

Dr. Afshan Arshad

General Practitioner

(DOH License No. GD40674)

📍 Al Reef, Abu Dhabi, UAE

☎ +971-529009231

✉ afshan140996@gmail.com

 [LinkedIn](#)

 doctorafshan.com



Professional Summary:

An enthusiastic doctor with over 5 years of experience, eager to contribute through hard work and dedication. Well-adapted to hospital and clinical settings. I am motivated to learn, grow, and excel in the medical profession. Seeking the opportunity to provide exceptional and quality healthcare services.

Qualification:

- **MRCGP (Member of the Royal College of General Practitioners)** (In-progress)
- **Postgraduate Diploma in Dermatology (Distinction)** (2020 – 2021)
Rila Institute of Health Sciences, University of Plymouth, United Kingdom
- **Bachelor of Medicine & Bachelor of Surgery (MBBS)** (2014 – 2018)
Jawaharlal Nehru Medical College, Aligarh Muslim University, India
- **Schooling & Pre-college (94% score in 12th CBSE board)** (2002 – 2014)
Fahaheel Al-Watanieh Indian Private School (DPS), Kuwait

Work Experience:

- **General Practitioner** (Dec'22-July'23)
Burjeel Royal Hospital (Al-Ain, UAE)
[Emergency Department](#)
 - Emergency Management of illness.
 - Family medicine consultations
 - Dealt with fever, vomiting, diarrhea, chest pain, syncope, fatigue, abdominal pain, renal colic etc.[Nephrology Department](#)
 - Doctor In-charge of the Dialysis Unit.
 - Dealing with emergencies during dialysis, in patients with CKD.
 - Analysis of test reports to diagnose and treat renal diseases and other co-morbidities.
 - IP Nephrology patientcare and management.
- **General Practitioner** (Jan'21–Apr'22)
Advance Trauma & Microsurgery Centre (Bhagalpur, India)
 - Provided patient education, obtained patient histories, and interpreted laboratory tests successfully.
 - Maintained patient's medical records.
 - Dealt with chronic conditions like Diabetes mellitus, Hypertension, and Tuberculosis.
- **Teleconsulting Physician for Covid- 19** (Feb'21–Jun'21)
Non-Governmental Organization, Khidmat-e-Khalq (Aligarh, India)
 - Screening for COVID-19, testing recommendations, and guidance on isolation or quarantine
 - General health care (i.e., BP control, advice about certain non-emergency illnesses, like common rashes, nausea, vomiting, and loose stools)
 - Prescription for medication

- Nutrition counseling
- Post covid illness management
- Consultation regarding post-vaccination side-effects

➤ **Resident Medical Officer** (Oct'20–Jan'21)

**Pediatric Cardiac Evaluation and Cardiac Surgery Unit (under RBSK, National Health Mission, Government of India)
Jawaharlal Nehru Medical College and Hospital (Aligarh, India)**

- Doctor In-charge of Pediatric Cardiology ICU.
- Pre-op patient workup and Post-op patient management.
- Assisted in cardiac catheterization study-device closure (VSD, PDA)
- Trained in dealing with the ventilator settings, according to the requirement of the patient.
- Echocardiography-Tetralogy of Fallot, Ventricular Septal Defect, Atrial Septal Defect, Patent Ductus Arteriosus.

➤ **General Practitioner** (Apr'20–Sep'20)

Dastak Nursing Home (Bhagalpur, India)

- History taking, examination, and analysis of test reports of the patient, to assess the condition.
- Proficiently carried out various medical tests through blood sampling, and completing documentation for admission, discharge, and report of patient progress.

➤ **Medical Intern** (Jan'19–Mar'20)

Jawaharlal Nehru Medical College and Hospital (Aligarh, India)

- Trained hands-on in various medical specialties: Internal Medicine, General Surgery, Paediatrics, Dermatology, Obstetrics & Gynaecology, Anaesthesia & Critical Care, Emergency Medicine, Orthopaedics, ENT, Ophthalmology, and Community Medicine.
- Maternity Posting (Labor room): performed two independent normal deliveries, assisted in cesarean section, and episiotomy.
- ANC clinics: complete antenatal workup of the patient, per speculum examination and per vaginal examinations, diagnosis of disorders of pregnancy like gestational diabetes, pre-eclampsia, and eclampsia.
- General Surgery Posting: Assisted in inguinal hernia mesh repair surgery, performed incision and drainage of abscesses, administered enema per rectally, to constipated patients.
- Involved in Public health awareness like Vaccination Campaigns and Breastfeeding awareness programs.
- Critical care and anesthesia: Performed pre-anesthetic check-ups in pre-op patients.
- Orthopaedics: Experience with plaster application in fractures.

