

MUHAMMAD SARFRAZ NAWAZ , PharmD, MPhil

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Early career researcher with a proven track record in Pharmacy Practice, specifically in the areas of Diabetes and related complications, I have expertise in various research methods, including Qualitative, and Quantitative. My primary goal is to find an organization that can provide me with the necessary support to disseminate knowledge, push the boundaries of understanding, and make a significant impact in the field of Pharmacy Practice.

EDUCATION

M.Phil. (Pharmacy Practice)

Sep 2015 - Sep 2017

Quaid I Azam University, Pakistan

Dissertation: *“To Evaluate the Association of T2DM with Restless Leg Syndrome, Anxiety and Erectile Dysfunction by Using Different International Rating Scales in Different Hospitals of Pakistan”*

Pharm-D

Oct 2010 - Jul 2015

Browns Medalist

University of Veterinary & Animal Sciences

Dissertation: *Prescribing Patterns of Antihypertensive Drugs in Patients Attending Tertiary Care Hospitals in Pakistan*

EMPLOYMENT

08/2016 – Employee
Islamabad, Pakistan

Drugs Regulatory Officer (RO-12)

Drugs Regulatory Authority of Pakistan

- Ex-Biological drugs assessor
- Ex-Bio-similarity data assessor
- Current Secretary Expert working group for veterinary drugs
- Current Regulatory officer for Registration of Human Import, Veterinary Import, veterinary local manufacturing and Inter-provincial coordinator for registration status of drugs.

07/2015 – 08/2016
Islamabad, Pakistan

Diabetes Educator

Novocare, a project of NovoNordisk Private Limited, Denmark

- Work in a multidisciplinary team of physicians, nurses, lab technicians to improve the health outcomes of people living with diabetes
- Provided adherence education and disease information to people living with diabetes or coming for follow-up.
- Maintained the patient's records, follow-up visits, and adherence rate.
- Design and conduct research studies to improve the patient's health outcomes.

TECHNICAL SKILLS

- Clinical trial evaluation
- Common Technical Document evaluation
- Bio similarity data evaluation
- Quantitative Analysis: SPSS
- Reference Management Software: Endnote,
- Presentation and Writing Software: Microsoft Office

PROFESSIONAL TRAININGS

- Training on Common Technical Document (CTD) Dossier submission & Review dated April 20-23, 2017 by USP, USAID, PQM Pakistan
- Seminar on Anti-Microbial Resistance Management (AMR) and International Best Practices of Residues Management & the VICH Approach dated May 02, 2018 by Elanco & Sanofi Aventis, Pakistan
- Workshop on Pharmacovigilance Practices dated September 24, 2018 by DRAP & Sanofi Aventis, Pakistan
- Training on Implementation of D-IRIMS Software dated April 22, 2019 DRAP Headquarters, Islamabad.
- Pre-Market Assessment of Regulatory Dossier (CTD) with Special Reference to Multi-Source Generic Products dated May 21-24, 2019 DRAP Headquarters, Islamabad
- Educational Program on CTD Modules dated July, 15-16, 2019 DRAP Headquarters, Islamabad
- COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to support country preparedness and response dated March 31, 2020 by WHO
- Introduction to COVID-19: methods for detection, prevention, response and control dated April 11, 2020 by WHO
- Competency-Based Learning: Introduction dated April 11, 2020 by WHO
- Introduction to Poliomyelitis and the Global Polio Eradication Initiative dated April 12, 2020 by WHO
- Training on SOP for assessment and registration of pharmaceutical drug Product October 6, 2020 PE&R, DRAP Headquarter Islamabad.
- Training on Standard Operating Procedure for Management of Archived Records at Database dated December 21, 2020 by PE&R, DRAP Headquarter Islamabad.
- Training on Identification of Medicinal Products (IDMP) Standards dated January 18-19, 2021 by PQM+ Office, ISE Tower, Islamabad.
- Training on guidelines development of Annual Training Plan (ATP) dated March 11, 2021 by QMS, DRAP Headquarters, Islamabad.
- Code of Conduct and conflict of Internal dated August 13, 2021 by DRAP Headquarters, Islamabad
- Training on Cortellis Generic Intelligence dated September 23, 2021 by Online microsoft teams.
- Global lessons learned from covid 19 for regulatory best practices dated October 20, 2021 by USP PQM+, Marriot Islamabad.
- Training on Sterile Manufacturing dated October 27, 2021 by QMS, DRAP Headquarters, Islamabad.
- Training on CTD dated December 22-23, 2021 by USP, DRAP Headquarters, Islamabad
- Training on E-Governance (E-Office) dated December 29, 2021 by DRAP Headquarters, Islamabad
- Training on WHO collaborative procedure for accelerated registration and assessment of pharmaceutical products and vaccines approved by stringent regulatory authorities (09-03-2023)
- Training and capacity building: Guidelines on responsible use of antibiotics (09-03-2023)
- Guidance for Regulatory Appeals (08-06-2023)
- Fundamentals of Integrated Management on Health Emergencies and Crises (23-05-2023)
- The Local Production and Assistance (LPA) Unit, in the Regulation and Prequalification Department (RPQ), and Access to Medicines and Health Products Division (MHP) at WHO (12-16 June, 2023)

