CV Template 2023

Personal Information

Name	Dr Zahid Khan	
Email Address	Drzahid1983@yahoo.com	
Contact Phone number	Mobile: 00447448294121	

Education

Please list here in chronological order your degree and any additional undergraduate degrees and high school information

2001 - 2008	MBBS	University of Peshawar, Pakistan
1998	Tochi Public High School Miran Shah	Pakistan

Postgraduate Education

2024-2025	MD Research	Queen Mary University, London
2020-2023	MSc Medical Education and Health Education	University of Hertfordshire
2021-2022	Diploma in Leadership in Healthcare	University of South Wales
2019-2020	Advanced Life Support Instructor Course PGCert	University of Keele
2016-2018	MSc Cardiology University of South	
2017	MRCP London	Royal College of Physicians.

2009 – 2011	MSc Epidemiology and Biostatistics	Ludwig Maximillian University, Munich, Germany.
2023	International research Investigator Certification	IAOCR - International Accrediting Organization for Clinical Research

Voluntary Work Experience

Dates of Voluntary work (In Reverse Chronological order)	Position/Title	Responsibilities	Place of Employment
Aug 2019 – Aug 2020	Royal College Associate tutor and HST representative	To improve training and work as a bridge between tutors and trainees	United Kingdom
Jan 16 – Aug 18	Royal College Associate tutor	To improve training and work as a bridge between tutors and trainees	United Kingdom

Work Experience

Dates of employment	Position/Title	Area of Medicine	Place of Employment	Regulation Authority
Oct 2024 to August 2025	ST7 cardiology	Interventional cardiology	Bart's Hospital NHST Trust	GMC
Oct 2023 to date	ST6 cardiology	Interventional cardiology	Bart's Hospital NHST Trust	GMC
Oct 2022 – Sep 2023	ST5 Cardiology	Acute Medicine and Cardiology	Bart's Hospital NHST Trust	GMC
Oct 2021 - Oct 2022	Cardiology specialist registrar	Cardiology and GIM	Royal Free Hospital NHS Foundation Trust	GMC
Oct 2020 - October 2021	Cardiology Specialist Registrar	Cardiology and GIM	Barking, Redbridge, and Havering NHS Hospital Trust	GMC
Feb 2019 – Oct 2020	Registrar	Gastroenterology & Acute Medicine	Southend University Hospital	GMC
Aug 2018 – Feb 2019	Registrar	Cardiology	Nevill hall hospital	GMC
Feb 2018 – Aug 2018	Core Medical Trainee	Cardiology	Morriston Hospital, Swansea	GMC
Aug 2017 – Jan 2018	Core Medical Trainee	Gastroenterology	Morriston Hospital, Swansea	GMC
Feb 2017 – July 2017	Core Medical Trainee	Respiratory Medicine	Prince Phillip Hospital, Llanelli	GMC

Aug 2016 to Jan 2017	Core Medical Trainee	Diabetes and Endocrinology	Glangwili General Hospital, Carmarthen	GMC
June 2015 to July 2016	Senior House Officer	Stroke Medicine, Elderly Medicine and Cardiology (04-05 monthly rotations).	Peterborough & Stamford Hospitals NHS Foundation Trust	GMC
Dec 2014 – Jan 2015	Clinical Attachment	Accident & Emergency	Hinchingbrook Hospital	GMC
March 2013 – Sept 2014	Senior Lecturer	Family & Community Medicine	King Faisal University, Hofuf, Saudi Arabia	Saudi Education Ministry
Jan 2012 – Dec 2012	Medical Officer	Medicine & Accident & Emergency	Gilani Hospital complex, Abbottabad	PMDC
July 2010 – Oct 2011	Research Assistant	Research Assistant	Ludwig Maximilian University, Munich, Germany	
June 2008 – June 2009	House Officer	Medicine & Surgery	Ayub Teaching Hospital, Abbottabad	PMDC
2019-Till to date	MSc preventative cardiology	Tutor	USW	GMC

