



كلية العلوم الصحية

College of Health Sciences

QATAR UNIVERSITY جامعة قطر

Member of **HEALTH** الصحة





Meet College of Health Sciences Dean Dr. Hanan F. Abdul Rahim

Welcome to the first Newsletter of the College of Health Sciences (CHS), Qatar University's ninth college and a member of QU Health! We are delighted to be able to share with you news of our vibrant CHS community, including faculty and student accomplishments and community activities.

As we welcome a new year and reflect on the challenges of the past one, we are reminded that the Covid-19 pandemic has left its mark on every corner of the globe. It changed the way we work, learn, and interact with one another, and while it was undoubtedly a difficult time, it was a time for people to show their resilience and to collaborate like never before.

Our faculty at CHS played a significant role in the pandemic, contributing to innovative research and to the national response effort working with the Ministry of Public Health. Our students were no less active, showing their commitment by volunteering their time to the national response and making the best of hybrid learning to continue their education and clinical training under the new realities of Covid-19.

Looking ahead, we are committed to continuing our mission of providing the highest quality education in health professions and to serving our community and supporting its members. We look forward to sharing with you our news through future newsletters and invite you to communicate to us your feedback and ideas.

My best wishes for a healthy, safe, prosperous and peaceful 2021!

Hanan F. Abdul Rahim
Dean, College of Health Sciences



Covid-19 response by CHS



- **Dr. Hanan Abdul Rahim** is a member in the Scientific Research and Reference Taskforce (part of Covid-19 national response, MOPH) and the Chair, Epidemiological Surveillance Working Group (part of Covid-19 national response, MOPH)
- As part of the social responsibility of the College of Health Sciences (CHS) in Qatar University, public health graduates volunteered at the Ministry of Public Health (MOPH) through the National Volunteering Campaign initiated by MOPH to help tackle the Covid-19 pandemic. Public health volunteers joined the Health Protection and Communicable Disease Control Division at MOPH.



<http://desktop.gulf-times.com/story/671652/16-QU-alumni-volunteer-to-help-tackle-Covid-19>

Covid-19 Research/Publication

Summary Table of CHS Covid-19 Research Activity- Updated 14 December, 2020

	In press/ Published papers	Submitted papers	In preparation papers	Awarded /pending grants	Current projects
CHS	15	4	12	5	7

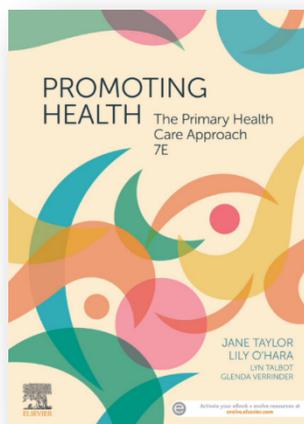
- Challenges in Laboratory Diagnosis of the Novel Coronavirus SARS-CoV-2. Nadin Younes, Duaa W Al-Sadeq, Hadeel Al-Jighefee, Salma Younes, Ola Al-Jamal, Hanin I Daas, Hadi M Yassine, **Gheyath K Nasrallah**. *Viruses*. 26;12(6):E582.
- DW Al-Sadeq, **Gheyath K Nasrallah**. The incidence of the novel coronavirus SARS-CoV-2 among asymptomatic patients: a systematic review. *International Journal of Infectious Diseases*, 2020, 98, 372-380
- The transcriptomic profiling of Covid-19 compared to SARS, MERS, Ebola, and H1N1. *Frontiers in Immunology*. **Dr. Hatem Zayed**

