

Dr Amresh Gul

Email: dr_amreshgul@yahoo.com

Mobile: +61-491696514

ACADEMIC EDUCATION:

PG Diploma in Musculo-skeletal Disease (Online)

HealthCert, University of Bond, Australia | May 2024

PG Diploma in Healthcare Management (Online)

Università Degli Studi Guglielmo Marconi, Italy | June 2020 – Sep 2021

Diploma in Master course of Echocardiography (Online)

Medical University of Vienna, Austria & Austrian Cardiology Association | Jan 2018

Clinical Ordinatura (Adult Cardiology)

P.L Shupyk National Medical Academy of Postgraduate Education, Ukraine | Sep 2016 – Aug 2018

MBBS

Liaquat University of Medical and Health Sciences, Pakistan | Dec 2005 – Nov 2011

QUALIFYING EXAMINATION:

Australian Medical Council Examination: *AMC MCQ Feb 2013*

COMPETENT IN:

- Peripheral intravenous cannula insertion
- Insertion of nasogastric tube and urinary catheter
- CPR
- Adrenaline dose calculation and administration
- Nebulisation therapy of Salbutamol and Ipratropium Bromide
- Performing ECG and its interpretation
- Interpretation of holter monitoring
- Perform and interpret spirometry
- Elliptical excision, laceration repair, incision and drainage of an abscess
- FB removal from ear, skin and eye
- Ear syringing to remove FB and impacted wax.
- Plaster cast immobilisation for fracture stabilisation
- Cryotherapy for intra-epidermal skin cancers and warts
- Swab for microscopy, culture & sensitivity; skin, throat, naso-pharynx, ear, eye and urethral
- Cervical Screening test and collection of vaginal/endocervical swabs
- Dermoscopy
- Implanon insertion and removal
- Telehealth consultations

Observed:

- Skin cancer surgery including various flaps
- IUD

- Sebaceous cyst and superficial lump excision.
- Carpal tunnel release and flexor contracture release.
- Ganglion Excision
- Vasectomy and Perianal haematoma and abscess drainage.
- Fracture closed reduction
- Intra articular cortisone and PRP injection
- Venesection for Haemochromatosis

PROFESSIONAL EXPERIENCE:

Dates (03/11/2023 – Present)

General Practitioner / GP Registrar under Fellowship Support Program RACGP

Kirwan GP Clinic, Townsville, QLD, Australia |

38 Hours per week 6 days a week

Duties and responsibilities:

- Detailed history taking followed by relevant physical examination of patients after consent
- Order investigations including blood and urine investigations, Imaging investigations, Audiometry, ECG, Spirometry, Urine Pregnancy Test, INR point-of-care test and Urinalysis.
- Antenatal history, investigations, risk assessment, health assessment of aboriginal and Torres Strait Islanders, mental health assessment, management and timely & appropriate referral to the obstetrician
- Post natal care and follow-up of gestational diabetes, pre eclampsia or eclampsia, medication optimisation
- Provide pharmacological and non-pharmacological treatment (pamphlets, print outs, resource links etc.) to the patients
- Provide/discuss the initial and long term side effects of pharmacological management
- Provide regular follow up to patients with chronic diseases and patients discharged from the hospital and make chronic management plans
- Prepare detailed patient centered treatment plan for patients with the chronic conditions, for example diabetes, hypertension, heart failure, chronic kidney disease, asthma, anaemia, chronic obstructive sleep apnea, COPD, hypercholesterolemia, chronic lower limb ulcers, depression, anxiety, schizophrenia etc.
- Perform screening tests such as CVD risk assessment, FOBT, refer for pap smears, MMSE, K10 & DASS 21, Epworth sleepiness score and screening for genetic diseases in case of consanguineous marriages (Sickle Cell Anaemia, Thalassemia & G6PD)
- Detailed documentation of the consultation in the Medical Director Software
- Daily check for the patient's investigation results and recall accordingly. Call the patients with urgent results and advise accordingly
- Apply and manage reminders according to patient's medical conditions
- Provide childhood, adult and travel vaccinations along with general advice about the places they are going to travel to
- Refer the patients to the appropriate specialists and allied health professionals, liaising with them and following up after the appointments for symptom relief or disease progression
- Notify the notifiable including communicable diseases to the relevant authorities
- Implementation of standard operational procedures and guidelines related to COVID-19 at all times
- Perform minor surgical procedures under strict aseptic measures like laceration repair, corneal-conjunctival or ear-nose foreign body removal, cryotherapy, ingrown nail wedge resection, incision and drainage of abscess, simple elliptical excision and sutures.
- History taking based on DSM criteria and safety netting of patients with mental health conditions
- 3-6 monthly biochemical monitoring of drugs in anti-diabetic medications, anti-psychotics, DMARDs etc
- Prepare and discuss advanced care directive with patients and their family members
- Family meetings with patients' family members during complex decision making
- Counseling of patients with addiction problems and referring to rehabilitation programmes
- Provide patient oriented counseling for depression and anxiety
- Referral to psychologist and psychiatrist for further management of patients with mental health conditions
- Follow up chronic conditions on a 3-6 monthly basis and optimise medications. Deprescribe as needed.
- Recognise acute vision threatening eye conditions and urgently refer the patients to ophthalmologist
- Identify indications and refer the patients for endoscopy or colonoscopy to the gastroenterologist
- Discuss the importance of well balanced diet, exercise, sleep and work-life balance with patients