2023 to date	MSc Medical Education	Tutor	USW	GMC
2023 to date	Cardiology EECC MCQs Studyprn	Author	Studyprn	GMC
2020 to date	Advanced life support courses instructor Resus Council (UK)	Instructor	Resus Council, UK	GMC
2021 to date	IMPACT (III Medical Patients' Acute Care and Treatment) courses	Instructor	Federation of Royal Medical Colleges and the Royal College of Anesthetics	GMC

Academic Achievements

Awards & Prizes

Year	Name of award	Awarded by
2020	Educational Bursary	Health Education England
2010	CIH (DAAD) Scholarship)	Ludwig Maximillian's University, Munich
2002	Islamic Development Bank Scholarship	Islamic Development Bank
2005	Excellence Performance Award	Islamic Development Bank

Teaching and Editorial work experience

Year	Name of Organisation/Journal	Role	
2020 to date	General Medical Council, UK	PLAB 2 Examiner	
2018 to date	University of South Wales	Honorary lecturer MSc preventative Cardiology	
2021 to date	Current Medicine Mediterranean journal	Editor	
2021 to date	Journal of Case Reports in Medicine	Editor	
2021 to date	International Journal of Clinical Cardiology & Research	Editor	
2025 to date	Cardiovascular diagnosis and therapy Journal	Editor	

Presentations

Year	Name of Conference / Seminar	Title / Subject	
2019	Local Hospital MDT	Crohn's disease post-surgical management	
2019	Local hospital Grand round	al hospital Grand round Interesting case in a travelle patient	
2018	Local Hospital Audit meeting	udit meeting Audit presentation	
2018	Local Hospital Grand round presentation	Viral Myocarditis	

Posters

Year	Name of Conference / Seminar	Title / Subject	Did you present the poster?
2023	18th Hammersmith Multidisciplinary Endocrine Symposium 2023	Should we keep treating all endocrine conditions at the end of life?	Yes
2023	European Heart Journal - Acute Cardiovascular Care	Role of serial Troponin measurements in risk stratification of acute pulmonary Embolism	Yes
2020	International conference on internal medicine and patient care	Tuberculous Meningitis in immune- compromised patient on Rituximab.	Yes
2018	Acute General & Medicine Conference	Viral Myocarditis	Yes
2018	Acute General & Medicine Conference	PPIs use in 03 hospitals and compliance with National Guidelines	Yes
2010	Occupational Health Crossing Borders, Munich	Occupational Health in Pakistan and the Asian Subcontinent	Yes

Publications

Publication link	Authors	Title / Subject
https://www.thelancet.com /journals/lancet/article/P IIS0140- 6736(25)01037- 2/abstract		lobal, regional, and national trends in routine childhood vaccination coverage from 1980 to 2023 with forecasts to 2030: a systematic analysis for the Global Burden of Disease Study 2023

https://www.cureus.com/a rticles/388540- undiagnosed-subacute- bioprosthetic-aortic- valve-abscess-leading- to-complete-heart- block-requiring- permanent-pacemaker- insertion-a-case- report#!/	Kamran Dawood • Faraz S. Rana • Zahid Khan • Arun Ranjit	Undiagnosed Subacute Bioprosthetic Aortic Valve Abscess Leading to Complete Heart Block Requiring Permanent Pacemaker Insertion: A Case Report
https://www.cureus.com/a rticles/353264- screening-for- dyslipidemia-among- patients-admitted-with- acute-coronary- syndrome-at-the- jakaya-kikwete-cardiac- institute-tanzania-a- retrospective-cohort- study#!/	Naki Kiroga • Zahid Khan	Screening for Dyslipidemia Among Patients Admitted With Acute Coronary Syndrome at the Jakaya Kikwete Cardiac Institute, Tanzania: A Retrospective Cohort Study
https://www.cureus.com/a rticles/362872-thyroid- nodule-management- and-compliance-with- guidelines-in-a-district- general-hospital-in- london-a-retrospective- study#!/	Gideon Mlawa • Adnan Abdullah • Ayan Mohamed • Rabia Mahmood • Lina Eltayieb • Bashir Mahamud • Dalya Sadulah • Ehsan Shakoor • Godwin Simon • Ahmed Alh- Ghrairi • Furhana Hussein • Zahid Khan	Thyroid Nodule Management and Compliance With Guidelines in a District General Hospital in London: A Retrospective Study
https://www.cureus.com/a rticles/371551- thrombolysis-as-part-of- acute-st-segment- elevation-myocardial- infarction-stemi-care- experience-from-the- stemi-network-in- tanzania#!/	Kiroga • Khuzeima S.	Thrombolysis as Part of Acute ST- Segment Elevation Myocardial Infarction (STEMI) Care: Experience From the STEMI Network in Tanzania
https://www.cureus.com/a rticles/317586-post- anaphylaxis-adrenaline- induced-takotsubo- cardiomyopathy-a- case-report#!/	Zahid Khan • Fady Eldabe • Konstantinos Tyrovolas • Krishna Rathod • Paul Rees	Post-Anaphylaxis Adrenaline-Induced Takotsubo Cardiomyopathy: A Case Report

