**Curriculum Vitae**



Dr. Waqas Khalid  
MBBS (Pakistan)

FCPS Medicine (Pakistan), FCPS Cardiology (Pakistan)

Assistant Professor of Medicine &

Consultant Cardiologist

Armed Forces Institute of Cardiology & National Institute of Heart Diseases (AFIC & NIHD)

Rawalpindi Pakistan



Dated December 20, 2021.

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| **Personal details** | Name: | Waqas Khalid | |
| Date of birth: | 5 August 1981 | |
| Marital status: | Married | |
| Work address: | Armed Forces Institute of Cardiology & National Institute of Heart Diseases  (AFIC & NIHD) Rawalpindi, Pakistan | |
| Correspondence Address: | House 228, Street 13, Racecourse Road Westridge, Rawalpindi, Pakistan | |
| Telephone: | +923215170267 (Mobile) | |
| E-mail: | [waqaskhalid24@gmail.com](mailto:waqaskhalid24@gmail.com) | |
| **Specialty** | Interventional Cardiology | | |
| **Qualifications** | FCPS Cardiology | | April 2021  College of Physicians and Surgeons Pakistan |
| FCPS Medicine | | August 2013  College of Physicians and Surgeons Pakistan |
| MBBS | | Dec 2004  National University of Sciences and Technology (NUST), Islamabad, Pakistan  Army Medical College, Rawalpindi, Pakistan |
| IELTS | | 12 Feb 2020  AEO Islamabad (PK 602) |
| Basic Life Support – AHA Provider Course | | 8 Jun 2020  Ref: eCard Code 5226CC0F2E5D |
| **Accreditation** | * Pakistan Medical & Dental Council (Registration No **46210-P**) * College of Physicians and Surgeons Pakistan (Fellowship Registration No **MED-13-13880,** **CRD-21-28914)** | | |

