

Dr. Hira Sulaman Memon
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OBJECTIVE: To serve as an obstetrician and gynecologist in culturally and socioeconomically diverse settings to hone my skills and devote these to help women resolve their reproductive health issues

PROFESSIONAL QUALIFICATION AND EDUCATION:

- MRCOG (UK) Royal College of Obstetricians and Gynaecologists May 2023
- CHPE (BMU) Baqai Medical University December 2022
- FCPS (OBGYN) College of Physicians & Surgeons of Pakistan February 2019
- MBBS (LUMHS) Liqueate University of Medical and Health Sciences, December 2009

Assistant Professor in United Medical & Dental College (UMDC) Creek General Hospital Karachi (August 09,2021 till date)

Key Responsibilities/Work History:

- Working in wards & outdoors performing emergency and elective gynaecological and obstetrical procedures under indirect supervision
- Involved in undergraduates teaching in campus and online
- Involved in making theory paper and OSCE stations and conduction of exam

Registrar in Jaber Al Ahmed Hospital Kuwait (March 14,2021 till July 10,2021)

Key Responsibilities/Work History:

- Worked in COVID obstetric ward and managed in collaboration with medical team.
- Involved in monitoring and management of COVID obstetrics patients in ICU.
- Engaged in making of local departmental policies and protocols.
- Worked in obstetric emergency department and labour room.

Senior Registrar (Obs&Gynae in Shifa College of Medicine (SCM)- Shifa Tameer-e-Millat University (STMU) Islamabad (May 16, 2019 till March 13, 2021)

Key Responsibilities/Work History:

- Involved in online and in campus teaching and supervision of final year students of MBBS.
- Involved in organization of written exam and OSCE of undergraduates.
- Worked in wards & outdoors. Performing emergency and elective gynecological and obstetrical procedures under indirect supervision.

- Learned subfertility treatment modalities. Observed and assisted laparoscopic and operative hysteroscopy procedures.
- Took active part in academic sessions held there by giving presentations and attending regularly.
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**Registrar in Obs&Gynae at Qasim Zaman Hospital Islamabad
(November 2017 - February 2019)**

Key Responsibilities/Work History:

- Managing outdoor antenatal, postnatal patients and various gynecological disorders by appropriately diagnosis and prescribing treatment.
- Managing Obstetrical emergencies in collaboration with the concerned consultants.
- In Labor ward, monitor patient's condition and progress and re-evaluated treatments as necessary.

FCPS (Obs&Gynae) & MRCOG four year training:

Rawal Institute of Health Sciences Islamabad March - Oct 2017

Shifa International Hospital Islamabad Oct 2014 - Oct 2015

Ziauddin Hospital Karachi January 2012 - July 2014

Key Responsibilities/Work History:

- Worked in obstetric outdoor clinics, booking clinic, low & high risk antenatal clinics. Managed patients with risk factors such as Gestational diabetes Mellitus, Hypertensive Disorders of pregnancy, Anemia, Twin gestation and previous scar etc in high risk follow up clinic in addition to other low risk antenatal women.
- Worked in gynecology outdoor clinics and attained skills in managing patients with recurrent pregnancy loss, Sub fertility, ovarian cyst, endometriosis and menstrual irregularities. Involved in examining patients, diagnostic procedures and prescribing treatments after consultation with the consultants.
- Counseling patients and their families on their health care including health, promotion disease prevention, family planning and contraception.
- Conducted vaginal deliveries including instrumental vaginal deliveries.
- Performed cesareans sections and laparotomies for ectopic pregnancy and ovarian cyst torsion.
- Assisted and performed total abdominal hysterectomies, vaginal hysterectomies, laparotomy for utero-ovarian masses.
- Conducted minor surgical procedures i.e. diagnostic hysteroscopy, diagnostic D&C, polypectomy, LLETZ and manual vacuum aspiration.
- Observed rare procedures for vaginoplasty.
- Worked as team leader on calls and involved in diagnosing and managing high risk patients and performing complicated surgeries as first assistant with consultant on call.
- Case presentations in multidisciplinary meetings for Gynecology patients with suspected / diagnosed carcinoma of endometrial, cervical, ovarian origin.

PROFESSIONAL EXPERTISE / SKILLS:

Academic

- **Reviewer** of British Medical Journal & journal of Rawalpindi Medical College

- Teaching skills, ICT skills in online teaching, curriculum management as program coordinator of final year
- OSCE and MCQs Management and exam conduction of undergraduates
- Involved in facilitating workshops
- Supervisory, training, organizational, time-management and work delegation skills
- Administration, operational and procedural decision-making skills
- Incomparable critical thinking and analytic skills

Clinical

- Able to communicate medical information to professional practitioners and/or the general public and to educate patients and/or families as to the nature of disease, providing instruction on proper care and treatment
- Hard worker, dedicated to integrity, very responsible and a compassionate professional
- Ability to work under extreme pressure
- Observation, assessment, diagnostic and surgical skills Experience in performing patient examination using standard medical procedures

PUBLICATIONS:

- Sulaman, H.** Akhtar, T. Naeem, H. "Beyond COVID-19: Prospect of Telemedicine for Obstetrics Patients in Pakistan" **International Journal of Medical Informatics** (2022) 104653
- Sulaman, H.,** et al. "Case report of an un-usually large hematosalpinx." **Journal of Obstetrics and Gynaecology Research** (2021).
- Saeed, G. A., Akhtar, T., **Sulaman, H.,** & Zaheer, A. S. "Student Readiness to e-learning in Clinical Medicine COVID Experience of Gynaecology Clerkship Students of Shifa College of Medicine". **In International Conference on Medical Education** (ICME October 2021). (pp. 189-194). Atlantis Press.
- Jahan, M., **Sulaman, H.,** et al. "Assessment of Triglycerides Levels in Gestational Diabetes - A cross-sectional study" **Journal of Rawalpindi Medical College** (2021): Vol 25 ,234-238
- Shaheen, M., **Sulaman, H.** et al. "Comparison of Efficacy and Tolerability of Ondansetron Versus Metoclopramide in the Treatment of Hyperemesis Gravidarum". **Pakistan Journal of Medical and Health Sciences** (2021):1205
- Tariq, M., **Suleman, H.,** et al. "Comparison between clomiphene citrate and letrozole in patients with polycystic ovarian syndrome in terms of monofollicular development." **Medical Forum Monthly** 31.8 (2020): 68
- Shahid, A., Tariq, M., **Sulaman, H.** et al. "Frequency and severity of primary dysmenorrhea in adolescent females." **Pakistan Journal of Medical and Health Sciences** 14.4 (2020): 1952.

WORKSHOPS:

- Educational planning CPSP 2022
- Baby friendly hospital workshop in Shifa international hospital 2021
- Hands on workshop on contraception (Facilitator) September 26, 2020
- Safe hysterectomy workshop MCH PIMS Islamabad Dcember 2019
- Basic life support course organized by Shifa college of medicine 2019
- 1 day workshop on "Update on Obstetrics for Primary Care Physicians" at PIMS Hospital, Islamabad 2015