

## Curriculum Vitae

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### Education

1990 : O level (Cambridge University), St. Joseph's Convent School, Karachi  
1992 : H.S.C. (Karachi Board), St. Joseph's Government Girls College, Karachi.  
1997 : M.B.B.S, The Aga Khan University, Karachi.  
2002 : Residency (Family Medicine), The Aga Khan University, Karachi.  
2003 : F.C.P.S. (Family Medicine), College of Physicians and Surgeons, Pakistan  
2008 : Post graduate Diploma in Biomedical Ethics, Karachi University, Karachi  
2011 : Masters in Bioethics (MBE), SIUT, Karachi  
2012 : MRCGP [INT], Royal College of General Practitioners, UK  
2019 : FRCGP[INT], Royal College of General Practitioners, UK

### Professional Experience

03/2012 to date : Section Head, Department of Family Medicine  
Shifa College of Medicine, Islamabad  
  
07/2018 to date : Professor, Shifa College of Medicine, Islamabad  
  
01/2019 to date : Warden, Girls' Hostel, Shifa College of Medicine, Islamabad  
  
10/2015 to date : Course Director, Bioethics & Humanities Module, MHPE, Shifa  
Tameer-e-Millat University, Islamabad  
  
08/2013 to date : Member, Institutional Review Board (IRB) of Shifa International  
Hospital  
  
02/2011 to 06/2018 : Associate Professor, Shifa College of Medicine, Islamabad  
  
02/2006 to 02/2011: Assistant Professor, Shifa College of Medicine, Islamabad  
  
01/2009 to 01/2013 : Course Coordinator of MRCGP [INT] Preparatory course  
  
01/2005 to 02/2006: Senior Instructor, Section of Community Medicine, Shifa College  
of Medicine, Islamabad.

## Clinical Experience :

- 01/2005 to date: Seeing patients in the Family Medicine clinic at Shifa Foundation Community Health Centre at Shifa College of Medicine, Islamabad
- 04/2010 to date: Seeing patients in the Family Medicine clinic at the Shifa Foundation and Rotary Club Islamabad Primary Health Care Centre in Nurpur Shahan, near Bari Imam

## Teaching Experience

- 01/2005 to date : Involved in teaching students of Shifa College of Medicine from 1<sup>st</sup> year till the 5<sup>th</sup> year
- 04/2023 to date : Involved in teaching postgraduate students of Family Medicine Diploma course
- 10/2015 to date : Involved in teaching post-graduate MHPE students of Shifa Tameer-e-Millat University
- 01/2009 to 01/2013 : Involved in teaching General Practitioners (GPs) in MRCGP [INT] Preparatory Course

## Research Experience

- 2007 to date : Involved in several research projects related to Community Medicine, Public Health, Bioethics, Medical Education, Family Medicine and General Practice

## Grants

Secured grant of USD 8500/- in October 2020 from WHO for Ethics Support of COVID-19.

## Abstracts/Poster Presentations

1. Saeed, S.A., Iqbal, S.P. and Gilani, A.: Alkaloidal constituents of *Peganum harmala* and their effects on lipid peroxidation. 2<sup>nd</sup> National Chemistry Conference, HEJ Institute of Chemistry, University of Karachi 12/1990.
2. Iqbal, S.P., Islam, W., Aziz, A.B. and Hamid, S.: Prevalence and severity of viral hepatitis in Pakistani pregnant women: A five year hospital based study. 3<sup>rd</sup> Annual National Symposium, The Aga Khan University, Karachi, 9/1996.
3. Iqbal, S.P., Islam, W., Khan, F., Amin, T., Bhutto, K., Ahmed, A.J., Perviz, S. and Fikree, F.: Dog ecology pertaining to rabies in an urban settlement in Karachi. 4<sup>th</sup> Annual National Symposium, The Aga Khan University, Karachi, 9/1997.

