

Tawseef Ahmad

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PhD in Clinical Pharmacy with a strong academic and clinical background in population pharmacokinetics, antimicrobial stewardship, and evidence-based pharmacy practice. Expertise in nonlinear mixed-effects modeling, therapeutic drug monitoring, and optimization of antibiotic dosing in hospitalized and critically ill patients. Proficient in advanced analytical and statistical tools, including Monolix, Simulx, R, SPSS, and NVivo, with hands-on experience in HPLC and related laboratory techniques. Demonstrated interdisciplinary research experience with collaborations across clinical, academic, and public health settings.

1. ACADEMIC QUALIFICATION

July 2022 to April 2026	PhD (Clinical Pharmacy) Prince of Songkla University (Thailand)
Sept 2019 to Aug 2021	MS (Pharmacy Practice) COMSATS University Islamabad-Abbottabad (Pakistan)
Feb 2014 to Dec 2018	Pharm-D (Doctor of Pharmacy) Federal Urdu University Karachi (Pakistan)

2. RESEARCH EXPERIENCES (PROJECTS)

I.Prince of Songkla University (Thailand)

PhD. Thesis Title: 2022-2026

Population Pharmacokinetics of Piperacillin in critically and non-critically ill hospitalized patients.

II.COMSATS University Islamabad-Abbottabad Campus (Pakistan)

MS. Thesis Title: 2019-2021

Assessment of Without Prescription Antibiotics Dispensing at Community Pharmacies in Hazara Division by Using Simulated Client Method

III.Federal Urdu University Krachi (Pakistan)

Pharm-D. Thesis Title: 2017-2018 Assessment of prescribing patterns and medication errors related to prescriptions in hospitalized diabetes mellitus type-2 patients in Khyber Pakhtunkhwa, Pakistan

3. TEACHING EXPERIENCES

- 1) **2021-2022: Lecturer in Clinical Pharmacy**
M. Islam College of Pharmacy, Gujranwala, Pakistan
- 2) **2024-2025: Lecturer in Clinical Pharmacy**
Frontier College of Pharmacy, Abbottabad, Pakistan

4. RESEARCH GRANTS

- 3) **2022-2025: PhD Studies Grant**, Received Re-inventing university grant for PhD Studies (**0.8 million Thai Baht**)
- 4) **2024: Thesis Research Grant**, Received graduate school thesis grant from graduate school of Prince of Songkla University (**30,000 Thai Baht**)

5. RESEARCH INTERESET

- ▀ **Population pharmacokinetics and physiologically based pharmacokinetic**
- ▀ **Clinical trials**
- ▀ **Pharmacokinetics** studies in animals
- ▀ **Qualitative and Quantitative** study designs
- ▀ **Clinical Pharmacy and Pharmacy Administration**
- ▀ **Antibiotics Misuse, Resistance and Antimicrobial Stewardship**
- ▀ **Public health and Social Pharmacy**

6. KEY SILLS

- **Pharmacokinetics & Dose Optimization:** PK analysis, biodistribution, Simulx, Monolix, Montecarlo simulations and dose predictions
- **Analytical Techniques:** HPLC and Spectroscopy
- **Statistical Tools:** R, SPSS, G*Power, NVivo
- **Bibliometric Tools:** biblioshiny, VosVivewer
- **Scientific Writing & Communication:** 20+ peer-reviewed publications, 3 book chapters, grant writing, seminar presentations.

7. Publications from PhD

Ahmad, T., Sitaruno, S., Pattharachayakul, S., & Khan, S. A. (2026). Exploring patients' experiences in intensive care units (ICU): A cross-sectional study in Pakistan. *Enfermería Intensiva*, 37(1), 500-578. (Q2 Scopus).

