

Dr Shaima Raashidha Rafeek  
General Practitioner  
MBBS (Sri Lanka)



Personal Information



Dr Shaima Raashidha Rafeek



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June 29, 1986



Female



Sri Lankan



Married



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Religion - Islam



DHA ID - 46103777



MOH Reference No - 281508



Passport - N9660645

Profile

Dedicated and compassionate in providing quality patient care. Quick learner with an excellent medical background having more than 09 years' experience at Out Patient Departments, Emergency Treatment Units & Family Health clinics of Private Hospitals and Tertiary care - Multispecialty Hospitals. Proficient in managing project timelines. Possess strong interpersonal skills that allow me to connect with patients, families and colleagues. Look forward to working efficiently utilizing my medical care knowledge, skills and expertise.

Work History & Clinical Experience

**General Practitioner (OPD, ER, Wards and Home Care) - Aloka (PVT) Hospital, Ratnapura, Sri Lanka - 2014 December - To date**

- Diagnose, treat, and prevent various diseases and physical injuries in adults and children.
- Form and build relationships with patients to make them feel at ease and gain their trust.
- Management of medical emergencies in adults and children - Triaging, and Implementation of treatment protocols (eg: Acute severe asthma, convulsions, Heart failure).
- Refer patients to specialists and prescribe medication or treatment options when necessary.
- Perform minor surgeries under local anaesthesia such as drainage of abscess, excision of lumps and wound suturing.
- Experience in managing several thousand patients while working over 40 hours per week including night shifts.

**Medical Officer Nutrition - Lady Ridgeway Hospital for Children, Sri Lanka 2022 March - 2022 November**

- Obtained detailed history and performed physical examination.
- Ordered necessary investigations and interpreted their results based on the clinical picture.
- Established and maintained complete nutritional records and information.
- Analyzed patients' feeding habits and outlined areas for improvement.
- Developed goal plans with ideal life changes to support wellness.
- Educated patients about long term health benefits of balanced diets and exercise programs.
- Met patients at regular intervals to assess progress and adjusted plan.

**Medical Officer Nutrition - District General Hospital Trincomalee, Sri Lanka 2021 February - 2022 March**

- Conducted the Nutrition Unit at the hospital single - handedly daily.
- Delivered Medical Nutrition Therapy for Nutrition clinic, Inward and ICU patients
- Handled several patients suffering from obesity at the Nutrition clinic and successfully followed them up.
- Delivered Clinical Nutrition for 1000 inward and ICU patients.
- Conducted Health Education sessions.
- Liaised with all level of staff in other specialties with regards to multidisciplinary management to provide holistic care for the patient.
- Worked as a member of Multidisciplinary team when treating patients with malignancies.
- Undertook family screening and appropriate assessment and referral.
- Provide a facility for training medical, nursing and para - medical staff.
- Carry out nutrition education programmes and lead nutrition related projects.
- Volunteer at COVID screening center and COVID speciality ward

**Postgraduate Trainee / Medical Officer - Ministry Of Health, Sri Lanka - (Postgraduate Institute of Medicine, University of Colombo) 2020 January - 2021 February**

- Completed a MSc in Human Nutrition as a full - time medical officer attached to the Ministry of Health, Sri Lanka and the Postgraduate Institute of Medicine of the University of Colombo. Training included a clinical component National Hospital Colombo, Sri Lanka.
- The training was held in ICU, major specialties and sub - specialty units on a rotation basis.

## Skills

- Basic and Advance life support
- Clinical / Critical care nutrition
- Direct patient care including investigation, interpretation, patient procedures and patient management in wards, Intensive Care Units and Emergency Treatment Units
- Health Promotion
- Medical Affairs
- Medical Education
- Medical Research
- Nutrition / Medical Counselling
- Organizational skills
- Patient Education

## Languages

- English - Fluent
- Tamil - Native
- Sinhala - Fluent
- Malayalam - Conversational

## Hobbies

- Cooking
- Handwork

## Qualities

- Accountable
- Diligent & Organized
- Ethical & Loyal
- Flexible
- Punctual
- Team Player

