



Adnan Ahmad

Ophthalmologist

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MOH Reg. # **321745**

Contact

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Soft Skills

Professionalism

Mentoring students

Academic Advisory

Thesis advisement

Team Leadership

Passionate Associate Professor with more than 15 years of experience in the field of Ophthalmology, administering education in collaboration with department faculty along with imparting medical and surgical skills to post graduate residents in OPD, ward and OT. Building foundations for next generation of academics and workforce pioneers. Assists department faculty in delivery of Clinical services and surgical innovations. Guiding young minds in growth for excellence in the field of Ophthalmology. Inspiring Professor brings advanced teaching, clinical, surgical and research skills and department leadership experience. Goal-oriented to advance department, improve teaching and modernize courses at the same time to achieve clinical and surgical excellence. Extensive background in clinical research and innovations. Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet team goals. Hardworking and passionate job seeker with strong organizational skills. Ready to help team achieve Institutional goals.

Work History

**2023-03 -
Current**

Associate Professor

***Nowshera Medical College/ Qazi Hussain Ahmad
Medical Complex, Nowshera, Khyber Pakhtunkhwa,
Pakistan***

- My job description includes my Clinical tasks of conducting Ophthalmology OPDs, performing various ocular procedures encompassing all the general ophthalmic surgeries.
- My responsibilities also includes academic roles in the form of teaching to both undergraduate and post graduate students working under my supervision, the activities included Lectures, tutorials, PBLs and ward/OT/OPD teachings.
- I also do the role of administrator in my department by assigning roles to my various faculty members, post graduate residents, medical officers as well as paramedics.
- I actively involves in research and innovations in my specialty and supervises my students and residents in scholarly activities
- I participates and organizes workshops, seminars, Webinars, CPCs and Conferences in my field for Professional development and continued medical education.

Group and individual instructions

Research expertise

Interpersonal skills

Time management

Communication skills

Course Planning

Student assessments

Problem-Solving

Stress management

Critical Thinking

Emotional intelligence

Academic advising

Medical ethics

Career Counseling

Feedback skills

Teamwork and Collaboration

Lectures and Discussions

Peer Reviews

Biostatistics

Curriculum Design

Biostatistics

Microsoft office

Surgical Skills

Phacoemulsification

Cataract surgery

Refractive surgery (PRK, Femto-LASIK, PTK)

2016-02

2023-03

Assistant Professor

Nowshera Medical College/ Qazi Hussain Ahmad Medical Complex, Nowshera, Khyber Pakhtunkhwa, Pakistan.

- My job description included my Clinical tasks of conducting Ophthalmology OPDs, performing various ocular procedures encompassing all the general ophthalmic surgeries.
- My responsibilities also included academic roles in the form of teaching to both undergraduate and post graduate students working under my supervision, the activities included Lectures, tutorials, PBLs and ward/OT/OPD teachings.
- I also did the role of administrator in my department by assigning roles to my various faculty members, post graduate residents, medical officers as well as paramedics.
- Active involvement in research and innovations in my specialty and participation in workshops, seminars, Webinars, CPCs and Conferences in my field for Professional development and continued medical education.

2015-11 -
2016-02

Senior Registrar

Nowshera Medical College/ Qazi Hussain Ahmad Medical Complex, Nowshera, Khyber Pakhtunkhwa, Pakistan

- My job description included my Clinical tasks of conducting Ophthalmology OPDs, performing various ocular procedures encompassing all the general ophthalmic surgeries.
- My responsibilities also included academic roles in the form of teaching to both Undergraduate and post graduate students working under my supervision, the activities included Lectures, tutorials, PBLs and ward/OT/OPD teachings.
- Active involvement in research and innovations in my specialty and participation

