



**DR. ESSA SHOUKAT ALI**

**Mob: 00923335395197 / 00923445156499**

**Email: [essa8326@gmail.com](mailto:essa8326@gmail.com)**

---

**PHYSIOTHERAPIST-----13 Years' & as Head of Department since Nov' 2020 ---till present day (15 years' experience)**

---

**PERSONAL DETAILS:**

Date of Birth: 25. 06. 1981 (25<sup>th</sup> June 1981)

Status: Married

Family: Wife, 2 kids, and parents (Mother, Father).

**Validity of Passport** 24/07/2023 - 23/07/2033

**P a s s p o r t N u m b e r :** P H 1 7 9 4 7 2 2

**I s s u e d a t :** I s l a m i c R e p u b l i c o f  
P a k i s t a n

**Address:** Al Raheem garden, Phase 2, B- block near new Lahore road Narowal  
Punjab Pakistan.

**Strengths:** Listening to patients/ Manual Exercises

Team Oriented (always take opinion of my colleagues).

**PROFILE SUMMARY**

Proficient in monitoring the progress of patients and adjusting and changing treatments as needed

Adept in liaising with other healthcare professional such as GPs, Consultants, Nursing Staff,

Occupational therapist and referring patients as needed.

Experienced in involving the families and caregivers of the patients in their treatment programs and delivery of care.

Skilled in meeting with patients' to assess what their physical challenges are and accordingly decide on suitable treatment programs

Delegate, supervise, train, and evaluate colleagues working under me.

As HOD of the department I oversee the inventory, proper maintenance, calibration and repairs of the equipment for safe delivery of patient care.

Attend/conduct meetings externally and internally.

Prepare yearly departmental budget for procurement, training, recruitment and maintenance of equipment.

Interact with external and internal stakeholders whenever required.

**CORE COMPETENCIES:**

- |                      |                        |                            |
|----------------------|------------------------|----------------------------|
| • Physical Therapy   | Orthopedics            | Health Quality Improvement |
| • Muscle Development | Special Needs Patients | Clinical Teamwork          |
| • Exercise           | Aqua therapy           | Pain Management            |
| • Surgical Recovery  | Physiology             | Empathy                    |

## **Main Duties Performed as Physiotherapist & HOD**

- Providing physiotherapy assessment and treatment to both inpatient and outpatients by improving physical strength, cognition, mobility and quality of life in patients of all ages
- Evaluating, planning and delivering physiotherapy plans to meet the needs of individual patients
- Being involved in a patient's pre-admission and follow-up care
- Working with special needs infants and toddlers who are suffering from a variety of medical conditions such as cognitive development delay, low muscle tone, mobility impairment and developmental co-ordination disorder.
- Supporting patients recovering from surgery
- Assisting patients recovering from a wide range of accidents (sports, fall or car accidents resulting in back, neck, limb or joint conditions)
- Supporting elderly people to increase their mobility and liaising with the Occupational Therapists to ensure that the patients have access to all the equipment, devices and resources that they require
- Performing routine physical examinations and inspections
- Liaising with GPs, doctors, nurses, consultants, OTs and other health or social care professional regarding a wide range of medical issues
- Assisting the pediatric consultants with children of certain diseases
- Maintaining a high standard of work and professionalism at all times
- Dealing with any enquiries or questions from the public, staff and patients
- Ensuring all patient records are accurate and up-to-date at all times
- Sending off any samples for testing on time and efficiently
- Preparing any travel arrangements for health professionals and patients
- Ensuring all medical documentation is stored correctly and kept confidential
- Maintaining and updating diaries in a clear and concise manner
- Attending HOD meetings wherever applicable
- Teaching and evaluating students.
- Teaching, guiding and supervising new recruits.
- Carrying out any general admin work.

