medical Ethics”** for undergrad med education at Liaquat National Hospital 2018-2019.
- Introduced **Family Medicine as a subject for undergraduates** in Liaquat National Medical College 2016 onwards with department of HPE.
- Represented Pakistan at **Young physician leaders (YPL) and** attended World Health Summit Conference, Berlin, Germany, October 2017.
- Represented Pakistan as a **delegate in MRCGP overseas and international Network meeting** in London, 2017, and **Founder member of MRCGP overseas and international network**.
- Awarded **“Young Scientist Award”** and **Gold Medal** by Pakistan Academy of Medical Sciences, November 2015.
- Awarded title of **“Young Researcher”** 2015 by Pakistan Council for Science and Technology. (Published in Newsletter PCST, July 2015)
- Member of the **Panel on Public Health & Sanitation under Technology Foresight Exercise, Pakistan Council for Science & Technology, Ministry of Science and Technology, Pakistan** (April 2015-December 2015).
- Director **“Aga Khan Health Service Pakistan (AKHSP)”** July 2012- 2015.
- Chairperson **“Aga Khan Local Health Board”** (AKHSP), July 2009-July 2012.

- **Recipient of Fellowship with seed Grant** for “PhD in Health Sciences in AKU” for 4 consecutive years, August 2009-2014.