

CV: DR ABDUL JALIL KHAN

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| GMC No: | 6065390 (Full Registration) |
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SUMMARY

I am a UK-trained Consultant Family Physician with extensive clinical experience across the NHS (UK), including primary care, hospital-based roles, and consultant-level Family Medicine practice, underpinned by strong expertise in clinical governance, patient safety, and quality improvement. My clinical practice spans comprehensive primary care, chronic disease management, urgent care, and multidisciplinary service delivery.

I currently serve as Professor and Director, Institute of Family Medicine, and Head of Medicine & Allied Specialities at the KMU Hospital and Research Centre, a specialised NCD and diabetes facility at Khyber Medical University (KMU). I provide direct clinical services to hospital patients, occupational and preventive healthcare to KMU staff and students, and contribute to institutional leadership as a member of the Management Committee. Under the WHO-supported Bridging Programme, I lead postgraduate training, curriculum development, and academic capacity building to strengthen primary healthcare systems in the EMRO region, with a focus on integrated NCD, diabetes, cardiovascular, and mental health care. I also serve as a Nominated United Nations Physician, providing occupational health services to staff of UN agencies, including UNICEF, WHO, WFP, and UNHCR, covering pre-employment and periodic medical assessments, clinical advice, referrals, and liaison with UN headquarters. My governance experience includes roles with the Care Quality Commission (UK) and KP Healthcare Commission, alongside consultancy with WHO-, FCDO-, and donor-funded programmes on quality of care, infection prevention, and health system strengthening.

My academic and research portfolio includes leading NIHR- and MRC-funded implementation and health systems research projects in collaboration with the Universities of Keele and York, focusing on mental health, diabetes, and other non-communicable diseases. I have extensive experience in international workforce capacity building, delivering training needs assessments, curriculum development, and cascade training for healthcare providers across multiple organisations and countries to support primary healthcare reform and service integration. In medical education, I have served as an OSCE examiner for Manchester Medical School and PLAB examiner for the GMC (UK), and have led postgraduate diplomas and CME programmes in Family Medicine, Diabetes, Mental Health, Palliative Care, Infection Control, and Healthcare Quality. I am an accredited AHA BLS and ACLS trainer. I also support charitable and state initiatives, serving on the Board of Directors of AIMS Charity, working with the Diabetes Association KP, and providing advisory and family medicine support to Zamung Kor State Children's Institute

QUALIFICATIONS

- **MRCGP** (Jan 2013) (Equivalent to FCPS Family Medicine) **(Eligibility Criteria c)**
Royal College of General Practitioners UK
CCT – (December 2012) **General Medical Council UK – PG Training in Family Medicine / General Practice**
- **FRCGP (Fellow of the Royal College of General Practitioners, UK)** (November 2019)
- **Master in Health Research - (April 2023)**
Khyber Medical University, Peshawar, Pakistan
- **FFPH, Faculty of Public Health UK,** April 2021
- **Master in Medical Education - (November 2019)**
The University of Manchester UK
- **ILM level 7 Award in Strategic Leadership:** Institute of Leadership and Management. UK (Sep 2017)
- **NHS Leadership Academy award in Healthcare Leadership & Management (Mary Seacole Leadership Programme 6 months)** (March 2017)
The NHS Leadership Academy HQ, Leeds, UK
- **FHEA (Fellow of Higher Education Academy, UK)** (October 2017)
- **Diabetes Management in Primary Care Diploma Course** (July 2014)
Bradford Primary Care Training Centre, Teesside University UK
- **PLAB** (September 2003)
General Medical Council UK
- **MBBS** (December 2001)
Degree of Bachelor of Medicine & Bachelor of Surgery
Ayub Medical College, University Of Peshawar

Experience:

| (Eligibility Criteria d) | | | | |
|---------------------------------|-----------------------------|---|------------------------------|-------------------------|
| # | Institution | Role | Dates | Duration |
| 1 | Khyber Medical University | Professor, Associate and Assistant Professor | 11 June 2018 till date | 7.5 Years |
| 2 | National Health Services UK | Consultant family. Medicine Sessional GP | January 2013 to Aug 2018 | 5.5 Years |
| 3 | National Health Services UK | ST3 Specialty Registrar General Practice (family Medicine) | August 2011 to December 2012 | 1 Year 4 Months 28 Days |
| 4 | National Health Services UK | ST2 and ST1 in various NHS PG institutions | Aug 2009 to Aug 2011 | 2 Years |
| 5 | National Health Services UK | Multiple Roles including Senior Clinical Fellow and SHOs in various NHS PG institutions | August 2004 to August 2009 | 5 years |

