

# Curriculum Vitae

Professor DR. LAL MUHAMMAD

Principal and Head of Ophthalmology Department,  
KMU-IMS Kohat

**Father Name:**

Ghari Jan (Late)

**Marital status:**

Married

**Permanent Address:**

P.O Ahmed Abad, Tehsil Takht-e-Nasrati, District Karak, Khyber Pakhtunkhwa

**Postal Address**

KMU Institute of Medical Sciences,  
KDA, Kohat

**Contact No**

0300-5961577 / 0336-5961577

**CNIC No.**

17301-1374124-3

**Email address**

drlalmuhammaddr@gmail.com

**Date of birth**

20<sup>th</sup> February 1963

**Nationality**

Pakistani

**EDUCATIONAL QUALIFICATION**

1. **Matric:** From BISE Peshawar in 1979 and obtained marks 695 out of 850 (82%).
2. **Intermediate:** From BISE Peshawar in 1981 and obtained 640 out of 1000 (64%)
3. **MBBS:** From Khyber Medical College (Peshawar University), in 1987 and obtained 1031 out of 1700 (60.7%).
4. **FCPS (Ophthalmology):** From CPSP in December 2003

**ADDITIONAL RELEVANT QUALIFICATION**

1. Course in Hospital Administration from National Institute of Public Administration, Khyber Pakhtunkhwa, 30<sup>th</sup> July to 24<sup>th</sup> August 1994.
2. Certificate from International Council of Ophthalmology in 2003.
3. Certificate in Health Professional Education from Khyber Medical University, Peshawar in 2013.

**FORMAL TRAINING / EDUCATION:**

1. Mandatory Workshops for Supervisor (In Year 2013).
  - a. Research methodology and Biostatistics
  - b. Supervisory skills
  - c. Assessment of competence
  - d. Advanced trauma life support (ATLS)
  - e. Educational, Planning and Evaluation
2. Seminar and Conferences Ophthalmology

**RESEARCH PROJECTS**

Under the Supervision of Professor Dr. Zia Ul Islam, Comparison of efficacy of single site versus double sites peribulbar Anaesthesia in cataract surgery at Khyber Teaching Hospital, Peshawar

**RESEARCH PUBLICATIONS**

(As per List Attached)

**EMPLOYMENT RECORD**

1. Medical Officer (BPS-17), at DHQ Hospital, Karak, from 24<sup>th</sup> April 1989 to August 1990, On permanent Basis
2. Medical Officer (BPS-17), at Children Hospital, Peshawar, from August 1990 to May 1991, on permanent basis.
3. Medical Officer Khyber Teaching Hospital Peshawar 1991-93
4. Additional D.M.S Stores Khyber Teaching Hospital Peshawar 1993-97
5. Incharge Community Ophthalmology KTH 1997-99

6. Trainee Medical Officer, Khyber Teaching Hospital, Peshawar, January 1999 to April 2004.
7. Senior Registrar, Gomal Medical College, DHQ Hospital Dera Ismail Khan, from April 2004 to August 2005.
8. District Ophthalmologist, from August 2005 to August 2009.
9. Assistant Professor (BPS-19) Ophthalmology, KMU Institute of Medical Sciences, Kohat, from January 2009 to 9th November 2012 on permanent basis.
10. Associate Professor Head Department of Ophthalmology (BPS-20), KMU Institute of Medical Sciences, Kohat, from 9th November 2012 to 5<sup>th</sup> October, 2015 on permanent basis.
11. Professor and Head Department of Ophthalmology (BPS-21) KMU Institute of Medical Sciences, Kohat 6<sup>th</sup> October, 2015 till date.
12. Additional Charge as Vice Principal KIMS (Admin) March, 2017 to 19<sup>th</sup> February, 2018.
13. Charge Assumption as Principal KIMS w.e.f 20<sup>th</sup> February, 2018 till date.
14. Charge Assumption as Associate Dean PGMI w.e.f

#### **COUNTRY VISITED**

1. Malaysia: For Job in 1993-94 (4 Months).
2. Saudi Arabia: For Hajj and Umra.
3. Sudan: For free eye camp (10 days).
4. Nigeria: For free eye camp (10 days).
5. Sri Lanka: For free eye camp (10 days)
6. Somaliland (Somalia) For free eye camp (10 days)

#### **OTHER ACTIVITIES**

1. One of the founder Member of KMU-IMS, Kohat
2. Executive Member Ophthalmology Society Khyber Pakhtunkhwa (OSP-KPK)
3. Member Prevention of Blindness Program Pakistan (POB Trust)
4. Member FIMA Save Vision
5. Secretary DTRC, KMU-IMS, Kohat
6. Academic Council Member Khyber Medical University, Peshawar
7. Chairman Students Welfare Society, KMU-IMS, Kohat
8. Staff Editor Faraz Magazine – Pashtu Section (KMU-IMS Students Magazine)
9. Chairman Activity Section
10. Member B.O.G Shahid Afridi Foundation Hospital Kohat since 3 years
11. Member B.O.G Al-Khidmat Hospital Kohat since 1 year.

