

DR RAMSHA HAMID

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Summary of Qualifications

Detailed-oriented **Public Health Professional** with over 4 years' experience, interest in teaching community medicine & conducting quantitative research. Skilled in crafting health education campaigns & programs to raise awareness of health issues. **Trained medical doctor** in Pakistan with expertise in general medicine, cardiology, pediatric surgery & ER. Proficient in tailoring lectures for students & consistently evaluating their performance for optimal outcomes. Experienced in assessing health education needs & devising strategies to promote health & wellness. Trained in teaching, research, mentoring & nurturing relationships to bolster health initiatives.

Skill

Certifications: Licensed Medical Doctor | Health Professions Education (CHPE) | Basic Life Support

Research & Programmatic Skills: Teaching | Community Health | Project Management | Technical Writing | Leadership | Curriculum Development | Training Development | Strategic Planning | Event Planning | Program Planning & Implementation | Qualitative Interviewing | Quantitative Data Analysis | Monitoring & Evaluation

Languages: Fluent in English, Urdu & Hindko; Intermediate proficient in Pashtu

Computer Literacy: Microsoft Word | Excel | Power Point | R Programming | SPSS | STATA | EndNote | Mendeley

Education

Oregon State University, OSU

PhD: Health Promotion and Health Behavior, First Year

Corvallis, Oregon

Sep 2024

Khyber Medical University, KMU

Master of Public Health, MPH

Peshawar, Pakistan

Feb 2023

Thesis: Prevalence & Determinants of Substance Abuse Amongst Medical & Allied Health Sciences

Khyber Medical College, KMC

Medical Doctor: Bachelor of Medicine, Bachelor of Surgery, MBBS

Peshawar, Pakistan

June, 2017

Professional Research, Teaching & Clinical Experience

Professional Instructor: I've taught courses, developed curriculum, evaluated papers, supervised student work, administered & graded exams, conducted meetings, participated in college inspections & offered academic expertise & teaching prowess, communication & interpersonal skills & research capabilities.

Selected Courses: Epidemiology, Biostatistics, Health Care System, Health Education, Health Planning, Maternal & Child Health, Family Planning, Communicable & Non Communicable Diseases' Prevention & Control Strategies, Basic Concepts of Health & Disease, Hospital Waste Management, Demography, Screening & Sampling Techniques, Mental Health, Global Health, Health Care Delivery Systems

Instructor of Record, Oregon State University, OSU, Corvallis, Oregon

Sep 2024–Present

- Taught undergraduate public health courses, emphasizing community health principles and practices.
- Facilitated experiential learning opportunities, including fieldwork and collaborative projects.
- Designed and implemented assessments to measure student progress and course outcomes effectively.
- Contributed to curriculum planning, course development, and integration of contemporary public health topics.

Medical Instructor, Khyber Medical College, KMC, Peshawar, Pakistan

Dec 2023–Aug 2024

- Taught community medicine & laboratory experiments at junior/senior level of health sciences students.
- Performed quantitative & qualitative data collection & analysis for research projects.
- Generated timely reports detailing the progress of teaching & research projects within the department.
- Contributed to curriculum development & assisted the department with administrative responsibilities.

Medical Instructor, Pak International Medical College, Peshawar, Pakistan

March 2019– Dec 2022

- Taught community medicine per the MBBS curriculum to enhance students' comprehension.
- Reviewed the curriculum & offered useful suggestions to enhance effective learning outcomes.

- Cultivated & encouraged student's interaction & participation in class to explore different perspectives.

Youth Secretary, Provincial Public Health Association KP, Peshawar, Pakistan March 2019 – Sep 2024

- Provided technical assistance to local health jurisdictions, enhancing health outcomes.
- Provided technical assistance resulting in improved data reporting & program evaluation.
- Conducted trainings & provided education, elevating the skills & capacity of public health professionals.
- Developed & implemented community health programs with 20% increase in participation.
- Led a team of 5, achieving a 30% awareness boost through a public health campaign.
- Organized meetings with policymakers & drafted legislations alongside bureaucrats & politicians

MPH Research Experience: Khyber Medical University, KMU, Peshawar, Pakistan Oct 2020 – Present

PI: Dr. Fayaz Ahmad, Assistant Professor & PhD Program Coordinator, Public Health Program

- Explored substance abuse prevalence & its determinants among KMU students, analysing:
 - Frequency of substance abuse
 - Determinants behind substance abuse
 - Investigated using a cross-sectional study design involving 850 to 900 students using census sampling, encompassing all final-semester students. Obtained approvals from relevant KMU bodies

Clinical Experience: Internal Medicine Cardiology, Paediatrics Surgery, ER

House Physician & House Surgeon, Lady Reading Hospital, Peshawar, Pakistan Aug 2017 – July 2018

- Responsible for taking detailed clinical history, examination & regular follow-up with all hospitalized patients & representing my cases at the respective departments.
- Exposed to all routine & medical & surgical procedures under supervision as well as independently.
- Awarded best House Officer Award for my hard work, punctuality, quick learning, cooperative & sympathetic approach towards patients & an excellent team player.

Publications (Total: 6, [Google Scholar Profile](#))

1. S. Ullah, **R. Hamid**, H. Gabeen, A. Hamza, S. Maqsood, K. M. Qureshi, "Nutritional status of under-two years old children of depressive mothers", *Professional Medical Journal*, 2023.
2. K. Jan, R. Gul, K. Khalil, F. Hassan, N. Hameed, **R. Hamid**, "Workplace Violence & its Contributing Factors in Healthcare Workers of Peshawar KP Pakistan", *Isra Medical University Journal*, 2023.
3. T. Hamid, M. Khan, **R. Hamid**, "The Breast Mouse: An Observational Study of Breast Fibroadenomas in the Pakistani Population", *Khyber Medical University Journal*, 2022.
4. S. Abid, A. Khan, N. Sarwar, **R. Hamid**, "Breast Cancer: Early Detection Initiative in Pakistan", *Khyber Medical University Journal*, 2022.
5. **R. Hamid**, N. Sarwar, S. Gul, H. Masood, "Evaluation of Rehabilitation Services Provided to Drug Addicts in District Peshawar", *Journal of Science, Computing & Engineering Research*, 2020.
6. T. Hamid, S. Bukhari, **R. Hamid**, "To OSCE or not to OSCE: Student's Perception of Preparatory OSCE in a Tertiary Care Hospital in Pakistan", *Journal of Contemporary Medical Education*, 2016.

Conferences & Workshops

1. "Multiple Mini Interviews (MMI)" Workshop held by Emergency Rescue Service 1122, 2021.
2. "Violence Against Women" Workshop organized by International Federation of Medical Students' Association (IFMSA) Pakistan & SCORP Human Rights & Peace, 2019
3. "Towards Evidence Based Public Health", 1st International Public Health Conference held at Institute of Public Health & Social Sciences KMU, 2019.

Honors & Awards

- Certificate in Health Professions Education (CHPE) – 6 months training (12/2023)
- Breast Cancer Awareness Contributor Award by Provincial Public Health Association (09/2020)
- Best House Officer Award (House Physician Training) at Lady Reading Hospital (01/2018)

Service & Leadership

- Fundraising Lead for Shuakat Khanum Memorial Cancer Hospital & Research Centre (08/2021)
- Conducted Training Session on Infection Prevention & Control for COVID-19, Polio, etc. (12/2020)
- Contributor in Pink Ribbon Awareness Hosted by UET Women in Engineering (WIE) (12/2019)
- Youth Secretary for Provisional Public health Association (03/2019-08/2024)