

Sania Nishtar; SI, FRCP, Ph.D
Curriculum Vitae

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Sania Nishtar - Curriculum Vitae

1. Brief bio	1
2. Professional qualifications	2
3. Academic honors and distinctions	2
4. Professional Activities	3
International level	3
National level	4
4. Membership on editorial boards	4
International Declarations	4
International Consensus Statements	4
Journals	5
Books and Book Chapters	5
5. Strategic support provided in the health sector in Pakistan	5
6. Invited talks at international meetings	6
7. International workshops/consultations attended as resource person/chair	10
8. Key talks at a national level in Pakistan (2006-07 only)	12
9. Publications	14
Peer reviewed publications	14
Manuscripts accepted and in the press	19
Manuscripts submitted	19
Articles in National Newspapers	19
Books published	20
Contributions for books/other documents	20
10. Conferences organized	20
International	20
National meetings	21
11. Research projects	22
12. Media profiles	23
13. Non-academic honors and distinctions	24
14. Grants received for research and public health interventions	24
15. Inventions	24
16. Contact details	25

1. Brief bio

Sania Nishtar; SI, FRCP, Ph.D

Named as the International Health Professional of the Year 2007 by the International Biographical Centre, Cambridge, Dr. Sania Nishtar is known best for her cutting edge contributions to health policy and planning. With a rare combination of professional qualifications of a Fellow of the Royal College of Physicians and a Ph.D, Nishtar left a lucrative cardiologists career eight years ago to form the NGO think tank, Heartfile,¹ which today is the most powerful health policy voice in Pakistan and recognized as a model for replication in other developing countries. She contributes a significant amount of her time voluntarily on a pro bono basis to strengthen Pakistan's health systems and is a strong advocate for health, social policy and governance reform.²

Internationally, her scope of work has several dimensions. She is currently a trustee of the Paris-based International Union for Health Promotion, member of the Board of Governors of the Geneva-based Alliance for Health Policy and Systems and chairs the Pakistan Lancet Series on Health Reform. She is also a member of the World Economic Forum's Global Agenda Council, the World Health Organization High level task force on Health Systems, WHO's Global Expert Panel on Health Promotion and the Rockefeller foundation/Brookings institute's Working Group on Private Sector in Health Systems. She has formerly been on several international Boards, was member of the Clinton Global Initiative and has chaired several global campaigns and programs.³ She has also been an advisor to WHO on numerous occasions, has published over 100 journal articles and is the author of 4 books;⁴ she speaks to audiences around the world and has been extensively published in and quoted in the media.^{5,6}

Sania Nishtar is the recipient of Pakistan's Sitara-e-Imtiaz, the European Societies Population Science Award and 16 gold medals.⁷

A detailed profile can be accessed at <http://www.sanianishtar.info>

¹ <http://heartfile.org>

² <http://sanianishtar.info/national.htm>

³ <http://sanianishtar.info/international.htm>

⁴ <http://sanianishtar.info/publications.htm>

⁵ http://sanianishtar.info/invted_talks.htm

⁶ http://sanianishtar.info/media_profile.htm

⁷ <http://sanianishtar.info/awards.htm>

2. Professional qualifications

- FRCP, Fellow of Royal College of Physicians of London, 2005
- Ph.D, Medicine, Kings College London, 2002
- MRCP (UK), Member Royal College of Physicians of London, 1996
- MBBS, Khyber Medical College Peshawar, 1986

3. Academic honors and distinctions

- Nominated as the International Health Professional of the year 2007 by the International Biographical Center, Cambridge, 2006
- Sitara-i-Imtiaz, Pakistan – 2005
- European Union Population Science Award, 2005
- All Pakistan Quaid-e-Azam Merit Scholarship, 1989
- Best graduate of Khyber Medical College and gold medal, 1986
- President of Pakistan Student Award and gold medal, 1986
- University of Peshawar gold medal and merit scholarship, 1986
- Topped academic list Final Professional examination with distinction and gold medal, 1986
- Topped academic list in the subject of Medicine; distinction and gold medal, 1986
- Topped academic list in the subject of Surgery; distinction and gold medal, 1986
- Topped academic list in the subject of Otorhinolaryngology; distinction and gold medal, 1986
- Topped academic list in the subject of Gynaecology and Obstetrics; distinction and gold medal, 1986
- Topped academic list in the subject of Eye; distinction and gold medal, 1986
- Topped academic list in the subject of Community Medicine; distinction and gold medal, 1986
- Topped academic list in the subject of Forensic Medicine; distinction and gold medal, 1985
- Topped academic list Third Professional examination with distinction and gold medal, 1985
- Topped academic list in the subject of Pathology; distinction and gold medal, 1984
- Topped academic list in the subject of Pharmacology; distinction and gold medal, 1984
- Topped academic list Second Professional examination with distinction and gold medal, 1984
- Topped academic list First Professional examination with distinction and gold medal, 1983
- Topped academic list in the subject of Biochemistry; distinction and gold medal, 1983
- Topped academic list in the subject of Physiology; distinction and gold medal, 1983

- Khyber Medical College to date record holder of the highest marks scored in the following examinations:
- Final Professional, 1986
- Third Professional, 1985
- Second Professional, 1984
- First Professional, 1983

