

Zain Memon

MD

You do not let the fear of failure come in the way of what you believe is your calling in life~Imran Khan



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Hackensack Meridian Health-Ocean Medical Center,
Brick, New Jersey

WORK EXPERIENCE

PGY-2 Resident Psychiatry

Hackensack Meridian Health-Ocean Medical Center,

07/2018 – Present

Brick, NJ

Research elective, Dept. Of Psychiatry

Jersey Shore University Medical Center

07/2017 – 08/2017

Supervisor: Dr. Hasan Memon

Neptune, NJ

Description:

- Participated in data collection, citation gathering, literature review, manuscript writing

Elective: Critical Care, Internal Medicine

Jersey Shore University Medical Center

03/2017 – 06/2017

Supervisors: Dr. Costanzo, Dr. Felibrico/ Dr. Gornsih/ Dr. Chinnici/ Dr. Shenouda

Neptune, NJ

Elective: Addiction clinic-Intensive Outpatient Program, Psychiatry

Jersey Shore University Medical Center

01/2017 – 02/2017

Dr. Abbas

Asbury Park, NJ

Description:

- Assisted the team in coordinating patient care
- Improved psychiatric diagnostic skills by assisting in patient evaluations followed by cases presentation and treatment discussion with the supervising faculty

Intern, Instructor, Documentation specialist- Endocrinology

07-08/2015; 05-08/2016

Trenton, NJ

Description:

- Served as instructor obesity clinic and supervisor for new and rotating interns
- Served as a documentation specialist in correcting and organizing patient notes in collaboration with faculty and patient insurance requirements
- Acquired certification on proper operational use and placement of Continuous Glucose Monitoring Devices and Insulin pump to assist in patient teaching and counseling

Intern

Community Health Associates

09/2016 – 11/2016

Supervisor Dr. koretzky

LEADERSHIP AND EDUCATIONAL ACTIVITIES

Member Counsel on Education

New Jersey Psychiatric Association

2020 – Present

Resident Class representative

HMH-Ocean Medical Center

08/2018 – 08/2019

Tasks

- Responsible for reporting resident feedback and concerns to program leadership.
- Responsible for making the call schedule.
- Served as a Resident member in the training program evaluation committee

Active Member of Ocean-Monmouth County chapter

New Jersey Psychiatric Association

2019 – Present

Tasks

- Spearheading a collaborative task for improving member engagement and participation in chapter affairs by piloting a social media platform to help improve opportunities for networking and advocacy .

Sleep deprivation: A crime that does not go unpunished

Grand round presentation

06/2018

Hackensack Meridian Health - Jersey Shore University Medical Center

DVT prophylaxis in Psychiatry

Grand round presentation

04/2019

Hackensack Meridian Health - Jersey Shore University Medical Center

Media Workshop: Teen Suicide "13 Reasons Why?"

Grand round presentation

02/2020

Hackensack Meridian Health - Jersey Shore University Medical Center

Lower abdominal mass in gynaecology and obstetrics

Grand round presentation

01/2001

Liaquat University of Medical and Health Sciences, Jamshoro, Pakistan

WORK EXPERIENCE

Clinical assistant Psychiatry Brick Psychiatric Services

11/2015 – 04/2016
Brick, NJ

Dr. Rajput

Resident Medical Officer, Urology Agha Khan University Hospital

06/2013 – 02/2015

Karachi, Pakistan

Responsibilities

- Responsible for conducting lithotripsy sessions: Adult and Pediatric
- Liable for monitoring patient during anesthesia, and administration of sedatives during procedures in addition to reviewing blood and radiology work to assess need for treatment.

Internship (House Job) in Medicine and Surgery allied Agha Khan University Hospital

01/2012 – 12/2012

Karachi, Pakistan

Worked six months Surgery & Allied and six months Medicine & Allied

Rotations:

- Worked as an intern for 6 months in medicine and surgery allied.
- Responsible for leading morning patient rounds and proper implementation of patient treatment plans
- On-call twice weekly for 36-hour shifts, attending to all inpatients and new admissions; participation as a team member on multiple rush calls; served as a team leader in catastrophic situations (e.g. bomb blasts).
- Skills acquired: arterial and venous sampling, urethral catheterization, gastric lavage, NG tube placement, suturing, surgical dressings, chest tube, nephrostomy tube, surgical stoma care etc.

