

NABEELA KASHIF YAQOOB AWAN

Aljouf sakaka, Saudi Arabia

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PERSONAL INFORMATION

- Date of Birth 15 November 1988
- Marital Status Married
- Religion Islam
- Nationality Pakistani

QUALIFICATION

(2017) DPT D (deficiency) Doctor of Physical Therapy Deficiency

Jinnah Postgraduate Medical Center
University of Karachi, Pakistan.

(2016) M.S in advance physiotherapy

Institute of Physical Medicine and Rehabilitation DUHS Karachi, Pakistan.

(2011) B.S in physiotherapy

School of physiotherapy and Rehabilitation, Liaquat National Hospital.
University of Karachi, Pakistan.

PROFESSIONAL EXPERIENCE

Jouf University Sakaka, Saudi Arabia, from October 2018 till date.

Responsibilities

- Working as a Lecturer at Collage of Applied Sciences, Physiotherapy Department.
- Member of departmental Exit exam Committee (1442-1443)
- Member of Departmental Schedule and examination Committee (1442-1443 1st semester)

- Member of departmental self study committee (1441-1442)
- Member of departmental Quality committee Semester 1 (1441-1442) semester 1 and 2 (1440-1441)
- Member of departmental internal audit committee semester 1 (1441-1442)
- Member of field training committee for graduated students semester 1 (1441-1442) semester 1 (1440-1441)
- Member of departmental schedule making committee semester 1 (1441-1442) semester 1 (1440-1441)
- Member of Departmental laboratory committee semester 1 (1440-1441)
- Member of departmental follow-up committee semester 1 (1440-1441)
- Member of departmental academic advising committee semester 1(1440-1441)
- Member of collage e learning committee semester 2 (1439-1440)

Institute of Physical Medicine & Rehabilitation, Dow University of Health Sciences. May 2014 to June 2016.

- Working as a Physiotherapist/Lecturer at Physiotherapy Department.
- Working as a Faculty member of Doctors of Physiotherapy.
- Working as clinical supervisor of DPT students.

Sindh Institute of Urology and Transplantation Karachi.2011 to 2014

- Working as trainee physiotherapist in intensive care units and medical wards, from June 2011 to June 2012
- Working as Physiotherapist in intensive care units and medical wards from June 2012 to December 2014

CAREER INCLUDES

- Patient care including examination, evaluation, diagnoses and plan of care.
- Maintaining all documentation.
- Teaching cardiopulmonary physiotherapy
- Student supervision in Musculoskeletal, cardiopulmonary and Neuro-rehabilitation.

CONTINUING MEDICAL EDUCATION (CMEs) WORKSHOPS:

- Workshop on JoVE: Bringing Text to Life”on 06 March 2022.
- Workshop on “Designing opinion polls and questionnaires electronically” on 03 March 2021
- Online course on SPSS (quantitative research analysis) on December 2020
- Short course on treatment and movement of a patient in physical therapy on September 2020.
- E learning strategies outside aljouf region on 7 September 2020
- Quality management and institutional excellence –outside Al-jouf region on 15 July 2020
- Workshop on handling on new equipment in physical therapy lab including (Pulmonary function test machines,EMG machine) on January 2020
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- One day work shop “ Neurodevelopmental technique(NDT) Practice and relevance in a holistic therapeutic model “ at Dow University of health sciences April 2016
- One day workshop “Basic Life Support “at SIUT Karachi held on May, 23rd2012.
- One day workshop” Neurological assessment and treatment “at LNH Dec, 2009.

RESEARCH WORK

- The thesis entitled “**Effectiveness of Strengthening exercises and neuromuscular training versus strengthening exercises alone in Knee OA**” for the partial fulfillment of the degree of Masters in Advanced Physiotherapy.
- A project entitled “**Differential effect of unilateral versus bilateral knee osteoarthritis on pain,stifness and functional performance**” for the partial fulfillment of the degree of Doctor of Physical Therapy-Deficiency

FIELD OF INTERST

- Cardiopulmonary rehabilitation
- Musculoskeletal Physiotherapy
- Neuro-rehabilitation

LANGUAGES SPOKEN

- **English**
- **Urdu**
- **Hindko**