Strabismus surgery

Oculoplastic procedures

Dacryocystorhinostomy

Penetrating Keratoplasty

Pediatric cataract surgery

Medical retina

Retinal lasers

Trabeculectomy surgery

Glaucoma drainage
devices surgery

Nd: Yag laser Iridotomy

Nd: Yag laser capsulotomy

Ocular trauma surgery

Eyelid trauma surgery

Cyclocryopexy

Cyclodioder laser ablation

Intravitreal anti-VEGFs

Intravitreal Antibiotics

CXL for Keratoconus

Phakic IOLs

Conjunctival flaps

Evisceration with Implants

Enucleation with Implant

Exenteration with Implant

Indirect Argon laser for
retinal tears, Retinoblastoma

Secondary IOL implantations

Lacrimal passage
procedures with intubation

Vertical muscle procedures

in workshops, seminars, Webinars, CPCs and
Conferences in my field for Professional
development and continued medical
education.

2014-05 -
2015-11

Junior Registrar, Eye Unit

*Hayatabad Medical Complex, Peshawar, Khyber
Pakhtunkhwa, Pakistan*

2012-01 -
2014-04

Medical Officer

*District Health Office, Peshawar, Khyber
Pakhtunkhwa, Pakistan.*

Post Graduate Resident (Ophthalmology)

From 01-01-2009 to 31-12-2012

MTI- Lady Reading Hospital, Peshawar.

2008-09 -
2008-12

Medical Officer

*Khyber Eye Foundation , Peshawar, Khyber
Pakhtunkhwa, Pakistan*

2007-01 -
2008-02

House Officer

*Lady Reading Hospital, Peshawar, Khyber
Pakhtunkhwa, Pakistan*

Education

2022-09

CHPE : Health Professional Education

*Khyber Medical University - Peshawar, Khyber
Pakhtunkhwa, Pakistan*

2017-02

F.R.C.S: Ophthalmology (PID# 94744)

*Royal College of Physicians And Surgeons -
Glasgow, UK*

2013-09

F.C.P.S : Ophthalmology (OPL-13-14079)

*College of Physicians And Surgeons - Karachi, Sindh,
Pakistan*

Amniotic membrane grafts

Eyelid tumors removal

Anterior segment tumors removal

Argon laser trabeculoplasty

Scleral fixation IOL

Pan-retinal

Photocoagulation

Macular Grid Laser

Focal Macular Laser

Prophylactic 360 laser

Supra-tarsal steroid injection

Dermoid Cyst excision

Blepharoplasty

Ectropion surgery

Entropion surgery

Lateral Tarsorrhaphy

Frontalis suspension surgery

Anterior vitrectomy

Posterior sub-tenon injection

Supra-choroid injection

Pterygium excision with auto graft

Languages

Pushto

English



Urdu



2006-12

M.B.B.S : Bachelor of Medicine & Bachelor of Surgery (PMDC# 13773-N)

Khyber Medical College - Peshawar, Khyber Pakhtunkhwa, Pakistan

2000-08

High School Diploma (Pre-Medical)

Edwardes College - Peshawar, Khyber Pakhtunkhwa, Pakistan

Accomplishments

Peer reviewer certification from the recognized Peer Review Medical journal

BLS from the American Heart Association

ACLS from the American Heart Association

CHPE from the IHPE dept. of Khyber Medical University

Fellowship supervisory certificate from CPSP, Pakistan

Lifetime member of Ophthalmological society of Pakistan.

Affiliations

Ophthalmological society of Pakistan

College of Physicians & surgeons Pak.

