

ZIKRIA s/o M. SALEEM

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OBJECTIVE

A highly motivated individual with complete dedication and commitment to work, open to change, looking forward to have an excellent career in the field of teaching and research.

EDUCATION

S. No.	University College or Board	Years Attended		Examination passed with year	Division / Grade/ Distinction (if any)	Marks		Main Subjects
		From	To			Maximum Marks	Marks obtained	
1.	Board of Intermediate & Secondary Education, Gujranwala (Matriculation)	2000	2002	2002	1 st Division / A Grade	850	719	Science
2.	Board of Intermediate & Secondary Education, Gujranwala (F. Sc)	2003	2005	2005	1 st Division / A grade	1100	853	Science (Pre-medical)
3.	University of the Punjab, Lahore (Pharm.D)	2005	2010	2010	1 st Division / A Grade	4550	2947	Pharmacy
4.	University of the Punjab, Lahore (M.Phil)	2012	2014	2014	1 st Division / A Grade	4.0	3.68	Pharmacology

PROFESSIONAL EXPERIENCE

- Lecturer (Contract) Pharmacy Practice in University College of Pharmacy, University of the Punjab, Lahore (Session 2014-date).
- Lecturer (Part-Time) Pharmacy Practice in University College of Pharmacy, University of the Punjab, Lahore (Session 2013-2014).
- Demonstrator Clinical Pharmacy and Pharmacology in University College of Pharmacy, Punjab, University, Lahore (Session 2012-2013).
- Lahore Academy of Medical Sciences (LAMS).
 - Personal coaching to the Pharm.D students of various private Pharmacy institutions.
 - Personal coaching to MBBS students; Pharmacology and Therapeutics.
 - Appointed as external examiner of Pharmacology and Biopharmaceutics at the University of South Asia.
- Lectures delivered to the dispensers in DHQ Hospital, Gujranwala.

HOSPITAL

- Three months internship at Jinnah Hospital Lahore.
- Three months internship at DHQ Hospital, Gujranwala.

COMMUNITY PHARMACY

- Worked as Community Pharmacist at Clinix-Plus Pharmacy (Pvt) Ltd. (April 2011 – Feb 2012)
- Worked as Community Pharmacist at Servaid Pharmacy (Pvt) Ltd. (June 2010 – Dec 2010)

PUBLICATION

1. **Zikria Saleem**, Mobasher Ahmad, Furqan Khurshid Hashmi, Hamid Saeed, Muhammad Tahir Aziz. 2016. "Impairment of liver synthetic function and the production of plasma proteins in primary breast cancer patients on doxorubicin cyclophosphamide (AC) protocol" *Pakistan Journal of Pharmaceutical Sciences*, 29 (5), 1555-1563
2. Hamid Saeed, Muhammad Ahsan, **Zikria Saleem**, Mehwish Iqtedar, Muhammad Islam, Zeeshan Danish, and Asif Manzoor Khan. "Mesenchymal stem cells (MSCs) as skeletal therapeutics—an update." *Journal of Biomedical Science* 23, no. 1 (2016): 1
3. Mobasher Ahmad, Javaid A, Kamran SH, Anwar R, **Zikria Saleem**, Saeed, H **Comparative Effectiveness of Cysteine, Lysine and Glycine to Fend Off Paracetamol-Induced Hepatic Insult.** *J Drug Res Dev* 2(1) (2016)
4. **Zikria Saleem**, Hamid Saeed, Mobasher Ahmad, Mahrukh Yousaf, Hafsa Binte Hassan, Ayesha Javed, Nida Anees, and Sonu Maharjan. "Antibiotic Self-Prescribing Trends, Experiences and Attitudes in Upper Respiratory Tract Infection among Pharmacy and Non-Pharmacy Students: A Study from Lahore." *PloS one* 11, no. 2 (2016): e0149929 (IF:3.3)
5. **Zikria**, Mobasher Ahmad, Furqan Khurshid Hashmi, Tahir Aziz Mughal, Hamid Saeed. **Comparative study of changes in hepatic induced by Liposomal Doxorubicin versus Conventional Doxorubicin based regimen in cancer patients.** *Lat. Am. J. Pharm.* 33 (7): 1167-74 (2014) (IF:0.34)
6. **Zikria Saleem**, Mobasher Ahmad Butt, Furqan Khurshid Hashmi, Tahir Aziz Mughal. **Retrospective evaluation of patterns of hepatotoxicity and grading in patients with primary breast cancer on Doxorubicin-Cyclophosphamide protocol (AC-protocol).** *HealthMed.* 2014; Vol 8 (6) (IF:0.4)
7. Hashmi FK, Cail R, Islam M, **Zikria Saleem**, Amin U, Hussain K, et al. **Adaptation of WM-68 Hybridoma Cell-line in Minimal Serum and Serum Free Culture Conditions.** *Pakistan J Zool.* 2014;46(2):355-62 (IF:0.3)