2025	Sumbul Ansari • Bhuvaneshwari G. Nadar • M. Dulce Estêvão • Débora R. Aguiar • Jude Ejeh • Zahid Khan	Comparing the Outcomes of Digital and Traditional Cardiac Rehabilitation Practices: A Systematic Review and Meta-Analysis
2025	Emmanuel M Sindato, Violet Dismas Kajogoo, Gloria Ngajiro, Wondwossen Amogne Degu, Zahid Khan and Gideon Mlawa	Prevalence and Risk Factors of Metabolic Associated Fatty Liver Disease in sub- Saharan Africa: A Systematic Review and Meta-Analysis
2024	Zahid Khan, Syed Aun Muhammad, Mehul S Amin, Amresh Gul	The Efficacy of the Low-FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) Diet in Irritable Bowel Syndrome: A Systematic Review and Meta-Analysis
2024	Bamidele Adelowo A, Lemos Ferreira N, Besis G, Gupta A, Mlawa G, Khan Z	Regional and Sectorial Distribution of Cardiovascular Risk Factors Among Sub- Saharan Africa Workforce: A Systematic Review
2024	Bamidele Adelowo A, Lemos Ferreira N, Gupta A, Khan Z	Prevalence and Mitigation of Cardiovascular Disease Risk Factors Among the Corporate Workforce in Sub- Saharan Africa: A Systematic Review and Meta-Analysis
2024	Lemos Ferreira N, Bamidele Adelowo A, Khan Z	A Systematic Review and Meta-Analysis of Sodium-Glucose Cotransporter 2 (SGLT-2) Inhibitors and Their Impact on the Management of Heart Failure
2025	N <u>athan Angelo</u> <u>Lecaros Yap Zahid</u> <u>Khan, Xingwei He,</u> et al.	What have we learnt from histology about the efficacy of coronary imaging modalities in assessing plaque composition?
2024	Sami Al-Hajj, Zahid Khan, Amresh Gul, Osman Ahmed, Animesh Gupta, Gideon Mlawa	The Prevalence of Cardiovascular Risk Factors in Patients With Diabetes Mellitus in Yemen: A Systematic Review and Meta- Analysis
2024	Rebecca Ayoti, Zahid Khan, Gideon Mlawa, Animesh Gupta	Assessing the Effectiveness and Safety of Combination Diuretic Therapy in Heart Failure: A Systematic Review and Meta-Analysis