➤ **Assistant Chief Medical Officer** (Apr 2019)

Trauma Center, Jawaharlal Nehru Medical College and Hospital (Aligarh, India)

- Well-trained in handling casualties-Road traffic accidents, Asthma, Convulsions, DKA, Poisoning, and Suicidal cases.
- CPR
- Nasogastric tube insertion
- Gastric lavage
- Foley's catheterization
- Suturing
- Wound dressing

Research:

➤ **Journal**

1. 'Prevalence of Dyslipidemia and Associated Risk Factors Among the Local Population of Al Ain City'

➤ **Conferences**

1. 'Prevalence and Risk Landscape of Dyslipidemia in Al Ain: A Retrospective Cross-Sectional Analysis'
International Conference on Artificial Intelligence (AI) In Education & Healthcare: A New Era in Public Health Solutions (AMUCMCON 2025)

2. 'Beyond Medication: Comprehensive Strategies for Managing Pediatric Asthma'

The 12th International Pediatric Conference of Kidsheart Medical Center, UAE/ The Heart Medical Center, Al Ain & Columbia University Medical Center / New York-Presbyterian Hospital' (2024)

Certifications:

- **Basic Life Support (BLS)**
American Heart Association (AHA), USA
- **Advanced Cardiovascular Life Support (ACLS)**
American Heart Association (AHA), USA (16 CME Credits)
- **Pediatric Advanced Life Support (PALS)**
American Heart Association (AHA), USA
- **Mechanical Ventilation for Covid-19**
Harvard Medical School, Massachusetts, USA (3 AMA PRA Credits)
- **ICU Management of Coronavirus Patients**
Harvard Medical School, Massachusetts, USA (1 AMA PRA Credit)
- **The Impact of Covid-19 in Pediatrics**
Harvard Medical School, Massachusetts, USA (1 AMA PRA Credit)
- **Coping with the Stress of Coronavirus**
Harvard Medical School, Massachusetts, USA (1 AMA PRA Credit)
- **The New Normal; Sustainable Leadership Lessons from Lockdown**
Royal College of Physicians and Surgeons, Glasgow, UK (CPD 1 Clinical Credit)
- **Antioxidant Skincare: Not Every Antioxidant is Equal**
Learn Skin (0.5 AMA PRA Credit)
- **Dermatology Case Challenges- Self Assessment**
American Academy of Dermatology (AAD), USA (CME 0.5 AMA PRA Credit)
- **JAAD: New and Emerging Therapies for Atopic Dermatitis**
American Academy of Dermatology (AAD), USA (CME 0.5 AMA PRA Credit)
- **Advance Aesthetic Medicine Course**
Clinical Training Center & Sharjah Surgical Institute, University of Sharjah
- **Fellowship in Aesthetic Medicine (FAM)**
Institute of Laser & Aesthetic Medicine, University Medicine Greifswald, Germany

Membership:

- **International Primary Care Association (IPCA)**, London, United Kingdom.
- **Indian Society of Aesthetic Medicine (ISAM)**, New Delhi, India.

Others:

- **Languages:** English, Hindi, Urdu, and Arabic.
- Participated in quizzes and poster-making events, held within college premises, on the occasions of World TB Day and World Kidney Day, organized by the Department of Pediatrics.
- Participated in the CME, 'Anatomy in New Imaging Era', organized by the Department of Anatomy (2015).
- Have been a member of the Medical College Society.
- Have been the editor of the Medical College Magazine – 'GREY MATTER -2016, JNMCH
- Certificate of Merit and a medal awarded by the *Association of Indian Professionals, Kuwait*, for securing top results in class 10th and 12th.