4. Professional Activities

International level

- Member World Health Organizations “*Expert Advisory Panel on Health Promotion*” (2008-2013)
- Member World Health Organization’s consortium on “*Maximizing positive synergies between health systems and global health initiatives*”
- Member World Health Organization *Director General’s High level task force on Health Systems* (2008 – onwards)
- Member *Global Agenda Council; World Economic Forum* (2008 – onwards)
- Chair, *Pakistan Lancet Series on Health Reform* (Expected publication 2008)
- Member *Working Group, Private Sector in Health Systems. Brookings Institute and Rockefeller Foundation* (2008 onwards)
- Board Member, *Alliance for Health Policy and Systems Research* (October 2008 onwards)
- Member, *Clinton Global Initiative – Global health working group* (2007 onwards)
- Member *Board of Trustees; International Union for Health Promotion*, Paris, France (2004 to date)
- Chair, *World Heart Federation’s expert panel on Women and Heart Disease* (2007 onwards)
- Member, *Executive Board, World Heart Federation*, Geneva (2003-2006).
- *Chairperson, Foundations Advisory Board of the World Heart Federation*, (2003-2006).
- Chair, *World Heart Day Steering Committee*, (2003-2006).
- Chair, *International Consortium on Community Health Promotion; International Union for Health Promotion* (2004-05)
- Advisor, *World Health Organization Headquarter*, Geneva, Switzerland. (May 2002, October 2002, December 2002, March 2003, and September 2003, October 2006, February 2007)
- Advisor, *World Health Organization, Eastern Mediterranean Office*. (April 2005, June 2006, April 2007, November 2007).
- Member, *Executive Board, International Non-Governmental Coalition Against Tobacco (INGCAT)*, Geneva, Switzerland, (2004-2008).
- Member, *Steering Committee, Mega Country Network on Health Promotion Network*, World Health Organization, Geneva, (2003-2004).
- Member *Oxford Vision 2020*. An Oxford University initiative
- Chair of the Steering committee – *International ‘Go Red for Women’ campaign*
- Member, *World Heart Forum*, World Heart Federation, Geneva, Switzerland, (2001-todate).

- Council Member, *Foundations Council Initiative for Cardiovascular Research in the Developing Countries* (IC Health), Geneva, Switzerland
- Member, Program Committee, *World Health Organization's Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control*, Global Forum IV (2004).
- Executive Council Member, *Eastern Mediterranean Heart Health Network*, 2000-todate.
- Executive Council Member, *SAARC Cardiac Society*, 2000-2002.
- Faculty Member, *Asia Pacific Society of Cardiology*, 1999-todate.
- Co-coordinator, Rawalpindi/Islamabad Chapter, *Pakistan Cardiac Society*, 1999-2002.
- Advisor, National High Blood Pressure Education Program of Pakistan.
- Founding Member, International ICT Group for the Prevention of Cardiovascular Diseases.
- Chair, *Pakistan Cardiac Society Council for Preventive Cardiology* 2004
- Member, Chapter – SEBoD (Social and Economic Burdens of Depression in Asia) Initiative.

National level

- Founder and President of Heartfile (<http://heartfile.org>)
- Founder of Pakistan's Health Policy Forum and think tank
- Council Member, Pakistan Health Policy Council of the Ministry of Health
- Member Sub-committee on health; National Commission on Government Reforms
- Member of the Board of Directors; Trust for Voluntary Organizations in Pakistan
- Member Board of Directors; Infrastructure Project development Facility, Ministry of Finance, Pakistan

4. Membership on editorial boards

International Declarations

- Member, International Advisory Board, Milan Declaration. Information in Cardiovascular Disease. Milan, Italy; 2004.
- Member, International Advisory Board, Osaka Declaration. Health, Economics and Political Action: Stemming the Global Tide of Cardiovascular Disease. Osaka, Japan; 2001.
- Member, International Advisory Board, Victoria 2000 Declaration. Women, Heart Disease and Stroke. British Columbia, Canada; 2000.

International Consensus Statements

- Member, Advisory Board, Guidelines on the use of HRT. Eastern Mediterranean Heart Health Network, 2001.
- Chair, Heart Disease Prevention Guidelines for South Asia. South Asian Association for Regional Cooperation, Official Project, 2000.

Journals

- Member, International Advisory Board. Global Forum Health Research Updates
- Member, International Advisory Board. Chronic Disease
- Member, International Advisory Board. Nature Cardiovascular disease
- Member, International Advisory Board. European Journal of Cardiovascular Prevention and Rehabilitation: Official journal of the European Society of Cardiology, August 2003 onwards.
- Joint Editor, Pakistan Heart Journal. Official journal of the Pakistan Cardiac Society.
- Member, International Editorial Board, Indian Heart Journal, 1999-2001.
- Technical Consultant, Journal of Pakistan Medical Research. Official journal of the Pakistan Medical Research Council.

Books and Book Chapters

- Nishtar S. Health Indicators of Pakistan. Gateway Paper II. Heartfile, Pakistan's Health Policy Forum, Federal Bureau of Statistics and Ministry of Health ; 2005.
- Nishtar S. The Gateway Paper: Reforming Health Systems in Pakistan – a Strategic View. Pakistan's Health Policy Forum and Heartfile; 2005.
- National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan, Islamabad, Pakistan.
- Nishtar S. Prevention of Coronary Heart Disease in South Asia. ISBN 969-8651-00-4. Islamabad, Pakistan.

