

MAHREEN MUZAMMIL

(Pharm D,RPh)

Objective:

To become editorial board member in your reputable journal of pharmacy so that I can utilize my learning abilities and to prove pharmacist value in health care system in accordance to present and emerging role of pharmacist within the organisation

Personal Details:

Permanent Address	Flat no.C1 750/3 Hussainabad F.B Area Karachi
Date of Birth	14 th october 1989
Contact	0345-2959391
Interest	Clinical pharmacy, Research, Pharmaco therapeutics, Drug utilization review, Training
Pharmacy Council Reg no	06425
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Academic Credentials:

Degree	Institution	Division/Grade/GPA	Year of completion
SSC	Raunaq-e-Islam	A1	2005
HSC	Khatoon-e-Pakistan	A	2007
PharmD	Jinnah University For Women	3.64	2012
MPhil	Jinnah University For Women	In progress	

Internships Experience:

- **Aga Khan University Hospital** worked as trainee pharmacist in 2013 have worked in each area of the hospital.
- **PFIZER** worked as an intern 4 weeks December 2011.
- **Abbasi Shaheed Hospital** did practice of clinical pharmacy for 6 weeks June 2011.

Woking Experience:

- Working as pharmacist in **Aga Khan University Hospital** from February 2014
- Worked as Emergency Pharmacist, have experience of Emergency, OPD and In-Patient as Clinical Pharmacist in Internal Medicine and Cardiac Intensive Care Unit and Medical Intensive Care Unit.

Honours and Awards:

- Awarded with certificate of “*In recognition of performance in the area of expertise*” in pharmacy, at Jinnah University For Women at Alumni Reunion appreciated success and contributions in the field of pharmacy.
- Awarded with certificate of appreciation in recognition of “*Exemplary Attendance*” for the year 2018, by Department of Pharmacy Services Aga Khan University.
- Awarded with certificate of appreciation in recognition of “*Most vigilant staff*” for the year 2018.
- Won the sponsorship for attending 4th IVPN Conference 2018 to be held in Abu Dhabi in November 2018 arranged by Cleveland Clinic Abu Dhabi
- Awarded with certificate in recognition of “*Exemplary Attendance*” for the year 2017 in appreciation evening 2017 by Department of Pharmacy Services Aga Khan University.
- Awarded with certificate of appreciation in recognition of “*Punctuality & Regularity*” in appreciation evening 2016 by Department of Pharmacy Services Aga Khan University
- Awarded for contribution for “*highest number of interventions*” in appreciation evening 2016 by Department of Pharmacy Services Aga Khan University
- Award presented by Jinnah University for Women in recognition of *Efforts rendered in pharmacy profession in seminar on community pharmacy a dignified profession yet deserted in Pakistan awakening call to action* on 19th September 2016.
- Awarded with certificate of “*Most Vigilant Eyes Pharmacist on campus*” in pharmacy appreciation evening 2015 by Department of Pharmacy Services Aga Khan University.
- Awarded with certificate of “*Most Punctual and Regular Pharmacist*” in pharmacy appreciation evening 2015 by Department of Pharmacy Services Aga Khan University.
- Got award “*Most Vigilant Eyes (Pharmacist)*” in pharmacy staff appreciation evening 2014 by Department of Pharmacy Services Aga Khan University
- Got award “*Most Regular & Punctual Staff (Outpatient)*” in pharmacy staff appreciation 2014 by Department of Pharmacy Services Aga Khan University.
- Awarded with certificate *most regular (trainee pharmacist)* in year 2013 by Department of Pharmacy Services Aga Khan University.
- Certificate of “*Acknowledgement for Efforts and Sincere Contribution*” in the faculty of pharmacy Jinnah University for Women October 2012.

Involvement in Training and Community:

- Facilitated workshop on “*Antibiotic stewardship and Infection Prevention*” held as part of 22 National Health Science Research Symposium “Antibiotic Resistance: An opportunity to transform global health” November 16-17, 2019, Aga Khan University, Karachi.
- Conducted invited session on “*Antibiotic Stewardship and Point of care pharmacy*” at Indus hospital on 18 July 2019, CME session for staff training and development.

