## PROF DR AMBREEN USMANI

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Education	Ziauddin University PhD- Anatomy	2017		
	Centre of Bioethics and Culture, SIUT PGD-Biomedical Ethics	2009		
	<b>College of Physicians and Surgeons Pakistan</b> MCPS-HPE	2011		
	College of Physicians and Surgeons Pakistan DCPS-HPE	2007-2008		
	<b>Ziauddin University Karachi (ZU)</b> MPhil, Anatomy	2004- 2007		
	Baqai Medical College Karachi MBBS	1990 –1995		
	St. Joseph's College for Women Karachi Intermediate, FSc Pre-Medical	1987 –1989		
	St. Joseph's Convent School Karachi Matric, Science	1985-1987		
	St. Joseph's Convent School Malta	1979-1985		
Present appointments at <u>Bahria University Medical and Dental College</u>				
1 resent app	VICE PRINCIPAL	October 2016-to date		
	Senior Professor and HOD, Anatomy	July 2015- to date 2008- to date		
	Dep Director, Medical Education Department	2010- to date		
	Chairperson ERC	2010- to date		
Present app	ointments at College of Physicians and Surgeons I	Pakistan		
FF	Program Director (H)	June 2014- to date		
	Supervisor for MCPS-HPE	2012- to date		
	Visiting Faculty, CPSP	2007- to date		
A				
Appointmen		2015 2017		
	HOD Harrassmant Call	2015-2016		
	HOD Harassment Cell	2015-2016		
	Associate Professor, Anatomy BUMDC	2012-2015		
	Assistant Professor, Anatomy BUMDC Assistant Professor, Anatomy ZU	2008-2012 2007-2008		

Coordinator PG Program, ZU 2007-2008 Coordinator lecture series, ZU 2004-2008

Organized lectures by individuals (both nationally and internationally) who were invited to

deliver talks on various subjects in ZU

Lecturer, ZU 2004-2007 Lecturer, Baqai University 2003-2004

### **Projects Completed**

Established the Department of Medical Education at BUMDC in 2008

Established the mentoring program at BUMDC in 2008 which is running successfully till to date

Established an Ethical Review Committee at BUMDC as a part of my PGD-Bioethics project which is running to date

2010- to date

## Experience

Bahria University Medical & Dental College

Associate Professor, Anatomy 2012- 2015

Assistant Professor, Anatomy Nov 2008-Jan 2012

Ziauddin University, Karachi Nov 2007-Nov 2008

**Assistant Professor of Anatomy** 

Ziauddin University, Karachi April 2004-Nov 2007

Instructor of Anatomy

Bagai Medical University Karachi

Instructor of Anatomy July 2003-April 2004

Naval Central Surgery September 2001-August 2002

Civilian Medical Officer

South City Hospital Karachi March 1999-November 1999

Medical Officer

Worked as a duty Medical Officer and dealt with all types of emergency cases

Maulvi Clinic, Karachi May 1997-September 1997

General Practitioner

Dealt with gynaecological and paediatrics cases. Average of about 50 cases per day at a charitable clinic in Karachi

**Jinnah Post Graduate Medical Centre** 

House Officer, General Surgery **December 1995-June 1996** 

Worked in Surgical OPD. Performed surgery on patients under local anaesthesia.

Worked in Surgical Ward 3. Performed surgery on patients under general anaesthesia by assisting senior doctors and also independently

House Officer, General Medicine

**June 1996-December 1996** 

Worked in Medical OPD. Also, worked in Medical Ward 5, dealing with patients suffering from poison injuries and snake bites. Included a special assignment by the Head of Department to National Institute of Cardiovascular Diseases

## Facilitate sessions at College of Physicians and Surgeons for MCPS-HPE students 2009- to date

## Facilitate Workshops at College of Physicians and Surgeons for Supervisors and Postgraduate students

**Educational Planning and Evaluation** 

Assessment of Competence 2009-to date

Supervisory Skills Communication Skills

TOACS workshop for Dental Faculty 2012

# Facilitate Workshops at Bahria University Medical and Dental College for faculty development on

Communication skills

Planning and Evaluation Dec' 08-to date

PBL procedure PBL writing Assessment

Curriculum Development

Mentoring

#### PBL training for faculty Feb'09-till to date

## Facilitated Workshops at Ziauddin University for the faculty members on

Planning and Evaluation May' 2008

Conducting PBL

PBL writing

## Chief facilitator for the faculty development course at BUMDC June 2012-Aug 2012

Conducted Certificate course of 3 months duration on Basic Education Skills for the faculty of BUMDC and PNS Shifa

