

## CV of Dr. M A Shakoor



### **Personal details:**

Name- Dr. Md. Abdus Shakoor

Father's name- Late M. Abdul Ali Howlader

### **Present Position:**

**Associate Professor**, Physical Medicine and Rehabilitation,  
Bangabandhu Sheik Mujib Medical University, Dhaka, Bangladesh.

**Present Address-** Associate Professor,  
Physical Medicine and Rehabilitation,  
Room No-129/A, Block-C,  
Bangabandhu Sheik Mujib Medical  
University, Shahabagh, Dhaka-1000,  
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### **Permanent Address -**

Village- South Bothla  
P.O.-Telikhali  
District- Pirojpur  
Bangladesh.

Date of birth : January 15, 1964.  
Age on 15-01-2009 : 45years.  
Place of birth : Bangladesh  
Marital Status : Married  
Nationality : Bangladeshi  
Registration : Bangladesh Medical and Dental Council

### **Education :**

1) S.S.C. (Equivalent to 'O' level): 1980  
Pirojpur Govt. High School  
Attended : 1975-1980  
Distinction : In Mathematics (general & elective), Physics,  
Chemistry & Religious studies

2) H.S.C. (Equivalent to 'A' level): 1982  
Residential Model School & College, Comilla  
Attended : 1980-1982

3) Graduation : 1989  
Shere-E- Bangla Medical College, Barisal, Bangladesh.  
Attended : 1983-1989

4) Post graduation : January' 2000.  
Bangladesh College of Physician and Surgeon, Dhaka.  
Attended : 1995-2000.

**Qualifications:**

M.B.B.S. : Shere-E-Bangla Medical College, Barisal, Bangladesh.  
September, 1989.

FCPS (Fellow of the College of Physician and Surgeon Dhaka, Bangladesh)

**Specialist in Physical Medicine and Rehabilitation**

**Research Experiences ( Total -18 years):**

- 1) I am involved in the research work in the Department of Physical Medicine and Rehabilitation, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka, Bangladesh, for about four and a half years.
- 2) I am also involved in the research works of FCPS-Part –II and MD-Part-III students of the Department as a **Guide / Co-guide** for three and a half years.
- 3) I am involved in the **Research and Training Monitoring Committee of** ( Bangladesh College of Physicians and Surgeons (BCPS), Mohakhali, Dhaka, as a **Member and Resource person**.
- 4) I was involved in the research work in IPGMR, Dhaka for about four years.
- 5) I was involved in the research work in the Chittagong Medical College for about three and a half years.
- 6) I was involved in the research work in BIRDEM hospital and Institute of Nutrition and Food Science, Dhaka University for about three years.
- 7) **I was awarded nine (9) Research grants as Principal Investigator**, by Bangladesh Medical Research Council ( BMRC), University Grants Commission (UGC), BCPS and BSMMU, Dhaka, Bangladesh.
- 8) I have reviewed many research articles and research protocols and enlisted as a reviewer in BMRC and BCPS.
- 9) **Now, two research projects are ongoing** in the Department of Physical Medicine and Rehabilitation, BSMMU, one is funded by BCPS and other is funded by BSMMU.

**Clinical and Teaching Experiences:**

**1) December 30, 1989- December 29, 1990:**

Intern doctor (Equivalent to House Officer Post) in Shere-E-Bangla Medical College Hospital, Barisal, Bangladesh

**2) February 20, 1991 to 22-04 94:**

Medical officer (Equivalent to senior house officer post): Internal Medicine.  
Bangladesh Institute of Research & Rehabilitation In Diabetes, Endocrine & Metabolic Disorders (BIRDEM), Dhaka , Bangladesh .

**3) 10-10-94 to 08-11-95 :** Officer on special duty ( OSD): For higher Study and passed FCPS part -1 in Physical Medicine and Rehabilitation.

**4) November 09, 1995 to 22-02-98:**

Medical officer (Equivalent to senior house officer post): Physical Medicine.  
Institute of Post Graduate Medicine and Research, Dhaka, Bangladesh.  
Consultant: Prof. Dr. Md. Quamrul Islam FCPS.DTM&H (Eng.), D. Phys.Med.  
R.C.P.(Lond.), FRCP (UK).

