

Dr. Sumaira Farooqui

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Summary

An energetic, self-motivated and committed professional with a rich diverse experience as clinician, academician, researcher and administrator in the field of physiotherapy and health care.

Experience

ZIAUDDIN UNIVERSITY & HOSPITAL (May 2010 - Present)

Professor, Principal, Ziauddin College of Rehabilitation Sciences (2020 – Present)

Working as a Professor, Principal of ZCRS Successfully launched and managed undergraduate and Post graduate programs in Physical Therapy, Occupational Therapy and Physical education, Health and Sports Sciences under ZCRS.

Associate Professor, Principal, Ziauddin College of Rehabilitation Sciences (2012 – 2020)

Working as an Associate Professor, Principal of ZCRS Successfully launched and managed undergraduate and Post graduate programs in Physical Therapy and Occupational Therapy, physical Education. Health and Sports Sciences under ZCRS.

Assistant Professor, Principal, Ziauddin College of Rehabilitation Sciences (2010 – 2012)

Working as an Assistant Professor, Principal of ZCRS Successfully launched and managed undergraduate and Post graduate programs in Physical Therapy and Occupational Therapy under ZCRS.

Editor in Chief, Pakistan Journal of Rehabilitation (2012 – Present)

Has the privileged of launching the first rehabilitative, bi-annual, peer-reviewed journal of Pakistan that started its publication in 2012 with the expressed aim to promote and disseminate scientific knowledge and to break scientific inertia in the field of rehabilitation in Pakistan.

Consultant Physical Therapist (2010- Present)

Involved in Rehabilitation patient care Services both Inpatient (inclusive of intensive care, coronary care and wards) and Outpatient services in Rehabilitation department at Ziauddin group of hospital

Head of Department, Physical Therapy Services, Ziauddin Group of Hospitals (2010- 2017)

Given an additional responsibility of upgradation of Clinical Rehabilitation Services.

Chairperson

Board of Studies, Ziauddin College of Rehabilitation, Ziauddin University.

Member

Administrative committee, Rehabilitation patient care Services, ZH.

Research Advocacy Committee, Clinical Research Committee, Board of Advance Committee and Academic Council, ZU.

Board Of Advance Studies and Research, Ziauddin University

Academic Council, Ziauddin University

Harassment and Disiplinary committee, Ziauddin University

ZUBAIDA MEDICAL CENTRE (Jan 2008 to May 2010)

Assistant Director Administration

In a 200 bedded hospital worked as Head of Patient Care Services and Business Planning and Development Department.

Consultant Physical Therapist

Involved in Rehabilitation patient care Services both Inpatient and Outpatient services in Rehabilitation department at the medical Centre

LIAQUAT NATIONAL HOSPITAL (*Nov 1990 to December 2007*)

Assistant Director Administration and patient Affairs. LNH: 2006

Departments included School & Department of Physiotherapy under Faculty of Health sciences, Patient care Services and Marketing & Publications.

Senior Therapist & Manager, Physiotherapy Department and Principal, School of Physiotherapy:

Started career in Department of physiotherapy and Liaquat National School of Physiotherapy (LNSOP) in 1990; Worked as junior and senior physical therapist in Intensive Care, coronary Care, general and special care units of Hospitals along with outpatient physiotherapy services at Liaquat National Hospital. Also involved in teaching (Graduate & postgraduate). **In 1994, promoted as Manager / In-charge physiotherapy Department. In 1998, designated as Vice-Principal, LNSOP. In 2005, promoted as Senior Manager, Physiotherapy Department and Principal, LNSOP.**

Community Involvement

MEMBER

National Curriculum Committee, DPT, Higher Education Commission of Pakistan

Inspection & Affiliation Committee, Selection Board, University of Karachi

Board of Studies, Physiotherapy, University of Karachi

Board of Studies, Physiotherapy, Begum Nusrat Bhottoo University.

Pakistan Physiotherapy Association

Pakistan Physiotherapy Society

Education

PhD – Doctor of Philosophy in Physical Therapy (2020), Ziauddin University.

DPT - Doctor of Physiotherapy (2013), University of Karachi

MPA - Master of Public Administration, Human Resource Management (2004), University of Karachi

BSPT - One year additional course(2000), University of Karachi

BSc PT - Bachelor of science in physiotherapy (1990), University of Karachi

Certificate Courses

Research, Medical Education & Physical Therapy Workshop s/ Seminars:

Road to Recovery-Physiotherapy in Rehabilitation and COVID-19, Ziauddin University (2020)

Pediatric Mental Health and Occupational Therapy, Ziauddin University (2020)

Mind Control: Managing Your Mental Health during COVID-19, University of Toronto

Managing Your Health: The Role of Physical Therapy and Exercise, University of Toronto (2020)

COVID-19: What you need to know, Osmosis.Org (2020)

OMTA 3RD International Orthopedic Therapy Congress, Prime Physio Training UK (2020)

Manuscript Writing, (5 days) Aga khan University (2018)

How to write and submit a manuscript for International Journal, Ziauddin University (2018)

Local and regional collaboration for Medical education: Moving Forward pre conference workshop on Post Hoc analysis, (03 AACME Category -I credits) Aga khan University and Jinnah Sind Medical University(2017)

