

# DR. ABDUL AHAD SHAIKH

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**POSITION:** Senior lecturer neurophysiology

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## **EDUCATIONAL BACKGROUND:**

1. M. Phil. (Physiology) – Ziauddin Medical University, Karachi, Pakistan, 2004
2. M.B.B.S. – University of Karachi, Pakistan, 1992

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## **POSITIONS HELD:**

1. Senior lecturer of Neurophysiology, College of Medicine, Alfaisal University, Riyadh- **from November 2012 to date.**
2. Lecturer, Department of Basic Medical Sciences, College of Medicine, University of Sharjah, UNITED ARAB EMIRATES – **from September 2007 to November 2012.**

*Conducted PBL in all units during preclinical years according to **Monash University** curriculum. Coordinated and upgraded Respiratory System unit. Conducted Physiology practicals in different unit systems. Wrote and assessed exam units and upgraded all the preclinical exams as a member of assessment committee at the College of Medicine. Developed taught and assessed Human Biology and Pathophysiology 1 and 2 Courses at the College of Pharmacy along with practicals. Taught and assessed physiology at the College of Dentistry.*

3. Lecturer, College of Medicine, King Saud bin Abdulaziz University for Health Sciences, Riyadh, KINGDOM OF SAUDI ARABIA – **September 2004 to August 2007**

*Conducted PBL according to **University of Sydney** curriculum and coordinated units. Wrote and assessed theory, OSPE and OSCE exams.*

4. Assistant Professor, Department of Physiology, Ziauddin Medical University, Karachi, PAKISTAN – **January 2004 to September 2004**

*Member of the core group who developed the indigenous PBL curriculum for the first time in Pakistan and problems, checklist and developed training programs for the training of junior faculty. Developed the curriculum for Exercise physiology for Masters of Physiotherapy program, taught and assessed it.*

5. Senior lecturer, Department of Physiology, Ziauddin Medical University, Karachi, PAKISTAN – **2000 to December 2003**
6. Lecturer, Department of Physiology, Ziauddin Medical University, Karachi, PAKISTAN – **May 1997 to 2000**
7. Consultant Exercise Physiologist, Shapes Health Studio, Karachi, PAKISTAN – **June 2002 till September 2004**

*Developed pre-exercise screening program for clients and prescribed and evaluated the exercises. Treated sports injuries and trained the exercise trainers to get certified by International Fitness Association.*

8. Instructor, Department of Physiology, Baqai Medical University, Karachi, PAKISTAN – **June 1993 to April 1997**

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## **PROFESSIONAL EXPERIENCE:**

### **PBL Tutoring:**

I started teaching in traditional medical and dental Colleges after joining Baqai University but soon it introduced community oriented problem based learning workshops to adapt to this innovative way of teaching and learning. I was introduced with the philosophy of PBL and later I joined Ziauddin University, the first in Pakistan that started PBL from its first batch. I tutored at Ziauddin University where we used to have two PBL sessions. In session one seven jumps are followed and students derive learning objectives where facilitators ensures that all learning objectives were derived. In the reporting sessions the students presented the learning objectives where as a facilitator I ensured that students are not dominating but participating equally. At King Saud Bin Abdulaziz University for Health Sciences- Riyadh the curriculum was integrated and problem based adapted from University of Sydney. There were three sessions per week for tutoring. Session two was very different and unique in which the tutor has all the investigations related to the given case discussed during session one, student asks for the test result upon giving the correct rationale the tutor would release the test result. Thus students narrowed down the differential diagnosis by excluding on test results. I had facilitated the PBL sessions in foundation studies, musculoskeletal, substance abuse, neurosciences, endocrine nutrition and gastroenterology blocks. At college of medicine, university of Sharjah the integrated problem based curriculum is adapted from Monash University.

### **Problem writing:**

Ziauddin University is the first in Pakistan that started PBL from its first batch. I was the member of core group and wrote problems and developed the indigenous curriculum by writing problems for topics integrating with basic subjects like Anatomy, Physiology, and Biochemistry while vertically with clinical sciences and

community Health sciences. Pre PBL briefing and post PBL evaluations helped in fine tuning the cases. The problem had to be presented in faculty meeting with subject specialists from basic and clinical sciences who critique and provide their feedback accepting or rejecting the problem.

