

BUSHRA MAHAM AMIN

DOCTOR

General Medical Council, UK

Registration# 7900704

Pakistan Medical & Dental Council

Registration# 79667-S

PERSONAL DETAILS

Gender: Female

Religion: Islam

Nationality: Pakistan

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PROFILE

A challenging career focused personality compatible to work with a reputable growth-oriented institute utilizing my skills and ability for the welfare of the patient.

I have completed my postgraduate internship training of one year at Sindh Government Lyari General Hospital, Karachi. I have 4 years of experience working as a Medical Officer in the field of Acute medicine, General medicine, Internal medicine, General Surgery and Public health. During my internship, I have been rotated through various specialties and I discovered my interest in Anaesthesia, ICU and Emergency Medicine Department. Being organized and working hard, I want to see myself as a better doctor in the years to come.

Highly determined to complete all assigned projects in a timely manner. I'm looking forward to take part in research, clinical audits and professional development courses.

EDUCATION

MRCEM Primary (RCEM, UK)

Cleared MRCEM Part 1 in November 2023

PLAB Exam (General Medical Council, UK)

Cleared PLAB Exam in February 2023

GMC reference number: 7900704

MBBS – Bachelor of Medicine & Bachelor of Surgery

Dec 2013 – Jan 2019

Graduated from Shaheed Mohtarma Benazir Bhutto Medical College Lyari affiliated with Dow University of Health & Sciences (DUHS) Karachi, Pakistan.

Higher Secondary Certificate

July 2011 – July 2013

Graduated from Defence Authority College for Women, DCW Phase VIII under Board of Intermediate Education Karachi (BIEK), Pakistan.

Secondary School Certificate

July 2009 – July 2011

Graduated from Mama Parsi Girls Secondary School under Board of Secondary Education Karachi (BSEK), Pakistan.

WORK EXPERIENCE

MEDICAL OFFICER (SHAUKAT KHANUM MEMORIAL CANCER HOSPITAL AND RESEARCH CENTRE)

SEPT 2024 - PRESENT

Working as a Medical Officer in Breast Cancer awareness Campaign, teaching basic knowledge regarding Breast cancer diagnosis, early detection and treatment to the general public in different corporate, educational institutes and banking sectors. Deals with patient's queries related to cancer and refer to concerned hospitals.

MEDICAL OFFICER (KARACHI INSTITUTE OF KIDNEY DISEASES)

JAN 2024 – JUNE 2024

Worked as a Medical Officer in General Medicine department with Nephrology, Elderly care and Cardiology as subspeciality. Managing patients of Diabetes and its complications, Pneumonia, Upper and Lower Respiratory Tract Infections, Metabolic acidosis/alkalosis, Acute and Chronic kidney injury, Acute Pyelonephritis, UTI, Bladder Outflow Obstruction, Heart Failure, Anemic Failure etc. I'm being rotated to ICU and Emergency department as well. My duties includes patient's assessment and immediate management, investigation and diagnosis, maintaining patient records, resuscitation, making discharge summaries and referral notes. I perform and assist in procedures like intravenous cannulation, blood sampling, arterial blood gases (ABGs), urinary catheterizations, nasogastric tube placement, intubation and bladder wash.

In addition to clinical duties, I prioritize patient education, ensuring they understand their conditions, treatment options, and preventive measures.

MEDICAL OFFICER (SINDH GOVT. LYARI GENERAL HOSPITAL)

MAY 2023 – DEC 2023

Worked in General Medicine department under the supervision of consultant. Daily bed-side morning rounds and morning meetings were conducted. My daily responsibilities were taking detailed history and performing relevant systemic examination, medical assessments, reviewing diagnostic tests, and following treatment plans. I/V cannulation, blood sampling, NG Tube insertion and catheterization were performed. As part of my duty, I have been posted to ICU to manage critical patients.

Cases from chronic diseases like diabetes, hypertension and iron deficiency anemia to acute illnesses such as pneumonia, pleural effusion and heart failure, I collaborate closely with multidisciplinary teams to provide comprehensive medical management.

