



**Curriculum Vitae**

***Ayman Ahmad Heikal***

**MB.BCh., M.Sc., MD.CCM., MRCP(UK)**

## General and Personal

**Name** : Ayman Ahmad Heikal.  
**Gender** : Male.  
**Mailing address** : 12 Abd El- Rahman El- Rafei st. , Heliopolis , Cairo, Egypt.  
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002/0123415745 (Egypt. Mobile)  
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**Birth date** : 10 / 2 / 1966.  
**Religion** : Islam.  
**Nationality** : Egyptian.  
**Military status** : Finished.  
**Social status** : Married and has one male child .  
**Passport No** : A 05693336  
**Passport validity** : till 2 / 12 / 2018 .

**Best way of contact through E-mail.**

## Undergraduate Education

- 1983 – 1990 : Faculty of Medicine, Cairo University.
- 1981 – 1983 : Secondary Education. El-Orman Secondary School, Cairo ,Egypt.
- 1979 – 1981: Preparatory Education. El- Orman Preparatory Schoo, Cairo ,Egypt.
- 1974 – 1978: Primary Education. Yale Primary School, Madrid, Spain.
- 1971–1973: Primary Education. Asma Fahmi Primary School, Cairo, Egypt.

## License Details

Licensed by **Saudi Commission of Health Specialities**

**Speciality:** Intensive care.

**Category:** Senior Registrar.

**No:** 12-J-M-0007506.

**Ex. Date:** May 2015.

Licence from **General Egyptian Medical Syndicate**

**Speciality:** Critical Care Medicine.

**Category:** Consultant.

**No:** 100779 ( 2/9/1991 ), Consultant No. 18 ( 3/12/2007 ).

## Qualifications

- **Membership of the Royal College of Physicians of the United Kingdom, MRCP(UK).** March 2007 .
- **M.D. Critical Care Medicine**, Cairo University, May 2004. MD Thesis “*Early Diagnosis of Adult Respiratory Distress Syndrome using Fiberoptic Bronchoscopic techniques*”
- **M.Sc. Critical Care Medicine**, Cairo University, November 1997. Signed "Good ". M.Sc. Thesis “ *Systemic sepsis in the critically ill, prevalence, hospital course and prognostic implications*”
- **M.B., B.Ch.** June 1990, Cairo University, signed " Very good ".

## Postgraduate Appointments

**February 2012-till currently,**

***Intensive Care Consultant, Intensive Care Department, King Fahd Hospital, Jeddah, Saudi Arabia.***

***King Fahd Hospital*** (with JCI Accreditation June 2012) is the biggest tertiary referral hospital in Jeddah, more than 800 beds. It is a MOH and teaching leading referral hospital in the very busy city centre, well designed then recently remodelled, with excellent diagnostic and therapeutic facilities.

Critical care department consists of 38 beds, running as closed system. ICU staff consisted of 6 intensivist consultants, 17 specialists, and 6 residents.

The ICU is always busy, full of active cases. King Fahd Hospital receiving more than 80% of RTA cases in Jeddah.

Responsibilities include attending the daily morning meeting, leading the daily round on patients, putting plans of management, responding for ICU consultations, working hours from 8.00-16.00 daily with on call service(at home) from 16.00 for one week every 3 weeks. Administrative work as intensive care consultant at the department.

**2009- 2011**

***Critical Care Consultant, Wadi El- Neel Hospital, Cairo, Egypt.***

Wadi El-Neel Hospital is one of the prestigious hospital in Egypt, that provides high quality medical service with well equipped ICU.

**2005 - 2011 :**

***Critical Care Consultant , Heliopolis Cardiac Centre , Heliopolis , Cairo, Egypt.***

Heliopolis Cardiac Centre is one of the leading medical centres in Egypt in open Heart Surgery with a ICU that provides its medical service mainly as a CCU , and as post operative SICU for CABG and Valve replacement cases.

**May 2009 ( for 28 days ):**

***Critical Care Consultant , Minister of Health Hospitals, Jizan and Najran, Saudi Arabia.***

Minister of Health at that time had a project for evaluating the ICUs at the remote districts in the Kingdom , and i had the privilege to participate in this program .

**August 2005 - January 2012:**

***Critical Care Consultant , El-Safa Hospital , Cairo , Egypt.***

I had the Honor to be one of the consultants participating in providing the best medical care in this respectable hospital .The Hospital had a multidisciplinary ICU with 14 beds.