### **Unit/block coordination:**

I have coordinated many of the units, blocks and semesters in traditional as well as PBL curriculum. From introduction to medical education to system based like: the cell and general physiology; membrane physiology, nerve and muscle; the cardiovascular system; the respiratory system; the endocrine system; the special senses, central nervous system and exercise physiology. The medical program at King Saud Bin Abdulaziz University of Health Sciences is organized around themes. I conducted the Basic and clinical sciences theme sessions related to physiology and have provided Objective Structured Physical Examination (OSPE) questions. I have coordinated and assisted the Clinical Diagnostic Skills sessions, and have made OSCE stations. I was resource person in physiology and worked as reviewer in OSCE/OSPE working group.

In the college of medicine here in Sharjah I am coordinating respiratory system. In the college of pharmacy am coordinating human biology and pathophysiology 1 and 2 courses.

### **Curriculum development:**

Seven years in the department of physiology at Ziauddin Medical University with active involvement in the development of physiology curriculum for MBBS, in horizontal integration for problem based learning (PBL) with basic subjects like Anatomy, Physiology, Biochemistry and vertically with clinical sciences and Community Health sciences. I was the core member of curriculum development committee at Ziauddin medical university and I wrote problems and checklist for practical and physical examinations. I was actively involved in teaching Physiology curriculum for Bachelor of Physical Therapy (BPT) and developed and taught Exercise Physiology curriculum for Master of Physical Therapy (MPT).

### **Pathophysiology teaching:**

Besides my commitment at college of medicine I have been teaching, assessing and coordinating three courses: **Human Biology**, **Pathophysiology 1** and **Pathophysiology 2** along with practical for year one and year two students at the college of pharmacy for four years. I had conducted team based learning sessions during my courses.

### **Assessment:**

At King Saud Bin Abdulaziz University of Health Sciences I submitted MCQs of higher level of cognition and provided objective structured physical examination (OSPE) questions. I was resource person in physiology and worked as reviewer in OSCE/OSPE working group. At the College of Medicine, University of Sharjah I am member of assessment committee where we review, modify and update questions submitted by faculty members for final examination.

### **Exercise Sciences:**

Shapes health studio is one of the largest commercial exercise and fitness indoor facility in South Asia established at Lahore and Karachi. I established and designed

the screening program for it. During my stay as a part time exercise consultant I developed and started pre-exercise screening of all the clients including normal and with clinical conditions. Apart from exercise prescriptions and evaluation of the program for the clients I was also involved in teaching and training the exercise trainers. Whenever the Pakistan National Field Hockey and Pakistan National Cricket teams camp at Karachi during their stay I assisted the team trainers and coaches at Shapes Health Studio in their exercise programs for achieving the fitness and goals.

### **Sports Physician:**

- Team Physician of National Junior Hockey Championship of Pakistan at Karachi 2003
- Pakistan Team Contingent Doctor at 9<sup>th</sup> SAF Games 2004 Islamabad.

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### **SCHOLARLY ACTIVITIES:**

#### **Publications:**

- 1) Sandila MP, Ahad A, Khani ZK: **An Objective Structured Practical Examination to test students in Experimental Physiology.** J Pak Med Assoc 2001; 51 (6): 207-10.
- 2) Ahad A, Sandila MP, Siddiqui NA, Ahmed ST: **Exercise -Induced Bronchospasm in male athletes at Karachi.** J Ayub Med Coll Abbottabad 2003; 15(4): 29-33.
- 3) Ahad A, Sandila MP Siddiqui NA: **Prevalence of Exercise-Induced Bronchospasm in National Hockey Players of Pakistan.** J Pak Med Assoc 2004; 54:96; 96-9.
- 4) Khurshid Anwar, Abdul Ahad Shaikh, Nihar Ranjan Dash, Saqib Khurshid: **Comparing the efficacy of team based learning strategies in a problem based learning curriculum.** APMIS; 120(9): 718–23.

#### **Abstracts:**

- 1) Prevalence Diagnosis, Current Treatment and Guidelines of Exercise Induced Asthma in Athletes. The 12th Asian Federation of Sports Medicine Congress, Amritsar, India, 3<sup>rd</sup> to 6<sup>th</sup> December, 2009.
- 2) Exercise-Induced Bronchospasm in National Field Hockey Players of Pakistan. The 4<sup>th</sup> Asia-Pacific Conference on Exercise and Sports Sciences (APCESS) & The 8<sup>th</sup> International Sports Science Conference (ISSC), Kota Bharu, Kelantan, Malaysia 15<sup>th</sup> to 17<sup>th</sup> July 2008.
- 3) Current Trends for the treatment of exercise induced bronchospasm” at Silver Jubilee Conference of Indian Association of Sports Medicine, Amritsar 3<sup>rd</sup> to 7<sup>th</sup> December 2003.
- 4) Osteoporosis and Exercise” Seminar at Shapes Health Studio Karachi, 17<sup>th</sup> April 2003.
- 5) Prevalence of exercise induced bronchospasm in elite athletes of Pakistan At Biennial Conference of Pakistan Physiological Society, Multan, 11<sup>th</sup> – 12<sup>th</sup> March 2002.
- 6) An experience of objective structured practical examination (OSPE) in physiology At 3<sup>rd</sup> National Conference on Medical Education Dhaka, Bangladesh, 19<sup>th</sup> -20<sup>th</sup> February 2000.