SCIENTIFIC CONTRIBUTIONS

Since 2017, I have published around 13 peer-reviewed publications. This includes 5 first-author papers, demonstrating my productivity as an early career researcher. Most of my publications are in Q1 & Q2 journals demonstrate my work's quality and impact. My research has been published in leading Pharmacy journals i.e. Diabetes Research and Clinical Practice, Frontiers in Pharmacology, Patient preference and adherence, Diabetes, metabolic syndrome and obesity: targets and therapy, SN Comprehensive Clinical Medicine, Medicine, Pakistan Journal of Pharmacy, Diabetes and Metabolic Syndrome: Clinical Research and Reviews, International Journal of Diabetes in Developing Countries, Irish Journal of Medical Science etc.

Research Publications

2017

1. **MS Nawaz, KU Shah, TM Khan, AU Rehman** Evaluation of current trends and recent development in insulin therapy for management of diabetes mellitus - ScienceDirect Diabetes & Metabolic ..., 2017 – Elsevier (IF;10)

2018

1. **A Bukhsh, TM Khan, MS Nawaz, HS Ahmed, KG Chan, LH Lee, BH Goh**
Full article: Association of diabetes-related self-care activities with glycemic control of patients with type 2 diabetes in Pakistan ([tandfonline.com](https://www.tandfonline.com)) Patient preference and adherence, 2018•Taylor & Francis (IF; 2.314, Q1)
2. **A Bukhsh, MS Nawaz, HS Ahmed, TM Khan** A randomized controlled study to evaluate the effect of pharmacist-led educational intervention on glycemic control, self-care activities and disease knowledge among type 2 diabetes patients - PMC (nih.gov) Medicine, 2018•ncbi.nlm.nih.gov (IF;1.817)
3. **MS Nawaz, HN Zafar, N Saleem, M Naz, S Latif, M Usman, N Saleem, F Azhar** PREVLANCE AND PRESCRIBING TRENDS OF ANTI-DIABETIC DRUGS IN TYPE 2 DIABETES MELLITUS ACCORDING TO STANDARD TREATMENT GUIDELINES IN DIFFERENT HOSPITALS OF LAHORE | Nawaz | Pakistan Journal of Pharmacy Pakistan Journal of Pharmacy, 2018•111.68.103.26 (IF 0.863)
4. **MS Nawaz, KU Shah, HU Rashid, S Mahmood, A Bukhsh, IU Rehman, S Ali, TM Khan** Factors associated with anxiety in type 2 diabetes mellitus patients in Pakistan | SpringerLink International Journal of Diabetes in Developing Countries, 2018•Springer (IF;0.9)

2019

1. **A Bukhsh, TM Khan, M Sarfraz Nawaz, H Sajjad Ahmed, KG Chan, BH Goh** Full article: Association of diabetes knowledge with glycemic control and self-care practices among Pakistani people with type 2 diabetes mellitus ([tandfonline.com](https://www.tandfonline.com)) Diabetes, metabolic syndrome and obesity: targets and therapy, 2019•Taylor & Francis (IF; 1.1)
2. **S Mahmood, KU Shah, TM Khan, S Nawaz, H Rashid, SWA Baqar, S Kamran** Non-pharmacological management of hypertension: in the light of current research | SpringerLink Irish Journal of Medical Science (1971-), 2019•Springer (IF;2.1)

2020

1. **MD Butt, MS Nawaz, B Ramazan, T Malik, S Sulehri** Infective Endocarditis: A Growing Concern and Treatment Approaches: An Observational Study | National Journal of Health Sciences (njhsocieties.com) National Journal of Health Sciences, 2020

2021

1. **Ahmed A, Saqlain M, Tanveer M, Nawaz MS, Rehman K, Safdar A, Tayyeb M, Ali Z, Shinwari M, Baig RU.** Prescribing Patterns of Antihypertensive Drugs in Patients Attending Tertiary Care Hospitals in Pakistan. SN Comprehensive Clinical Medicine. 2021 Jan;3(1):176-82. (IF;1.1)
2. **MS Nawaz, MS Nawaz, KU Shah, Z ul Mustafa** Prevalence and determinants of restless leg syndrome in type 2 diabetes mellitus (T2DM) in Pakistan - ScienceDirect Diabetes & Metabolic ..., 2021 – Elsevier (IF;10)
3. **S Ali, T Ur-Rehman, M Ali, S Haque, F Rasheed, E Lougher, MS Nawaz, V Paudyal** Improving access to the treatment of hepatitis C in low- and middle-income countries: evaluation of a patient assistance programme | SpringerLink International Journal of Clinical Pharmacy, 2021•Springer (IF;2.4)