Administrative Experience: (criteria f)

| S. No | Designation | Institution | From (dd. mm. yyyy) | To (dd. mm. yyyy) | Total Duration (years, months, days) |
|-------|------------------------------------|---|---------------------|-------------------|--------------------------------------|
| 1 | Director | Institute of Family Medicine, Khyber Medical University | 8/5/2024 | Till now | 1 year 8 months |
| 2 | Coordinator / HOD | Institute of Public Health and Social Sciences, Khyber Medical University | 11/6/2018 | 7/5/2024 | 5 years, 10 months |
| 3 | HOD Medicine & Allied Specialities | Khyber Medical University Hospital & Research | 11/9/2025 | Till now | 3 months |
| 4. | Clinical Lead Sessional GP NHS | LOCALA Park Community Practice | March 2013 | Aug 2018 | 5 Years and 4 months |

Current Roles:**1. Professor & Director Institute of Family Medicine/HOD Medicine & Allied Specialities, Khyber Medical University, Peshawar, Pakistan.**

As Director of the Institute of Family Medicine, I lead the WHO Regional Professional Diploma in Family Medicine and supervise CPSP Family Medicine Fellows, focusing on strengthening primary care training and advancing Universal Health Coverage (UHC). In my clinical role, I serve as Head of Medicine and Allied Specialties at the KMU Hospital and Research Centre and as a Consultant Family Physician, providing patient care, clinical supervision, and departmental leadership. I am also responsible for provision of occupational health services to the staff and students of KMU, conducting pre-employment and periodic medical examinations, and offer ongoing clinical advice and support. I also established the KMU Telemedicine Project during the COVID-19 pandemic and oversee university medical services for examinations, sports, and other institutional events.

2. National Faculty & Clinical Supervisor Family Medicine for College of Physicians and Surgeons Pakistan Contribute to the development and delivery of the Family Medicine Fellowship and Membership programmes at CPSP. Provide clinical supervision, mentorship, and assessment for postgraduate trainees, ensuring adherence to academic standards and promoting excellence in primary care training.

3. Nominated UN Physician: I provide occupational health services to staff of United Nations agencies including UNICEF, WHO, WFP, and UNHCR. My role includes conducting pre-employment and periodic medical examinations, offering ongoing clinical advice and support, coordinating referrals, and liaising with UN headquarters on medical and occupational health matters as required.

4. Sessional GP (Consultant Family Medicine) & OOH Clinical Supervisor BARDOC, OOH service provider in Bolton & Bury (Since June 2014):

BARDOC is an Out of Hours GP Service provider in Greater Manchester (Bolton, Bury, Rochdale, Heywood & Middleton) supporting local Accident & Emergency and GP practices. I do adhoc sessions, including telephone triage and seeing patients in treatment centre, &A&E

streaming and mobile home visit shifts and. I am also a recognised OOH Supervisor/trainer for GP Registrars by Health Education Northwest.

5. Sessional GP (Consultant Family Medicine), Wigan GP alliance: Ad-hoc session at the extended hour Surgeries, also do Acute visiting Scheme sessions.

6. OSCE Examiner Manchester Medical School, University of Manchester, UK: I am an approved OSCE examiner for Manchester Medical School and examine medical student from year 3 to year 5 on ad-hoc basis.

6. Accredited AHA (American Heart Association) Trainer for BLS and ACLS: delivering guideline-based resuscitation training to clinical teams to improve emergency response outcomes.

7. Assessor and Trainer with the Healthcare Commission KP, Pakistan, evaluating healthcare establishments against Minimum Service Delivery Standards (MSDS) and training staff on quality improvement and compliance.

Recent Posts

1. Sessional GP at Park Community Practice (LOCALA), Halifax HX1 5UA (April 2013 to 5th August 2018, 5 years and 4 months):

Being the only GP on premises on the days I worked, I lead the team of Nurse Practitioner, Nurses and HCAs. I was responsible for all the clinical issues in the practice, including seeing booked patients in clinic, Emergency on call, dealing with acute and chronic disease management, prescription queries, telephone triage, doing home visits. I also attended the clinical and practice meetings and liaised with other community services i.e, Health visitors, District nurses, palliative team and pharmacist etc. as required. I was also a mentor for the practice nurse doing a prescribing course and a clinical supervisor for practice pharmacists doing MSC advance practitioner course.

2. Specialist Advisor CQC (Care Quality Commission, UK) (Adhoc role-till Jan 24)

Attended and provided specialist advice and input into the Care Quality Commission's (CQC's) regulatory inspection and investigation activity on ad-hoc basis.