5. Strategic support provided in the health sector in Pakistan

- Devoted time on a pro bono basis voluntarily to establish and lead Pakistan's Health Policy Forum – the first health sector think tank within the country. Initiated 2005 and ongoing
- Devoted time on a pro bono basis voluntarily to set up and institutionalized the National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. Initiated in January 2003 and ongoing
- Devoted time voluntarily to author the first health systems reform plan for the country entitled “the Gateway paper – Health Systems in Pakistan: a way Forward”. Paper released in 2006
- Devoted time voluntarily to chair the Vision group of the Planning Commission of Pakistan on Health in 2004
- Devoted time voluntarily to chair the thematic group on Health of the Planning Commission of Pakistan on Health for the Millennium Development Goal Project in 2005
- Devoted time voluntarily to lead the development of the National document on Health Statistics in collaboration with the Federal Bureau of Statistics (work ongoing)

- Devoting time voluntarily to lead the process and is therefore providing strategic help to the Government of NWFPs Department of Health to develop a Health Policy for NWFP (work ongoing under an MOU) 2006
- Devoting time voluntarily to lead the process of developing a health policy based on the Gateway Paper's approach to Health Systems in Pakistan
- Special Advisor, Pakistan Medical Research Council, Government of Pakistan.

6. Invited talks at international meetings

Geneva, Switzerland; 25, May 2008.

Geneva Health Forum

Panelist on the Closing Plenary

Panelist in the session – can mixed health systems be equitable

Panelist in the session – management of chronic diseases

San Francisco, California; USA; April 9-11, 2008

Global Philanthropy Forum

Panelist on the Maternal and Child Health session

London, UK; December 4, 2007

Launch of the Lancet Series on chronic diseases.

Health reform and chronic diseases

Beijing, China; October 29-November 2, 2007

Global Forum for Health Research

Panelist in the Closing plenary and talk on Research priorities for chronic diseases

New York, USA; September 26-28

Clinton Global Initiative

Panelist in the Over and under nutrition session

Vancouver, Canada; June 13-15

World Congress on Health Promotion

Inequities in Health

Chicago, USA; May 29-31

Annual Convention of the Human Development Foundation

Challenges in Health policy in Pakistan

Washington, USA; April 2007

Center for Disease Controls Annual Forum

The National Action Plan on Non-communicable diseases in Pakistan

Bangkok, Thailand; February 2007

Prince Mahidol Award Conference

From development of a program to the delivery of preventive and control services in non-communicable diseases – a perspective from Pakistan

Cairo, Egypt; October 2006

Global Forum for Health Research
Panelist on the closing plenary

Paris, France; October 2006
WHO's Global Strategy on diet and physical activity

Barcelona, Spain; September 2006
World Congress of Cardiology
National planning for cardiovascular diseases
Women as a resource for cardiovascular diseases prevention

Kuwait; June 2006
World Health Organization's expert consultation on NCDs
Integration of non-communicable diseases into Primary Health Care

New York, USA; February 2006
World Heart Federation

Dehli, India; February 2006
All India Institute of Medical Sciences

Bellagio, Italy; December 2005
How to improve cardiovascular health outcomes in less well resourced setting

Geneva Switzerland; October 2005
WHO Global Forum

Mumbai, India; September 2005
Global Forum for Health Research
Main streaming chronic disease on the agendas of the developing countries

Stockholm, Sweden; September 2005 (ESC population Science Lecture)
European Congress of Cardiology
Population science lecture – Women and heart disease: impact, imperatives and implications

Iguaçu, Brazil; May 2005
6th International Conference on Preventive Cardiology
Community contributions to CVD prevention
National Action plan for NCD Prevention in Pakistan

Orlando, USA; February 18, 2005
Second Women Conference on Heart Disease and Stroke
Community control of hypertension in the developing countries

Ottawa, Canada; November 2004
World Health Organization's Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control. Global Forum IV.
Pakistan's National Plan of Action on Chronic Diseases

Hong Kong, China; October 1-3, 2004
Global Conference on Cardiovascular Clinical Trials.

Prevention of diabetes and CVD in south Asia

Milan, Italy; June 2004

5th International Heart Health Conference.

Implementing WHO CVD Risk Management Package in Primary Health. National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan.

Guideline Development in Low- and Middle-Income Countries.

Melbourne, Australia; April 2004

WHO Mega Country Health Promotion Network Meeting

National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan.

Singapore, January 2004

Asia Pacific Congress of Cardiology.

Impact of Global Trends in Cardiovascular Diseases on the Health Economics of Developing Countries.

Beijing, China; October 2003

5th International Symposium on Hypertension and Related Diseases.

Cardiovascular Disease Prevention and Control in the Developing Countries: Issues and Challenges.

Prague, Czech Republic; September 2003

Annual Meeting of Heart Friends Around the World. www.hfatw.org

The Role of Foundations in Heart Disease Prevention at a Global Level.

Helsinki, Finland; August 2003

World Conference on Tobacco or Health.

Tobacco Control as part of Cardiovascular Disease Prevention: the Heartfile Experience

Doha, Qatar; December 2002

Qatar Sports International; World Sports Forum.

Cardiovascular Health through Sports.

Geneva, Switzerland; October 2002

WHO Meeting of Interested Parties (MIP).

