

CURRICULUM VITAE

OF

MOHAMED FURUKAN MOHAMED RAMEEZ
MBBS (Ruhuna), MD Obs & Gyn (Colombo), MRCOG (UK)

1. PERSONAL INFORMATION:

Full Name: Mohamed Furukan Mohamed Rameez

Surname: Mohamed Furukan

First Name Mohamed Rameez

Sex: Male

Date of Birth: 20 February 1969

Present Post: Senior Lecturer in Obstetrics & Gynaecology
Specialist in Obstetrics & Gynaecology

Place of Work: Department of Obstetrics & Gynaecology
Faculty of Medicine, University of Ruhuna
Galle, Sri Lanka &
Teaching Hospital, Mahamodara, Galle, Sri Lanka

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2. GENERAL EDUCATION

School : Royal College, Colombo 7, Sri Lanka

3. UNDERGRADUATE EDUCATION

Bachelor of Medicine & Bachelor of Surgery (1997)

Faculty of Medicine, University of Ruhuna, Sri Lanka (1992 – 1997)

2nd MBBS - 2nd Class upper division
(Distinctions in Anatomy & Biochemistry)

3rd MBBS - Pass

Final MBBS - Pass (December - 1997)

4. POSTGRADUATE QUALIFICATION

Doctor of Medicine (Obstetrics & Gynaecology)
Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
January 2006
Passed at first attempt & first in order of merit

Member, Royal College of Obstetricians & Gynaecologists
MRCOG , UK November 2008
Registration No: 155529

Trained in Urogyaecology as a Clinical Research Fellow at St Marys Hospital
London

5. REGISTRATION

Sri Lanka Medical Council (SLMC) Registration No- 14278
General Medical Council (UK) Reference No - 6168514

6. WORK EXPERIENCE

December 1997 – April 1998

Temporary Demonstrator in Physiology at Department of Physiology, University of Ruhuna

Responsibilities & duties

I undertook tutorials and practical demonstration classes in Physiology for the undergraduate students and also involved in investigative services provided for the patients especially in Respiratory and Neurophysiology during this short period of my work experience.

May 1998 - July 1998

Pre Intern Medical Officer at the Nephrology Unit in Western Infirmary, Colombo under the supervision of Prof. Rezvie Sheriff (Head, Department of Medicine, University of Colombo)

Responsibilities & duties

During this period I was involved in the investigative work up of patients with chronic and acute renal failure and also looked after patients undergoing haemodialysis at the Dialysis Unit

In addition to this I gained valuable experience in managing general medical conditions and also on emergency medicine. I was also able to master the technique of arterial blood gas analysis and learned to interpret them.

July 1998 – January 1999

Intern House Officer in Paediatrics

Under the supervision of Dr. D.D.Sarath de Silva (DCH, MD, FRCP)

At the Lady Ridgeway Teaching Hospital for Children, Colombo

Lady Ridgeway Hospital for Children almost 108 years old and it is one of the largest childrens hospital in South East Asia. It was started by wife of a then British Governor, Lady Ridgeway.

Responsibilities & duties

Carried out all aspects of the management dealing with Paediatric problems as a Resident House Officer. Mastered procedures like lumbar puncture and venous cut down. In addition received training in the management of neonates in the special care baby unit of the Hospital.

January 1999 – July 1999

Intern House Officer in Obstetrics & Gynaecology

Under the supervision of Dr.F.S.A.R. Almeida (MBBS, FSLCOG, FRCOG)

At Castle Street Hospital for Women, Colombo.

Castle Street Hospital for Women one of the premier Hospital in Sri Lanka catering

for women. It is a 393 bed tertiary care Hospital having 11-12 thousand deliveries per year with a Caesarean section rate of 30%. It receives medically & Obstetrically complicated women from all over the country.

Responsibilities & duties

Performed every other day first on call duty. I was involved in clerking patients and also performed the tasks of artificial rupture of membrane, induction of labour, maintenance of partogram, suturing episiotomies, preparation of patients for minor & major surgical procedures and assisting for surgeries. I also regularly participated in educational activities of the Hospital and perinatal risk management meetings.

