

**Komal Baloch, M.B.B.S,
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Specialty Certifications:

- 2013** FCPS 1 Medicine, College of Physicians and Surgeons Pakistan
2018 FCPS Medicine College of Physicians and Surgeons Pakistan
2021 FCPS Critical Care Medicine, College of Physicians and Surgeons Pakistan
2024 EDIC European Diploma in Intensive Care Medicine

Education:

- Nov 2006-Mar 2012** M.B.B.S, Dow University of Health Sciences, Karachi
May 2012-Apr 2013 Internship in Medicine & Surgery, Civil hospital, Karachi
Nov 2014-Dec 2018 Residency in Internal Medicine, Aga Khan University, Karachi
19-Mar 2021 Fellowship in Critical Care Medicine, National Institute of Cardiovascular Diseases Karachi

Faculty & Clinical Appointments:

04/02/2018 - 12/02/2018

Senior Medical Officer and Fellow (ICU), Aga Khan University Hospital, Karachi, Pakistan

3/01/2021 – 02/28/2022

Senior registrar critical care medicine, Department of Pulmonary & Critical Care, National Institute of Cardiovascular Disease Karachi, Pakistan

03/01/2022-22/10/22-

Asst.Professor, Department of Pulmonary & Critical Care, National Institute of Cardiovascular Disease Karachi, Pakistan

14/11/22- Current

Head of the department, Critical Care Medicine, Indus Hospital & Health Network, Karachi, Pakistan

Research

Publications

1. Baloch, Komal; Hafeez, Aqsa; Aamir, Zunaira; Vaqar, Misbah; Butt, Samman; Alam, M.Sarfraz. 450: EXPLORING THE INTERSECTION OF MALARIA AND AUTOIMMUNITY: A CASE OF MALARIA AND EVANS SYNDROME, *Critical Care Medicine* 52(1):p S199, January 2024.
2. Maheen Wahaj, Lalarukh Taimoor, Mujtaba Hasan, **Komal Baloch**, Urwah Ikhlq, Muhammad Imran Ansari, Saif Naveed Husain, Masooma Aqeel, Madiha Umair, Jawed Abubaker, Nawal Salahuddin. "An observational study on the effects of improvised CPAP (iCPAP) in cardiovascular diseases with acute respiratory failure", accepted in *Pakistan Heart Journal*, sept 2022 [Vol. 55 No. 3 \(2022\): Pakistan Heart Journal](#)
3. Mujtaba Hassan, Muhammad Imran Ansari, Jawed Abubaker, Madiha Umair, **Komal Baloch**, Musa Karim, Nawal Salahuddin. "Role of Lung Ultrasound during Weaning in Patient with Mitral Regurgitation Post Angioplasty", 2022 Jul-Sep; doi.org/10.55519/JAMC-03-10145
4. Ansari MI, Abubaker J, Umair M, Baloch K, Karim M, Salahuddin N. Predicting Post-Extubation Respiratory Failure After Myocardial Infarction Using The Rapid Shallow Breathing Index And Lung Ultrasound Score. *J Ayub Med Coll Abbottabad*. 2022 Jul-Sep;34(3):528-536. doi: 10.55519/JAMC-03-10921
5. Muhammad Asad Bilal Awan, Romana Awan, Aiman Tariq, Syed Minhaj, **Komal Baloch**, Saad Bader Zakai, "Surgical Outcome in Patients with Ruptured Sinus of Valsalva: A 5 Year Experience at a Tertiary Care Center of Middle Income Country, *Med. Forum*, Vol. 32, No.9 September 2021
6. Urwah Ikhlq, Madiha Umair, **Komal Baloch**, Imran Ansari, Jawed Abu Baker, Nawal Salahuddin "Focused Educational Program for Front-line Health Care Workers During COVID-19 Outbreak Improves Mental Health" published in *Pakistan Journal of Armed Forces*, October 2021 doi.org/10.51253/pafmj.v71i5.5541
7. **Baloch Komal**, Urwah Ikhlq Aziz Rehman Memon, Madiha Umair, Muhammad Imran Ansari, Jawed Abubaker, and Nawal Salahuddin. "Assessing the Utility of End-Tidal Carbon Dioxide as a Marker for Fluid Responsiveness in Cardiogenic Shock." *Cureus* 13, no. 2 (2021), PMID: 33692926 DOI: [10.7759/cureus.13164](https://doi.org/10.7759/cureus.13164)

8. [Rukhsana Rubeen, N. Zareen, M. Hashmi, K. Baloch, M. Bilal, Ammara Asif, A. Junaid, R. Anum, F. Rehman, M. Rehman, M.A. Khatree](#), “Comparison of PowerPoint presentation, Transparency Overhead Projector (TOHP) and blackboard for undergraduate medical teaching” December 2012, [Medical Forum Monthly](#)