2024	Sumbul Ansari,	The Potential Role of Matrix Rhythm
	Kamini Sharma, Zahid Khan	Therapy in Managing Chronic Low Back Pain: A Scoping Review
2024	Zahid Khan, Ayub Khan	An Interesting Case of Wolf-Parkinson- White Syndrome in a Young Patient With Sensorineural Deafness
2024	Ali I. Khan, Sumbul Ansari, Zahid Khan, Shahid Raza	The Association Between Isometric Shoulder Strength and Sports Performances in University Soccer Players: A Cross-Sectional Study
https://www.ncbi.nlm.nih.g ov/pmc/articles/PMC11 221203/	Mohamed H. Serour, Musab Egaimi, Zahid Khan	A Systematic Review and Meta-Analysis on the Role of Bempedoic Acid in Cardiovascular Outcomes for Patients with Statin Intolerance
https://pubmed.ncbi.nlm.ni h.gov/38435221/	Zahid Khan, Gideon Mlawa, Saiful Islam, Suhier Elshowaya, Mohammad Saleem	A Retrospective Study on the Outcome of Coronavirus Disease 2019 (COVID-19) Patients Admitted to a District General Hospital and Predictors of High Mortality
https://www.ncbi.nlm.nih.g ov/pmc/articles/PMC11 078123/#:~:text=This% 20meta%2Danalysis%2 0of%20the,systolic%20 and%20diastolic%20bl ood%20pressure.	Gul, Gideon Mlawa,Priyadarshini	Statins As Anti-Hypertensive Therapy: A Systematic Review and Meta-Analysis
https://pubmed.ncbi.nlm.ni h.gov/38872689/	Zahid Khan, Stephen Hamshere	Acute Large Pericardial Effusion with Haemodynamic Compromise Secondary to Undiagnosed Tuberculosis
https://www.ncbi.nlm.nih.g ov/pmc/articles/PMC11 179953/	Zahid Khan	Recurrent Pericardial Effusion Secondary to Cardiac Angiosarcoma
BMJ Case reports	Zahid Khan, Paul Rees, Tim Batchelor	Bronchogenic cyst: A rare cause of palpitations and atrial Fibrillation
https://pubmed.ncbi.nlm. nih.gov/38249190/	Lilian Mbau, Prabhakar Mallya Prabhakar, Zahid Khan.	Effectiveness of Cardiac Rehabilitation Services in Low- and Middle-Income Countries: A Systematic Review

https://pubmed.ncbi.nlm. nih.gov/37650693/	Nick S R Lan, Zahid Khan, Gerald F Watts.	Lipoprotein(a) and calcific aortic valve disease: current evidence and future directions
https://pubmed.ncbi.nlm. nih.gov/38249228/	Priyadarshini Bhattacharjee, Karim Arif Karim, Zahid Khan	Harnessing the Microbiome: A Comprehensive Review on Advancing Therapeutic Strategies for Rheumatic Diseases
https://pubmed.ncbi.nlm. nih.gov/38090453/	Priyadarshini Bhattacharjee, Zahid Khan	Sacubitril/Valsartan in the Treatment of Heart Failure with Reduced Ejection Fraction Focusing on the Impact on the Quality of Life: A Systematic Review and Meta-Analysis of Randomized Clinical Trials
https://pubmed.ncbi.nlm. nih.gov/37927754/	Kudzai Masunda, Zahid Khan	The Burden of Hypertension in HIV- Infected Adults on Retroviral Therapy in Masvingo Province, Zimbabwe: A Retrospective Cohort Study
https://pubmed.ncbi.nlm. nih.gov/37900475/	Kevin O. Ndede, Zahid Khan, Florence K. Akumiah, Martin Wanyoike	A Retrospective Five-Year Study of Cardiovascular Risk Assessment and Risk-Based Interventions Among Hypertensive Patients in Nairobi Hospital, Kenya
https://pubmed.ncbi.nlm.n ih.gov/38435221/	Zahid Khan, Gideon Mlawa, Saiful Islam, Suhier Elshowaya, Mohammad Saleem.	A Retrospective Study on the Outcome of Coronavirus Disease 2019 (COVID-19) Patients Admitted to a District General Hospital and Predictors of High Mortality
https://pubmed.ncbi.nlm. nih.gov/37809172/	Umesh Kumar Pabani, Zahid Khan, Layla Ali, Shuheda K. Shah, Jebriel Ali Khan	Allopurinol-Induced Uncommon Dermatological Emergency of Toxic Epidermal Necrolysis (TEN)
https://pubmed.ncbi.nlm.	Jodie Bosomworth,	Analysis of Gender-Based Inequality in
nih.gov/37711935/	Zahid Khan	Cardiovascular Health: An Umbrella Review

