

Career Profile

I am a Medical Doctor with an interest in medical research and **PhD** in Sports Medicine from The University of Sydney. I have 8 years of experience in clinical medicine, research, teaching, evidence based learning, and rural health.



Education

- 2013 – 2018 **PhD (Injury Epidemiology)**
Thesis: Development of injury prevention program in Cricket
The University of Sydney
- 2011 – 2012 **Masters of International Public Health (MIPH)**
Major: Health Promotion, Epidemiology and Biostatistics
The University of Sydney
- 2003 – 2009 **Bachelor of Medicine and Bachelor of Surgery (MBBS)**
Major Clinical Rotations: Emergency Medicine, Surgery, Cardiology
Dow University of Health Sciences, Pakistan

Research Publications

1. **Soomro N.**, Asif N., Sanders R., et al. Could a new method of exposure quantification be the standard for cricket injury epidemiology? *New Zealand Journal of Sports Medicine* 2019; Vol 46-1
2. **Soomro N.**, Starisotto L., Lyle D., et al. Cricket Injury Epidemiology in the 21st century: What is the burden? *Sports Medicine* 2018; pg1179-2035 <https://doi.org/10.1007/s40279-018-0960-y> **Impact Factor: 7.1**
3. **Soomro N.**, Blanch P., Kountouris A., et al. How do Australian coaches train fast bowlers? A Survey on Physical Conditioning and Workload Management Practices for Training Fast Bowlers. *International Journal of Sports Science & Coaching*. 2018 <https://doi.org/10.1177/1747954118790128> **Impact Factor: 1.3**
4. **Soomro N.**, Redrup D., Evans C., et al. Injury rate and patterns of Sydney Grade Cricket: A prospective study of injuries in 408 cricketers. *BMJ Postgraduate Medical Journal*. 2018 <https://doi.org/10.1136/postgradmedj-2018-135861> **Impact Factor: 1.87**
5. **Soomro N.**, Chayya M., Lyle D., et al. From problem to solution: A guide on architecture, design and evaluation of an injury surveillance and workload monitoring app for cricket. *Journal of Medical Internet Research (JMIR) mHealth and uHealth* <http://preprints.jmir.org/preprint/10978> **Impact Factor: 5.2**
6. **Soomro N.**, Fitzgerald., Negin J., et al. Comparison of Antiretroviral Therapy Adherence Among HIV- Infected Older Adults with Younger Adults in Africa: Systematic Review and Meta-analysis. *HIV and Behavior* 2018. <https://doi.org/10.1007/s10461-018-2196-0> **Impact Factor: 3.2**
7. Ali K., Adil S.O., **Soomro N.**, et al. Drug compliance and its associated factors among hypertensive patients in Pakistan; A Cross-Sectional Study. *Hospital Pharmacy*, 2018 <https://doi.org/10.1177/0018578718758971>
8. **Soomro N.**, Chua N., Freeston J., et al. Cluster randomised control trial for cricket injury prevention programme (CIPP): a protocol paper. *BMJ Injury Prevention* Published Online First: 28 September 2017. <http://dx.doi.org/10.1136/injuryprev-2017-042518> **Impact Factor: 1.48**

