

CURRICULUM VITAE
[Dr Waris Qidwai]

Date of Birth: November 21, 1957
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EDUCATION:

1983 **M.B; B.S.** Dow Medical College, Karachi, Pakistan
 1990 **Membership in Family Medicine (M.C.P.S).** College of Physicians & Surgeons, Pakistan.
 1997 **Fellowship in Family Medicine (F.C.P.S).** College of Physicians & Surgeons, Pakistan. (FMD-97-1891)
 2009 **MRCGP (International).** Royal College of General Practitioners, United Kingdom. (RCGP 77330)
 2011 **Honorary Fellowship.** College of General Practitioners of Sri Lanka
 2013 **Member, Faculty of Public Health.** Royal College of Physicians, United Kingdom

POSITIONS:

1. PRESENT POST

Professor and Chair (April/July, 2008 to date)
 Department of Family Medicine, Aga Khan University

2. PROFESSIONAL HISTORY

Aga Khan University

Jan-03 to Jun-08 **Associate Professor,** Family Medicine Department
Jan-99 to Dec-02 **Assistant Professor,**
 Family Medicine Division, Department of Community Health Sciences
Jul-97 to Dec-98 **Senior Instructor,**
 Family Medicine Division, Department of Community Health Sciences
Jan-94 to Jun-97 **Instructor,**
 Family Medicine Division, Department of Community Health Sciences
Oct-87 to Dec-93 **Senior Medical Officer,** Community Health Center (CHC)
Jan-86 to Sept-87 **Medical Officer,** Community Health Center (CHC)
Civil Hospital, Karachi
Feb-84 to May-85 **Postgraduate Student,** Internal Medicine
Aug-83 to Feb-84 **Internship,** General Surgery
Feb-83 to Aug-83 **Internship,** Internal Medicine

HONORS & AWARDS

- 2015** **Appreciation Certificate for Excellence in Family Medicine** by College of Family Medicine, Pakistan at reception held at National Institute of Child Health, Karachi on January 18, January 2015
- 2014** **Invited presentation,** Inauguration session, **World Health Organization (WHO) sponsored regional consultation meeting** on “Strengthening service provision through Family Practice approach: Towards Universal Health Coverage in Eastern Mediterranean Region (EMR)”, held at Cairo in November 2014. Topic: “Current Status of Family Medicine Education and Training in Eastern Mediterranean Region”.
- 2014** **Completed a survey and prepared report in Collaboration with World Health Organization (WHO) and World Organization of Family Doctors (WONCA) titled,** “Current Status of Family Medicine Education and Training in Eastern Mediterranean Region”.
- 2014:** **Served as Technical Expert on World Health Organization (WHO) project titled,** “Integration of Non-Communicable diseases into Primary Health Care: A snapshot from Eastern Mediterranean Region”.
- 2014:** **Invitation to survey Health Care Services** provided by MARI Petroleum Corporation Limited, for their employees and community at Daharki, Sindh, Pakistan. It is one of the largest Natural Gas and Oil exploration and drilling companies in Pakistan.
- 2014:** Invitation to attend a Preparatory Meeting at Cairo, on 21-22 August 2014, as **World Health Organization (WHO) Temporary Advisor.** Purpose of this meeting was to prepare for a regional consultation meeting on “Strengthening service provision through Family Practice approach: Towards Universal Health Coverage in Eastern Mediterranean Region (EMR)”, to be held at Cairo in November 2014.
- 2014:** **Evaluation of Research work,** of Associate Professor, Family Medicine, at King Saud, University, Riyadh, Kingdom of Saudi Arabia, for promotion to full Professor Position.

2014 **Evaluation of Research work**, of Assistant Professor, Family Medicine, at King Saud, University, Riyadh, Kingdom of Saudi Arabia, for promotion to Associate Professor Position.

HONORS & AWARDS

- 2013:** **Membership, Faculty of Public Health (MFPH)**, Royal College of Physicians, United Kingdom, through distinction.
- 2013** **Appointed Member Inspection team**, College of Physicians & Surgeons, Pakistan (CPSP), to inspect and give recommendations regarding suitability of Family Medicine training program at Fatima Memorial Hospital and Medical College, Lahore, for Membership and Fellowship of College of CPSP. (This program was approved after inspection) in the month of February 2013.
- 2013:** **Evaluation of Research work**, of Associate Professor, Family Medicine, at University of Jordan for promotion to full Professor Position.
- 2011:** **Honorary Fellowship**, College of General Practitioners of Sri Lanka
- 2011:** **Adjunct Professor**, University of Health Sciences, Lahore
- 2011:** **Invitation as External Assessor**, Promotion of Faculty to Associate Professor, Family Medicine, at University Sains, Malaysia
- 2011:** **Panel Physician**, New Zealand Immigration
- 2011:** **25 Years' Service Award**, Aga Khan University, Karachi
- 2010:** **Dean**, Faculty of Family Medicine, College of Physicians & Surgeons, Pakistan
- 2010:** **Chair**, International Federation of Primary Care Research Networks
- 2010:** **Chair**, Working Party on Research, World Organization of Family Doctors (WONCA)
- 2010:** **Panel Physician**, United States of America Embassy, Islamabad
- 2009- To date:** **Endowed Tajuddin Chatoor Chairman**, Department of Family Medicine, Aga Khan University
- 2008-9:** **Endowed Noor Mohammed E Mewawalla Professor**, Department of Family Medicine, Aga Khan University
- 2008:** **Designated Examining Physician, United Nations**
- 2007:** **Scholarship award from Harvard School of Public Health**, to attend The 9th Annual Workshop on Ethical Issues in International Health Research. Boston, USA
- 2004:** **Global Family Doctor of the Month Award-May 2004**, awarded by World Organization of Family Doctors (WONCA)
- 2004:** **Sponsorship, by the Canadian International Development Agency (CIDA)**, to attend and present work on "Over the Counter use of Medicines", at Second International Conference on Improving Use of Medicines at Chiang Mai, Thailand
- 2004:** **"Honorary International Family Medicine Faculty Fellow"**, awarded by University of Wisconsin (United States of America)
- 2000:** **Faculty Development Award, Aga Khan University, Karachi**, Four weeks of placements with General Practices in Sussex, London and Cambridge, in Collaboration with the Royal College of General Practitioners, United Kingdom
- 1997:** **Burki Gold Medal Award, The College of Physicians & Surgeons, Pakistan**, for passing F.C.P.S. Part I & II examinations in the first attempt and securing highest aggregate marks in F.C.P.S. Part II examination, across all disciplines. First Aga Khan University candidate to have received this award in its initial 14 years of functioning

AFFILIATION WITH PROFESSIONAL BODIES

- 2010 to date:** **Chairman**, Working Party on Research of World Organization of Family Doctors (WONCA)
- 2010:** **Past-Chairman**, International Federation of Primary Care Research Networks (IFPCRN),
- 2006 to date:** **Member Executive Board**, Australia-based WORLD CME Program for Family Doctors.
- 2010 to date:** **International Advisor**, Indian Academy of Family Physicians
- 2012 to date:** **Life Member**, Pakistan Association of Medical Editors (PAME)
- 2011 to date:** **Co-Coordinator (Karachi Chapter)**, Pakistan Hypertension League (Member of World Hypertension League)
- 2009:** **Life Member**, Pakistan Hypertension League (Member of World Hypertension League)
- 1990:** **Life member**, College of Family Medicine, Pakistan.