## **EDUCATION:**

## **PROFESSIONAL QUALIFICATIONS:**

YEAR	COLLEGE	DEGREE	MODULES COVERED	GRADE
AUG 2000-2005	MIHS MARGALLA INSTITUTE OF HEALTH SCIENCES RAWALPINDI ( affiliated to ISRA UNIVERSITY HYDERABAD-PAKISTAN)	BACHELOR OF SCIENCE IN PHYSIOTHERAPY (BSc HONS )	<ul style="list-style-type: none"><li>• Foundations and Principles of Physiotherapy Practice</li><li>• Physical Activity and Exercise</li><li>• Therapeutic Practice and Modern Science</li><li>• Patient Management</li><li>• Functional Anatomy and Movement</li><li>• Integrated Clinical Management</li><li>• Pathology &amp; Microbiology</li><li>• Community Medicine</li><li>• Medical Statistics &amp; Research Methods</li><li>• Islamic Studies</li></ul>	55.5%

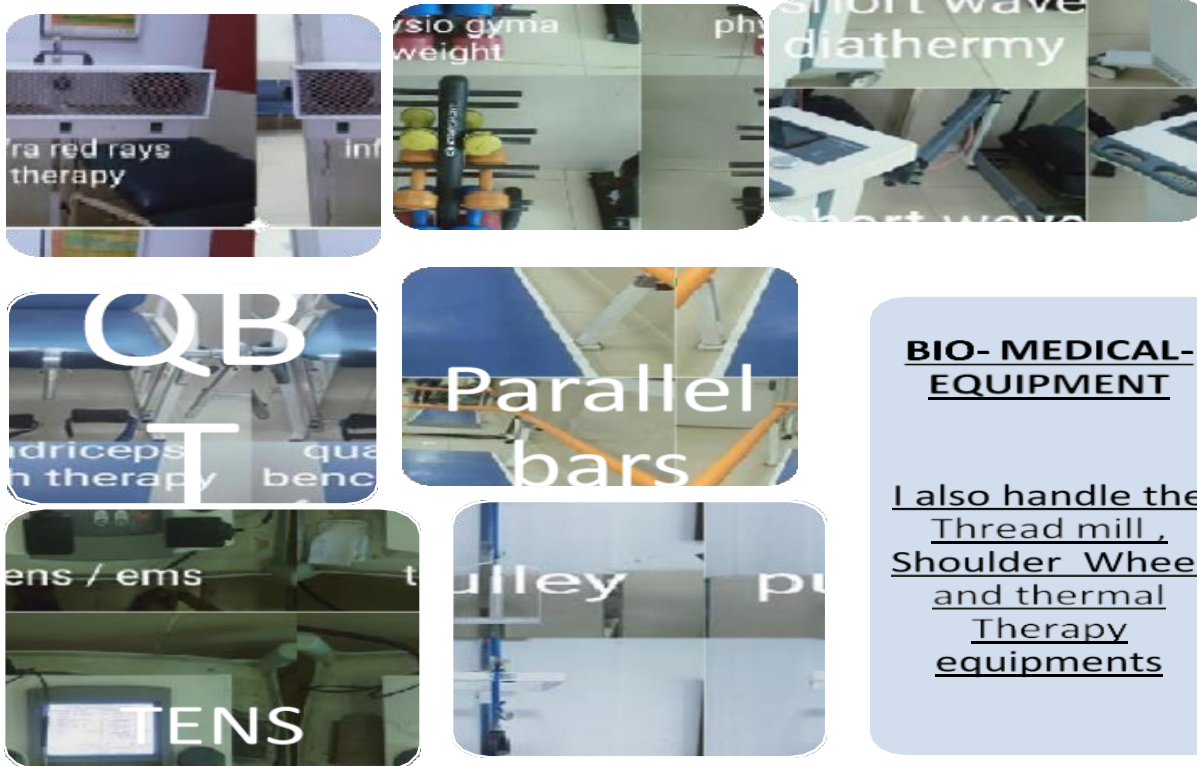
**ADDITIONAL WORKSHOPS & TRAININGS:**

YEAR	COMPANY	TOPICS
January 2019	UNIVERSITY OF HEALTH SCIENCES LAHORE	PALS ( Pediatric Advance Life Support)
DEC 14 <sup>TH</sup> 2019	PHYSIO YOUTH FORUM	PHYSIO PROTOCOLS IN ICU
OCT 2 <sup>ND</sup> -3 <sup>rd</sup> 2018	UNIVERSITY OF HEALTH SCIENCES LAHORE	QUALITY ASSURANCE MANAGER TRAINING
April 20 <sup>th</sup> 2017	UNIVERSITY OF HEALTH SCIENCES LAHORE	USE OF PROTECTIVE EQUIPMENT
26 <sup>TH</sup> -28 <sup>TH</sup> Nov 2008	GOVT OF PAKISTAN MINISTRY OF SOCIAL WELFARE	DISASTER RISK REDUCTION SPECIAL FOCUS ON OLD PEOPLE IN EMERGENCIES
March 16-18 <sup>th</sup> 2007	DEPT. OF PHYSICAL MEDICINE & REHABILITATION CHILDREN'S HOSPITAL PIMS - ISLAMABAD	NATIONAL PHYSIOTHERAPY WORKSHOP
Mar 27 <sup>th</sup> – April 15 <sup>th</sup> 2006	NATIONAL INSTITUTE OF HANDICAPPED & WHO	OCCUPATIONAL THERAPY (ACTIVITIES OF DAILY LIVING)
12 <sup>th</sup> -13 <sup>th</sup> March 2006	DEPT. OF PHYSICAL MEDICINE & REHABILITATION CHILDREN'S HOSPITAL PIMS - ISLAMABAD	NATIONAL PHYSIOTHERAPY WORKSHOP
13 <sup>th</sup> -14 <sup>th</sup> June 2005	NATIONAL INSTITUTE OF HANDICAPPED (Collaboration with Japan International Cooperation Agency)	WORKSHOP ON ACCESSIBILITY

**ACADEMIC QUALIFICATIONS:**

YEAR	COLLEGE	DEGREE	MODULES COVERED	GRADE
Aug 2003	PAKISTANI ENGLISH SCHOOL& COLLEGE KUWAIT	F.SC PRE-MEDICAL	ENGLISH URDU PAKISTANI STUDIES ISLAMIYAT PHYSICS CHEMISTRY BIOLOGY	D