- Vaccine Development against Covid-19 Prior to Pandemic Outbreaks, using In Vitro Evolution and Reverse Genetics. *Frontiers in Immunology*. **Dr. Hatem Zayed**
- People's knowledge, attitudes, beliefs and responses to Covid-19 and impacts of national Covid-19 quarantine on lifestyle and health outcomes in China: Findings from a national survey of 10,545 adults. **Dr. Zumin Shi**.
- Associations between Covid-19, type-2 diabetes and other health outcomes in China: nationwide survey results from 10,545 adults. **Dr. Zumin Shi**.
- Al Kuwari HM, **Abdul Rahim HF**, Abu-Raddad LJ, et al Epidemiological investigation of the first 5685 cases of SARS-CoV-2 infection in Qatar, 28 February–18 April 2020 *BMJ Open* 2020;10:e040428. doi: 10.1136/bmjopen-2020-040428
- Gender and trust in government modify the association between mental health and stringency of social distancing related public health measures to reduce Covid-19. **Zumin Shi, Hanan Abdul Rahim, Lily O'Hara**
- **Dr. Karam Adawi** has participated in the DISCOVER Study led by the DISCOVER Mayo Clinic Investigative Team (Digital and noninvasive Screening for Covid-19 with AI-ECG Repository). She also initiated the collaboration between Hamad Corporation team; Co-PI, Dr. Nidal Al Asaad, and the DISCOVER Mayo Clinic Investigative Team.
- Covid-19 Pandemic Initial Case-Fatality Risk. **Dr. Manar Elhassan**.
- Community needs assessment (**Dr. Ghadir Al-Jayyousi** in collaboration with MOPH- and community medicine from HMC).
- Health education under pandemic emergencies: lessons learned from Covid-19 (**Dr. Hiba Al Bawadi, Dr. Hanan Abdul Rahim, & Dr. Ghadir Al-Jayyousi**).
- Immediate impact on the higher education sector and response to delivering physiotherapist entry level education. **Dr. Emma Strokes and Dr. Linzette Deidre Morris**. https://world.physio/sites/default/files/2020-06/Education_Briefing_3_Students_FINAL.pdf
- Covid-19 Rehabilitation and the vital role of physiotherapy briefing paper. **Dr. Emma Strokes and Dr. Linzette Deidre Morris**. <https://world.physio/sites/default/files/2020-05/COVID19-BP-2-Rehabilitation-202005.pdf>



Featured Research/Publication





Publication of the book “Promoting Health: The Primary Health Care Approach 7th edition”

Dr. Lily O’Hara, Associate Professor in the Department of Public Health, published a book titled “Promoting Health: The Primary Health Care Approach 7th Edition.” The book explores the socio-ecological determinants of health and wellbeing as a foundation for holistic, ecological, salutogenic health promotion practice. The health promotion practice cycle, including evidence-based community assessment, program planning, implementation and evaluation, is described in detail. To read, kindly visit: <https://www.elsevierhealth.com.au/promoting-health-9780729543538.html>



Contribution in Developing the World Health Organization’s Package of Rehabilitation Interventions

Dr. Karam Adawi, Assistant Professor in the Department of Public Health, contributed as a member of the Development Group for Ischemic Heart Disease to the Development of World Health Organization’s (WHO) Package of Interventions for Rehabilitation (PIR). The package will be shared with all member states to facilitate the integration of rehabilitation in all service delivery platforms. For more information, kindly visit: <https://www.who.int/rehabilitation/Package-of-rehab-interventions-info-sheet.pdf>



Launch of the Nutrition and Food Safety Bulletins

Informative broadcasts highlighting recent food safety studies and clinical nutrition findings are posted on social media platforms and sent to students, faculty members and all QU employees to create and elevate awareness on nutrition and food safety.



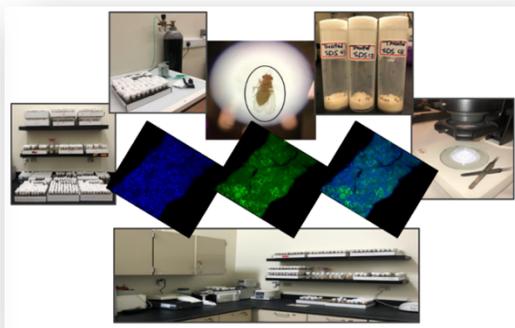
Dietary Pattern and Glycemic Control among Qatari Adults

A team from the Human Nutrition Department led a study that found male diabetes patients taking diabetes medication to control the disease, ate unhealthier food. In men who were not taking medication, modern dietary patterns were associated with poor glycemic control. Promoting healthy eating should be encouraged especially among those under diabetes medication. For full article, kindly visit: <https://pubmed.ncbi.nlm.nih.gov/33032668/>

Prevalence of Antibiotic Resistant E.Coli isolates from Local and Imported Retail Chicken Carcasses