https://pubmed.ncbi.nlm. nih.gov/37680439/	Yubrine M. Gachemba, Zahid Khan, Elijan Njau, Martin Wanyoike	Vitamin D Deficiency and Its Association with Cardiovascular Diseases Among Patients Attending a Private Tertiary Sector Cardiovascular Heart Clinic in Nairobi
https://pubmed.ncbi.nlm. nih.gov/37664318/	Zahid Khan, Gideon Mlawa, Yu-Hsuen Yang, Bashir Mahamud	A Case of Delayed Diagnosis of Idiopathic Infantile Hypercalcemia Due to CYP24A1 Mutation: A 10-Year Journey
https://www.ncbi.nlm.nih. gov/pmc/articles/PMC1 0423403/	Josephine Koikai, Zahid Khan	The Effectiveness of Self-Management Strategies in Patients with Heart Failure: A Narrative Review
https://pubmed.ncbi.nlm. nih.gov/37546064/	Patricia M. Wambua, Zahid Khan, Charles M. Kariuki, Elijah N. Ogola	A Retrospective Study on the Adoption of Lipid Management Guidelines in Post- Myocardial Infarction Patients in a Tertiary Care Centre
https://pubmed.ncbi.nlm. nih.gov/37384085/	Alice Twomey, Zahid Khan	Home-Based Exercise Therapy in the Management of Intermittent Claudication: A Systematic Review and Meta-Analysis
https://pubmed.ncbi.nlm. nih.gov/37284412/	Zahid Khan	The Emerging Challenges and Strengths of the National Health Services: A Physician Perspective
https://pubmed.ncbi.nlm. nih.gov/37182060/	Kimera Isaac Derick, Zahid Khan	Prevalence, Awareness, Treatment, Control of Hypertension, and Availability of Hypertension Services for Patients Living with Human Immunodeficiency Virus (HIV) in Sub-Saharan Africa (SSA): A Systematic Review and Meta-analysis
https://pubmed.ncbi.nlm. nih.gov/37181972/	Maureen Wahinya, Zahid Khan	Sodium-Glucose Cotransporter-2 (SGLT2) Inhibitor Therapy for the Primary and Secondary Prevention of Heart Failure in Patients with and Without Type 2 Diabetes Mellitus: A Systematic Review
https://www.ncbi.nlm.nih. gov/pmc/articles/PMC1 0133782/	Zahid Khan, Syed Aun Muhammad, Jonard Carpio, Yousif Yousif, Amresh Gul, Sahar Hamid, Animesh Gupta	The Effect of Vitamin D Supplementation on Incidence of Type 2 Diabetes: A Systematic Review
https://pubmed.ncbi.nlm. nih.gov/36994289/	Zahid Khan, Amresh Gul, Yousif Yousif, Animesh Gupta	A Systematic Review of Lipid Management in Secondary Prevention and Comparison of International Lipid Management Pathways