TEACHING EXPERIENCE

Undergraduate

I am teaching Undergraduate Medical Students since 1983. The areas of teaching have been in ambulatory clinical settings, on-campus and off locations and in both traditional and problem-based curricula including tutorial teaching, and delivering of lectures.

Post-graduate

I teach Postgraduate students since 1983 including Interns, Residents (Family Medicine and Community Medicine) and Nurses. Teaching has been in ambulatory settings (On and Off-Campus) and Tutorial room. History taking, application of clinical methods and management of common ambulatory problems have been the main thrust.

Post-graduate(Continued)

I am certified Supervisor for Family Medicine Trainees, College of Physicians & Surgeons, Pakistan. It is a structured four year residency training program and prepares Trainees who sit for Fellowship-Part-II (FCPS) examination. Thirteen trainees completed training and passed FCPS examination. Five are currently under supervision.

Innovation in Teaching: Incorporated clinical aspects of teaching with research that resulted in research published in medical journals with students as Co-Investigators.

TEACHING EXPERIENCE

Continuing Medical Education: Regularly hold courses and workshops for Family Doctors.

Mentorship: Mentored medical students and Postgraduate Trainees in clinical medicine and primary care research.

Examiner (National):

2002 to date: Convener, Examiner, Chief Invigilator, Membership & Fellowship Examinations, College of Physicians & Surgeons, Pakistan

Invited Examiner (International)

2012: Saudi Diploma in Family Medicine

2011- to-date: Arab Board Oral Examination in Family Medicine

2012: MD Family Medicine, Postgraduate Institute of Medicine, Sri Lanka

2012: Kuwait board in Family Medicine/ MRCGP (INT), Kuwait Institute of Medical Specialization

2012: MD General Practice, Tribhuvan University, Institute of Medicine, Nepal

2006-2011: Membership Examination of Royal College of General Practitioners, United Kingdom (MRCGP, International) for South Asia

Promotion of Primary Care Research:

- As **Chairman, World Organization of Family Doctors (WONCA) Working Party on Research** (since May-2010), provided leadership for promotion of Primary Care Research initiatives at global level.
- Earlier as **Chair/Vice Chair, International Federation of Primary Care Research Networks (IFPCRN)**, promoted primary care research through development and promotion of primary care research networks locally, regionally and globally.
- Initiated and completed **five networking projects** at regional and global level. This involved proposal development, recruitment of contributors, compiling contributions and writing and publishing of the project. Topics included, “Status and Future role of Family Doctors”, “Strategies to improve Status of Family Doctors”, “Equity in Health Care”, “Patient Access to Person-Centered Health Care “ and “Acceptance of a Person Centered Care in Eastern Mediterranean Region”.
- Served as, **“Representative for Middle East and South Asia regions”**, on Steering Committee, International Federation of Primary Care Research Networks (IFPCRN), and promoted primary care research in these regions. Assisted in the formation of primary care research networks in these regions and assisted in capacity building and promotion of primary care research, through holding research methodology workshops and promotion of networking.

RESEARCH GRANTS/CLINICAL DRUG TRIALS

- **Principal Investigator (2005-07)**, in a Research grant received from University Research Council, Aga Khan University of US \$ 7,500 to conduct a pilot study titled, “Effectiveness of Nigella Sativa (Kalonji) seed extract in Dyslipidaemia: A Randomized controlled trial” (URC Project ID # 05201MED (Grant fund # 1VJ)
- **Principal Investigator (2005-07)**, in Multi-Center Phase-II Clinical Drug Trial sponsored by Glaxo Smith Kline titled, “A randomized double blind parallel group placebo controlled, multicenter study to evaluate the safety, tolerability and efficacy of oral GW677954 capsules 2.5 mg, 5 mg, 10 mg and 20 mg a day for 24 weeks in overweight dyslipidaemic subjects”.
- **Principal Investigator (2007-08)**, in Multi-Center Clinical Drug Trial sponsored by Sanofi-Aventis, titled, A Comparative Study of the Efficacy of Irbesartan/Hydrochlorothiazide 300/25 mg versus Valsartan/Hydrochlorothiazide 160/25 mg Using Home Blood Pressure Monitoring in the Treatment of Mild to Moderate Hypertension. (A Controlled, Randomised, Open-label, Multicentre, Phase IIIb/IV study)
- **Co-Investigator (2009 to date)**: in Project titled, “Developing and Testing Integrated, Multi-factorial Cardiovascular Disease Risk Reduction Strategies in South Asia”, A multi-site, individually randomized, controlled translation trial of integrated and comprehensive care strategies to reduce CVD risk among 1,120 T2DM patients in South Asia. The project is supported by Supported by National Heart Lung and Blood Institute, National Institutes of Health, USA
- **Co-Investigator (2011-12)**: in Project titled, “Assessing the decision of Inpatient or Outpatient care in patients with Community Acquired Pneumonia”, a multi-center observational study sponsored by Sanofi-Aventis.
- **National Coordinator and Co-Investigator (2012- to date)**: in Project titled, “Evaluation of hypertensive Patients in the intercontinental Region”, a multi-center observational study sponsored by Sanofi-Aventis.
- **Principal Investigator (2013-2014)**, in a Research grant received from University Research Council, Aga Khan University of US \$15,685 to conduct a pilot study titled, “Strengthening the Management of Hypertension through an Integrated System Approach” (URC Project ID# 2801-FM-ERC-13)

Research Contribution:

- **Convener Research, Family Medicine department**: facilitated research activities of the faculty, residents, medical officers and students in the department.
- **Dissertations supervised** of thirteen postgraduate trainees in Family Medicine, at Aga Khan University, as part of their requirement to sit for Fellowship part II certifying examination, College of Physicians & Surgeons, Pakistan. Currently supervising, dissertations of five trainees.
- **Editorial assistance provided to around 20 Medical Journals** in different capacities as “Associate Editor”, “Member Editorial and Advisory Boards” and “Reviewer”. Served twice as “Lead Guest Editor”, Special Issue of journal titled, “Evidence-Based Complementary and Alternative Medicine”, an indexed peer-review journal with Impact Factor of 4.774.

