**CURRICULUM VITAE**

Name: Dr. Asifa Nazar

Age: 33yrs

Sex: Female

Marital status: Married

ADDRESS:

Asifa Manzil, 50/1242A

Jawan cross road

AIMS.P.O, Cochin – 682041

Contact: 8891295391 (Mobile)

Email : julasbreeze@rediffmail.com

EDUCATIONAL QUALIFICATIONS:

1) M.B.B.S: Amrita Institute of Medical Sciences, Ernakulam, 2007 - 2012

2) M.D. Geriatrics: Amrita Institute of Medical Sciences, Ernakulam, 2017 - 2020

RESEARCH WORKS:

1. A Prospective Study to assess Frailty in elderly admitted in a Tertiary care hospital
2. Effectiveness of Comprehensive Geriatric Assessment based intervention on the postoperative outcome of elderly with Head and Neck malignancy.
3. Presented poster on "Effectiveness of CGA on postoperative elderly patients" at GERICON 2019 - CMC Vellore.

Work Experience:

1) Consultant Geriatrician and General Practitioner at Family healthcare, Onnapuda and Cosmic Medicare clinic, Perithalmanna ( November 2021 till present).

2) Amina Hospital and polyclinic - Consultant Geriatrician (october 2022 till present).

3) Consultant Geriatrician at Pain and palliative center ( IMA - Perithalmanna) - 6months.

4) Adhoc post at Primary Health Center at Moorkanad and Chemmalassery (3months).

5) Been part of various Elderly healthcare camps and conducted awareness classes at rural areas as social services.

6) Junior Resident in General Medicine from 2013 – 2014 (Sreenarayana Institute of Medical Sciences, kochi)

Area of interests:

Falls and frailty assessment in elderly

Neurodegenerative conditions like Alzheimer's and Parkinson's disease

Geriatric impairment and rehabilitation

Healthy Ageing and Preventive Geriatrics

Geriatric immunization

Drug optimization

Constipation/incontinence

Sleep disorders

End of life care and caregiver counseling