Previous General Practice (Family Medicine) Posts

| | General Practice Posts | Start date | End date |
|---|---|-------------------|-----------------|
| 1 | Locum Consultant Family Medicine in Emergency Department, Hamad General Hospital, Doha, Qatar | 09/02/2015 | 15/03/2015 |
| 2 | Sessional GP and OOH GP Trainer, Go to Doc, OOH service provider in Manchester | Dec 2013 | Jan 2015 |
| 3 | Locum / Sessional GP on Adhoc basis for North West Ambulance Service (NWAS). | 19/11/14 | 10/12/14 |
| 4 | Locum / Sessional GP on Adhoc basis at Minor Injury Unit Victoria Central Hospital Wallasey. | 10/4/14 | 23/9/14 |
| 5 | Locum / Sessional GP at Accident & Emergency Department North Manchester General Hospital. | 3/12/13 | 12/1/14 |
| 6 | Sessional GP at Liver sedge Health Centre, Liver sedge WF15 6DF | 10/04/2013 | 27/08/2013 |
| 7 | Sessional GP at Albion House Surgery Heckmondwike, WF16 9LQ | 10/04/2013 | 27/08/2013 |
| 8 | Sessional GP at Heaton Medical Practice, Bradford BD9 6LL | 01/01/2013 | 01/03/2013 |

PG Clinical Posts in GP Specialist Training

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|----|------------------------------|---------------------------------------|---------------------------------|
| 1. | ST3 GP Registrar | Wilsden Medical Practice, Bradford | 01-08-12 to 31-12-12 (5 months) |
| 2. | ST3 GP Registrar | Horton Park Surgery, Bradford | 3-08-11 to 31-07-12 (12 months) |
| 3. | ST2 A&E | Bradford Royal Infirmary, Bradford | 06-04-11 to 02-08-11 (4 months) |
| 4. | ST2 Paediatrics | Sheffield Children's Hospital | 01-12-10 to 05-04-11 (4 months) |
| 5. | ST2 Obstetrics & Gynaecology | Jessop Wing Hospital, Sheffield | 03-08-10 to 30-11-10 (4 months) |
| 6. | ST1 Respiratory Medicine | Royal Hallamshire Hospital, Sheffield | 07-04-10 to 03-08-10 (4 months) |
| 7. | ST1 GPR | The White House Surgery, Sheffield | 02-12-09 to 06-04-10 (4 months) |
| 8. | ST1 GP in Geriatrics | Northern General Hospital, Sheffield | 05-08-09 to 01-12-09 (4 months) |

HOSPITAL / CLINICAL APPOINTMENTS

| No | Job Title | Hospital | From –To |
|-----|--|---|--|
| 1. | Senior Clinical Fellow in Urology (Middle Grade) | Royal Blackburn Hospital, Blackburn | 04-02-09 to 04-08-09 (6 months) |
| 2. | SHO Urology | Royal Blackburn Hospital, Blackburn | 06-08-08 to 03-02-09 (6 months) |
| 3. | FTSTA 2 Surgery in General General Surgery/Urology | Pinderfield General Hospital, Wakefield | 01-01-08 to 03-08-08 3 months in each |
| 4. | SHO Accident & Emergency | Stepping Hill Hospital, Stockport | 05-12-07 to 31-12-07 (1 month) |
| 5. | SHO UROLOGY | Stepping Hill Hospital, Stockport | 01-08-07 to 04-12-07 (4 months) |
| 6. | SHO Accident & Emergency | Stepping Hill Hospital, Stockport | 07-02-07 to 31-07-07 (6 months) |
| 7. | SHO Trauma & Orthopaedics | City Hospital Birmingham | 03-08-06 to 06-02-06 (6 months) |
| 8. | SHO ICU / UROLOGY (3 months in each speciality) | Calderdale Royal Hospital, Halifax | 07-02-06 to 02-08-06 (6 months) |
| 9. | SHO (Trust Grade) Accident and Emergency | Diana Princess of Wales Hospital, Grimsby | 03-08-05 to 06-02-06 (6 months) |
| 10. | SHO in General Surgery (Vascular & Colorectal) | Diana Princess of Wales Hospital, Grimsby | 03-08-04 to 02-08-05 (12 months) |

From Aug 2003 to July 2004

- Completed my PLAB (UK Medical Licence Exams).
- Did Clinical Attachments for Orientation with NHS system at Diana Princess of Wales Hospital Grimsby in General Surgery Department and at Homerton Hospital, London in Orthopaedics.

Hospital Experience in Pakistan after Graduation

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| 1 | Senior House Officer General Surgery (Honorary) | Ayub Teaching Hospital, Pakistan | 01-02-03 to 31-07-03 |
| 2 | House Officer in General Surgery & General Medicine (6 months each) | Ayub Teaching Hospital, Pakistan | 01-02-02 to 31-01-03 |

□ TEACHING EXPERIENCE

- Developed a family medicine programme at a public Sector University in Pakistan with the Support from WHO. I designed the methodology and curriculum for this course and now teaching on this course.
- National Faculty and College Supervisor for Fellowship and membership Programme CPSP Pakistan.
- Facilitate Post graduate certification in Palliative care and Healthcare quality and Patient Safety.
- Regularly facilitates workshops on consultation skills, medical ethics, professionalism along with clinical topics at various institutes.
- Supervise Master of Public Health and Master of Health Research students at Khyber Medical University, Peshawar, Pakistan
- Approved OOH GP Clinical Supervisor by the Health Education Northwest and been involved in training of GP Registrars in OOH setting.
- I was an approved OSCE examiner of PLAB test conducted by GMC for 3 years and assessed overseas doctors' eligibilities for GMC registration.
- I offered mentorship for practice nurses doing prescribing license course and was a clinical supervisor for practice pharmacists doing MSC advance practitioner course.
- I co-supervised for Extended Student-led Research Evaluation Project – (ESREP), Leeds Medical School.