9. Al Attar W., **Soomro N.**, Sinclair P., Pappas E., Sanders R (2017). Adding a post-training FIFA 11+ exercise program to the pre-training FIFA11+ injury prevention program reduces injury rates among amateur soccer teams: A randomised trial. *Journal of Physiotherapy*. Volume 63, Issue 4, 2017, Pages 235-242, ISSN 1836-9553, <https://doi.org/10.1016/j.jphys.2017.08.004> **Impact Factor: 2.2**
10. Al Attar, W., **Soomro, N.**, Sinclair, et al. Effect of Injury Prevention Programs that Include the Nordic Hamstring Exercise on Hamstring Injury Rates in Soccer Players: A Systematic Review and Meta-Analysis *Sports Medicine* 2016 <https://doi.org/10.1007/s40279-016-0638-2> **Impact Factor: 7.1**
11. **Soomro N.**, Sanders R., Freeston J., Cobley S., et al. The efficacy of injury prevention programs in adolescent sports: A Meta-Analysis. 2015;44(9):2415-24. *American Journal of Sports Medicine* 2015 <https://doi.org/10.1177/0363546515618372> **Impact Factor: 5.6**
12. Al Attar W., **Soomro N.**, Sinclair P., Pappas E., Sanders R. How effective are F-MARC injury prevention programs for soccer players: a systematic review and meta-analysis. *Sports Medicine* 2015 <http://dx.doi.org/10.1007/s40279-015-0404-x> **Impact Factor: 7.1**
13. Hackett D., Davies T., **Soomro N.**, Halaki M. Olympic weight-lifting improves vertical jump height in sportspeople: a systematic review with meta-analysis, *British Journal of Sports Medicine* 2016;50:865-872. <http://dx.doi.org/10.1136/bjsports-2015-094951> **Impact Factor: 5.02**
14. Al Attar WS, **Soomro N**, Pappas E, et al. Reply to Thorborg et al. High Risk of Bias and Low Transparency in "How Effective are F-MARC Injury Prevention Programs for Soccer Players? Systematic Review and Meta-Analysis" *Sports Medicine* 2016 Feb; 46(2):295-6 <http://dx.doi.org/10.1007/s40279-015-0464-y> **Impact Factor: 5.2**
15. Guerrero Y, **Soomro N**, Wilson G, et al. Train High Eat Low for Osteoarthritis study (THE LO study): protocol for a randomized controlled trial. *Journal of Physiotherapy*. 2015 Oct;61(4):217. <http://dx.doi.org/10.1016/j.jphys.2015.05.020> **Impact Factor: 2.2**
16. Al Attar W., **Soomro N.**, Sinclair P., Pappas E., Muaidi Q., Sanders R. Implementation of an evidence-based injury prevention program in professional and semi-professional soccer. *International Journal of Sports Science & Coaching*. 2017 <https://doi.org/10.1177/1747954117707482> **Impact Factor 1.3**
17. **Soomro N.**, Soomro M., et al. Work, Health and Safety in Cotton Ginning Industry: A Survey of practices in Australia, *Mehran University Research Journal of Engineering & Technology*. 2015 Volume 34, No. 4, Oct, 2015 [ISSN 0254-7821]
18. Soomro M., Toukoda S., **Soomro N.** et al. Proposal for the methodology for evaluation of Team Kagawa Project, *Journal of Kagawa University IO*, Japan 2014; ISSN 1884-8745 Vol.5 Pages 37-58.

Experience

Jan 2020 – Present

Resident Medical Officer

Bunbury Hospital

Position Summary

Provide a high quality of clinical service to all hospital patients under the supervision of clinical supervisors including Registrars, Consultants and other senior staff within a multidisciplinary team.

Feb 2019 – Dec 2020	Resident Medical Officer	NHW Wangaratta Hospital
Position Summary	Management of acute medical emergencies and referral to appropriate medical specialty. Work with emergency medical consultants to provide optimal care to patients in the region. Perform clinical procedures and physical examinations. Involved in development and delivery of the intern education program	
Mar 2019 – To date	Adjunct Lecturer in Medicine	The University of Sydney
Position Summary	Collaborate in joint research projects in Clinical Medicine and Public Health Course content development for MD program.	
Jun 2017 – Feb 2019	Lecturer in Medicine	The University of Sydney
Position Summary	As a Lecturer & Research Fellow in Rural Medicine, involved in expanding teaching and research activities at the school. I developed an evaluation for stroke rehabilitation teaching. Also involved in environmental lead research project by using geospatial mapping and review of the school nursing program.	
May 2016 - April 2017	Clinical Medical Educator & Lecturer	Monash University
Position Summary	Lecturer of Clinical Medicine at Faculty of Medicine, Nursing and Health Sciences for 3 rd Year and Final Year MBBS and MD students. Running clinical simulation sessions for final year medical students on high fidelity mannequins. Teaching core clinical skills to medical students i.e. suturing, cannulations and systemic examinations.	
Feb 2012 – May 2016	Clinical Medicine Teaching Fellow, and Research Assistant	The University of Sydney
Position Summary	Research assistant & lecturer for multiple subjects at Faculty of Medicine & Health Sciences including mentoring medical & exercise physiology students. Developed the online ECG module for interactive teaching. Worked with Concord & RPA Hospitals in Syd to develop guidelines for ART in patients with HIV AIDS.	