Pakistan Medical & Dental Council

Dubai Health Authority

Interests

Clinical research

Teaching

Mentoring

Continued professional development

Clinical skills development

Publications

1. Ahmad A, Rehman M. Comparison of efficacy of 1-week oral azithromycin with 2-week topical 1% azithromycin eye drops in the treatment of Posterior Blepharitis. *J Postgrad Med Inst* 2022; 36(3):145-9. <http://doi.org/10.54079/jpmi.36.3.3041>.
2. Ahmad A, Rehman M. Comparative evaluation of intravitreal diclofenac plus bevacizumab versus bevacizumab alone in the treatment of naïve diabetic macular edema: a randomized controlled trial. *Khyber Med Univ J* 2022; 14(4):228-33. <https://doi.org/10.35845/kmu.j.2022.22708>.
3. Khan B, Ahmad A, Rasul J, Farhan M, Rehman H. Comparing the safety and efficacy of intracameral tissue plasminogen activator (t-PA) in trabeculectomy with MMC Vs standard trabeculectomy with MMC only. *Professional Med J* 2024; 31(02):000-000. <https://doi.org/10.29309/TPMJ/2024.31.02.7851>
4. Rehman M, Hussain J, Ahmad I et al. Frequency of Diabetic Retinopathy amongst Type 2 Diabetes Mellitus Patients. *P J M H S* Vol. 16, No.12, December, 2022: 631-633
5. Rehman M, Hussain J, Ahmad I et al. Frequency of Vernal Keratoconjunctivitis Types in Patients Presenting to Tertiary Care Hospital. *PJMHS* Vol. 16, No.12, Dec. 2022 637-639
6. Ahmad A, Haq S, Hussain J, Rasul J. Comparison of the Efficacy of Diclofenac 0.1% and Nepafenac 0.1% on anterior chamber cells in patients undergoing Cataract Surgery: A prospective clinical practice trial. *Pak J Med Sci.*2023;39(5) doi: <https://doi.org/10.12669/pjms.39.5.6862>
7. Ahmad A, Rehman M. Evaluating the therapeutic response of intra-vitreous moxifloxacin in acute post-operative (cataract) endophthalmitis. *Professional Med J* 2022; 29(10):1465-1470. <https://doi.org/10.29309/TPMJ/2022.29.09.7134>
8. Ahmad A, Shams Ul Haq, Hussain J, Rasool J, Rehman M. Efficacy and safety of topical tacrolimus 0.03% ointment in thygeson superficial punctate keratitis. *Professional Med J* 2023; 30(01):92-95. <https://doi.org/10.29309/TPMJ/2023.30.01.7193>
9. Khan B, Ahmad A, Rasul J. Effectiveness of Intracameral Tissue Plasminogen (r-tPA) Activator in Resolution of Fibrinous Reaction in Refractory Toxic Anterior Segment Syndrome (TASS). 2024; 40(2):124-129. **Doi: 10.36351/pjo.v40i2.1772**
10. Ahmad A, Rehman M. Comparative study evaluating the efficacy of topical azithromycin versus oral doxycycline in the treatment of meibomian gland dysfunction. *J Pak Med Assoc.* 2023 May; 73(5):995-999. doi: 10.47391/JPMA.6732. PMID: 37218224.

