



CURRICULUM VITAE

Professor Dr. MUHAMMAD UTHMAN AHMAD

محمد عثمان احمد

BSc. MBBS, FCPS(Pak), CHPE(Pak),FRCP(Glasg)

Master of Science in Medical Education (MME)

Certified in AI in Education

Certified in AI in Research

Certified in Qualitative Research

Certified In Online & Distant Education (CODE)

HEAD

DEPARTMENT OF MEDICINE

Shaikh Zayed Federal Post Graduate Medical Complex

Shaikh khalifa Bin Zayed Alnahayan Medical & Dental College

Lahore Punjab PAKISTAN

Author of institutional

“COVID 19 COMPREHENSIVE MANAGEMENT GUIDE “

Contributed in

“DENGUE GCP GUIDELINES DEAG PUNJAB “

Personal information

Dr. MUHAMMAD UTHMAN AHMAD محمد عثمان احمد	
<i>Fathers name</i>	<i>Abdul karim</i>
<i>Date of Birth</i>	<i>04/02/1971</i>
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Domain 1

My Vision and Mission Statement as Fellow of PSIM

Vision

To make PSIM as a self-finance generating, research-driven society of excellence, distinguished for high-quality patient care, efficient healthcare delivery, excellence in health professions education, and innovative research.

Mission

To achieve this vision through transparent governance, responsive healthcare services, and strategic collaborations of PSIM with international bodies of specialities under umbrella of medicine.

Strategic Aims, Objectives

A. Fair, Transparent, and Responsive Administration

I will

- i. Establish faculty-led committees for equitable resource allocation and health for all
- ii. Implement transparent prioritization and disbursement of funds with mandatory third-party audits.
- iii. Schedule regular faculty meetings to promote shared governance, academic collaboration, and PSIM ownership.
- iv. Constitute faculty-led rapid-response committees to identify operational gaps, analyse problems, and implement timely solutions.

B. High-Quality and Prompt Healthcare Service Delivery

To fulfil objectives of PSIM I will try my best to

- i. Ensure uninterrupted, round-the-clock availability of essential health care delivery in my ward /hospital

- ii. Maintain continuous presence of doctors and paramedical staff to ensure patient safety and timely care.
- iii. Implement structured training and counselling programmes to enhance staff professionalism, communication skills, and compassionate care.
- iv. Introduce a 360-degree feedback system to keep leadership informed about service quality and patient experience.
- v. Facilitate senior faculty availability for inpatient care to improve bed occupancy, clinical outcomes, and institutional revenue.
- vi. Deploy a well-equipped on-road ambulance under umbrella of PSIM with ventilatory support to strengthen community outreach and emergency response.

C. Strategic Collaboration and Partnerships

- i. Following Board of Governors approval, establish Memoranda of Understanding with nationally and internationally reputed institutions.
- ii. Foster collaborations, particularly with AI-driven and innovation-focused organisations, to enhance research capacity, educational quality, and PSIM reputation.

Domain 2

1. Current Post

	From	To	Status	Duration
Professor of Medicine	03/05/21	02/11/23	CCB	4 yrs , 6 Months & 3 Days
	03/11/ 23	To date	Regular	
Head department of Medicine	29/03/23	Todate		2 yrs ,8 months 23 days

Key achievements as Professor and HOD

Since I took the charge of Professor . I ve done a lot of innovations in department of Medicine

1.Establishment of Medical ICU /HDU :

The ICU is aided with New ICU beds , cardiac monitors with central monitor ,ventilators , ABGs Machine . BIPAPs , AED machine

2. Upgradation of Deptt :

- i. Arrangement of ECG machine ,Biothesometer , Portable USG with colour doppler probe and ABPA instrument
- ii. **Established Board Room** with audio -visual aid for small group discussions, board meetings and to attend online teaching sessions for trainees
- iii. **24/7 Internet facility** for students /PGs to do research/ enhance skills
- iv. **Interlinked software** to make all record digitally for research and record purposes
- v. **Desktops for record keeping**/research purposes/ and digital discharge slip
- vi. **Establishment and upgradation of endocrine and diabetes clinic**
Interlinked software to make all record digitally for research and record purposes

