

CURRICULUM VITAE

Prof. Dr. Zahid Naeem

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Name:	Prof. Dr. Zahid Naeem
Position:	Professor/ HOD
Name of Institution:	Department of Community Medicine Islamabad Medical and Dental College
Date of Joining:	1st December, 2021
Membership in Professional Societies:	Pakistan Medical and Dental Council Pakistan Medical Association Population Council of Pakistan

Detailed Task of Position in Islamabad Medical & Dental College

Professor & HOD Community Medicine, Islamabad Medical & Dental College

Teaching undergraduate (MBBS) medical students

Associate Editor in Chief – Journal of Islamabad Medical and Dental College

Associate Editor in Chief – International Journal of Health Sciences (IJHS) for 8 years

Associate Editor in Chief, Journal of Shifa Tameer e Millat University (JSTMU) 30 August 2021

Chairman Research Committee, Shifa College of Medicine, Islamabad

PMDC Registration No:

5206-P

Fellowship No:

COM-97-1871

Education:

- **FCPS**

College of Physicians & Surgeons, Pakistan

1997

- **DPH**

Punjab University Lahore, Pakistan

1994

- **MCPS**

College of Physicians & Surgeons, Pakistan

1993

- **Grading Course in Community Medicine**

1990

Armed Forces Medical College

- **M.B,B.S**

Nishtar Medical College, Multan, Pakistan

1982

Teaching Experience

Current:

Professor and HOD Community Medicine, Islamabad Medical and Dental College

August 2017 to November 2021

Professor of Community & HOD, Shifa College of Medicine, Islamabad, Pakistan

September 2008 to June 2017

Professor of Family & Community Medicine, College of Medicine, Qassim University, KSA

September 2006 – September 2008

Professor of Community Medicine & Associate Dean Baqai Institute of Health Sciences, Baqai Medical University Karachi, Pakistan

February 2004 – September 2006

Associate Professor Baqai Institute of Health Sciences, Baqai Medical University
Karachi, Pakistan

Sep 1999 to Jan 2003

Assistant Professor in Community Medicine Army Medical College, Rawalpindi Pakistan

Dec 1998 - Sep 1999

Assistant Professor in Community Medicine, Armed Forces Post Graduate Medical
Institute, Rawalpindi, Pakistan

Dec 1992 - Jan 1995

Demonstrator in Community Medicine Department, Army Medical College, Rawalpindi,
Pakistan

Mar 1990 - Dec 1992

Instructor in Community Medicine Armed Forces Medical College, Rawalpindi, Pakistan.

Publications

- **Zahid Naeem**, Mahrukh Nadeem, Musa Kamil, Aiman Ayub, Kalsoom Nawaz, Sabiha Karim, Ali Hassan, Impact of breast cancer awareness health campaigns on knowledge of female educationalists of Islamabad and Rawalpindi; an interventional study. JSTMU, Vol 4, No 2, 44-49,2021
- Sajida Naseem, **Zahid Naeem**, Hiba Choudhry, Ghanwa Bereach, Saima Rafi, Fozia Tahir, Mansoor Ahmed Qazi, Sana Mangrio, Rehana Khalil. Myths and misconceptions related to CoVID-19 among future health care providers in a private University of Islamabad - An interventional study. JSTMU, Vol 3, No 2. 81-87
- **Zahid Naeem**, Hiba Choudhry, Ghanwa Bareach, Sajida Naseem, Saima Rafi, Sana Mangrio. Mental health issues during COVID-19 pandemic. Vol 3, No 2.122-127
- **Zahid Naeem**. Vitamin D deficiency: Its contributing factors and prevention. JSTMU. 2019 Vol 2, No 2. 33-35
- **Zahid Naeem**. Pakistan – Double Burden of Diseases, JSTMU, Vol 2, No 1. 1-2