11. Ahmad A, Farhan M, Humayun J et al. Therapeutic Response and Local Adverse Effects of Topical Tacrolimus 0.03% Dermatological Ointment in Refractory Vernal Keratoconjunctivitis. *Al-Shifa Journal of Ophthalmology* 2019; 15(3): 117-122
12. Rehman M, Afzal I, Ahmad A et al. Assessment of Low Vision Aids for Low Vision Patients. *Al-Shifa Journal of Ophthalmology* 2022; 18(3): 154-161
13. Ahmad A, Farhan M, Humayun J, Rehman M, Rehman H. Evaluating the Successful Outcome in Dacryocystorhinostomy by External Approach with Mitomycin C Versus Standard Procedure Alone. *Al-Shifa Journal of Ophthalmology* 2019; 15(4): 157-162.
14. Rehman H, Khan MN, Khattak IA, Ahmed A. Comparison of Efficacy of Subconjunctival Fluconazole Injection Versus Topical Amphotericin B in The Management of Fungal Corneal Ulcer. *Al-Shifa Journal of Ophthalmology* 2020; 16(1): 9-15.
15. Ahmad A, Rehman M, Farhan M, Rehman H, Rasul J, Humayun J. Comparative Analysis of the Efficacy of Intravitreal Diclofenac Versus Intravitreal Bevacizumab in the Treatment of Diabetic Macular Edema. *Al-Shifa Journal of Ophthalmology* 2020; 16(2):68-77.
16. Karim S, Rehman H, Ahmad A. Role of Ultrasonography in Detecting the Posterior Segment Pathologies in Pre-operative Cataract Patients. *Al-Shifa Journal of Ophthalmology* 2021; 17(3):103-108
17. Karim S, Rehman H, Ahmad A. Role of Ultrasonography in Detecting the Posterior Segment Pathologies in Pre-operative Cataract Patients. *Al-Shifa Journal of Ophthalmology* 2021; 17(3):103-108
18. Ahmad A, Rehaman M, Rehman H. Evaluating the Pharmacological Effectiveness and Local Side Effects of Topical Cyclosporine A 0.05% in Ocular Dryness Resistant to Lubricating Drops. *Al-Shifa Journal of Ophthalmology* 2021; 17(4):157-164.
19. Rehman M, Ahmad A, Afrasiab et al. Presentation of Pediatric Ocular Trauma to the Ophthalmology Unit of a Tertiary Care Hospital. *Al-Shifa Journal of Ophthalmology* 2023; 19(1): 20-25.
20. Ahmad A, Rehman M. Efficacy of injecting intra-vitreous Moxifloxacin in acute post-operative Endophthalmitis. *J Ayub Med Coll Abbottabad* 2023; 35(1):164–8. **DOI:** 10.55519/JAMC-01-11011.
21. Ahmad A, Haq SU, Hussain J, Rasul J, Rehman M. Outcomes in pediatric external dacryocystorhinostomy. *Rawal Medical Journal: Vol. 48, No. 3, Jul-Sep 2023:* 695-698.

22. Alam A, Rehman M, Khan B, Alam K, Ahmad A. 182 Vol. 31, No. 4, Oct – Dec, 2015 Pakistan Journal of Ophthalmology. Comparison of Pterygium Resection with Conjunctival Auto Graft Versus Amniotic Membrane Graft. Pak J Ophthalmol: Vol. 31(4): 2015: 182-187
23. Ahmad A, Rehman M, Farhan M, Humayun J. Clinical Effectiveness and Local Side Effects of Topical 0.05% Cyclosporine in Treatment of Children with Severe Vernal Keratoconjunctivitis. Pak J Ophthalmol. 2022, **38 (2)**: 140-146. **Doi:** 10.36351/pjo.v38i2.1288
24. Ahmad A, Rahman M, Rehman H. Comparison of intravitreal Diclofenac-Sodium Versus intravitreal Triamcinolone in diabetic Macular Edema. Pak J Ophthalmol. 2022, **38 (4)**: 250-256. Doi: 10.36351/pjo.v38i4.1365
25. Farhan M, Illyas O, Rehman M, Humayun J, Ahmad A. Angle Recession in Patients with Closed Globe Injury. Pak J Ophthalmol. 2022, **38 (1)**: 58-62. **Doi:** 10.36351/pjo.v38i1.1248
26. Hussain J, Haq SU, Ahmad A, Rasul J. Ophthalmic Complications Associated with Atopic Dermatitis: A Review. JIIMC; Vol. 17, No.4: 2022: 286-291.
27. Khan B, Ahmad A, Rasul J, Farhan M, Rehman H. Efficacy of Tacrolimus 0.03% Ointment in Resistant Meibomian Gland Dysfunction. Journal of Clinical and Community Ophthalmology. Vol. 02, Issue 1: 2024: 02-06
28. Rehman Ur H, Ahmad A. Comparison of Bilateral Lateral Rectus Recession Vs Unilateral Recession/Resection for Basic Type Intermittent Exotropia: BMC J Med Sci. 2024. 5(1): 43-47

REFERENCES

1) **Dr. Mubashir Rehman**

Professor

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2) **Dr. Yousaf Jamal Mehsud**

Associate Prof.

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Peshawar, KP
Hayatabad Phase 2, Peshawar.
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3) **Dr. Muhammad Farhan**

Assistant prof.

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