This was a part of my special medical training where I was working in the department of Physical Medicine which was required for entering into the course of FCPS second part. My work was full time residential under the direct supervision of the consultant. My duties were included admission and complete management of all the Rheumatic & Paralytic patients, patients of Sports injuries and Rehabilitation of all patients. These included tertiary referral from other medical college hospitals and general hospitals.

5) **24-02-98 to 25-09-99:** Officer on special duty (OSD): For higher Study and passed FCPS part -II in Physical Medicine and Rehabilitation.

6) **30-09-99 to 02-07-2000:** Emergency Medical officer 2000 Bedded Hospital, Naryangong, Bangladesh.

**7) July 05, 2000 to 07-10-03:**

**Assistant Professor**, Department of Physical Medicine, Chittagong Medical College Chittagong, Bangladesh. I was involved in both the complete management of all the Rheumatic & Paralytic patients, patients of Sports injuries and Rehabilitation, and teaching activities for MBBS students and the training of doctors who are intended to do post graduate degree in Physical Medicine & Rehabilitation. I was also involved in the various research activities in the department. In this department, **I was involved in two BMRC approved research project as Principal investigator.**

**8) October 09, 2003 to 09-10-06:**

**Assistant Professor**, Department of Physical Medicine and Rehabilitation, Bhango Bhandu Sheik Mujib Medical University, Dhaka, Bangladesh. Here I am involved in both the complete management of all the Rheumatic & Paralytic patients, patients of Sports injuries and Rehabilitation, and teaching activities for FCPS & MD students and the training of doctors who are intended to do post graduate degree in Physical Medicine & Rehabilitation. I am also involved in various research activities of the department.

**9) October 10, 2006 to coninued.**

**Associate Professor**, Department of Physical Medicine and Rehabilitation, Bhango Bhandu Sheik Mujib Medical University, Dhaka, Bangladesh. Here I am involved in both the complete management of all the Rheumatic & Paralytic patients, patients of Sports injuries and Rehabilitation, and teaching activities for FCPS & MD students and the training of doctors who are intended to do post graduate degree in Physical Medicine & Rehabilitation. I am also involved in various research and academic activities of the department.

**10) I have been working as a Faculty Member of Physical Medicine and Rehabilitation in BCPS since July'2000 which is continued.**

**Carrier summary:**

My total clinical experience is Eighteen years. My first year experience in Bangladesh involved one year pre-registration full time rotational in a one thousand bed large modern and prestigious hospital. About 8 years experience as a Medical Officer in some modern and prestigious hospitals of the country. Seven and a half years experience as an Assistant Professor and two years & four months experience as an Associate Professor that is now continued.

**Participation in various workshop, training, CME and meeting.**

- 1) Invited as a speaker and presented a paper in the First World Conference of International Rehabilitation Forum, held on June 9-11, 2009, at Kayseri, Turkey.**
- 2) Participated as an invited resource person in the International Workshop on Research Ethics, 2006, at Chennai, India.**
- 3) Invited for presentation of research Paper on “ Effects of activity modification with physical therapy on OA- Knee” in the 2<sup>nd</sup> Rehabilitation Medicine Conference and Scientific Seminar of the Society of Rehabilitation Medicine, 2004, Yangon, Myanmar.**
- 4) Invited for presentation of research Paper on “Effects of ADL instructions on OA- Knee” in 35<sup>th</sup> IAPMR Conference 2007, Patna, India.**
- 5) Participated in the 30<sup>th</sup> National Conference of Indian Association of Physical Medicine and Rehabilitation, 2002, Kolkata, India.**
- 6) Participated in the CME On Rheumatoid Arthritis, Vertigo & Electrotherapy organized by the Indian Association of Physical Medicine and Rehabilitation, 2002, Kolkata, India.**
- 7) Invited as a resource person for dissemination of research results by BMRC at CMCH, Chittagong in 2006.**
- 8) Invited as a resource person for dissemination of research results by BMRC at USTC, Chittagong in 2007.**
- 9) Participated & presented a papers in the 4<sup>th</sup> National Conference and Scientific Seminar of Bangladesh Association of Physical Medicine and Rehabilitation, 2004, in Dhaka.**
- 10) Workshop on Research Methodology conducted by BMRC from 27<sup>th</sup> – 08<sup>th</sup> March and from 07<sup>th</sup> - 20<sup>th</sup> May 2001.**
- 11) Participated in the certificate course on Research Ethics conducted by BMRC for two and a half months.**
- 12) Training on Utilization of Computer in Data Analysis (SPSS) conducted by BMRC from 24<sup>th</sup> – 05<sup>th</sup> June, 1997.**
- 13) One month training on Family Planning conducted by Model Clinic, SBMCH, Barisal in 1990.**
- 6) One month training on Primary Health Care and MCH & Family Planning Administration conducted by NIPORT, Dhaka in 1993.**