## **Invited Talks:**

- 1) “Basics of Exercise Physiology”  
At the 3<sup>rd</sup> Islamic Solidarity Sports Federation course at Lahore, 20<sup>th</sup> to 24<sup>th</sup> January 2001.
- 2) “Physiological Basis of Exercise”  
At the 4<sup>th</sup> International Olympic Committee Team Physician Course, Carlton Hotel Karachi, 9<sup>th</sup> – 11<sup>th</sup> May 2002.

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## **WORKSHOPS ATTENDED:**

- Clinical Immunology and Medical Genetics Post graduate committee, Pakistan Medical Association, 1991 Karachi-Pakistan
- Problem Based Learning, on June 17<sup>th</sup>, 18<sup>st</sup> and 19<sup>th</sup> 1995 at Baqai Postgraduate Institute, Karachi-Pakistan
- MCQ writing, on June 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> 1995 at Baqai University, Karachi-Pakistan
- Cell Biology workshop, from 22<sup>nd</sup> to 26<sup>th</sup> 1996 at the Agha Khan University, Karachi-Pakistan
- Educational Planning and Evaluation, on May 1<sup>st</sup> and 2<sup>nd</sup> 1998 at Ziauddin Medical University, Karachi-Pakistan
- Third National Conference on Medical Education, on 19<sup>th</sup> and 20<sup>th</sup> February 2000, Dhaka- Bangladesh
- Sports Medicine and Doping Control Course, From January 20<sup>th</sup> to 24<sup>th</sup> 2001, Lahore-Pakistan
- Sports Medicine Course, Under auspices of the International Olympic Committee Medical Council on 9<sup>th</sup> and 11<sup>th</sup> May 2002, Karachi-Pakistan
- Doping Control Instructional Course, February 2003, 9<sup>th</sup> South Asian Federation (SAF) Games & Asian Federation of Sports Medicine (AFSM), Islamabad, Pakistan
- Sports Rehabilitation Course, Silver Jubilee Congress of Indian Association of Sports Medicine from 3<sup>rd</sup> to 5<sup>th</sup> December 2003, Amritsar-India PBL Orientation Workshop, on October 12<sup>th</sup> 2004 at King Saud Bin Abdulaziz University for Health Sciences, Riyadh-Saudi Arabia
- Problem Based Learning for Tutors, January 9<sup>th</sup> and 14<sup>th</sup> December 2005 at King Saud Bin Abdulaziz University for Health Sciences, Riyadh-Saudi Arabia
- Research Methodology on 29<sup>th</sup> March 2006, King Abdul Aziz Medical City, National Guard Health Affairs, Riyadh-Saudi Arabia
- Student Assessment Workshop, on March 26<sup>th</sup> and 27<sup>th</sup> 2006 at King Saud Bin Abdulaziz University for Health Sciences, Riyadh-Saudi Arabia
- Effective Learning Workshop, on November 14<sup>th</sup> 2007, University of Sharjah, UAE
- Implementation of Team-Based Learning (TBL) in a PBL Curriculum, on January 24<sup>th</sup> 2008, University of Sharjah, UAE
- Quality Standards a Accreditation in Health Professions Education, on March 21<sup>st</sup> 2009, University of Sharjah, UAE
- Exercise physiology & Kinesiological EMG in Rehabilitation Course on 3<sup>rd</sup> and 4<sup>th</sup> December 2009 during 12<sup>th</sup> Asian Federation of Sports Medicine Congress at Amritsar-India

- Quality in Medical Education “Assessment , Social Accountability, and Accreditation” AMEEMR Conference 6-10 April 2013 Riyadh Saudi Arabia

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**MEMBERSHIPS IN SCIENTIFIC ORGANIZATIONS:**

- Pakistan Physiological Society (PPS)
- Pakistan Medical & Dental Council (PMDC)
- Pakistan Medical Association (PMA)
- Sports Medicine Association of Pakistan (SMAP)
- Asian Federation of Sports Medicine (AFSM)
- Emirates Medical Association (EMA)
- The British Association of Sports and Exercise Sciences (BASES)