



جامعة قطر
QATAR UNIVERSITY

الصحة
HEALTH

برنامج التطوير المهني المستمر للعاملين في القطاع الصحي
Continuing Professional Development of Health Professionals



وزارة الصحة العامة
Ministry of Public Health
دولة قطر - State of Qatar

Maintaining Health & Well-being during the Holy Month of Ramadhan: A Live Expert Panel Discussion

(Activity Code: AGI-03-P125)

March 6th 2023, 12:30pm - 2pm

Venue: (Blended) Qatar University Library Auditorium & Live-streaming via WebEx

Target Audience: All Healthcare Professions

Aim:

To explore the challenges and potential strategies to maintain health and well-being during the Holy Month of Ramadhan.

Overall learning objectives:

To discuss the challenges associated with medication adherence, balancing nutrition, and maintaining good physical, mental & oral health during the Holy Month of Ramadhan; and to review evidence based strategies that may advance health and well-being during the Holy Month.

Speakers

Prof Ahmed Awaisu. College of Pharmacy, QU Health

Ms Hiba Chatila. Dept of Human Nutrition, QU Health

Dr Aala Daud. College of Dental Medicine, QU Health

Dr Saddam Kanaan. Dept of Physical Therapy, QU Health

Dr Abdulaziz Farooq. Epidemiologist, ASPETAR Sports Medicine Hospital



Activity schedule:

Time and Speakers	Schedule and Learning outcomes
12:30-12:35 Dr Zachariah Nazar	Welcoming and introduction
12:35-12:45 Dr Ahmed Awaisu	Describe the medication dosing and regimen challenges due to fasting in the holy month of Ramadhan; & discuss the medication adherence issues arising from fasting in the holy month of Ramadhan.
12:45-12:55 Ms Hiba Chatila	Summarize nutritional recommendations during fasting in the holy month of Ramadhan.
12:55-13:05 Dr Aala Daud	Describe the modifications in dental practice required during fasting in the holy month of Ramadhan.
13:05-13:15 Dr Saddam Kanaan	Present the physical exercise recommendations during fasting in the holy month of Ramadhan.
13:15-13:25 Dr Abdulaziz Farooq	Explain the impact of fasting during the holy month of Ramadan on physiological and cognitive outcomes among children and adolescents; and on changes in physical activity behavior among adults.
13:25-14:00	Panel Discussion, Q&As, Evaluation.

* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 1.5 Hours."

* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."