3.ACADEMIC INNOVATIONS

I have done a lot of innovations in , **patients management, and health professionals education and research** in the department :

A.Health Professionals Education (HPE)

- i. As deputy director QEC , evaluation of all post graduate and undergraduate programmes as per directions of Higher Education cell , arranging faculty development sessions*
- ii. All **faculty members are involved in teaching** of undergrads and post-grads through bedside teaching, and small group discussions. clinical rounds in patients and outpatients*
- iii. Faculty members** are allocated different **departmental tasks** i.e integrated curriculum academic calendars. periodic evaluation calendars of PGs and undergrads, clinical assessments, NOCK examinations and collaboration to the college administration, visits of regulatory bodies(PMDC and HEC etc
- iv.** Bed side teachings of PGs and undergraduates
- v.** *Hand-on -trainer for dengue workshops and diabetes related complications and management e.g autonomic testing , neuropathy screening by biothesometer , and insulin stress testing*
- vi. Daily morning meetings** are held to discuss the daily progress of .admissions. in the departments and the problems faced by them on the last day of admissions: interesting difficult cases are discussed and unanimous decisions are made
- vii.** Students are allocated **tasks on weekly basis**: they have to present the latest updates in the field of medicine & innovations & research in health care education
- viii. Special sessions are arranged in collaboration with the psychiatry** and mental health department and entrepreneurs. I am there as a mentor and leader.These sessions are to build ethics, communication skills how to work as a team , and how to deal with patients empathetically These sessions

- ix. I act as a leader for **ACLS & BLS workshops**: they are mandatory for all the new inductees in the department*
- x. 360° Feedback** of all activities of the department regarding undergrad and PG training, patient care , research, and public-related activities

2. Departmental Research

- i. **Research proposals** are discussed fortnightly and are discussed with the research cell and statisticians who take part in the discussion.*

Till Date we have more than 40 departmental publications , Amongst them 21 publications are to my credit

3. Patients care

- i. Supervision and guiding how trust of patient is ascertained to achieve better care of patient (i.e communication skills , breaking badnews , how to be empathetic to patient and the importance of medical ethics*
- ii. Supervision of twice weekly mutual clinical sessions : students of undergrad (final year MBBS present the history of patient. House officers discuss the important investigations ,first year resident is supposed to give differential diagnoses .and junior consultants discuss the important management steps and senior consultants give final verdict*
- iii. Ensuring 360 degree feedback system to improve health care, training, and education*

Domain 3**Posts held in last 25 years, Other than current post**

Designation /Post	Institution/organisation	From To date	Duration	City/Province /Country
Associate Prof. Medicine	Sheikh Zayed Federal Post Graduate Medical Institute	25/04/18 to 02/05/21	3 years .0 Months,& 8 days	Lahore .Punjab Pakistan
Assistant Prof. Medicine	Sheikh Zayed Federal Post Graduate Medical Institute	12/11/11 to 24/04/18	6 yrs,5 Months &15 days	Lahore. Punjab Pakistan
Senior Registrar Medicine	Sheikh Zayed Federal Post Graduate Medical Institute	28/09/09 to 11/11/11	2 yrs ,1 Month & 14 days	Lahore. Punjab Pakistan
Medical officer	Sheikh Zayed Hospital	13/01/04 to 27/09/09	5 yrs,8 months,14 days	Lahore. Punjab Pakistan
Post Graduate Registrar (FCPS-2)	Sheikh Zayed Federal Post Graduate Medical Institute	17/9/98 to 31/7/2002	4yrs,8 months & 13 days	Lahore. Punjab Pakistan
House physician cardiology	Punjab Institute of Cardiology	20/03/97 to 19/02/98	11 months,	Lahore .Punjab Pakistan
House Surgeon	Services Hospital	20/9/96 to 19/3/97	6 months	Lahore .Punjab Pakistan
House Physician	Services Hospital	20/3/96 to 19/9/96	6 months	Lahore .Punjab Pakistan

