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Sharjah, UAE

License: Pakistan Medical & Dental Council  
(PMDC=27824-N)

DHA Eligibility, MOH evaluation letter

## PROFESSIONAL SKILLS

### MEDICAL SKILLS

Diagnosing diseases  
Patient's assessment  
Preventive care  
Prescribing medications  
Medical record management  
Strong judgement  
Primary Healthcare  
Catheterization  
Pleural tap  
NG intubation  
Central line insertion  
Endotracheal tube insertion  
Astic tap

### BASIC SURGICAL SKILLS:

Wound care  
Wound closure, suturing  
Incision and drainage

# DR. SUMBUL GUL

MBBS, FCPS-II ( Internal Medicine)  
DHA ,MOH  
General Practitioner

## PROFESSIONAL PROFILE

Goal oriented General Practitioner, successfully completed 4 year residency program in Internal medicine/General medicine. Experienced in outpatient department, emergency and inpatient department, known for caring and individualized patient communication and top-notch treatment planning. Compassionate and organized individual with great attention to details. Diagnose disease causes, symptoms and likely progression based on patient histories, examination, and diagnostic testing. Diligent about addressing every need with a conscious detail-oriented approach/ Offering 5 + years of medical experience and passion for helping patients improve health and wellness.

## EDUCATION

**FCPS-II** (Residency) Internal Medicine/General Medicine  
CPSP Pakistan  
1<sup>st</sup> January 2020 – 31<sup>st</sup> December 2023

### MBBS

Khyber Medical University Peshawar  
2013 - 2018

### HSSC

Jinnah College Peshawar  
2009 - 2011

## WORK EXPERIENCE

### General Physician | Lady Reading Hospital Peshawar

01.01.2020 – 31.12.23

- I completed my fellowship (4 years training program) in General Medicine from Lady Reading Hospital Peshawar, which is 1800 bedded multispecialty hospital in Kpk province of Pakistan.
- LRH Peshawar receives almost 10 to 15K patients per day in OPD and emergency.
- In these 4 years, I performed duties in various departments as mandatory rotations as required for the FCPS training program. Including,
  - Internal Medicine**
  - Pulmonology**
  - Cardiology**
  - Endocrinology**
  - Psychiatry**
  - Intensive care unit**
  - Gastroenterology**
  - Emergency**
  - Hematology**

## **OPERATIONAL SKILLS:**

Diagnosis and treatment  
Best medical practice  
Primary Healthcare  
Preventive care  
Strong communication  
Counselling  
Medical Education  
Software skills (HMIS)

## **CERTIFICATIONS**

DHA eligibility  
MOH evaluation  
BLS by AHA  
ACLS by KMU  
PMDC certificate  
Good standing certificate

## **SOFT SKILLS**

Teamwork Leadership  
Stress management  
Public speaking  
Flexibility

## **TECHNICAL SKILLS**

Microsoft Word  
Microsoft Excel  
PowerPoint SPSS  
Hospital Management Software Skills

## **PERSONAL ATTRIBUTES**

Work under Pressure  
Open to Challenges  
Negotiation Conflicts  
Resolution Innovative  
Relentless Learner  
Strategic Outlook  
Mentor + Coach

## **RESIDENT PHYSICIAN INTERNAL MEDICINE:**

- My job includes doing an outpatient clinic, providing over 80 consultations per day due to the high flow of patients.
- Taking patient's history, doing physical examinations, ordering investigations, and preparing treatment plans.
- Management of medical ailments including but not limited to hypertension, diabetes, COPD, pneumonia, liver diseases, GI disorders, Autoimmune diseases, all diseases related to internal medicine.
- Management of infectious diseases including endemics, COVID-19, malaria, typhoid, TB, Dengue, meningitis and encephalitis.
- My job also includes doing ward duties, and preparing and updating charts of admitted patients.
- Doing morning and evening ward rounds with consultants, discussing cases, and planning treatment.
- Performing procedures inward like passing NG tub, intubation, urinary catheterization, LP, Pleural and ascetic tap.
- I was responsible for my patient's investigations, treatment, referrals, discharge and follow-up management.
- Counseling of patients and their families about health issues.
- My duties also include supervision of the internal medicine team in the absence of a consultant, assigning duties, and teaching junior doctors.
- Participating in weekly teaching seminars.
- Reviewing and presenting current literature related to patient care.