Qatar University in collaboration with Kuwait University found that the spread of antibiotic resistance has been associated with consumption of food contaminated with resistant bacteria. A total of 270 chicken carcasses locally-produced and imported were obtained from three different hypermarket stores in Qatar. The percentage of multidrug resistance isolates were significantly higher among local chicken compared to imported samples and a high prevalence of antibiotic resistant E. coli was found in chicken sold in Qatar. For full article, kindly visit: <https://pubmed.ncbi.nlm.nih.gov/32730573/>

Using the *Drosophila* model in research by Dr. Layla Y. Kamareddine



The *Drosophila* model was introduced to the available model organisms' repertoire at Qatar University research centers to inspire and accelerate research from basic to translational science. Using the *Drosophila* model, Dr. Layla Y. Kamareddine is currently working on two projects directed towards understanding the effect of cell-specific insulin signaling on innate immunity and gut microbial community (lead by undergraduate students Manar El-saka and Fatemeh Ahmadi), and deciphering the role of enteroendocrine secreted gut peptide hormones in modulating immunity and metabolism (led by master's student Hoda Najjar).

Scientific Events



The Biomedical Sciences Department organized a webinar highlighting latest research about Covid-19 Virus



The Department of Biomedical Sciences organized a webinar event entitled "Latest Updates in the (Covid-19) Virus Studies" by Dr. Gheyath Nasrallah's research team, which is part of a series of events organized by the department to highlight the research activities of its faculty members. One of the major findings discussed during his presentation is that the prevalence of the SARS-CoV-2 was about 15% among the PHCC register. The prevalence rate was significantly higher in males than females and associated with age and nationalities of the participant.

The study was conducted between July and September and the number of participants included 2641 male workers. The results were very interesting, as the prevalence among workers was much higher than in the PHCC participants. That is, 60.6% of the participants tested positive for SARS-CoV-2, which is exciting as this confirmed that the percentage passed the number required to reach herd immunity. The SARS-CoV-2 prevalence was significantly associated with geographic location, level education, type of occupation. The striking results is that only eight cases from the total positive sample developed severe symptoms, which is reassuring for the population of Qatar.



Dr. Nasrallah performed a comparison of the effectiveness of different serology diagnostic assays and equipment for testing the anti-SARS-CoV-2 antibodies. These assays are present in different health institutions in Qatar including, HMC, Sidra, PHCC. He pointed out that the entire automated assay has shown similar performance with little difference in the sensitivity and specificity for detecting the antibodies against SARS-CoV-2.



Department of Biomedical Sciences Organized a Breast Cancer Awareness Webinar

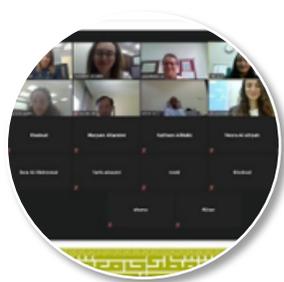
The Department of Biomedical Sciences organized a breast cancer awareness webinar on 29 October under the title “Early Detection Saves Lives.” Guest speakers included Ms. May Osama, Health Educator from Qatar Cancer Society, and Ms. Aya Hamdan, Teaching Assistant from the Human Nutrition Department. Different audiences attended including students, faculty and others. The speakers focused on awareness of the disease and how it can greatly increase a breast cancer patient's chances of being treated, but this action must be taken in the early stages. Nutrition can play a role in a healthful diet in general, and could help in the management strategies of therapy side effects.

Head of the Department of Human Nutrition participated as a speaker in the Qatari Cuisine Webinar



The Qatari Cuisine Webinar was organized by the Qatar National Museum. Dr. Tahra Obeid covered “The Nutrition Values of Traditional Qatari Dishes.” Dr. EIObeid presented the different kinds of Qatari dishes Traditional foods play a major role in the Qatari Society. Dr. EIObeid discussed the importance of traditional foods that were consumed throughout history before the industrialization of the food supply and how their functional ingredients lead to enhancement in health in a holistic way. She went further to explain the rise in the consumption pattern of Qatari traditional foods due to the increasing demand from the population. The Qatari cuisine is rich with a variety of traditional dishes, which are of high nutrient value. The aim of the webinar was to highlight the nutritional value and significance of the Qatari cuisine. Dr. EIObeid presented the most common traditional foods consumed by the Qatari society and the macro and micronutrients for each food. Employees attended the webinar from Qatar National Museum. Future collaborations on displaying Qatari Foods in the museum was one of the outcomes of the webinar.