July 1999 – April 2000

Senior House Officer In Obstetrics & Gynaecology

Under the supervision of Dr.F.S.A.R. Almeida (MBBS, FSLCOG, FRCOG)
At Castle Street Hospital for Women, Colombo.

Responsibilities & duties

Received supervised training in performing instrumental vaginal deliveries, minor gynaecological surgeries and Caesarean section. Performed second on call duties with a registrar and conducted antenatal and gynaecological clinics. I improved my decision making ability in obstetrics and learned to identify high risk conditions. Special emphasis was given on correct way of documenting on a bed head ticket. In addition to participating in academic activities I also undertook teaching to the undergraduates.

April 2000 – April 2003

Medical Officer in Neuro surgery:

Under the supervision of Dr H.K.D.S.Kularathna (MBBS,MS FRCS- Consultant Neurosurgeon)
At Teaching Hospital Karapitiya, Galle.
It is the main tertiary care hospital catering for the southern part of Sri Lanka.

Responsibilities & duties

Carried out assessment of head injury patients, took decisions on requesting for a CT scan of the head and performed all kind of emergency surgeries like elevation of depressed skull fractures, craniectomies, craniotomies for extra dural and subdural haemorrhages, aspiration of cerebral abscesses, insertion of external ventricular drains and some routine neurosurgical procedures like decompression carpal tunnel syndrome and insertion of ventriculo-peritoneal shunts following supervised training. I also regularly assisted the neuro surgeon during surgeries for brain tumours and laminectomies. I got through MD(Obs & Gyn) – part 1 examination, while I was at this post, in March 2003 to enter the post graduate training programme in Obstetrics & Gynaecology and the difficult and heavy working commitment in the neurosurgical unit prevented me from doing it earlier.

May 2003 – April 2004

Registrar in Obstetrics & Gynaecology

Under Professor Malik Goonewardene MS, FSLCOG, FRCOG.

At Teaching Hospital Mahamodera, Galle, Sri Lanka.

This hospital is the main referral Hospital in Obstetrics & Gynaecology for the entire southern province of Sri Lanka. It has around 400 beds and the number of deliveries per year was 14,000 - 15,000 with a Caesarean section rate of around 25%. The hospital consists of two units from the Ministry of Health and the University Obstetrics & Gynaecology Unit. The hospital also has a separate intensive care unit, and a special care baby unit, & a genitor-urinary medical clinic. The hospital was severely damaged by the Tsunami in December 2004. I worked in the University Obstetrics & Gynaecology Unit which also had the services of Senior Professor A.G.A.de S.Gunasekera FRCOG and Senior Lecturers Dr.L.H.Samarage, MS, FRCOG and Dr.M.D.C.S.Kularatna, MS.

Responsibilities & duties

Performed every other day on call duties, conducted regular antenatal and gynaecological clinics which included sub fertility and contraceptive services.

Received supervised training to do Obstetrics & Gynaecological Ultrasonography, Colposcopy, Caesarean sections, minor gynaecological surgeries, laparotomys for ruptured ectopic pregnancies, laparotomy for ovarian cysts, total abdominal hysterectomy & bilateral salphingo-oophorectomy, vaginal hysterectomy & repair and diagnostic laparoscopy. At the end of my first year training I was able to perform the above mentioned surgeries myself under supervision.

In addition to these I improved my skills in labour ward management, maintenance of partogram, interpretation of CTG, instrumental vaginal deliveries and repair of perineal tears.

I also participated in all academic activities, continuous medical education programmes, performed research & audits and also undertook undergraduate teaching.

May 2004 – April 2005

Registrar in Obstetrics & Gynaecology

Under Dr. D.N.Wijayaratna, FRCOG

At Sri Jayawardenepura General Hospital, Kotte Sri Lanka

This hospital is a semi-government hospital consisting all the specialities with fully equipped facilities. It has two Obstetric & Gynaecological units and the annual delivery rate was around 5000 per year with a Caesarean rate of around 45%.