4. Islam, W., Iqbal, S.P., Khan, F.N., Bhutto, K.S., Chaudry, T.A., Fikree, F., Pervaiz, S. and Agha, J.A.: Further studies on dog ecology pertaining to rabies in an urban slum in Karachi. *14<sup>th</sup> Annual Symposium*, Pakistan Society of Physicians & Medical Research Society of Pakistan, College of Physicians and Surgeons, Karachi, 3/1999.
5. Iqbal, S. P., Dodani, R. Qureshi.: Risk factors and behaviors for coronary artery disease (CAD) among ambulatory Pakistanis. *16<sup>th</sup> Annual Meeting of the Medical Research Society of Pakistan (MRSP)*, at Shaikat Khanum Memorial Cancer Hospital & Research Center, Lahore, 12/2004.
6. Iqbal, S. P., Family Medicine Clerkship in Undergraduate Medical Curriculum at Shifa College of Medicine, Islamabad. *International Conference of Medical Education* at Jinnah Convention Center Islamabad, 1/2009
7. Iqbal S, Aziz K, Latif N, Qureshi AA, Learning Needs Assessment of General Practitioners of Rawalpindi-Islamabad, Pakistan-A qualitative study. *AMEE conference* at Malaga, Spain 09/2009
8. Iqbal S, Rehman M, Challenges faced by General Practitioners in Managing Tuberculosis- A focus group study. *Annual Meeting of Medical Research Society of Pakistan (MRSP)* at University Health Sciences, Lahore 11/ 2009
9. Khaliq N, Iqbal S, Tayyab A, Patient centered Learning-An out of the box approach. *2<sup>nd</sup> International Conference on Medical Education 2010* Fatima Jinnah Medical College, Lahore 03/2010
10. Iqbal S, Abbas H, A Professional Development course for practicing GPs-A one year experience at Shifa College of Medicine, Islamabad *2<sup>nd</sup> International Conference on Medical Education 2010* Fatima Jinnah Medical College, Lahore 03/2010
11. Iqbal S, Abbas H, Development of Family Medicine at Shifa College of Medicine- Challenges, Heartaches and Triumphs *21<sup>st</sup> Annual International Symposium on Family Medicine* by Pakistan Society of Family Physicians, Lahore 12/2010
12. Iqbal S, Rafi s, Rahman M. STUDENT SEMINAR ON SMOKING: A novel way to introduce different perspectives on smoking to medical students *Association for Excellence in Medical Education (AEME) Conference*, March 03-05 2012, Islamabad Pakistan
13. Siddiqui F, Iqbal S. A Paradigm Shift to Community Based learning – Shifa College of Medicine’s Experience. *Association for Excellence in Medical Education (AEME) Conference*, March 03-05 2012, Islamabad Pakistan
14. Iqbal SP, Perceptions on being involved in Medical Education in Pakistan. *13<sup>th</sup> Asian Bioethics Conference, Bioethics and Life; Security, Science and Society*, 27<sup>th</sup>-30<sup>th</sup> August 2012, Kuala Lumpur, Malaysia

