Faisalabad, Pakistan
WhatsApp 0300 0400494
unc890@gmail.com
linkedin.com/in/umar-nawaz-a5271912b
umarwebsite101.vercel.app

Dr. Umar Nawaz

Doctor and Health Systems Manager · MBBS, MPH

PROFILE

Doctor and public health manager with 10 years in Punjab health care, from a rural Basic Health Unit to running hospitals and district programs. I helped open a 100-bed trust hospital for mothers and children in Jhang, and now I run it. Before that I was Medical Superintendent of a THQ hospital and District Coordinator of the IRMNCH and Nutrition Program, Faisalabad, at the same time. I build working systems, data people can trust, and teams that keep them running.

EXPERIENCE

Administrator
May 2026 to present

Red Crescent Hospital, Jhang (Sheikh Sharif Memorial Trust). 100 beds for mothers and children.

- Helped open the hospital and now run it.
- Set up 15 working systems in 7 weeks feeding one dashboard: daily stats, complaints, HR, quality, pharmacy stock and equipment.
- Complaints left with no action fell from 42% to 0%: each has a named owner, a deadline and a follow-up call; monthly department and consultant reviews go to the MD.
- 10-phase PHC MSDS plan with an implementation committee and 21 focal persons; weekly progress report to the MD.
- Pharmacy and hospital registration with PHC in progress; HR policy strict on performance and fair on basic needs.
- HMIS shaped so clinical staff find it easy; building an A-to-Z reporting system for higher management.

District Manager
Same time as District Coordinator

2025 (from March)

Punjab Health Facilities Management Company (PHFMC), Faisalabad

- Evaluated stock and equipment of each health facility before outsourcing.
- Oversaw the outsourcing of Maryam Nawaz Health Clinics.

District Coordinator, IRMNCH and Nutrition Program
April 2023 to December 2025

District Health Authority, Faisalabad

- Managed the outsourcing of 170+ dispensaries, BHUs and RHCs; ran 30+ Clinic on Wheels vehicles in 5 tehsils over two phases.
- ANC visits, nutrition screening, family planning, LHW field work and timely referrals; effective surveillance of the RAS ambulance system.
- Orientation sessions and monthly meetings with LHVs and LHSs on every indicator; trained all LHVs on Implanon NXT and new contraceptive methods.
- Rationalised HR to keep 24/7 centres fully functional; improved office records, main store and medicine supply chain.
- Trained new health managers and newly hired staff; ran the Free Model Health Mela 2025 with partner NGOs.
- Worked with UNICEF, JICA, WFP, Qatar Charity, Greenstar/TCI, BNP and the Population Welfare Department; supported the district's graduation from The Challenge Initiative.

Medical Superintendent
Same time as District Coordinator

May 2023 to September 2024

THQ Hospital, Chak Jhumra

- Highest Sehat Card claim in the district in one month, after auditing and completing all patient files and setting up a claims system.
- Gynae theatre 3 to 5 mornings a week; surgery theatre extended to evenings; dialysis 2 to 3 shifts a day.
- Paeds and ultrasound OPDs in evening shifts; 24/7 indoor and ER pharmacy and 24/7 lab.
- Better ER triage, shift handover, pre-op work-up and anaesthetist cover; beds increased by government notification.
- Building revamp through a proper tender; water supply restored; signage and information screens.
- Better staff attendance and careful use of the budget; recovered dues from outsourced parking and canteen.

Deputy District Health Officer

May 2022 to May 2023

District Health Authority, Faisalabad (Tehsil Sadar)

- Microplanned and ran polio, EPI and MR campaigns and dengue control across 48 UCs; polio coverage rose during my tenure.
- Put the 2022 WHO fixed-site policy into practice with BCG and MR session days.
- EPI audit; BHU and RHC indicators including BEmONC and CEmONC; coordinated with PHFMC for the facilities it ran.
- Managed facility budgets; supervised polio teams and an RHC revamp.

Medical Officer

August 2020 to May 2022

DDHO Office, Sangla Hill, Nankana Sahib

- Supported tehsil health administration and service monitoring.
- Extra charge: District Surveillance Coordinator and Deputy District Health Officer, Nankana Sahib.

Medical Officer, Medical Unit V

May 2019 to August 2020

DHQ Hospital (Allied Hospital II), Faisalabad

- Ward, OPD and Emergency care through every section of the general medicine ward.
- During COVID-19, helped start ICU services, relocate the ER and set patient flow from ER to ward and ICU.

Medical Officer

July 2017 to November 2018

Basic Health Unit Bhulair, Nankana Sahib

- Ran a 24/7 BHU: OPD, EPI, labour room, staff and Health Council accounts; prepared it for PHC (MSDS) inspection.
- Repainted, repaired the entrance and put up signage; savings paid for flooring after I left.
- Extra charge of Deputy District Health Officer: polio, dengue and anti-quackery work.

House Officer

June 2016 to June 2017

Teaching hospitals in Lahore and Faisalabad

- One year of training in medicine, radiology, surgery and ENT.

EDUCATION

Master of Public Health (MPH) · Times Institute, Multan — 2020 to 2022

MBBS · University of Lahore — 2010 to 2015

SKILLS

Hospital and program management

HMIS, EMR and dashboards

Policies, SOPs and HR systems

PHC MSDS and quality standards

Monitoring and evaluation

Partner and NGO coordination

Languages: English, Urdu, Punjabi