8. **Zikria Saleem**, Mobasher Ahmad, Furqan Khurshid Hashmi, Tahir Aziz Mughal, Hamid Saeed. **Impairment of liver synthetic function and production of plasma proteins in patients with primary breast cancer on Doxorubicin-Cyclophosphamide protocol. International journal of pharmaceutical science invention. Pa J Pharm Sci**, 2016. (IF:0.7)
9. Fahad Saleem, Furqan Khurshid Hashmi, Naveel Atif, Nadeem Irfan Bukhari, Muhammad Ahsan, Hamid Saeed, **Zikria Saleem**, Mohamed Azmi Hassali, **A Cross Sectional Assessment of Health Literacy among Cardiovascular Patients in Karachi, Pakistan**, *Health Econ Outcome Res*, 2015, 1:1
10. **Zikria Saleem**, Saima Hussain, Rabia Kanwal, Samra Liaqat, Afsheen Asghar, Hijab Idrees, Furqan Khurshid Hashmi, Nouman Saleem, Inaam ur Rehman, Muhammad Islam, **“Assessment of risk factors and complications of diabetes mellitus in different stages of hypertension: a retrospective cohort study from a major metropolitan city of Pakistan”** *Pakistan Journal of Pharmacy*, 25 (1 & 2) 15-21, 2012
11. Furqan K. Hashmi, **Zikria Saleem**, Mobasher Ahmad, Hamid Saeed, Muhammad Tahir Aziz, Fahad Saleem, Mohamed Azmi Hassali. **“Comparative study of changes in renal and electrolyte profiles induced by liposomal doxorubicin versus conventional doxorubicin-based regimens in cancer patients”** *Journal of Pharmacy and Bioallied Sciences*, 2016.

PROJECTS:

- **TB Control Program:** Act as Focal Person of Public private mix model for improved Tuberculosis control by referring TB presumptive cases to pharmacies and medical stores in Lahore, Pakistan, for the assessment of its impact on case detection & problems occurred during the referral process under National TB control program.
- **Master Project:** Comparative study of changes in hepatic and renal profile induced by Liposomal Doxorubicin versus Conventional Doxorubicin based regimen in cancer patients” at Shaukat Khanam Cancer Hospital and research Center, Lahore, Pakistan.
- **Undergraduate Project:** “Negligence in Tight Glucose Control & Monitoring in Diabetic Patients” in Jinnah and Allama Iqbal Diabetes & Endocrinology (JAIDE) Centre, Jinnah Hospital, Lahore, Pakistan
- **Pharmaceutical project:** Pre-formulation Studies to Registration of Drug on development of ‘*ASCORBIC ACID CHEWABLE TABLETS*’.

CONFERENCE PAPERS

1. Muhammad Zeeshan Danish, Nadeem Irfan Bukhari, Sana Hanif, Nisaar Hussain, Muhammad Ali, Bushra Nasir, Javed Iqbal, Bilal Tahir, Hamid Saeed, Rubina Ali and **Zikria Saleem**. **Computer asided formulation and characterization of propranolol HCl buccal tablet using polymer blend**, *Drug Discovery & Therapy World*, Congress 2015, Boston, USA
2. Rubina Ali, Zeeshan Danish, Nadeem Irfan, Khalid Hussain, Saadia Chaman, Farrakh Zia Khan, Hamid Saeed, **Zikria Saleem**, Nasir Abbas, Muhammad Islam and Ghulam Razaque, “Reversal of Antibiotic Resistance in Pseudomonas Aeruginosa by non-Antibiotics”.
3. Azzah Khadim, Mariam Ashraf, Sidra Malik, Ahmad Kamal Moosa, **Zikria Saleem**, Furqan K. Hashmi, “ Health literacy and understanding of health issues of foreign students studying in various institutes in Lahore, Pakistan”. 18th International Pharmacy Conference and Exhibition, Lahore, Pakistan, 30 October to 2 November 2013.
4. Ali Raza, Hassan Mehmood Yasar, Farooq Siddique, Rehan Khan, **Zikria Saleem**, Furqan K. Hashmi, “ Predicting the risk of coronary heart disease”. 18th International Pharmacy Conference and Exhibition, Lahore, Pakistan, 30 October to 2 November 2013.