## Publications

1. Shah S, Usman A, Zaki S, Qureshi A, Lal K, Uneeb SN, Bari N, Hasnani FB, Shah N, Iqbal SP, Ullah O, Abid S, The role of family and culture in the disclosure of bad news: A multicenter cross-sectional study in Pakistan, *PEC Innovation*, Volume 3,2023,100200, ISSN 2772-6282, ({HYPERLINK "<https://doi.org/10.1016/j.pecinn.2023.100200>"})
2. Sami MA, Baig LA, Iqbal SP, Khattak UK, Gul F. Comparison of Peer-Assisted Learning with Traditional Faculty-led Teaching in Family Medicine Clerkship: An Experimental Study. *J Coll Physicians Surg Pak* 2022; 32(10):1278-1283
3. Shekhani SS, Iqbal SP, Jafarey AM. Adapting the ethical review process for COVID-19 research: reviewers' perspectives from Pakistan. *East Mediterr Health J*. 2021. ({HYPERLINK "<http://www.emro.who.int/in-press/research/adapting-the-ethical-review-process-for-covid-19-research-reviewers-perspectives-from-pakistan.html>"})
4. Javed N, Saeed S, Shah SM, Ali R, Khan TK, Iqbal SP. Impact of Graphic Warning Labels on Cigarette Packs in Changing Smokers' Views and Habits: An Opinion Survey. *Addict Health*. 2020 Jan;12(1):40-45. doi: 10.22122/ahj.v12i1.260. PMID: 32582414; PMCID: PMC7291902.
5. Ali R, Javed N, Shah SM, Naqvi R, Farrukh Z, Jadoon MSK, Tahir T, Iqbal SP. Physical Activity and Depression Among Young Adults in Islamabad: A Cross-sectional Study. *Cureus*. 2019 Sep 28;11(9):e5791. doi: 10.7759/cureus.5791. PMID: 31728238; PMCID: PMC6827855
6. Javed N, Ahmed F, Saeed S, Amir R, Khan H, Iqbal SP. Prevalence of Methylphenidate Misuse in Medical Colleges in Pakistan: A Cross-sectional Study. *Cureus*. 2019 Oct 9;11(10):e5879. doi: 10.7759/cureus.5879. PMID: 31772849; PMCID: PMC6837268
7. Gul F, Savul S, Iqbal SP, Naeem Z, Javed N. Patient preferences for doctor attire: a cross-sectional study from Islamabad, Pakistan, *Rawal Medical Journal* 44(4): 807-813
8. Khattak UK, Iqbal SP, Abdullah A, Chowhan A, Contraceptive prevalence rate in women of reproductive age in a semi-urban community of Islamabad, *JSTMU*, Volume 1, No.1, Jul 2018
9. Khattak UK, Iqbal SP, Ghazanfar H. Role of sociocultural perceptions in malnutrition of children under the age of 5 years in a semi-urban community of Pakistan, *J Pak Med Association* Volume 67, No. 8, August 2017

10. Khattak UK, Iqbal SP, Ghazanfar H. The role of Parents' Literacy in Malnutrition of Children in a Semi-urban Community of Pakistan: A Case-Control Study *Cureus* 9(6): e1316 DOI: 10.7759/cureus.1316
11. Jafarey A, Shekhani S, Azam M, Gill R., Shirazi B, Hassan M, Iqbal S, Naqvi R. Physicians in Cyberspace: Finding Boundaries *Asian Bioethics Review* December 2016 Volume 8, Issue 4
12. Bangash E, Iqbal T, Iqbal SP. Frequency of skin diseases presenting to a Primary Health Care Center in rural Islamabad, Pakistan. *Rawal Medical Journal*. 2014; 39(4): 403-405.
13. Iqbal S, Rahman M. Challenges faced by general practitioners in Pakistan in management of tuberculosis: a qualitative study. *Rawal Medical Journal*: Vol. 38. No. 3, July-September 2013; 249-252
14. Iqbal SP, Patients' Perceptions on Their Involvement in Medical Education: A Qualitative Pilot Study. *J Acad Ethics* June 2013 DOI 10.1007/s10805-013-9189-4
15. Iqbal SP, Rafi S, Rahman M. Student seminar on smoking: A novel way to introduce different perspectives on smoking to medical students. *J Res Med Sci* 2013;18:245-51.
16. Jafarey AM, Iqbal SP, Hassan M. Ethical review in Pakistan-the credibility gap. *J Pak Med Association* Vol:62, No:12 December, 2012
17. Iqbal SP. Bioethics in Kuala Lumpur *Bioethics Links*. Volume 8, Issue 2, December 2012
18. Iqbal SP. *On being Acne Vulgaris and Marfan's Syndrome*- Use of Patients for Medical Teaching within the Pakistani Context. *EJAIB* September 2011 Vol 21 (5) 157- 159
19. Kakakhel ZM, Ibrar S, Khan WA, Bibi H, Zamir SA, Khan SS, Khan S, Khan S, Tariq, W, Tahir MH, Iqbal S. Assessment of frequency of diarrhea in relation to drinking water among residents of Nurpur Shahan, Pakistan *J Pak Med Association* Vol. 61, No. 9, September 2011
20. Maroof S, Kiyani N, Zaman Z, Gul RK, Nayyar S, Azmat A, Anwar N, Shah R, Iqbal S, Junaid A. Awareness about organ donation in Nurpur Shahan, a rural community area in Islamabad *J Pak Med Association* Vol. 61, No. 8, August 2011
21. Rima Ahmad, Sebina Subul Alvi, Minhal Hassan, Matiullah Kamin, Mariam Malik, Lailumah Sarwar, Hassan Sohail, Hussein Wahab, Maria Zafar, Saima Iqbal Availability of Expanded Programme of Immunization services provided to children in a rural Pakistani village *J Pak Med Association* Vol. 61, No. 4, April 2011
22. Iqbal SP. Family Medicine in Undergraduate Medical Curriculum: A Cost-effective Approach to Health Care in Pakistan *J Ayub Med Coll Abbottabad* 2010; 22 (4)
23. Iqbal SP, Khizar B. Faculty awareness and interest about bioethics in a private medical college of Islamabad, Pakistan. *Indian J Med Ethics* 2010, Oct-Dec; 7 (4)