MEDICAL OFFICER (DISTRICT HEALTH OFFICE)

MAY 2020 – APRIL 2023

District Health Office (DHO) is a Public Sector Organization under the Government of Sindh. It supervises all the Public Sector Hospitals, Dispensaries and other Health Facilities in the respective district.

- **Sindh Govt. Dispensary**

The dispensary serves as a Basic Health Unit with free of charge of regular Outpatient Clinic in a rural area. Cases were reported such as Pharyngitis, Viral Pneumonia, Allergic Rhinitis, Scabies, Fungal Infection, Osteoarthritis, Migraine, Diarrhea, Vomiting, Indigestion/Heartburn, Urinary Tract Infection, Candidiasis and Generalized Weakness.

- **Jinnah Postgraduate Medical Centre**

Initially posted in HDU and was responsible to monitor and manage Covid-19 patients under the supervision of Chief Medical Officer/Registrar later posted at CVC (Corona Vaccination Centre) where conducted Covid-19 Vaccination and counselled patients on different types of vaccines, its benefits and adverse effects. I was given the responsibility to lead the team and dealt with concerns and vaccine related issues of the patients.

- **Rapid Response Team**

Worked as a member of Rapid Response Team – RRT where Covid-19 PCR sampling and contact tracing of a positive case of Corona Virus was conducted. Visited various schools, offices and public places for Covid-19 pandemic awareness and conducted PCR sampling on a large scale.

MEDICAL OFFICER (RAJPUT GENERAL HOSPITAL)**JULY 2022 – JAN 2023**

As a medical officer in the surgery ward, I was responsible for ensuring the optimal care provided to patients undergoing surgical procedures. My role was defined as pre-operative assessments, took medical histories, performed physical examinations, ordered necessary investigations to assess their readiness for surgery and Informed OT in-charge, anesthetist and the surgeon before procedure. During surgeries, I assisted the surgical team and monitored patients' vital signs to ensure their safety and well-being throughout the procedure. Post-operatively, I closely monitored patients' recovery, pain management, complications, and follow-up care.

Effective communication with patients and their families is paramount, as I provided explanations, answered questions, and offered support to alleviate any concerns they may have regarding the surgical process and recovery.

ASSISTANT MANAGER (TPL LIFE INSURANCE)**OCT 2020 – MARCH 2021**

Managed Approvals for patients admitted in hospital according to insurance policies, settled health claims, dealt with admission of emergency cases via calls and emails.

HOUSE OFFICER IN GYNAECOLOGY & OBSTETRICS**JAN 2020 – APRIL 2020**

A regular day started with reviewing patient charts, monitoring fetal development, and addressing maternal health concerns. Booked prenatal check-ups and ordered ultrasound investigations. Managed patients of Pre-eclampsia, Eclampsia, Gestational Diabetes, and was involved in the management of postpartum complications. Maintained Partogram and performed Spontaneous Vaginal Delivery (SVD), Assisted Cesarean Section (LSCS). Counselled patients on importance of Family Planning.

HOUSE OFFICER IN GENERAL SURGERY**OCT 2019 – JAN 2020**

Mornings started with reviewing surgical schedules, ensuring readiness for procedures, and conducting pre-operative assessments. Managed preoperative and postoperative patients in the ward. Assisted surgical team in an operating room. Involved in minor surgical procedures such as nail removal, excision of cutaneous lumps (sebaceous cyst, lipoma, and ganglion), removal of a foreign body, closure of wounds (stitches), incision and drainage of abscess and cauterization of warts. Post-operative care involved monitoring patients closely, managing pain, and addressing any complications promptly.

During my surgical rotation, familiarized with cases like Para umbilical and Inguinal hernia, Varicose Veins, Cholecystitis, Cholelithiasis, Hemorrhoids, Anal Fissure, Pilonidal sinus and Breast Fibro adenoma.

Involved in the medical care of infants and children admitted in NICU, PICU & General ward under the supervision of the Head of Department. Admitted and managed patients of Bronchiolitis, Croup, Respiratory Distress Syndrome – RDS, Meconium Aspiration Syndrome – MAS, Pneumonia, Meningitis, Enteric Fever (XDR), Worm Infestation, Thalassemia, Acute Gastroenteritis, Malaria and Dengue. Performed Neonatal Resuscitation, Gastric Lavage, I/V Cannulation, Blood Sampling and Lumber Puncture.