## Accreditation Pakistan Medical and Dental Council

### **Workshops Attended**

Medical Education, Ziauddin University	2005
SPSS, Ziauddin University	2006
Education and Planning, CPSP	2008
Research Methodolgy, CPSP	2008
Communication Skills, CPSP	2008

Assessment of Competence, CPSP	2008
Communication Skills, BUMDC	2009
Endnote, AKU	2011
TURNITIN by HEC	2012
Techniques in Molecular Biology-ZU	2014
Tissue processing and microtomy	2015
MCQ Re-treat-CPSP	2016
PNEC NUST-Research writing	11 <sup>th</sup> August 2018

#### Courses

Beginners computer training program

Medical Education, ZU

2002

2005

Tutoring skills, objective writing and problem based learning (PBL) 20 hours

Introductory course on Genetics 2008

## **Symposium/ Conference**

1. 45<sup>th</sup> Annual Medical Symposium

Jinnah Postgraduate Medical Centre Theme: Health for the under-privileged

Read paper on "Comparison of Ovarian Reserve and BMI in Fertile and Subfertile Women as Determined by Ultrasonography: A Karachi Study" February 2008

2. Authored paper at 6<sup>th</sup> APA-PHS Conference 2008, Kuala Lumpur, Malaysia "PBL: Challenges and Opportunities". **Entitled "Analysis of PBL based teaching strategy in medical students in a comparative study"** 

13th-16th October' 2008

3. 2<sup>nd</sup> international conference on Medical Education

Fatima Jinnah Medical College, Lahore

Theme: Time for a change

Read paper entitled "Comparison of Students and Facilitators Perception of Implementing Problem Based Learning"

18th- 20th March 2010

4. 1<sup>st</sup> Symposium

Bahria University Medical and Dental College

Theme: Health and Education: Need of the Nation.

Read paper entitled "Establishing an Ethical Review Committee at our Institute"

4<sup>th</sup> -6<sup>th</sup> February 2011

5. National Medical Education Conference

College of Physician and Surgeons Pakistan

Theme: Competency-Based Residency Education

Read paper entitled "Ethical Implications in mentoring medical students"  $26^{th} - 27^{th}$  February 2011

6. Golden Jubilee Celebration Conference

College of Physicians and Surgeons Pakistan

Theme: Post graduate medical education-challenges and innovations

Read paper entitled "Impact of structured meeting on the learning of faculty members" 9th-11th November 2012

7. First International Conference of Anatomists

**CMH-Lahore** 

Theme: Academic Challenges in Anatomy & Modern Educational Trends

Invited as a key Note speaker; spoke on "Latest strategies in teaching anatomy"  $21^{st} - 22^{nd}$  March 2014

8. Charter Day

College of Physicians and surgeons-Karachi

Theme: Developing Human Resource for comprehensive health care

Invited as a moderator to moderate session on "strategies for effective teaching and learning" 20<sup>th</sup> May 2014

9. Pak-China Medcong

Pakistan Medical Association

Theme: An initiative for joint Pak-China Medical Corridor

Read paper on "mentoring medical students facing diverse hitches" 8th-10th January 2016

10. Joint 2<sup>nd</sup> annual conference of Ziauddin University Pakistan with European society of translational medicine

Theme: International conference on translational medicine-from discovery to health care

Read paper on "Diagnostic, prognostic and predictive value of MicroRNA-21 in breast cancer patients, their daughters and healthy individuals."