Other Clinical & Consultancy Experience

Jan 2019- Date	Sports Medicine Consultant	Pakistan Men's International Cricket Team
Position Summary	I am the team doctor for Pakistan international cricket team for their tours to Australia, officially appointed by Pakistan Cricket Board (PCB). Provide match day coverage to the team across Australia. Also a member of PCB Sports Science & Medicine Committee.	
Dec 2016 – Jan 2017	Medical Officer (Locum)	SMBB Trauma Centre, Pakistan
Position Summary	Worked as Locum Medical Officer at the largest Trauma Centre in Karachi. Involved in performing clinical examinations, prescribing appropriate treatments, and liaising with Trauma surgeons to optimize patient treatment in the Emergency Department	

June 2010 – Jan 2011	Emergency Medical Officer	Aman Foundation, Pakistan
Position Summary	Provide Orthopedics, Trauma and Emergency Medicine support to patients.	
Key Achievements	Lead a team of nurses and paramedics for a one-week excursion to remote flood affected areas of South Pakistan during the devastating floods of 2010. Performed on field advanced life support and defibrillations and assisted in emergency surgeries at the field hospital with team from Medecins San Frontieres	
May 2009 – Jun 2010	House Officer (Intern)	Civil Hospital Karachi
Position Summary	Completed 2025 clinical rotation hours at Civil Hospital Karachi (largest hospital in Southern Pakistan). Major postings in Orthopedic Surgery, Emergency Medicine, Internal Medicine and Cardiology . Obtained proficiency in core medical skills.	

Awards and Grants

- 2019	Erskine Fellowship University of Canterbury (NZ)	\$7500
	<i>Conduct research in Sports Medicine and delivery lectures on exercise science</i>	
- 2019	PMCV Travel Scholarship	\$2000
	<i>Postgraduate Medical Committee Victoria travel scholarship to attend JMO education forum</i>	
- 2016	PhD tuition fee top-up Scholarship	\$29,235
	<i>PhD tuition fee top-up scholarship for international PhD candidates.</i>	
- 2015	Cricket Australia Grant for injury prevention.	\$60,000
	Sanders R., Soomro N. <i>Co-investigator and assisted in the development and writing of the grant application for injury prevention among adolescent cricketers.</i>	
- 2015	PRSS, The University of Sydney travel grant.	\$4600
	<i>Competitive travel grant for presenting oral paper at 3rd International conference of Sport Sciences Research & Technology Support, Lisbon, Portugal 2015</i>	
- 2014	Incubate, The University of Sydney Innovation grant.	\$5000
	Soomro N. <i>Sole recipient of the entrepreneurship grant to commercialize research on sports technology.</i>	
- 2011	HEC Pakistan PhD Scholarship.	\$200,000
	<i>First position in Pakistan in Graduate test to get a scholarship for doing PhD at any of the top 50 universities in the world.</i>	
- 2011	Summer Research Scholarship Australian National University	\$4000
	<i>Worked as a research assistant on the role of Ca⁺⁺ receptors in muscle physiology with Prof. Angela Dulhunty, John Curtin School of Medical Research, Australian National University.</i>	

- 2010 TUBITAK, Research Fellowship, Turkey

\$40,000

Awarded one of 15 merit fellowships based on the academic track record. Worked with Prof. Sadi Kurdak at Cukurova University, Turkey on knee injury rehabilitation among football players.

- **Valedictorian** for Masters of International Public Health Cohort 2012, **The University of Sydney**

Interests

Learning new languages and fluent in 7 Languages including English, Turkish, Urdu, Punjabi, Hindhi, Sindhi and Gujrati, playing competitive cricket.

Strength & Conditioning coaching for junior athletes. Volunteer for Sunraysia Academy for Sports, Mildura and Mallee Murray <18 Cricket Team, VIC.

Referees

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