## REFERENCES

- a. Professor Zia Ul Islam, Ex-Principal and Chief Executive Khyber Medical College Peshawar.
- b. Professor Dr. Muhammad Salim Gandapur, Registrar KMU Peshawar.

## RESEARCH PUBLICATION

Ser No.	Title of Research Paper	Name of Journal	Date of publication	Principal/ Co-author	HEC/ PM&DC recognized Yes/No
1.	Pterygium-an Epidemiological study.	P.J.O V20 NI Jan 2004 Page 17-21: web address as above	Jan 2004	Co Author	Both
2.	Pterygium and Dry eyes	JPMI 2004 Vol 18 N4 Page 558-562 www.jpmi.org <a href="http://www.pakmedinet.com/jpmi">www.pakmedinet.com/jpmi</a>	2004	Co Author	Both
3.	Comparison of efficacy of single site with double site Peribalbar Anesthesia in 200 Cases of Cataract extraction.	PJ.OV21 N2 Page 49-53 www.pjo.com.pk	April 2005	Principal	Both
4.	Analysis of Intraocular lens power estimation in pts admitted for cataract surgery.	GJMS NI N7 Page 22-27 www.gims786.com www.pakmedinet.com	Jan - June 2009	Co author	Both
5.	Visual outcome And Complication of small incision cataract surgery	P.J.O-V26 NI P 32-38	Jan 2010	Co author	Both
6.	Prevalence of Refractive Errors in school going children	International ophthalmology update ophthalmic news net V8 Page 29 www.opthamologyupdate.com www.pakmedinet.com/pu	Oct, Dec 2010	Co Author	Both
7.	Choroidal Melanomas in Ocular Melanocytosis	P.J.O Vol 26 No.2, Page 100-103	2010	Co author	Both
8.	Comparison of Post operative astigmatism in 200 cases of cataract extraction with continuous and interrupted sutures	GJMS Volume 9, No. 1, Page: 86-90,	Jan-June 2011	Principal	Both
9.	Heavy Silicone oil as an internal tamponade for complicated retinal detachment	International ophthalmology update ophthalmic news net Vol.9 Page 38-40	Apr - June 2011	Co Author	Both
10.	Comparison of Intraocular pressure record between Air puff Tonometer and Gold man tonometer.	International ophthalmology update ophthalmic news net, Vol.9 Page 45-46	Apr – June 2011	Co Author	Both
11.	Correlation between IOP & central corn thickness	International ophthalmology update	2011	Co author	Both

		ophthalmic news net, Vol.9, No. 2, Page 47-49			
12.	Visual improvement after Nd-YAG Laser Capsulotomy	GJMS	June – December 2013	Principal	Both
13.	Manual Small incision Cataract Surgery, Comparison of Subtenon Anesthesia with Peribulbar Anesthesia; study on pain evaluation and surgery outcome	International Ophthalmology update Volume 11, No. 2, Page 124 – 127	April – June 2013	Co Author	Both
14.	Vernal Kerato conjunctivitis; Supratarsal injection of Triamcinolone;	The Professional Medical Journal, Volume 20, No. 03, Page 399 – 402	May – June 2013	Principal	Both
15.	Amniotic membrane graft after pterygium excision;	Saidu Medical Journal	June – December 2013	Co-author	PM&DC
16.	Complications of YAG Laser Capsulotomy,	The Professional Medical Journal	January – February 2014	Principal Author	
17.	To determine the frequency of common complications following cataract surgery by an experienced surgeon in brobetic patients	International Ophthalmology update, Volume 12, No. 1, Page 22 – 25	Jan – March 2014	Co Author	
18.	Compression of Astigmatism in two incision sites in manual small incision cataract surgery	International Ophthalmology update, Volume 12, No. 1, Page 43 – 48	Jan – March 2014	Co Author	
19.	Evaluation of Functional and Psycho-Social impact in Adult strabismus	International Ophthalmology update, Volume 12, No. 2, Page 92-4	April – June 2014		
20.	Comparison of outcome of Decryo Cysto Rhinostomy with intubations against Dacryo Cysto Rhinostomy with Mytomycin – (MMC) application intraoperatively:	Ophthalmology Update Vol: 12, No. 3, Page No. 175-8	July to September 2014	5th	
21.	Morphological Appearance of Retinal Breaks Associated with or without Rhyegmatogenous Retinal Detachements Presenting in Ophthalmology Department Hayatabad Medical Complex, Peshawar	Ophthalmology Update Vol: 12, No. 3, Page No. 179-181	July to September 2014	3rd	
22.	Intra ocular pressure control after cataract extraction with posterior intra ocular lens implantation in phacomorphic glaucoma	Ophthalmology update international Vol-13, No.2, Page No: 90-92	April –June 2015	Principal	
23.	Complications and results of external dacryocystorhinostomy in chronic dacryocystitis without intubation (Review of 107 cases)	Ophthalmology update international Vol-13, No.2 Page No. 107-109	April –June 2015	3 <sup>rd</sup>	
24.	Prevalence and dencity of Amblyopia in strabismic patients of school age children (study of 106 cases)	Ophthalmology update international Vol-13, No.2, Page No. 79-81	April –June 2015	3 <sup>rd</sup>	