Responsibilities & duties

Performed every other day on call duties, conducted regular antenatal and gynaecological clinics. I also conducted a separate sub fertility clinic. I continued to receive supervised training in Obstetrics & Gynaecological surgeries. In this station I received supervised training to perform Kelly's repair and Burch Colposuspension. I improved my laparoscopic surgical skills and assisted for operative laparoscopic surgeries like adhesiolysis and ovarian cystectomies.

I received special training in Obstetrics & Gynaecology Ultrasonography including umbilical artery Doppler wave form analysis.

I continued to participate in all academic activities, continuous medical education programmes, performed research & audits and undertook undergraduate teaching . In addition to this I was an external lecturer in Obstetrics & Gynaecology for the Nursing School of the hospital.

May 2005 – October 2005

Registrar in Emergency Treatment Unit

Under Dr. Chinthaka deSilva, MD, MRCP

At Sri Jayawardenepura General Hospital, Kotte Sri Lanka

Responsibilities & duties

All the admissions of the hospital go through the emergency treatment unit.

Therefore, I was able to get training in acute / emergency management of medical, surgical and paediatric problems during this appointment.

October 2005 – February 2006

Registrar in Obstetrics & Gynaecology

Under Dr. D.N.Wijyaratna, FRCOG

At Sri Jayawardenepura General Hospital, Kotte Sri Lanka

Performed similar duties as done during the period of May 2004 – April 2005
I sat for the MD (Obst & Gynae) Part II examination in January 2006 and got through on first attempt and came first on merit.

March 2006 – July 2006

Senior Registrar in Obstetrics & Gynaecology

Under Dr. A.P.De S. Wijesundere, MS, FSLCOG, FRCOG

At the Castle Street Hospital for Women, Colombo Sri Lanka

Responsibilities & duties

Performed daily on call duties and supervised the junior doctors. Conducted antenatal and gynaecological clinics, was able to make decisions wherever possible. I was able to perform major gynaecological surgeries by myself and received guidance and training from the Consultant in special areas.

During this period I had the opportunity to go to Chennai, India for two weeks to have training in Endoscopic surgery under Dr. Kurian Joseph, MD,DGO Chairman of the Endoscopy Committee, Asia Oceania Federation of Obstetrics & Gynaecology.

I also received training in Colposcopy and LLETZ and insertion of Mirena.

I participated in all academic activities, continuous medical education programmes, also undertook undergraduate teaching.

July 2006 to January 2 008

Senior Registrar and Lecturer in Obstetrics & Gynaecology

At Teaching Hospital, Mahamodara, Galle Sri Lanka & Faculty of Medicine.,
University of Ruhuna , Galle Sri Lanka
Under Prof. Malik Goonewardene, MS, FSLCOG, FRCOG

Responsibilities & duties

Performing on call duties for the hospital ,

Conducting Antenatal & Gynaecological clinics

I have received special training to perform out patient hysteroscopy and currently I am carrying out sessions of out patients hysteroscopy.

I also received training to perform urodynaemic studies and also received training on the work up of patients having urogynaecological problems, performing urogynaecological studies and their assessment and management by Dr. Ruwan J Fernando, Consultant Urogynaecologist, UK, during his short visit to Sri Lanka.

I am conducting regular urogynaecology clinics once a month and able to perform urodynaemic studies by my self. In future I am hoping to get training on Burch Colposuspension from the Uro Surgeon of the Teaching Hospital Karapitiya, and also would like to get special training on insertion of tension free vaginal tapes although I have participated several workshops on performing these new techniques.

I also had the opportunity to perform laparoscopic abdominal hysterectomies and laparoscopy assisted vaginal hysterectomies and laparoscopic ovarian cystectomy under the direct supervision of Dr. Kurian Joseph when he visited Galle for a two day laparoscopic workshop. From then onwards I am performing laparoscopic surgeries under the supervision of Prof. Malik Gooneewardene

During this period I have involved with Prof. Malik Goonewardene in updating old labour ward management guidelines and in preparation of new guidelines. I am also undertaking regular teaching sessions for the final year medical students.