1st - 3rd February 2016

11. One day colloquium at University of Health Sciences

Theme: To frame national health research agenda

Represented Bahria University Medical and Dental College 23<sup>rd</sup> May 2017

12. 2<sup>nd</sup> International Conference on Health Professions Education

Theme: Emerging trends in HPE in 21st century

Read paper on "Replacement of concepts developed during health professions education"

14th - 17th October 2018

#### **Research papers and Publications**

- 1. Shahida Zaidi, **Ambreen Usmani**, Ishrat S Shokh. Ovarian reserve in reproductive age. Pakistan Journal of Medical Sciences (PJMS) April- June **2007**; 23(3):449-453
- 2. **Ambreen Usmani**, Ishrat S Shokh. Ovarian reserve in fertile women as determined by ultrasonography. Journal of Dow University Health Sciences (JDUHS) July-December **2007**; 1(2):69-73.
- 3. Zaidi S, **Usmani A**, Shokh IS, Alam SE. A comparison of ovarian reserve and BMI between fertile and subfertile women: A Karachi Study. Journal of College of Physicians and Surgeons Pakistan (JCPSP) **2009**; vol 19(1):21-24.
- 4. **Usmani A**, Sultan ST, Ali S, Fatima N, Babar S. Comparison of students and facilitators' perception of implementing PBL. Journal of Pakistan Medical Association (JPMA) **2011**; vol 61(4): 332-335.
- 5. **Usmani A**, Sultan ST, Omaeer Q. Ethical implications of mentoring medical students. AHRC-ETC-019-2011 in Ethics in action Korea. www.humanrights.asia. **2011**
- 6. **Usmani A**, Omaeer Q, Sultan ST. Mentoring undergraduate medical students: Experience from Bahria University Karachi. Journal of Pakistan Medical Association (JPMA) **2011**; vol 61(8):790-794
- 7. **Usmani A**, Rehman R, Babar S. Impact of structured meetings on the learning of faculty members. J Postgrad Med Inst (JPMI) **2012**; 26(3):283-290
- 8. **Ambreen Usmani**, Rashid Anjum, Saeed Shafi. Ultrasonic measurement of female pelvic reproductive organs and comparison of BMI between fertile and infertile women. Journal of Rawalpindi Medical College (JRMC) **2012**; 16(2):159-161
- 9. **Ambreen Usmani**, Zia ul Islam, Zehra Akhtar. Comparison of female reproductive organs morphology between fertile and infertile women with polycystic ovaries. Journal of Postgraduate Medical Institute (JPMI) **2013**; 27(1):48-54
- 10. Rehana Rehman, Zil-e-Rubab, **Ambreen Usmani**. Problem based learning development program at Bahria University Medical and Dental College. Pakistan Journal of Medicine and Dentistry (PJMD) **2013**;2(2):21-26
- 11. **Usmani A**, Qamar A, Sadiq S. Ageing ovaries and endometrium in PCOs. JBUMDC **2013**; 3(2):69-74
- 12. **Usmani A**, Muhammad Syed Shafi, Rehman R, Islam ZU. Association of Polycystic Ovaries in primary infertile women with ovarian and uterine morphology. Journal of Rawalpindi Medical College (JRMC). **2014**;18(1):122-125
- 13. **Usmani A**, Islam ZU, Sultan ST. Mandate of Establishing an Ethical Review Committee. JBUMDC. **2014**; 4(1):27-29