Academic Integrity: Avoiding Plagiarism, Aga khan University and Jinnah Sind Medical University(2016)

Clinical Trail, (03 credits) Ziauddin University (2015)

Academic Integrity: Avoiding Plagiarism, (01 credit) Ziauddin University (2015)

Research Methodology in Health Science, (0.5 credits) Ziauddin University (2014)

Improving Teaching and Learning Skills, Ziauddin University (2012)

Written Assessment Tools, Ziauddin University (2012)

Communication and Team Building, University of Missouri, Columbia (2003)

Certificate of Sports Medicine, International Olympic Committee (2003)

Cyriax Method of Manipulative Techniques, (6 days) Aga Khan University (1992)

Respiratory Physical Therapy- Changing Concepts, (5 days) Aga Khan University (1991)

Bobath Approach to the Treatment of Cerebral palsy, Al Umeed Rehabilitation Association (1989)

How to Handle the Handicapped Child at Home, Al Umeed C.P Centre (1988)

Management Courses:

Work shop on: Health Administration: Strategy Planning & Performance Management in Health Administration
(3 days) Aga Khan University Hospital (2006)

Team Building, (3 credits) 16 weeks, SZABIST (2006)

Research Methodology, (3 credits) 16 weeks, SZABIST (2005)

Organizational Development, (3 credits) 16 weeks, SZABIST (2005)

Management workshop series on: Customer Services, Emotional Intelligence, Conflict Management
Liaquat National Hospital (2004-2007)

Workshop / Presentations Conducted:

Menopause and its significant impact on Physical and Mental Health, Ziauddin University, (2019)

A Workshop of Urinary Incontinence- A Rehabilitation Perspective, Ziauddin University (2018)

Annual International Conference on Rehabilitation, Translational, Clinical & Research Perspectives, Ziauddin University (2017).

30th International Pak Orthocon "Musculoskeletal Trauma- New trends" Co-Chair 2018

1st National Conference Communication, Voice and Swallowing Disorders: Research, Trends and Challenges in Speech, language hearing and feeding Problem, Ziauddin University (2015)

Professional Excellence through Emotional Intelligence, State Bank of Pakistan (2005)

Workshop on Leadership, State Bank of Pakistan (2016)

National Health Management Conference, CPSP, Karachi (2005)

First Women International Sports Conference, International Olympic Committee, Sports Medicine Tehran, Iran (2003)

Publications

1. *Aerobic Exercise: A Potent Method to Improve Morphology of Bone. Med Forum january 2022;33(1):57-60.*
2. *Perception and Promotion of Physical Activity by Clinical and Academic Physical Therapists among Patients and Students. International Archives of Health Sciences; Dec 2021; volume 8, issue 4*
3. *Impact on Mental Health of Families during COVID 19- A crosssectional survey. Ethiopian Journal of Health Sciences, Nov 2021 volume 31no6, 1125-1132*

4. *Effects of An-aerobic Exercises on cardiac workload, peripheral resistance and lipid index in grade-I hypertensive young adults, Internet journal of Allied Health Sciences and Practice, October 2021, volume 19 no.4*
5. *The Impact of Immersive and Non-Immersive Virtual Reality Trends in Sensorimotor Recovery of Post-Stroke Patients-A Meta-Analysis. Journal of Intellectual Disability-Diagnosis and Treatment, Oct 2021, Volume 9, Issue 5.*
6. *Current approaches to improve balance in down syndrome population – A Systemic review journal of intellectual disability- Diagnosis and treatment, 2021;9,195-205*
7. *Effects of Mode and Duration of Exercise on Fat Mass of Obese Population. JCPSP April 2020.*
8. *Knowledge Attitude and Practice of Rehabilitation Specialists during the Pandemic of Novel Corona Virus. Annals of King Edward Medical University, 2020; 26, 284*
9. *Effects of Aerobic and Anaerobic Exercises on Estrogen Level, Fat Mass and Muscle Mass among Post-menopausal Osteoporotic Females. International Journal of Health Sciences, IJHS Jul-Aug 2019, 13(4), 10–16*
10. *Effects of spinal mobilization techniques in the management of adolescent idiopathic scoliosis-A meta – analysis. International Journal of Health Sciences, Nov 2018, 12(6), p.44.-*
11. *Role of Structured and Supervised Exercise Programs in Peripheral Artery Disease Patients with and Without Claudication. A Systematic Review and Meta-Analysis. JPMA June 2019, Vol. 69, (Issue 6)*
12. *Determining The Potency Of Cardiac Rehabilitation Phase- II In CVD Patients With Co- Morbidities, Pakistan Journal Of Rehabilitation 2018, Vol 7.1*
13. *Prevalence Of Adolescent Idiopathic Scoliosis Among Primary And Secondary Girls Schools Of Sikandarabad, Karachi , Pakistan, Pakistan Journal Of Rehabilitation 2018, Vol 7.1*
14. *Effects of Cardiac Rehabilitation on the functional capacity and the Hemodynamic parameters of patients with CVD using 6MWT Pakistan Journal of Rehabilitation 2017 Volume 6 , Issue)*
15. *Compare the effect of body weight supported treadmill training with over-ground gait training on balance in spastic cerebral palsy Pakistan Journal of Rehabilitation 2017 Volume 5, Issue 2*
16. *More Enabling Approach: A Challenge For The Practitioners - A Critical Review Pakistan Journal of Rehabilitation 2016 Volume 5 (Issue 1)*
17. *Prevalence of Peripheral Arterial Disease (PAD) Associated with Fast Food Consumption, Using Ankle-Brachial Index in University Students Pakistan Journal of Rehabilitation 2015 Volume 4 (Issue 2)*
18. *Determination of Transaminases and Creatine Kinase Levels In Patients With Muscular Dystrophy And Musculoskeletal Diseases. Pakistan Journal of Rehabilitation (Volume3) Issue 1 – January-June-2014.*
19. *Level of Satisfaction of Physical Therapist With Regards To Their Profession. . Pakistan Journal of Rehabilitation (Volume 2) Issue 2 – July –December-2013.*
20. *Awareness of Ergonomics among the Physiotherapy and Medical Students. Pakistan Journal of Rehabilitation (Volume 2) –2013.*
21. *The association of sitting posture and cervicogenic pain among the students of Physical Therapy. Pakistan Journal of Rehabilitation (Volume 1) Issue 1 – January-June-2012.*
22. *Effects of Low Frequency Ultrasound compare with High Frequency Ultrasound in Knee Osteoarthritis. Pakistan Journal of Rehabilitation (Volume 1) Issue 1 – January-June-2012.*
23. *Correlation of Creatine Kinase and Myoglobin concentrations in patients suffering from debilitated conditions related to Myopathies. Pakistan Journal of Rehabilitation (Volume 1) Issue 1 – January-June-2012*
24. *Exercise response on dose curve among class I obese young adult population- JPMA (Accepted)*