Communicating Risks to Health.

Sydney, Australia; May 2002

XIV World Congress of Cardiology.

State-of-the-art invited talk: An Evidence-based Approach to CVD Prevention in the Developing Countries.

Sydney, Australia; May 2002

XIV World Congress of Cardiology.

Justifying Cost of Treatment in the Developing World.

Cairo, Egypt; April 2002

3rd East Mediterranean Heart Health Network International Congress.

CVD Prevention in Women.

Cairo, Egypt; April 2002

3rd East Mediterranean Heart Health Network International Congress.
Hypertension Control in EMRO.

Manila, Philippines; October 2001

13th Asia Pacific Congress of Cardiology.
Print and Electronic Media for Cardiovascular Disease Public Awareness: the Potential for Replication.

Stockholm, Sweden; September 2001

Global Forum Meeting for Cardiovascular Diseases.
Risk Factor of Cardiovascular Disease Management in the Developing Countries.

Osaka, Japan; May 2001

5th International Conference on Preventive Cardiology and 4th International Heart Health Conference.
Pakistan's Heartfile.

Isfahan, Iran; May 2001

1st National Seminar on Women and Hormone Replacement Therapy.
Coronary Heart Disease Risk Factors.
Guidelines for Hormone Replacement Therapy as part of Primary Prevention of Coronary Heart Disease.

Chennai, India; December 2000

54th Annual Meeting of the Cardiological Society of India.
Women in South Asia: a Long Way from Basic CVD Care.

Colombo, Sri Lanka; September 2000

1st Annual Symposium of the Sri Lanka Heart Association. Colombo, Sri Lanka.
Preventing CVD in South Asia in the Face of the Impending Pandemic.

Katmandu, Nepal; July 2000

1st Congress of the Nepal Society of Cardiology.
Algorithms for the Management of Hypertension in the SAARC Region.
Current Management of Heart Failure.

Victoria, Canada; May 2000

First Women Conference on Heart Disease and Stroke.
Preventive Cardiovascular Care amongst Females in Pakistan: an Unfinished Agenda.
Barriers: Access to Care for Women in the Developing Countries.

Dhaka, Bangladesh; February 2000

First SAARC Congress of Cardiology.
Optimization of Therapeutic and Lifestyle Advice to Patients with Coronary Heart Disease in Pakistan.

Lahore, Pakistan; October 1999

12th Asia Pacific Congress of Cardiology.

Plenary session: CAD Prevention in the Developing World: Priority or Bail Out.

Stenosis Quantification on Diagnostic Coronary Angiograms.

Presentation: Missed Therapeutic Windows of Opportunity in the Optimal Management of CAD in Pakistan.

Presentation: Analysis of Dietary Pattern in the context of Establishing Coronary Risk Profiles in Patients with Documented CAD in Pakistan.

Baltimore, USA; October 1999

Grand clinical rounds of the John Hopkins Medical University.

Pakistan's Heartfile.

Athens, Greece; April 1999

4th International Congress of Nuclear Cardiology.

Inferior Wall Artifacts in Pakistanis: the Central Obesity Effect.

7. International workshops/consultations attended as resource person/chair

Bellagio, Italy; October 6-8, 2008

Expert consultation of the working group on the role of the private sector in health systems

Rockefeller Foundation

Geneva, Switzerland; October 2-3, 2008

Third Expert consultation on positive synergies between

health systems and Global Health Initiatives; World Health Organization

Mexico, City, Mexico; August 5, 2008

Second Expert consultation on positive synergies between

health systems and Global Health Initiatives; World Health Organization

Divone, France; June 2, 2008

WHO Director General's High level consultation on scaling up research and learning for better health.

Nyon, Switzerland; 25-27 May 2008

From Mexico to Mali: Taking Stock of Achievements in Health Policy and Systems Research; World Health Organization

Bangkok, Thailand; January 30- February 2, 2008

Prince Mahidol Award Conference 2008

Dalian, China; September 1-5, 2007

World Economic Forum Meeting of the New Champions

Atlanta, USA; August 2007

Center for Disease Control; National Forum for Heart Disease and Stroke Prevention; Regional and Global Collaboration Implementation Group

London, UK; July 2007

World Health Organization and Department of Health UK, Global health Promotion

Geneva, Switzerland; Feb 4-8, 2007 (co-chair)

WHO expert consultation to prevent chronic disease

Cairo, Egypt; March 27-28, 2007

Regional Consultation to develop guidelines on CVD management

Paris, France; October 2006 (Chair)

WHO Global Strategy on Diet and Physical Activity

Cairo, Egypt; June 2006 (Chair)

WHO country Cooperation Strategy

Nairobi, Kenya. May 2006

Community Health Promotion

International Union for Health Promotion

Bogota, Columbia; November 2005

Planning global physical activity interventions

Accra, Ghana; October 2005

CDC/IUHPE seminar on chronic disease capacity building in sub-Saharan Africa

Rio de Janeiro, Brazil; May 2005

International Consortium for Community Health Promotion (Chair)

Cairo, Egypt; April 2005

Regional Consultation for WHO Global Program of Work, 2005

Miami, Florida; December 2004

Implementing the WHO Global Strategy on Physical Activity (Chair)

Atlanta USA; November 2004

Centers for Disease Control, Atlanta, USA; Community Health Promotion Workshop

Oxford, UK; September 2004

Oxford Vision 2020

Ghana, Accra; December 2003

Centers for Disease Control, Atlanta, USA, and the International Union for Health Promotion. Capacity-Building for Cardiovascular Disease Prevention in Sub-Saharan Africa.

