

DR. BUSHRA MEHWISH (PT)

Physical therapist

D/O Muhammad Ahsan Sheikh

R-1176 BLOCK 19 F.B. AREA, ALNOOR SOCIETY, KARACHI.

Mobile Number: +923312833603

Alternate Number: +923453100098

Email: mehwish.bushra1@gmail.com

PERSONAL PROFILE STATEMENT

Versatile and diligent physiotherapist with a strong commitment to evidence-based practice. A dedicated researcher & multitasker, eager to bring a proactive approach to an academic role in physical therapy, fostering both learning and impactful research.

EDUCATION

2018-2022 Post graduation program (with Research Thesis)	MS in advanced physical therapy (MSAPT)	3.51 CGPA	Dow University Of Health Sciences (DUHS)
2013-2018 Graduation	Doctor Of Physical Therapy (DPT)	3.61 CGPA	Dow University Of Health Sciences
2010-2012 Intermediate	Pre-medical	77.45% A-Grade	Khatoon-e-Pakistan gov. degree college
2008-2010 Matriculation	Science	83% A+ Grade	Metropolis School for girls, Karachi

EXPERIENCE

December 2023 till Present	Senior lecturer	Department of physical therapy, Faculty of Allied Health Sciences, ZIAUDDIN UNIVERSITY
December 2023 till Present	Section editor	Pakistan Journal Of Rehabilitation (PJR) , ZIAUDDIN UNIVERSITY
February 2019 till Present	Clinical physiotherapist	TAJ CONSULTANTS CLINIC
March 2022 till November 2023	Lecturer	INDUS UNIVERSITY
January 2021 till February 2022	Frontliner physiotherapist - (COVID Red zone)	FIELD ISOLATION CENTRE, EXPO INCLUDING -FIC -HDU -ICU
1 year (2018-2019)	Physiotherapist House Officer	Dow university of health sciences (DUHS) -Civil hospital Karachi (CHK) -SMBB Trauma Center Karachi -Burns Centre Karachi -Outpatient department (OPD) of institute of physical medicine and rehabilitation (IPMR)
September 2018	Volunteer Physiotherapist	Gynae unit III
2014-2018	Clinical Rotations as a physiotherapist in different hospital settings	-Rabia Moon Memorial Institute of Neurosciences Trust -Dow University Hospital, Ojha Campus -Surgical ICU and Ward, Civil hospital Karachi (CHK)

		<p>-Gynecological ward I & III, Civil hospital Karachi (CHK)</p> <p>-Neuromedicine ward, Civil hospital Karachi (CHK)</p> <p>-Cardiothoracic surgery ICU & WARD</p> <p>-Burns Centre Karachi</p> <p>-Mamji hospital general and orthopedic hospital</p> <p>-Dr. Ziauddin Hospital North Nazimabad</p> <p>-SMBB Trauma Center Karachi</p> <p>- Institute of physical medicine and rehabilitation (IPMR)</p>
--	--	--

AREA OF EXPERTISE & PROFESSIONAL SKILLS

Knowledgeable and skilled in:

- Musculoskeletal & orthopedic rehabilitation
- Neurological rehabilitation
- Pediatric rehabilitation
- Cardiopulmonary rehabilitation
- Obstetrics & Gynecological rehabilitation
- Intensive care units (ICU, CCU)
- Geriatric rehabilitation
- Burns rehabilitation
- Good Counselling & communication
- Home visit working experience
- Dealing with burns & trauma patients
- Dealing with Covid patients

CERTIFICATIONS

Specialization:	<p>Improve your English communication skills, a 4-course specialization by Georgia Institute of Technology on Coursera. Specialization certificate earned on August 23,2023</p> <p>Epidemiology in Public health Practice, a 5-course specialization by Johns Hopkins University on Coursera. Specialization certificate earned on August 17, 2020.</p>
Courses:	<p>-24th clinical research certified professional (CRCP) course at Dow University of health sciences earned on October 2022.</p>

-Understanding medical research by **University of Yale** on Coursera. Course certificate earned on November 20,2023.