EDITORIAL WORK FOR SCIENTIFIC JOURNALS

Associate Editor:

1. Journal of Liaquat University of Medical and Health Sciences, Jamshoro, Sindh, Pakistan
2. Isra Medical Journal, Official journal of Isra University Hyderabad, Pakistan (2008-13)

Invited Lead Guest Editor:

1. Special issue of PubMed Indexed journal “Evidence-Based Complementary and Alternative Medicine” on Role of Complementary and Alternative Medicine (CAM) in Controlling Dyslipidemia. (Impact factor of journal: 1.722)
2. Special issue of PubMed Indexed journal “Evidence-Based Complementary and Alternative Medicine” on Role of Complementary and Alternative Medicine (CAM) in Cardiovascular Diseases. (Impact factor of journal: 4.774)

Senior Editor:

1. El Mednifico Journal, First Pakistani peer-reviewed open access journal

Member, International Advisory Board:

1. British Journal of General Practice, United Kingdom
2. Turkish Journal of Family Practice, official scientific journal of the Turkish Association of Family Physicians
3. International journal of Genuine Traditional Medicine TANG (Humanities Traditional Medicine, HTM)

National Advisor:

1. Journal of Dow University of Health Sciences, Karachi, Pakistan

Member Editorial Board:

1. Journal of Evidence-Based Complementary and Alternative Medicine
2. South African Family Practice, Official journal of the South African Academy of Family Physicians.
3. Journal of Peoples University of Medical & Health Sciences for Women, Nawabshah, Pakistan
4. Journal of Family Practice Reports, published by Herbert Publications, United Kingdom
5. Journal of Compassionate Health Care

Member:

1. Asian Council of Science Editors (ACSE)

Life Member:

1. Pakistan Association of Medical Editors (PAME)

EDITORIAL WORK FOR SCIENTIFIC JOURNALS**Manuscript Reviewer:**

1. Reviewer, Abstracts submitted for 2012 WONCA Europe Conference, July 4 – 7, 2012, Vienna, Austria
2. Global Journal of Medicine and Public Health
3. Professional Medical Journal
4. The Journal of Nutrition, Health and Aging
5. Asia-Pacific journal of Public Health
6. International Archives of Medicine
7. New Zealand based journal titled, “Southern Medical Review”
8. Journal of Pakistan Medical Association (Center)
9. Journal of College of Physicians and Surgeons, Pakistan
10. Frontiers in Family Medicine and Primary Care. It is published by a Swiss, open-access academic publisher
11. Saudi Medical Journal
12. Peer Reviewed Journal on Complementary Medicine and Drug Discovery.
13. Journal of Caffeine Research

PUBLICATIONS**Book Chapters**

1. **Qidwai W.** The role of the Family Physician and MHO 2001. In: Hussain M, Ahmed M, Editors. Mental Health and Law. Karachi: Pakistan Association for Mental Health; 2001. pg 38-9.
2. **Qidwai W.** Nabi N. Preventive aspects of Hepato-biliary diseases. In: Mahtab MA, Rehman S, editors. Liver: A complete book on Hepato-Pancreato-Biliary diseases. 1st ed. Elsevier; 2008. p. 25-29. (ISBN no: 978-81-312-1674-3)
3. **Qidwai W.** Revised Chapter in Book titled, “Improving Health Systems: The Contribution of Family Medicine”. This book has been written and revised as a joint project of World Organization of Family Doctors (WONCA) and World Health Organization (WHO). Title of chapter: Creating a supportive environment for optimal family practice.

PUBLICATIONS**PEER REVIEWED JOURNALS INDEXED BY MEDLINE**

1. **Qidwai W.** Management of hyperlipidaemia in general practice. J Pak Med Assoc. 1998 Sep; 48(9): 285-7.
2. **Qidwai W.** Sexual knowledge and practice in Pakistani young men. J Pak Med Assoc. 1999 Oct; 49(10): 251-4.
3. **Qidwai W.** Perceptions about female sexuality among Pakistani men presenting to family physicians at a teaching hospital in Karachi. J Pak Med Assoc. 2000 Feb; 50(2): 74-7.
4. **Qidwai W.** Qureshi R, Hasan SN, Azam SI. Effect of dietary garlic (*Allium Sativum*) on the blood pressure in humans-- a pilot study. J Pak Med Assoc. 2000 Jun; 50(6): 204-7.

PUBLICATIONS**PEER REVIEWED JOURNALS INDEXED BY MEDLINE**

5. **Qidwai W.** Qureshi H, Ali SS, Alam M, Azam SI. Physician assisted suicide perceptions among patients presenting to family physicians at a teaching hospital in Karachi, Pakistan. J Pak Med Assoc. 2001 Jun; 51(6) 233-237.
6. **Qidwai W.** Knowledge about Sexually Transmitted Infections among Young Pakistani Men. J Pak Med Assoc. 2002 Jun; 52(6) 267-268.
7. **Qidwai W.** Azam S.I, Ali SS, Ayub S. The Utilization of Services of Health Care Providers among Patients presenting to Family Physicians at a teaching Hospital in Karachi, Pakistan. J Pak Med Assoc. 2002 Jun; 5(6) 269-272.
8. **Qidwai W.** Alim SR, Dhanani RH, Jehangir S, Nasrullah A, Raza A. Use of Home Remedies among patients presenting to Family Physicians. J Coll Physicians Surg Pak. Vol.13 No.01 (Jan-2003) pg: 62-63.
9. **Qidwai W.** Accessibility and effectiveness of healthcare providers. J Coll Physicians Surg Pak. 2003 Mar; 13(3): 174-5.
10. **Qidwai W.** Paternalistic model of medical practice. J Coll Physicians Surg Pak. 2003 May; 13(5): 296.
11. **Qidwai W.** Dhanani RH, Khan FM. Implications for the practice of a Patient Expectation and Satisfaction Survey, at a teaching hospital in Karachi, Pakistan. J Pak Med Assoc. 2003 Mar; 53(3) 122-125.
12. **Qidwai W.** Saleheen D, Saleem S, Andrades M, Syed IA. Are our people health conscious? Results of a patient survey in Karachi, Pakistan. J Ayub Med Coll. Vol.15 No.1 (Jan-Mar 2003) pg: 10-13.
13. **Qidwai W.** Paternalistic Model of Medical Practice. J Coll Physicians Surg Pak. 2003 May. 13(05): 296
14. **Qidwai W.** Saleheen D, Saleem S, Andrades M, Azam SI. Physical exercise as a key health determinant among patients. J Coll Physicians Surg Pak. 2003 Jul; 13:421-2.
15. **Qidwai W.** The art of practicing scientific medicine. J Coll Physicians Surg Pak. 2003 Aug; 13(8): 491-2.

16. **Qidwai W**, Alim SR, Dhanani RH, Jehangir S, Nasrullah A, Raza A. Use of folk remedies among patients in Karachi, Pakistan. J Ayub Med Coll. Vol.15 No.2 (Apr-Jun2003) pg: 31-33.

