Internal Medicine

Aga Khan University has been the pioneer institute for initiating structured medical residency programmes in Pakistan. These programmes are role models for other programmes. The Internal Medicine Residency Programme is the largest and one of the major strengths of the University.

Department of Medicine

The mission of the Department of Medicine at Aga Khan University Medical College is to strengthen the discipline of internal medicine and its subspecialties, and to positively impact the diagnosis, treatment and control of diseases affecting the populations it serves. The department is committed to excellence in undergraduate and postgraduate medical education, in training internists in clinical, epidemiological and basic science research that expands the frontiers of medical knowledge, and provision of caring service to affected patients and their families.

The postgraduate teaching activities of the Department of Medicine includes a structured internal medicine residency programme.

Internist

The graduates of the residency programme in internal medicine are internists or general medical specialists.

The internist

- Is an expert in the assessment, diagnosis and management of general medical problems
- Is capable in the management of acute unselected medical emergencies and the management of patients in a holistic way
- Values the continuing care of all patients, irrespective of the nature of the patient's complaint
- Is trained in all of the major medical subspecialties as well as intensive care, palliative care, therapeutics and toxicology, and behavioural science
- Is trained in some aspects of clinical biochemistry, immunology, microbiology, radiology and nuclear medicine
- Formulates a total evaluation of the patient and prioritises treatment, which may include surgery
- Coordinates the care for all patients and involves other specialists as required
- Functions in clinical, counselling, educating, leadership and management roles

Postgraduate examination results

The Internal Medicine Residency Programme at AKU started in 1987. The main aim of the residents in the residency programme is to gain adequate medical knowledge, clinical skills and professional attitude to enable them to function as an excellent internist. In addition, an important objective is to gain credentials through their postgraduate exam in due course of time.

The results of our candidates in FCPS and MRCP are commendable. This is due to extensive structured interactive learning opportunities provided to the residents during their training. Most of our graduates are working at leading positions in the country. A large number of the graduates are serving as faculty in our own institute.
**Goals and objectives**

The internal medicine residency programme is a four-year structured training programme, offering clinical training in general medicine and medical subspecialties, adherent to the requirement of the College of Physicians and Surgeons of Pakistan.

It is designed to provide academic environment, formal teaching and broad clinical experience to the trainee, necessary to become an excellent general medical specialist/internist.

At the end of training, the resident is able to:

- Acquire the ability to care for a wide range of clinical problems
- Perform thorough and comprehensive history and physical examination in an effective manner
- Document patient's history, physical examination and progress, clearly and concisely in the medical record
- Present the relevant history and physical findings in a coherent and precise manner
- Formulate complete problem list from the initial data, and prepare an effective diagnostic and therapeutic plan

Residents are given graded responsibility for patient care during their years of residency. The senior resident is able to demonstrate a level of knowledge, clinical skills, technical skills and attitudes consistent with independent consulting practice. The residency programme provides adequate opportunities for residents to gain skills in all the common and emergency procedures. The resident functions within the context of a team approach to patient care.

The residents are given provision of an appropriate balance of inpatient, outpatient, critical care and ambulatory training experiences. Residents have sufficient exposure to each of the recognised medical subspecialties so as to become fully familiar with the role and contribution of each to effective patient care. In the residency programme, methods are in place of careful and fair evaluation of residents performances.

Appropriate feedback, guidance, and counselling are given to assure proper development in all areas of training and professional behaviour.

**Curriculum**

**Core curriculum**

During the four years of residency training the core curriculum is covered through formal core lectures, clinical rotations, tutorials, problem-based learning, grand rounds, morning report, journal club, mortality and morbidity meetings, practice guidelines, bedside examinations and group discussions.

**Clinical Rotations**

As per CPSP requirements (see residency manual).

**Teaching and learning strategies**

Core Lectures  Weekly  
Grand Rounds Weekly  
Morning Report weekly
Journal Club once a month
Mortality and Morbidity Monthly
Grand Round by Resident Monthly
Residents Hour monthly
Professors Lecture Monthly
Clinicopathological Conference Monthly
PGME Lectures Twice a month
Clinical Practice Guidelines Monthly
Synopsis discussion forum Monthly
Cases of the month
Internal medicine audit Monthly
Teaching Ward Rounds Daily
FCPS-II COURSE Yearly
Dedicated long case examination sessions Monthly
Dedicated short case examination sessions Monthly
Clinic Assignments 1-2 clinics a week
ACLS Course Once in residency

Evaluation and feedback

- Monthly continuous in-training evaluation
- Annual in-service/in-training examination (a three-hour postgraduate mock examination)
- Objective structured clinical examination (OSCE)
- MCQs
- A comprehensive yearly two-week, FCPS-II Course for senior residents
- Half yearly combined feedback
- Yearly comprehensive individual feedback on summative evaluation
- Annual residents’ appreciation evening

Duration of training

The programme comprises four years of training.

