

Umair Umed Ali Bachlani

Karachi, Pakistan | +92-323-2621993

umairbachlani@gmail.com | <https://www.linkedin.com/in/umairbachlani>

SUMMARY OF QUALIFICATIONS

- Currently, a Student of MSc in Health Policy and Management with more than four years of Clinical Practices as a Registered Nurse in Tertiary Care Hospital with JCI accreditation.
- Compassionate and self-motivated professional with excellent interpersonal and communication skills.
- Natural leadership and nurturing skills.
- Knowledge of and experience with health researches i.e. statistical analysis software, SPSS/STATA.
- Fluent in English and Urdu.

EDUCATION

Graduate Studies

- **MSc in Health Policy and Management** February 2021 - In-Progress Aga Khan University, Karachi.
- **Masters Level - Electives Course in Cognitive psychology** June 2019 Aga Khan University, Karachi

Undergraduate Studies

- **Bachelor of Science in Nursing** January 2013 - November 2016 Aga Khan University, Karachi

EXPERIENCE

Clinical Experiences

- **In-charge Nurse** December 2017 - Present *New Private wing, Aga Khan University Hospital, Karachi*
- **Special Task – Registered Nurse** March 2020 *COVID-19 Intensive Care Unit, Aga Khan University Hospital, Karachi*
- **Dialysis Nurse** February 2020 *Dialysis Unit/Portable, Aga Khan University Hospital, Karachi*
- **Trainee Nurse Intern** November 2016- November 2017 *Nursing Education Services, Aga Khan University Hospital, Karachi*

Research Experience

Co-Principle Investigator March 2020 – Present with Dr. Laila Ladak *PI Aga Khan University Hospital, Karachi.*

- Research Title “*“Fear and Stigma related to COVID-19 in patients and their health care providers and its impact on their health seeking behavior: a mixed method study”*”. Completed literature searches, compiled research summaries, and created participants data collection and handouts on fear and stigma related to COVID-19 subjects.

Co-Principle Investigator March 2020 – Present with Dr. Tazeen ali Saeed **PI** *Aga Khan University Hospital, Karachi.*

- Research Title “*“Knowledge, Attitudes, and practices towards COVID-19 among the Pakistani population during the period of Lockdown at Sindh: A Mix Methodology Study”*”. Completed literature searches, compiled research summaries, and created participant’s data collection and handouts on knowledge, attitude and practices towards COVID-19 in general population.

Co-Investigator January 2017 – November 2019 with Dr. Tazeen ali Saeed (**PI**) *Aga Khan University Hospital, Karachi.*

- Research Title “*“Substance abuse among university students in Karachi, Pakistan: A Mix Methodology Study”*”. Completed literature searches, compiled research summaries, and created participant’s data collection and handouts with students of under-graduate and graduate programme.
- Analysis of data by SPSS software, building transcription and results.

TEACHING EXPERIENCE

Mental health literacy facilitator

Project Dastak (Gilgit and Chitral) 2017

- Introduced Mental Health introductory course As a Primary health care strategies using Presentations, discussion, Resilience activities, meditation, counselling skills and interactive tool.
- Introduced stigma and myths related to mental health among local communities, break those stigma and myths by introducing facts and prevalence of mental illness.
- Introduced Referral forms to representative health worker to referral cases to secondary and tertiary psychiatric health facility and rehabilitation on illicit drug use.
- Introduced active learning strategy outside traditional classroom i.e. building resilience by practicing formal and informal mindfulness in nature.
- Discussion about healthy coping and un-healthy coping strategies to deal with stress in daily life scenarios.
- Discussion with scenario based cases to start compassionate communication to referrals to psychiatric professional help seeking approaches.

Taskeensehatmand Pakistan project (2017)

Community and school based mental health literacy interventions

- Introduced innovation in community and school setting teaching using performing arts like theatre , art therapy Mandela making, making thoughts journals to age 10 to early adulthood, Karachi as a medium in health literacy and promotion to bring meaningful impact in child relationships and healthy family life.
- Introduced the concept of mental hygiene, stigma. Facts, myths buster, positive and healthy coping skills, communication skills. Active compassionate listening, counselling skills.

