

CURRICULUM VITAE

Dr. Saida Abrar

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EDUCATION

- **Fellowship Urogynecology and Pelvic Reconstructive Surgery**, Aga Khan University Hospital (2019-2020)
- **FCPS Obstetrics and Gynecology**, CPSP, Pakistan (2015)
- **MBBS** Khyber Medical College (2007)
- **Intermediate in Premedical Sciences** Jinnah College for women, Peshawar (2002)
- **Matriculation in Premedical Sciences** University Model School (2000)

RESEARCH INTERESTS

- 1) Urogynecology
- 2) Pelvic floor dysfunctions
- 3) Utero-Vaginal Prolapse
- 4) Surgery for Stress Urinary Incontinence

TRAINING

- **Fellowship in Urogynecology and Pelvic Reconstructive Surgery** Aga Khan University Hospital, Karachi. (Jan 2019-Dec 2020)
- **Residency, Obstetrics and Gynecology (OBGYN) (2010-2014)** Khyber Teaching Hospital, Peshawar.
- **Internship, Nephrology and OBGYN (2008)** Khyber Teaching Hospital, Karachi.

POSITIONS

- **Fellow Urogynecology and Pelvic Reconstructive Surgery** (Jan 2019- Dec 2020)
Aga Khan University Hospital, Karachi. Pakistan
Management of Urogynecology inpatients admitted to GYN services
Fellow clinics 4/week (100 patients/week)
Urogynecology consult service to in- patients admitted to all specialties.
Urogynecology operation theater all types of urogynecology surgeries

- **District Gynecologist (OBGYN)**
Takhtabad, Peshawar (2018)
- **Assistant Professor Obstetrics and Gynecology (OBGYN)**
Bannu Medical College (2015-2017)
Management of OBGYN outpatients (3 clinics/week)
Labor room covers (3days/week)
On-call duties 3days/week
Daily ward round
Elective gynecology and obstetrics surgeries (2/week)

TRAINING WORKSHOPS

- **Grant Writing Workshop (2020)**
Aga Khan University hospital, Karachi.
- **International Fistula Workshop (2019)**
Kohi-Goth Hospital, Karachi
- **Basic Life Support course (2019)**
Aga Khan University hospital, Karachi.
- **Manuscript Writing Workshop (2019)**
Aga Khan University hospital, Karachi.
- **Urodynamics Workshop (2019)**
Aga Khan University hospital, Karachi.
- **Workshop on Obstetric Anal Sphincter Injury and Repair (2019)**
Aga Khan university Hospital, Karachi.
- **Research Methodology, Bio-statistics and Dissertation Writing.** WHO collaborated workshop (2012)
College of Physicians and Surgeons Pakistan (CPSP). Peshawar.
- **Introduction to Computers and Internet.** WHO collaborated workshop (2012)
College of Physicians and Surgeons Pakistan (CPSP), Peshawar.
- **Primary surgical skills.** WHO collaborated workshop (2012)
College of Physicians and Surgeons Pakistan (CPSP) Peshawar.
- **Communication Skills.** WHO collaborated workshop (2012)
College of Physicians and Surgeons Pakistan. Peshawar.

TEACHING EXPERIENCE:

Undergraduate teaching experience

- **Year 3 and 4 Student teaching sessions** in OBGYN rotations.
- **Year 4 Students teaching sessions regularly (4 classes/ week)**
- **TOACS examiner for OBGYN.**
- **On call teaching sessions of students**
- **OSCE examiner for OBGYN exam**
- **Active participation in OSCE Retreat**

- CIME module on Catheterization.

Postgraduate fellow teaching experience:

- **Twice weekly fellow academic sessions**
Fellowship journal clubs
Fellow urodynamic forum presentation

Lectures at Conferences/ Seminars

- **Case presentation at Urogynecology Grand Round (July 2019)**
Aga Khan University Hospital, Karachi.