Domain 4**Administrative Posts/Positions** *held in last 25 years at*
SZH /FPGMI LAHORE

Designation /Post	Institute	From- date	Duration	LETTER #
Deputy warden Hostels	SZH/FPGMI Lahore	13.07.2011	-----	Admin/11/0-1/2354
Consultant Focal Person for DEAG Punjab	SZH/FPGMI Lahore	05/03/12 to date	12 yrs,6 Months &15 days	CD/115
Focal Person for DEAG Committee	SZH/FPGMI Lahore	07/07/2012	12 yrs,6 Months & 14 days	Admin/12/G-1/2420
Member DEAG	Punjab	27/07/2012	12 yrs,6 Months & 7 days	Admin/12/G-1/1420
Convener Pharmacy Management Committee	SZH/FPGMI Lahore	22/04/2020	4yrs,8 months & 13 days	CD/121
Member Rapid Response Emergency & Critical Care Committee	SZH/FPGMI Lahore	25/08/2022	2yrs,1 month	CD/217
Member A&E,Critical Care Services Advisory Committee	SZH/FPGMI Lahore	31/03/23	1yr,6 months	CD/72
Member Incident Mortality and Morbidity Committee	SZH/FPGMI Lahore	06/04/23	1 yr, 5 months ,15 days	CD/81
Deputy Director QEC	SKZMDC			
Deputy Director Clinical Trial Unit (CTU)	SZH/FPGMI Lahore	2024		
Officer Incharge Pharmacy	SZH Lahore	03/12/2025	to date	

Domain 5

Academic Certificates /Qualifications /Fellowships

	Degree/Title	Institute	Speciality/ MODE	Passing/ Completion Year	From To Date	Duration	City/Province/ / Country
1	Masters in Medical Education	UOL	Health Professional Education	2025	Batch 13 (24-25)	2 years	UOL Lahore Pakistan
2	Certificate Artificial Intelligence in Education (AIE-1)	Baqai Univ	Artificial intelligence /Virtual	2024	2024	3 months (March-May)	Karachi, Pakistan
3	Certificate Artificial intelligence In Research (AIR-5)	Baqai Univ	Artificial intelligence /Virtual	2024	2024	3 months (June -Aug)	Karachi, Pakistan
4	Certificate in Qualitative Research (CQR-3)	Baqai Univ	Qualitative Research /Virtual	2024	2024	3 Months (Sept -Nov)	Karachi, Pakistan
5	Certificate in Online & Distant Education (CODE)	Baqai Univ.	Qualitative Research /Virtual	2025	2025	6 Months (May - Oct)	Karachi, Pakistan
6	FRCP	Glasg	INTERNAL MEDICINE	2023	30 /10/23	1 year	UK
7	CHPE	UOL	MEDICAL EDUCATION	2021	May-Sept 21	6 months	Lahore . Punjab Pakistan
8	FCPS	CPSP	MEDICINE	06/2007	18/06/07	15 Years, 1 Month 23 Days	KARACHI, Pakistan
9	MBBS	RMC	5 YEARS COURSE	1995	08-08-95	29 Years	Punjab University ,Lahore

Domain 6

WORKSHOPS RELATING TO HEALTH PROFESSIONAL EDUCATION

	Title	Conducted /Attended	Time	Dates	Participants	Institution
1	Cultural diversity and competence training	Attended	3 hrs	Oct 25,2025	HCPs, MME Scholars, Faculty of MME	UOL , Lahore Punjab ,Pakistan
2	Research methodology qualitative and qualitative	Attended	3 hrs	Oct 25,2025		
3	Identifying quality and avoiding Predatory Journals	Attended	3hrs	Oct 27,2025		
4	Best evidence in medical education	Attended	3hrs	Oct 27,2025		
5	AI in medical education : Tools,applications and boundaries	Attended	3hrs	Oct 28,2025		
6	Professional identity formation as a Medical Educationist	Attended	3hrs	Oct 28,2025		
7	Mental health and well being of educators and learners	Attended	3hrs	Nov 01,2025		
8	Healthcare Law and Ethics/Legal and ethical issues in Health Professional Education	Conducted	3 hrs	Nov 02,2025		
9	Leadership and change management in medical education	Attended	3hrs	Nov 03,2025		
10	Scholarship of teaching and learning (SoTL) in Medical Education	Attended	3 hrs	Nov 03,2025		