Ahmad, T., Sitaruno, S., Khan, S. A., & Boonpeng, A. (2026). Population pharmacokinetics of piperacillin in non-critically ill hospitalized patients. *Pakistan Journal of Pharmaceutical Sciences*. (Q3)

Ahmad, T., Sitaruno, S., Pattharachayakul, & Khan, S. A. (2025). Intravenous medication administration practices: insights into knowledge, attitude, and behavior of intensive care unit (ICU) nurses in Pakistan. *BMC nursing*, 24(1), 765. (Q1 T1)

Ahmad, T., Sitaruno, S., Khan, Z. U., & Khan, S. A. (2025). Optimization and validation of RP-HPLC method for quantification of piperacillin in pharmaceutical formulation and in human blood plasma. *Acta Chromatographica*. (Q3)

8. Publications from Masters

Ahmad, T., Khan, F. U., Ali, S., Rahman, A. U., & Ali Khan, S. (2022). Assessment of without prescription antibiotic dispensing at community pharmacies in Hazara Division, Pakistan: A simulated client's study. *PloS one*, 17(2), e0263756. (Q1 Scopus)

Ahmad, T., Khan, S. A., Mallhi, T. H., Mannan, A., Rahman, A. U., & Khan, F. U. (2025). Assessing antibiotic dispensing without prescription through simulated client methodology in developing countries: a comprehensive literature review from 2009 to 2021. *Journal of Public Health*, 33(4), 781-803. (Q2 Scopus)

Ahmad, T., Khan, F. U., Khan, M., Rahman, A., Ali, S., & Khan, S. A. (2021). Intensification in antibiotic consumption in Pakistan and factors that promote the use of antibiotics: a mini literature review. *Am J Biomed Sci Res*, 14(6), 525-6. (Scopus indexed)

Ahmad, T., Khan, F. U., Rahman, A. U., & Rahman, J. U. (2025). Determinants of antibiotics dispensing without prescription: A qualitative study among community pharmacists in Pakistan. *Latin American J of Pharmacy*, 44(5), 435-445. (Q4 Scopus)

9. Publications in Process

Ahmad, T., Sitaruno, S., Khan, S. A., & Boonpeng, A. (Under review). Population pharmacokinetics and dose optimization of piperacillin in critically ill patients. *Drug Research*.

Ahmad, T., Sitaruno, S., Khan, S. A., & Boonpeng, A. (Under review). Dose optimization of piperacillin in non-critically ill hospitalized patients. *Gomal Medical Journal*

Ahmad, T., Sitaruno, S., Khan, S. A., & Khan, F. U. (Under review). Assessment of physicians' knowledge and prescribing trends in ICU: Pharmacokinetic and pharmacodynamic perspectives. *Malaysian Journal of Medical Sciences*.

10. Publications in collaboration

- Kiddeer, M., Abbas, A., Basit, A., **Ahmad, T.**, Corresponding author & Masood, I. (2025). Assessment of knowledge, attitude and practices regarding standard precautions of infection prevention and control and associated factors among healthcare personnel working at tertiary care hospitals in Punjab, Pakistan. *Infection Prevention in Practice*, 7(3), 100464. (Q2 Scopus)
- Khan, F. U., Khan, F. U., Sajjad, A., **Ahmad, T.**, Corresponding author Mallhi, T. H., Ali, S., ... & Shah, S. (2025). Pattern of antibiotic dispensing at pharmacies according to access, watch, reserve (AWaRe) classification: Multicenter study after COVID-19 waves in different districts of Pakistan. *BMC research notes*, 18(1), 38. (Q3 Scopus)
- Kiddeer, M., Basit, A., **Ahmad, T.**, Corresponding author & Masood, I. (2024). Needle stick injuries and post-exposure prophylaxis practices among healthcare personnel working at tertiary care hospitals in Punjab, Pakistan. *International J. of Risk & Safety in Medicine*, 35(4), 308-316. (Q3 Scopus)
- Ahmad, Z., Furqan, K., Shahzeb, K., Asad, M., & **Ahmad, T.**, Corresponding author (2023). Examining enhanced recovery after surgery in colorectal procedures: Perspectives of surgical residents at Khyber teaching hospital, Peshawar. *International J of Scie Res in Modern Sci and Tech*, 2(7), 15-21.
- Ali, S., Memon, M., Koul, S., PASHA, T., & **Ahmad, T.**, Corresponding author (2023). Effect of Ivabradine in Controlling Heart Rate in Patients with Sepsis and Septic Shock: Randomized Control Trails. *SciMedicine J*, 5(1), 28-37.
- Basit, A., ur Rahman, A., Khan, M., **Ahmad, T.**, Arafat, M., Khan, K. U., ... & Ovatlarnporn, C. (2024). UPLC-Q-TOF-MS profiling of *Viola stocksii* Boiss. and evaluation of aphrodisiac potential and risk factors associated with erectile dysfunction. *Journal of Ethnopharmacology*, 321, 117477. (Q1 Scopus)
- Kaleem, S., **Ahmad, T.**, Wahid, A., Khan, H. H., Mallhi, T. H., Al-Worafi, Y. M., ... & Khan, F. U. (2024). Assessment of health-related quality of life among Afghan refugees in Quetta, Pakistan. *Plos one*, 19(2), e0288834. (Q1 Scopus)
- Rahman, A. U., Alam, F., Khan, M., Sarfraz, M., Basit, A., **Ahmad, T.**, ... & Khan, K. U. (2023). Evaluating the aphrodisiac potential of *Mirabilis jalapa* L. root extract: phytochemical profiling and in silico, in vitro, and in vivo assessments in normal male rats. *Molecules*, 28(17), 6314. (Q1 Scopus)
- Khan, F. U., Mallhi, T. H., Khan, Q., Khan, F. U., **Ahmad, T.**, & Fang, Y. (2022). Assessment of antibiotic storage practices, knowledge, and awareness related to antibiotic uses and antibiotic resistance among household members in post-conflict areas of Pakistan: bi-central study. *Frontiers in medicine*, 9, 962657. (Q1 Scopus)