- Conducted session on ***“Anti-coagulation”*** to Cardio-Thoracic Surgery residents on 3rd May 2019.
- Conducted session on ***“Role of Clinical Pharmacist”*** for students of 4th proff at Nazeer Hussain University on 3rd May 2019.
- Received letter of appreciation for contribution to Pharmacy Continuous Educational event ***“Clinical Implications Of Anticoagulants”*** as s speaker on 19th , 20th & 21st March 2019 in Department of Pharmacy Services, Aga Khan University Hospital, Karachi Pakistan.
- Conducted session in ***“Simulation based Urology Workshop”*** held on November 7th - 8th ,2018 and 19th -20th March and shared knowledge about ***“Pharmacological management for Urological problems and its nursing care”***
- Conducted session on ***“Medication Used During Hemodialysis Procedure and Its Important Nursing Consideration”*** as part of ***“Simulated workshop on care of patients with nephrology disorders, hemodialysis procedure and Peritoneal dialysis”*** held on 4th to 7th December, 2018
- Conducted External Viva for practical examination of clinical pharmacy lab on 20th November 2018 final proff, Jinnah University for Women.
- Conducted session ***“Scope of hospital pharmacist at Aga Khan University Hospital”*** for students of Karachi University on 19th November 2018.
- Conducted ***“PGME Hand-on training session”*** for pharmacy system on 26th December 2018
- Conducted session during work shop on ***“Care of Paediatric and Patients with Cardiac Diseases”*** for nursing staff 24th -25th February 2016.
- Facilitated ***“PGME Orientation”*** pharmacy session on 27th December 2017.
- Conducted workshop on ***“Role of Pharmacist in Medication Devices Usage”*** at University of Karachi on 14th April 2016.
- Conducted sessions of ***“Insulin Protocol to Emergency Department Nurses”*** on 11th & 14th November 2016
- Conducted sessions of trainee pharmacist
 - ***“Autonomic Nervous System”*** to batch July 2014 and January 2015.
 - ***Colomycin and Colistin Conversion Understanding”*** to batch January 2016.
 - ***“Organophosphate Poisoning”*** to batch January 2017.
 - ***“Paracetamol poisoning”*** to batch July 2017
 - ***“Renal Drug Adjustments”*** to batch Jan 2018, July 2018 and Jan 2019
 - ***Prokinetic Agents*** to batch july 2018 and January 2019
 - ***“Medication Reconciliation”*** to batch July 2018 and January 2019
- Involved in counselling young Pharmacists about ***“Opportunities Provided by Pharmacy Services, Aga Khan University”*** at recruitment drive of University of Karachi.

- Voluntarily teaching at Jinnah University for women for “**Safe Medication**” use (part of syllabus of hospital pharmacy 7th semester pharm D and “**Toxicology**” (part of syllabus of pharmacology 6th semester of pharm D).
- Conducted session of “**Clinical Pharmacology**” of final year pharm D in Jinnah University for Women final year.
- Visiting lecture on “**Counselling and Toxicology**” in Jinnah Sindh Medical University.
- Arranged training session for final year Pharm D students “**How to Practice Clinical Pharmacy**”.
- Conducted session for Cardio Thoracic Surgery nurses on “**drug interactions and role of nurses**” on 18th August 2017.
- “**Medication used during dialysis and its importance**” to dialysis nursing units for Care of patients with nephrology disorders and haemodialysis procedure on 25th August 2017.
- “**Drug interactions and role of pharmacists**” in inpatient focussed session on 13th September 2017
- Worked to make organisational “**adult dilution guidelines**”.

Research Projects & Presentations:

- “**Evaluating potential of natural plant Embelia ribes to combat resistant microorganisms**” Poster Presentation at the 22nd National Health Sciences Research Symposium on theme AMR- An opportunity to transform global health scheduled held at Aga Khan University, Karachi from November 15-17, 2019.
- “**Culture Proven Prescribing of Restricted antimicrobials in stewardship at tertiary care hospital**” has been selected for Poster Presentation at the 22nd National Health Sciences Research Symposium on theme AMR- An opportunity to transform global health scheduled held at Aga Khan University, Karachi from November 15-17, 2019.
- “**Pharmacist role in intravenous to oral switch of medications in hospitalized patients of tertiary care teaching hospital of developing country**” presented as poster at “**1st National Scientific Congress**” held on December 15-16, 2018 by Shifa International Hospitals and Shifa Tameer-e-Millat University Islamabad. Pakistan
- “**Metolazone effect with different frequencies- Implicating pharmacokinetic evidence**” presented as poster at 4th IVPN Symposium Pharmacy: From Evidence to Practice 1-17 November 2018 organised by Cleveland Clinic Abu Dhabi.
- “**Clinical pharmacist led therapeutic drug monitoring For individualized drug therapy**” presented as oral presentation at Medication Safety Conference 2018 Abu Dhabi

