### *CURRICULUM VITAE*

### Dr Khalid Zaman

### MRCGP MRCP PG Dip Msk

### PERSONAL DETAILS

Name: Mohammad Khalid Zaman

Date of Birth: 11-01-1972

Nationality: British

GMC Number: 4335889

MPS Number: 220324

Performers List: Yorkshire and Humber

Revalidation Cycle: Completed October 2015

Current Work Address: Self Employed Locum GP

Contact:  *Goslings Farm*

Eryholme Lane

Eryholme

Darlington

DL2 2PF

Mobile 07594718839

 doctor\_zed@hotmail.com

Marital Status: Married

Drivers license Full UK

Languages: English , Urdu, Hindi, Punjabi

SUMMARY OF EXPERIENCE

### General Practice (MRCGP): 14 years

Internal Medicine (MRCP): 3 years

(Diabetes, Endocrinology,

Elderly medicine, Cardiology,

Gastroenterology, Neurology, Haematology)

Paediatrics (DCH): 6 months

Psychiatry: 6 months

Community Obstetrics & Gynaecology: 3 months

Sexual Health & Family Planning (DFFP): 3 months

General Surgery: 6 months

### CLINICAL INTERESTS

Musculoskeletal medicine and Rheumatology (PG Diploma)

Neurology (Clinical experience)

Chronic pain management (Bio-psychosocial approach)

Acupuncture: (PG Diploma)

### CAREER ETHOS & PLANS:

The patient experience inspires, challenges and informs my practice of family medicine every day. Caring for the needs of individuals and their families in various settings has stimulated much learning, personal growth and a diverse career to date.

### My aim is to develop a well-rounded career in family medicine but also remain open to new areas of interest. It is also important that this aim is tempered by a work life balance.

EDUCATION

1991 – 1996 Queen Medical Centre

 University of Nottingham

1988 – 1991 Dewsbury College, West Yorkshire

 6GCSEs and 3 A-Levels

### QUALIFICATIONS

March 1993 BMedSci 2(1)

##### July 1996 BMBS 2(1)

July 1999 MRCP Edinburgh

March 2002 Diploma in Child Health (DCH)

##### July 2003 Diploma of Faculty of Family Planning

July 2004 MRCGP

### September 2008 PG Dip Acupuncture

 Northern College of Acupuncture, York

March 2013 PG Dip MSK Medicine with Rheumatology.

 University of Bradford

ACCREDITATIONS

October 2005 Part 1 Substance Misuse Certificate

### September 2013 Joint Injections

April 2014 Advanced Life Support (ALS)

May 2014 Minor Surgery (RCGP Approved)

November 2014 EPLS

### CAREER HISTORY

Nov 17- Present Self-employed sessional GP

Jan 16 – Sept 17 Cochrane Primary Care Centre

 Cochrane, Alberta

Canada

Jan 15 - Oct 15 Full Time GP Locum - UK

### Sept 11 – Dec 14 Salaried GP

 Chapelthorpe Medical Centre

Wakefield

West Yorkshire

Feb 11 - Aug 11Salaried GP

Westcliffe Medical Practice

Shipley

West Yorkshire

Nov 06 - Jan 11Salaried GP

Thornton Medical Centre

 Bradford

West Yorkshire

### 0ct 05 - Nov 06 Salaried GP

The White House Centre,

Huddersfield

West Yorkshire

Experience: Providing general healthcare to asylum seekers, economic migrants, the homeless, substance misusers, sex workers, victims of domestic abuse.

Sept 03 – Sept 05GP Locum

Feb 03 - Aug 03 Senior Registrar in GP (SRGP)

Handsworth Medical Practice,

London

Experience*:* A London deanery approved six-month

post between primary care and secondary care specialties. The self-constructed time table consisted of four clinics per week in the following specialties:

Feb 03 - May 03 SRGP Obstetrics and Community Gynaecology

May 03 - Aug 03 SRGP Sexual Health & Family Planning

Feb 02 - Feb 03 GP Registrar

Glebelands Practice, London

Aug 01 - Feb 02 SHO Paediatrics Royal London Hospital

London

Feb 01 - Aug 01 SHO Adult Psychiatry

 Homerton Hospital

London

Oct 00 - Jan 01 Registrar Neurology (LATS Post)

Pinderfields General Hospital

West Yorkshire

Nov 99 - Oct 00 Career Break

(Locum work and subsequent travel)

Feb 99 - Aug 99 SHO Neurology & Stroke Rehabilitation

 Derbyshire Royal Infirmary

Aug 98 - Feb 99 SHO General Medicine, Diabetes & Endocrinology, Gastroenterolgy

Derbyshire Royal Infirmary

Feb 98 - Aug 98 SHO Medicine for Elderly & Cardiology

 Derbyshire Royal Infirmary

Aug 97 - Feb 98 SHO Haematology

 Withington & Wythenshaw Hospitals, Manchester

Feb 97 - Aug 97 JHO General Medicine & Diabetes

 Queens Medical Centre

Nottingham

Aug 96 - Feb 97 JHO Urology & General Surgery

City Hospital

Nottingham

### CONTINUED PROFESSIONAL DEVELOPMENT

Research 1993-94 Plasma serotonin levels and craving in alcohol dependent-subjects during withdrawal. BMedSci research.

Publication Patkar AA, Marsden CA, Zaman K.

Plasma Serotonin levels and craving in alcohol dependent subjects during withdrawal. *Journal of* *Psychopharmacology*, July 1994; p135.

Audit 1994 Emergency appointments in a busy inner city practice. Role for a specialist emergency nurse?

Audit 1999 Intravenous Cefuroxime: Prescribing practice and cost in a DGH over a twelve month period. Areas of potential cost saving identified and prescribing protocols set up.

Audit 2002 Provision of screening for diabetic eye disease in an East-London practice population. Interventions for maximising uptake of screening.

GP update course 2010,12,14 One day interactive course reviewing latest evidence and guidelines across the whole spectrum of primary care.

Audit 2012 Management of gout in primary care

Audit 2013 Fluoxetine & Tamoxifen co-prescribing

Process mapping 2013 DMARD monitoring protocol

Presentations 2011-2013 Cervicogenic headaches, Vitamin D deficiency, Gout.

Annual Appraisal 2004-2015 Achieving in excess of 50 points per year, through educational meetings, courses, workshops, audit, case reflection, critical appraisal of medical literature etc.

OTHER SKILLS

Information & Technology Experienced user of primary care software systems such as EMIS and System One.

Competent with Microsoft office and online advanced medical literature searches.

Teaching Enthusiastic teacher of GP registrars attached to the Practice through regular clinical debriefing sessions, formal tutorials and informal case discussions.

Languages Fluent in Urdu, Hindi and Punjabi.

INTERESTS

Reading Eastern philosophy, history, psychology, medical literature.

Sport Skiing, horse riding, scuba diving, mountain biking, cricket, squash, trekking.

Travel Travelled extensively in Central & South America, Europe and Indian sub-continent, China and South-East Asia.

Miscellaneous Cinema, music, gardening

REFEREES Dr Stephen Wild

 Current lead partner

 Harewood Medical Practice

 42 Richmond Road

 Catterick Garrison

DL9 3JD

01748876090

Dr Angus Ross

Former Partner

Carmel Medical Practice

Nunnery Lane

Darlington

07714764627

angus.ross@nhs.net