Khan, F. U., Mallhi, T. H., Khan, F. U., Hayat, K., **Ahmad, T.**, & Fang, Y. (2022). Evaluation of consumers perspective on the consumption of antibiotics, antibiotic resistance, and recommendations to improve the rational use of antibiotics: an exploratory qualitative study from post-conflicted region of Pakistan. **Frontiers in pharmacology**, 13, 881243. (Q1 Scopus)

Khan, F. U., Khan, A., Shah, S., Hayat, K., Usman, A., **Ahmad, T.**, & Fang, Y. (2021). Exploring undergraduate pharmacy students perspectives towards antibiotics use, antibiotic resistance, and antibiotic stewardship programs along with the pharmacy teachers' perspectives: a mixed-methods study from Pakistan. **Frontiers in Pharmacology**, 12, 754000. (Q1 Scopus)

Khan, F. U., Khan, F. U., Hayat, K., **Ahmad, T.**, Khan, A., Chang, J., ... & Fang, Y. (2021). Knowledge, attitude, and practice on antibiotics and its resistance: a two-phase mixed-methods online study among Pakistani community pharmacists to promote rational antibiotic use. **International journal of environmental research and public health**, 18(3), 1320. (Q1 Scopus)

Sharif, M. J. H., Farrukh, M. J., Khan, F. U., Khan, Q., **Ahmed, T.**, Kousar, R., ... & Khan, S. A. (2022). Exploring the factors and barriers of healthcare professionals in tertiary care hospitals toward pharmacovigilance: a multicenter study from Khyber Pakhtunkhwa, Pakistan. **Current medical research and opinion**, 38(4), 595-605. (Q2 Scopus)

Ur Rahman, J., **Ahmad, T.**, Khan, M., Ur Rahman, A., Ghani, S., & Ullah Khan, F. (2023). Assessment of prescribing patterns and medication errors related to prescriptions in hospitalized diabetes mellitus type-2 patients in Khyber Pakhtunkhwa, Pakistan. **Journal of Pharmaceutical Health Services Research**, 14(1), 49-54. (Q2 Scopus)

Rahman, A. U., Alam, F., Rehman, Z. U., Khan, M., & **Ahmad, T.**, (2023). Effects of *Mirabilis jalapa* L. root extract and sildenafil on paroxetine-induced sexual dysfunction in male rats and characterization of its phytoconstituents by UPLC-MS. **South African Journal of Botany**, 152, 240-246. (Q2 Scopus)

Khan, H. H., Khan, F. U., & **Ahmad, T.** (2025). Evaluation of health-related quality of life in patients with type 2 diabetes mellitus through EQ-5D-3L: In public sector hospitals of Quetta, Pakistan. **Jordan Journal of Pharmaceutical Sciences**, 18(2). (Q3 Scopus)

11. SELECTED BOOK CHAPTERS (Published)

Al-Worafi, Y. M., Zahoor, F., **Ahmad, T.**, & Khan, F. U. (2025). Complementary and alternative medicine (CAM) in Pakistan. In *Handbook of Complementary, Alternative, and Integrative Medicine* (pp. 229–246). CRC Press.