Supervisory workshops attended

#	Workshop title	Description	Duration	Time	Institution
1`	Advanced research methodology and biostatistics	Hands on training workshop practical demonstration and how to supervise trainees to do research in their fields	Nov 2023	3 days	UHS, Lahore Punjab ,Pakistan
2	Supervisory skills	Practical demonstration and active participation how to plan implement the integrated curriculum in medical education and how to measure the outcomes	04-01-2016 07-01-2016	3 days	Cpsp regional Centre lahore
3	Research methodology and biostatistics	Practical demonstration and active participation on how to supervise clinical training as per modern education workshop	30-05-2016 02-06-2016	3 days	
4	Acsls ,bls workshop	How to conduct research in clinical settings and how to statistically evaluate and how to publish it internationally and nationally	25-05-2016 28-05-2016	3 days	
5	Communication skills	Aha certified workshop is done ,where dummies were used to practice	28-01-2020 28-01-2022	1 days	Cpsp regional centre lahore
6	Workshop how to develop mcqs and seqs	A well organised workshop where participants were actively involved in breaking bad news to attendants , and how to coollaborate with colleagues	03-03-2004 05-03-2004	0 years, 0 Months and 2 days	Cpsp regional centre lahore

Domain 7

3 Papers/posters presented in International Conferences

1. Poster presented in 8th International conference in HPE (8TH ICHPE) held on Nov 3 2024 at UOL on “Artificial Intelligence in Education & Research “
2. Poster presented in 9th International conference in HPE & 1st ICN & Midwifery (9th ICHPE 1st ICNM) held on Oct 28,2025 at UOL on my MME thesis proposal: ‘ Exploring barriers to leadership in Post Graduate Medical Education through the lens of relational leadership theory ‘
3. Paper presented at 9th International conference in HPE & 1st ICN & Midwifery (9th ICHPE ,1st ICNM) held on Oct 28 ,2025 at UOL on ‘Impact of curriculum inhibitors on learning outcomes -perceptions of Alumni of a post graduate medical institute’

21 Publications in peer reviewed journals

Publications in International Journal

1. Uthman M, Kamran M. Case report of a patient with one & half plus syndrome: Nine syndrome, OMCR ,JAN 2018. doi: 10.1093/omcr/omx085.eCollection 2018 Jan