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| **Current Employment** | **January 2018 to Date**  **Classified Medical Specialist and Cardiologist**  **Armed Forces Institute of Cardiology & National Institute of Heart Disease, (AFIC & NIHD) Rawalpindi, Pakistan**   * I was selected for 3 years fellowship in Cardiology through a competitive entrance exam and has completed fellowship training in Cardiology with effect from January 2018 to December 2020. I am presently working as cardiolog at AFIC & NIHD after completion of 3 years of training. * I have cleared my FCPS Cardiology exam in October 2021. * AFIC & NIHD is a 400 bedded tertiary care hospital and caters for healthcare needs of a large dependent population along with referred cases from various regions of the country. * Cardiology Department provides a full range of services including ED services, CCU management, noninvasive and invasive ventilatory supports, 24/7 cardiac catheterization with emergency and elective surgical backup, mechanical circulatory support (MCS) and broad range of subspecialties assistance on immediate basis. * We have two outdoor cardiology clinics every week. I am part of the team which looks after a 45 bedded ward and 20 bedded CCU. I have been looking after pre and post cath cases. * During the training, I had 2 months rotations each in Cardiac Surgery, Cardiac Electrophysiology, Nuclear Cardiology, 4 months rotation in Pediatric Cardiology and 1 month in Cardiac imaging (CT Angio). * I am involved in weekly Cath Conference at AFIC, which includes case discussions with Heart Team. I have also been actively involved in the whole range of cardiac catheterization procedures including various CTO, TAVI and EVAAR workshops conducted at AFIC, with opportunities of both working with and assisting international operators. * Outside the working hours, I am on call on a 1: 4 or 1: 5 Rota. * I am also part of teaching faculty of undergraduates at Army Medical College Rawalpindi as Assistant Professor of Medicine and involve in training and supervision of junior colleagues including General Medicine residents and house officers. Besides this, I also deliver lectures to undergraduate students at Army Medical College.   **Procedural Skills in Cardiology**  I have been assisting / performing the following procedures independently or under supervision   * Trans Thoracic Echocardiogram (TTE) * Trans Esophageal Echocardiogram (TOE) * Exercise Stress Tests * Interpretation of CT Coronary Angiogram * Invasive Coronary Angiogram (ICA) * Primary PCI * IABP * Pericardiocentesis * Temporary Pacemaker * Elective PCI * Complex PCI including:   ISR – PCI,  LMS PCI,  CTO – PCI,  Retrograde approach PCI with Double stick   * IVUS (Intravascular Ultrasound) * FFR (fractional Flow Reserve) * PMBV for Mitral Stenosis * Rota ablation atherectomy * Carotid Stenting |
| **Past Experience** | 1. **Jun 2016 – Dec 2017**   **Specialist in Internal Medicine**  **Pakistan Air Force Hospital,**  **Jacobabad, Pakistan**   * This is a 150 bedded hospital and providing medical facilities to both military and civilian population in this vast resource limited area of Southern Pakistan. * Being the only consultant medical specialist in the area, I had the opportunity to handle difficult and complicated cases in this remote area with limited resources. * I was also involved in arranging medical outreach camps in further remote areas. * I was coordinator of Continuing Medical Education program for young doctors at the hospital  1. **Oct 2013 - May 2016**   **Specialist in Internal Medicine**  **Combined Military Hospital,**  **Landi Kotal Pakistan**   * This is a 50 bedded hospital in the remote area of North of Pakistan. The hospital is one of the only two hospitals in this vast resource limited area providing medical facilities to both military and civilian population. Because of the logistics issues in accessing base hospital (Peshawar), I had the opportunity to handle difficult and complicated cases in this resource limited setting. * I was also involved in teaching paramedics and nursing staff.  1. **Jul 2009 - Sep 2013**   **Registrar - General Medicine**  **Armed Forces Post Graduate Medical Institute (AFPGMI)**  **Rawalpindi, Pakistan.**   * This was a postgraduate, structured training program in Medicine, conducted by Armed Forces Post Graduate Medical Institute (AFPGMI) in association with College of Physicians and Surgeons of Pakistan. * I completed initial 2 years of training at **Military Hospital Rawalpindi**, and last two years of training were at **PNS Shifa Hospital Karachi**. Both these hospitals were tertiary care teaching centers. * I had Rotation in all subspecialties of Medicine. * Mandatory rotations as part of CPSP training program included:   1. Intensive Care: 2 months duration including management of critically ill patients.   2. Cardiology: 2 months duration with specific focus on Myocardial infarction and Cardiac emergencies.   3. Pulmonology: 2 months duration with special focus on diagnosis and management of Tuberculosis, asthma, and COPD * Dissertation writing was mandatory part of residency program. Topic of my dissertation was “Frequency of silent Myocardial Ischemia in asymptomatic type 2 diabetic patients”. * Three mandatory workshops, on Research Methodology, Communication Skills and Computer Literacy, were essential part of training. * Morbidity and mortality meetings used to be held on fortnightly basis. * Full time resident duties were also assigned on a 1: 4 Rota. * I cleared my FCPS Medicine exam conducted at CP&SP Karachi in August 2013.  1. **Sep 2008- June 2009**   **Medical Officer**  **89 Medical Battalion (Army Field Clinic),**  **Mangla Cantt, Pakistan**   * I remained deployed with troops in the field, managing the health problems arising from field deployments and combat fitness exercises. * The vast exposure included evacuation and management of casualties of snake bites, heat strokes, malaria and surgical cases of road traffic accidents and combat preparedness injuries.  