- 14. **Ambreen Usmani,** Rehana Rehman, Zehra Ahktar. Association of body mass index and dietary habits with ovarian and uterine morphology with sub fertile polycystic ovarian syndrome. J Postgrad Med Inst. **2014**; 28(2):133-138
- 15. Rehman R, Rubab EZ, **Usmani A,** Rehan R. Steps towards implementation of modular hybrid system at Bahria University Medical and Dental College. J Postgrad Med Inst (JPMI) **2014**; 28(1):98-102.
- 16. Rehana Rehman, **Ambreen Usmani**, Quratulain Omaeer, Hina Gul. "Mentorship" a stride towards maintenance of medical student's well-being. J Pak Med Assoc (JPMA) 2014; 64(12):1352-1357
- 17. **Ambreen Usmani**, Rehana Rehman, Aisha Qamar. Effect of age on ovarian and uterine morphology in Polycystic Ovaries. J Pak Med Assoc **2014**;64(10):1119-1122
- 18. **Usmani A**, Rehan R, Wasim B. Effects of Polycystic Ovaries on the morphology of uterus and ovaries. Pak J Med Dent **2014**;3(2):7-12
- 19. Rehana Rehman, Rabiya Rehan, **Ambreen Usmani**. Journal Club presentation in research orientation at Bahria University Medical and Dental College. Pak J Med Sci. **2015**; 31(1):136-139. doi: http://dx.doi.org/10.12669/pjms.311.6314
- 20. Rehana Rehman, Sundus Tariq, **Ambreen Usmani**, Mukhtiar Baig. Interplay of leptin with obesity and polycystic ovarian syndrome. Life Science Journal **2015**;12(4):12(4):83-89 [IF: 0.165]
- 21. Khalil Ahmed, Iftikhar Athar Rasool, Naeem Haider, Habib Ullah, **Ambreen Usmani**. A rapidly developing cataract in idiopathic hypoparathyroidism: a case report. J Post Med Inst **2015**;29(1):52-54
- 22. **Ambreen Usmani,** Amir Ali Shoro, Zahida Memon, Mehvish Hussain, Rehana Rehman: Diagnostic, prognostic and predictive value of MicroRNA-21 in breast cancer patients, their daughters and healthy individuals. Am J Cancer Res **2015**;5 (8):2484-2490.
- 23. Ambreen Usmani, Amir Ali Shoro. MicroRNA in breast cancer. MicroRNA in breast cancer. JBUMDC. **2015**;5(2):51-55.
- 24. Aisha Qamar, **Ambreen Usmani**, Humera Waqar. Ameliorating effect of Allium Sativum on high diet induced fatty liver in albino rats. Pak J Med Sci. **2016**; 32(2): 403-407 doi: <a href="http://dx.doi.org/10.12669/pjms">http://dx.doi.org/10.12669/pjms</a>. 322.9025
- 25. **Ambreen Usmani**, Amir Ali Shoro, Bushra Shirazi, Zahida Memon. Investigative and extrapolative role of microRNA's genetic expression in breast carcinoma. Pak J Med Sci. **2016**; 32(3):766-772
- 26. **Ambreen Usmani**, Quratulain Omaeer. Students' views of mentoring at Bahria University Medical College Pak J Med Sciences. **2016**; 32(6):1489-1493. doi:http://doi.org/10.12669/pjms.326.10625
- 27. **Usmani A.** Benefits of Mentoring: An Essential Program for all Educational Institutes. Int Arch BioMed Clin Res. **2016** Feb; 2(1):3-4
- 28. Ambreen Usmani. Importance of Electronic learning. JBUMDC. 2017; 7(1):01-02

