

RABIA REHMAN

Optometrist | M.Phil Optometry

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CAREER OBJECTIVE

Doctor of Optometry and Vision Sciences with an M.Phil in Optometry and five years of clinical practice in comprehensive eye care. Experienced in refraction, orthoptics, low-vision management and ocular diagnostics, with a published research record and a track record of patient counselling, teaching and community eye-camp service. Seeking a challenging clinical role in which to create value, build lasting patient relationships and continue serving the community.

CERTIFICATION

Certified Healthcare Professional in Ethics
2024-2025

National University of Medical Sciences (NUMS)

TRAINING

Low Vision Workshop **Mar 2020**
University of Lahore (UOL)
Hands-on low-vision assessment training

EDUCATION

Master of Philosophy in Optometry
2016-2021
The University of Faisalabad (TUF)

Doctor of Optometry and vision Sciences
2016-2021
University of Lahore (UOL)

Intermediate — FSC (Medical)
2020 – 2022
Punjab Collage

Matriculation — Science (Bio)
2012-2013
Hawks School System



PROFESSIONAL EXPERIENCE

Bodla Eye Care Center, Multan **2021 – 2026**
Full-Time Job

- **Clinical Practice:** Five years of full-time optometric practice covering comprehensive eye examinations, refraction, contact-lens fitting and management of ocular disease.
- **Patient Care:** Prescribed corrective lenses and treatment plans, and counselled patients across paediatric, adult and low-vision case loads.

CMH Multan **2021 – 2026**
Guest Lecturer

- **Teaching:** Delivered multiple lectures to clinical staff and students under the supervision of Prof. Dr. Afzal Bodla.

Allied Hospital, Faisalabad **Mar – May 2023**
Intern — Orthoptics Department

- **Orthoptics:** Completed a three-month rotation in binocular vision assessment, strabismus evaluation and orthoptic exercise management.

University of Lahore Teaching Hospital **Jun – Sep 2020**
Intern (4 months) — UOLTH

- **Comprehensive Eye Care:** Rotated through outpatient refraction, diagnostics and the Comprehensive Eye Care Programme (CECP).

Layton Rahmatullah Benevolent Trust (LRBT) **Lahore**
Intern (4 months) — UOLTH

- **Comprehensive Eye Care:** Rotated through outpatient refraction, diagnostics and the Comprehensive Eye Care Programme (CECP).

CMH Multan **Jul – Sep 2019**
Intern (3 months)

- **Clinical Rotation:** Assisted in routine eye examinations, diagnostic workups and patient follow-up.

KEY SKILLS

- **Clinical Skills**
 - Primary eye care
 - Patient management & counselling
 - Refraction (subjective & objective)
 - Orthoptic assessment
 - Low-vision rehabilitation
- **Professional Skills**
 - Communication & active listening
 - Team management
 - Leadership qualities
 - Empathy & patient rapport
- **Computer Skills**
 - MS Office
 - Internet research & browsing
 - Professional email correspondence

PUBLICATIONS

- **Effect of Age Under 20–60 Years on Central Corneal Thickness.**
 - Pakistan BioMedical Journal, 31 July 2022; 322–6.
- **Intravitreal Aflibercept Therapy in Eyes with Chronic Central Serous Chorioretinopathy: Short-Term Results.**
 - Archivos de la Sociedad Española de Oftalmología (English Edition), 1 July 2018; 93(7): 315–23.

LANGUAGES

- Urdu (Native)
- Saraiki (Fluent)
- Punjabi (Fluent)
- English (Proficient)

AVAILABILITY & REFERENCES

- **Availability:** Immediate
- **References:** Available upon request



PROFESSIONAL EXPERIENCE

- Ibn-e-Sina Hospital, Multan**

Jul – Sep 2018

Full-Time Job
 - **Clinical Rotation:** Gained early exposure to refraction, ocular assessment and clinic workflow.
- Comprehensive Eye Care Programme**

2021 – 2026

Eye Camp Volunteer – UOLTH
 - **Outreach:** Screened and refracted patients at free eye camps held at multiple locations across the region

CLINICAL COMPETENCIES

- **Examination:** Full assessment of the eye and visual system.
- **Refraction:** Subjective and objective refraction, including cycloplegic refraction in children.
- **Prescribing:** Corrective lenses and appropriate treatment plans.
- **Orthoptics:** Assessment and management of binocular vision anomalies.
- **Low Vision:** Assessment, aid selection and rehabilitation of low-vision patients.
- **Diagnostics:** Perimetry, keratometry and biometry.
- **Disease Management:** Detection and co-management of ocular disease.
- **Counselling:** Patient communication and pre/post-procedure counselling.

CONFERENCES & PARTICIPATION

- Asia-Pacific Academy of Ophthalmology**

May 2024

Islamabad — Research Presenter
 - **Paper Presentation:** Presented original research at the regional Asia-Pacific Academy of Ophthalmology (APAO) meeting.
- NANA Philanthropic Award Ceremony**

Dec 2024

Nishtar Medical University, Multan — Participant
 - **Attendance:** Participated in the ceremony held on 18 December 2024.
- 5th Annual APOP Symposium**

Dec 2024

Lahore Ophthalmology — Delegate
 - **Symposium:** Attended the three-day symposium, 6–8 December 2024.
- CECP Free Eye Camp, UOLTH**

Dec 2024

Volunteer Optometrist
 - **Community Service:** Served at the free eye camp held 14–24 October 2020.