## **RESIDENT PHYSICIAN INTENSIVE CARE UNIT:**

- I performed duties in well well-equipped 30 bedded ICU and dealt with patients of different disciplines under the supervision of intensivists and ICU consultants.
- Care of all patients in ICU in conjunction with surgical and medical attending physicians.
- Provide continuous vigilant care, early intervention, and ongoing care.
- Perform critical care procedures like, CVP line insertion, arterial line insertion, endotracheal intubation, LP, pleural tapping, and ascetic tap independently.
- Respond to all cardiac and respiratory arrests in the ICU according to ACLS BLS guidelines.
- Attend ICU committee meetings and various seminars
- Perform and document subsequent evaluations of all the patients in the ICU daily.
- Breaking bad news and counseling.

## **RESIDENT PHYSICIAN EMERGENCY DEPARTMENT:**

- Performed duties in ED, and consulted over 100 patients per day.
- Management of patients with acute medical illnesses, exacerbations, and poisoning.
- Participated in all aspects of emergency care in collaboration with ED consultants.
- Involved in all aspects of patient care including a detailed history, physical examination, development of treatment plan, prescribing of medications, ordering and interpreting laboratory diagnostic studies, trauma care and stabilization.

## LANGUAGES

English - Fluent

Urdu - Fluent

Hindi - Fluent

Pashto - Native

Arabic - Limited Working Proficiency

## RESIDENT PHYSICIAN CARDIOLOGY :

- Performed duties in the cardiac care unit both in cardiac emergency and ward.
- Receiving over 100 patients per shift in CCU with heart problems i-e MI, angina, arrhythmia, heart failure etc.
- Providing emergency management and discussion with the consultant.
- Doing ward rounds, updating
- patient charts, follow-up and inpatient care. Participating in ward weekly teaching activities and seminars.

## RESIDENT PHYSICIAN PULMONOLOGY:

- Performing outpatient clinic as well as ward duties.
- Management of over 50 patients with respiratory illnesses.
- Performing procedures in the ward i-e pleural tap, assisting bronchoscopy, chest intubation.
- Participating in teaching seminars.

## RESIDENT PHYSICIAN ENDOCRINOLOGY:

- Performing duties in endocrinology OPD.
- Managing over 50 patients per day with DM, thyroid, and other hormonal diseases.
- Attending calls from different units for management of hypoglycemia, and uncontrolled diabetes of admitted patients.

## RESIDENT PHYSICIAN GASTROENTEROLOGY

- Performed duties in gastroenterology OPD and ward
- Managing gastro related diseases in OPD
- Doing ward round with consultant and following all orders of admitted patients.

## RESIDENT PHYSICIAN HEMATOLOGY

### General Practitioner | Dr. Atta Muhammad Khan Clinic Peshawar

01-07-2019 - 31-12-2019

- Management of common medical ailments including DM, hypertension, cold flu, RTI, migrane, UTI, COPD, asthma AGE etc
- Performing minor surgical procedures including IID , DID, suturing, dressing and wound care
- Initial management of all kind of medical and surgical emergencies including trauma, RTA, MI, exacerbation of asthma and COPD and timely referral to the concerned speciality if necessary
- Administered ailments and symptoms directed treatment to over 50 patients daily with accuracy and compassionate care
- Taking histories ,doing physical examination ,ordering interpreting and explaining various investigations to patients
- Maintaining accurate clinical records of all patients

### House Officer (Intern Doctor) | DHQ Hospital Kohat

01-07-2018 - 30-06-2019

I completed 1 year mandatory house job at DHQ Teaching Hospital Kohat. It was full time residential and paid. I did rotations in following wards during house job.

**General Medicine –03 Months      Pediatrics - 03 Months**  
**General Surgery -03 Months      Ophthalmology – 03-Months**

## RESEARCH AND PUBLICATION:

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**TOPIC: Frequency of COVID-19 infection in patients having been vaccinated for COVID-19 presenting to LRH Peshawar**

I completed my research studies in time duration of two years and it got approved by CPSP

## WORKSHOPS & SEMINARS

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- Basic Life Support BLS by American Heart Association (AHA) (30, DEC, 2021)
- Communication Skills workshop by CPSP Pakistan. (11-13, MAR, 2021)
- Research and Methodology workshop by CPSP Pakistan (18-21, JAN, 2021)
- Introduction to computer and internet (01-03, Feb, 2021)
- International Diabetes Excellence Academy Conference (11,NOV, Peshawar)

## REFERENCES

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Will be Provided upon Request