- 7) International Malaria CME 2002, organized by Bangladesh Association for Advancement of Tropical Medicine, Chittagong.
- 8) Participated in the Intercollegiate Scientific Conference of BCPS, 2002, in Dhaka.
- 9) Participated & presented a paper in the 2<sup>nd</sup> National Conference and Scientific Seminar of Bangladesh Association of Physical Medicine and Rehabilitation, 2002, in Dhaka.
- 10) Participated & presented a paper in the 14<sup>th</sup> Annual Convention and Scientific Sessions of Association of Physicians of Bangladesh, 2003 in Dhaka.
- 11) Participated as resource person in the Workshop on Curriculum Development for Certificate Course on Research Bioethics conducted by BMRC from 2<sup>nd</sup> – 6<sup>th</sup> February and from 1<sup>st</sup> - 5<sup>th</sup> March 2003.
- 12) Participated in the Scientific Sessions of Servier International on Hypertension, 2002, Chittagong.
- 13) Participated as a Speaker in the CME on Arthritis: Management and Rehabilitation 2002, Chittagong.
- 14) Participated as a Speaker in the Scientific Seminar on Osteoarthritis, 2002, Hotel Agrabad, Chittagong, Bangladesh.

## **List of publications (41 in number):**

### **Twenty four (25) articles as Principle Author and others as co-author.**

- 1) **Shakoor MA, Jaigirdar MQH, Ullah MA, Yunus ABM, Rashid HA.** Informed Consent: Knowledge, Attitude and Practice of the Researchers in a Postgraduate Institute of Bangladesh. *Mymensingh Med J* 2009; 18(2): 215-220.
- 2) **Shakoor MA , Taslim A Md. Shahadat Hossain.** Effects of activity modification on the patients with osteoarthritis of the knee. *Bangladesh Med Res Coun Bull* 2007;33(2) 55-59.
- 3) **Shakoor MA , Rahman MS, Moyeenuzzaman M.** Effects Deep Heat Therapy on the Patients with Chronic Low Back Pain. *MMJ* 2008;17: 32-38.
- 4) **Shakoor MA , Islam MA, Ullah MA, Ahmed MM, Hasan SA.** Clinical Profile of the Patients with Low Back Pain- A study of 102 Cases. *JCMCTA* 2007;18(2)16-20.
- 5) **Shakoor MA , Ahsan Ullah M, Rahman MS, Rashid HA.** Consciousness about Informed Consent amongst the Researcher in a Postgraduate Institute of Bangladesh. *J Medicine* 2006; 7: 46-50.
- 6) **Shakoor MA, Ahmed MS, Kibria G, Khan AA, Mian MAH, Hasan SA et al.** Effect of Cervical Traction & Exercise therapy on in Cervical Spondylosis. **Bangladesh Medical Research Council (BMRC) Bulletin.** 2002; 28 (2): 61-69.
- 7) **Shakoor MA, Hasan SA, Mazed MA, Ahmed MS, Khan AA.** Presentation of the patients with Cervical Spondylosis-A study of 216 cases. **J Bangladesh Coll Phys Surg** 2003; 21 : 4-9.