■ PUBLICATIONS

| (Eligibility Criteria e) | | | | | | | |
|------------------------------------|------|--|--|---------------|------------------------|---------|--------|
| Research Articles Published | | | | | | | |
| # | Year | Full Title | Journal Name | Issue / Pages | Author No. | HEC Cat | JCR IF |
| 1 | 2018 | Perception of health professionals towards the scope of family medicine in the healthcare system of Pakistan | Journal of Ayub Medical College Abbottabad | 30(2):248–252 | Principal Author (1st) | Y | No IF |
| 2 | 2018 | Asymptomatic urinary tract infection and associated risk factors in diabetes mellitus patients attending a diabetes center of Peshawar, Pakistan | Journal of Rehman Medical Institute | 4(3):18–23 | 4 | Y | No IF |
| 3 | 2019 | Frequency of uropathogenic bacteria and their antibiotic susceptibility pattern in paediatric patients at a tertiary care hospital | Journal of Medical Sciences | 27(3):198–202 | 6 | Y | No IF |

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| 4 | 2019 | Reconstructive surgery of head and neck burn scars using tissue expanders | Annals of Allied Health Sciences | 5(1):20–22 | 6 | Y | No IF |
| 5 | 2020 | Comparison of ‘Excision and Primary Repair’ with ‘Bascom’s Technique’ in the surgical treatment of pilonidal sinus | Cureus | 12(3):e7338 | 3 | Y | No IF |
| 6 | 2020 | Triple assessment of breast lump: Should we perform core biopsy for every patient? | Cureus | 12(3):e7479 | 3 | Y | No IF |
| 7 | 2020 | Prevalence of hypothyroidism in patients with cholelithiasis: A cross-sectional study | Pak J Surg | Vol 36:9–14 | 5 | Z | No IF |
| 8 | 2021 | Perception of postgraduate family medicine trainees about the Objective Structured Clinical Examination assessment method | Journal of Medical Sciences | 29(3):74–78 | Principal Author (1st) | Y | No IF |
| 9 | 2021 | Albuminuria and its association with diabetic retinopathy among type-2 diabetic patients at a specialized diabetic clinic | Journal of Sheikh Zayed Medical College (JSZMC) | 12(3):17–21 | Principal Author (Corresponding) 3 | Y | No IF |
| 10 | 2021 | Clinical outcomes and associated risk factors of Coronavirus Disease 2019 in healthcare workers of Khyber Pakhtunkhwa, Pakistan | Journal of Rehman Medical Institute | 7(3):3–8 | | Y | No IF |
| 11 | 2021 | Mental health problems among healthcare workers in a tertiary care hospital designated for COVID-19 in Peshawar, Pakistan | Pakistan Journal of Chest Medicine | 27(3):146–151 | 4 | Y | No IF |
| 12 | 2022 | How does postgraduate diploma in Family Medicine impact on primary care doctors? | BMC Medical Education | 22:79 | Principal Author (1st) | W | ≈3.6 |
| 13 | 2022 | Comparison of middle cerebral artery Doppler and cord blood hemoglobin in the diagnosis of fetal anemia among Rh-negative pregnant women | Journal of Saidu Medical College (JSZMC) | 13(1):3–6 | Principal Author (Corresponding) 2 | Y | No IF |
| 14 | 2022 | Frequency and severity levels of non-carious cervical lesions in abutments | Professional Medical Journal | 29(4):482–486 | 6 | Y | No IF |