Geneva, Switzerland; April 2003

Mega Country Network Meeting. WHO Department of Health Promotion of Non-Communicable Diseases.

Colombo, Sri Lanka; March 2003
PREMISE II Workshop.

Geneva, Switzerland; December 2002
Mega Country Network Meeting. WHO Department of Health Promotion of Non-Communicable Diseases.

Geneva, Switzerland; October 2002
WHO Meeting of Interested Parties (MIP). WHO/Headquarter.

Beirut, Lebanon; July 2002
WHO Workshop on Non-Communicable Disease Surveillance in the EMRO Region.

Geneva, Switzerland; July 2002
WHO, CVD Risk Reduction through Integrated Management of Hypertension, Diabetes and Smoking.

Cairo, Egypt; April 2002
WHO Interregional Workshop on Initiative for Scaling Up Secondary Prevention of Stroke and Myocardial Infarction in Low- and Middle-Income Countries.

Kandy, Sri Lanka; February 2002
WHO Interregional Workshop on Initiative for Scaling Up Secondary Prevention of Stroke and Myocardial Infarction in Low- and Middle-Income Countries.

Victoria, British Columbia, Canada; May 2000
First Women Conference on Heart Disease and Stroke.
Women and Access to Cardiovascular Care.

Isfahan Iran; May 2000
Isfahan Cardiovascular Research Institute.
Development of National Guidelines on Hormone Replacement Therapy.

8. Key talks at a national level in Pakistan (2006-07 only)

Health Policy of Pakistan. National School of Public Policy. Lahore, September 26, 2008.

Anti-corruption reform in health. National Accountability Bureau. Islamabad, December 8, 2008.

Women in leadership – personal experiences. Islamic University; Islamabad, May 5, 2007

Corruption in the health sector. U\$ anticorruption centre. Islamabad, Hotel Marriott. March 13

Health systems in Pakistan – issues and challenges. Aga Khan University, Karachi, February 13th, 2007.

National Commission for Government Reforms – directions for health. Islamabad, February 20, 2007 and Quetta, March 30, 2007.

Pakistan's Health Policy. Administrative Staff college, Lahore, March 26, 07

Health financing – the way forward in Pakistan. Pakistan's Health Policy Thinktank's Post Gateway Deliberations; Hotel Marriott, Islamabad. October 06.

Health Policy in Pakistan – the way forward. Pakistan Administrative Staff College, Lahore. September, 2006.

Public-private partnerships – lessons for Pakistan. Sustainable Development Policy Institute, Islamabad. September 06

Health systems issues that impact child health and survival in Pakistan. Aga Khan University, Karachi. August 06.

Pharmaceuticals in the health sector: current situation and future directions for Pakistan. Pakistan's Health Policy Thinktank's Post Gateway Deliberations, Hotel Marriott, Islamabad. August 06.

The public-private interface at a health systems level for improving child health outcomes. National Institute for Health, Islamabad. June 06.

The Health and population interface: current situation and future directions for Pakistan. Pakistan's Health Policy Thinktank's Post Gateway Deliberations, Hotel Holiday Inn, Islamabad. July 06.

Health Policy – have we arrived? University of Health Sciences, Lahore. March 06

Meeting the MDGs: Quick impact initiatives in the health sector. UNDP and Planning Commission Strategy Seminar, Pearl Continental Hotel, Karachi. March 06

The Health and technology interface: current situation and future directions for Pakistan. Pakistan's Health Policy Thinktank's Post Gateway Deliberations, Hotel Marriott, Islamabad. March 06.

Diabetes control models in the IDF region - The NAP-NCD Pakistan Program Diabetes in Asia Conference, Karachi. February 06.

Health Reform in Pakistan: a way forward. Pakistan's Health Policy Thinktank Launch of the Gateway Paper. Hotel Serena, Islamabad. January 06.

Health Policy Reforms in NWFP. A series of Post Gateway Roundtables held in Peshawar at the Health Sector Reform Unit from March 06-October 06.