SEMINARS & WORKSHOPS:

1. International Workshop on “Integrating Clinical Pharmacy Education, Practice & Research: Bridging the Gap”, COMSTECH Islamabad, Pakistan, February 22-24, 2016.
2. Faculty orientation program- Institute of administrative sciences, University of the Punjab, Lahore, 19-22 August 2014.
3. Seminar on TB DOTS, training of the Pharmacists working in Community Pharmacies (retail pharmacies). Organized by DEVNET, USAID, WHO and SIAPS and Pakistan Pharmacists Association (PPA). 5 October 2013
4. Seminar on new horizons in career development for pharmacy students, Organized by University College of Pharmacy, University of the Punjab, Lahore, Pakistan. 22 June 2013.
5. Seminar on the role of pharmacist in patients care, Organized by Pakistan Pharmacists Association, Lahore, Pakistan. 30 March 2013.
6. Seminar on hospital pharmacy—a new practice environment, organized by University College of Pharmacy, University of the Punjab, Lahore, Pakistan in collaboration with Shaukat Khanam Memorial Cancer Hospital and Research Centre. 20 October 2012.

RESEARCH SUPERVISION:

I co-supervised the following M.Phil students;

Sr #	Year	Student's Name	Thesis Title
1	2015	Saima Sattar (completed)	To Evaluate the Efficacy and Tolerability of Chemo-protocols in Ovarian Cancer Population in Lahore, Pakistan
2	2015	Sumaira Jabeen (completed)	Efficacy and Tolerability of Chemotherapeutic Drugs Used in Breast Cancer
3	2015	Hafiz M. Umair (completed)	Comparative Study of Long Acting Nifedipine GITS Based Therapy in Low and High Risk Patients Alone or Combination
4	2015	Usman Iftikhar Tarrar (completed)	Therapeutic Safety and Efficacy of Interferon Therapy in Hepatitis C Patients
5	2015	Ammara Hakeem (completed)	Safety, Tolerability and Effectiveness of Schizophrenic Drugs
6	2015	Mohsin Aziz (completed)	Studies of Safety and Efficacy of different Anti-diabetic Treatments in Obese and Non-obese Diabetics
9	2015	Saba Zia Butt (ongoing)	Pharmacological Appraisal of Prophylactic Antibiotic use in Post-Surgery: A Pharmacist intervention Study
10	2015	Nazish Razzaq (ongoing)	Impact of Antibiotic Therapy on Survival Rate, Affected by Gestational Age and Birth Weight in Neonatal Sepsis
11	2015	Sajjad Ali (ongoing)	Comparison of Insulin Regimens in Patients with Non-insulin Dependent Diabetes Mellitus
12	2015	Muzammal Iftikhar (ongoing)	Pharmacological Assessment of Antibiotic Usage in Public and Private Sector Hospitals of Lahore

ADDITIONAL PROFESSIONAL EXPERIENCE

- Coordinator of Clinical training programme of Pharm.D students in Jinnah Hospital.
- Coordinator to develop hospital and clinical services in Gurki hospital.
- Focal person of National TB control program
- Training for teaching development program
- Prepare CARE PLANS for chronic cardiovascular disorders.

- Prepare my own DP of commonly used Drugs which contain A to Z information of drugs.
- Develop an excel sheet for easy CALCULATION OF DIET AND INSULIN dose for diabetes patients.

RELEVANT SKILLS & ACCOMPLISHMENTS

- **SPSS**—statistical analysis software.
- **EndNote**—Scientific literature writing software.
- Proficient in Microsoft Word, Excel, PowerPoint.
- Hardworking person.

PROFESSIONAL TRAININGS

- **Editor:** Pakistan Journal of Pharmacy
- **Coordinator** of clinical training programme of pharmacy students in Jinnah Hospital as MOU was signed between Allama Iqbal Medical College and University College of Pharmacy, University of the Punjab.
- **Master-trainer** for TB DOTS program: Engaging Private Pharmacies in TB care and control. Organized by DEVNET, USAID, WHO and SIAPS. 31 August 2013.
- **Changing Diabetes**, Workshop conducted by NovoNordisk (Pvt) Ltd at the 18th International Pharmacy Conference and Exhibition, 30 October to 2 November 2013, Lahore, Pakistan.
- Design clinical practicals of 4th & 5th professional year during demonstrator ship.

AWARDS

- Award on most punctual student of Class in University College of Pharmacy, University of the Punjab, Lahore.
- Merit Scholarship, awarded by DCO, Gujranwala.

OTHERS

- GAT Subject: 88.13 Percentile.
- Proficient in spoken and written English.

REFERENCES

References will be provided on demand.