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| | | to be used for fixed dental prosthesis | | | | | |
| 15 | 2022 | Antimicrobial susceptibility pattern of neonatal sepsis in neonatal intensive care unit | Annals of Allied Health Sciences | 8(1):9–13 | 3 | Y | No IF |
| 16 | 2023 | Association of serum vitamin D with glycosylated hemoglobin levels and duration of disease in type-II diabetes mellitus patients | Journal of Medical Sciences | 31(1):43–46 | 6 | Y | No IF |
| 17 | 2023 | Understanding the role of certification in medical education: Perspectives of educators | Journal of Khyber College of Dentistry | 13(4):31–35 | 6 | Y | No IF |
| 18 | 2023 | Knowledge of safe swaddling practices among mothers of neonates visiting a tertiary-care hospital in a developing country | Journal of Gandhara Medical and Dental Science | 10(2):71–74 | 6 | Y | No IF |
| 19 | 2023 | Views of South Asian physicians on climate related health effects: A multinational cross-sectional pilot study | American Journal of Climate Change | 12:58–79 | 3 | Y | No IF |
| 20 | 2023 | Traditional healers working with primary care and mental health for early intervention in psychosis in young persons: Protocol for the feasibility cluster randomised controlled trial | BMJ Open | 13:e072471 | 5 | X | ≈3.7 |
| 21 | 2023 | Effectiveness of locally produced ready-to-use supplementary foods on the prevention of stunting in children aged 6–23 months: A community-based trial from Pakistan | British Journal of Nutrition | — | 4 | W | ≈4.0 |
| 22 | 2024 | Early intervention in psychosis and management of first episode psychosis in low- and lower-middle-income countries | Schizophrenia Bulletin | 50 | 11 | W | ≈7.5 |
| 23 | 2024 | Covid-19 Outcomes Associated With Clinical And Demographic Characteristics In Patients Hospitalized With Severe And Critical Disease In Peshawar | Pakistan Journal of Medical & Cardiological Review | Vol. 3 No. 4 | Principal Author (Corresponding) 3 | Y | No IF |
| 24 | 2024 | Gender-Based Disparities in Access to Quality Education: Evidence from | Pakistan Journal of Social | Vol 3, Issue 4. | Principal Author (Corresponding) 2 | Y | No IF |

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|------------------------------|------|--|--|---|--|---|-------|
| | | Peshawar, Khyber Pakhtunkhwa | Sciences Review | | | | |
| 25 | 2025 | Prevalence and correlating factors of anxiety and depression among allied health sciences undergraduates in the post-COVID-19 era: A cross-sectional study | Journal of Medical & Health Sciences Review | 2 | Principal Author (Corresponding) 3 | Y | No IF |
| 26 | 2025 | Mortality And Intensive-Care Unit Admission Prediction Models And Risk Score For Hospitalized Covid-19 Patients | Pakistan Journal of Medical & Cardiological Review | Vol. 4 No. 1 | Principal Author (Corresponding) 3 | Y | No IF |
| 27 | 2025 | Coping strategies and resilient behavior among frontline healthcare workers | Dialogues in Health | 7:1–12 | Principal Author (Corresponding) 9 | Y | No IF |
| 28 | 2025 | Sociodemographic and anthropometric determinants of vitamin d levels among adults with diabetes | Khyber Journal of medical sciences | Vol. 18 No. 4 | Principal Author (1 st) | Y | No IF |
| 29 | 2025 | Emergency related mental health challenges among frontline health workers in Khyber Pakhtunkhwa, Pakistan: A cross-sectional study | Disaster Medicine and Public Health Preparedness | 19:e286 | 8 | W | ≈2.1 |
| 30 | 2025 | Prevalence of Bullying in High School Students in Hayatabad Peshawar and its Impact on their Mental Health | The Critical Review of Social Sciences Studies | Volume 3, Number 4, 2025, Pages 2630 – 2639 | Principal Author (1st & Corresponding) | Y | No IF |
| 31 | 2025 | Thyroid function across menopausal transition: a cross-sectional study of perimenopausal and postmenopausal women | Khyber Journal of medical sciences | Vol. 18 No. 4 | 5 | Y | No IF |
| 32 | 2025 | Frequency of Depression in Patients with Diabetes Mellitus Presenting to DHQ Kohat. | Biological and Clinical Sciences Research Journal | <i>Volume 6(12), 2025: 2114</i> | Principal Author (Corresponding) 3 | Y | No IF |
| 33 | 2025 | Addressing the challenge of rheumatic heart disease in Pakistan: A call to action | Dialogues in Health | 6:1002 21 | 6 | Y | No IF |
| Conference/Abstracts/Posters | | | | | | | |

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|-------------------|------|---|--|------------|---|-----|-------|
| 1 | 2021 | SHAHEEN PALLIATIVE CARE PROJECT, PAKISTAN | BMJ Support Palliative care | | 6 | N/A | N/A |
| 2 | 2024 | Breaking Down Barriers: Bangladeshi and Pakistani Physician's Perspectives on Addressing Climate Change with Patients | Second Planetary Health and Family Medicine Congress | | 5 | N/A | N/A |
| Editorials | | | | | | | |
| 1 | 2019 | Introduction of Family Practice Approach in Pakistan | Advances in Basic Medical Sciences | 3(1) | 2 | Z | No IF |
| 2 | 2022 | Tackling disease burden through primary care | BioMedica | 38:112-114 | 2 | Y | No IF |

News Articles, published in THE NEWS: [Dr Abdul Jalil Khan: The News on Sunday \(TNS\) » Weekly Magazine - The News International](#)