February 2008 to September 2009

Clinical Research fellow in Urogynaecology

St Mary's Hospital, London

Underwent training in performing urodynaemic studies and completed a certificate course in urodynaemics under MR Vik Khullar and Mr Ruwan Fernando.

Trained to do urogynaecological surgeries.

Regular labour ward and emergency Gynaecological on calls

Involved in intrapartum fetal monitoring and learned to do fetal blood sampling.

Conducted antenatal and gynaecological clinics.

Performed Caesarean sections and vacuum deliveries under supervision

Assisted consultants in gynaecological surgeries

Conducted audits and presented them.

Involved in on going researches

Teaching medical students.

Learned about how the NHS system works and improved myself in communication, work ethics, documentation risk management and got adopted to work in the overseas environment successfully. I was able to work under different consultants with expertise in maternal medicine, fetal medicine and recurrent miscarriages (Prof Lesley Regan)

During this period I got all the support from the Hospital to prepare for my MRCOG part two examination and I was successful in the exam in my first attempt in 2008.

October 2009 to date

Board Certified Specialist in Obstetrics and Gynaecology / Senior Lecturer in Obstetrics and Gynaecology

Teaching Hospital Mahamodera, Galle / Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka

Specialist on calls for Obstetrics and Gynaecology at Teaching Hospital Mahamodera

The unit has around six hundred deliveries per month

Conducted weekly Antenatal and Gynaecological clinics

Routine Gynaecological surgical sessions weekly including laparoscopic and Urogynaecological surgeries

Conducted Conscious Outpatient Hysteroscopies regularly

Performing Urodynaemic studies- sessions once in two weeks

Training postgraduates in Obstetrics and Gynaecology

Lectures and bedside teaching of medical students and overseas elective students

Supervised and conducted Research and Audits in Obstetrics and Gynaecology

5. RESEARCH & PUBLICATIONS

Audits

Audit on Caesarean Section

Audit on Induction of Labour

Audit on Hysterectomies

Audit on external cephalic version for breach presentation

Audit on 3rd and 4th degree perineal tears

Scientific presentations

Use of Nitric oxide donor for pre induction cervical ripening. 5th September 2004

37th Annual Scientific Sessions of the Sri Lanka College of Obstetricians & Gynaecologists

Won the Award for the Best Presentation

Invited Lectures

Evolution and current status of surgical management of stress urinary incontinence in women

52nd Annual Scientific Congress of SLCOG, Colombo 2019

Prevalence and management of recurrent prolapsed in Sri Lanka

51st Annual Scientific Congress of SLCOG, Colombo 2018

Evaluation of Sri Lankan women with urinary incontinence

The FIGO-SAFOG-SLCOG Conference, Colombo Sri Lanka
2017

The Term Breech Trial Revisited

The FIGO-SAFOG-SLCOG 2014 Conference, Colombo Sri Lanka
2014.

Chapter in Book

MFM. Rameez , Malik Goonewardene

Uterine Rupture. In: Obstetric and Intra partum emergencies. Arulkumaran S, Chandraran E. Eds. Cambridge University Press , Cambridge 2012, 52-58

Publications

1. Vindya Wijesinghe, Priyanakara Amaradivakara, Rameez Furukan
Validation of the Sinhala translation of the Pelvic Floor Distress Inventory and Pelvic Floor Impact Questionnaire in a Sri Lankan population
International Urogynecology Journal

Published online: 29 March 2021

2. Yaddehige, S.S., Kalansooriya, H.D. and Rameez, M.F.M., 2019.
Comparison of cervical massage with membrane sweeping for pre-induction cervical ripening at term; a randomised controlled trial. *Sri Lanka Journal of Obstetrics and Gynaecology*, 41(3), pp.66-74. DOI