- 29. **Ambreen Usmani**, Amir Ali Shoro, Bushra Shirazi, Zahida Memon, Mehvish Hussain. microRNA-16: A novel hereditary marker in breast cancer and their offspring J Pak Med. **2017**; 67(3):446-450
- 30. Zia Ul Islam, **Ambreen Usmani.** Psychometric analysis of anatomy MCQs in modular examination. Pak J Med Sciences. **2017**; 33(5): 1138-1143 doi: http://dx.doi.org/10.12669/pjms.335.12382
- 31. Irfan Ali Mirza, **Ambreen Usmani**. Attribution to success and failure among medical students. Experience at BUMDC. Pak Armed Forces Med J. **2017**; 67 (6): 890-98
- 32. Tahir Ansari, **Ambreen Usmani.** Students perception towards feedback in clinical sciences in an out-come based integrated curriculum. Pak J Med Sci. **2018**;34 (3)702-709. Doi:https///doi.org/10.12669/pjms.343. 15021
- 33. Azra Jamil, **Ambreen Usmani**. The differences in the perception and educational outcome of the students and the faculty practicing traditional and integrated curriculum. accepted **2018** JCPSP
- 34. Ambareen Khan, **Ambreen Usmani**, Waqar. WhatsApp an informal learning and communication tool: experience of Medical Officers in Secondary care facility. To be completed in 2019 JPMA
- 35. Qudratullah, **Ambreen Usmani**, Siraj Ul Haq. Undergraduate learning by WhatsApp. To be completed in 2019 PAFMJ
- 36. Mansoor Dilnawaz, Ambreen Usmani, Waqar. Audit. To be completed in 2019 PAFMJ
- 37. Quratulain Jawaid, **Ambreen Usmani**. Anthropological variation of frontal air sinus among different ethnicities living Karachi. To be completed in 2019 PLoS
- 38. Ambreen Surti, **Ambreen Usmani**. Fetal Anomalies detection on 4D Ultrasound. To be completed in 2019 PLoS
- 39. Danish, Ambreen Usmani. Bridging gaps in teaching and learning biochemistry. 2020
- 40. Hudaibia, **Ambreen Usmani**. Learning skills by dental students. 2020
- 41. **Ambreen Usmani**, Maroosha Imran. Replacement of conceptions developed during health professions education. JBUMDC. **2018**;8(3):177-183
- 42. **Ambreen Usmani**, Zahida Memon, Amir Ali Shoro, Maroosha Imran. microRNA Let 7b: A novel function in predicting breast cancer. JCPSP in process
- 43. Syed Muslim Abbas, **Ambreen Usmani**, Maroosha Imran. Innovative Curriculum for Evidence Based Practice for Nursing Professionals. JBUMDC. **2018**;8(3):176-182
- 44. **Ambreen Usmani**, Nasim Karim, Mehreen Latif, Wahab Kadri. Am J Cancer Res (in process) Metformin Intervention In Oral Submucous Fibrosis And Oral Squamous Cell Carcinoma Via Molecular And Spectral Biomarkers 2019 in process

- 45. **Ambreen Usmani,** Mehreen Latif, Maroosha Imran. Relation of CRP in stage III breast cancer in (JPMA in process)
- 46. Umar Talha, Tariq Mairaj, Muhammad Imran, **Ambreen Usmani**. An Efficient FBP based Sparse-View CT Reconstruction Scheme using Morphological Alternating Sequential Filtering and Normalized Re-Projections (in process)
- 47. Syed Muslim Abbas, **Ambreen Usmani**, Maroosha Imran. Willingness to Pay and its Role in Health Economics (JBUMDC-in process)
- 48. Hafeez ud din, **Ambreen Usmani**. Role of supervisors as mentor in the academic performance of post graduate doctors in a public-sector hospital of Karachi. In process 2019
- 49. Junaid, Ambreen Usmani, Maroosha Imran, Naveed Faraz. Impact of WhatsApp on general population. JBUMDC
- 50. Quratulain Jawaid, **Ambreen Usmani**. Review article on Anthropological variation of frontal air sinus among different ethnicities living Karachi. To be completed in 2019
- 51. Ambreen Surti, **Ambreen Usmani**. Review article on Fetal Anomalies detection on 4D Ultrasound. To be completed in 2019

#### **FUNDING & AWARDS:**

1. GRANT: Primary Investigator: 2007

"Ovarian reserve in subfertile women"

Ultrasound Clinic, P.E.C.H.S- Funded the MPhil research project Rs100,000

2. Primary Investigator: 2012

"Association of ovarian and uterine morphology in fertile and subfertile women"

Bahria University Medical and Dental College Awarded Rs10,000

3. Primary Investigator: 2013

"Polycystic ovaries"

Bahria University Medical and Dental College Awarded Rs10,000

4. Primary Investigator: 2014

Published in an impact factor journal

"Effect of age on ovarian and uterine morphology in Polycystic Ovaries"

Bahria University Medical and Dental College Awarded Rs50,000

5. Primary Investigator: 2014

Published in an impact factor journal

"Mentorship: a stride towards maintenance of medical student's well-being"

Bahria University Medical and Dental College Awarded Rs50,000(distributed)

6. Primary Investigator: 2014

Published in an impact factor journal

Journal Club presentation in research orientation at Bahria University Medical and Dental College

Awarded Rs50,000(distributed)