■ RESEARCH PROJECTS:

| (Eligibility Criteria g) | | | | | | |
|---------------------------------|--|--|--|----------------------|--------------------------|-----------|
| S.no | Position/ Role | Project Title | Donor Agency name | Approved Budget in £ | Budget in PKR in million | Remarks |
| 1. | Principal Investigator / Academic Lead | Translating evidence for Early Intervention in Psychosis in Low and Lower-Middle Countries LMICs: Implementation and Evaluation | NIHR-UK | £1,991,399 | 738 million | On going |
| 2. | Principal Investigator / Project, Pakistan | THEHOPE- Traditional Healers working with primary care and mental health for early intervention in psychosis in adolescent: Intervention and feasibility | University of Keele-UK | £ 798,144 | 296 million | Completed |
| 3. | Principal Investigator | Mental Health and TRANsgenders (MENTRA II) | Pakistan Science Foundation (PSF)- Islamabad. HRI Pakistan | - | PKR 3.9 million | On going |

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| 4. | Principal Investigator | Outpatient Department Health Services (OPC) Scheme's Pilot in Khyber Pakhtunkhwa | Management 4health AG-German | - | PKR 3.9 million | |
| 5. | Principal Investigator/Lead Consultant | Third Party Final Evaluation of the Public Private Partnership Initiative in Newly merged districts (NMDs), Khyber Pakhtunkhwa | Medical Emergency Resilience Foundation (MERF) | - | PKR 0.4 million | Completed |
| 7. | Co-Principal Investigator | EMPATHI- Emergency associated Mental health issues of Pakistani front line health workers and their management through Tele Health intervention | Higher Education Commission HEC | - | PKR 17.83 million | On going |
| 8. | Co-Principal Investigator/Lead Capacity Building | Community Pharmacies managing hypertension: intervention development and Evaluation in Bangladesh and Pakistan (COPE-BP) | University of York-UK | £ 1,455,658 | 539 million | On going |
| 9. | Site Lead/Co-Principal Investigator | Design and Evaluation of Interventions to improve Outcomes for Diabetes and Depression Multimorbidity in Bangladesh and Pakistan (Work tribe: 820477) Extension | NIHR-UK RIGHT | £ 19,997 | 8 million | On going |
| 10. | Consultant/Medical Educationist | ISF: Ten Doctors | Innovator Seed Fund (ISF)-HEC | - | PKR 9.6 million | Completed |

Experience of Working with International Bodies

| (Eligibility Criteria h) | | | | |
|---------------------------------|--------------------------------------|---------------------|-------------|-----------|
| S. No | Organization | Country Name | From | To |
| 1 | Management4health | Germany | 9/2025 | On going |
| 2 | Evidence4health (Palladium) | United Kingdom | 07/2024 | 04/2025 |
| 3 | International Committee of Red Cross | Switzerland | 2023 | On going |

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|---|-------------------------------|--|----------|----------|
| 4 | University of Keele | United Kingdom | 2022 | On going |
| 5 | University of York | United Kingdom | 2022 | On going |
| 6 | Faculty Of Public Health | United Kingdom | 2021 | On going |
| 7 | World Health Organization | National and the WHO Eastern Mediterranean Regional level. | 2018 | On going |
| 8 | National Health Services (UK) | United Kingdom | Aug 2004 | Aug 2018 |

Consultancies completed with National International Organisations (INGOS) (Criteria h)

1. Consultant – Team Lead & Technical Advisor : Training of Health Services Providers for OPD Scheme's Pilot in Khyber Pakhtunkhwa with management4health AG Sep 25 till Dec 25

Led technical assistance for the SHPI-II Outpatient Care (OPC / Jwandun Card) Scheme under project of Social Health Protection Initiative Phase II KfW - Pakistan with m4h team, including training needs assessment, curriculum development, and capacity building of healthcare providers. Provided strategic oversight for operationalisation of the OPC benefit package, referral pathways, essential diagnostics, and EPHS alignment, and guided development and delivery of provider training across pilot districts.

2. Consultant – Quality of Care & Regulatory Strengthening, Evidence for Health (E4H), KP, Pakistan (FCDO-funded) 29/07/2024 till 15/5/2025

Provided technical assistance to the Khyber Pakhtunkhwa Healthcare Commission under the E4H programme to enhance regulatory functions and quality assurance within primary healthcare. Led the review and revision of Minimum Service Delivery Standards (MSDS) for PHC, incorporating cross-provincial insights and evidence-based practices. Developed tailored, measurable benchmarks and monitoring mechanisms, aligned with the Universal Health Coverage (UHC) roadmap. Supported pilot testing and stakeholder engagement to ensure contextual relevance and operational effectiveness of the revised MSDS.

3. Consultant – Capacity Building (2024–2025): Regularly engaged by Medical Emergency Resilience Foundation (MERF) to design and deliver customised trainings and on-the-job coaching for primary healthcare providers in Peshawar and other districts. Led curriculum development, cascade training, pre- and post-assessments, and quality improvement coaching covering NCDs, mental health, maternal and child health, infection control, ethics, documentation, and referral systems, strengthening workforce competencies for delivery of quality PHC services.

