

Sana Nouman, MD

Phone:412-660-1636

Resident Physician

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Address: 1130 Eagles Nest Ln, Monroeville, PA
Canadian Citizen- J1 status

Education:

- King Edward Medical University, Pakistan
11/26/2011 - 03/15/2017
M.B.B.S/MD

- Punjab University, Lahore, Pakistan
08/01/ 2013-08/ 01/2016
Bachelors of Science (B.Sc)

Present Position:

Resident Physician at UPMC McKeesport
Internal Medicine
July 2022 - July 2025

Licensure and Certificates:

- Licensed in Pennsylvania
- ACLS/BLS Certified
- ECFMG Certified

Membership and Honorary/Professional Societies:

- American College of Physicians (ACP)
- Society of Hospital Medicine (SHM)
- American Medical Association (AMA)
- Students' Patient Welfare Society (SPWS)
- International Federation of Medical Students (IFMSA)
- Kemcolians Arts and Photography Society (KAPS)

Work Experience:

UPMC McKeesport- Internal Medicine Resident Physician

06/20/20/22-Present

Average Hours/week: 60-80

Managing 10-16 patients daily in both inpatient and outpatient setting. Inpatient duties include evaluation of new patients, ordering initial work up, applying a comprehensive treatment plan as well as monitoring patients progress throughout the hospital stay including documentation using Cerner EMR. Gained experience in managing patients daily in the internal medical clinic as well as in various sub-specialities including dermatology, Endocrine, Nephrology, Cardiology and Pulmonology. Proficient in EPIC EMR, usage to document patients' notes, order labs and radiographs, and process specialist referrals. Managed patients in the medical Intensive care unit (ICU) while getting experience in medical procedures such as Central line insertions, Arterial line placements etc. Furthermore, work on different QI projects with other residents and attending physicians. Involved in education of interns and medical students, reviewing and presenting current literature relevant to patient care on a weekly basis.

Kennedy Medical Clinic, Brampton, ON, Canada

Extern, Dr. Ihsan Ullah Waraich M.D. CCFP, DABFM

09/2021-06/2022 - Present Average Hours/Week: 25

Took a detailed history and performed thorough physical examinations. Assisted in primary care diagnoses and treatments. Proficient in Oscar EMR usage to document patients' notes, order labs and radiographs, and process specialist referrals. Counseled patients regarding dietary habits, alcohol intake, smoking, safe sex, regular exercise, seat belt use, and diabetic education.

LaSante Health Center/SUNY Downstate MedicalCenter, Brooklyn, NY, United States of America

Extern, Emmanuel Valery, MD

08/2021 - 09/2021 Average Hours/Week: 36

Interviewed and examined patients, presented cases along with differentials, and suggested management plans to the attending physician. Assisted attending physician in charting patient notes and detailed care plans in the eClinicalWorks EMR, ordering diagnostic tests, and sending referrals. Learned management of chronic conditions like hypertension, diabetes, and hyperlipidemia and assessed ASCVD score. Counseled patients about the benefits of COVID vaccines and educated diabetic patients on practices related to diet, exercise, foot care, eye screening, and follow-ups.

Appletree Medical Group Telemedicine Clinic, Pickering, ON, Canada

Telemedicine Assistant, Dr. Abishek Raut M.D. CCFP

08/2017 - 12/2020 Average Hours/Week: 36

Demonstrated clinical skills to interview and examine patients ahead of the telemedicine consult. Worked in a fast-paced, high-pressure clinic environment independently. Received extensive training in CHS Advantage EMR to document patient SOAP notes, send prescriptions, order further tests, and process specialist referrals. Screened patients for risk factors and recorded their temperatures during the COVID-19 pandemic. Got exposure to management protocols at the primary care level.

Presence Saint Joseph Medical Center/KCC, Joliet, IL, United States of America

Elective Student, Mohammad Sameer Shafi, MD Consultant Nephrologist

03/2017 - 04/2017 Average Hours/Week: 36

Performed supervised history taking, physical examination, and counseling followed by vigorous case discussions. Observed hemodialysis, peritoneal dialysis, and dialysis-related procedures. Took part in an extensive didactic curriculum in Nephrology, and delivered multiple presentations during the weekly didactic session. Actively took part in CME weekly seminars, hemodialysis monthly Quality Status Reports, and the ERSD Quality Initiative Program.