Eligibility

- MBBS or equivalent degree approved by the PM&DC, with 58 per cent or above marks in the final examination
- One year internship with six months in Medicine and allied and six months in Surgery and allied disciplines
- FCPS Part I/MRCP Part I

Candidates are required to sit for entry examination of medicine residency held in September each year. Selected candidates are then called for an interview to further assess their motivation, leadership potential, communication skills, ambition and clinical judgment. Successful candidates are selected for the programme.

On-call duties

Each resident does an average of one night in four on-call within the Hospital premises, although occasionally one night in three may be necessary.
Positions available

The Department of Medicine has 56 resident positions at present. There are 12-14 first-year positions available each year.

Administrative set-up

The Departmental Residency Committee is mandated to oversee all aspects of the Medicine Residency Programme and to ensure that it conforms to the goals and objectives of the residency programme. This committee also looks after other medicine subspecialities. In addition to this there is a subcommittee which looks after the issues of internal medicine residency issues. This committee is responsible for the development, implementation and review of the postgraduate curriculum. The committee is responsible for the general administration of the programme, which includes recruitment and selection of residents, teaching and rotation of residents and interns in general medicine and medical subspecialties inpatient and ambulatory care, supervision, counselling, evaluation and advancement of residents and interns. The committee is responsible for maintaining resident's personnel records.

The current program director is Dr. Aysha Almas, and program coordinators are Dr. Sara Sajid and Dr. Syed Ahsan.

Full-time faculty

Professor and Chairman

Dr Saeed Sadiq Hamid
MBBS Punjab; FRCP London and Ireland; FACP, FACG USA
Gastroenterology
Distinguished University Professor Emeritus

Professors

Dr Camer W. Vellani
MBBCh; MD Wales

Dr Javaid Ahmed Khan
MBBS Karachi; FRCP Edinburgh
Pulmonary Medicine

Dr Mohammad Ataullah Khan
MBBS Sindh; FRCP London; FACP USA
Cardiology

Dr Najmul Islam
MBBS Karachi; FRCP London
Endocrinology, Diabetes and Metabolism

Dr S. Hasnain Ali Shah
MBBS Punjab; MD, FRCP Edinburgh; FACG USA
Gastroenterology
Dr S. M. Wasim Jafri  
MBBS Karachi; FRCP London, Edinburgh and Glasgow; FACP, FACG USA  
Gastroenterology

Dr Jaweed Akhtar  
MBBS UK; ABIM, FRCP Edinburgh; FACP USA  
Diplomate American Boards of Internal Medicine and Medical Education  
Diabetes & Endocrine

Dr Saad Shafqat  
MBBS AKU; PhD Harvard  
Diplomate American Boards of Psychiatry and Neurology  
Neurology

Dr Shahab Abid  
MBBS Karachi; FCPS Pakistan; FRCP Edinburgh  
Gastroenterology

Dr Mohammad Wasay  
MBBS Karachi; FRCP Edinburgh  
Diplomate American Boards of Psychiatry, Neurology and Neuro-imaging  
Neurology

Dr. Khawar Kazmi  
MBBS, FCPS (Med), Fellowship in Cardiology (UK)

**Associate Professors**

Dr Ali Bin Sarwar Zubairi  
MBBS Karachi  
Diplomate American Boards of Internal Medicine, Pulmonary Disease and Critical Care Medicine  
Pulmonary Medicine

Dr Ayeesha Kamal  
MBBS AKU  
Diplomate American Boards of Psychiatry, Neurology and Vascular Neurology; Fellow of the American Heart Association  
Neurology

Dr Mughis Sheerani  
MBBS Karachi; MD Utah  
Diplomate American Boards of Psychiatry and Neurology  
Neurology
Dr Muhammad Tariq  
MBBS Karachi; MRCP UK  
Internal Medicine  
Director Postgraduate Programmes

Dr Muhammad Irfan  
MBBS Karachi; FCPS Pakistan  
Pulmonary Medicine

Dr Aamir Hameed  
MBBS Punjab; FCPS (Internal Medicine and Cardiology) Pakistan  
Cardiology