HOUSE OFFICER IN GENERAL MEDICINE

APRIL 2019 – JULY 2019

Obtained medical histories & performed physical examinations, administered medications and monitored vital signs. Involved in collaborating closely with attending physicians and specialists, I assisted in diagnosing complex conditions and coordinating multi-disciplinary care. Managed patients of uncontrolled Diabetes, Hypertension, Tuberculosis, multidrug resistant Typhoid, Hepatic Encephalopathy, Rheumatoid Arthritis, Systemic Lupus Erythematosus and Cardiac patients under the supervision of my senior and medical consultants. Posted to (Intensive Care Unit (ICU) and Emergency Department (ED) for one month. Involved in medical counselling too.

KEY SKILLS & COMPETENCIES

Clinical Skills	OPD Skills	Technical
Detailed History and Relevant Examination.	Relative and effective treatments.	I/V Cannulation, Venipuncture and Blood Transfusions.
ECG Interpretation. Chest X-ray Interpretation.	Counselling of patients, Proper care and follow-up.	Nasogastric Tube Insertion, Foley's Catheterization.
Observing and analyzing nonverbal signs.	Medication/Management Supportive counselling.	Ascitic / Pleural Tap. Arterial Blood Gases - ABGs.

TEACHING SKILLS

Taught undergraduate students on performing detailed history and proper examination, rapport building, communication, making differentials diagnosing, taking consent, patient confidentiality, breaking bad news & interpreting ECG, Chest X ray, baseline Investigations such as CBC, UCE, LFTs and Urine Dipstick analysis.

MANAGEMENT SKILLS

Management skills that I have developed throughout my career: Leadership, Communication, Strategic Planning, Decision-Making, Team Building, Quality Improvement and Patient-Centred Approach.

I have an understanding of performing clinical audit and QIP (Quality Improvement Project). I conducted a QIP on Enhancing Basic Life Support Protocol Awareness and Proficiency among FY1 Doctors at Lyari General Teaching Hospital. I'm in process of conducting more audits and QIPs at my workplace.

HOBBIES AND INTERESTS

Conversation
Observation
Reading articles
Socializing
Travelling

PERSONALITY STRENGTHS

Hard worker
Use initiative
Work flexibly with team
Good Listener
Good learner
Good decision maker
Goal oriented person
Positive attitude
Follow instructions

LANGUAGES

English
Urdu
Punjabi
Hindi
Sindhi

TRAINING COURSES

Advance Life Support – ALS (Resus Council, UK) - 1 day
2024
Advance Cardiac Life Support – ACLS (AHA Certified) - 2
days 2023
Paediatric Advance Life Support (PALS) from Medtigo
Health Education - 2 days, 2023
Basic Life Support from Medtigo Health Education - 1 day,
2023
Workshop on Systemic Review and Meta-Analysis - 6 days,
2023

COMPUTER SKILLS

- Digital analysis of documents, equipment & drugs.
- Data listing and detailing.
- MS Office Documentation (Word Professional, PowerPoint, Excel, Outlook Express).

RESEARCH

Project title: Systemic Research (Community Health)
Date: December 2015

Aim of research:
To learn effects of Home Remedies on Diabetes Mellitus

Conclusions/Actions: Cinnamon had a great role in
decreasing the blood sugar level.

I am enthusiastic and willing to embrace research
opportunities to contribute to the advancement of medical
knowledge.

I possess a comprehensive understanding of the principles
and methodology involved in performing clinical audits. I
am committed to actively participating in clinical audits and
QIPS (Quality Improvement Projects).

REFERENCES

Dr Mahmood Ahmed – Consultant urologist
Shadanmemon@hotmail.com

Dr Abdul Samad – Consultant internal medicine
abdulsamad45403@gmail.com

Dr Tahir Ilyas – Consultant Nephrologist
Smctahir1989@gmail.com