Larkin Community Hospital/FIU, South Miami, FL, United States of America

Elective Student, Luis Del Prado, MD

02/2017 - 03/2017 Average Hours/Week: 72

Took detailed histories, performed examinations, documented SOAP (Subjective, Objective, Assessment, Plan) notes in the EMR system and learned various hospital protocols from residents and fellows. Presented cases to attending physicians, along with differential diagnoses, possible etiologies, investigations, and recommended management. Learned to interpret EKGs. Actively participated in Wednesday Didactic sessions and attended informative grand rounds at the hospital. Assessed neurocognitive statuses of geriatric patients, including interpreting diagnostic results, during weekly visits to Hialeah Nursing & Rehabilitation Center.

University of California San Diego Medical Center, San Diego, CA, United States of America

Elective Student, Fareeha Siddiqui, MD - Associate Professor

08/2016 - 09/2016 Average Hours/Week: 36

Conducted patient interviews, reviewed medical records, and discussed management plans in multidisciplinary team discussions. Counseled cancer patients with poor prognoses. Formulated treatment plans for each disease with the help of comprehensive literature reviews of the latest guidelines. Prepared and presented a detailed review of Leiomyosarcomas. Designed a creative portfolio of the most interesting cases witnessed during the rotation.

Research Experience:

King Edward Medical University/Mayo Hospital, Pakistan

Conducted a Cross-sectional data analysis, "Geo-mapping of TB in Lahore-Correlating TB prevalence with population density and laying the foundation for effective DOTS." Data were collected from 35 centers in Lahore and included all tuberculosis (both pulmonary and extra-pulmonary) cases of age group 15 and above, currently under analysis and being prepared for the manuscript write-up. Became proficient in designing a project, IRB approval, collecting and interpreting data, performing statistical testing, and compiling and presenting the findings. While our concern is TB prevention, Geo-mapping will help identify areas with a high-risk population which will be a powerful tool for planning and evaluation.

King Edward Medical University/Mayo Hospital, Pakistan

Student Researcher, Dr. Saira Afzal, Professor of Community Medicine

Conducted an analytical cross-sectional study, "Knowledge, Attitude and Practice of Medical Ethics among the doctors of Mayo Hospital King Edward Medical University, Lahore, Pakistan." We recruited a total of 100 subjects. Data was collected through a pretested questionnaire and analyzed through the SPSS version. Wrote a paper based on results and submitted it to our Community Medicine Department, King Edward Medical University/Mayo Hospital, Lahore, Pakistan

Medical School Awards:

- Cumulative aggregate: First division (Honors), in all four professional examinations.
- First Position in the subject of Internal Medicine Clerkship (Final Year).
- Bachelors of Science Degree Punjab University, 2016.
- Punjab Chief Minister Youth Merit Scholarship Award.
- Basic Life Support Course certified by Punjab Emergency Services, 2013-2014.

Other Awards/Accomplishments:

- Merit Scholarship Lahore Intermediate Board 2009-2011
- Award of Excellence Matriculation 2007-2009 from LDA Model High School, Lahore
- Winner of Best Cinematography short videos in KAPS All Pakistan King Edward Media Festival 2016
- Best Photographer at Photowalk arranged by Walled City Lahore 2016
- Best costume Director Award at King Edward Annual Play 2015 presented by KEMCOLIANS DRAMATICS SOCIETY(KDS)

Hobbies & Interests:

Photography is my favorite creative outlet. Outside medicine, I love spending time with my camera. I believe a picture is worth a thousand words, and through my photographs, I get to show others how I see the world. I have set up a page where I share my work. In my free time, I also enjoy home designing and watching documentaries with my family

Language Fluency:

- English (Advanced)
- Urdu (Native/functionally native)
- Hindi (Advanced)
- Punjabi (Advanced)