-Introduction to systematic review and Meta-Analysis by **John Hopkins University** on coursera. Course certificate earned on August 24,2023.

-Vital signs: Understanding what the body is telling us by **Penn University of Pennsylvania** on Coursera. Course certificate earned on May 17, 2023.

-Psychological first aid by **John Hopkins University** on coursera. Course certificate earned on December 17, 2023.

-Mindshift: Break through obstacles to learning and discover your hidden potential by **MCMaster University on coursera**. Course certificate earned on December 17, 2023.

-Anatomy: Musculoskeletal and Integumentary Systems, by **University of Michigan** on Coursera. Course certificate earned on October 12, 2020.

-Anatomy: Cardiovascular, respiratory, and Urinary systems, by **University of Michigan** on Coursera. Course certificate earned on October 31, 2020

-The science of well-being by **University of Yale** on Coursera. Course certificate earned on October 12, 2020.

12th Neurology certificate Course at **Aga Khan University**, Karachi in 2016.

-Yoga and fitness course at **World Memon foundation community Centre trust**.

Workshops

-Training session on a reflection of "**Training of trainers FDP HEC Sindh**" as faculty development program at Indus university from July 10, 2023 to July 19, 2023.

-Reaearch training session on **accessing Wiley journals and publication tips for authors and researchers (HEC)** in October, 2022

-Training and development session on **Importance of pedagogy in teaching and in learning process by mentor Prof. Tahir Mahmood Chaudhary** at Indus university in December, 2022.

-**One day international workshop on All about knee clinical day** at **Hamdard University** in November, 2022.

-**workshop on CPR & bleeding control** at **Dow University of health sciences** by Pakistan lifesaver Program in 2021.

-Workshop on product and application training for **Hamilton-C3 ventilator** at **Field isolation centre** in January 23,2021

-Workshop on **Muscle energy techniques** at **Dow University of health sciences** in 2017

-Hands-on Workshop on **Myofascial release (MRF)** at **Dow University of health sciences** in 2017

-**2nd National Neuro rehabilitation conference** and **Workshop on ‘Spasticity and pain in stroke patients’** at **Dow University of health sciences**

-Workshop on **‘Stress management’** at **12th heath Asia conferences, expo** in 2016.

-Workshop on **first aid** by **Pakistan Red Crescent** at **Jinnah Sindh medical university**.

PUBLICATIONS

Mehwish B, Ali SS, Mirza baig AA. Effect of hip joint mobilisation and strength training on pain, physical function and dynamic balance in patients with knee osteoarthritis: A randomized controlled trial. J Pak Med Assoc. 2023 Apr; 73(4): 749-54

Mehwish B, Baig T, Saifullah K, Baig AAM. Awareness of medical research among allied health care professionals in different clinical settings. RMJ 2019; 44(3):468-71

QUALIFICATIONS AND ACHIEVEMENTS

-2021: received national level appreciation letter for working as the best physiotherapist in pandemic from **National Command and Operating Centre (NCOC)**.

-2021: received shield in recognition of invaluable services to humanity from 2020 to 2021 by **5th army corps at FIC**.

-2020: Worked as a volunteer Master Trainer at **Pakistan Life Savers Programme (PLSP)** initiated by **Aga Khan hospital at DUHS**.

-August 2021: Appreciation from **Brigadier Muhammad Shahzad Saeed** for relentless efforts, continuous hard work, and service to the nation and humanity during COVID-19.

-January 2021: Appreciation from **Major General Muhammad Aqeel** for meritorious & selfless service at HDU Expo Centre, Karachi.

-October 2016: Awarded Laptop and internet device on merit basis by Prime Minister Laptop distribution program.

-2012: Awarded **third place** and received Science exhibition certificate of merit from Khatoon e Pakistan govt. degree college for women for making **“Infrared motion**

detector”

REFERENCES

Available on request