

# Neelum Zehra

Vice principal /HOD Occupational Therapy  
Consultant Occupational Therapist  
Zia Uddin college of Rehabilitation sciences, Zia Uddin University



Vice president Finance  
Pakistan Occupational Therapy Association  
Member of WFOT  
Editor Pakistan Journal of Rehabilitation

Member of Development Group WHO 2030  
Intervention for Rehabilitation COPD

Member of Center of Health and Innovation

## Contact Information

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A results-oriented and passionate professional with 20 years' experience in assessing patients and interpreting core evaluations to determine the nature of illness, disability or dysfunction. Strong background of planning and imparting rehabilitation care plans based on individual patients' needs.

- Leadership qualities to build the team and achieve the goals
- Enthusiastic about research , reviewing articles and encouraging professional for academic writing
- Designing curriculum and academic activities for better learning and knowledge
- Well-versed in establishing a professional relationship.
- Generating competent occupational therapy assessment reports, sensory profile assessment and online occupational therapy plans
- Adept at using observations, answers, and remedial history to assess the patient's condition and needs
- Providing home plans according to the IFSP
- Establishing support groups and awareness seminars for patients advocacy and professional development
- Teaching and training the fresh professionals and under graduate and post graduate students for future endeavor
- Teaching following subjects :
  - Occupational therapy Assessment and evaluation
  - Applied geriatric
  - Acute care occupational therapy
  - Therapeutic activities and their techniques
  - Community based rehabilitation

## **PROFESSIONAL EDUCATION**

- 2020- MS Health Care Management ( enrolled final semester)
- 2018- Accelerated doctor of occupational therapy from Ziauddin University
- 2017 - Post Graduate Diploma in Health Care Management from IBA, Karachi
- 2015 - Transit bridging in bachelor science Occupational therapy,  
Dow University of Health Sciences, Institute Of Physical Medicine and  
Rehabilitation
- 2000 - Bachelor of Health Science in Occupational Therapy  
University of Karachi, Jinnah Post Graduate Medical College

## **PROFESSIONAL AFFILIATIONS**

- Vice President Finance Pakistan Occupational Therapy Association.
- Member of WHO rehabilitation Development Program 2030
- Member of World federation of Occupational therapy
- 2000 to Present – registered occupational therapist with Pakistan Occupational  
Therapy Association
- 2008 to Present – registered with Ireland Child and Health Department
- Applied for American Board of Disability Analyst

## **Publications:**

- A Radical Gradient for Research among Rehabilitation Professionals
- Case study- Changing role of occupational therapist: to bring stroke patient back to  
work.( Pakistan journal of rehabilitation)
- Establishing an acute care occupational therapy in Pakistan: an innovative and  
reformed practice as one of the dynamics to reduce functional disability(international  
journal of neurology and neurophysiology)
- The emerging need of occupational therapy for health and wellness-editorial(  
Pakistan journal of rehabilitation)
- Frequency of sensory processing challenges among young children in Pakistan( in  
process)
- Challenges and opportunities to overcome drug abuse in Pakistan: a literature review(  
in process)

## **PROFESSIONAL EXPERIENCES:**

### **Ziauddin University, December 2017 till present**

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Vice principal/ Head of the Department, Occupational Therapy Department,  
Ziauddin College of Rehab Sciences

- Academic Responsibilities
  - Designing and structuring all the activities for Doctor of Occupational Therapy Program
  - Facilitator
  - Designing study guide
  - Supervising the field work
  - Coordinating with teaching and clinical members of the team
  - Member of reviewer committee of Pakistan Journal of rehabilitation
  - Conducting CIEC inspection
  - Preparing the program for Credential approval of from National and international educational forums
- Editor
  - Working for the journal publication process and Journal impact factor
  - Working for indexing of journal
  - Leading the team for timely publications

**Liaquat National hospital and Medical College      February 2014 till December 2017**

### **Charge Occupational Therapist**

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- In charge of Pediatric and Adult occupational therapy
- Established acute care occupational therapy at Neuro medicine, neurosurgery, pediatric, general medicine and gynecology and obstetrician ward.
- Establishing school based occupational therapy, providing early intervention starting from neonatal screening and assessment , designing play therapy, remedial therapy for learning difficulties, providing sensory smart sports in sensory integration therapy,