3. Gayan de Silva, Rameez MFM, Malik Goonewardene
Validation of the Sinhala translations of the International Consultation on Incontinence Modular Questionnaire and the Kings Health Questionnaire in a group of women with urinary incontinence and or urgency
International Urogynaecology Journal 2017; 28(12), 1895-1899 DOI 10.1007/s00192-017-3329-0
4. Rameez MFM, Lankeshwara D, Dias T, Khatri M, Lohana R. Preterm delivery: current concepts. Sri Lanka Journal of Obstetrics and Gynaecology; 2013; 35(1): 22-28
5. Goonewardene M, Rameez MFM, Kaluarachchi A, Perera H. WHO recommendations for induction of labour: RHL commentary (last revised: 1 November 2011). *The WHO Reproductive Health Library*; Geneva: World Health Organization.
6. Rameez MFM, Goonewardene IMR.
Nitric oxide donor iso-sorbide mono nitrate for pre induction cervical ripening at 41 weeks' gestation: a randomized controlled trial.
The Journal of Obstetrics and Gynaecology Research 2007; 33 (4) : 452 – 457.

Published in abstract form

1. Amarasena BA , Goonewardene IMR, Perera RN, Rameez MFM
Oral misoprostol for 48 hours versus an intra cervical Foley catheter for 48 hours for Induction of labour in post dated pregnancies: a randomized control study.
Abstracts of the 50th Scientific Session of the Sri Lanka College of Obstetrics & Gynaecology, Sri Lanka Journal of Obstetrics and Gynaecology 2017; EO 027 , p 10-11
2. Dilruwan MANP, Goonewardene IMR, Rameez MFM
How can the implementation of Labour Companionship Programs be improved?
Abstracts of the 50th Scientific Session of the Sri Lanka College of Obstetrics & Gynaecology, Sri Lanka Journal of Obstetrics and Gynaecology 2017; EO 026 , p 10
3. Dilruwan MANP, Goonewardene IMR, Rameez MFM
Are there barriers from health care providers for the implementation of Labour Companionship Programs ?
Abstracts of the 50th Scientific Session of the Sri Lanka College of Obstetrics & Gynaecology, Sri Lanka Journal of Obstetrics and Gynaecology 2017; EO 024 , p 10
4. De Silva BPGN, Goonewardene M, Rameez MFM
Validation of the use of Sinhala translations of the International Consultation on Incontinence Modular Questionnaire and Kings Health Questionnaire in a group of women with urinary incontinence or urgency in Sri Lanka
British Journal of Obstetrics and Gynaecology 2016;123 IssueS2 :FC 10.001, DOI

10.1111/1471-0528.14090

5. GayanDe Silva, MFM Rameez, Malik Goonewardene
Validation of the use of Sinhala translations of the International Consultation on Incontinence Modular Questionnaire and Kings Health Questionnaire in a group of Lankan women with lower urinary tract symptoms
Sri Lanka Journal of Obstetrics and Gynaecology 2014; Volume 36(Supp 1), P85, pg83

6. MFM Rameez, Gayan De Silva, Malik Goonewardne
The value of validated questionnaires in the management of women with lower urinary tract symptoms
The proceedings of the FIGO-SAFOG-SLCOG 2014 Conference, Colombo Sri Lanka
2014. PS 16.2-83, pg 101

7. Ruwan Gamage, MH Ziard, Kasun Attanayake, MFM Rameez, Malik Goonewardene
Ripening of cervix with vaginal Iso-sorbide mononitrate at home prior to induction of labour
The proceedings of the FIGO-SAFOG-SLCOG 2014 Conference, Colombo Sri Lanka
2014, PS62.2- 249, pg 199

8. Ihalagama IRHP, Rameez MFM, Wijyaratna DN
Is endometrial thickness a good predictor of abnormal endometrium ?
Abstracts of the Annual Academic Sessions of the Clinical Society of Sri Jayawarenepura
General Hospital Feb. 2005; 31

9. Ihalagama IRHP, Rameez MFM, Wijyaratna DN
A Study on endometrial sampling
Sri Lanka Journal of Obstetrics & Gynaecology 2004; 26: (sup 1) : 20