Aug 2000	PAKISTANI ENGLISH SCHOOL& COLLEGE KUWAIT	F.SC PRE-MEDICAL	ENGLISH URDU PAKISTANI STUDIES ISLAMIYAT PHYSICS CHEMISTRY BIOLOGY	D
NOV 1998	PAKISTANI ENGLISH SCHOOL& COLLEGE KUWAIT	HIGHER SECONDARY SCHOOL	ENGLISH URDU PAKISTANI STUDIES ISLAMIYAT MATHEMATICS PHYSICS CHEMISTRY BIOLOGY	C

**EQUIPMENTS HANDLED:**



## PROFESSIONAL WORK EXPERIENCE

National Institute for Handicapped Islamabad on Voluntary basis as Physiotherapist from 13th April 2005 to 25th December 2005

Islamabad Hospital (PIMS) worked as Physiotherapist from 1<sup>st</sup> January 2005 to 30<sup>th</sup> June 2007 (in between was sent for 1 month to PIMS satellite Hospital – June 2006-July 2006)

Novartis Consumer Health – Islamabad/ Rawalpindi worked in different camps from 9th April 2008 to 31st May 2008.

Islamic International Medical Complex worked as a Physiotherapist from 10th June 2008 to 31st August 2008

Subh-e-Nau NGO worked as Physiotherapist in Health and Medical camp during the earthquake disaster from 22<sup>nd</sup> October 2008- 22nd December 2008. (Earthquake relief project)

District Headquarters Hospital – Narowal as Physiotherapist from March 2013 – Nov 2020

District Headquarters Hospital – Narowal as Head of the Physiotherapy Department Nov 2020 till date

**Took a break from my regular job to explore other job avenues: 2009 - 2013**

YEAR	PROFILE	TIME PERIOD
AUG 2009- 2010	Tele Sales Executive	One year
JUNE - NOV 2011	Import & Export Certificate Course	6 months
DEC 2011- FEB -2012	Diploma In Gloves Designing( Corel Draw_	3 months

## AWARD:

Green Valley Development Organization for the most Honorable personality & the Best Teacher in DHQ hospital Narowal in 2017

**HOBBIES/INTEREST**

Reading/ Hiking/ Outdoor Games/ Bike Riding

**REFERENCE:**

1. Dr. Usman Butt

District Headquarters Hospital

Narowal Punjab

Mob - 03368691207

[usmanbutt7926@gmail.com](mailto:usmanbutt7926@gmail.com)

2. Dr. Faisal Rafique.

District Headquarters Hospital

Narowal Punjab

Mob- 03344189340

[drfaisal\\_007@hotmail.com](mailto:drfaisal_007@hotmail.com)

I hereby state whatever is written is the truth



Dr. Essa. Shoukat Ali

Date: 27/08/2023