PUBLICATIONS

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17. **Qidwai W**, Karim SI, Irfan FM. Communication Skills of Family Physicians in a Doctor-Patient consultation. J Coll Physicians Surg Pak. 2003 Nov; 13(11): 674.
18. **Qidwai W**. Structured feedback from students in tutorial teaching. J Coll Physicians Surg Pak. 2003 Dec; 13(12): 726-27.
19. **Qidwai W**. Utilization of services of homeopathic practitioners among patients in Karachi, Pakistan. J Ayub Med Coll Abbottabad Sep 2003; 15(3): 33-5.
20. **Qidwai W**. The Challenging patient. Aust Fam Physician. 2004 May; 35(3): 1261.
21. Andrades M, Paul R, Ambreen A, Dodani S, Dhanani RH, **Qidwai W**. Distribution of lower urinary tract symptoms (LUTS) in adult women. J Coll Physicians Surg Pak. 2004 Mar; 14(03): 132-5.
22. **Qidwai W**, Ali SS, Baqir M, Ayub S. Level of Preparedness of patients for Medical Emergency. J Coll Physicians Surg Pak. 2004 Mar; 14(03):193.
23. **Qidwai W**, Noor N, Azam SI. Patient compliance among family practice patients. J Coll Physicians Surg Pak. 2004 Jun; 14(6): 339-42.
24. **Qidwai W**. The Hippocratic Oath: Has it ceased to be relevant? J Pak Med Assoc.2004 Apr; 54(4): 229-31.
25. **Qidwai W**, Tayyab A. Patients' views about spiritual role in medical practice. J Coll Physicians Surg Pak. 2004 Aug; 14(8): 462-5.
26. Bhurgri H, **Qidwai W**. Awareness of the process of Informed Consent among Family Practice Patients in Karachi. J Pak Med Assoc.2004 Jul; 54(7): 398-401.
27. **Qidwai W**, Rehman S. A young man with hoarseness of voice. J Ayub Med Coll Abbottabad. 2004 Apr- Jun; 16(2): 73-4.
28. **Qidwai W**. Professor Sarwar Jehan Zuberi-A silent contributor to Medical Research in Pakistan. J Pak Med Assoc 2004; 54(Suppl): S-18.
29. **Qidwai W**. Ever increasing need for family physicians! Eur J Gen Pract. 2004 Sep; 10(3): 111.
30. **Qidwai W**, Azam SI. Knowledge, Attitude and Practice Regarding Obesity among Patients, At Aga Khan University Hospital, Karachi. J Ayub Med Coll Abbottabad Sept 2004; 16(3).
31. Huda SA, Samani AAZ, **Qidwai W**. Perceptions about Family Physicians: Results of a survey of patients visiting Specialist clinics for treatment. J Pak Med Assoc.2004 Nov; 54(11): 589-592.
32. **Qidwai W**. A need to change behavior and Attitudes in Medical Practice. J Coll Physicians Surg Pak. Vol 14, No.11. 2004 Nov. Page 701
33. **Qidwai W**. Patient autonomy: reflections from a developing country. Am Fam Physician. 2005 Apr 1; 71(7): 1261.
34. **Qidwai W**, Mangi AR, Bux R. Life style related risk factors for cardiovascular disease among patients at a teaching hospital in Karachi. J Ayub Med Coll Abbottabad Apr-Jun2005; 17(2): 12-14.
35. **Qidwai W**. Research in developing world. Indian Journal of Medical Ethics Vol II No 3 July-September 2005, page 103.
36. **Qidwai W**, Ali SS, Baqir M, Ayub S. Patient expectations from an emergency medical service. J Ayub Med Coll Abbottabad Jul-Sep, 2005; 17(3): 03-06.
37. **Qidwai W**, Rehman J, Khan M, Azam SI. Continuity of patient care among family practice patients at a teaching hospital. J Coll Physicians Surg Pak. 2005 Oct; 15(10): 646-647.
38. **Qidwai W**, Ali SS, Ayub S, Ayub S. Healing during Physician-Patient consultation. J Coll Physicians Surg Pak. 2005 Nov; 15(11): 689-693.
39. Zafar SN, Ganatra HA, Tehseen S, **Qidwai W**. Health and needs assessment of geriatric patients: Results of a survey at a teaching hospital in Karachi. J Pak Med Assoc.2006 Oct; 56(10): 470-474.
40. **Qidwai W**. Primary Care Research: Opportunities and Challenges. Editorial. J Coll Physicians Surg Pak. 2006 Dec; 16(12): 741-742.
41. **Qidwai W**, Krishanani MK, Hashmi S, Afridi M and Ali RA. Private Drug Seller's education in improving prescribing practices. J Coll Physicians Surg Pak. 2006 Dec; 16(12): 743-746.
42. Itrat A, Taqui AM, Qazi F, **Qidwai W**. Family systems: perceptions of elderly patients and their attendants presenting at a university hospital in Karachi, Pakistan. J Pak Med Assoc. 2007 Feb; 57(2):106-10.
43. Taqui AM, Itrat A, **Qidwai W**, Qadri, Z. Depression in the elderly: "Does family system play a role?" A cross sectional study. BMC Psychiatry 2007 Oct; 7(57).
44. **Qidwai W**. Primary care: a mandatory requirement for effective health care. J Coll Physicians Surg Pak. 2008 Apr; 18(4):199-200.

45. Ganatra HA, Zafar SN, **Qidwai W**, Rozi S. Prevalence and predictors of depression among an elderly population of Pakistan. *Aging Ment Health*. 2008 May; 12(3):349-56.