1. **July 2006–Aug 2008**     **Medical Officer**  **Army Field Clinic, Azad Kashmir**  **Pakistan**   * Provided primary medical care to Army troops in field areas with exposure to extraordinary environment of high altitude (HA) and lower extremes of temperatures. * I was actively involved in the evacuation and management of casualties of High-Altitude diseases including High Altitude Pulmonary Edema (HAPE), High Altitude cerebral Edema (HACE), Acute Mountain Sickness (AMS), Frostbite and cold injuries apart from common endemic health issues. * I regularly delivered lectures to soldiers on basic life support and first aid. The clinic also provided free medical care to the local population. I gained a considerable experience in management of High-Altitude related health hazards.  1. **Apr 2005–June 2006**   **House Officer**  **Combined Military Hospital &**  **Military Hospital, Rawalpindi, Pakistan**   * After graduating from Army Medical College, I was posted to these hospitals for internship. Each of these is a 1000 bedded multi-specialty hospital. I did 6 months rotation in Medicine and 6 months in General Surgery. Resident duty Rota was 1:3. * It included history taking of the patients in out-patient department, duties in the emergency room and conducting the ward rounds with the specialist in charge and involvement in management of all sorts of indoor/outdoor cases. * Clinical presentations once a month were also part of this rotation. * I worked in the operation theater as an assistant and was actively involved in the post-operative as well as intensive care management. |
| **Publications** | **Original Articles**   1. **Frequency of Positive Exercise Tolerance Test for Silent Myocardial Ischemia in asymptomatic uncomplicated Type 2 Diabetic patients.** Waqas Khalid, Aliya Halim, Amjad Khan. Pak Armed Forces Med J 2016; 66(1): 79-82. 2. **Computed Tomographic Scanning in Patients Presenting with Chief Complaint of Headache without Focal Neurological Signs.** Aliya Halim, Arfan Ul Haq, Waqas Khalid. Pak Armed Forces Med J 2017; 67(1): 137-40 3. **Pattern of coronary artery disease in asymptomatic serving soldiers having abnormal screening ETT.** Kumail Abbas Khan, Sohail Aziz, Mohsin Saif, Javeria Kamran, Aamer Rauf, Waqas Khalid. Pak Armed Forces Med J 2019; 69(Suppl-3): S354-58 4. **Demography and risk factors in patients with Acute ST elevation myocardial infarction undergoing primary percutaneous intervention in a tertiary care center of Pakistan.** Mohsin Saif, Hamid Sharif Khan, Asim Javed, Kumail Abbas Khan, Waqas Khalid, Syed Yasser Javaid. Pak Armed Forces Med J 2019; 69(Suppl-3): S365-68 5. **Comparison of Intravenous versus Intra-Arterial heparin for the prevention of Radial Artery Occlusion during trans radial coronary artery catherization.** Waqas Khalid, Mohsin Saif, Aliya Halim, Anum Fatima Janjua, Kumail Abbas Khan, Amer Rauf, Zohair Aziz, Sohail Aziz. Pak Armed Forces Med J 2020; 70(Suppl-4): S710-14 6. **Anticoagulation control among patients with atrial fibrillation.** Amer Rauf, Azmat Hayat, Noor Shah, Kumail Abbas Khan, Waqas Khalid, Tanveer Abbas Gillani. Pak Armed Forces Med J 2020; 70(Suppl-4): S768-71 |
| **Conferences** | 1. **Rhythm for Life, International Cardiac Electrophysiology Conference 16-18 Feb 2018, at AFIC Rawalpindi, Pakistan.** 2. **Surgeon General International Conference (SGIC)** 25-27 October 2018. 3. **Rhythm for Life 2019,** 16th International Conference on Cardiac Electrophysiology, 15-17 Feb 2019 at AFIC &NIHD, Rawalpindi, Pakistan. 4. **Challenges in Cardiology-2019,** 8-10 March 2019 at AFIC&NIHD, Rawalpindi, Pakistan. 5. Attended and presented a case titled “**Coronary artery perforation”** in **Pakistan Live 2019 Interventional Cardiology Workshop** 4 – 6 April 2019 at Pearl Continental Hotel, Lahore, Pakistan. 6. **20th Annual Cardiology Update 2019,** Murree, Pakistan. 7. **49th Cardiocon 2019,** Islamabad, Pakistan. 8. **EuroPcr 2021** dated 18-20 May 2021. |
| **Workshops & Courses** | 1. **Workshop on INTRODUCTION TO COMPUTER AND INTERNET** held at College of Physicians & Surgeons Pakistan, Regional Centre Islamabad from March 22-27, 2010. 2. **Workshop on COMMUNICATION SKILLS** held at the College of Physicians & Surgeons Pakistan, Regional Centre, Islamabad from Feb 17-19, 2011. 3. **Workshop on RESEARCH METHODOLOGY, BIOSTATISTICS AND DISSERTATION WRITING** held at the “WHO Collaborating Centre for Research and Training in Educational Development of Health Personnel” (Department of Medical Education, College of Physicians and Surgeons, Pakistan Regional Centre Islamabad) Oct 13-17, 2010. 4. **11th Annual ECG Workshop 2019** at Armed Forces Institute of Cardiology and National Institute of Heart Diseases Rawalpindi, Pakistan, on September 12, 2019. 5. **Basic Life Support – AHA,** held at Armed Forces Institute of Cardiology & National Institute of Heart Diseases, Rawalpindi on 08 June 2020. |
| **Referees** | 1. **Maj General Farhan Tuyyab SI (M)**   MBBS, FCPS Medicine, FCPS Cardiology  Clinical Fellowship Interventional Cardiology – UK  Fellowship Cardiac CT – France.  Professor of Medicine and Cardiology  Army Medical College Rawalpindi, Pakistan.  Advisor in Cardiology Pakistan Armed Forces,  Commandant Armed Forces Institute of Cardiology  and National Institute of Heart Diseases, Rawalpindi, Pakistan.  Email: [farhantuyyab@afic.gov.pk](mailto:farhantuyyab@afic.gov.pk) , [farhant65@hotmail.com](mailto:farhant65@hotmail.com)  Ph +92 3335235092   1. **Brigadier Muhammad Nadir Khan**   MBBS, FCPS Medicine, FCPS Cardiology,  Fellowship in Interventional Cardiology (UK)  Associate Professor of Medicine &  Head of Cardiology, AFIC & NIHD, Rawalpindi, Pakistan  Email: [yesnadirkhan@gmail.com](mailto:yesnadirkhan@gmail.com)  Ph +923219156153   1. **Col Mohsin Saif**   MBBS, FCPS Medicine, FCPS Cardiology,  MRCP (UK), FRCP (Glasgow)  Fellowship in Interventional Cardiology (UK)  Consultant Cardiologist,  Armed Forces Institute of Cardiology and National Institute of Heart Diseases, Rawalpindi, Pakistan.  Email: [mohsinsaif1971@gmail.com](mailto:mohsinsaif1971@gmail.com)  Ph +923215845251   1. **Col Ghulam Rasool Maken**   MBBS, FCPS Medicine, FCPS Cardiology,  MRCP (UK)  Fellowship in Interventional Cardiology (UK)  Consultant Cardiologist,  Armed Forces Institute of Cardiology and National Institute of Heart Diseases, Rawalpindi, Pakistan.  Email: [grmaken@gmail.com](mailto:grmaken@gmail.com)  Ph +923201234503 |