- Strategic planning and operational decision-making involving the organizational redesign of Occupational therapy Services for the health care system
- Implement a quality improvement program; supervise and develop staff; redesign operational and documentation processes; revise and implement policies and protocols to bring the department into full regulatory compliance. Designed SOPs for the department.
- Provide consultative services in order to provide assessment reports
- Mentor and support members of the occupational therapy team; assure regulatory compliance in the areas of competencies, student program documentation, and environment of care; and facilitate improvements in staff development, physician orientation, cost-effective, patient-driven care delivery, statistical based decision making, and outpatient operations.
- Plan, direct and manage all aspects of the Occupational Therapy and Recreational Therapy
- Develop, implement and monitor outpatient adult rehabilitation services and risk management and injury prevention programs
- Develop and implement staff orientation and training program
- Establish clinical policies and procedures
- Provide Occupational therapy Assessment reports, home management plan, and sensory diet

### **Relevant skills**

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- Neurodevelopment Techniques
- Acute care occupational therapy
- Neonatal and developmental screening and assessment of children
- Remedial support for intellectually challenged
- Women Rehab, prenatal and post natal rehabilitation
- Sensory integration therapy
- Adaptive Equipment and ADL

## **Major Achievements**

- Reviewer for WHO Guidelines for COVID 19 Rehabilitation
- Reviewer for special need curriculum based on vocational training Karachi Vocational Training Center
- Successfully designed and implemented a mass rehabilitation program encompassing patients with both physical and mental disabilities.
- Established sensory integration therapy unit and introduce sensory smart sports
- Introducing concept of Women rehabilitation, home plans according to IFSP
- Instigated Parent support group, stroke support group and oncology support group.
- Introduce vocational training program for the empowerment of the disables
- Received encouragement award for presenting paper on introducing acute rehab occupational therapy model for Stroke patients at international neurology conference by Pakistan society of neurology
- Presented paper at 2<sup>nd</sup> international Rehab conference at PIMS Rawalpindi on the efficacy of NDT and SIT combination in Neuro pediatric
- Introduced for the first time in country, Inclusive summer camp for the special children.
- Instigated Autism Awareness program annually.

### **The City School (PECHS A-Level)**

**May 2012– Oct 2012**

#### **Emotional and Behavioral School Counselor**

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- Provided services to students in accordance with individual learning problems
- Assisted students in finding out their caliber and interest to select the subjects.
- Provided education to parents on teenage issues and their resolution.
- Assisted the management in establishing the new branch.

### **Beacon house School System (GCBK)**

**Dec 2007- Feb. 2012**

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- Worked as student counselor.
- Taught Cambridge biology to O-levels
- Organize events for students

**The City School (PAF Chapter)  
Emotional Behavioral Counselor**

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**June 2004 – Dec 2007**

- Introduce counseling in school system
- Helped student in selecting subject
- Organize events for students to bring out their hidden talent.
- Dealing with teenage issues, such as smoking, infatuation, aggression, emotional issues due to broken families.

**Liaquat National Hospital (Neurology Department)**

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**Nov 2001 - May 2004**

- Establish the Neuro rehab unit
- Screen and evaluate patients in accordance to physician's evaluation
- Establish and implement individually designed care plans for patients
- Instruct patients and families in the appropriate use of equipment to aid physical dysfunctions
- Suggest skills that will aid patients with reacquiring lost skills
- Plan and conduct occupational therapy programs
- Recommend changes in patients' living environment to accommodate their disability
- Providing speech therapy and swallow assessment for the stroke patients.

**ADDITIONAL PROFESSIONAL ACTIVITIES**

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- Research and presentation at international and national forum.
- Occupational therapy equipment training to facilitate rehabilitation
- Suggesting home and vehicle modification techniques
- Knowledge of using prosthetic and orthotic devices
- Excellent knowledge of medical technology
- Efficient verbal and written communication skills
- Assisting in ISEP to resource teachers
- Presentations on early intervention with Down syndrome at International Downs syndrome day Indus Hospital
- Presentation on care plan for parents on Autism awareness seminar April 2016 at Liaquat National Hospital And Medical College
- Running own clinics for rehabilitation consultancy