- 8) **Shakoor MA**, Rahman MS, Jaigirdar MQH, Nahar S, Moynuzzaman M. Rehabilitation of Patients with Stroke – A Review. **J Bangladesh Coll Phys Surg** 2006; 24 :114-118.
- 9) **Shakoor MA**, Mian MAH, Ahmed S, Khan AUA. Effects of Cervical Traction and Infrared Radiation on the Patients with Cervical Spondylosis. **The Healer (The Journal of BMA, Chittagong Branch)** 2006; 13 (2): 25- 28.
- 10) **Shakoor MA**, Islam MQ, Moyeenuzzaman M, Mian M AH, Khan S. Effects of cervical traction and short wave diathermy on the patients with neck pain. **Journal of Dhaka Medical College.** 2001; 10 (2):91- 95.
- 11) **Shakoor MA**, Haque ATME, Moslehuddin ABM, Ali SMK, Hossain MZ, Choudhury MAK. Effects of Increased Meal Frequency on Blood glucose and Serum Insulin level in Non-insulin Dependent Diabetes Mellitus (NIDDM) Subjects. **Bangladesh Medical Journal** 2001; 30 (4):73-75.
- 12) **Shakoor MA**, Hasan SA, Mian MAH, Khan SZ, Moyeenuzzaman M, Islam MQ. Clinical pattern of neck pain among the patients attending in the department of Physical Medicine, Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka. **T A J (The Journal of Teacher Association of Rajshahi Medical College)** 2002; 15 (2 ): 74-77.
- 13) **Shakoor MA**, Hasan SA, Ahmed MS, Khan AA, Sadeque AJM, Hossain MA. Management of Cerebral Palsy: A Literature Review from a Physiatric Perspective. **T A J (The Journal of Teacher Association of Rajshahi Medical College)** 2001; 14 (2): 104-107.
- 14) **Shakoor MA**, Huq M N, Khan A A, Moyeenuzzaman M. Presentation of the patients with Osteoarthritis of the knee joint -A study of 54 cases. **The Healer (The Journal of BMA, Chittagong Branch)** 2003; 10 (1): 20-25.
- 15) **Shakoor MA**, M N Huq, A A Khan, Moyeenuzzaman M. Effects of Ultrasound Therapy (UST) in Osteoarthritis of the knee joint. **C M- O- S (Child) H J** 2003; 1(2):11-16.
- 16) **Shakoor MA**, Khan AA, Ahmed MS, Mian AH. Management of Cervical Spondylosis- An update. **The Healer (The Journal of BMA, Chittagong Branch)** 2002; 9:38-42.
- 17) **Shakoor MA**. Physical Medicine-A unique field of Medical Science. **Shasthya Chinta.** 2001; 4 (12): 14-15.
- 18) **Shakoor MA**, Ahmed MS, Kibria G, Mazed MA, Khan AA, Mian MAH et al. Effect of Cervical Traction & Exercise therapy on in Cervical Spondylosis. Proceeding of the 14<sup>th</sup> Annual Convention and Scientific Session of the Association of Physicians of Bangladesh. 2003.
- 19) **Shakoor MA**, Islam MQ, Moyeenuzzaman M, Mian M AH, Khan S, Haque ATME. Effects of cervical traction and short wave diathermy on the patients with neck pain.Scientific Seminar and Exhibition 2001, Chittagong Diabetic Association.
- 20) **Shakoor MA**. Effects of activity modification (ADL- Instructions ) with physical therapy on OA- Knee. Proceeding of the 2<sup>nd</sup> Rehabilitation Medicine Conference and Scientific Seminar of the Society of Rehabilitation Medicine, 2004, Yangon, Myanmar.

