

SAHAR MUGHAL MBBS	Address	Residence	Villa 16/1A, 57th street, Dubai, UAE
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CAREER PROFILE

A trusted, patient focused and experienced doctor with over 10 years of history of serving patients by successfully diagnosing, treating and also managing their illnesses and diseases. Having medical and clinical experience in public hospitals in Pakistan, United Kingdom and United Arab Emirates, I am looking for an opportunity where I can continue serving patients and contribute to the organization. join a team where I can add value.

PROFESSIONAL AND ACADEMIC EDUCATION

Qualification	Institute	Year
PLAB	Professional & Linguistics Assessments Board, United Kingdom	2015
Bachelor of Medicine, Bachelor of Surgery – (MBBS)	Allama Iqbal Medical College, Pakistan	2011
FSC	National Science College, Pakistan	2005

WORK EXPERIENCE

Basildon Hospital/Langdon Hills Medical Center, Essex, UK – General Practitioner Specialty Training General Practitioner	Aug 21 – Feb 24
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Obstetrics and gynecology

- Able to perform pelvic examinations, Pap smears, and other gynecological procedures with sensitivity and professionalism.
- Assisting normal vaginal deliveries and forceps deliveries.
- Monitoring progress of labour and routine episiotomy stitching,
- Assisting caesarean sections and routine gynecological procedures.
- Up to date record keeping, history taking, examinations and routine investigations.
- Taking part in antenatal clinics and routine ward work.
- Proficiency in diagnosing and managing common gynecological conditions such as menstrual disorders, pelvic pain, and menopausal symptoms.
- Different methods of contraception and their indications, contraindications, and side effects
- Proficiency in managing common antenatal issues such as hypertension, gestational diabetes, and infections.

Stroke medicine/General Medicine

- Recognize the signs and symptoms of stroke and initiate time-sensitive interventions such as thrombolysis or thrombectomy.
- Knowledge about the risk factors for stroke and strategies for secondary prevention, including antithrombotic therapy, blood pressure management, and lifestyle modifications.
- Educate patients and their families about stroke prevention strategies and the importance of adherence to prescribed medications and lifestyle changes.
- Proficiency in the long-term management of stroke survivors, including monitoring for complications such as recurrent stroke, cognitive impairment, depression, and post-stroke spasticity.

Psychiatry

- Skilled in conducting comprehensive psychiatric assessments, including gathering a thorough psychiatric history, performing mental status examinations, and utilizing standardized assessment tools.
- Able to recognize and treat the signs and symptoms of common psychiatric disorders such as depression, anxiety disorders, bipolar disorder, schizophrenia, and personality disorders.
- risk assessment, safety planning, and appropriate referrals to psychiatric emergency services or crisis intervention teams.

General Practice

- skilled in building rapport with patients, establishing trust, and fostering effective doctor-patient relationships.
- active listening, empathy, and cultural sensitivity to understand patients' concerns and preferences.
- clinical reasoning and diagnostic skills to formulate differential diagnoses and develop appropriate management plans.
- Promoting preventive healthcare measures such as vaccinations, cancer screenings, lifestyle modifications, and health promotion activities.
- expertise in managing chronic medical conditions such as diabetes, hypertension, chronic obstructive pulmonary disease (COPD), asthma, and heart failure
- conducting home visits for disabled and palliative patients
- arranging appropriate specialist referrals, investigations, A&E referrals and 2 week wait referrals depending on patient symptoms
- engaging regularly in weekly GP teachings, weekly tutorials and monthly online workshops and seminars arranged by trust.

Watford General Hospital, London, UK Senior House Officer and Locum SHO Internal Medicine Clinical Attachment (Acute Admissions Unit)	May 18 – May 21 Jan 18 – Mar 18
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- Conducting ward rounds and updating treatment and management plans in geriatric wards.
- Regular board rounds and identifying appropriate needs as per patient including physiotherapy, occupational therapy, speech therapy and care needs.
- Facilitating timely and safe discharges and ensuring appropriate care needs are in place.

- Looking after palliative and end of life patients and where appropriate referrals to hospice and community palliative teams.
- Conducting and facilitating ward rounds in acute medicine wards
- Accurate medical record keeping and assisting procedures like lumbar puncture, ascitic tap, pleural tap.
- Proficiency in common procedures like blood sampling, arterial taps, ECG, catheter and NG placements
- Supervising and teaching foundation doctors and nurses regarding common clinical examinations, procedures and administrative skills.
- Prescribing skills and involving pharmacists and reviewing drug charts for polypharmacy and managing accordingly.
- Multi-disciplinary approach and specialty involvement
- Involvement in clinical audits and keeping up to date with regular weekly departmental teachings and grand rounds.
- Observing clinical management of patients in wards
- Assisting with administration related work and routine ward jobs
- Observing clinical procedures like Lumbar puncture
- History taking and clinical examination, clerking of patients

Kingsbury Health & Wellbeing, London, UK

Administrator

Feb 16 – Jun 17

- Summarizing patient notes
- Coding clinical letters of patients from Docman & updating patient records in Emis
- Sending tasks regarding actions required as per clinical letters from consultants
- Conducting clinical audits related to housebound patients and referrals

