

Mehak Naseem

Looking for Career in Optometry

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Core Competencies & Skills

- Slit Lamp Examination
 - Refraction Including Cycloplegic (wet + dry)
 - a) Assessment and prescription RGP & soft contact lenses
 - Dispensing and Dealing
 - a) Assessment of Low Vision and prescription of LVAs
 - b) Assessment of Orthoptics
 - c) Biometry (B-Scan, A-Scan)
 - d) OCT, FFA and Topography
 - Excellent Counseling for low vision persons
 - Excellent presentation and negotiation skills
 - Effective listening skills
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Professional Experience

- Optometrist at Ghulam Fatima Medicare, Faisalabad *June 2023 - October 2023*
 - Optometrist at Arshad Hospital chakri road, Rawalpindi *January 2021 - May 2023*
 - Experience of Community Eye Camp, Jhumra(Faisalabad) *November 2019*
 - Experience of one day Screening Eye Camp at Madina Teaching Hospital, Faisalabad *2016 - 2019*
 - Internship at Govt. General Hospital, Faisalabad *May 2019 - July 2019*
 - Internship at Chiniot Hospital, Faisalabad *June 2018*
 - Internship at Govt. General Hospital, Ghulam Muhammadabad Faisalabad *May 2017 - March 2018*
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Academic Education

- Doctor of Optometry from The University of Faisalabad *2020*
 - FSc Pre Medical from Faisalabad College for Women *2015*
 - Matric from Dawn Girls High School, Chichawatni *2013*
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Student Research Project

- Relationship of Reading Performance in Low Vision with cognitive Assessment *2020*
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Professional Affiliation

- Member of Pakistan Optometric Society (POS)
 - Member of The Optometry (TOG)
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Certifications and Workshops

- Certificate of 13th undergraduate Medical Research Conference held at Peshawar Medical & Dental College *March 2020*
 - World White Cane Day organized by The University of Faisalabad *October 2019*
 - Dealing Keratoconus with contact lens First International Conference on myopia in Pakistan, MYOPIA–TIME BOMB— organized by ORIC and department of ophthalmology *April 2019*
 - Comprehensive Eye Exam Activity in district jail Faisalabad *September 2019*
 - Certificate of 6th National Optometry conference Organized by POS *December 2019*
 - Two Days workshop on Ophthalmic Research *November 2019*
 - Certificate of screening of refractive error *September 2017*
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Personal Details

- Nationality: *Pakistan*
- Date of Birth: *15 August 1997*
- Marital Status: *Married*
- Passport Number: *BW9855412*
- Language: *English, Urdu*