Publications in National Journal

2. Mahmood, H. A., Muhammad Uthman, Virk, M. A., Shahbaz, A., Naseem, N., & Gul, M. (2025). Assessment of Patterns of Neuropathy in Patients with Newly Diagnosed Type II Diabetes Mellitus. Indus Journal of Bioscience Research, 3(6), 1049-053. <https://doi.org/10.70749/ijbr.v3i6.2210>
3. Masood HMU, Uthman M, Iqbal U. Association of glycemic control with diabetic nephropathy among patients with Type 2 diabetes mellitus in Pakistan. J Fatima Jinnah Med Univ. 2025; 19(2): 87-94. DOI: <https://doi.org/10.37018/QZEQ3245>
4. MJ.Uthman M, Taj A,Aasim M. Tabrez E.Frequency of non-alcoholic fatty liver disease (NAFLD) and its associated risk factors among Type-2 Diabetics . Pak J Med Sci, 2022;38(1):28-33 <https://doi.org/10.12669/pjms.38.1.4968>
5. Ali A, Andleeb S, Uthman M. Frequency of Metabolic Syndrome (METS) in Patients with Systemic Lupus Erythematosus (SLE). Med Forum May2021;32(5):73-76. <https://medforum.pk/article/18-frequency-of-metabolic-syndrome-mets-in-patients-with-systemic-lupus-erythematosus-sle>
6. Farooq Q, Uthman M, Malik A, Jang FF. Effect of Metformin On Lipid Level in Patients presenting with Metabolic Syndrome. Med Forum 2021;32(5):61-65 <http://www.medforum.pk/article/15-effect-of-metformin-on-lipid-level-in-patients-presenting-with-metabolic-syndrome>
7. Muhammad Uthman,Waqas .Serum testosterone concentrations in type 2 diabetic males & its relation to sexual asthenia & waist circumference.Pakistan Journal of Medical and Health Sciences;Vol. 15(4) April 2021:773-775 <https://pjmhsonline.com/2021/april/773.pdf>
8. Waqas, Muhammad Uthman . Effect of liver cirrhosis on thyroid hormone levels in patients presenting in a tertiary care hospital. Pakistan Journal of Medical and Health Sciences;Vol. 15 (4) April 2021:767-769 <https://pjmhsonline.com/2021/april/767.pdf>
9. Shakeel Muzaffar , Muhammad UTHMAN . Frequency of ABO and Rh blood groups in patients with diabetes mellitus. Pakistan Journal of Medical and Health Sciences;Vol. 15(4) April 2021:770-772 <http://pjmhsonline.com/published-issues/2021/apr/214770>

10. Raza Mustafa ,Muhammad Uthman . Effect of iron replacement on mean decrease of HbA1C in type 2 Diabetic patients with iron deficiency anemia Pakistan Journal of Medical and Health Sciences;Vol. 15(4)April 2021:764-766 <https://pjmhsonline.com/2021/april/764.pdf>
11. Hussain Shakeel ,Syed Naeemullah, Muhammad UTHMAN. Prevalence of vitamin B12 Insufficiency in type 2 diabetic patients treated with metformin: PJMHS ;Vol 15(3) March 2021: 500-502 <https://pjmhsonline.com/2021/march/500.pdf>
12. Muhammad Uthman , Syed Naeemullah . Association of HbA1C with grades of retinopathy in type 2 diabetic patients .PJMHS Vol 15 (3) March 2021: 503-506 <https://pjmhsonline.com/2021/march/503.pdf>
13. Jameel R, Javed M, Moosa , Uthman M, Iqbal A. Association between abnormal ECG with acute ischemic stroke in pts without prior history of Ischemic heart disease . PJMHS Feb 2021;15(3):272-274 <https://pjmhsonline.com/2021/february/272.pdf>
14. Uthman M, Ali A, Qaisar AM. Co-Existence of Type 2 Diabetes Mellitus and Hypertension inPatientswithHypothyroidism.PJMHS2020;Jan-march(14):606-609 https://pjmhsonline.com/2020/jan_march/pdf/606.pdf
15. Uthman M, Mujtaba S, Qaisar AM, Examine the Efficacy of Rifaximin for Hepatic Encephalopathy Patients with Chronic Liver Disease. Medical Forum Monthly April 2020; 31:19-22 <https://medforum.pk/article/5-examine-the-efficacy-of-rifaximin-for-hepatic-encephalopathy-patients-with-chronic-liver-disease>
16. Ali A, Taj A, Uthman M, Tabrez E. Frequency of IFG in first degree relatives of T2 diabetic patients & its association with BMI. Pak J Med Sci, 2020;36(3):407-411 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7150370/>
17. Ansari I, J.Naseem, khan F, Abro Y, Uthman M. Examine the frequency of DM & IGT in outpatients. PJMHS July-September 2019;13:850-52 https://www.pjmhsonline.com/2019/july_sep/
18. Bajwa A, Khan F, Jaffry M, Uthman M. Peptic Ulcer Disease in pts presenting with LiverCirrhosis.PJMHSVol.13,Issue3,JUL–SEP2019:863-4 https://pjmhsonline.com/2019/july_sep/pdf/863.pdf
19. Uthman M, Ullah Z, Shah NU. Knowledge, attitude and practice (KAP) survey of Type 2diabetesmellitus.PJMHS2015;9:351-55. [https://www.pjmhsonline.com/2015/jan_march/pdf/351%20Knowledge,%20Attitude%20and%20Practice%20\(KAP\)%20Survey%20of%20Type%20%20Diabetes%20Mellitus.pdf](https://www.pjmhsonline.com/2015/jan_march/pdf/351%20Knowledge,%20Attitude%20and%20Practice%20(KAP)%20Survey%20of%20Type%20%20Diabetes%20Mellitus.pdf)
20. Uthman M, Qaisar AM, Anwar A, Ullah Z. Co-existence of hypertension in type 2 diabetes mellituspatients(Co-tension-D2study).PJMHSJan-March2015;9:360-63 https://pjmhsonline.com/2015/jan_march/pdf/360%20Coexistence%20of%20Hypertension%20in%20Type%20%20Diabetes%20Mellitus%20Patients%20-%20Co-tension-D2%20study.pdf
21. Uthman M, Siddiqui UN, Ahsen W, Malik TH. Prevalence of different causes of low voltage Electrocardiogram. PJMHS Vol. 8, Issue 4, OCT – DEC 2014:1102-04 https://pjmhsonline.com/2014/oct_dec/pdf/1102%20%20Prevalence%20of%20Different%20Causes%20of%20Low%20Voltage%20Electrocardiogram.pdf