ADMINISTRATIVE LEADERSHIP

2019

- Member, Mental health stream, School of Nursing and Midwifery, Aga Khan University (2016-todate)
- Clinical Team Leader Certificate from Aga Khan University Hospital.
- Nurse Leader, Rho Delta Chapter, Sigma theta tau International society for Nurses
- Leadership in celebration of Mental health Day in 2015-2018
- PROJECT MAGNIFICENTLY SHATTERED as speaker/panellist/mentor in the project activities the project is initiative of 120 under 40 leader
- Co-opted member of Mental health portfolio, Health board for Garden, Council for Pakistan
- Member, The International Mental Health Innovation Network, A global community of mental health innovators joint network with The Department of Mental Health and Substance Abuse, World Health Organization and London School of Hygiene and Tropical Medicine

Global Mental Health Advocacy

2020

- Discussed Covid-19 related mental health Challenges by Health care providers with United Nation Secretary-General *António Guterres*. On 21 May 2020, **We Need to Take Action to Address the Mental Health Crisis in This Pandemic** by *António Guterres*
Link of article: <https://www.un.org/sg/en/content/sg/articles/2020-05-21/we-need-to-take-action-address-the-mental-health-crisis-pandemic>
- Telephonic interview on 11 June 2020 with international media **Health workers speak out on the need for better mental health support** By Emma Smith
Link of article: <https://www.devex.com/news/health-workers-speak-out-on-the-need-for-better-mental-health->

[support-97442](#)

- **Global Mental Health Peer Network**<https://www.gmhpn.org/covid-19--mental-health.html> SIGNATORIES in **The Open Letter** has been developed by civil society mental health leaders and advocates from around the world, powered by the **Speak Your Mind** campaign NGO **Global Mental Health** submitted to **United Nation**.
- **COVID-19 hitting people with mental stress**: António Guterres By Iffet Sultana -Thursday, May 14, 2020
Link of article: <https://newspakistan.tv/covid-19-hitting-people-with-mental-stress-antonio-guterres/>
- **TIME news IDEAS COVID-19** by António Guterres We Need to Take Action to Address the Mental Health Crisis in This Pandemic
Link of article: <https://time.com/5839553/un-action-mental-health-crisis/>
- Interview in Pakistani Media Channel **DAWN** discussed **Mental health Challenges during Pandemic Covid-19 by Health Care Providers of Pakistan**.
Link: <https://www.facebook.com/chaitoastaurhostatdawnnews/videos/dil-kholo-umair-bachlani-registered-nurse-shares-his-experience-working-as-covid/741174456659305/>
- Mental health Advocacy rights for Mentally-ill individuals in Aga Khan Health board for Garden, Pakistan.

Organizer for Workshop / Conferences and Fundraising Events

- International Nurses day
- World mental health organization day
- Fund raising as well as scholarly activities and workshops for RHO DELTA chapter STTI

Continuous Professional Education

2019

- First Psychiatric course from Aga Khan University
- 6 modules completed on mental health essential e-learning from Australian college of Mental Health nursing.
- Unit I epidemiology of substance use disorders from Harvard medical school
- Unit II: Addiction as Chronic Disease understanding addiction from Harvard medical school
- School mental health best practices institute by Aga Khan University
- Teach School mental health literacy for the classroom from University of British Columbia, Teens Mental Health organization.
- First Aid Training by Aga Khan University
- Mindfulness therapy by Dr.David Arthur, Former Dean , AKU-SONAM

Poster Presentations

- Importance of community health nurses in FMIC Afghanistan.

Preceptor and Mentorship

Provided preceptor-ship to:

- Sexual and Reproduction health rights interest group
- Mental health quality rights interest group

Clinical Certifications

- Team leader
- Advance Cardiovascular life support (expiry 2022)
- Infection Prevention and control (IPC) for Covid-19 Virus from WHO
- Covid-19 Operational Planning by WHO
- Covid-19 PPE by WHO
- Lippincott advance clinical practices certificates