Human Nutrition Department Student Orientation



A virtual introduction session was conducted for first year Human Nutrition students, to inform them about courses and events. Ms. Al-Jazi Al-Qahtani, a graduate student, currently working as Teaching Assistant, presented to the students about the university journey and how engaging in different activities can enlighten and motivate students.



“Smart Start,” a Webinar for Parents of School Children on Healthy Eating

A healthy lifestyle that begins at a young age is an important and integral part of developing a strong immune system to protect from bacteria and viruses such as Covid-19. The webinar in October introduced parents to the importance of applying healthy eating habits and active playing among their children to strengthen their immune system.

“Critical Health Promotion Practice” webinar by Australian Health Promotion Association Journal Club

Dr. Lily O’Hara facilitated a webinar for the Australian Health Promotion Association Journal Club on 18 November titled “Critical Health Promotion Practice: Ethical, Ecological Practice.” The webinar aimed to facilitate conversation on critical health promotion practice using a set of 12 values and principles incorporated in the Red Lotus Critical Health Promotion Model as a foundation for critical practice.

The Eating Disorders Prevention in School Act of 2020

Dr. Lily O’Hara conducted a presentation on preventing weight stigma and eating disorders in schools using the Health Promoting Schools Model and Health at Every Size Approach to the USA Congress. National Eating Disorders Association hosted the Eating Disorders Prevention in School Act (EDPSA) of 2020 federal legislation. The EDPSA requires schools to include eating disorder prevention within their local school wellness policies and provide guidance to help create school environments that support students’ overall health and well-being and not perpetuate harm through other initiatives.

“Research Series Session 1: Developing a Research Question and Study Designs”

In September, Dr. Mujahed Shraim delivered a CPD workshop in collaboration with Dr. Daniel Rainkie and Prof. Guillaume Alinier aiming to improve participant’s application and knowledge of designing research questions and choosing an appropriate research design.

Sixth Patient Safety Week Organized by the Ministry of Public Health



The Ministry organized a scientific conference via video technology, with the participation of a group of experts and specialists in the field of patient safety, as well as health workers. The 6th Qatar Patient Safety Week aims to promote the concept of patient safety at the national level. Dr. Mujahed Shraim participated by delivering a presentation on “The Psychological Resilience of Health Care Workers.”



The Practice Educator Academy Workshop



Dr. Ghadir Al-Jayyousi delivered a presentation titled “Students’ Assessment and Feedback” during the Practice Educator Academy workshop that was organized for three days from 23-25 October. More than 57 health practitioners attended the workshop from HMC and PHCC who instruct students in the Colleges of Health Sciences, Medicine, and Pharmacy.

“This is Public Health” a Virtual Event Health Promoting Universities: QU Health-y



The Department of Public Health (DPH) at the College of Health Sciences (CHS) held their annual health education and awareness campaign “This is Public Health.” This year’s virtual event, which took place over three days from 2-4 November, focused on the safety of Qatar University’s campus. The event launched on 1 November with a virtual keynote webinar by Professor Christiane Stock, the international coordinator of the German Network of Health Promoting Universities. Public Health students shared videos, which they produced to demonstrate their activities in promoting health. On 3 November, CHS and Qatar University’s Health’s online social media platforms shared videos produced by Qatar University students, displaying collaborative public health efforts on campus. The event concluded on 4 November with five public health students and alumni presenting the findings of their capstone projects, focusing on Qatar University students and the community.



Awards



The Department of Biomedical Sciences won three awards at Qatar University's Annual Research Forum



The College of Health Sciences won three awards at the Qatar University Annual Research Forum, which took place on 28 November. The winners were Dr. Gheyath Nasrallah for best researcher award in medical, biomedical and health sciences, Dr. Layla Kamareddine for best poster award in population, health & wellness (for the faculty and postdoc category) for her poster entitled “Between Immunity, Metabolism, and Development: A story of a Fly Gut.” Students Salma Younes and Hadeel Al-Jighefee also won a best poster award in the category of Covid-19 Research (for graduate students’), supervised by Dr. Gheyath Nasrallah.