Dr Fatehali Tipoo  
MBBS Karachi; FCPS Medicine; FCPS Cardiology Pakistan  
Cardiology

Dr. Bushra Jamil Ali MBBS, FRCP, FACP  
Associate Professor, Medicine,  
Section Head Adult Infectious Diseases,  
Department of Medicine  
The Aga Khan University

Dr Syed Faisal Mahmood  
MBBS, AKU: Residency in Internal Medicine, Chicago; Fellowship in Infectious Diseases, USA  
Diplomate, American Boards of Internal Medicine and Infectious Diseases, USA  
Infectious Diseases

Dr Waqaruddin Kashif  
MBBS Karachi  
Diplomate American Board of Internal Medicine, Nephrology and Critical Care Medicine  
Nephrology

Dr Bhojo Asumal Khealani  
MBBS Sindh; FCPS (Neurology) Pakistan  
Neurology

**Assistant Professors**

Dr Hafiz M. Mehmood Riaz  
MBBS Punjab; FCPS Pakistan  
Internal Medicine

Dr Javed Majid Tai  
MBBS Karachi; FCPS (Medicine and Cardiology) Pakistan  
Cardiology
Dr Javed Yakoob  
MBBS Karachi; PhD Central South University, China  
Gastroenterology

Dr Aysha Almas  
MBBS Karachi; FCPS Pakistan (Medicine); MSc Clinical Research AKU, FACP  
Internal Medicine

Dr Qamar Masood  
MBBS (Karachi), FACP, FACE (USA); Diplomate American Boards of Internal Medicine, Endocrinology, Diabetes and Metabolism (USA).

Dr Hashir Majid  
MBBS (AKU); Diplomate, American Boards of Internal Medicine, Pulmonary Diseases and Critical Care Medicine (USA).

Dr Faisal Wasim Ismail  
MBBS (Karachi); FCPS Medicine, FCPS Gastroenterology; MACG (USA).

Dr Sadia Masood  
MBBS; FCPS Dermatology

Dr. Erfan Hussain  
MBBS; Diplomate, American Board of Critical Care Medicine  
Diplomate, American Board of Pulmonary Diseases

Dr. Sonia Yaqub  
MBBS; FCPS Nephrology

Dr. Sarwar Jamil Siddiqui  
MBBS; MRCP, Ireland
Dr. Sara Khan
MBBS, AKU
Residency in Neurology, Cleveland Clinic, USA
Fellowship in Neuromuscular Medicine, Cleveland Clinic, USA
Diplomate, American Board of Psychiatry and Neurology, USA
Diplomate, American Board of Psychiatry and Neurology- Neuromuscular Medicine, USA

Dr Om Parkash
MBBS (Sindh); FCPS Medicine ; FCPS Gastroenterology , MSc Clinical Research (AKU), MACP, MACG (USA).

Dr Amna Subhan
MBBS; FCPS Medicine ; MACG (USA); MSc Clinical Research (AKU).

Senior Instructors

Dr Murtaza M. Kazmi
MBBS (AKU); Diplomate, American Boards of Internal Medicine and Pulmonary Diseases (USA)

Dr Fariha Sadiq Ali
MBBS; MRCP (UK) Cardiology

Dr. Nanik Ram, MBBS, FCPS (Med), FCPS (End)
Senior Instructor & Consultant Endocrinologist
Section of Endocrinology

Dr. Saira Furqan, MBBS, FCPS(IM), FCPS(Endo)
Senior Instructor,
Section of Diabetes Endocrinology & Metabolism,

Dr. Adil Aziz
MBBS; FCPS Medicine

Dr Syed Ahsan
MBBS, FCPS (Medicine)
Senior Instructor, Internal Medicine

Dr. Noreen Nasir
MBBS, FCPS (Internal Medicine)
Senior Instructor and Consultant General Physician

Dr. Syedah Saira Bokhari
MBBS, MCPS (Medicine), FCPS (Cardiology)
Diplomate American Board of Echocardiography

Dr. Abdul Baqi
MBBS, FCPS Cardiology
Dr. Talha Shahzad
MBBS, FCPS Pulmonology

Dr Azra Rizwan
MBBS, FCPS (Medicine), Fellowship in Diabetes & Endocrinology (AKU), MSc Clinical Research (AKU)

Dr Sara Sajid
MBBS (AKU); Diplomate, American Board of Internal Medicine (USA).

Dr. Kiren Habib
MBBS, FCPS (Internal Medicine)