

# Dr. Rimsha Sikander



Dedicated Medical professional with extensive experience in Medicine and Hospital settings. Experienced in counseling patients on preventative care and positive lifestyle changes. A strong leader who works well under pressure and with other Medical professionals.

✉ Rimshasikander0728@gmail.com 📞 +92-333-3994199 🏠 Lahore ♀ Female 🇵🇰 Pakistani

## Education

■ **M.B.B.S ( Bachelors in Medicine & Bachelors in Surgery)**  
**Yangtze University, Hubei, China**  
**NLE (National Licensing Exam) Passed**

## Work Experience

Oct 2022 - Present

■ **MEDICAL OFFICER (PEADS EMERGENCY PHYCISIAN)**  
**CHILD LIFE FOUNDATION IN ABBASI SHAHEED HOSPITAL**  
**TELEMEDICINE SATELLITE CENTER IN CIVIL HSOPITAL, KARACHI**

### Emergency Medical Officer Responsibilities:

- Managed critical situations in the emergency department at CLF, demonstrating expertise in emergency care procedures.
- Conducted rapid assessments, making quick and accurate evaluations to stabilize patients upon arrival.
- Led resuscitation efforts, showcasing advanced CPR and intubation skills for reviving patients in distress.
- Oversaw emergency ward operations, ensuring efficient triage and treatment prioritization in high-pressure situations.
- Coordinated seamless patient admissions, collaborating with admitting teams and ensuring accurate documentation.
- Worked closely with healthcare professionals, delivering comprehensive care to critical patients.

### Key Skills:

- Proficient in otoscopy, diagnosing ear-related conditions for accurate treatment planning.
- Certified in CPR, applying life-saving techniques for improved patient outcomes.
- Skilled in intubation, maintaining clear airways and oxygenation during critical events.
- Managed emergency admissions, efficiently assessing patients and ensuring smooth transitions to inpatient care.

### Telemedicine Consultation Highlights:

- Provided comprehensive medical consultations through telemedicine.
- Offered prescription and referral services for diagnostic tests and specialist evaluations.
- Engaged in real-time interactive discussions and diagnoses with patients.
- Ensured follow-up appointments for continuity of care and treatment adjustments.

### Telemedicine Commitment:

- Leveraged technology to bridge healthcare gaps in Pakistan, delivering quality consultations regardless of location.
- Demonstrated dedication to advancing healthcare access and improving lives.

### COURSES:

#### EPEMC (Emergency and Primary Emergency Medical Care) 6 months Course:

- **Situation:** Aimed to excel in primary emergency medical care.
- **Task:** Enrolled in accredited EPEMC course.
- **Action:** Mastered primary emergency care techniques.
- **Result:** Gained EPEMC certification, enhancing emergency care proficiency.

#### PALS(Peadatrics advanced Life Support) Certificate:

- **Situation:** Addressing the need for enhanced pediatric emergency care proficiency.
- **Task:** Enrolled in AHA-accredited PALS course.
- **Action:** Acquired advanced skills in managing critical pediatric situations.
- **Result:** Obtained PALS certification, bolstering pediatric patient care capabilities.

	<ul style="list-style-type: none"> <li>■ <b>NELS (Neonatal Emergencies and Resuscitation) Certificate:</b> <ul style="list-style-type: none"> <li>● <b>Situation:</b> Recognized the importance of specialized neonatal emergency skills.</li> <li>● <b>Task:</b> Completed NELS course with a focus on newborn resuscitation.</li> <li>● <b>Action:</b> Developed expertise in neonatal emergency management.</li> <li>● <b>Result:</b> Attained NELS certification, improving newborn care abilities.</li> </ul> </li> <li>■ <b>PAM (Pediatric Advanced Medicine) Certificate:</b> <ul style="list-style-type: none"> <li>● <b>Situation:</b> Aspired to excel in advanced pediatric medical care.</li> <li>● <b>Task:</b> Successfully completed recognized PAM course.</li> <li>● <b>Action:</b> Strengthened expertise in pediatric advanced medicine.</li> <li>● <b>Result:</b> Attained PAM certification, advancing pediatric patient care skills.</li> </ul> </li> </ul>
Aug 2021 - Aug 2022	<ul style="list-style-type: none"> <li>■ <b>HOUSE OFFICER</b> <b>JPMC (JINNAH POST GRADUATE MEDICAL CENTER), KARACHI</b> <b>DUTIES:</b> <ul style="list-style-type: none"> <li>● Worked as House Physician and Surgeon that included 24hours duty twice or thrice weekly.</li> <li>● Managed and Stabilized Emergency cases included, (CPR , BLS , Assisted major and minor surgical procedures)</li> <li>● Obtain History and Physical Examination</li> <li>● Diagnosed cases and prescribed Medications , Management and Counseling.</li> </ul> </li> <li>■ <b>DEPARTMENTAL CERTIFICATES:</b> <ol style="list-style-type: none"> <li>1. <b>GENERAL MEDICINE</b> (3 MONTHS)</li> <li>2. <b>NEURO MEDICINE</b> (3 MONTHS)</li> <li>3. <b>GENERAL SURGERY</b> (3 MONTHS)</li> <li>4. <b>ACCIDENT &amp; EMERGENCY MEDICINE</b> (3 MONTHS)</li> </ol> </li> </ul>
Apr 2021 - Jul 2021	<ul style="list-style-type: none"> <li>■ <b>HOUSE OFFICER</b> <b>NICH (NATIONAL INSTITUTE OF CHILD AND HEALTH), KARACHI</b> <b>DUTIES:</b> <ul style="list-style-type: none"> <li>● Peads OPD ,Peads Emergency, working in Treatment Room, Peads ICU , Peads isolation Room</li> </ul> </li> </ul>
Jan 2021 - Apr 2021	<ul style="list-style-type: none"> <li>■ <b>MEDICAL OFFICER</b> <b>PAKISTAN WELFARE MEDICAL CENTER, KARACHI</b> <b>DUTIES:</b> <ul style="list-style-type: none"> <li>● General and Gynae OPD</li> <li>● Refer patients to specialists and prescribe medication when necessary.</li> </ul> </li> </ul>
Sep 2020 - Dec 2020	<ul style="list-style-type: none"> <li>■ <b>OBSERVERSHIP</b> <b>A.S.H (ABBASI SHAHEED HOSPITAL), KARACHI</b> <b>DEPARTMENT: GYNECOLOGY</b> <b>DUTIES:</b> <ul style="list-style-type: none"> <li>● Attended Gyne OPDs , LSCS (LOWER SEGMENT CESAREAN SECTION )</li> <li>● Worked in Labored Room, Do CTG Assisted SVDs/NVDs with Episiotomy</li> <li>● Learn management of Antenatal patients in wards.</li> </ul> </li> </ul>
Jul 2019 - May 2020	<ul style="list-style-type: none"> <li>■ <b>INTERNSHIP PROGRAM</b> <b>JPMC (JINNAH POST GRADUATE MEDICAL CENTER), KARACHI</b></li> </ul>
<b>Languages</b>	<b>ENGLISH CHINESE URDU</b>
<b>Certificates</b>	
Jul 2023	<ul style="list-style-type: none"> <li>■ <b>IELTS</b> <b>OVERALL 6.5 BAND</b></li> </ul>