- ***“An Analysis of role of point of care pharmacist as professional aid for satellite pharmacist”*** presented as poster at the 3rd IVPN Symposium featuring Advances in Pharmacotherapy 17-18 November 2018 and won best poster award.
- ***“Ironisomaltose induced allergic reactions”***
Presented at 5th National and 2nd International Conference on quality, safety and outcome; a paradigm shift in pharmacy.
- ***“Pharmacist role in IV to PO switch in hospitalized patients of tertiary care hospital in a developing country”***
Accepted as poster presentation at 10th medication safety conference Abu Dhabi
- ***“Impact of PCP (Point Of Care Pharmacist)on operational work of satellite pharmacist***
Accepted for poster presentation at 77th FIP World Congress of Pharmacy and Pharmaceutical Sciences 2017
- ***“Practicing teachers for pharmacy students-high need of student learning for working life”*** Poster presentation at AEME conference association of excellence in medical education (local and regional collaboration for medical education moving forward) to be held on 4th -5th March 2017 in Karachi.
- ***“Pharmacist intervention in curtailing sound alike medication errors in the computerized physician order entry (CPOE)”*** Presented as poster at 1st National Medication Safety Symposium Theme: look alike sound alike medications, a real threat on 17th December 2017 at Aga Khan University Hospital , won BEST POSTER AWRD,Also accepted for poster presentation at ISQua’s 34th International Conference 2017.
- ***“Safe & effective use of hypertonic 3% saline, a high alert drug, in emergency department of tertiary care hospital*** “Presented as poster in second IVPN Conference UAE got 3rd place
- ***“Dispensing ready to administer ondasterone syringes from emergency pharmacy for paediatric population”***
 - Oral presentation in quality grand round on 13th July 2016 at Aga Khan University Hospital.
 - Poster presentation at 8th medication safety conference 2015 6th – 8th November 2015 Jumeirah Etihad Towers Abu Dhabi, UAE.
 - Poster presentation at Quality week 2015 Aga Khan University Hospital.
- Presented scientific poster ***“The Incidence Of Prescribing Errors In Hospitals And Role Of Pharmacists In Minimizing Them”*** at 1st National Conference on Pharmacy Profession- a successful tool for health care system held at Dow University of Health Care System held at Dow University of Health Sciences on 2nd and 3rd May 2012

Publications:

- Khatoon H, **Muzammil M**, Sarfaraz S, Jamil S, Anser H. Serotonin syndrome and concomitant use of tramadol and metoclopramide. RMJ. (2018), [cited June 07, 2019]; 43(4): 738-742.
- Fazal ur Rehman, Muhammad Zain Mushtaq, Savera Aziz Ali, Abdul Baqi, **Mahreen Muzammil**, and Sumera Aziz Ali, “Cholestyramine, A Cost-Effective Yet Efficacious Anti-Dote in Digoxin Toxicity,” International Research Journal of Pharmacy and Medical Sciences (IRJPMS), Volume 2, Issue 4, pp. 8-10, 2019.
- **Muzammil M**, Aziz K, ul Haq ME, Nasir N. Iron III isomaltose induced hypersensitivity reaction. BMJ Case Reports CP. 2019 Oct 1;12(10):e228596.

Extra Efforts for the Profession and Professional Learning:

- An active member of Non-Profitable Organisation **NCPP “Nurturing Community Pharmacy in Pakistan”**
 - Attended several health camps for counselling about medications to patients.
 - Part of the team who first time initiated community pharmacy internship for students at welfare organization.
 - Team worked so hard that organization announced pharmacist vacancies.
 - We helped them in recruitment process by conducting interviews.
- Part of **IVPN Gulf Group** where pharmacist from all over the world share their experience and provide guidance to each other.
 - Have visited Cleveland Clinic Abu Dhabi pharmacy department and observed their processes.

Details of Working Experience:

- **As Emergency Pharmacist**
 - Processed all stat orders for emergency patients
 - Reviewed order for dose, frequency and interactions according to the disease condition
 - Handled oral narcotics and controlled drugs and ensuring that processes related to that are according to the organizational policies
 - Handled poisoning queries and answered for the management.
 - Managed disaster cart.
 - Handled both inpatient, outpatient and ER orders simultaneously and prioritizing according to the need of situation.
 - Handled patients having prescription other than emergency department and arranged drugs according to need for them when all OPD satellites are closed.

- Managed inventory.
- Arranged special formulations for paediatric population to enhance medication safety and decrease cost of therapy.
- Daily monitoring of room and fridge temperature.
- Co-ordinated with OSP to arrange medicines.
- Monthly inspection of floor stocks.
- Have explained trainee pharmacist about the functions of pharmacy and made them trained to work in the area.

