#  Dr. Seema

## Personal Details

Email: seema.191208@2freemail.com

Nationality: British.

Marital Status: Married with a 2-year-old daughter.

## Professional Organizations

Registered with General Medical Council UK. GMC Reference Number: 7122410

Registered with Pakistan Medical & Dental Council. Registration Number: 15104-N

## Qualifications

MRCOG-1 (Sep 2013).

PLAB (Part 1 & 2) Dec 2012.

## Clinical Attachment:

June-July 2013 - Clinical Attachment in Obstetrics & Gynaecology at West Middlesex University Hospital.

## Education:

* **Bachelors of Medicine, Bachelors of Surgery - 2007**

 (Major Subjects: Medicine, Surgery, Obstetrics, Gynaecology and Paediatrics)

 Ayub Medical College, Abbottabad.

* **Higher Secondary School Certificate - 2001**

(Major Subjects: English, Chemistry, Botany, Zoology, Physics)

Jinnah College for Women, Peshawar.

* **Secondary School Certificate - 1999**

Mardan Model School, Mardan.

## Clinical Skills:

History taking, Examinations, Bed-Presentations, Counselling, Breaking Bad News, Blood Sampling, IV cannulation, blood transfusions, Naso-gastric intubations, Urethral Catheterisation, Paracentesis, Pleurocentesis, Gastric lavage, ECG reading, Ante-natal examination, CTG interpretation, Foetal Blood Sampling, Pap smear, Bi-manual examination, Normal Vaginal Deliveries, NVDs with episiotomy, Assisted vaginal deliveries.

Assisted in elective and emergency caesarean sections, D & Cs, E & Cs, major and minor surgical procedures. I also assisted in passing temporary pacemaker in cath lab.

Audit preparation and presentation.

## Other Skills:

Excellent communication skills, team player, hard working, loyal, confident, articulated and highly motivated with good supervisory skills

## Employment History

### *June-July 2013 – Clinical Attachment in Obstetrics & Gynaecology, West Middlesex University Hospital*

Worked as a Volunteer Senior House Officer with Mr. Imoh-Ita Fabian and Mr. Osakwe. Observed and assisted SHO’s in labour ward, Antenatal clinics, Day Assessment Unit, Post-natal ward, Triage, Gynaecology OPD and attended Teaching lessons.

### *Dec’2011-March 2012 – Medical Officer, Bay Bay Welfare Centre*

Worked as a Medical officer in Out-Patient Department and labour ward.

### *Feb-May 2013 – Medical Officer, Bay Bay Welfare Centre*

 Worked as a Medical officer in Out-Patient Department and labour ward.

### *July-August 2010 - Volunteer Medical Officer in flood affected areas, Society for the Protection of the Rights of the Child (SPARC)*

##### We have made field trips to different flood affected areas throughout the province and provided primary health care on outpatient basis and also advised on personal hygiene and health awareness. We also maintained records of communicable diseases.

### *May-July 2010 - Medical Officer, Merlin (Jalozai project)*

Provided basic health care to the refugees in the camp on an outpatient basis, worked in the labour room doing NVD’s, NVD’s with episiotomy and D & C’s. Supervised labour room, midwives,s nurses and pharmacists. Made Presentations on childcare and maternal care, personal and community hygiene. I have maintained records of patient's and communicable diseases.

### *April 2009-March 2010 - Worked as a Medical Officer with Save The Children (UK) in Pakistan for a programme for Internally Displaced People (Malakand response Programme)*

Worked on an outpatient basis in a regional health centre providing basic health facilities and on-time referrals for emergencies to the internally displaced people of Swat. We worked as a team to train the displaced people on childcare, personal hygiene and to minimise the spread of communicable diseases. We kept medical records throughout our job.

### *6th Jan-5th April 2009 - Worked as resident and paid Senior House Physician in Medicine Unit (Lady Reading Hospital, Peshawar)*

During my three months rotation in General Medicine, I worked in Outpatient and Inpatient departments, A & E, Hepatitis clinic, Diabetes clinic and HIV clinic of hospital. I took clinical histories and examined patients. In the Hepatitis clinic, I dealt with Hepatitis and chronic liver disease patients. I provided guidance on Insulin use and essential awareness on nutrition; eye and foot care to diabetes patients.

### *5th Oct 2008 – 5th Jan 2009 - Worked as resident and paid Senior House Physician in Cardiology (Lady Reading Hospital, Peshawar)*

During my stay I took care of regular and emergency admissions to the cardiology ward and C.C.U. I did bed presentations, ECG readings and patient monitoring. I also assisted in passing a temporary pace-maker in cath lab.

### *8th March-7th Sep 2008 - Resident and paid House Surgeon in Gynaecology Unit-A (Lady Reading Hospital, Peshawar)*

During six months rotation in Obstetrics & Gynaecology, I worked in A&E, Outpatient and Inpatient departments. I took clinical histories and examined patients. I performed NVDs (episiotomies and assisted NVDs) independently in the delivery room and assisted in emergency and elective Caesareans in the operating theatre. I also assisted senior doctors with D&Cs and E&Cs and observed major Gynaecological procedures.

## Additional Courses

* Manual Handling – Oct’ 2013
* BLS – Oct’ 2013
* Workshop with WHO “collaborating centre for research and training in educational development of health personal”
* **Advance Life Supporting Techniques**

BLS and ACLS (1 day training in Lady Reading Hospital, Peshawar).