**December 2004 till now:**

***Lecturer of Critical Care Medicine, Faculty of Medicine, Cairo University (Kasr el-Einy school of medicine).***

Kasr El-Einy Hospital, and New Kasr El-Einy Teaching Hospital is the biggest hospital in Egypt, more than 3000 (three thousand) beds. It is a university and teaching leading referral hospital in the very busy city centre, well designed then recently remodelled, with excellent diagnostic and therapeutic facilities.

Critical care department consists of 4 units; each unit consists of about 25 beds (total 100 beds). Admission protocols for the department conclude any critically ill patient, medical or surgical. The department has a well equipped catheter and EPS Lab., endoscopies, radiology (Gamma camera), 4 echocardiography Acuson machines (Sequoia), a well equipped chemical and clinical pathology lab. and recently a molecular biology lab, shock research lab., and cardiac lab for Holter monitoring, treadmill.

Responsibilities include attending and leading the daily round on the third unit (30 beds), participating in any emergency during my work hours (transvenous temporary pacemaker insertion, leader of code blue team), 24 hour on call

once weekly . Being assigned for supervising and guiding the junior staff. I have a great share in teaching programs of the department whether for the junior staff or external trainees.

**May 1998 –December 2004:**

***Assistant Lecturer of Critical care Medicine, Cairo University***

Responsibilities include daily round with senior staff, 24 hours shift twice weekly during which management of any inpatient emergency admission and management of new patients and follow up of discharged patients on outpatient clinic bases once weekly.

**July 1996 – May 1998 :**

***Clinical demonstrator in Critical Care Medicine, Cairo University***

Working as senior registrar was a good chance to be a self confident, well trained intensivist, as I was the leader of twice weekly shift, doing all ICU procedures without supervision, a leader of afternoon round twice weekly, and fully responsible for patients admission and discharge decisions.

**November 1991 –July 1996:**

***Resident of Critical Care Medicine Department, Cairo University***

***(Kasr El-Einy hospital).***

I worked as a resident in the Critical Care Department, Cairo University for five years with 1st year overcrowded rota as daily shifts except the weekends, covering the casualty and the acute admissions of the critical care patients. The department was very well equipped with up to date ventilators & monitors. After the 1st year, I could handle two shifts per week comfortably. We had daily round in the morning with staff & on call assistant Lecturer, Lecturer and Professor.. During my residency, I gained good experience in introducing the arterial cannulae, invasive blood pressure, central venous catheters, Swan-Ganz Catheter, & C.O.

thermodilution monitoring in the medical ICU.

**September 1991 – August 1992 :**

***Military Service in Military Hospital***

Working as general practitioner in military hospital at the Armed Forces Hospital for physiotherapy and rehabilitation and treatment of rheumatism.

**September 1990 – August 1991 :**

***House Officer at Cairo University Hospitals.***

Responsibilities included inpatient ward care, assistance in outpatient clinics, and medical registration. Duties were rotational through the following departments: Internal Medicine, General Surgery, Obstetrics & Gynaecology, Paediatrics, Accident & Emergency Medicine , with three month training in National Cancer Institute in oncosurgery departments .

## **Researches**

1- Prevalence of Adenocortical Insufficiency in Patients with Liver Cirrhosis, Liver Cirrhosis with Septic Shock and in Patients with Hepatoernal Syndrome.

Published in :- Journal of American Science , 2011;7(6).

<http://www.americanscience.org>.

2-Pathogenic and Prognostic Significance of bronchoalveolar Lavage in Acute Respiratory Distress Syndrome Patients .

Published in :- Egyptian Journal of Chest / 60 / 1 / January, 2011.

3-Efficacy of Cerebrolysin in the Treatment of Traumatic Brain Injury.

Published in :- Egypt Neurol Psychiat Neurosurg.| Jan 2011 | vol 48 | Issue 1 .

4-Low Dose Steroids in Early Acute Respiratory Distress Syndrome.

Published in :- Egyptian Journal of Chest / 59 / 3 / July, 2010.

5-Value of Bedside Echocardiography in Prediction of Pulmonary Embolism in Patients with Deep Venous Thrombosis.

Published in:- Med. J . Cairo Univ., Vol . 76 , No. 2 ,(Suppl. 111) June: 221-225, 2008.

[www.medicaljournalofcairouniverssity.com](http://www.medicaljournalofcairouniverssity.com)

6-The Relationship between P wave Dispersion and Diastolic Dysfunction in Patient with Coronary Artery Disease.

Published in :- a-Journal of American Science. 2010; 6 (9).