2022

1. **M.S.Nawaz, IDF21-0067** Association of Erectile Dysfunction with Type 2 Diabetes Mellitus in twin cities of Pakistan - Diabetes Research and Clinical Practice (diabetesresearchclinicalpractice.com) Diabetes Research and Clinical Practice. 2022 (IF; 5.1, Q1)
2. **A Bukhsh, TM Khan, P Phisalprapa, A Duangjai, S Saokaew, MS Nawaz, HS Ahmed...**
Frontiers | Impact of Pharmacist-Led Diabetes Self-Care Education on Patients With Type 2 Diabetes in Pakistan: A Randomized Controlled Trial (frontiersin.org), Frontiers in Pharmacology, 2022. (IF; 4.4, Q1)

2023

1. **MS Nawaz, HS Rafique, T Malik, MU Wahab, AUH Chughtai, MS Nawaz, MD Butt** CURRENT TRENDS AND AVAILABILITY OF INJECTABLE THERAPY IN PAKISTAN FOR MANAGEMENT OF DIABETES MELLITUS | International Journal of Pharmacy & Integrated Health Sciences (ijpihs.pk) International Journal

CONFERENCES ABSTRACTS

2022

Abstract accepted and selected for e-poster display for IDF 2022 Congress Portugal

- i. Check the effect of pharmacist and nutritionist educational intervention on type 2 diabetes mellitus.
- ii. Prescribing Trends of Oral-Antihyperglycemic Drugs in patients with Type 2 Diabetes Mellitus.
- iii. Current Trends and availability of insulin and Glucagon Like Peptide (GLP-1) in Pakistan.
- iv. Clinical Implication and Comparative Analysis of Different Biotechnological Medicinal Products in Treatment of Diabetes

2023

Abstract accepted and selected for e-poster display for IDF 2023 Congress Portugal

- i. Association of Restless Leg Syndrome with Type 2 Diabetes Mellitus
- ii. Tele-education for children with type 1 diabetes and their caregivers - An impact study

2024

Published in official journal Diabetic Medicine of Wiley

- i. Knowledge of hypoglycemia and HbA1c improvement in people living with type 1 diabetes through tele-education: A follow up study

Certificates of Participations:

- i. Clinical Care Severe Acute Respiratory Infection
- ii. Severe Acute Respiratory Infection (SARI) Treatment Facility Design
- iii. Infection Prevention and Control (IPC) for COVID-19 Virus
- iv. Smart Nanotechnology for Societal Applications (27-30th June 2022)

International Diabetes Federation online short courses

- i. Diabetic Retinopathy
- ii. Prevention of type 2 diabetes
- iii. Diabetes and Ramadan
- iv. Diabetic Macular Edema
- v. Diabetes and Cardiovascular Disease

Record of Achievement

- i. Competency-Based Learning: Introduction.
- ii. Introduction to COVID-19: methods for detection, prevention, response and control.
- iii. Pandemic Influenza Vaccines: National Deployment and Vaccination Plans.
- iv. Introduction to Poliomyelitis and the Global Polio Eradication Initiative.
- v. COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to support country preparedness and response.

LANGUAGES

English

Urdu

Punjabi

JOURNAL REVIEWER

- International journal of Nutrition and Metabolic Insights (2 Papers reviewed)

- Frontiers in Public Health (1 Paper reviewed)

PROFESSIONAL MEMBERSHIPS

- Registered pharmacist at Punjab Pharmacy Council, Pakistan
- Member, Pakistan Pharmacist Association (PPA)
- Chief proctor of UVAS

SOCIAL SKILLS AND ABILITIES

- Work well under pressure and to strict deadlines (when required)
- Receptive to discipline and criticism
- Managerial and leadership abilities
- Eager to learn and develop professionally
- Planning and policy making
- Committed and flexible team player
- Like to network and communicate
- Love to work with diverse people

HOBBIES & INTERESTS

I enjoy gardening, animal/vegetable farming, wrestling and weight lifting. Other interests include community service, such as motivating people to get vaccinated against common diseases, travelling, hiking, and reading books, particularly those about personal development.

PROFESSIONAL REFERENCES

MPhil Supervisor Dr. Kifayat-ullah Shah Assistant Professor Department of Pharmacy Faculty of Biological Sciences Quaid-i-Azam University, Islamabad Kushah@qau.edu.pk	Co-Supervisor Dr. Tahir Mehmood Khan Director, The Institute of Pharmaceutical Sciences (IPS) of The University of Veterinary Verified email at uvas.edu.pk	Class fellow from Pharm-D to MPhil Dr. ALI AHMED, PharmD, MPhil, PhD Email: alimeharsialkot@gmail.com; ali.ahmed@monash.edu Telephone: +92 333 8619923
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