Dr A R M Saifuddin Ekram

PhD Medicine | FCPS Internal Medicine | MBBS

Clinical Researcher | Author | Physician

Overseas-Trained Internal Medicine Specialist

Melbourne, Australia | saifuddinekram.com

saifuddin.ekram@gmail.com

Professional introduction

I am a clinical researcher, educator and author with a background in internal medicine and a particular interest in ageing, frailty and chronic disease. My work connects clinical experience with population research and public education, with the aim of making evidence understandable and useful.

As an Adjunct Research Fellow at Monash University, I study sleep and cognitive health in older adults. I share medical knowledge through my books and YouTube Channel '@DrEkramExplains. I value careful reasoning, clear communication and respectful collaboration.

Research interests

Frailty And Healthy Ageing; Sleep And Dementia; Chronic Disease And Cardiovascular Outcomes; Disability-Free Survival; Clinical Epidemiology And Endpoint Adjudication.

Professional experience

Adjunct Research Fellow in Chronic Disease and Aging

Monash University | 2024~present

Conduct longitudinal research on sleep duration, sleep disturbance, sleep medication use, cognitive decline and incident dementia. Bring clinical insight and epidemiological methods to questions about healthy ageing and preserving independence.

Senior Clinical Research Consultant

ASPREE, Monash University | 2019-2024

Led a team of 12-16 staff overseeing clinical endpoint adjudication in research involving more than 19,000 older adults. Coordinated clinical event review, staff training and protocol adherence, working with clinicians, biostatisticians and data managers to support consistent outcome assessment and data quality.

Clinical Research Team Leader

ASPREE, Monash University | 2013-2019

Led clinical endpoint data extraction, review and validation across a large, multi-site study. Trained staff, resolved complex cases with colleagues and supported standard operating procedures, audit readiness and Good Clinical Practice.

Professor in Charge and Head of Medicine

Rajshahi Medical College, Bangladesh | 2004-2012

Led a clinical and academic department providing adult inpatient and outpatient care. Combined departmental leadership with undergraduate and postgraduate teaching, bedside mentoring and quality improvement.

Research and publications

37 peer-reviewed publications | h-index 17 | FWCI 2.13

Research metrics, October 2026. FWCI is field-weighted citation impact.

My published work examines frailty, cardiovascular disease, polypharmacy, dementia and disability-free survival. I have contributed to research partnerships in Australia, the USA, Japan and Germany, and presented findings at national and international conferences.

- Ekram ARMS et al. The Association between Frailty and Dementia-Free and Physical Disability-Free Survival in Community-Dwelling Older Adults. *Gerontology. 2023;69(5):549–560.* 10.1159/000528984
- Ekram ARMS et al. The Association between Metabolic Syndrome, Frailty and Disability-Free Survival in Healthy Community-dwelling Older Adults. *J Nutr Health Aging. 2023;27(1):1–9.* 10.1007/s12603-022-1860-2
- Ekram ARMS et al. The association between polypharmacy, frailty and disability-free survival in community-dwelling healthy older individuals. *Arch Gerontol Geriatr. 2022;101:104694.* 10.1016/j.archger.2022.104694

Teaching and editorial service

Teaching Associate, Evidence-Based Clinical Practice, Monash University, 2024~present. Honours presentation, literature review and thesis assessor; PhD review panel member in 2025.

Editorial Board Member, BMC Geriatrics, 2024~present
Editorial Board Member, Discover Aging, 2025~present
Associate Editor, Frontiers in Medicine, Geriatric Medicine, 2023~present

I support clear research questions, appropriate methods and conclusions that reflect the evidence. I enjoy mentoring students and researchers in critical appraisal and scientific communication.

Education and qualifications

PhD in Medicine, Monash University, 2024
FCPS in Internal Medicine, Bangladesh College of Physicians and Surgeons, 1995
FRCP, Royal College of Physicians of Edinburgh, 2010
FACP, American College of Physicians, 2005
MBBS, Dhaka Medical College, University of Dhaka, 1989

Recognition and professional engagement

Springer Nature Editor of Distinction Award, 2026. Monash University travel grant for the GSA Annual Scientific Meeting, 2022. Member of the Australian Association of Gerontology and Gerontological Society of America.

Author and health educator

Through the Frailty Uncovered books and Dr Ekram Explains, I make health and medical research more accessible to public audiences in English and Bangla. My writing also includes fiction exploring science, migration and belonging. I welcome conversations about research collaboration, teaching, mentoring and health communication.

Website https://saifuddinekram.com/ | YouTube @DrEkramExplains | ORCID 0000-0003-4267-1286
Scopus Author ID 6507044828