

CURRICULUM VITAE

1. PERSONAL INFORMATION

Name: Professor Dr Rukhsana Khan
Gender: Female
Date of Birth: 01-07-1961
Marital status: Married
Nationality: Pakistani
Office Address: Fazaia Medical College, Air University Islamabad
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2. HIGHER EDUCATION

2018 **PhD Public Health** - University of Liverpool, UK
2008 **Masters in Science with Specialisation in Clinical Epidemiology**
University of Pretoria, South Africa
2003 **Masters in Public Health (MPH)**
Health Services Academy Quaid-e-Azam University, Islamabad Pakistan.
1985 **M.B.B.S.**
Allama Iqbal Medical College, University of Punjab, Lahore, Pakistan.

3. SELECTED COURSES AND DIPLOMAS

2017 **Demographic and Health Survey Fellowship – USAID**
2015 **Health communication at HSA** in collaboration with John Hopkins University.
2012 **Analytical skills for policies and programs in RH and development**
John Hopkins University Baltimore USA.
2010 **Advanced epidemiological Analysis**
London School of hygiene and Tropical Medicine (LHSTM), UK
2006 **Monitoring and Evaluation of Population Health and Nutrition Programs**
University of Pretoria, South Africa

4. LANGUAGE CAPABILITIES

English Proficient in reading writing and speaking
Urdu Proficient in reading writing and speaking

5. PROFESSIONAL EXPERIENCE

- August 16 till date** Head of the department- Community Medicine Fazaia Medical College Air University Islamabad.
- May14'till date** Adjunct faculty, involved in teaching (Basic & applied Epidemiology Biostatistics , Public Health Nutrition courses for MSPH students at Health Services Academy
- Sept 08 – Apr 14** Assistant Professor/ Head of Department of Epidemiology and Biostatistics, Health Services Academy –Quaid e Azam University Islamabad.
- June 05 – Mar08** Senior Lecturer/ Head of the Department of Biostatistics at School of Public Health - University of Limpopo (MEDUNSA), South Africa.
- Sep 03 - Apr04** Field Programme Officer and Training Consultant in National Programme for Family Planning and Primary Health Care, Ministry of Health, Pakistan.
- Aug 2000- Feb 02** Programme Manager, School Health Services -Integrated Health Services (IHS), an NGO working in Rawalpindi and Islamabad
- Voluntary Associate, Diabetic Association of Pakistan,.
- Aug 1985- Jul 99** General Duty Female Medical Officer (civilian)- Pakistan Air Force.

6. UNIVERSITY TEACHING and RESEARCH EXPERIENCE

❖ Fazaia Medical College and Health Services Academy

➤ Professor and Head of Department

I provided academic leadership for staff within the department and took the responsibility for determining the strategic direction of the department. I worked with faculty members to develop the process of teaching and learning and created a productive and well regarded learning environment for students in a manner consistent with the vision of the institutions.

➤ Experience in the Field of Primary Health Care RH and Nutrition

- As a PhD research project validated, adapted the dietary assessment tools and supervised and monitored the data collection for pregnant depressed women in district Rawalpindi.

➤ Administrative Appointments in FMC

- **Chairperson FMC IRB.**
- **Chairperson FMC QEC**
- **Focal person for Nutrition and SUN Academia network.**
- **Member of Scaling Up Nutrition (SUN) Academia Network.**

7. Experience in conducting Conferences, Trainings and Courses related to infectious diseases , nutrition , data analysis and research methods.

- Chair Annual Research Conference at Fazaia Medical College held on 21Oct' 2021
- For capacity building of participants from provincial and federal level for promoting Multi-sectoral approaches to nutrition By Australian Awards in Australia and Pakistan funded by Australian Awards.
- Co-Chair of Annual Life sciences conference held in Jan' 18 at Fazaia Medical College
- Organizing member of Annual Public Health Conference at Health Services Academy from 2014 till 2017.
- Research methods workshops conducted for Scaling Up Nutrition Academia and Research Network member organizations sponsored by Nutrition International for all the provinces of Pakistan
- Workshops on secondary Analysis of DHS Data for Postgraduate students and Faculty.
- Research methods courses conducted in Health Services Academy, for MSPH students
- Research methods workshops conducted in collaboration with PMRC in Islamabad and Peshawar for Health Care Professionals
- Research Methods workshops series conducted for Scaling UP Nutrition Academia and Research Network all over Pakistan
- Course on Data Analysis for Nutritional Surveillance developed and conducted at federal, provincial and district level in Collaboration with WHO.
- Mater trainer for IYCF, and Nutrition in Emergencies courses conducted all over Pakistan
- Trainings in SPSS and STATA software for Public Health Professionals at Health Services Academy
- Public Health Nutrition Course developed and conducted yearly in collaboration with
- UNICEF at Health Services Academy for MSPH students and Health care providers.