- Farah Gul, Saba Savul, Saima Perwaiz Iqbal, **Zahid Naeem**, Nismat Javed Patient preferences for doctor attire: A cross-sectional study in Islamabad, Pakistan, Rawal Medical Journal, 2019, 44 (4) , 807-813
- **Naeem Zahid** , Savul S, Khattak UK, Janjua K. Impact of health education on knowledge of Child Sexual Abuse among female school teachers in twin cities of Pakistan. Pak J Public Health. 2018; 8 (4): 176-80
- Savul S, **Naeem Zahid**, Satisfaction of Female Patients with Health Care Services at the Peri-urban Community Health Centre in Islamabad. Cureus. 2018 Aug 4;10(8):e3101. doi: 10.7759/cureus.3101.
- Rehana Khalil , Mohammad Ali Chang , **Zahid Naeem**, Assessing knowledge of lady health workers regarding sexually transmitted infections in rural Pakistan, International Journal of Reproduction, Contraception, Obstetrics and Gynecology . Int J Reprod Contracept Obstet Gynecol. 2016 Oct;5(10):3372-3377
- Rehana Khalil , Saadia Gul , **Zahid Naeem**, Nature and extent of perceived stigma among epileptics in Pakistan, International Journal of Research in Medical Sciences Khalil . Int J Res Med Sci. 2016 Sep;4(9):3900-3904
- **Zahid Naeem**, Zika- Global Concern . International Journal of Health Sciences, Vol: 10, No: 3 , July 2016
- Prevalence and trends of overweight and obesity amongst Saudi school children, a study done by using three non-invasive methods
- Khalil R, **Naeem Z**, Zaman A,, Faryal Z, Occupational health related concerns among surgeons. International Journal of Health Sciences, Qassim University, Vol. 10, No. 2 (April-June 2016)
- **Naeem Z**, Burden of Diabetes Mellitus in Saudi Arabia. IJHS, 2015, Volume: 9, No: 3. July- Sep 2015
- **Naeem Z**, Second Hand Smoke- Ignored Implications, . IJHS, 2015, Volume: 9, No: 2.
- Khalil R, **Naeem Z** ,Stigma and Discrimination Experienced by People Living with HIV/AIDS at Health care Facilities in Karachi, Pakistan, SMU Medical Journal, Volume – 2, No. 1, January 2015

- **Naeem Z**, Health risks associated with mobile phones use, IJHS, 2014, Volume: 8, No: 4
- **Naeem Z**, Health hazards of Energy Drinks and positive actions by Saudi Government ,IJHS, 2014, Volume: 8, No: 2
- Khalil R, **Naeem Z.**, Yousafzai M.T. and Gul S. Marriage as a bond or a burden: A study on married female college teachers of Karachi, Pakistan, International J. Soc. Sci. & Education, 2014 Vol.4 Issue 3, ISSN: 2223-4934 E
- **Naeem Z**, Middle East Respiratory Syndrome (MERS) – An update, IJHS, 2013, Vol: 7, No: 3
- **Naeem Z**, Medical and behavioral problems faced by Saudi Adolescents, IJHS, 2013, Vol: 7, No: 2
- Masood Ahmed Shaikh, **Naeem,Z** Abd Alrahman Alshahat, Farooque Ahmed Shaikh, Shahan Arif Growth plate changes associated with Hypothyroidism amongst the pre and postnatal rats, IJHS, Vol:7 , No:1,31-42
- Mohaimeed AR, N Z Khan, **Naeem Z**, Ebtehal Al-Mogbel, Vitamin D Status among Women in Middle East, Journal of Health Science, p-ISSN: 2166-5966 e-ISSN: 2166-5990, 2012; 2(6): 49-56
- **Naeem Z**, Increasing trend of Junk food use in Saudi Arabia and health implications, IJHS, 2012, Vol: 6, No: 1
- **Naeem Z**, AbdulRahman AlMohaimeed , Fawzy Khalil Sharaf , Hisham Ismail , Faiza Shaukat , SN Bazmi Inam Vitamin D status among population of Qassim Region, Saudi Arabia , IJHS,2011, Vol 5, No 2,
- **Naeem Z**, Road Traffic Injuries – Changing Trends, Editorial, IJHS, 2010, Vol No 2, Issue 8
- **Naeem Z**, Vitamin D deficiency, an ignored epidemic- Editorial, IJHS,2010, Vol 4, No 1, V-VI
- **Naeem Z** , Shaukat F, Child labour in relation to poverty- a study in urban settlement of Karachi, Pakistan, PJMR, 2010, Vol 49(3), July 2010, 71-73
- Fawzy Sharaf, **Naeem Z**, AR Mohemeed and Nahel Al Sawaf ,Prevailing Myths and Misconception about Diabetes Mellitus in Qassim Region of Saudi Arabia, Annals of Alquds Medicine, Vol/ Issue 6, 2010
- **Naeem Z**, Sandesh Kumar, Knowledge regarding HIV/AIDS and its routes of transmission among paramedical staff of Baqai Medical University Hospitals, Karachi. Medical Channel, Vol 15, No 2, June 2009, 33-36.
- **Naeem Z**, HIV/ AIDS Surveillance Project in high risk population in Sindh province, National AIDS control Program Pakistan/ CIDA 2007