TEACHING EXPERIENCE

Hackensack Meridian Health Ocean Medical Center

Description:

- Conducting teaching rounds for 3rd and 4th year medical students on their clinical rotations
- Teaching rounds and providing clinical supervision to PA and APN students.
- Supervising junior residents followed by patient case discussions and providing teaching during patient encounters
- Journal Clubs article presentation followed by discussion session for medical students and residents

HOBBIES/INTERESTS

Horse riding

Travel

Swimming

Food explorer

Biomimicry

Neuromodulation

Biotechnology

Teaching

MEDICAL LICENSE

Pakistan Medical and Dental Council

2012-2020

PUBLICATION AND RESEARCH WORK

Fishing Pot for Trapping Octopus-Acute Emotional Distress: An Under-Recognized Manifestation with Morbid Consequences.

- Kumari S, Afzal S, Memon Z, Doumas S, Solhkhah R
- PUBLICATION: Journal of Clinical Case Reports and Case Studies Volume 2019, Issue 2. doi.org/10.29199/2637-9309/CCCS-202026. 2019

Incorporating residents' individual cultural-religious backgrounds into the mentorship model: A mentor-mentee perspective from two psychiatry residency programs.

- Memon Z, Afzal S, Doumas S, Solhkhah R
- Poster: American Association of Directors of Psychiatry Training (ADPRT) Annual Meeting 2020, Dallas, Texas 2020

Living in a Tunnel: Peripheral Vision loss, a rare side effect of Escitalopram.

- Memon Z MD., Afzal S MD.
- Poster: APA Annual Meeting, 2020.

Sleep a criminal wastage of time or an important behavioral manifestation? Case report with literature review

- Memon Z, MD., Afzal S, MD.
- Poster: APA Annual meeting, 2020.

DVT Prophylaxis in Psychiatry: Why do we discriminate? a case report with literature review.

- Poster: APA Annual Meeting, 2020.
- Memon Z, MD., Afzal S, MD.

Are humans hard-wired to crave beauty? A review of how beauty in the form of art can help achieve better clinical outcomes for mental health patients

- Poster: APA Annual meeting, San Francisco, 2019
- Memon Z, MD.

Broken Heart Syndrome/Takotsubo Cardiomyopathy

- Kumari S MD., Memon Z MD., Afzal S MD.
- APA Annual Meeting 2020.

Driving performance of Bipolar patients in an automobile simulator

- Memon H, MD; Memon Z, MD; Doumas S, MD; McDaniel W, MD; Catesby Ware J, PhD
- Poster: APA Annual meeting, New York 05-2018

Organizer, 16th Annual Conference of Association of Plastic Surgeons

- Liaquat University of Medical and Health Science, Pakistan, 02/2011

An analysis of the learning needs of undergraduate medical students in Pakistan

- Poster presentation: 6th National Symposium, Liaquat University of Medical and Health Sciences, Pakistan. 09/2010

CLINICAL SKILLS AND COMPETENCIES

CITI certified: Human subject research

Transcranial Magnetic Stimulation

Lithotripsy

Critical thinker

Team player

Reliable

Passionately curious

Capacity to monitor & anticipate issues

Emotional resilience

Empathy and compassion

Leadership skills

Encouraging evaluations by clinical supervisors

EDUCATION

MBBS

Liaquat University of Medical and Health Sciences

2006 – 2011

Pakistan

FCPS-1

College of Physicians and Surgeons

08/2014

Pakistan

COMMUNITY SERVICE

The Citizens Foundation (2016)

Volunteered to help generate awareness and funds to help establish schools for the underprivileged children living in urban slums and low-income rural areas, where people neither have the means nor the access to quality education

Naya Jeevan (non-profit), Pakistan (2011 – 2013)

Served as an ambassador to assist in providing health care access and coverage to the urban poor with the goal of enabling the marginalized communities to empower themselves

Organizer and participant flood relief, Sindh, Pakistan (2010 – 2011)

Actively participated in flood relief efforts, worked in government relief camps, helping distribute food and medical supplies.

Organzier Medical camp: Flood relief, Sindh, Pakistan (2010 – 2011)

Conducted medical camps in following cities: Tharparkar, Mirpurkhas, Mithi, Sanghar, Badin

LANGUAGES

English



Urdu



Sindhi



Hindi



Punjabi