Department of Biomedical Sciences Grant Award from Qatar National Research Fund

Dr. Mashael Al-Shafi won the Early Career Research Award (ECRA) by Qatar National Research Fund (QNRF) in its second cycle. It aims to provide the awarded researchers with time and support to enable them to have intensive career development with a focus in research. The title of Dr. Mashael’s awarded project is “Revealing the Genetic Causes of Severe Early-Onset Obesity in the Qatari Population.” The study includes researchers from Qatar University and Sidra Medicine.



Best Technical Administrator Award

Dr. Abdelrahman Al-Jamal won the Qatar University award for distinguished technical administrator. He received the award from Dr. Hassan Al-Derham, President of Qatar University during the Annual Research Forum for the academic year 2020.



Students: Research, Training and Alumni



Students: Research, Training

Public Health Graduates Publish their Capstone Project

Hardworking Spring 2020 PH graduates Latifah Al Kaabi, Lina Ahmed and Mariam Al Attiyah published their capstone project in October 2020 in PLOS one journal, called “Predicting Hypertension using Machine Learning: Findings from Qatar Biobank Study.” The project was supervised by **Dr. Manar El Hassan Abdel-Rahman**. To read the article, kindly visit: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0240370>

Dieticians from HMC Deliver Virtual Workshops for Students

Qualified and specialized dietitians from Hamad Medical Corporation delivered several virtual workshops to human nutrition students, including enteral and parenteral nutrition, nutrition in chronic kidney disease and planning sample meals for homocystinuria cases. These workshops prepared the students and assisted them in knowing how to assess diagnosis, intervene and monitor patients.

Biomedical Science Students undergo Rotation at HMC

Students of a Qatar University Biomedical Sciences Histopathology course spent a two-day rotation in a Hamad Medical Corporation histopathology lab. Students were excited and happy with the experience where they practiced patient sample fixation, sectioning, staining and slides preparation.

Nutrition Training

During their first year in Human Nutrition, students are introduced to the profession of dietetics through an overview showcasing the many career directions and opportunities open to dietitians. Students shadow practicing dietitians working in many sectors to experience a typical day at work, aimed at showing the students the diverse responsibilities of dietitians working in different positions such as in clinical areas, community nutrition and also the education sector.



Public Health Training

Public Health students spent their training at different sites including the Department of Public Health at MOPH where they had a practical training about case investigation and contact tracing for the first month. They then had an orientation session at the diabetes education unit at HMC. Following that, Public Health Management students joined the PHCC Headquarters while Health Education students joined the Tobacco Cessation clinic at HMC for five weeks.



Alumni testimonials

“As public health graduates, we believe that it is a moral duty and professional responsibility to support the team at the MoPH in fighting the Covid-19 pandemic in Qatar. We volunteered at the MoPH and quickly made valuable contributions and became part of a dynamic team. This opportunity enabled us to utilize our health education knowledge and expertise. Our participation was extremely valuable; we have gained hands-on and practical experience and enhanced our capabilities to be better public health educators.”

Hana Ahmed, 2020 Health Education Graduate

“It gives me great pleasure to say that I am a member of the Qatar University community and to graduate with a bachelor degree in human nutrition. The years I spent at Qatar University helped me to grow professionally and personally and gave me an opportunity to excel in my area of interest. Thank you to all my instructors for guiding, shaping and molding me into the person I am today.”

Reem Al Saadi, 2007 graduate – Director of Dietetics and Nutrition, HMC



Upcoming events



Stay tuned this spring semester for additional exciting events:

- **Nutrition Day** promotes health, wellness, and its relationship with the nutrition.
- **Steps to a healthier you**, organized for people interested in nutritional care, and promotes the importance of a healthy lifestyle by observing real food samples and providing various references.
- **Healthy Ramadan Fasting** spreads awareness about the importance of a healthy and balanced fasting during the months of Ramadan.
- In case you missed **Smart Start campaign**, join us in the spring.
- A series of **CPD workshops will be delivered by Public Health faculty** to school nurses. Six training modules will be presented during these workshops focusing on:
 - 1- **Public health and preventive medicine**
 - 2- **Communicable epidemiology**
 - 3- **Non-communicable epidemiology**
 - 4- **Nutrition principles for school children**
 - 5- **Health education**
 - 6- **Health promotion**
- A webinar titled towards a **Tobacco-free Campus: what can we learn from regional experience (the case of AUB)**. Keynote speaker: Dr. Rima Nakkash, Associate Professor, Department of Health Promotion and Community Health, American University of Beirut.