- **Naeem Z**, Bux Hussain, Faiza Shaukat, Mohammad Haneef Memon, Family Planning: Knowledge, Attitude and Practice in Northern Pakistan, Medical Channel Vol: 12, No: 2, April -June 2006, 51-54.
- Nasir Jamal, Imdad A. Khushk, **Naeem Z**, Knowledge and attitudes regarding AIDS among Female Commercial Sex Workers at Hyderabad City Pakistan, JCPSP 2006, Vol. 16 (2): 91-93
- Majeed A, **Naeem Z**, Dilshad Alam Khan, Aamer Ayaz, Epidemic Adenoviral Conjunctivitis report of an outbreak in a military garrison and recommendations for its management and prevention. JPMA. 55, No. 7, July 2005 55:273 -275
- **Naeem Z**, Adolescent Health Problems – Need to Intervene. JPMA Vol.: 55, No. 4. April 2005 page 134-135
- **Naeem Z**, Human Sexuality Chapter in a book, Public Health& Community Medicine Editor Mohamed Iliyas, 7th edition
- Khan I.A, **Naeem Z**, Mahmood K. Metal Contamination of Water from Copper, Iron, Stainless Steel, Brass and Tin Plated cooking Utensils PAFMJ 1995; 45(2): 72-75
- **Naeem Z**. Prevalence of obesity among Armed Forces Personnel's and its Prevention, Thesis(Dissertation) for FCPS

Conferences, Workshops, Seminars, Trainings

Bioethics Course – Ethical and Regulatory aspects of Clinical

Research(National Institute of Health (NIH) Bethesda USA

From 27 September to 16 November 2019

International Conference on Medical Education – Pak-China Friendship center

19-22 October, 2019

Invited International Speaker, Role of Primary Health Care in Developing countries. 3rd International Conference, Ziauddin University, 2017, Pakistan.

Chaired, two plenary sessions 3rd International Conference, Ziauddin University, 2017, Pakistan.

Facilitator, AMEE course in Saudi International Medical Education Conference (SIMEC) 2014.

April 2012

Presentation in 6th Annual Medical Research Meeting , College of Medicine, Qassim University , Saudi Arabia

March 2012

Speaker “ symposium on medical writing” in Ayun Al Jawa Hospital, Qassim , Saudi Arabia

February 2012

Workshop on “Principles of Student Assessment” College of Medicine, Qassim University , Saudi Arabia

April 2012

Speaker in “ Medical Update symposium” in Qassim National Hospital in Saudi Arabia

Oct.2010

Workshop on “Prevention and control of chronic diseased” conducted at Qassim University in collaboration with Stanford Research Centre(Stanford school of Medicine, USA)

June 2010

Workshop on Multiple Choice Questions (MCQs), College of Medicine, Qassim University, KSA

April 2010

Cardiopulmonary Resuscitation by Saudi Heart Association on 6th April 2010, KSA

April 2010

Sun Vitamin – “Are we getting enough” King Fahad Hospital 28 April 2010, KSA, Speaker on Epidemiology of Vitamin D and Research Areas in Vitamin D

January 2009

Tutor training workshop in Problem Based Learning (PBL). College of Medicine, Qassim University, KSA

June 2008

Grant Writing Workshop by the Vanderbilt University- UABAIDS International Training Research Program

March 2007

“Grant Writing Workshop” in collaboration of University of Alabama & AIDS International Research and Training Program at Dow University of Health Sciences, Karachi, Pakistan

December 2006

Training Workshop on “Integrated Biological & Behavioral Surveillance”(IBBS) Techniques in Second generation Surveillance of HIV/AIDS organized by HASP/ CIDA and NACP, Regent Plaza, Karachi

July 2006

Training Workshop on Mapping Techniques in Second generation Surveillance HIV/AIDS organized by HASP/ CIDA and NACP, Avari Towers, Karachi

March 2006

International HIV Congress 2006, Taj Lands End Hotel, Mumbai, India

March 2006

Seminar on Qualitative Research Methods and Evaluation, The University of Alabama at Birmingham, School of Public health, Fogarty International Center

August 2005

Seminar on GCP,GPP,EDL& Rational use of Drugs organized by Ministry of Health in collaboration with WHO at Baqai Medical University, Karachi ,Pakistan

February 2005

Workshop on Clinical Trial Methods& Good Clinical Practice (GCP), Organized by Aga Khan Medical University, Karachi, Pakistan.

January 2005

Training Workshop on Scientific Writing Skills, Organized by Aga Khan Medical University in Collaboration University of Alabama at Holiday Inn, Islamabad, Pakistan.

October 2004

Workshop on Time Management at CME, Baqai Medical University, Karachi, Pakistan

August 2004

International Conference on “Community Oriented Medical and Dental Education” Baqai Medical University, Karachi - Pakistan.