Workshops conducted

- **Hands-on Urodynamics** at SOGP annual Symposium at Aga Khan University Hospital, Karachi. (July 2019)

Presentations

Departmental presentations

- Single incision mini-slings versus standard mid-urethral slings in management of stress urinary incontinence. A meta- analysis.
- TOMUS trial: Adverse effects and 2-year outcomes.
- Pelvic floor muscle exercises for urinary incontinence: A systematic review.
- SAGA questionnaire: Goal attainment scaling in LUTS patients.
- Mirabegron: Efficacy and tolerability in overactive bladder.
- Outcomes following vaginal prolapse repair and mid urethral sling (OPUS) trial-- design and methods.
- Prediction of postoperative antimuscarinics in women with mixed urinary incontinence after transobturator surgery.
- Randomized control trial comparing two procedures for anterior vaginal wall prolapse.
- ICS/ IUGA Joint report on terminology of female pelvic floor dysfunction 2010.
- CARE trial: Long-term outcomes following abdominal sacrocolpopexy for pelvic organ prolapse.
- Neurogenic bladder: a review.
- New urgency and frequency score in patients with overactive bladder.
- LUTS in different modes of hysterectomy: A systematic review.
- Comparison of 2 transvaginal surgical approaches and perioperative behavioral therapy for apical vaginal prolapse: the OPTIMAL randomized trial.
- A Randomized Trial of Urodynamic Testing before Stress-Incontinence Surgery (VALUE study)

- Stress Incontinence Surgical Treatment Efficacy Trial (SISTER).
- Protocol for the value of urodynamics prior to stress incontinence surgery
- (VUSIS) study: a multicenter randomized controlled trial to assess the cost effectiveness of urodynamics in women with symptoms of stress urinary incontinence in whom surgical treatment is considered.

Urodynamic forum presentations (in collaboration with section of Urology)
(monthly from Jan 2013- date)

- Bladder outlet obstruction
- Neurogenic bladder
- Low compliance bladder
- Refractory Overactive Bladder
- Stress urinary incontinence
- Detrusor Overactivity
- Pelvic masses and urinary incontinence
- LUTS in cases of recurrent UTI
- Pelvic organ prolapse with bladder outlet obstruction
- Mixed urinary incontinence
- Faecal incontinence
- Painful bladder syndrome

PUBLICATIONS

Peer reviewed- research papers

- **Abrar S, Rizvi RM**, Improvement in Female sexual functions after surgery for pelvic organ prolapse and/or stress urinary incontinence. PJMS 2020
- **Abrar S, Rizvi RM**. The Practice of Burch Colposuspension versus Mid Urethral Slings for the Treatment of Stress Urinary Incontinence. PJMS 2021
- **Abrar S, Rizvi RM** The Association And Improvement Of Overactive Bladder Symptoms After Pelvic Organ Prolapse Surgery. PJMS 2020
- **Abrar S, Rizvi RM, Kashif U**: A Clinical Audit in the Management of Third and Fourth degree Perineal Tears. JPMA 2020
- **Rizvi RM, Abrar S**. Vaginal leiomyoma presenting as pelvic organ prolapse in pregnancy: a case report. JCPSP 2020
- **Deepa F, Khan MS, Abrar S, Shahzada A, Tahir F**. Obstetrical Interventions And Surgical Procedures To Prevent Life Threatening Complications During Delivery. Journal of Saidu Medical College, Swat. 2018 May 11;8(1).
- **Abrar S, Abrar T**. Efficacy of oral with vaginal progesterone in the treatment of threatened miscarriage in first trimester. J Med Sci 2017;25(4) 407-410.
- **Abrar S, Abrar T, Khan MS**. Frequency of Factors Leading to Peripartum Hysterectomy. J. Soc. Obstet. Gynecol. Pak. 2017;7 (4):211-214.
- **Abrar S, Abrar T, Sayyed E**. Retained Placenta and Postpartum haemorrhage. J Med Sci 2016;24(1) 2-4.
- **Abrar S, Abrar T, Sayyed E**. Frequency of intrapartum complications in pregnant obese women at term. J Med Sci. 2016;24(2) 103-106.

Ongoing research

- **Abrar S**, Rizvi RM, Frequency and common risk factors in patients with LUTS and Irritable Bowel Syndrome.
- **Abrar S**, Rizvi RM, Neovagina in patients with vaginal agenesis

REFERENCES

Dr. Raheela Mohsin Rizvi

Associate Professor
Department of OBGYN
Aga Khan University Hospital
Karachi.
Contact number 03002385544

Dr. Novera Ghayoor

Assistant Professor
Department of OBGYN
Aga Khan University Hospital
Karachi.
Contact number 03452131665

Dr. Munazza Akhter

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Department of OBGYN
Aga Khan University Hospital Karachi.
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Nowshehra Medical College
Contact number 03339110651