4. Consultant Infection Prevention & Control (APW), WHO Pakistan (from 9th April 2020 to 31st October 2021) during COVID-19 pandemic: This role involved identification of gaps in IPC, dissemination of guidance, development and implementation of SOPs, monitoring & Evaluation, availability of personal protective equipment (PPEs) and other resources. I developed an improvement plan of IPC in the designated facilities, trained and developed IPC committees across the province and ensured follow up on its implementation

Participation in International Workshops

| (Eligibility Criteria h) | | | | |
|--------------------------|---|--|-----------------|-------------------------|
| S,No | Title of workshop, seminar or conference | Organized By | Country Name | Date |
| 1 | CONTROL & TRANSLATE Dissemination Event | University of Keele | Sri Lanka | 2-5/12/2025 |
| 2 | Administrative support in organising and contributing to the COPE-BP Annual Meeting | University of York | United Kingdom | 9-11/12/2025 |
| 3 | Strategic Delegation Visit at the University of York | University of York | United Kingdom | 24/07/2025 |
| 4 | Global Mental Health Symposium | University of Keele | United Kingdom | 28/02/2024 |
| 5 | WONCA SAR CONFERENCE | WONCA South Asia | Sri Lanka | 04/05/2024 |
| 6 | Research Governance and Standard Operating Procedure Development | Aga khan University, University of York | Pakistan | 28-29/10/2024 |
| 7 | Perception of South Asian Primary Care Physicians on climate change & its effect on health. | The SECOND PLANETARY HEALTH and FAMILY MEDICINE CONGRESS | Turkey | 5/06/2024 |
| 8 | Conduct & Management of Randomized Control Trials | Keele University | United Kingdom | 7/11/2023 |
| 9 | Training course on Refugees and Migrants' Health in the Eastern Mediterranean Region | The Global Health Institute of the American University of Beirut | Beirut, Lebanon | 22/11/2021 - 30/12/2021 |
| 10 | Skills for Healthcare Educators | University of Worcester | United Kingdom | 18-19/09/2017 |
| 11 | How to be an OSCE examiner-for new examiners | The University of Manchester | United Kingdom | 29/09/2016 |
| 12 | Workshop on Awareness of Prevent | NHS England | United Kingdom | 11/10/2016 |
| 13 | Workshop on MSK Pathways | NHS Calderdale | United Kingdom | 12/07/2016 |
| 14 | Out of Hour Clinical Supervision | NHS Health Education | United Kingdom | 29/06/2016 |

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| 15 | Workshop on Contraception Updates | NHS Calderdale | United Kingdom | 16/06/2015 |
| 16 | Workshop on Infection Control | NHS Calderdale | United Kingdom | 16/06/2015 |
| 17 | Management of Agitated Patient Workshop | Hamad General Hospital | Qatar | 15/02/2015 |
| 18 | Nuts and Bolts Course | GoToDoc Healthcare | United Kingdom | 17/12/2014 |
| 19 | Pulse Live Conference | Pulse Today | United Kingdom | 29/04/2014 |
| 20 | Basic life support, AED, Airway Management, Paediatric Assessment | KNLS Resuscitation Training | United Kingdom | 03/08/2014 |
| 21 | General Practice Update | Leeds Metropolitan University | United Kingdom | 1/03/2014 |
| 22 | PLS Course | | United Kingdom | 17/01/2011 |
| 23 | Essential Dermatology Course | Sheffield Teaching Hospitals, NHS | Sheffield | 10-11/05/2010 |
| 24 | Gynecological oncology | South Yorkshire Modular Training Programme | Sheffield | 1/10/2010 |
| 25 | MRCs Clinical Course | Charing Cross Hospital | United Kingdom | 25-26/10/2008 |
| 26 | Pain Management Study Day | Sandwell & West Birmingham Hospitals NHS Trust | United Kingdom | 6/10/2006 |
| 27 | Care of the Critically Ill Surgical Patient | The Royal College of Surgeon of England | United Kingdom | 26-28/06/2006 |
| 28 | Preparation for Intercollegiate MRCs Oral Examination course | The Royal College of Surgeon of England | United Kingdom | 6-17/11/2006 |
| 29 | Pain Management Study Day | Pain Management Service | United Kingdom | 6/10/2006 |
| 30 | Doctor Resuscitation Training | NHS Trust | United Kingdom | 10/02/2006 |
| 31 | Basic Surgical Skill | The Royal College of Surgeon of England | United Kingdom | 11-13/05/2005 |
| 32 | Advanced Trauma Life Support | Royal College of Surgeon of England | United Kingdom | 4-6/04/2005 |
| 33 | U.K. NHS Induction | South western Deanery | United Kingdom | 22-26/03/2004 |
| 34 | Adult Cardiopulmonary Resuscitation | UK & European Resuscitation Council | United Kingdom | 17/08/2004 |