25. *Effects of High Impact Exercises on Physical activity, bone mineral density, body mass index and body fat percentage on osteopenic young females. Physiotherapy Quarterly(accepted)*
26. *Role of conservative management in the reduction of Cobb Angle among AIS - A systematic review. Physiotherapy Quarterly (accepted)*
27. *Comparative analysis of Correlation among Creatine kinase (CK), Aldolase and Myoglobin (Mb) concentrations in patients suffering from Myopathies. International Journal of Advance Research (volume 1) 2013.*
28. *The Effect of Exercise on Inter-Recti Distance and Associated Low Back Pain among Post-Partum Females-A Randomized Controlled Trial. Journal of Family and Reproductive Health*
29. *Effect of Aquatic Exercises on Balance and Quality of Life among Cerebral Palsy. IJSER, October 2020*
30. *Effects of Spinal Mobilization Techniques in the Management of Cobb among Adolescent Idiopathic Scoliosis Patients, Indo Am. J. P. Sci, 2019; 06(02).*
31. *Effects and Prevalence of Shoulder Pain Among Patients of Spinal Cord Injury. EIJST, October 2020.*
32. *Efficacy of Manual Therapy on Size of Cyst Among Unmarried Females Suffering from Polycystic Ovary Syndrome. IAJPS, August 2020*
33. *Efficacy of subcutaneous stimulation in individuals with grade I obesity, IJSER, 2020*
34. *Impact of Trunk Rotation Exercises on Balance, Cognition and Physical Performance in Grade 3 Parkinson's Patients. IAJPS, August 2020*
35. *Effect of Modified Constraint Induce Therapy on affected upper extremity of Mild - Moderate Spastic Hemiplegic Cerebral Palsy children, IOSR Journal of Dental and Medical Sciences Volume 14, Issue 12 Ver. VI (Dec. 2015), PP 124-12*
36. *Evaluate The Effects Of Combination Treatment Of Ultrasound And Cold Pack Compared With Exercise Protocol In The Treatment Of Knee Osteoarthritis European International Journal Of Science And Technology vol: 4 No: 8 October, 2015*
37. *Analyzing spinal curves for prolong sitting in University going students. European International Journal of Science and Technology(2015) Volume 4 Issue 79 pp:58-65*
38. *Efficacy Of Deep Friction Massage And Ultrasound In The Treatment Of Upper Trapezius Spasm- A Randomized Control Trail. Journal of Medical and Dental Science Research Volume 2 Issue 12 (2015) pp:30-34*
39. *Awareness of Ergonomics among the Physiotherapy and Medical Students. Pakistan Journal of Rehabilitation (Volume 2) –2013.*
40. *Effectiveness of Lumbar Manipulation (High Velocity Low Amplitude) For the Treatment of Low Back Pain In Comparison To Back Stretching Exercises. Pakistan Journal of Rehabilitation (Volume 1) Issue 1 – January-June-2012.*
41. *Estimation of lactic acid to assess proper exercise Protocols for Patients Undergoing Cardiac Rehabilitation Therapies, 2005; J. Baqai. Med. Univ, 8 1-2):7-11*
42. *Determining the likelihood of self-designed questionnaire in Diagnosis of Lateral Epicondylitis among recreational athletes. IJSTR December 2020*