PUBLICATIONS

PEER REVIEWED JOURNALS INDEXED BY MEDLINE

46. Bhurgri H, Gowani SA, Itrat A, Samani S, Zuberi A, Siddiqui MS, **Qidwai W**, Bhurgri Y. Awareness of cancer risk factors among patients and attendants presenting to a Tertiary Care Hospital in Karachi, Pakistan. *J Pak Med Assoc*. 2008 Oct; 58(10): 584-588.
47. **Qidwai W**, Hamza HB, Qureshi R, Gilani A. Effectiveness, safety, and tolerability of powdered Nigella sativa (kalonji) seed in capsules on serum lipid levels, blood sugar, blood pressure, and body weight in adults: results of a randomized, double-blind controlled trial. *J Altern Complement Med*. 2009 Jun; 15(6):639-44.
48. **Qidwai W**. Ageing population: status, challenges and opportunities for health care providers in Pakistan. *J Coll Physicians Surg Pak*. 2009 Jul; 19(7):399-400.
49. Ishaque S, Saleem T, **Qidwai W**. Knowledge, attitudes and practices regarding gemstone therapeutics in a selected adult population in Pakistan. *BMC Complement Altern Med*. 2009 Aug 26; 9(1):32.
50. Saleem T, Khalid U, **Qidwai W**. Geriatric patients' expectations of their physicians: findings from a tertiary care hospital in Pakistan. *BMC Health Serv Res*. 2009 Nov 13; 9(1):205.
51. **Qidwai W**, Ashfaq T. Emerging Issues in Adolescent Healthcare - An Urgent Call for Action. *J Coll Physicians Surg Pak*. 2010 Mar; 20(3): 143-5
52. Krishanani MK, **Qidwai W**, Ali BS, Khuwaja AK. Educational Intervention among Barbers about Liver Cancer-Inducing Viruses: A Pilot Study from a Developing Country. *J Cancer Educ*. 2010 Dec; 25(4):632-6.
53. Ishaque S, Saleem T, Khawaja FB, **Qidwai W**. Breaking bad news: exploring patient's perspective and expectations. *J Pak Med Assoc*. 2010 May; 60(5):407-11.
54. **Qidwai W**, Ishaque S, Shah S, Rahim M. Adolescent lifestyle and behaviour: a survey from a developing country. *PLoS One*. 2010 Sep 27; 5 (9):e12914.
55. Yousuf A, Ishaque S, **Qidwai W**. Depression and its associated risk factors in medical and surgical post graduate trainees at a teaching hospital: a cross sectional survey from a developing country. *J Pak Med Assoc*. 2011 Oct; 61(10): 968-973.
56. **Qidwai W**. Advances in Information and Communication Technology (ICT): Issues, Challenges and Opportunities for Health Care Professionals. *J Coll Physicians Surg Pak*. 2011 Nov; 21(11): 651-3.
57. **Qidwai W**, Rauf MUA, Sakina S, Hamid A, Ishaque S, et al. (2011) Frequency and Associated Factors for Care Giving among Elderly Patients Visiting a Teaching Hospital in Karachi, Pakistan. *PLoS ONE* 6(11): e25873. doi:10.1371/journal.pone.0025873. <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0025873>
58. **Qidwai W**. Care of the Dying Patient: A Neglected Issue in Pakistani Context. *J Coll of Physicians Surg Pak*. 2012 Mar, 22 (3): 133-134.
59. **Qidwai W**, Samani ZA, Azam I, Lalani S. Knowledge, Attitude and Practice of Vitamin Supplementation among Patients visiting Out-Patient Physicians in a Teaching Hospital in Karachi. *Oman Medical Journal* (2012) Vol. 27, No. 2: 116-120.
60. Jahan F, Nanji K, **Qidwai W**, Qasim R. Fibromyalgia Syndrome: An Overview of Pathophysiology, Diagnosis and Management. *Oman Med J* 2012 May; 27(3):192-195.
61. U Aydogan, H Akbulut, DE Gok, MI Yilmaz, S Yuksel, O Sari, YC Doganer, Z Senses, D Baltaer, IH Kara, K Saglam, **W Qidwai**, S Waheed. To study the correlation between carrier status of Nasal Staphylococcus aureus in patients on Haemodialysis with Hepatitis C, Hepatitis B and their sociodemographic features. *West Indian Med J* 2012; 61 (2): 139.
62. **Qidwai W**, Rumina Tabassum R, Khan FH, Javed S, Syed Mustafa Ali SM, Nanji K. Informed consent, privacy and confidentiality practiced by doctors of a tertiary care hospital in a developing country. *Indian Journal of Medical Ethics*. Vol X, No 1; January-March 2013; pages 36- 40
63. **Qidwai W**. Healthcare Delivery System Improvements: A Way Forward to Improve Health in Developing Countries and Pakistan. *J Coll of Physicians Surg Pak*. 2013 May, 23 (5): 313-314
64. **Qidwai W**, Ashfaq T. Role of Garlic Usage in Cardiovascular Disease Prevention: An Evidence-Based Approach. *Evidence-Based Complementary and Alternative Medicine Volume 2013* (2013), Article ID 125649,9 pages <http://dx.doi.org/10.1155/2013/125649>
65. Sabzwari SR, **Qidwai W**, Bhanji S. Polypharmacy in Elderly: A Cautious Trail to Tread. *J Pak Med Assoc*. 2013 May; 63(5)
66. **Qidwai W**, Yeoh PN, Inem V, Nanji K, Ashfaq T. Role of complementary and alternative medicine in cardiovascular diseases. *Evid Based Complement Alternat Med*. 2013; 2013:142898. doi: 10.1155/2013/142898.

67. Khan FH, Hanif R, Tabassum R, **Oidwai W**, Nanji K. Patient Attitudes towards Physician Nonverbal Behaviors during Consultancy: Result from a Developing Country. Hindawi Publishing Corporation. ISRN Family Medicine Volume 2014, Article ID 473654, 6 pages

PUBLICATIONS

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68. **Oidwai W**, Ashfaq T. Effect of dietary supplementation of black seed (N. Sativa L.) on lipid profile of patients suffering from diabetes. *Antiinflamm Antiallergy Agents Med Chem*. 2014 Mar; 13(1):3-8
69. **Oidwai W**, Jahan F, Nanji K. Role of Complementary and Alternative Medicine in Controlling Dyslipidemia. *Evidence-Based Complementary and Alternative Medicine*, vol. 2014, Article ID 215731, 2 pages
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2. **Oidwai W**, Alim N and Azam SI. Myths regarding treatment of Hepatitis: The vicious cycle of increasing morbidity. *Journal of the College of Physicians & Surgeons, Pakistan*. Vol.12. No.5 (May, 2002) page: 322-323.
3. **Oidwai W**. Patterns of use and non-use of the services of Hakim Practitioners among patients in Karachi. *J Coll Physicians Surg Pak*. Vol.12 No.7 (July 2002) page: 435-437.
4. **Oidwai W**, Qureshi H, Syed IA, Ali SS, Ayub S. Perceptions on Bioethics among General Practitioners in Karachi, Pakistan. *Pak J Med Sci*. July-Sept, 2002; Vol.18 No.3; 221-226.
5. **Oidwai W**, Azam SI. Psychiatric morbidity and perceptions on psychiatric illness among patients presenting to Family Physicians in April 2001, at a teaching hospital in Karachi, Pakistan. *Asia Pacific Journal of Family Medicine* Aug-Dec 2002; Vol 1 issue 2-3; 79-82.
6. **Oidwai W**, Alim N, Syed IA. Myths & Fallacies about health and disease among patients presenting to family physicians at the Aga Khan University Hospital Karachi, Pakistan. *Pak J Med Sci*. Oct-Dec, 2002; Vol. 18 No.4; 287-90.
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10. **Oidwai W**, Azam SI, Khan FM. Prevalence and perceptions about consanguineous marriages among patients presenting to family physicians, in 2001 at a Teaching Hospital in Karachi, Pakistan. *Asia Pacific Journal of Family Medicine* Mar 2003; Vol 2 issue 1; 27-31.
11. **Oidwai W**. Promoting healthy lifestyles. (Editorial). *Medicine Today*. Vol. 1, No.2. Mar-Jun 2003: Page 39.
12. **Oidwai W**, Qureshi H, Ali SS, Alam M, Azam SI. Perceptions on Bioethics among patients presenting to family physicians at a teaching hospital in Karachi. *Pak J Med Sci*. Jul-Sept, 2003; Vol. 19 No.3; 192-96.
13. **Oidwai W**. Family Medicine in today's era of specialization. (Editorial). *Journal of Liaquat University of Medicine and Health Sciences*. 2003 Jul- Dec; 02(02): 40-41.
14. **Oidwai W**, B Muhammad, Ali SS, Ayub S. Patient complaints among Emergency Room patients at a teaching hospital in Karachi. *Journal, Liaquat University of Medicine and Health Sciences*. 2003 Jul- Dec; 02(02): 50-52.
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23. **Qidwai W.** Zahid N. Characteristics of smokers and their knowledge about smoking at a teaching hospital in Karachi. Pak J Med Sci. Jan-Mar, 2005; Vol. 21 No.1; 109-111.
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32. **Qidwai W.** Beasley JW, Francisco JGC et al. The present status and future role of Family Doctors: a perspective from International Federation of Primary Care Research Networks. Primary Health Care Research and Development 2008; 9: 172-182.
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51. **Qidwai W**, Ashfaq T. Elderly Patients and their health in Pakistan: Current Status, Issues, Challenges and Opportunities. *JLUHS*. Sept-Dec 2011; Vol 10, No. 03.
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58. **Qidwai W**. Primary Care and Primary Care Research Strategies to Improve Health in Developing Countries. *Arab Health Magazine*. Issue 3; 2013. Pages 42-43.
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62. Doganer Yusuf Cetin, Aydogan Umit , Ashfaq Tabinda, Burmaoglu Serhat, Sari Oktay Koc Bayram, Saglam Kenan, **Qidwai Waris**. Enuresis Nocturna and the Symptoms of Upper Airway Obstruction in Primary School age Children: Is there a Relationship? *Middle East J of Family Medicine*. Sept 2014. VOL: 12 (7). Pages 4-9

