

DR DANIYA TARIQUE

Email: daniyatarique.10@gmail.com | Contact No # [+92 3132526776](tel:+923132526776)

PROFESSIONAL EXPERIENCE

Resident Medical Officer-Locum | Saifee Hospital | Karachi | 28th June 2024 – Present

- Conducted patient assessment, detailed history taking, diagnosis, and initial medical management of people admitted to inpatient care.
- Promptly reviewing lab results, timely documentation, and notifying consultants and clinical managers of any changes to patient's health status.
- Full patient care and management both before and after surgical procedures.
- Effectively communicated with patients and their families and collaborated with various specialities to ensure comprehensive care.

House Officer | Dr. Ruth K.M. Pfau Civil Hospital | Karachi | 16th May 2023 – 15th May 2024

Department of General Medicine

- Conducted thorough medical assessments on adult patients to provide comprehensive medical care both in outpatient and inpatient settings.
- Performed routine physical examinations, ordered blood tests to accurately diagnose illnesses, interpreted results and developed individualized treatment decisions under supervision.
- Actively participated in bustling Outpatient clinics under the guidance of prominent faculty in diagnosing, managing, and treating, some of the common diseases which include, fever, pain, hypertension, diabetes mellitus, hyperlipidemia, asthma and chronic obstructive pulmonary disease, hypothyroidism and hyperthyroidism, gastroesophageal reflux disease, peptic ulcer disease, irritable bowel syndrome, chronic kidney disease, rheumatoid arthritis, osteoarthritis, gout, and autoimmune conditions.
- Collaborating closely with other departments, including nurses, specialists, and support staff, to ensure patients receive timely and appropriate medical attention, fostering a seamless healthcare experience.
- Facilitated the transition of patient care with sensitivity and diligence, ensuring continuity and peace of mind for patients and their families.
- Document patient encounters accurately and maintain detailed medical records in electronic health records.

Department of Medical Intensive Care Unit

- Learnt the art of expert care required for critically ill patients in the medical intensive care unit, including those with respiratory failure, septic shock, and multi-organ dysfunction syndrome.
- Performed and coordinated resuscitation efforts during cardiac emergencies, ensuring timely interventions and adherence to ACLS guidelines.
- Got an insight into mechanical ventilation, including mode selection, ventilator adjustments, lung protective strategies, and weaning protocols.
- Interpret hemodynamic monitoring data to guide fluid resuscitation, vasopressor therapy, and other interventions aimed at optimizing perfusion and oxygen delivery.
- Effectively communicated with patients, families, and healthcare team members, providing updates on patient status, discussing treatment options, and addressing concerns.

Department of Paediatrics

- Conducted comprehensive physical examinations and assessments on paediatric patients, and diagnosed and managed common conditions like pneumonia, diarrhoea, and measles.
- Collaborated with multidisciplinary teams to develop individualized care plans for protein-calorie malnutrition in paediatric patients.
- Assisted in the care of newborns, especially those with specific medical requirements or born prematurely. Monitored vital signs, administered medications, and provided assistance during neonatal resuscitation in the emergency room.

DR DANIYA TARIQUE

Email: daniyatarique.10@gmail.com | Contact No # [+92 3132526776](tel:+923132526776)

- Managed trauma and critical care situations in a paediatric emergency setting, implemented treatment programs, collaborated with medical specialists, and maintained a supportive and educational environment for effective communication with children and their families while providing emotional support.

Department of Obstetrics & Gynaecology

- Managed antenatal, intrapartum, and postpartum care for pregnant women.
- Conducted gynaecological examinations, including per vaginal examination, screenings, and diagnostic procedures such as high vaginal swabs.
- Made accurate diagnoses and managed cases, ranging from simple conditions like fibroid uterus to complex cases such as post-partum haemorrhage under supervision.
- Performed spontaneous vaginal deliveries and served as the first assistant in surgical procedures, including cesarean deliveries, vaginal hysterectomies, and total abdominal hysterectomies.
- Collaborated closely with fertility specialists, conducted fertility evaluations, monitored fertility treatments, and provided comprehensive patient education through effective communication and counselling.