- 21) **Shakoor MA.** Osteoarthritis- Management update. Proceeding of the 4<sup>th</sup> National conference and scientific Seminar of the Bangladesh Association of Physical Medicine & Rehabilitation; 2004.
- 22) **Shakoor MA,** Taslim MA, Hossain MS, Khan AA. A study on the nature of journey amongst the patients having knee OA. *PMR Bulletin* 2005; 1 (1): 1.
- 23) **Shakoor MA.** Low Back Pain- Importance of Rehabilitation. *PMR Bulletin* 2005; 1 (2): 2.
- 24) **Shakoor MA,** Rahman MS, Yunus ABM, Bhuian TM and Rashid HR. Knowledge of Researchers on International Guidelines on Research Ethics. *PMR Bulletin* 2005; 1 (2): 2.
- 25) **Shakoor MA,** Taslim MA, Hossain MS, Khan AA, Moyeenuzzaman M. Rehabilitation with ADLs on the patients with Osteoarthritis of the knee. . Proceeding of the 5<sup>th</sup> Scientific Conference of Bangladesh Rheumatology Society, 2-3 October 2005.
- 26) **SM Ahmed, AKM Salek, M Khan, A N Rizvi, Shakoor MA , SA Hassan.** **Carpal Tunnel Syndrome: A review.** *JCMCTA* 2007;18(2)32-36.
- 27) Rhman MS, **Shakoor MA,** Nahar S, Jahan KS, Uddin MT. Stroke Pattern in a private Hospital and its association with two Modified Risk Factors- Hypertention and Diabetes Mellitus. *Bangladesh J of Neuroscience* 2006; 22 (1):15-20.
- 28) Rhman MS, Uddin MT, **Shakoor MA.** Low Back Pain-Review on Management Approach. *Bangladesh Medical Journal* 2006; 35 (2):63-66.
- 29) Rhman MS, **Shakoor MA.** Concepts in Rehabilitation of Burn Patients. *J Bangladesh Coll Phys Surg* 2007 ; 25:139-143.
- 30) Rhman MS, **Shakoor MA,** M Ahsanullah. Beneficial Effects of Exercise on Risk Factor Modifrication in Cardiovascular Disease. *University Heart Journal* 2007; 4:32-34.
- 31) Begum B, Uddin MK, Afroz L, Begum K, **Shakoor MA.** Endometriosis Associated Research Center. *Mymensing Med. J* 2005;14 (2) :223-227.
- 32) Mamun K AA, Khan MSZ,**Shakoor MA,** Moyeenuzzaman M.Soft tissue Rheumatism among the diabetic patients with rheumatic complaints. *PMR Bulletin* 2005; 1 (2): 4.
- 33) Khan MS, **Shakoor MA** Nazimuddin K, Moyeenuzzaman M. Soft tissue Rheumatism among the diabetic patients with rheumatic complaints. ***Diabetes and Endocrine Journal*** 2004; 32(1): 22-24.
- 34) Khan MS, Das S, Zaman MM, **Shakoor MA.** Effect of ultrasound on calcific supraspinatus tendinitis- report of two cases. ***Diabetes and Endocrine Journal*** 1999; 27(2): 63-64.
- 35) Khan AA, Taslimuddin M, **Shakoor MA,** Ahmed S, Hassan SA. Laser Therapy in the Treatment of Pain and Ulcer: An Update. ***Bangladesh Journal of Medical Science*** 2002: 08 (02): 115-119.
- 36) Khan AA, Mowla A, **Shakoor MA,** Rahaman R. A controlled Evaluation of Arthographic distention of the shoulder joint in the management of Frozen Shoulder. Proceeding of the 2nd National conference and scientific Seminar of the Association of Physical Medicine & Rehabilitation; 2002.

- 37) Moiz KM, Moyeenuzzaman M, Islam MQ, **Shakoor MA**. Effect of physical therapy on osteoarthritis of knee-A study on 60 cases. Proceeding of the 3<sup>rd</sup> scientific conference of the Bangladesh Rheumatology Society; 2001.
- 38) Moslehuddin ABM, Rahaman MM, **Shakoor MA**, Zaher A, Moniruzzaman. The Effect of Fermentation on Thiamin, Phytic Acid and Tannic Acid Content of Vicia Faba (L) by- Rhizopus oligosporus. **Bangladesh Journal of Nutrition** 1998; 11(1 & 2): 83-86.
- 39) Ullah MA, Rhman MS, **Shakoor MA**, Ahmed MS, Hasan SA. Comparative Efficacy of Various Methods of Physical Treatment Given to a Selected Group of Patients Presented with Non Specific Low Back Pain. JCMCTA 2007; 18 (1):15-18.
- 40) Khan AA, Mowla A, **Shakoor MA**, Rahaman R. Arthographic distention of the shoulder joint in the management of Frozen Shoulder. Mymensing Med J2005; 14(1): 67-70.
- 41) **Shakoor MA**, Ahmed MS, Kibria G, Khan AA, Mian MAH, Hasan SA et al. Evaluation of the effects of shortwave diathermy in patients with chronic low back pain. **Bangladesh Med Res Council Bull** 2009; 35: 18-20.