June 2003

Workshop on Research Methodology, Biostatistics & Medical writing at CME, College of Physicians & Surgeons, Karachi, Pakistan.

April 2002

Medical Demography (Intensive Course) Population Council & Health Services Academy, Islamabad, Pakistan

14 June 01 to 27 July 01

Course on IT Office 2000 & Internet from NUST Institute of Information Technology (NIIT). Rawalpindi, Pakistan

August 2001

Workshop on Health Care of Elderly, Health Services Academy, Islamabad, Pakistan

May 1999

Workshop on Women’s Health CPSP & World Bank Islamabad, Pakistan

May 1997 - Aug 1997

Unit Command Course Armed Forces Medical College Rawalpindi, Pakistan

May 1996- July 1996

UN Peace Keeping Course School of Infantry & Tactics, Quetta, Pakistan

Mar 1994

Training Workshop/Seminar on Aspects and Management of AIDS Health Services Academy, Ministry of Health, Islamabad, Pakistan

Jan 1994

Environmental & Occupational Medicine Course Pakistan Society for Environmental & Occupational Medicine, Karachi, Pakistan

17 Nov 1993 / 2002

Research Methodology and Medical writing” at Army Medical College Rawalpindi

July 1990

Special Course on Protection against Chemical, Biological & Radiological Warfare Civil Defense Academy, Lahore, Pakistan

Mar 1989-Feb 1990

Postgraduate Grading Course in Community Medicine Armed Forces Medical College Rawalpindi, Pakistan.

Papers Presented

- ◇ Epidemiology of Vitamin D deficiency at King Fahad Hospital 28 April 2010, KSA
- ◇ Research Areas in Vitamin D deficiency at King Fahad Hospital 28 April 2010, KSA
- ◇ Modern Concepts of Prevention & Control of Communicable Diseases in Garrisons Paper Presented in Surgeon General Study Period in AMC Center, Abbottabad. Pakistan. (1996).
- ◇ Measure to be adopted for Prevention & Control of I.H.D in Armed Forces. Paper presented in Surgeon General Study Period in AMC Center, Abbottabad, Pakistan (2002)

Appointment as Examiner

MBBS -- Shifa College of Medicine, Islamabad, Pakistan

MBBS/ MPhil - Army Medical College , Rawalpindi , Pakistan

Research project completed

- Knowledge of HIV/AIDS among Commercial Sex Workers in Hyderabad City by Dr Nasir Jamal MPH Student batch 2003-2004.
 - Marriage: A bond or a burden – A study among female married college teachers of Karachi, Pakistan by Dr Rehana Khalil MPH student Batch 2005-2006
 - Stigma and Discrimination against people living with HIV/AIDS at Health Care Facilities in Karachi , Pakistan by Dr Jayram Das, MPH student Batch 2005-2006
 - Child labour in relation to Poverty : A study in urban settlement of Karachi, Pakistan by Dr Ghulam Asghar, MPH student Batch 2005-2006
 - Knowledge regarding HIV/AIDS and its routes of transmission among Paramedical Staff of Baqai Medical University Hospitals by Dr Asif Iqbal Awan MPH Student batch 2003-2004.
 - Knowledge of HIV/AIDS among Commercial Sex Workers of Napier Road Karachi by Dr Nimmi Azim Shah MPH Student batch 2004-2005. 2003-2004
 - Hepatitis "C" Seropositivity in Health care providers by Dr Aijaz Ahmed Sohag MPH Student batch 2003-2004.
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Research

Principal Investigator :Vitamin D status among population of Qassim Region, Saudi Arabia, Deanship of Scientific Research, Qassim University, Saudi Arabia Proposal No: 010-448, 2010

Principal Investigator of HIV / AIDS surveillance project (HASP) - a project of Canadian International Development Project. Project carried out in four major cities of Sindh, Pakistan(Karachi, Hyderabad, Sukkur and Larkana) in high risk group (IDUs, FSWs, MSWs, Hijras),2007

Membership Professional Associations/ Societies

Population Council
Global Health Council
Pakistan Medical Association

Research interests

Epidemiology of Chronic Non Communicable diseases & Cancers
Medical and Social problems of aging population
Research Methodology
Reproductive Health
HIV & AIDS
TB / Tropical Diseases
Environmental Protection / Sustainable Development
Demography / Population Problems in third world countries
Drug Abuse & its Prevention

Computer Skills

MS Office, Windows, Internet, Epi Info, SPSS

Interests and activities

Reading Poetry and other books

Personal Information:

Date of Birth:	14-08-1957
Citizenship:	Pakistani
N.I.C. No:	61101-1918282-1
Marital Status:	Married
Passport No:	A3765895