### Medical Officer Orthopaedics - Accident & Orthopaedic Services, National Hospital of Sri Lanka 2015 June - 2020 January

- Performed primary survey of trauma victims, recognition of fractures and dislocations and executing appropriate management.
- Management of a wide range of critically ill polytrauma victims.
- Wound management of trauma and surgical patients.
- Pre and post-operative management of patients undergoing orthopaedic (fracture fixation, arthroplasty and arthroscopic reconstruction) and spinal (spinal fracture fixation and deformity correction) surgeries.
- Diagnosed and identified red flags of clinical conditions and taking prompt action.
- Performed or ordered appropriate skin dressings, simple suturing and treatments for a variety of wounds and conditions.
- Documentation and Record keeping according to national and international standards.

### Resident Medical Officer Obstetrics & Gynaecology - De Soysa Hospital for Women, Sri Lanka.

#### 2014 December - 2015 June

- Assessed patients' medical, physical and psychosocial status.
- Performed history, physical exam and developed assessment and treatment plan.
- Performed routine ward rounds and provided progress notes.
- Ordered test, examinations, medications and therapies.
- Attended high risk deliveries such as instrumental deliveries, several emergency LSCS and gynaecological emergencies.
- Provided patient education and counselling covering health status, test results, disease processes and discharge plan.

### Intern Medical Officer Obstetrics & Gynaecology - De Soysa Hospital for Women, Sri Lanka.

#### 2013 June - 2014 December

- Appropriately diagnosed and treated low risk, high risk obstetric and gynaecological patients.
- Ordered and executed diagnostic tests and analyzed diagnostic images to further investigate the condition.
- Administered and prescribed appropriate courses of medication.
- Advised and educated patients regarding diet, hygiene and effective disease prevention methods.
- Performed surgical procedures and deliveries as needed.
- Counselling patients on proper birth control methods and prevention of diseases such as cervical and breast cancers.
- Developed a rapport with patients and encouraged them to share questions and concerns.

### Intern Medical Officer Paediatrics - Lady Ridgeway Hospital for Children, Sri Lanka 2013 June - 2014 December

- Obtained history and examined infants as well as babies and young kids for various health issues, recognized symptoms and gave appropriate treatment.
- Wrote admission notes, procedure notes, and discharge summaries.
- Conducted counselling session for children, parents and guardians with regards to physical changes, diet requirements and daily routines.
- Referred patients to senior physicians, specialists or other medical professionals for complicated diseases.
- Helped in running the vaccination programs and educated parents on the importance of vaccination.
- Conducted regular follow-up clinics for the children who are having chronic diseases.
- Performed various procedures and maintained log book.
- Conducted teaching activities for the medical students of Colombo University

# References

Available upon Request

# Academic Qualifications

- Undergraduate Education**  
*Bachelor of Medicine Bachelor of Surgery (MBBS)* - University of Rajarata, Sri Lanka 2007 – 2013  
Achieved the goal of becoming a medical doctor by encompassing curative medicine, emergency medicine, health promotion and preventive medicine, improving the quality of life of people and developing healthy attitudes towards society. This was a distinguished step in my life that rendered the opportunity to become so much more than a doctor, an opportunity to become a tangibly positive influence on a person who believes in me and my knowledge and skills, enough to place their faith in life in my hands.
- Postgraduate Education**  
*Master of Science in Human Nutrition (MSc - Human Nutrition)*  
Post Graduate Institute of Medicine - University of Colombo - 2020  
Followed a one-year course which included clinical training in clinical nutrition at National Hospital Colombo, Sri Lanka. Skills and knowledge development in clinical nutrition, statistics & epidemiology, project management and individual/community-based nutrition management. The main objective of this career development step was to improve the effective delivery of medical and nutritional care through the healthcare system by the application of skills and evidence-based knowledge.  
  
*Fellowship in Aesthetic Medicine (Universal Institute of Cosmetology and Aesthetic Medicine)* - 2023  
Followed a 10 days hands on training program conducted by western trained Aesthetic Physicians. Gained knowledge on advance aesthetic procedures and equipments.