<http://www.americanscience.org>.

b- Egypt Heart J . April 2010.

7- Tissue Doppler as non Invasive Method For Prediction of Left Ventricular End Diastolic Pressure (LVEDP).

Published in :- Egypt Heart J . February 2010.

8 -Microalbuminurea in non surgical sepsis :- Prevalence , Pathogenic and prognostic Significance .

Published in :- The paper received an acceptance letter on 17 -1 – 2012 , to be published in the Journal of Alexandria Society of Anaesthesia and Intensive care .

9-B-type natriuretic peptide in hypertensive crisis: Diagnostic use in hypertensive urgencies and emergencies.

Published in :- The Egyptian Journal of Critical Care Medicine . EJCCM 7, 29 January 2013.

<http://ees.elsevier.com/ejccm>.

[www.sciencedirect.com](http://www.sciencedirect.com).

10-MELD score as a predictor for hepatoadrenal syndrome.

Published in:- Journal of American Science 2012; 8 (7).

<http://www.americanscience.org>.



## Training Courses

- Training courses in BLS and ACLS .

## Experience & Skills

### *My Own Experience in the ICU*

- 1- Cardiopulmonary Resuscitation (CPR) including BLS & ACLS, ATLS
- 2- Nutrition in the ICU: Enteral & Parenteral (TPN).
- 3- Mechanical Ventilation: long term & short term MV & different modes & weaning.
- 4- Vascular Access: Central Venous lines (CVP).  
Swan-Ganz Catheter (pulmonary artery catheter).  
Arterial cannulation & invasive blood pressure.
- 5- Management of coma patients.

6- Management of different types of shock.

7- Intra Cranial Pressure (ICP) insertion, monitoring, and management of head trauma patients and other multiple trauma victims.

8- Management of endocrinal emergencies and diabetic complications: DKA & HNK.

9- Acute renal failure: Diagnosis & Management including peritoneal dialysis, SCUF, CRRT and HD.

10- Special interest in management of sepsis and septic shock patients, ARDS, Traumatic Brain injury.

11- Neurological emergencies

12- Coronary Artery Disease (CAD)

Acute myocardial infarction, diagnosis & management.

Unstable Angina, diagnosis & management.

13- Abdominal paracentesis, diagnostic peritoneal lavage, pleural aspiration and pericardiocentesis.

14- Fberoptic bronchoscopy in incubated patient ( BL ,BAL ,Endobronchial biopsy).

15- Diagnosis and Management of arrhythmias including insertion of temporary pacemaker.

16- Percutaneous Tracheostomy

## **Professional Memberships**

- Essential member of the Egyptian Society of Critical Care Medicine.
- European Society of Intensive Care
- Member of the Royal College of Physicians of the United Kingdom.

## **Teaching Courses**

I had the privilege in participating in providing lectures and training courses in Critical Care Medicine for postgraduate fellows , these activities were held in the department of Critical Care Medicine and Egyptian Minister of Health training centres.

## Hobbies

- History , Politics and Literature.
- Music.
- General knowledge.

## Profile

I work well with other people, I believe in effective leadership and recognize well the role of other members of the health team. My interpersonal skills help create the healthy working environment required for smooth running of work and effective delivery of health care.

I have much interest in expanding and improving my career. I hope I will be able to accomplish new targets in the coming few years.

## References

Ñ ***Dr. Sherif Mokhtar, M.D.,***

Professor and Vice Chairman of Critical care Medicine, Cairo University

Director of Critical Care Centre.

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Ñ ***Dr. Hossam Ahmed Mowafy, M.D.,***

Professor and Ex Chairman of Critical Care Medicine Department, Cairo University.

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Ñ ***Dr. Hassan Khalid, M.D.***

Professor and Ex Chairman of Critical Care Medicine Department, Cairo University,

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Ñ ***Dr. Mohamed Algezani, MD.***

Chairman of Intensive Care Department, King Fahd Hospital, Jeddah, Saudi Arabia

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Ñ ***Dr. Medhat Elrefaei, MD***

Professor of Cardiology, Cairo University,

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Ñ ***Dr. Medhat Abd-Alkhalik . MD***

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Ñ ***Dr. Alia Abd-Alfatah. MD***

Professor of Chairman of the Critical care medicine Department , Cairo University

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Ñ ***Dr. Hassan Khaled, M.D.,***

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▪ ***Dr. Ahmad Abd El – Azziz . MD***

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Edited in Jeddah , February 2013.