Abstracts

International

1. Salahuddin, Nawal, Farheen Ali, Urwah Ikhlq, Lalarukh Taimoor, Maheen Wahaj, Mujtaba Hassan, **Komal Baloch**, et al. "297: Innovation in the Pandemic: A Pilot Study of Improvised CPAP for COVID-19 Respiratory Failure." *Critical Care Medicine* 49, no. 1 (2021): 135.
2. Salahuddin, Nawal, **Komal Baloch**, and Aziz Ur Rehman Memon. "1277: Assessing Fluid Responsiveness in Cardiogenic Shock: ETCO₂, Pv-aCO₂ Gap Are the Most Useful." *Critical Care Medicine* 49, no. 1 (2021): 644
3. Abstract of case report Combined beta-blocker and calcium channel blocker overdose: a management challenge, presented at Korean [Society of Critical Care Medicine, Annual Acute Critical Care Congress in April 2021](#)

Administration

- H.O.D Critical Care Medicine department at Indus Hospital since March 2023
- Member of Emergency Response committee, morbidity & mortality committee at Indus Hospital
- Co-opted Member, Ethical Review Committee, National Institute Cardiovascular Disease Karachi, 2022-current
- Founding member of Pulmonary Hypertension Clinic (Society-in process of Registration), National Institute Cardiovascular Disease Karachi, 2021-current
- Asst. Program Director Critical Care Medicine, National Institute of Cardiovascular Diseases Karachi
- Faculty of Nursing Education Dept. National Institute of Cardiovascular Diseases Karachi

Additional Activities:

1. Mechanical ventilation – beyond BASIC Provider Course, Feb, 2024
2. Fundamental Critical Care Support (FCCS): Obstetrics, Provider Course, South City Hospital Karachi, Aug 2022
3. Certification course on Infection prevention & Control (IPC) by Centers for Disease Control and Prevention (CDC), in collaboration with JHPIEGO and Health Department Govt of Sindh 2022
4. Course faculty for Fundamental Critical Care Support, South City, Nov 2021
5. Basic assessment & Support in Intensive Care (BASIC) provider course in liaison with The Chinese University of Hong Kong, Nov 2020

Teaching & Workshops

Undergraduate Teaching

- Lecturer, Dept of Pathology at Jinnah Medical & Dental College, 2013

Graduate Teaching

- Nursing Students and new recruits with Nursing education service at Indus hospital
- Nurses for Special Care Unit Services Course on Non-Invasive Ventilation at National Institute of Cardiovascular Diseases Karachi
- Resident lectures on Non-Invasive Ventilation at National Institute of Cardiovascular Diseases Karachi

Postgraduate

1. Ventilatory Modes And Graphs Interpretation, in the 74th Post Graduate Course ,Department of Anaesthesiology, Surgical ICU & Pain Management,Dr. Ruth K.M. Pfau Civil Hospital Dow Medical College & Dow University of Health Sciences, Karachi In collaboration with “Pakistan Society of Anaesthesiologists” Jan, 2023
2. Residents and fellows teaching on critical care core topics and use of POCUS during fellowship

Lectures & Workshops

1. Speaker on 12th Sepsis Symposium on World Sepsis Day under the patronage of the Pakistan Society of Anaesthesiology, Karachi, Theme of the session

- “Multidisciplinary Team in Sepsis Care.” Topic: (Con) International sepsis guideline: does it work for our patient cohort? September 2023
2. Speaker at Point of care ultrasound in JPMC, Dept of Anaesthesiology & SICU JPMC in collaboration with Pakistan Society of Anaesthesiologist Karachi, 28th Oct, 2022
 3. Speaker on 11th Sepsis Symposium “Advancing care in sepsis”, on World Sepsis Day, by Pakistan Society of Anesthesiology, Karachi, September 2022 on “Steroid use in Septic shock (pro) improves patient outcome”
 4. Workshop on use of critical care ultrasound and echo at National Institute of Cardiovascular Diseases Karachi 2022
 5. Workshop on use of critical care ultrasound and echo at National Institute of Cardiovascular Diseases Karachi 2021

Awards

- Life Member, “Patients’ Welfare Association” Civil Hospital Karachi ,2014 – current
- President of the largest student run NGO of Pakistan “Patients’ Welfare Association” Civil Hospital Karachi, 2011

Licensure:

Pakistan Medical & Dental Council, 2012

Membership in Professional and Scientific Societies:

European Society of Intensive Care Medicine (ESICM)

Society of Critical Care Medicine (SCCM)