# Academic Achievements

- 2nd MBBS Examination - 1st class Honours with Distinctions in Anatomy, Physiology and Biochemistry
- 3rd MBBS Part 1 Examination - 1st class Honours with Distinctions in Microbiology and Parasitology, Professor Senaka Bibile Commemoration Scholarship to the medical student who has excelled in the subject of Pharmacology in year 2010
- 3rd MBBS Part 2 Examination - 2nd class Honours (upper)
- Final MBBS - 2nd class Honours (upper) with Distinction in Surgery, Overall Best Performance award
- Won prizes at Quiz Competitions held at 5th International Diabetes Expert Conclave 2021 and at the Battle of the Honour Quiz organized by Indian Association for Parenteral and Enteral Nutrition and TACT Academy for clinical Training

# Professional Affiliations

- Life member of Sri Lanka Medical Council - Membership No 32129
- Life member and Assistant Secretary of the council (2022) of Sri Lanka Medical Nutrition Association which is the Parenteral & Enteral Nutrition society of ESPEN
- Member of European Society of Parenteral & Enteral Nutrition (ESPEN)
- Member of American Society of Parenteral & Enteral Nutrition (ASPEN)
- Life member of GMOA (Government medical Officers' Association)
- Life member of UICAM (Universal Institute of Cosmetology and Aesthetic Medicine)

# Certificates

- Certificate of Registration (License) - Sri Lanka Medical Council Reg No : 32129
- Healthcare Professional Registration Dubai Health Authority (Physician - General Practice) DHA ID: 46103777
- Certificate of Registration of MSc in Human Nutrition - Sri Lanka Medical Council

## Clinical / Procedural Skills

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- Take baseline physiological observations and record them appropriately
- Adhering to universal precautions
- Perform cardio - pulmonary resuscitation
- Arterial blood gas and acid - base sampling
- Collection of blood for culture
- Venepuncture and Cannulation
- Carry out safe and appropriate blood transfusion
- Nasogastric tube insertion
- Interpretation of ECG and X-Ray
- Lumbar puncture
- Urinary catheterization
- Vaginal and endometrial sampling
- Nasopharyngeal and oropharyngeal swabs for COVID testing
- Suturing of wounds and suture removal
- Minor surgical procedures (Wound debridement, Incision and drainage of abscesses, Excision of lumps, Sclerotherapy injection of superficial varicosities and Haemorrhoids)
- Assisting major surgeries
- PRP and Botox injections
- Laser therapy, Chemical Peeling and Glutathione injections
- Non surgical face enhancement
- Body slimming
- Medical Nutrition Therapy and Clinical nutrition
- Health education and counselling
- Adult and Paediatric vaccination
- Public speaking and conflict resolution
- Solution oriented thinking
- Persuasive Communication
- Ability to work long hours under pressure
- Potential to learn and perform additional skills according to the institutional requirement

## Continuous Professional Development

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- The Cardiopulmonary Resuscitation Course (Basic and Advance Life Support) - The Ministry of Health and The college of Anaesthesiologists of Sri Lanka -2013
- Training Course on Post Partum IUD (PPIUD) Insertion - Sri Lanka College of Obstetricians & Gynaecologists - 2014
- Training Program on Medical Emergency Services (BLS and ACLS ) - Ministry of Health, Sri Lanka - 2019
- Dietetics course - Sri Lanka Medical Nutrition Association - 2020
- Certificate course on Caring for Infants and Children with Acute Malnutrition - International Malnutrition Task Force - 2020
- Certificate Course - Nutrition and Wellbeing - University of Aberdeen - 2020
- Advanced Program in Critical Care Nutrition - TACT Academy for Clinical Training - 2021
- Certificate Courses - European Society for Clinical Nutrition and Metabolism - 2021
  - Nutrition support in Diabetes and Dyslipidemia
  - Nutrition in Pediatric Patients
  - Nutrition support in ICU Patients
  - Nutrition in Metabolic Syndrome
  - Nutrition in Obesity
- Projects - World Health Organization & Ministry of Health
  - National Low Salt Cooking Challenge 2021
  - National Food Consumption Survey 2021

## Verification Statement

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I verify that the information contained within this CV is true and correct as of 18/02/2023.

Shaima Raashidha Rafeek

Signed

