

ZAIN BIN MUSHTAQ BAND

Doctor

I seek challenging opportunities where I can fully use my skills and learn new ones for the success of the organisation and benefit of community



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7051208182

New Delhi, India

WORK EXPERIENCE

Junior Resident Doctor - 1.5 years

GMC Anantnag - Department of psychiatry, De-addiction centre.

06/2020 - 12/2021

ANANTNAG- Jammu and Kashmir

Achievements/Tasks

- Implemented therapeutic regimens involving medications and other interventions to mitigate symptoms & prevent recurrence.
- Teamed & co-ordinated with other physicians, specialists & healthcare providers to provide well-rounded care for complex cases.
- De-Addiction centre treatment services.

Junior Resident Doctor - 1 year

Khyber Medical Institute Multi-Superspeciality Hospital - Department of emergency medicine
Department of cardiology (CCU)

01/2021 - 12/2022

Srinagar- Jammu and Kashmir

Achievements/Tasks

- Thoroughly examined patients and elicited medical history data to assess health & identifying conditions.
- Provided emergent medical care & treatment for life-threatening injuries and illnesses.
- Worked in ICU managing critically ill patients under guidance of senior consultants to provide effective care and treatment to the patients.

Junior Resident Doctor - 1 year

star hospital - Department of surgery

01/2022 - 12/2023

Srinagar- Jammu and Kashmir

Achievements/Tasks

- Monitored post-operative recovery and educated patients on recovery at home.
- Adhered to universal precautions and other appropriate infection control practices.

EDUCATION

Bachelor of Medicine & Bachelor of Surgery (MBBS)

Jiamusi university- China

08/2012 - 08/2018

Heilongjiang

Class 12 Biology

Tyndale-Biscoe and Mallinson school

Srinagar- Jammu and Kashmir

SKILLS

Physical examination and diagnostics

Primary care and emergency management. Inpatient care and management

Patient counselling

Pain management

providing CPR as per ACLS guidelines.

PERSONAL PROJECTS

Research project- Socio-demographic and clinical profile of treatment-seeking Drug Abusers in south Kashmir

- Co-author
- Data collection and sorting for above mentioned research paper

PROFESSIONAL SUMMARY

Well versed in evaluating patient's health status, triaging, communicating and taking history to make a diagnosis based on clinical presentation of the patient.

Evaluation and management of patients pertaining to most of the departments whether it be emergency medicine, gastroenterology, oncology, neurology, infectious disease, psychiatry, ENT, etc.

Sound knowledge about the antibiotics and other supportive medications administered to patients.

Management of poisoning, trauma & other emergency cases.

Writing Discharge summaries and prescription medication.

LANGUAGES

ENGLISH

Full Professional Proficiency

HINDI

Full Professional Proficiency

CHINESE

Professional Working Proficiency

URDU

Full Professional Proficiency

KASHMIRI

Full Professional Proficiency

INTERESTS

Seeking knowledge and wisdom from every experience in order to improve