### **Special Research Grants/ Awards:**

1. A Bangladesh Medical Research Council (BMRC) Training Research Grant was given on **“Effects of Cervical Traction and Infrared Radiation on the Patients with Cervical Spondylosis”** in 1998.
2. A (BMRC) Regular Research Grant was given on **“Effect of Cervical Traction & Exercise therapy on in Cervical Spondylosis”** in 2001.
3. A (BMRC) Regular Research Grant was given on **“ Effects of Activity modification ( ADL Instructions) with physical Therapy on the patients with osteoarthritis of the knee”** in 2003.
4. A (BMRC) Regular Research Grant was given on **“Evaluation of the effects of deep heat Therapy (SWD) on the patients with chronic low back pain”** in 2005.
5. A (BMRC) Training Research Grant on **“Consciousness about Informed Consent amongst the Researcher in a Postgraduate Institute of Bangladesh ”** in 2004.
6. A (BMRC) Regular Research Grant was given on **“Knowledge, attitude and practice about Informed Consent amongst the Researcher in a Postgraduate Institute of Bangladesh ”** in 2005.
7. A (BMRC) Regular Research Grant on **“Evaluation of the Effects of Rehabilitation on the Patients with Chronic Low Back Pain”** in 2007.
8. A BSM Medical University Research Grant **“Effects of Isometric Quadriceps Muscle Strengthening Exercise on Chronic Osteoarthritis of the Knee”** in 2007-2008.

9. A Bangladesh College of Physicians and Surgeons (BCPS) Research Grant on “**Effects of Selective Rehabilitation in Cervical Spondylosis-A Clinical Trial**” in 2007-2008.
10. A special grants was given by University Grants Commission of Bangladesh (UGC) for presentation of original research article on“ **Effects of Activity modification on the patients with osteoarthritis of the knee**” the IAPRM conference, Patna , India .

**Three (3) articles within previous two years.**

- 15) **Shakoor MA**, Rahman MS, Jaigirdar MQH, Nahar S, Moynuzzaman M. Rehabilitation of Patients with Stroke – A Review. **J Bangladesh Coll Phys Surg** 2006; 24 :114-118.
- 16) **Shakoor MA**, Mian MAH, Ahmed S, Khan AUA. Effects of Cervical Traction and Infrared Radiation on the Patients with Cervical Spondylosis. **The Healer (The Journal of BMA, Chittagong Branch)** 2006; 13 (2): 25- 28.
- 17) **Shakoor MA**, Rahman MS, Yunus ABM, Bhuian TM and Rashid HR. Knowledge of Researchers on International Guidelines on Research Ethics. **PMR Bulletin** 2005; 1 (2): 2.
- 18) Khan MS, **Shakoor MA** Nazimuddin K, Moyeenuzzaman M. Soft tissue Rheumatism among the diabetic patients with rheumatic complaints. **Diabetes and Endocrine Journal** 2004; 32(1): 22-24.
- 19) Begum B, Uddin MK, Afroz L, Begum K, **Shakoor MA**. Endometriosis Associated Research Center. **Mymensing Med. J** 2005; 14 (2): 223-227.

### **Activities in the field of Bioethics:**

**1) Participated in the certificate course on Research Ethics conducted by BMRC for two and a half months.**

2) I was working as a member secretary of **Ethical Review Committee** in the Department of Physical Medicine and Rehabilitation for four years and Member Secretary of **Ethical Review Committee of** Bangabandhu Sheikh Mujib Medical University (BSMMU), for one and a half years.

3) Now I am working as a member of the **Ethical Review Committee of Bangabandhu Sheikh Mujib Medical University (BSMMU)**, for two months which is continued.

**4) Invited as a resource person in the International Workshop on Research Ethics, 2006, at Chennai, India.**

5) A (BMRC) Training Research Grant on “**Consciousness about Informed Consent amongst the Researcher in a Postgraduate Institute of Bangladesh**” in 2004.

6) A (BMRC) Regular Research Grant was given on “**Knowledge, attitude and practice about Informed Consent amongst the Researcher in a Postgraduate Institute of Bangladesh**” in 2005.

7) Two original research articles were published on Bioethics and one article on Bioethics will be published soon.