10. Rameez MFM, Goonewardene IMR
Use of Nitric oxide donor isosorbide-5-mononitrate for pre induction cervical
Sri Lanka Journal of Obstetrics & Gynaecology 2004; 26: (sup 1) : 37

6. RESEARCH INTERESTS

Cervical ripening & Induction of labour.
Urogynaecology
Labour companionship

7. TRAINING AND WORKSHOPS ATTENDED

1. Workshop on Good Clinical Practices
Forum for Ethics Review Committees in Sri Lanka(FERCSL)
July 2021
2. Advances in Urogynaecology. 15-17th November 2019Hyderabad , India
3. Benign Abdominal Surgery and Hands-on Practical Course on Essential Skills for Laparoscopic Hysterectomy_
16-18th September 2019
RCOG
3. Intrapartum Fetal Surveillance
23rd September 2019
RCOG
4. Emergency Obstetric Care Course
24th-25th July 2019
Family Health Bureau, Colombo
Accredited by the Liverpool School of Tropical Medicine
6. Reconstructive & Cosmetic Gynaecology (RECOGYN) World Congress 2017
New Delhi, India
7. Advanced Laparoscopic Training-2017
Ethicon Training Centre
Mumbai , india
8. RCOG World Congress-2017
Cape Town- South Africa
9. RCOG World Congress-2016
Birmingham, England
10. Training in Infertility- August 2016

The Milann Fertility Centre
Bangalore, India

11. RCOG World Congress-2015
Brisbane, Australia
12. RCOG World Congress-2013
Liverpool, England
13. 1st International Fetal Medicine Scientific Workshop
23rd and 24th November 2013
ISUG
14. 10th International Congress of the RCOG
6TH to 8th June 2012
Malaysia
SAFOG 2013 Agra, India
15. Implanon Technology
12.09.2007
Family Health Bureau
16. Neonatal Life Support 2007
17TH August 2007
Perinatal Society of Sri Lanka
17. WHO Essential New Born Care Course
13th to 16th August 2007
Family Health Bureau
18. Qualitative Research Methods and Writing Papers IN Medical Sciences
09th to 12th August 2007
Asia Pacific Early Career Network for Public Health
19. Management of Ureteric, Bladder and Bowel Injuries in Gynaecological Practice Skills
Workshop
25.07.2007
Mr P.M.Thompson, Consultant Urological Surgeon
Kings College Hospital, London
20. Research and Training Workshop on Sexual Health
20th -21st July 2007
The Graduate Programme in Sexual Health, Faculty of Health Sciences
University of Sydney
21. Development of Educational Video Materials
25th June to 6th July 2007
Educational Technology Division, Open University of Sri Lanka

22. Laparoscopic Gynaecology Surgical Hands on Training(Two weeks)
2006
Joseph Nursing Home, Chennai- Under Dr Kurian Joseph
23. Workshop on Obstetrics & Gynaecological Ultrasound
29.07.2005
Sri Jayawardenapura General Hospital
24. Workshop on Gynaecological endoscopic surgery
01.08. 2005
Colombo South Teaching Hospital
25. Hands on workshop on Mirena IUS System
11.06.2005
Castle Street Hospital for Women & Shering AG- Germany
26. Workshop on Female Urinary Incontinence
1st and 2nd April 2005
Sri Lanka Association of Urological Surgeons
27. TVT hands on workshop
03.04.2005
Sri Jayawardenapura General Hospital
28. Workshop on Fetal Medicine
03.09.2004
Castle Street Hospital for Women
29. Hands on workshop on laboratory techniques in andrology
06.09.2003
Reproductive Biology Laboratory
Department of Anatomy, Faculty of Medicine , University of Ruhuna
30. Workshop on Basic Surgical Skills
28.03.2003
Faculty of Medicine- Peradeniya

9. REFEREES

Mr Ruwan Fernando

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Urogynaecology subspecialist

St Marys Hospital London

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Prof. Malik Goonewardene MBBS, MS Obst /Gyn, FSLCOG, FRCOG (Gt.Brit)

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