https://pubmed.ncbi.nlm. nih.gov/36407273/	Zahid Khan, Niket Patel	Prolonged Use of Tirofiban Infusion Without Percutaneous Coronary Intervention To Achieve Optimal Results in a COVID-19 Positive Patient With Inferior ST Segment Elevated Myocardial Infarction (STEMI) Secondary to Thromboembolism: A Case Report
https://pubmed.ncbi.nlm. nih.gov/36381843/	Zahid Khan, George Besis, Niket Patel	Atypical Carcinoid Syndrome in a Patient Presenting with Pericarditis and Supraventricular Tachycardia: A Case Report
https://www.ncbi.nlm.nih. gov/pmc/articles/PMC9 543122/	Zahid Khan, George Besis, Joseph Tomson	Tachycardia-Induced Cardiomyopathy in a Young Healthy Patient: A Case Report
https://pubmed.ncbi.nlm. nih.gov/36258951/	Zahid Khan, George Besis, Joseph Tomson	Worsening Heart Failure and Atrial Flutter in a Patient Secondary to Cardiac Resynchronization Therapy Dyssynchrony: A Case Report
https://www.ncbi.nlm.nih. gov/pmc/articles/PMC8 824470/	Khan Z, Jugnarain D, Mahamud B, et al.	Systemic Manifestation of Miliary Tuberculosis in Patient with Advanced Diabetic Retinopathy Presenting with Electrolyte Imbalance, Seizures, and Adrenal Insufficiency
https://pubmed.ncbi.nlm. nih.gov/35111421/	Zahid Khan, Mohammed Abumedian, Mildred Ibekwe, Khalid Musa, Gideon Mlawa	Acute Renal Impairment in Patients Due to Paracetamol Overdose in the Absence of Hepatic Impairment
https://pubmed.ncbi.nlm. nih.gov/35141096/	Zahid Khan, Khalid Musa, Mohammed Abumedian, Mildred Ibekwe	Prevalence of Depression in Patients with Post-Acute Coronary Syndrome and the Role of Cardiac Rehabilitation in Reducing the Risk of Depression: A Systematic Review
https://casereports.bmj.c om/content/14/5/e239869	Dr Zahid Khan, Dr Nasrullah Ghuman, Dr Kahinkaren Mak	A rare case of diabetic neuropathic cachexia along with diabetic amyotrophy
https://www.graphyonline .com/archives/IJCFM/2 016/IJCFM-104/	Dr Ali Alrawabdeh, Dr Al Mulhim, Dr Zahid Khan	Surgical Site Infections Incidence, Their Predictors and Causative Organisms in a Teaching Hospital

gov/pmc/articles/PMC6 (2015). Occupational Safety and Health: A Global Problem.	9	,	Bhardwaj, M., et al. (2015).	,
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Audits

Date (In reverse chronological order)	Title and brief	Hospital/Trust	Where Pres
2024	Coronary Intervention MDT outcome Audit	Bart's Heart Centre	Coronary A
2024	HAC (Acute MI outcome data) and compliance with ESC guidelines	Bart's Heart Centre	Coronary A
2021	Appropriateness of TOE referrals in patients with positive blood cultures and normal TTE	Queens Hospital	The QIP is opposes an completed r
2020	VTE Prophylaxis in patients	Southend Hospital	Monthly Aud Southend H
2019	Liver Bundle in patients presenting with acute decompensated liver disease	Southend Hospital	Monthly Aud Southend H
2019	Antibiotics compliance with trust guidelines in patients with IECOPD	Southend Hospital	Monthly Aud Southend H
2018	Troponin requests in acute medical & Accident & emergency settings	Nevill Hall Hospital	Audit Meetir Hospital
2018	PPI use and compliance with National guidelines	Morriston Hospital	Audit Meetir Hospital
2017	Weekend Handover improvement	Glangwili general hospital,	Glangwili ge Deanery stu
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2016	Urinary Catheterization and follow-up	Peterborough City Hospital	Peterboroug Audit meetir
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Referees

Supervi sor	Supervis or Name	Workpla ce	Dates of supervision	Run Name	Email Address	Phone Number (Hospital and Mobile)
MSc Prevent ative Cardiol ogy Course Director	Professor Dev Datta	University of South Wales	2018	Tutor MSc preventati ve Cardiolog y course	Dev.datta@wales.nhs.uk	029218268 44
Current Supervi sor	Dr Paul Rees	Barts Hospital	07/10/2022	Cardiolog y ST6	cardiacexpert@nhs.net	079764064 96
Previou s supervi sor Feb 2019 - onwards	Dr Ayethida Hline	Queens Hospital	07/10/2020- present	Cardiolog y ST3 training post	Ayethida.hline @nhs.net	004479564 04466
Back- Referee for the current run	Dr Kadr Honer	Queens Hospital	07/10/2020 - Present	Cardiolog y ST3 training post	Honer.Kadr@nhs.net	004477020 55994
2 runs the previou s supervi sor. Aug 2018 – July 2018	Dr Rithesh Veettil	Southend Hospital	01/02/2019 - 06/01/2020	Gastroent erology and Acute medicine training	Dr.rithesh@yahoo.com	004478186 15447