## Date: 01/2025

## **Personal Details:**

Surname: Nadem Name: Farid Ahmad Birth date: 06/12/1966

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## Education

Nursing school – HeratGraduation Year: 1981-1983Physical Therapy Institute GIHS-PTI / IAM Kabul Graduation Year: 1987- 1988Teacher Training Course GIHS-PTI / IAM Kabul Graduation Year: 2000Bachelor PT degree (2 years)Graduation Year: 2019 (BSc degree)

## Post- graduation trainings (all certificates are available):

- 1- Physiotherapy Training of Trainers (Teacher Training) 1996
- 2- Management of Spinal Cord Injury (SCI) March. 1997
- 3- Physiotherapy Curriculum Designing 1997
- 4- Physiotherapy Clinical teaching and supervision Nov. 1998
- 5- Developmental Delay screening & treatment Nov. 1998
- 6- Students Assessment & Learning training June. 1999
- 7- Educational Management & Research Feb. 2000
- 8- Assessment and Treatment of back problems May. 2000
- 9- Training of Trainers (ToT) December. 2000
- 10- Training of Trainers for community development workers (CRDWs) June. 2001
- 11-Spine Examination Techniques August. 2001
- 12- Management of Acute Burns Rehabilitation Sep. 2001
- 13-Cervical Spine problem and PT management Dec. 2004
- 14-Manual Therapy Techniques June. 2004
- 15-Muscle strengthening exercise therapy Feb 2005
- 16- Clinical Educators training July. 2005
- 17-Management of Lumber Spine Problems Aug. 2005
- 18- Mental Health Management Dec. 2005
- 19-Fellowship Training to Italy on Physiotherapy management of neurological and orthopedic patients Nov-Dec 2005.
- 20- Group Therapy in Physiotherapy July. 2006
- 21- Diagnostic Radiology training Nov. 2006
- 22-General Neurological Patients Assessment July 2007
- 23-Victim assistance workshop Oct. 2007
- 24- Physiotherapy Cardio- Respiratory March. 2008
- 25- Osteoporosis Comprehensive Treatment Strategy Mumbai India 2009

26-Exercise Therapy for Aging Population (functional assessment and exercise prescription) 2009 27-Infection Prevention (IP) April. 2009 28-Burns Rehabilitation Management July. 2009 29- Principle of Team Working Ethics Oct. 2009 30-Physiotherapy Proposal and Report Writing June. 2010 31- Fitness & Sport medicine Dec. 2010 32-Monitoring & Evaluation & Report Writing March. 2011 33- Radiology Study training July. 2011 34- Cerebral Palsy Management (CP) April. 2012 35- Conventional Bones Radiography April. 2013 36- Spinal Cord Injury Patient Management Nov. 2013 37- Educational Monitoring & Evaluation De. 2013 38-Project Management March. 2014 39-Technical report, E-mail and letter writing July. 2014 40-Kinesiology Taping Techniques Mumbai India Sep. 2014 41-National Malaria Treatment Guideline Dec. 2014 42-Knee management & assessment and treatment Feb. 2014 43-Clinical Reasoning & Clinical Decision Making June. 2015 44- Recent Trends in Physiotherapy Oct. 2015 45-Manual Therapy (Mulligan Concept) July. 2017 46-Physiotherapy and Prosthetics & Orthotics Aug. 2017 47-Training of Trainers Nov. 2017 48- Physiotherapy for pelvic health 49-Research and medical statistics 50-Exercise physiology 51- Geriatric Rehabilitation 52- Electro diagnose 53- Sport physiotherapy & advance Musculoskeletal. April. 2018 54-CVA management and physical therapy Management July. 2018 55-Disability prevention & Rehabilitation Oct. 2018 56-Dry Needling Therapy June. 2019 57- Effective Teaching Skills (ETS) and Clinical Teaching Skills (CTS) Oct. 2019 58- National Assessor Training Nov. 2020.

# Management training attended:

- 1- Principals of team working ethics management Oct. 2009
- 2- Human resource management
- 3- Report, proposal &writing management June. 2010
- 4- Organizational management
- 5- Project proposal writing skills
- 6- Property Management
- 7- Monitoring & Evaluation management March. 2011-2013

- 8- Advance Technical Report, Letter & Email Writing July. 2014.
- 9- Teacher Training course (Training of Trainers ToT) 2 year 8 modules, April. 2018
- 10-Effective Teaching Skill (ETS) and Clinical Teaching Skill (CTS)10 modules Oct. 2019
- 11-Physiotherapy educational policy and academic standards skills Sep. 2020
- 12-Certified As a National Physiotherapy Academic Assessor trainer by the Afghanistan Ministry of Public Health

(MoPH) and Gazanfar Institute of Health & Science Kabul. technical board (GIHS/ PTPOEAB) Nov. 2020