- Patient education in layman's terms about the disease pathophysiology and its implications and also towards maintaining drug compliance, inhaler use technique, preventable chronic diseases, sexual transmitted diseases, vaccine preventable diseases, travel vaccinations and advice, chronic conditions, general health & well-being and risk of genetic diseases due to consanguineous marriages
- Stabilize emergency cases in triage/observation room, acquire intravenous cannula and urgently transfer them to nearby tertiary care hospital
- Apply plaster cast or back slab on an undisplaced and uncomplicated fracture
- Ear syringing of wax or foreign body
- Discuss cases with Supervisor on daily basis
- Perform medical fitness for driving
- Perform CPD activities (RACGP, Think GP) to stay updated towards general practice

Dates (01/11/2022 – 25/09/2023)

General Practitioner

Lifeline Hospital, Salalah, Oman |

45 Hours per week 6 days a week

Duties and responsibilities:

- Same as above
- Documentation of the consultation in the Insta Software
- Attend weekly and monthly meetings in regards to infection prevention & control, quality control, medicine control & performance

Dates (15/10/2020 – 02/10/2022)

General Practitioner | Medical Director

Starcare Duqm Medical Centre, Duqm, Oman |

Full Time | Saturday to Thursday 48 hours per week

Duties and responsibilities:

- Same as above
- Documentation of the consultation in the Affinity Software
- Collaborate with Director General Office, Ministry of Health, Oman
- Attend weekly and monthly meetings in regards to infection prevention & control, quality control, medicine control & performance
- Do appraisal of allied healthcare professionals, especially the staff nurses

Dates (29/03/2019 – 30/09/2020)

Medical Officer

District Headquarter Hospital, Tando Muhammad Khan, Pakistan |

Monday to Saturday 42 hours per week

Date (01/09/2016 – 31/08/2018)

Clinical Resident

Heart Centre, Kyiv, Ukraine |

Duties and responsibilities:

- Practiced areas: Functional Diagnostic (ECG, Holter & Echocardiography), ICU, CCU, Cath Lab and electrophysiology department
- Interpret ECGs, holter monitoring reports and echocardiography
- Detailed history, examination, investigations and management as per the European Society of Cardiology and American College of Cardiology therapeutic guidelines
- Perform and interpret echocardiography independently
- Follow up patients in OPD clinics
- Prepare a detailed management plan and provide written instructions to the patients
- Provide educational leaflets to the patients regarding diet, exercise, smoking cessation, alcohol use and cardiac rehabilitation
- Perform cardiology procedures, including cardioversion and defibrillation
- Observed cardiology procedures such as electrophysiology studies, angiography, angioplasty, aortography and ventriculography

Date (01-02-2013 to 31-12-2015)

Position (General Practitioner) Full Time (Mon – Sat 8am to 3pm)

Memon charitable hospital, Maternity home & Childcare Centre, Tando Mohammad Khan, Pakistan

Duties and responsibilities:

- Same as above in Lifeline Hospital, Salalah, Oman

Date (18/01/2012 – 23/01/2013)

House Officer | Full Time | 8 Hours 6 days a week

Jinnah Postgraduate & Medical Centre, Karachi, Pakistan

OBSERVERSHIP

Date: (17/10/2018 – 26/01/2019)

Observer

Narooma Medical Centre, Narooma, NSW, Australia

MEDICAL LICENSING AUTHORITIES

- Pakistan Medical & Dental Council, Full | Nov 2011 to Dec 2027
- DG Private Health Establishment, MOH, Oman, Full (GP) | Oct 2020 to Oct 2024
- Ireland Medical Council, Ireland, General Registration | 500828 | Mar 2023 to June 2025
- Australian Health Practitioner Regulatory Agency, Limited registration| | October 2023 to Sep 2026

CERTIFICATES/COURSES:

May 2025	Ear Irrigation, NQPHN, Townsville
May 2025	Spirometry Course, Asthma Australian Council, NQPHN
June 2024	Townsville Skin Cancer Seminar
June 2024	GP Urgent care Program NQPH
Feb 2024	BLS, Australia
Jan 2024	Obesity In Advance Course, Think GP, Australia
Nov 2023	Medical Termination of Pregnancy M2 Stop
May 2023	Contraception Essentials in Primary Care
May 2023	Curing Hepatitis C in Primary Setting, ASHM
Mar 2023	National Online HBV s100 Prescriber Course March 2023
Dec 2022	Facets of Rural Sexual Health, CERSH, University of Melbourne
Sep 2022	Infection Prevention & Control, OMSB, Oman
Feb 2022	Advance cardiac life support ACLS
Oct 2021	ACC Quality Summit Virtual 2021
Sep 2021	Understanding Population Cancer Screening (RCP Ireland)
Aug 2021	Cardiovascular Diseases and Stroke Prevention (NCD ACC)
July 2021	Communication Skills for Telephone Consultations, RCP, Ireland
Oct 2017	Evidence Based Medicine Course, Ukraine