7. Primary investigator: 2015

Published in an impact factor journal

Diagnostic, prognostic and predictive value of MicroRNA-21 in breast cancer patients, their daughters

and healthy individuals

Bahria University Medical and Dental College Awarded Rs50,000

8. Primary investigator: 2016

Published in an impact factor journal

Students' views of mentoring at Bahria University Medical College. **Awarded Rs50,000** (distributed)

9. Primary investigator: 2017

Published in an impact factor journal

microRNA-16: A novel hereditary marker in breast cancer and their offspring

Bahria University Medical and Dental College Awarded Rs50,000

10. Co-investigator: 2017

Published in an impact factor journal

Psychometric analysis of anatomy MCQs in modular examination

Bahria University Medical and Dental College Awarded Rs50,000

- 11. GRANT: Primary Investigator and Team Leader in Collaborative research with Altinbas University-Turkey on "Oral Cancer" TUBITAK-PSF funding in process Rs6,000,000
- 12. GRANT: Member in Collaborative research with UT-TECH on "Innovative changes in angulation of Magnetic Resonance Imaging to save power energy" This will become patent in the entire team's name

  Rs15,000,000

### POSTGRADUATE STUDENTS UNDER MY SUPERVISION:

- 1 MPhil in Anatomy "Fetal Anomalies detection on 4D Ultrasound"
- 2 MPhil in Anatomy "Determination of variation in bony skeleton of hand in different ethnic groups"
- 3 MCPS-HPE "Attribution to success and failure among medical students. Experience at BUMDC
- 4 MCPS-HPE "Psychometric analysis of anatomy MCQs in modular examination"
- 5 MCPS-HPE "Effective feedback in clinical sciences in an out-come based integrated curriculum"
- **6** MCPS-HPE "The differences in the perception and educational outcome of the students and the faculty practicing traditional and integrated curriculum"
- 7 MCPS-HPE- Bridging gaps in teaching and learning biochemistry in process
- 8 MCPS-HPE- Learning skills by dental students in process
- **9** MCPS-HPE- WhatsApp an informal learning and communication tool: experience of Medical Officers in Secondary care facility
- 10 MCPS-HPE- Importance of audit in a medical college
- 11 MCPS-HPE- Undergraduate learning by WhatsApp
- **12 MCPS-HPE-** Role of supervisors as mentor in the academic performance of post graduate doctors in a public-sector hospital of Karachi

## <u>POSTGRADUATE EXAMINER</u> OF: FOUR (04) MPhil candidates in Ziauddin University, > Hundred 100 MCPS-HPE CADIDATES CPSP

#### **BOOK PUBLISHED:**

Ambreen Usmani. "Ovarian reserve in fertile and sub fertile women" Lambert Publishers, Germany 2012. Review available on <a href="https://www.amazon.com">www.amazon.com</a>

#### **CHAPTER WRITTEN FOR BOOK:**

Health for elderly- CHS Textbook published by Paramount publisher (in process)

#### **BOOK UNDER PROCESS:**

Case Based Clinical Embryology- Paramount Publisher (in process)

#### **OTHERS:**

- External Evaluator for "Evaluation of Self-Assessment Report of MBBS program of Ziauddin Medical College" 19th July 2013
- Member of Editorial Board of Pakistan Journal of Medical Sciences (Impact factor Journal)
- Reviewer of
  - ✓ Pakistan Journal of Medical Sciences (impact factor)
  - ✓ Journal of Pakistan Medical Association (impact factor)
  - ✓ Journal of Bahria University Medical and Dental College
  - ✓ Journal of Medicine and Medical Sciences
  - ✓ Herald Journal of Medicine and Medical Sciences
  - ✓ Anatomy and Physiology Journal (impact factor in process)
  - ✓ Journal of Fatima Medical University

### PRESENT RESEARCH PROJECTS UNDER PROGRESS:

- 1. microRNA in breast cancer patients and their daughters
- 2. Genetic biomarker MIR-122 for diagnosing hepatitis B and Hepatitis C virus in jaundiced patients
- 3. Metformin Intervention In Oral Submucous Fibrosis And Oral Squamous Cell Carcinoma Via Molecular And Spectral Biomarkers
- 4. Relation of CRP in stage III breast cancer
- 5. microRNA Let 7b: A noval function in predicting breast cancer