Organized Several international-level Workshops, Seminars, and Conferences

| (Eligibility Criteria i) | | | | |
|--------------------------|--|----------------------------|------------------------|---------------|
| S. No | Title of workshop, seminar or conference | Sponsored By | Role As | Date |
| 1 | Psychometric Tools for the TRANSLATE Research Pilot Study | Keele University, NIHR, UK | Organizer, Facilitator | 11-13/04/2025 |
| 2 | Consensus-building workshop (General) for Early Intervention of Psychosis in Pakistan under the TRANSLATE Research project | Keele University, NIHR, UK | Organizer, Facilitator | 11/06/2025 |
| 3 | Consensus-building workshop (Psychiatrists & Psychologists) for Early Intervention of Psychosis in Pakistan under the TRANSLATE Research project | Keele University, NIHR, UK | Organizer, Facilitator | 11/08/2025 |
| 4 | Identification & management of Severe Mental Illness in Post Partum Psychosis under the TRANSLATE Research project | Keele University, NIHR, UK | Organizer, Facilitator | 11-17/04/2025 |
| 5 | CONTROL & TRANSLATE Dissemination Event | Keele University, NIHR, UK | Organizer, Facilitator | 2-5/12/2025 |
| 6 | TRANSLATE Training Workshops | Keele University, NIHR, UK | Organizer, Facilitator | 26-28/12/2025 |
| 7 | Four Days Training Workshop on Early Intervention in Psychosis Assessment & Management | Keele University ORIC | Organizer, Facilitator | 14-17/04/2025 |
| 8 | THE HOPE Global Mental Health Symposium, Keele University, UK | MRC, UK | Organizer, Facilitator | 28/02/2024 |
| 9 | THE HOPE Global Mental Health Symposium, Islamabad | KMU, ORIC | Organizer, Facilitator | 02-05/2024 |
| 10 | KMU Seminar: Lesson from THEHOPE Study | KMU, ORIC | Organizer, Facilitator | 11/12/2024 |
| 11 | THEHOPE Project Launch Event | Keele University, NIHR, UK | Organizer, Facilitator | 02/2023 |
| 12 | THE HOPE Global Mental Health Symposium, Islamabad | Keele University, NIHR, UK | Organizer, Facilitator | 11/2023 |
| 13 | 1 st , 2 nd , 3 rd , 4 th , 5 th International Public Health Conference | KMU, ORIC | Organizer, Facilitator | 2019 till now |

□ CLINICAL SKILLS

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|---|---|
| Venous /Arterial access Venous Cut down Central venous access Endo/Nasotracheal Intubation Excision of Lipoma, Sebaceous cyst and Skin lesions. I&D of an abscess Supra pubic catheterization | Reduction of dislocated joints Manipulation of Fractures Intra-articular joint injections Lumbar Puncture Flexible Cystoscopy Wound closure Wound debridement |
|---|---|

Demonstrated Experience in Leadership:

(Eligibility Criteria j)

I have demonstrated sustained leadership across academic, clinical, regulatory, and health-system strengthening roles in both the UK and Pakistan, underpinned by formal leadership training through the NHS Leadership Academy Award in Healthcare Leadership (Mary Seacole Programme) and an NHS-recognised Level 7 qualification in Strategic Leadership and Management. As Professor and Director of the Institute of Family Medicine and Head of Medicine & Allied Specialties at Khyber Medical University, I provide strategic leadership for postgraduate training, competency-based curriculum development, faculty development, and clinical services within a specialised NCD and diabetes facility, while also contributing to institutional governance as a member of the Finance and Management Committee. I have worked closely with the College of Physicians and Surgeons Pakistan (CPSP) on the development and implementation of a competency-based curriculum for MCPS Family Medicine and serve as a member of the National Faculty of CPSP in Family Medicine, contributing to curriculum design, assessment standards, supervision, and mentorship of postgraduate trainees nationwide. I have been part of KPK Health policy development consultation group for formulating KPK healthcare Policy.

In addition, I have led nationally and internationally funded programmes, including WHO-supported professional diplomas, FCDO-funded regulatory and quality-of-care initiatives, and large NIHR/MRC-funded research projects, coordinating multidisciplinary teams and ensuring delivery against strategic objectives. My leadership experience also includes senior advisory roles with the Care Quality Commission (UK) and the KP Healthcare Commission, where I have supported standards development, inspections, and system-wide quality improvement. During the COVID-19 pandemic, I established telemedicine services and led province-wide infection prevention and control capacity-building initiatives with WHO. Collectively, these roles reflect my ability to provide strategic direction, lead complex programmes, build institutional and workforce capacity, and translate policy and evidence into sustainable improvements in healthcare delivery, education, and governance.

□ REFERENCES

Available upon request.