ACHIEVEMENTS:

- Member of the Clinical Advisory Group of PHASES Project, Primary prevention of heart disease and stroke, QLD, Australia
- Working as a Gp supervisor for 5th year JCU medical students
- Working as an Associate Editor at Cureus Journal at Medical Sciences part of the Spring Nature Group
- Involved in research project “ General Practice Data for research purpose” RACGP and University of Wollongong, NSW, Australia
- Working as a Peer Reviewer for Cureus (Online Journal) since 2022
- Awarded with an Appreciation Shield on professional work and dedication by Douglas (OHI), Duqm Refinery Project, Sultanate of Oman | 29th September 2021.

- Working as a reviewer for the *BMJ case report Journal* | 2020 till date.
- Worked as a reviewer for the *JACC-case reports journal* | April 2019 to June 2020.
- Certification of Appreciation at Starcare Medical Centre Duqm by Starcare Hospital, Oman.
- Certificate of Appreciation on writing online medical courses by United Nation Volunteers UNV | 28th July 2017.

Published cases/Abstracts:

- Khan Z, Gul A, Mlawa G, et al. (April 08, 2024) Statins As Anti-Hypertensive Therapy: A Systematic Review and Meta-Analysis. *Cureus* 16(4): e57825. doi:10.7759/cureus.57825
- Gul A, Khan Z (March 18, 2024) Osteosarcoma in a Teenage Athlete With a Swollen Knee Joint. *Cureus* 16(3): e56366. doi:10.7759/cureus.56366
- Gul A, Khan Z (March 11, 2024) The Role of MRI Scan in Sports-Related Anterior Cruciate Ligament Injuries: A Case Report-Based Literature Review. *Cureus* 16(3): e55941. doi:10.7759/cureus.55941
- Khan Z, Gul A, Mlawa G (June 16, 2023) Severe Tricuspid Regurgitation in a Patient With Previous Tricuspid Valve Surgery for Infective Endocarditis Secondary to Intravenous Drug Use: A Case Report. *Cureus* 15(6): e40497. doi:10.7759/cureus.40497
- Khan Z, Gul A (May 18, 2023) Gout in an Obese Patient with Nonalcoholic Steatohepatitis on a Thiazide Diuretic and Association Between Hyperuricemia and Nonalcoholic Steatohepatitis: A Case Report. *Cureus* 15(5): e39207. doi:10.7759/cureus.39207
- Khan Z, Gul A (May 17, 2023) Helicobacter Pylori-Associated Gastritis in Middle Eastern Patients: A Case Series. *Cureus* 15(5): e39145. doi:10.7759/cureus.39145
- Khan Z, Muhammad S, Carpio J, et al. (March 27, 2023) The Effect of Vitamin D Supplementation on Incidence of Type 2 Diabetes: A Systematic Review. *Cureus* 15(3): e36775. doi:10.7759/cureus.36775
- Khan Z, Gul A, Yousif Y, et al. (February 25, 2023) A Systematic Review of Lipid Management in Secondary Prevention and Comparison of International Lipid Management Pathways. *Cureus* 15(2): e35463. doi:10.7759/cureus.35463
- Khan Z, Pabani U, Gul A, et al. (July 28, 2022) COVID-19 Vaccine-Induced Myocarditis: A Systemic Review and Literature Search. *Cureus* 14(7): e27408. doi:10.7759/cureus.27408
- Atrial Myxoma <http://learn.escardio.org/clinicalcase/casedetail/35c0bbcd-2da0-4a82-adb4-0bb2e6c3b6ed>
- Coarctation of Aorta <http://learn.escardio.org/clinicalcase/casedetail/b241a032-71ca-4c6e-ba61-339f29f1e887>
- Acute Coronary Syndrome with ST elevation on lead AVR <http://learn.escardio.org/clinicalcase/casedetail/34db5432-f170-40b9-9ef2-3e8e85d9ccd2>
- Wellens Syndrome Type A <http://learn.escardio.org/clinicalcase/casedetail/7863992b-1886-4341-b1dc-a9e05bdb3350>
- A Rare Case of Tuberculosis Meningitis in Immunocompromised Patient on Rituximab. https://www.medicalandresearch.com/journals/view_article/861
- An Interesting Case of Wolf – Parkinson White Syndrome in a Young Patient with Personal and Family History of Sensorineural Deafness. https://www.medicalandresearch.com/journals/view_article/860
- Acute myocarditis manifested by signs of ST- segment elevation acute coronary syndrome <http://zmj.zsmu.edu.ua/article/download/169216/169316>