# Completion one year course for Physiotherapy Teacher Trainingprogram (ToT)

List of modules completion	Place
Clinical teaching	
Curriculum designing and development	August 2000
Teaching Methodology	
Assessment & Learning	Physiotherapy Institute of Kabul (PTI)
Educational Management and	Supported by International Assistance Mission
Administration	organization (IAM)
Research & Study	
Completion 10 modules of ETS/ CTS (ToT)	Training of Trainers course (ToT)

# Workplace & Experiences:

- Surgical Nurse for Herat Regional Hospital 02/01/1984-30/02/1987.
- Chief of Physiotherapy Department Herat regional Hospital; 10/ 03/1989- 31/ 08/ 1996
- Regional Physiotherapy Supervisor of Comprehensive Disabled Afghan Programm funded by CDAP/UNDP from01/10/1996 to 31/03/ 2002.
- Administration Manager for Catholic Relief Services (CRS)Amirican organization- Herat. 17. Augest. 2002 to12. Junuary. 2004.
- Representative of Afghan Physiotherapy Association in western region of the country from01/01/2005 31/12/ 2007
- Chief of Physiotherapy Department and trainer of Institute of Health and Since (IHS) Herat from 01/02/2008 31/03/2010.
- Chief of Disability & Rehabilitation Coordinator Provincial Public Health Directorate PPHD/ from 1st May 2010 to 1st of Oct 2013
- Chief of Physiotherapy Department and Academic Development Unit Manager of Atefi Institute of Health Science Herat 20/11/2013 – 19/11/2014
- Health Technical Advisor with CAP- ANAMUR (German Emergency Doctors) from Jan 2015- Aug. 2021.
- Physiotherapy school coordinator/ manager for Institute of Health and Since (IHS) Herat from 2016 2021.

# **Teaching Experiences:**

- As a Physiotherapy teacher for Physiotherapy Institute of Kabul for International Assistance Mission organization (IAM) 1992- 1994
- As a Teacher for Physiotherapy upgrading course for International Assistance Mission organization (IAM) Herat province. 1998- 2000
- As a physiotherapy trainer teaching organized and conducting different refresher courses for Physiotherapists to improvement technical skills and provided technical support. 1997-2003
- As a Physiotherapy Trainer for the Herat Institute of Health and Science(IHS) 1997-1999

- As a Community Based Rehabilitation (CBR)trainer for Community Development Workers (CRDWs) with UNDP/ CDAP 1997- 2000
- As a Physiotherapy trainer technical support advisor for Herat Regional Hospital. 2005- 2010
- As a Physiotherapy trainer physiotherapy for the Herat University Medical faculty students 2011-2014
- As a physiotherapy trainer teaching the theoretical, practical, case presentation, clinical teaching clinical accompaniment and supervision for the physiotherapy teachers and trainersof comprehensive disabled afghan program (UNDP/ CDAP and IAM) 2008- 2013.
- As a senior PT teacher and chief of PT department for Atefi Institute of Health Science Herat 2014
- As a head of monitoring & evaluation department for Atefi Institute of Health Science Herat 2014
- As a senior physiotherapist and course coordinator for Institute of Health and Since (IHS) Herat from 2016 2021.

## **Appreciation Documents:**

- Appreciation letter by the Afghan Physiotherapy Association (AAPT)
- Appreciation letter by the Afghan Mistry of Public Health (MoPH)
- Appreciation letter by the Herat Regional Hospital (HRH)
- Appreciation letter by the Gazanfar of Health and Sciences (GIHS)
- Appreciation letter by International Assistance Mission (IAM)
- Appreciation letter by the Handicap International (HI)
- Appreciation letter by the Atefi Institute of Health and Sciences (AIHS)
- Appreciation letter by the Herat Public Health Directorate (PPHD)
- Appreciation letter by the United Nation Development Program (UNDP/ CDAP)
- Appreciation letter by the International Catholic Migration Commission (ICMC)
- Appreciation letter by the Catholic Relive Services (CRC)
- Appreciation letter by the Handicap International (HI)

#### Language

Communication	Non	Average	Fluent
Speaking			
Writing			
Reading			
Understanding			

**Persian/ Dari:** 

**English:** 

Communication	Non	Average	Fluent
Speaking			
Writing			
Reading			
Understanding			

**Pashto:** 

Communication	Non	Average	Fluent
Speaking			$\checkmark$
Writing			$\checkmark$
Reading			$\checkmark$
Understanding			$\checkmark$

## **Deutsch B1:**

Communication	Non	Average	Fluent
Speaking			
Writing			
Reading			
Understanding			

# **Computer skill:**

Program	Non	Average	Fluent
M. S Word office			
Excel			
PPP			
Net working			
Internet			

# **Other Skills:**

- Driving
- Mechanics
- Report & Proposal writing
- First aids worker
- Physiotherapy HR and Administration Management skill

# Warm Regards,

## Nadem Farid Ahmad