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63. **Qidwai W.** Addressing Health Care Needs of Communities? A call for Revamping Medical Education Curriculum. Middle East J of Family Medicine. Nov 2013; Pages 4-5.
64. **Qidwai W.** Nanji K, Khoja T A M, Rawaf S, Al Kurashi N Y, Alnasir F, Shafae M A, Shetti M A, , Bashir M, Saad N E S, Alkaisi S and Halasa W. Are we ready for a person-centered care model for patient-physician consultation? A survey from family physicians and their patients of East Mediterranean Region. European Journal for Person Centered Healthcare 2013. Vol 1 Issue 2 pages 394-404.
65. **Qidwai W.** Ashfaq T. Provision of high quality and cost effective healthcare to the masses: A call for action. Journal of Peoples University of Medical & Health Sciences for Women, Jan-Mar 2014. Volume 4, Issue 1. Pages 1-2.
66. **Qidwai W.** Vitamin D deficiency: Should we prescribe supplements to all? Annals of Abbasi Shaheed Hospital & Karachi Medical & Dental College. Dec 2014. Vol 19 (2); pages 54-55.
67. **Qidwai W.** Leadership in Healthcare is a neglected issue: A call for action. JLUMHS MAY-AUGUST 2014; Volume 13: No. 02. Pages 49-50.
- 68.

Other Publications:

Member on National Advisory Committee set up for the development of National Guidelines for the Detection, Prevention, Control and Management of Hypertension, 2009. A collaborative group work completed by Pakistan Hypertension League and Pakistan Cardiac Society.

COCHRANE DATABASE OF SYSTEMATIC REVIEWS 2012

Nanji KS, Ahmed B, Awan S, **Qidwai W.** Hamid S. Fiber and bulking agents for the treatment of chronic constipation. *Cochrane Database of Systematic Reviews* 2012, Issue 2. Art. No.: CD009656. DOI: 10.1002/14651858.CD009656. (Protocol nominated as the ‘Best Cochrane Protocol’ award (amongst three) for the 19th Cochrane Colloquium, October 2011, Madrid.)

Contribution to Promotion of Family Medicine at the National Level:

Joined Family Medicine program, Aga Khan University at its inception in 1986, and played an important role in its development. It is considered among the highest rated programs in the region. As Dean, Faculty of Family Medicine at College of Physicians and Surgeons, Pakistan (CPSP), contributed in the development and promotion of Family Medicine program in the country. Facilitated curriculum development and improvement in the assessment process of training programs. Inspected and contributed in approval of program at Fatima Memorial Hospital and Medical College, Lahore, for Membership and Fellowship training under CPSP rules. Unified Family Physician organizations in the country together at a workshop organized at CPSP, to formulate strategies required to improve status of Family Medicine in the country. Unified all Family Medicine Organizations in the country under one platform and engaged with Pakistan Medical and Dental Council to give due recognition to Family Medicine as a specialty in Pakistan. Advocacy for importance of Primary Care and Family Medicine in the country is highlighted by editorials written on invitation of leading medical journals.

Contribution to Promotion of Family Medicine at the Regional Level:

Contributed and played a crucial role, in the development and promotion of Family Medicine in the South Asia and Eastern Mediterranean regions. Membership (International) Examination of Royal College of General Practitioners, UK, has resulted in the promotion and elevation of Family Medicine as a Specialty in South Asia region. Contributed in the curriculum and assessment process development of MRCGP (Int) examination and participated as Examiner. This contribution has received recognition from Royal College of General Practitioners in the form award of MRCGP (Int) in 2009. Contributions towards promotion of Family Medicine in the region received recognition from College of General Practitioners, Sri Lanka, in the form of award Honorary Fellowship. Indian Academy of Family Physicians appointed as International Advisor, to provide guidance in development and promotion of Family Medicine as a Specialty in India.

Recognized in the region as an academic leader in Family Medicine, testified in the form of invitations as Examiner (Sri Lanka, Nepal, Kuwait, Arab Board, Saudi Arabia), Reviewer of Programs (Saudi Diploma) and as Invited Speaker (Nepal, Sri Lanka, India, Abu Dhabi, Dubai). Initiated and supported the establishment of Primary Care Research Networks in the region. Research methodology workshops were facilitated at Kathmandu, Colombo, Mumbai, New Delhi, Karachi, Faisalabad and Lahore. Similar initiatives were taken in Eastern Mediterranean region. These initiatives have resulted in capacity building in primary care research and initiation of research projects. Provided support to Continuing Medical Education (CME) in the region. Provided support for CME program for Family Doctors in Nepal, through Australia-based World CME program. World Organization of Family Doctors awarded “Global Family Doctor of the Month Award for May, 2004” in recognition to contribution made for promotion of Family Medicine.

ADMINISTRATIVE EXPERIENCE

Member Executive Board. World Continuing Medical Education, Australia

Chair. Working Party on Research, World Organization of Family Doctors (WONCA)

Chair. International Federation of Primary Care Research Networks (IFPCRN), Working Party on Research of World Organization of Family Doctors (WONCA)

Coordinator. WONCA EMR Working Party on Research

Election Officer for Council elections. College of Physicians & Surgeons, Pakistan

ADMINISTRATIVE EXPERIENCE

Aga Khan University

Currently Chair, Family Medicine department, Aga Khan University, looking after the program with more than 120 employees, of a Joint Commission for International Accreditation (JCIA) certified high quality driven facility. Expansion and consolidation of these services have taken place during my tenure.

Chair, Employee Health, Aga Khan University

Chair, Off-Campus Curriculum Committee

Member, University Curriculum Committee

Member, Department of Community Health Sciences Review Committee

Member, Credentialing Committee

Member, Appointment and Promotion Committee

Member, Medical College Faculty Committee

Member, Faculty Development Award Committee

Member, Joint Staff Committee

Member, Hospital Planning Advisory Committee

Organized Following events:

3rd International Family Medicine Conference at Aga Khan University

It was held in Collaboration with World body of Family Doctors (WONCA), Royal College of General Practitioners (UK) and College of Family Medicine (Pakistan) in October-November, 2008.

First Occupational Health Conference at Aga Khan University

I played a major role in the organization and execution of this event held in April, 2011. Key-note Speaker was Professor David Coggan, President of Occupational Medicine Faculty at Royal College of Physicians, United Kingdom. It was attended by 450 delegates and a large number of Occupational Health, Safety and Environment related personnel in Pakistan.