25.	Analysis of Four Point Score Scale for Pain Assessment in Phacoemulsification under Topical Anesthesia-Propraracaine	Ophthalmology Update Vol.16 No.2, April-June 2018	April-June 2018	2 <sup>nd</sup>	
26.	Visual Acuity Outcome in Traumatic Cataract Extraction with Intraocular Lens Implantation: (A study of 46 Cases)	Ophthalmology Update Vol.16 No.2, April-June 2018	April-June 2018	2 <sup>nd</sup>	
27.	Visual Outcome of Cataract Surgery at Tertiary Referral Centre of Khyber Pakhtunkhwa using WHO criteria	Ophthalmology update Vol. 16 No.4, Oct-Dec 2018	Oct-Dec 2018	5 <sup>th</sup>	
28.	Assessment of the Frequency & Factors Leading to Amblyopia in School Children aging 5 to 15 years	Ophthalmology update Vol. 16 No.4, Oct-Dec 2018	Oct-Dec 2018	6 <sup>th</sup>	

**DR. LAL MUHAMMAD (FCPS OPHTHALMOLOGY)**

**PROFESSOR OF OPHTHALMOLOGY KMU INSTITUTE OF MEDICAL SCIENCES KOHAT.**

**Services in the Field Of Prevention of Blindness.**

As medical officer and trainee M.O eye A unit Khyber Teaching Hospital under supervision of Prof. Zia Ul Islam for almost ten years.

- Examination treatment of patients in O.P.D (of almost 100 plus patients in total) twice a week.
  - Cataract, glaucoma, squint, DCR, Surgery etc in O.T (almost 60 plus patients in total per week).
2. As incharge M.O Community Ophthalmology and Secretary ALBASARAT Eye Foundation Peshawar.
- Free eye camps in the province, tribal area and Afghanistan:  
(Karak, Pabbi, Charsada, Bannu, Hangu)  
Tribal area: Wana, South Waziristan, Ghiljo, Kurram Agency, Samana.  
Afghanistan: Qandahar and Jalal Abad.
- As incharge of surgeons and paramedics team we operated almost 1000 patients for cataract in each of the above camps.
3. Charity clinic at my hometown Ahmad Abad Karak one day / week (Sunday) since 1994.  
Examine and treat almost 100 patients in each visit & operate almost 200 cataracts in an year.
4. As Senior Registrar Gomal Medical College D.I.Khan 2004-05.
5. Founder / inaugural surgeon Mehmood Eye Hospital D.I.Khan A charity project of LINES CLUB
- Examination & treatment of almost 100 patients daily.
  - Operating 15-20 cataract patients daily (for 2 years)
6. As consultant / Assistant Professor KIMS Kohat since 2006 till date:  
O.P.D 3 days per week almost 100 plus patients each O.P.D: O.T twice a week.  
Almost 1200-1500 cataract surgery each year.
7. As in-charge KPK prevention of blindness trust Pakistan and member of Federation of Islamic Medical Association save vision (FIMA-save vision)

(an international N.G.O for prevention of blindness)

Regularly involved in free eye camps in the country and abroad,

Sudan, Sri Lanka, Nigeria, Somalia:

As team leader we operated more than 1000 cataracts in each camp.

Received P.O.B Trust Excellence Award 2014.

Visiting faculty D.O course HERGESIA Somali Land. Surgeon