Academic lectures in universities by invitation are other than these

9. Publications

Peer reviewed publications

1. Siddiqui S, Masud TI, Nishtar S, Peters DH, Sabri B, Bile KM, Jama MA. Framework for assessing governance of the health system in developing countries: Gateway to good governance. *Health Policy* 2008 [Epub ahead of print]
2. Rizvi N, Nishtar S. Pakistan's health policy: appropriateness and relevance to women's health needs. *Health Policy* 2008 May 12. [Epub ahead of print]
3. Alam AY, Iqbal A, Mohamud KB, Laporte RE, Ahmed A, Nishtar S. Investigating socio-economic-demographic determinants of tobacco use in Rawalpindi, Pakistan. *BMC Public Health* 2008;7:8:50.
4. Wierzbicki AS, Nishtar S, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Waist circumference, metabolic syndrome and coronary artery disease in a Pakistani cohort. *Int J Cardiol* 2008;128(1):77-82. Epub 2007 Aug 8.
5. Wierzbicki AS, Nishtar S, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Insulin resistance phenotypes and coronary artery disease in a native Pakistani cohort. *Int J Clin Pract* 2008;62(5):701-7. Epub 2008 Mar 12.
6. Nishtar S. Integrating a new public health order. *Lancet* 2007;370(9603):1901.
7. Nishtar S. Time for a global partnership on non-communicable diseases. *Lancet* 2007;370(9603):1887-8.
8. Alam AY, Iqbal A, Mohamud KB, Laporte RE, Ahmed A, Nishtar S. Investigating socio-economic-demographic determinants of tobacco use in Rawalpindi, Pakistan. *BMC Public Health* 2008;8(1):50
9. Wierzbicki AS, Nishtar S, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Waist circumference, metabolic syndrome and coronary artery disease in a Pakistani cohort. *Int J Cardiol* 2007; PMID: 17689739 [PubMed - as supplied by publisher]
10. Abegunde DO, Shengelia B, Luyten A, Cameron A, Celletti F, Nishtar S, Pandurangi V, Mendis S. Can non-physician health-care workers assess and manage cardiovascular risk in primary care? *Bull World Health Organ* 2007;85(6):432-40.

11. Nishtar S. Politics of health systems: WHO's new frontier. *Lancet*. 2007 Sep 15;370(9591):935-6.
12. Nishtar S. Community health promotion--a step further. *Promot Educ*. 2007;14(2):61-2, 109-10, 124-5.
13. Ronis KA, Nishtar S. Community health promotion in Pakistan: a policy development perspective. *Promot Educ*. 2007;14(2):98-9.
14. Wierzbicki AS, Nishtar S, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Waist circumference, metabolic syndrome and coronary artery disease in a Pakistani cohort. *Int J Cardiol*. 2007 Aug 7; [Epub ahead of print]
15. Nishtar S. Health reforms in Pakistan--configuring health beyond the health sector. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S120-35.
16. Nishtar S. Evidence from research and its implications for health reforms in Pakistan: the Gateway Paper perspective. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S112-9.
17. Nishtar S. Pharmaceuticals--strategic considerations in health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S100-11.
18. Nishtar S. Human resource solutions--the Gateway Paper proposed health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S94-9.
19. Nishtar S. The Gateway Paper--proposed health reforms in Pakistan--interface considerations. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S78-93.
20. Nishtar S. The Gateway Paper--health service delivery outside of the public sector in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S66-77.
21. Nishtar S. The Gateway Paper--preventive and promotive programs in Pakistan and health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S51-65.
22. Nishtar S. The Gateway Paper--public sector service delivery infrastructure and health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S43-50. Nishtar S.
23. The Gateway Paper--financing health in Pakistan and its linkage with health reforms. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S25-42.
24. Nishtar S. The Gateway Paper--stewardship and governance in the health sector in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S14-24.
25. Nishtar S. The Gateway Paper--context and configuration of the proposed health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S2-13.

26. Nishtar S, et al. The Heartfile Lodhran CVD prevention project – end of project evaluation. *Promotion and Education* 2007;XIV(1):17-27.
27. Nishtar S, Voute J. Women and Heart Disease: time for change. *Nat Clin Pract Cardiovasc Med* 2007;4(5):231.
28. Nishtar S. The WHO Director General election finale. *Lancet* 2007;369(9557):185.
29. Nishtar S. Lessons in tackling chronic disease. *BMJ* 2006;333(7573):820.
30. Nishtar S. Heartfile's Contribution to Health Systems Strengthening in Pakistan. *Eastern Mediterranean Journal* 2006; 12(2):S38-S53.
31. Nishtar S, Perry M, Lammare MC, Ritchie J. Global Consortium on Community Health Promotion. *Promotion and Education* 2006;XIII(1):7-8.
32. Nishtar S, Shera S. Diabetes prevention and control as part of the integrated non-communicable disease strategy: the Pakistan approach. *Practical Diabetes int* 2006;23(8):1-3.
33. Nishtar S. Improving Heart Health in Europe. *Circulation* 2006;113(4):f16.
34. Nishtar S, Lateef E. Tobacco Control – an integral component of the National Action Plan on NCDs in Pakistan. *Prevention and Control*.
35. Nishtar S, Bile KM, Ahmed A, Amjad S, Iqbal A. Integrated population-based surveillance of noncommunicable diseases the Pakistan model. *Am J Prev Med.* 2005 Dec;29(5 Suppl 1):102-6.
36. Azad N, Nishtar S. A call for a gender specific approach to address the world-wide cardiovascular disease burden. *Prevention and Control* 2005;1:223-7.
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75. Nishtar S. Echocardiographic identification of clinically silent lesions in SLE. *Indian Heart Journal* 2000; 56(2):781 (Abstract)
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77. Nishtar S, Shahab S. Cost and sustainability of long terms therapy of coronary artery disease in low-income countries. *Japanese Journal of Cardiovascular Disease prevention* 2001:36 suppl 1:171

Manuscripts accepted and in the press

- Grovender V, Ghaffar A, Nishtar S, et al. Measuring the Economic and Social Consequences of CVDs and Diabetes in India and Pakistan. In press

Manuscripts submitted

- Five papers on health reform in Pakistan of the Pakistan Lancet series
- Nishtar S, Smith SC, The World Heart Federation's double bottom line – the foundations and societies of cardiology.
- Nishtar S. Partnerships for health systems strengthening – the Heartfile experience in Pakistan.
- Nishtar S, Alderson H, Voute J, et al. Leveraging the potential of social marketing - the Yekaterinburg Social Marketing.