Nextcare - Arab Gulf Health Services, Dubai, UAE – Claims Department

Medical claims officer

Oct-13 - Nov-14

- Claims evaluation and management
- Analysis and processing of claims
- Communication and correspondence with other Nextcare branches in Gulf
- Dealing with regional and international claims from Qatar, Kuwait, Bahrain, Oman and other middle eastern countries
- Instant response to pharmacy and outpatient claims on calls

Latifa Hospital, Dubai, UAE – Obstetricians and gynecology

Clinical Attachment

Oct-12 - Sep-12

- Observation of procedures in operation theatre
- Observing clinical management of patients in wards, outpatient, emergency and labor ward

CLINICAL EXPERIENCE

Jinnah Hospital, Lahore, Pakistan

House Officer(Foundation Year)

May-12 - Sep-12

Obstetrics & Gynecology

- Managing obstetrical and gynecological emergencies
- Conducting normal deliveries independently
- Assisting twin, breech and forceps deliveries and manual removal of placenta
- Performing caesarian section under supervision
- Assisting major gynecological procedures such as abdominal and vaginal hysterectomy, myomectomy, laparotomy and laparoscopy
- Taking part in antenatal clinics and routine ward work

Internal Medicine

- Diagnosis and management of patients in outpatient, inpatient & emergency department
- Conducting procedures like thoracic and abdominal paracentesis and lumbar puncture under supervision
- Preparation of cases for clinical discussion and presentations
- Booking and preparing patients for endoscopies and colonoscopies and performing procedure under supervision
- Assisted at diabetic and hepatitis clinics with senior endocrinologists

ENT (Otorhinolaryngology)

- Assisting multiple emergency interventions such as tracheostomy, peri-tonsillar abscess drainage and nasal bone fracture
- Performing removal of foreign bodies ear & nose and impacted ear wax
- Active management of ENT emergencies such as otitis externa, otitis media, epistaxis, tympanic membrane perforation and throat infections

Intensive Care Unit

- Experience of working in ICU as part of rotation in medicine department, taking care of critical patients
- Performing procedures like endotracheal intubation and CVP insertion under supervision
- Detailed operational understanding of ventilator as per patient requirements

CLINICAL AUDITS

- Audit of 48 hour follow up post discharge in mental health patients Jan 2022
- Audit of use of as required medications for inpatient psychiatric patients Feb 2022
- DNACPR Re-Audit Dec 2020
- DNACPR Audit Mar 2019
- Accident & Emergency Referral Audit over 75 years age May 2016
- Audiology Referral Audit April-Oct 2015 Apr 2016
- Referral Audit for trauma & orthopedics Apr-Oct 2015 Mar 2016
- Pregnancy testing Audit 2015-2016 Feb 2016
- Meera house Nursing Home Audit Feb 2016
- Birchwood grange Nursing Home Audit Feb 2016

CONTINUING PROFESSIONAL DEVELOPMENT

I am dedicated to maintaining the highest standard of care for my patients by staying informed about the latest advancements and guidelines in medical practice. As a general practitioner, I recognize the importance of continuing education and regularly engage in professional development activities including weekly GP teachings, workshops and seminars to enhance my knowledge and skills. A few courses done recently are as following:

- Good Clinical Practice
- Infection Control
- Advanced Life Support
- Basic Life Support Course
- Clinical Audit in Practice
- Mandatory Training
- Safeguarding Children
- Safeguarding of Vulnerable Adults and children Level 3
- Communication Skills Course
- King Edward Medical University Trauma Course

LICENSING AND REGISTRATION

Currently Licensed in 3 countries to practice as a Medical Doctor

- United Arab Emirates – Dubai Health Authority Reg No: 19629343
- United Kingdom – General Medical Council Reg No: 7462482
- Pakistan – Pakistan Medical and Dental Council Reg No: 62146-P

DEMONSTRATED AND PROVEN CHARACTERISTICS

- Strong, proven team leadership, team motivational and interpersonal skills
- High degree of vision, focus, discipline, self-motivation, ethics and integrity
- Ability to quickly learn and master new concepts, methods and environments
- Strong organizational, presentation, verbal and written communication skills
- Equally adaptable to Marketing, Operational and Customer related activities of a company
- Possessing resiliency in handling pressure and difficult situations

KEY SKILLS

Medical skills: Significant experience in managing patients with various illnesses and ensuring due care is exercised, in accordance with local medical and hospital guidelines.

Team management: Effective leader and motivator of people with the ability to identify both team and an individual's strengths and weaknesses.

- Experience in managing teams
- Trained and mentor junior colleagues and provided critical support where necessary

Project management: Ability to manage multiple patients in multiple wards.

- Ability to build strong, sustainable working relationships with all key project stakeholders from clinical directors to consultants and partners.
- A strategic thinker with the ability to quantify and provide tactical solutions whilst remaining focused on long-term strategies and goals
- Valuable influencing and negotiation skills demonstrated when dealing with patients and staff members.

PERSONAL INFORMATION OTHER INFORMATION

Language Proficiency	Fluent in English & Urdu (native)	IT proficiency: Hands-on experience of using MS Office (Word, Excel & PowerPoint) and various hospital and clinic administration systems. Member of Association of Pakistani Physicians and Surgeons
Marital status	Married	
Visa Status	Spouse sponsorship	
Gender	Female	