24. Iqbal S, Shirazi B, Khan A, Jafarey A. Different Moral Worlds. *Bioethics Links*. Volume 6, Issue 1, June 2010
25. Iqbal S, The birth, growth and development of BIGS, *Pak J Med Ethics*, April-July 2009
26. Iqbal, Perwaiz Saima: To Study or Not to Study. *Asian Bioethics Review* June 2009 Volume 1, Issue 2
27. Iqbal, Perwaiz Saima: Of Paunches and Pot Bellies. *Asian Bioethics Review* March 2009 Volume 1, Issue 1 59–60
28. Iqbal, Saima: Infantile colic. Review Paper *Medicine Today* (2). No.3 July-Sept 99-101, 2004
29. Iqbal, S.P., Dodani, S. and Qureshi, R.: Risk factors and behaviors for coronary artery disease (CAD) among ambulatory Pakistanis. *J. Pak. Med. Assoc.* 54: 261-266, 2004.
30. Aziz, A.B., Hamid, S., Iqbal, S.P., Islam, W. and Karim, S.A.: Prevalence and severity of viral hepatitis in Pakistani pregnant women: A five year hospital based study. *J. Pak. Med. Assoc.* 47: 198-201, 1997
31. Saeed, S.A, Gilani, A.H., Iqbal, S.P., Siddiqui, S., Siddiqui, B.S., Begum, S., Faizi, S. and Naheed, A.: Harmine series of alkaloids and their effects on lipid peroxidation. *Proc. Natl. Chem. Conf.* (11): 268-270, 1990.

### **National and International Commitments**

1. Chairperson of Research Ethics Committee of National Bioethics Committee (NBC-REC) since January 2019
2. Member of National Bioethics Committee (NBC) of Pakistan since June 2015
3. CPSP Examiner of Family Medicine at College of Physicians and Surgeons Pakistan
4. CPSP Faculty of Family Medicine at College of Physicians and Surgeons Pakistan
5. AKT Lead for the MRCGP[INT] South Asia Exam
6. Examiner for MRCGP[INT] at Royal College of General Practitioners (UK)
7. Associate Faculty at Center of Biomedical Ethics and Culture (CBEC) at SIUT, Karachi

### **References**

1. Dr. Muhammad Amir, Dean, Shifa College of Medicine, Islamabad (email: {  
HYPERLINK "mailto:dean.fhs@stmu.edu.pk" })
2. Dr. Muhammad Iqbal Khan, Vice Chancellor, Shifa Tameer-e-Millat University (email:  
{HYPERLINK "mailto:vc@stmu.edu.pk" })

3. Dr. Farhat Moazam, Professor and Chairperson, Centre of Biomedical Ethics and Culture (CBEC), Sindh Institute of Urology and Transplantation, Karachi (email: { HYPERLINK "mailto:famoz@mindspring.com" })
4. Dr. Valerie Wass, Head of Keele's Medical School and Professor of Medical Education, University of Keele, UK (email: { HYPERLINK "v.j.wass@keele.ac.uk" })

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