Articles in National Newspapers

- A number of viewpoints have been published on contemporary health issues relevant to Pakistan in national newspapers. Details can be accessed at: <http://heartfile.org/viewpoint.htm>

Books published

- Nishtar S. Health Indicators of Pakistan. Gateway Paper 11. Heartfile: Islamabad 2007.
- Nishtar S. The Gateway Paper. Health Systems in Pakistan – a way forward. Heartfile: Islamabad 2007.
- Nishtar S. The National Action Plan for NCD Prevention Control and Health Promotion in Pakistan. Heartfile 2004.
- Nishtar S. Coronary Heart Disease Prevention in South Asia; SAARC Cardiac Society. ISBN: 969-8651-00-4, Islamabad, Pakistan. 2002

Contributions for books/other documents

- Nishtar S. Public Private Partnerships in the health sector – a call to action. The Commonwealth Health Ministers Book; 2007
- Nishtar S. Research Network for the EMRO region. In press WHO
- Nishtar S. Health chapter. Vision 2030 of the Planning Commission of Pakistan
- Nishtar S. Health section. National Commission for Government Reform

10. Conferences organized

International

- Member of the organizing committee
HIMSS AsiaPac Conference and Exhibition; Singapore, May 07.
- Member of the Organizing Committee and press subcommittee
World Congress of Cardiology; Barcelona, Spain; September 2006
- Member, Scientific Committee
6th International Conference on Preventive Cardiology.
Iguaçu Brazil; scheduled for May 2005.
- Member, Clinical and Public Health Program committees
Second Women Conference on Heart Disease and Stroke.
Atlanta, USA; scheduled for February 2005.
- Member, Program Committee
World Health Organization's Global Forum on Non-Communicable Integrated
Chronic Disease Prevention and Control. Global Forum IV.
Ottawa; Canada; scheduled for November 2004.
- Member, Scientific Committee
Global Conference on Cardiovascular Clinical Trials.
Hong Kong, scheduled for October 2004.
- Chair and Organizer
World Conference on Tobacco or Health.
Workshop on Tobacco Control as part of Cardiovascular Disease Prevention:

the Heartfile Experience from Pakistan.
Helsinki, Finland; August 2003.

- Chair
13th Asia Pacific Congress of Cardiology.
Workshop on the role of ICT in CVD Prevention.
Manila, Philippines; October 2001.
- Organizer and Host
5th International Conference on Preventive Cardiology and the 4th International Heart Health Conference. Workshop on Pakistan's Heartfile.
Osaka, Japan

National meetings

- Convenor
Launching of the Gateway Paper – Health Systems reforms in Pakistan
Islamabad, Pakistan, January 2006
- Convener Pakistan's health Policy Think Tank's Strategic Post Gateway Policy Roundtables
- Convenor
Launching of the National Action Plan for Prevention and Control of Non-Communicable Diseases in Pakistan.
Islamabad, Pakistan; April 30, 2003.
- Convener National Action Plan for Prevention and Control of Non-Communicable Diseases in Pakistan meetings <http://heartfile.org/napmeet.htm>
- Secretary General
Second National World Heart Day Seminar.
Pakistan Cardiac Society in collaboration with the World Heart Federation, The Asia Pacific Society of Cardiology and Heartfile.
Islamabad, Pakistan; September 2001.
- Convener
First National World Heart Day Seminar. Heartfile in collaboration with the World Heart Federation. Islamabad, Pakistan; September 2000.
- Co-Chair
First International Summer Symposium on Preventive Cardiovascular Care in Pakistan
Pakistan Cardiac Society in collaboration with the Asia Pacific Society of Cardiology. Bhurban, Pakistan; June 1998.
- Over 35 workshops resourced and organized as part of the projects <http://heartfile.org/lodhran.htm> and <http://heartfile.org/jc.htm>; launches of books organized

11. Research projects

Principal Investigator for HEALTH POLICY AND SYSTEMS/APPLIED RESEARCH in the areas of:

- Assessing corruption in the health service delivery in Pakistan
Funding: World Bank and Asian Development bank supported Partnership for Transparency Fund (PTF), 2006-07
- Strategic analysis with a view to developing an action plan to institutionally integrate the delivery of population and health services in Pakistan
Funding: David and Lucile Packard Foundation, 2007
- Developing health information systems in Pakistan
In collaboration with the Federal Bureau of Statistics of the Government of Pakistan
- Strengthening the evidence base of Health Reform in Pakistan
In collaboration with Ministry of Health, the Department of Health of NWFP and World Health Organization
- Developing an integrated approach to chronic disease in a public-private [not-for-profit] partnership in Pakistan. In collaboration with Ministry of Health, the Department of Health of NWFP and World Health Organization
- Heartfile-Lodhran CVD Prevention Project: Pilot and demonstration community project, which aimed to develop sustainable and low-resource-setting-sensitive strategies for prevention of chronic disease.
Funding: Department of International Development, UK (2001-2004)
- Heartfile JC Project: Pilot project, which aimed to develop an approach to integrate chronic disease prevention into the work plan of health providers in the private sector.
Funding: European Union funded Trust for Voluntary Organizations
- PREMISE Study: a global study aimed at developing models for Prevention of Recurrences of Myocardial Infarction and Stroke. Heartfile was the principal investigator in Pakistan for this WHO global study and was represented on the Technical Committee of the study
Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva
- WHO Risk Management Package: an international study aimed at testing the suitability of low-resource-setting-sensitive tools for secondary prevention of cardiovascular diseases
Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva
- Global [price of chronic disease medicines] WHO Drug Survey: an international study to assess barriers to the use of medicines for secondary prevention of chronic disease. Heartfile was the principal investigator in Pakistan for this WHO global study

Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva

- Research in the communications arena aimed at developing feasible approaches to impacting the behaviour of all actors in the health system.
Funding: Canadian International Development Agency (1999-2002)

EPIDEMIOLOGICAL RESEARCH:

- National population-based NCD surveillance system; the surveillance system of the National Action Plan for NCD prevention, control and health promotion in Pakistan
Funding: World Health Organization, Geneva
- The RISK-CORN study - the first case control study to determine risk factors for coronary heart disease in Pakistanis; conducted in collaboration with Guys and St. Thomas', London

12. Media profiles

- Lancet 2007, issue: 370, December 8, 2007. Page 1899
<http://www.thelancet.com>
- Libas International. November 2006 issue
- NGO World; 2007 www.ngoworld.pk
- Blue Chip; 2007 www.bluechipma.com
- Blue Chip magazine. September 2004;
(www.bluechipma.com/pi/0904/pf02.html)
- TIME magazine: May 10, 2004.
- Lancet Volume 363, number 9422: May 22, 2004.
- Listed amongst the 2000 outstanding scientist of the 20th Century (Cambridge Biographical Center)
- Listed in Marquis WHO WHO in Asia 2006
- Listed in Marquis WHO WHO in Health care, 2006
- Listed in Marquis WHO WHO in Science and Engineering, 2007
- PROCOR: June 15,
- International News Bulletin, Royal College of Physicians of London: Sept-Oct 1999. (link)
- Personal profile - Lancet Volume 360, number 9331: August 10, 2002. Lifeline. (link)
- HeartBeat, Bulletin of the World Heart Federation: September 1999. (link)
- Time magazine: October 19, 1999. (link)
- Reuters press release on the occasion of the Second World Heart Day: September 25, 2001. (link)
- Presentation at the World Congress of Cardiology, Sydney 2002 profiled in the official webcasts www.prou.com/wcc2002. Justifying Cost in the Developing World. S Nishtar. (link)
- Afro Nets.
- The Washington Diplomat.

- More than 50 news references on the websites of the World Heart Federation (<http://www.worldheart.org>) and World Health Organization (<http://www.who.int>)
- Webpage – International Heart Health Society. (link)
- Over 100 personal profiles in local Pakistani newspapers. (link to the Heartfile Newspaper Gallery)
- Press conference on the World Heart Federation Program in Yekaterinburg, Russia. September 2004.

13. Non-academic honors and distinctions

- Burmah Shell Ladies Golf Championship 1984.
- Won many All Pakistan Golf Championships - 1975 to 1994.
- Represented University of Peshawar at All Pakistan Student Debate Contests - 1977 to 1986
- Editor of the Khyber Medical College Magazine - 1981 to 1986
- Peshawar Club Swimming Champion - 1973 to 1986

14. Grants received for research and public health interventions

- David and Lucile Packard Foundation, 2007
 - Partnership for Transparency Fund: World Bank and ADB, 2006
 - Department for International Development (UK), 2006
 - German Technical Cooperation; 2006
 - UNICEF; 2005
 - World Health Organization; 2005
 - German Technical Cooperation; 2005
 - Canadian International Development Agency, 2004
 - Department for International Development (UK), 2003
 - Department of Cardiovascular Diseases. WHO, Geneva, Switzerland, 2003
 - Department of Non-Communicable Diseases. WHO, Geneva, Switzerland, 2003
 - Department of Cardiovascular Diseases. WHO, Geneva, Switzerland, 2002
 - Global Forum for Health Research, Geneva, Switzerland, 2003
 - Department for International Development (UK), 2001
 - European Union Mission in Pakistan, 2001
 - Canadian International Development Agency, 2000
 - Canadian International Development Agency, 1999
 - Canadian International Development Agency, 1998
 - Pakistan Medical Research Council, 1997
- Government of Pakistan, Quaid-e-Azam Scholarship, 1997

15. Inventions

Heartfile: a non-profit foundation developed in a developing country setting focusing on non-communicable disease prevention, control and health promotion.

<http://heartfile.org>

National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan: one of the first concerted national responses from within a developing country to address the emerging challenge of non-communicable diseases in prevention and control framework through a public-private partnership arrangement.

<http://heartfile.org/nap.htm>

Integrated Framework for Action: a systematic tool for synchronous and integrated prevention and control of NCDs in a low-resource setting; this is modeled to impact a set of indicators through the combination of a range of actions in tandem with rigorous formative research. <http://heartfile.org/nap.htm>

Pakistan's Health Policy Forum: a national forum to assist with networking, encouraging the proliferation of discussions and dialogues and offering solutions relating to health issues within the country. <http://heartfile.org/nap.htm>

The Gateway Approach to Health Reforms. A health systems approach to health reforms in Pakistan.

16. Contact details

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