RESEARCHES SENT FOR PUBLICATION

1. Frequency of Hypothyroidism in Patients with Hyponatremia at a Tertiary Care Hospital”
2. Comparison of Mortality and Morbidity in Critically Ill Patients Admitted with Sepsis with Raised Troponin-I V/S Normal Troponin I Levels
3. Frequency of Hypothyroidism in Patients with Chronic Kidney Disease presenting in Tertiary Care Center
4. Impact of curriculum inhibitors on learning outcomes -perceptions of recent alumni of a post graduate medical institute

Domain 8

CME ACTIVITIES BY THE DEPARTMENT DURING SESSION 24-25

	CME Activity	MODE	DATE	Target Audience	Total participants
1	Dengue seminars Hand on training workshop	Contact sessions	02-02-25 09-07-25 23-09-25	PG trainees ,junior consultants ,HOs Deptts of Medicine.Paeds & ICU	60 each
2	Management of Diabetes during Ramadan	Contact sessions	23/02/25	PG trainees ,junior consultants ,HOs Deptts of Medicine.Paeds & ICU	
3.	World thyroid day seminar	Contact session and walk	24/05/25	PG trainees ,junior consultants ,HOs Deptts of Medicine.Paeds & ICU	
4	Intensive review course in Medicine	Contact Session	06-9-24-10-09-24	PG trainees appearing in forthcoming exams of MRCP & IMM & FCPS Medicine	32
5	Diabetes management hands on training workshop	CONTACT SESSION	27-11-24	PG trainees Paramedics .HOs Deptts of Medicine.Paeds & ICU	156
6	Management of post prandial hyperglycemia	Webinar	11-09-24	PG trainees and GPs involved in management of diabetes patients	43
7	Latest updates in injectable treatment modalities in Diabetes	Contact SESSION	02-04-24	PG trainees and GPs involved in management of diabetes patients	26
8	Overview of Diabetes management Diabetes and CAD Diabetic and eye disease Diabetic foot essentials	Virtual	30-10-25	PG trainees ,HOs ,para medics and GPs involved in management of diabetic patients	74
9	Overview of Diabetes management guidelines	Contact	23-08-25	PG trainees and GPs involved in management of diabetes patients	35
10	Pre-mixed Vs CO-Formulation of insulin in Diabetes Management	webinar	12-04-25	PG trainees and GPs involved in management of diabetes patients	45
11	CMEs on COVID Management	Contact	03-03-24 06-07-22 03-08-22	PG trainees and HOs department of Medicine ICU and pulmonology	24