8. PUBLICATIONS

Khan R, Ahmed W, Mustehsan ZH, Khan AS, Sikander S, Ahmed I, Jamil A, Sharif M, Bilal S, Zulfiqar S, Bibi A, Rahman A. Predictors of Prenatal Depression: A Cross-Sectional Study in Rural Pakistan. *Frontiers in Psychiatry* :2021 sep ;12 :1466

Bilal A, Khan AF, Naqvi SAA, Shams-UI-Haq L, Khan R. A Viral Crisis: Knowledge, Attitude and Practices of Undergraduate Medical Students of the Twin Cities of Pakistan towards Covid-19. *Journal of Ayub Medical College, Abbottabad: JAMC*. 2021 Jan 1;33(1):89-96.

Bilal A, Mustehsan ZH, Hasan B, Sarwar N, Ayaz N, Khan R. Mental Health and Its Association with Perceived Social Support during Covid-19 Pandemic among Pakistani Doctors: A Comparative Study. *Pakistan Journal of Public Health*. 2021 May 31;11(1):11-6.

Khan R, Waqas A, Bilal A, Mustehsan ZH, Omar J and Rahman A (2020). Association of Maternal Depression with Diet: A systematic Review *Asian Journal of Psychiatry* 52 (2020) : 1-11

Khan R, Bilal A, Siddiqui SH (2019). Knowledge about HIV and Discriminatory Attitudes toward People Living with HIV in Pakistan. *Pak J Public Health* | Vol. 9, No. 1: 37-41

Nizamani MH, Khan R, Bilal A, Lajpat, Almas S, Balouch MA and Khan S. Assessment of Determinants of Complementary Feeding Practices In Mothers of Less than 2 Years Children in Rural Setting of Islamabad. *Pak J Public Health*; Vol 10(1): 54-59

Nonari AA, Khan R, Abbasi MM et al.(2018) .Assessing Nutritional Status of School Children of a of Sindh Region on Socio-demographic Indicators. *JUMDC* Vol. 9 Issue No 4: 45-49.

Mahmood R, Khan R, Saleem S (2018). Association of Anaemia with Dietary Practices in Adolescent Girls. *Pak J Physiol* 2018 ;14(3)

Khan R, Bilal A, Siddiqui SH. Knowledge about HIV and Discriminatory Attitudes Toward People Living with HIV in Pakistan . Working paper , WP134 .DHS publications 2017.

Babar M, Khan R, Aziz Ullah (2017). Nutritional Status and Associated Factors Among Nomad Children Under Five Years of Age in District Faisalabad. *Pak Journal of Public Health* Vol. 7 No. 3:163- 168.

Haq F, Khan R and Huma Z (2017). Assessment of Knowledge Attitude and Practices Regarding Vitamin D Among Students of Saidu Medical College Swat. *Pak Journal of Public Health* Vol 7 No 1:1-4

Sadiq J, Khan R, Sikander S and Ahmed I(2017). Depression among Type 2 Diabetes Mellitus and its Association with Poor Glycemic Control in Patients Visiting Tertiary Care Hospital of Islamabad. *Pak J Med Res* Vol. 56, No.

Sheikh S, Khan R and Bux K (2016). Assessment of the Community, Knowledge, Attitude and Practice Regarding Piles of Garbage Around UC – 9 Gulshan-E-Iqbal Town District East Karachi *Pak J Public Health* Vol. 6, No. 3 :7-13

Achakzai P, Khan R (2016). Nutritional status and associated factors among children less than five years of age in Tehsil Zargoan town ,District Quetta Balochistan. J Ayub Med Coll Abbottabad ;28(1):20-24.

Khan R, Juwayria Omar (2016). Lady Health Workers; Agents of Change in Need of Change.Editorial. Pak J Med Res ; Vol 55,No.2: 33-34.

Zahid M, Khan R, Sikander S and Zulfiqar T .(2016).Are Lady Health Workers (LHWs) Equipped Enough to Detect Malnutrition In Under 5 Children?. Pak J Med Res Pak J Med Res Vol. 55, No.1; 20-24

Khalil B, Sarfraz M, Khan R .(2015)Socio-demographic and Economic Determinants Of Contraceptive Uptake. Pak J Med Res Vol. 54, No. 2; 40-44

Qureshi Z; Khan R(2015). Assessment of dietary intake trends in pregnant women in rural area of Rawalpindi, J Ayub Med Coll Abbottabad 2015; 27(3); 684-688.

Ashraf M, Ashraf F, Rahman A, Khan R. (2012) Assessing women's satisfaction level with maternity services: Evidence from Pakistan. Int J Coll Res Intern Med & Pub Health. Vol4(II);1841-185

9. REFERENCES

1. **Major General(R) Muhammad Tahir Khadim HI(M)**- Principal and Professor of Pathology Fazaia Medical College ,Air University Islamabad- Pakistan. Principalfmc@mail.au.edu.pk
2. **Major General(R) Salman Ali HI(M)**- Ex Principal and Professor of Paediatrics, Fazaia Medical College ,Air University Islamabad- Pakistan. Salman.Ali@gmail.com