Invited Speaker (International)

Invited Speaker at more than 15 International scientific meetings and also presented 16 free papers at such meetings. Recent ones listed below:

1. Dec-2010 **Conducted a Research Methodology Workshop (on invitation)**, held at South Asia Regional WONCA & GPAN Conference 2010, Kathmandu, Nepal.
2. Dec-2010 **Invited Speaker at Education Workshop**, held at South Asia Regional WONCA & GPAN Conference 2010, Kathmandu, Nepal.
(Organized by Nick Simon Institute, Nepal)
3. Apr-2011 **Invited Speaker, 2nd International meeting of Hypertension and Diabetes in Primary Care**, held at Istanbul by Primary Care Diabetes Europe and European Primary Care Cardiovascular Society. Topic: Controlling Diabetes and Hypertension: Research strategies for developing countries.
4. Dec-2011 **Invited Speaker, 1st Wonca EMR Conference**, held at Dubai and hosted by Emirates Medical Association. Topic: Controlling Diabetes and Hypertension: Research strategies for developing countries.
5. May-2012 **Invited Speaker, World Family Doctor Day**, held at Kathmandu, Nepal and hosted by General Practitioners Association of Nepal. Topic: Controlling Diabetes and Hypertension: Research strategies for developing countries.
6. Oct-2012 **Invited Speaker, Primary Healthcare, 2nd Family Medicine Conference, Abu Dhabi Medical Congress**, held at Abu Dhabi, United Arab Emirates. Topic: How Primary Care Research Strategies can improve Health Indicators in Developing Countries. (Conference sponsored by Cleveland Clinic, USA)
7. Oct-2012 **On Expert Panel, Primary Healthcare, 2nd Family Medicine Conference, Abu Dhabi Medical Congress**, held at Abu Dhabi, United Arab Emirates. Panel Topic: How to set the proper curriculum of residency program for different communities? (Conference sponsored and accredited by Cleveland Clinic, USA)
8. Oct-2013 **Attended “Integrated Primary Health Care Programme Workshop: AKU Karachi-East Africa in Nairobi, Kenya from October 20-21, 2013 and delivered presentation on invitation. Topic: “Strengthening the Management of Hypertension through an Integrated Health Care Delivery Approach: A Pilot study”.**

Invited Speaker (National)

Invited Speaker at more than 65 scientific meetings and presented 67 free papers at such meetings. Recent ones listed below:

1. Feb-2012 **Invited Speaker**, 22nd Annual International Conference on Family Medicine, organized by Pakistan Academy of Family Physicians and held at Lahore. Topic: “How to manage Consultation in a small span of time.”
2. Feb-2012 **Invited Speaker**, 15th Annual Symposium of Pakistan Hypertension League at Multan, Pakistan: **Theme:** Healthy diet-Regular exercise-Healthy Blood Pressure. **Presentation Title:** Blood Pressure Measurement pitfalls (Home BP/White coat and Ambulatory monitoring/ Variability)
3. Jun-2012 **Invited Speaker**, 5th Annual Dr Abdul Haque Khan Memorial International Cardiology Symposium held at Karachi, Pakistan by Karachi Institute of Heart diseases. **Presentation Title:** Prevention of Hypertension through Community Wide strategies.
4. Nov-2012 **Invited Speaker**, Golden Jubilee Celebration, Scientific Program, College of Physicians & Surgeons, Pakistan. **Topic:** Family Medicine in Pakistan.
5. Nov-2012 **Invited Speaker**, Golden Jubilee Celebration, Scientific Program, College of Physicians & Surgeons, Pakistan. **Topic:** Rationale use of Antibiotics
6. Nov-2012 **Invited Speaker**, World Diabetes Day, Karachi Medical and Dental College: **Topic:** Global Epidemic of Diabetes Mellitus.
7. Jan-2013 **Invited Speaker**, Department of Continuing Professional Education, Aga Khan University. CME program is accredited by American Academy of Continuing Medical Education (AACME). **Topic:** Primary Care strategies to improve health in developing countries.
8. Feb-2013 **Invited Speaker**, 23rd Annual International Conference on Family Medicine, organized by Pakistan Academy of Family Physicians(Altaf Cheema group) and held at Lahore. **Topic:** “Vitamin-D Deficiency.”
9. Feb-2013 **Invited Speaker**, 16th Annual Symposium of Pakistan Hypertension League at Hyderabad, Pakistan: **Theme:** Encountering the silent Killer. **Presentation Title:** Compliance for Anti-Hypertensive at Community Physician level.

- Invited Speaker (National)**
- 10. Feb-2013** **Invited Workshop Facilitator**, MCPS course for Family Physicians, organized by Fatima Memorial Hospital Medical College and Dentistry, Lahore. Topic: Life Style diseases including Metabolic syndrome, Obesity, Hypertension and Coronary Artery disease.
- 11. April-2013** **Invited Speaker** on Total Nutrition Therapy Symposium for Family Doctors, held at Karachi.
- 12. June-2013** **Invited Speaker** at Workshop on Infectious Diseases for Family Doctors held at Rawalpindi. (Topics: Community Acquired Pneumonia, Dengue Fever, Typhoid and Rationale use of Antibiotics)
- 13. June-2013** **Invited Speaker**, World Family Doctor Day, held at Aga Khan University, Karachi (Topic: Family Medicine and its importance)
- 14. Dec-2017** **Invited Speaker**, 3rd International Conference on “Health, Safety & Environment”, Fauji Fertilizer Bin Qasim Limited at Hotel Marriot, Karachi. Received Shield from President of Pakistan.
- 14. Jan-2015** **Invited Speaker**, 25nd Annual International Conference on Family Medicine, organized by Pakistan Academy of Family Physicians and held at Lahore. **Topic**: “Management of Hypertensive Crises in Family Practice.”

**CHAIRING OF SESSION/ MODERATOR/ MEMBER EXPERT PANEL/WORKSHOP
FACILITATOR/ GUEST OF HONOR**

Invited in more than 40 scientific meetings to Chair or Moderate a session, be on expert panel or facilitate a Workshop.

Recent ones listed below:

International:

- **Chair**, meeting of International Federation of Primary Care Research Network (IFPCRN) at the “19th World Conference of World Organization of Family Doctors (Wonca)”, at Cancun, Mexico. (2008)
- **Chairman**, International Coordination and Advisory Committee, WONCA-FFPI South Asia Conference of Family Doctors, to be held on December 16 to 18, 2011 at Mumbai, India.
- On Expert Panel, **Primary Healthcare, 2nd Family Medicine Conference, Abu Dhabi Medical Congress**, held at Abu Dhabi, United Arab Emirates (2008). Panel Topic: How to set the proper curriculum of residency program for different communities? (Conference sponsored by Cleveland Clinic, USA)
- **Workshop Facilitator, 20th Wonca World Conference of Family Doctors**”, held at Prague, Czech Republic. **Topic**: Access to Person-Centered Care. (2013)
- **Workshop Facilitator, 20th Wonca World Conference of Family Doctors**”, held at Prague, Czech Republic. **Topic**: Primary Care Research Strategies to improve global health. (2013)
- **Workshop Co-Facilitator, 20th Wonca World Conference of Family Doctors**”, held at Prague, Czech Republic. **Topic**: Role of Primary Care Research Networks in an Era of Austerity. (2013)

National:

- **Guest of Honor**, 22nd Annual International Conference on Family Medicine, organized by Pakistan Academy of Family Physicians and held at Lahore. (2012)
- **Chair**, Session on Man-Made Disasters, Annual Emergency Medicine Conference 2012, held at Aga Khan University, Karachi.
- **Chair**, First session on Good Clinical Practice (GCP) Training workshop held under the auspices of Clinical Trial Unit, Aga Khan University, Karachi. Topics: Role and responsibilities of the Investigator; Informed Consent: is it really informed; Communication for Investigators and Management of Investigational Product. (2012)
- **Invited Chair**, Dr. Bashir A. Malik Memorial session, 23rd Annual International Conference on Family Medicine, organized by Pakistan Academy of Family Physicians and held at Lahore. **Topic**: “Vitamin-D Deficiency.” (2013)
- **Invited Chair**, Scientific session on Medicine and Allied, Third International Symposium, Bahria University Medical and Dental College, Karachi. Symposium theme: “Health care from bench to bedside and beyond”. (2013)
- **Invited Chair**, Scientific session, Department of Medicine, Aga Khan University Annual Research Day 2013 held at Hotel Ramada, Karachi.
- **Session-Chair**, 17th Health Science Research Symposium, held at Aga Khan University, Karachi, Pakistan on February 26, 2014. **Session title**: Call to Action on NCDs: Challenges and way forward for Maternal and Child Health

- **Session-Chair**, 19th Postgraduate Medical Education Conference on Enhancing Academic Standards for Quality Care, held at Aga Khan University, Karachi, Pakistan on May, 30, 2014. Session title: Oral Paper Presentations (Medicine and Allied Health)
- **Chief Guest**, 10th Continuing Education Course, College of Family Medicine, Pakistan at National Institute of Child Health, Karachi on January 18, January 2015.

**SCIENTIFIC MEETINGS SEMINARS, SYMPOSIA, CONFERENCES AND WORKSHOPS AND COURSES
ATTENDED**

Attended more than 45 International Scientific meetings: Recent ones listed below:

1. May-2010 Attended the "**19th Wonca World Conference of Family Doctors**", held at Cancun, Mexico.
2. Jun-2010 Attended, **70th Annual Meeting of American Diabetes Association**, held at Orlando, Florida, USA.
3. Dec-2010 Attended, **South Asia Regional WONCA & General Practitioners Association of Nepal Conference 2010**, held at Kathmandu, Nepal.
4. Apr-2011 **2nd International meeting of Hypertension and Diabetes in Primary Care**, held at Istanbul by Primary Care Diabetes Europe and European Primary Care Cardiovascular Society.
5. June-2011 Attended, **71th Annual Meeting of American Diabetes Association**, held at San Diego, California, USA.
6. Dec-2011 Attended, **1st Wonca EMR Conference**, held at Dubai and hosted by Emirates Medical Association.
7. Mar-2012 Attended, "**Women's Health 2012: The 20th Annual Congress at Washington DC**."
9. Oct-2012 Attended, **Primary Healthcare, 2nd Family Medicine Conference, Abu Dhabi Medical Congress**, held at Abu Dhabi, United Arab Emirates. (Conference sponsored by Cleveland Clinic, USA)
10. June-2013 Attended the "**20th Wonca World Conference of Family Doctors**", held at Prague, Czech Republic.
11. March-2013 Attended, **Diabetes UK Professional Conference 2013 at Manchester, UK**. (March 13-15, 2013)
12. April-2013 Successful completion, "**Total Nutrition Therapy Geriatric**" course, organized by "**European Union Geriatric Medicine Society**", at London, UK. (April 9-11, 2013)
13. June-2014 Attended, **74th Annual Meeting of American Diabetes Association**, held at San Francisco, California, USA.

SEMINARS, SYMPOSIA & WORKSHOPS ATTENDED

Attended more than 50 National Scientific meetings: Recent ones listed below:

1. Oct-2009 Attended, **13th National Health Sciences Research Symposium**, Aga Khan University. **Theme**: Impact of Water and Sanitation on Health: Our Problems, Our Solutions.
2. Feb-2010 Attended, **13th Annual Symposium of Pakistan Hypertension League at Faisalabad, Pakistan**: **Theme**: Managing Hypertension beyond numbers.
3. Jan-2011 Attended, **14th Annual Symposium of Pakistan Hypertension League at Karachi, Pakistan**: **Theme**: Healthy weight: Healthy Blood Pressure.
4. Feb-2012 Attended, **22nd Annual International Conference on Family Medicine**, organized by Pakistan Academy of Family Physicians and held at Lahore.
5. Jun-2012 Attended, **Pakistan Medical & Dental Council (PMDC) workshop for Inspectors/ Assessors**, on Recognition, Eligibility Criteria for Enhancement in Annual Admissions and Accreditation Standards Regulations 2012, held at Ziauddin Medical University, Karachi.
6. April-2013 **Third International Symposium, Bahria University Medical and Dental College, Karachi**. **Symposium theme**: "Health care from bench to bedside and beyond".
7. April-2013 **17th International Conference**, Pakistan Society for Rheumatology, held at Karachi. **Conference theme**: Working together for success.
8. Oct-2013 Attended "**Integrated Primary Health Care Programme Workshop: AKU Karachi-East Africa at Nairobi, Kenya**" from October 20-21, 2013 and delivered presentation. Topic: "Strengthening the Management of Hypertension through an Integrated Health Care Delivery Approach: A Pilot study".
9. Mar-2014 Attended two day "**leadership Workshop**" at **Aga Khan University**, Karachi. Facilitated by Scott Schweyer of "CLEMMER Group", Canada.
10. Nov-2014 Attended course titled: **Occupational Health & Safety Management Systems Auditor/Lead Auditor Training Course**, conducted by SGS Academy at Karachi.
11. Jan 2015 Attended, **25nd Annual International Conference on Family Medicine**, organized by Pakistan Academy of Family Physicians and held at Lahore.

Postgraduate Trainees Supervised/ Under Supervision

Postgraduate Trainees who completed 4 years training and passed Fellowship Examination of College of Physicians & Surgeons, Pakistan

Dr Rahila Iftikhar

Dr Aziz Mengal
 Dr Maliha Khajjak
 Dr Maria Hasan
 Dr Nafisa Sadruddin
 Dr Chander Kumar
 Dr Mukesh Kumar
 Dr Shehla Batool Jafri
 Dr Aisha Yusuf
 Dr Ayesa Fatima
 Dr. Gulshan Mohammad Ali
 Dr Fahad Anwar
 Dr Safia Bano
 Dr Fatima Rais
 Dr Sabeen Shah
 Dr. Nida ILYas

Postgraduate Trainees who are undergoing 4 years training to sit for Fellowship Examination of College of Physicians & Surgeons, Pakistan

1. Dr Kiran Sattar
2. Dr Rabeeya Arsalan
3. Dr Sadaf Ahmed
4. Dr Saima Fayyaz
5. Dr Sidra Kanwal
6. Ruhma Ashraf
7. Sannia Perwaiz Iqbal
8. Sarah Ghayoor Chughtai
9. Syed Mujtaba Haider Bilgrami

Postgraduate Trainees who are undergoing 4 years training to sit for Membership Examination of College of Physicians & Surgeons, Pakistan

1. Mehmood Ali