Khan, F. U., **Ahmad, T.**, Shah, S., Tariq, R., & Fang, Y. (2024). Pharmacy education, practice, and research in China. In *Handbook of Medical and Health Sciences in Developing Countries: Education, Practice, and Research* (pp. 1–28). Springer International Publishing.

Khan, F. U., Shah, S., Abbas, G., Khan, H. U., **Ahmad, T.**, Ullah, W., Khan, A., Khan, F. U., Mallhi, T. H., Khan, Y. H., & Fang, Y. (2023). Antibiotics safety case studies: Hospitals. In *Clinical Case Studies on Medication Safety* (pp. 461–486). Academic Press.

12. REVIEWER FOR JOURNALS

–Working with the different **Publishers** in different **domains**, including Elsevier, Springer, BMC, MDPI, Frontiers, SAGE (> 20 J).

-  Reviewer at the **PloS ONE**
 -  Reviewer at the **JMIR**
 -  Reviewer at the **Scientific Reports**
 -  Reviewer at the **Journal of Hospital Pharmacy**: SAGE Publications
 -  Reviewer at the **Journal of Pharmacy Practice**: SAGE Publication
 -  Reviewer at the **BMC Health Services**
 -  Reviewer at the **BMC Infectious Diseases**
 -  Reviewer at the **BMC Primary care**
 -  Reviewer at the **Antimicrobial Resistance & Infection Control**
 -  Reviewer at the **Discover Public Health**
 -  Reviewer at the **Open Nursing**: SAGE Publication
 -  Reviewer at the **SN Comprehensive Clinical Medicine** (Springer)
 -  Reviewer at the **Journal of Pharmacy Practice**: SAGE Publication
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13. Professional Membership

-  Member of the **Commonwealth Pharmacists Association (COWPA)**
 -  Member of Pakistan **Pharmacist Association (PPA)**
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14. LANGUAGES

-  English (IELTS)
-  Urdu (National Language)
-  Pushto (Mother-Tongue)

15. SELECTED CONFERENCES/WORKSHOPS ATTENDED

Antibiotics Webinar | Antibiotic Resistance: Recent Developments in Epidemiology and Implications for Patients and Healthcare Professionals **2025. Antibiotics-MDPI**

Attended **5th World Sepsis Congress**: Global Sepsis Alliance. **2025**

International Pharmaceutical Federation (FIP), WHPA Webinar: **“Tackling AMR in a Changing World”**

Attended an international Seminar on **“Current status and future perspective of Pharmacovigilance: A drug safety program** Riphah International University, RIPS, Islamabad, Pakistan. **2024**

Attended the **“4th Annual Medication Management Conference”** by SCOPE, Shifa International Hospital, Pakistan

Webinar on **“Establishing National AMR Surveillance Systems”** by the National Institute of Health, Islamabad, Pakistan. **2023**

Seminar on **“Fungal Diseases Awareness”** by the National Institute of Health, Islamabad, Pakistan. **2023**

National Symposium on **“AMR: Typhoid Environmental Surveillance”** by the National Institute of Health, Islamabad, Pakistan. **2022**

References

1. **Asst. Prof. Dr. Sirima Sitaruno** – Ph.D. Supervisor
Prince of Songkla University, Thailand | ✉ sirima@pharmacy.psu.ac.th
2. **Asst. Prof. Dr. Sutthiporn Pattharachayakul** – Ph.D. Co-supervisor
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3. **Assoc. Prof. Dr. Shujaat Ali Khan** – Master’s Supervisor
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