- **As Ambulatory Care Pharmacist**

- Filled prescription, verified instructions from physician ensuring safe medication use.
- Instructed and counselled patient for medications, about their use including different steps and their importance and side effects.
- recognized major encountered drug interactions and their management
- assisted and educated about devices used for drug or disease management such as Spacers, Insulin Pens
- communicated with the customer, verbally or in writing, in a way that reflects professional and institutional image
- Processed Compounding Orders with sound knowledge of dose calculations.

- **As In-Patient Pharmacist**

- Handled the core processes, from ordering till administration of each medication from the pharmacy perspective.
- Screened medication orders for appropriateness.
- Identified the common drug related problems.
- Used CPOE as a tool to provide pharmacy services.
- Communicated with colleagues and other health care professionals using effective communication skills.
- Charged drug in a way to give maximum benefit to patient regarding finance (assured to have credited unused drugs so that in can be remove from patient charging sheet)
- Understood formulary system and its importance and application in routine pharmacy operations.
- Dispensed and reviewed take home order.
- Processed Paediatric order.
- Handled Narcotics with paper work i.e. records and charging of Narcotics according to policy regarding narcotics.
- Dispensed drugs during and pre operation at OR window.
- Crash carts checking.
- Distinguished between drugs according to Drug identification marks,
- Managed Drugs regarding pregnancy and lactation.
- Prepared drugs in laminar flow hood for stat drugs.

- **As Clinical Pharmacist:**

- Attended pulmonary clinics with Dr. Murtaza Kazmi.

- Conducted rounds with physicians in the ICU, CICU and Internal medicine presenting medications and recommendations to ensure optimal outcomes.
- Provided clinical and technical information to patients, nurses, and physicians regarding contents, utilization, therapeutic actions, adverse reactions or interactions of drugs.
- Assessed the desired outcome of chosen therapy and intervene when appropriate
- Assisted primary care teams through effective communication with team members to get patients to clinically significant goals.
- Helped doctors for high risk medication use in the elderly or decrease Polypharmacy, increased formulary medication use).
- Helped doctors for drug shortages or clinical safety issues.
- helped switch to therapeutically equivalent and more cost-effective generic drugs
- Verified drugs for appropriate dosage, drug interactions, allergies, and contraindications during clinical rounds to maximize patient safety.
- Monitored and adjusted medication dosages for patients on CRRT, renal failure, and hepatic failure, working in close collaboration with primary care teams.
- Conducted rounds with physicians in the ICU, CICU and Internal medicine presenting medications and recommendations to ensure optimal outcomes.
- Collaborated with other staff, including neurologists, and infectious disease specialists, to develop dosing based on pharmacokinetics and make adjustments based on levels.
- Worked with medical team in determining best, evidence-based medical treatments for complex infections and disease states.
- Coordinated the satellite pharmacy, reviewing and profiling medication orders.
- Ensured dosing of vancomycin according to therapeutic drug monitoring.
- Reviewed patients on antibiotic stewardship service and provided appropriate recommendations.
- Daily review of IV to PO antibiotics and other drugs as well as renally adjusting medications.
- Provided drug information consultations as requested by physicians as well as other health care team members.
- Evaluating need of DVT prophylaxis, continue and adding where needed and get it disconnected where not needed.
- Monitored lab reports daily and communicated effective recommendations to physician & staff.
- Routinely communicated with providers to influence the use of formulary medications in compliance with clinical protocols, target drug initiatives and pre-authorized therapeutic substitutions. Documented all clinical interventions using approved forms.
- Helped nursing staff for IV admixtures and parenteral medications clean technique, and telling appropriate precautions.
- Ensured appropriate medication reached the patient in the correct form and dose.
- Recorded interventions in CPOE system and submitted data along with cost reduction calculations at the end of each month.

CME Participation & Certifications

- Attended the 22nd National Health Science Research Symposium “*Antibiotic Resistance: An opportunity to transform global health*” November 16-17, 2019, Aga Khan University, Karachi.