Department of Accident & Emergency

- Conducted rapid assessments and triaged patients based on the severity of their condition while maintaining calmness and empathy.
- Prescribed medications under supervision and performed various procedures including nasogastric tube insertion, ABGS (arterial blood gas sampling), Foley catheter insertion, IV cannulation, hydration therapy, and blood product transfusion.
- Coordinated with interdisciplinary teams to provide prompt and effective medical care to patients in the emergency room.
- Assisted patients and their families in understanding disease prognosis and the best available treatment options.

Department of General Surgery

- Diagnosed and treated commonly presented conditions, including bleeding per rectum, constipation, abdominal pain, ulcers, abscesses, and various forms of hernias (inguinal, femoral, umbilical) under the supervision of prominent faculty.
- Managed trauma patients with acute surgical needs in a team setting, including emergency interventions for conditions such as perforated gallbladder, intestinal obstruction in volvulus, and necrotizing fasciitis.
- Participated in trauma resuscitations and collaborated with various specialities to ensure comprehensive care.
- Acquired skills in pre-operative assessments and post-operative care for surgical patients.
- Assisted in a wide range of surgical cases such as appendectomies, cholecystectomies, stoma formation, and hernia repairs, while also learning laparoscopic and minimally invasive techniques.
- Developed proficiency in patient-focused care and effective communication techniques.

Intern | National Institute of Cardiovascular Diseases | Karachi | 1st July 2022– 15th July 2022

- Learnt the basics of cardiology practice, from taking patients' histories to performing CVS examinations.
- Shadow consultants in outpatient clinics, attended ward rounds and presentations.
- Enthusiastically took part in case discussions and learnt how to be empathetic to patients.

Intern | NORTHWELL HEALTH | Remote | 20th July 2020– 20th August 2020

- Gained valuable insight into diverse careers within the healthcare field.
- Actively engaged in live career exploration sessions and learned from subject experts.
- Attained a comprehensive understanding of professional development through participation in live career preparation webinars.

DR DANIYA TARIQUE

Email: daniyatarique.10@gmail.com | Contact No # [+92 3132526776](tel:+923132526776)

EDUCATION

Bachelor of Medicine & Surgery (MBBS) | DOW Medical College (DUHS) | Jan 2018 – Apr 2023

- Achieved an overall CGPA: 3.08 out of 4.0.

HSC-Pre-Medical | Sir Syed Government Girls College | 2015 – 2017

- Achieved an overall percentage: 82.55% (908 out of 1100)

SSC-Science | M-2 Grammar School | 2013 – 2015

- Achieved an overall percentage: 86.94% (739 out of 850)

LICENSE

- Certificate of Permanent Medical Registration from PMDC.
- Registration No. 780724-02-M

SCHOLARLY PUBLICATION

- Monkeypox virus: A potential pandemic? doi: 10.47391/JPMA.7224. PMID: 36800762

SEMINARS, WORKSHOPS & TRAININGS

- Basic Life Support-BLS Certification SAVE a LIFE by NHCPS (Jan 2024).
- Certificate of training completion from PAKISTAN LIFE SAVERS PROGRAMME (Nov 2022)
- 5th Psychiatry Certificate Course (virtual sessions) by Agha Khan University (Aug 2021 to Oct 2021)
- Beginner's Guide to Research (online workshop series) by Agha Khan University (Jun 2020)

CERTIFICATES

- ePROTECT Respiratory Infections by WHO
- Psychological First Aid, John Hopkins University by Coursera
- COVID-19 Training for Health Care Workers, Stanford University by Coursera
- Certified Microsoft Office Specialist for PowerPoint 2013
- Writing Professional Emails and Memos (project-centered) University System of Georgia by Coursera.

EXTRA-CURRICULAR ACTIVITIES AND VOLUNTEER EXPERIENCES

- From June 1, 2021, to April 30, 2023, I had the privilege of being part of a dynamic team of content developers made up of five talented individuals at MEDLYNCS. Our collective ingenuity drove the creation and development of an innovative online educational platform meticulously tailored to empower and support undergraduate medical students in their studies.
- Enthusiastically participated in the Patients Welfare Association (PWA) – SHARE HOPE CAMPAIGN April 2021.
- Volunteer at an awareness campaign on Hypertension conducted by SOCH for local, underprivileged people coming to Dr Ruth K.M. Pfau Civil Hospital Karachi on 22nd February 2020.
- Core team member of the Patients Welfare Association (PWA) BAKE SALE 2019 Sponsorship Team.
- Active member of the Patients Welfare Association (PWA) BAKE SALE 2019 Promotion Team