- Attended “**3-Day Course on Grants and Research Administration**” organised by the Centre of Excellence in Women and Child Health and the Department of Paediatrics and Child Health, the Aga Khan University, Pakistan from April 24-26,2019.
- Attended the “**1st National Scientific Congress**” held on December 15-16, 2018 by Shifa International Hospitals and Shifa Tameer-e-Millat University Islamabad. Pakistan
- Attended seminar on “**Antibiotic Stewardship Program it’s now and never**” organised on 11 August 2018 Organized by SIUT in Collaboration of PPA-Sindh with The Medical Microbiology and Infectious Diseases Society of Pakistan (MMIDSP).
- Attended course on parental nutrition management 28-29 July 2018 organised by SIUT and PNDS (Pakistan Nutrition and Dietetic Society)
- Participated in workshop “**How to write a scientific paper**” held at Aga Khan University, Karachi 22 Dec 2017
- Attended 1st International collaborative mycology conference “**Impact of fungi on health and environment**” held on December 4-5, 2017, Pearl Continental hotel Karachi.
- CME lecture on “**Medication Safety in Healthcare**” held at Aga Khan University, Karachi on Thursday September 28,2017..00000
- CME lecture on “**hyponatremia**” held at Aga Khan University, Karachi 24th May 2017(1.00AACME Category 1 credits
- “**Introduction to Geriatric Medicine**” held at Aga Khan University arranged by Department of Continuing Education on 24th February 2017 (AACME 1.00) category 1 credits.
- “**Tuberculosis Diagnosis Management For General Practitioners**” held at Aga Khan University arranged by Department of Continuing Professional Education on 27th January 2017 (1.00AACME) category 1.
- “**Pharmacovigilance: The Role of Academic Medical Centres**” arranged by Department of Biological and Biomedical Sciences in collaboration with Department of Continuing Professional Education held at Aga Khan University Hospital on 8th September 2016 (1.00hours AACME) category 1 credit.
- Attended Workshop on **Use of Power Lab In Pharmacy Teaching and Research** at Faculty of Pharmacy Jinnah University for Women on 4th June 2016.
- How to write “**SMART Goals & Design Quality Projects**” presented by Jibrin bin Yousuf Business Manager Pharmacy Services in March 2016.
- **Conflict and Stress Management** held at Aga Khan University Hospital arranged by Department of Human Resources on 4th February 2016.s
- **Emotional Intelligence** held at Aga Khan University Hospital arranged by Department Human Resources on 3rd March 2016.
- Got certificate for participating in the session titled “**Service Excellence Session**” presented by Syed Mohsin in March 2016.
- Certified for successful completion of “**Toxicological Emergencies Workshop**” organised by department of emergency medicine and department of pharmacy in collaboration with

continuing professional education from February 2nd-24th2016 held at Aga Khan University Hospital (12 AACME).

- Successfully completed the ***Cognitive and Skills Evaluations*** in accordance with curriculum of the American Heart Association Basic Life Support (CPR and AED) program.
- Participated in ***CCIT Hack 2016*** Aga Khan University's first ever medical hackathon organised by Critical Creative Innovative Thinking Department of Emergency Medicine, and 24/7 Emergency and Acute Service line 08 Aga Khan University (14 AACME) category 1 credit hour.
- ***“Annual emergency medicine conference 2015 Integrating Clinical Care & Public Health in Emergency Medicine”*** organised by Department of Emergency Medicine in collaboration with Department of Continuing Professional Education on September 15th-16th 2015 at Aga Khan University Karachi (10.00 AACME) category 1 credit hours.
- Certificate of participation for attending ***“World Pharmacist Day 2015 Pharmacist Your Partner in Health”*** on October 17 2015 at Aga Khan University Hospital.
- ***“Thyrotoxicosis: An Approach to Patient and Management”*** held at Aga Khan University Hospital on September 17th 2014 (DCPE- AKU) category 1 credits.
- Participated in seminar on ***“Access to Pharmacist Is Access to Health”*** organised by Department of Pharmacy Services Aga Khan University Hospital in lieu of world pharmacist day 2014 on 27th September 2014(3.75 DCPE- AKU) category 1 credit.
- Certificate of Appreciation for organising / volunteering in conference held on 30th September 2015 at Sheikh Zayed Auditorium, University of Karachi.
- ***“Inventory management basics of inventory costing and ABC Analysis”*** presented at CE session held in March 2014 arranged by department of pharmacy services Aga Khan University Hospital.
- ***“Anti- coagulation what pharmacist must know presented at CE”*** session held in May 2014 arranged by Department of Pharmacy Services Aga Khan University Hospital.
- ***“Quality improvements tools presented at CE”*** session held in June 2014 arranged by department of pharmacy services Aga Khan University Hospital.
- ***“Safe Use of Insulin in Hospital Practice”*** presented at CE session held in September 2014 arranged by department of pharmacy services Aga Khan University Hospital.
- ***“Renal Transplantation- an overview”*** presented at CE session held in November 2014 arranged by Department of Pharmacy Services Aga Khan University Hospital.