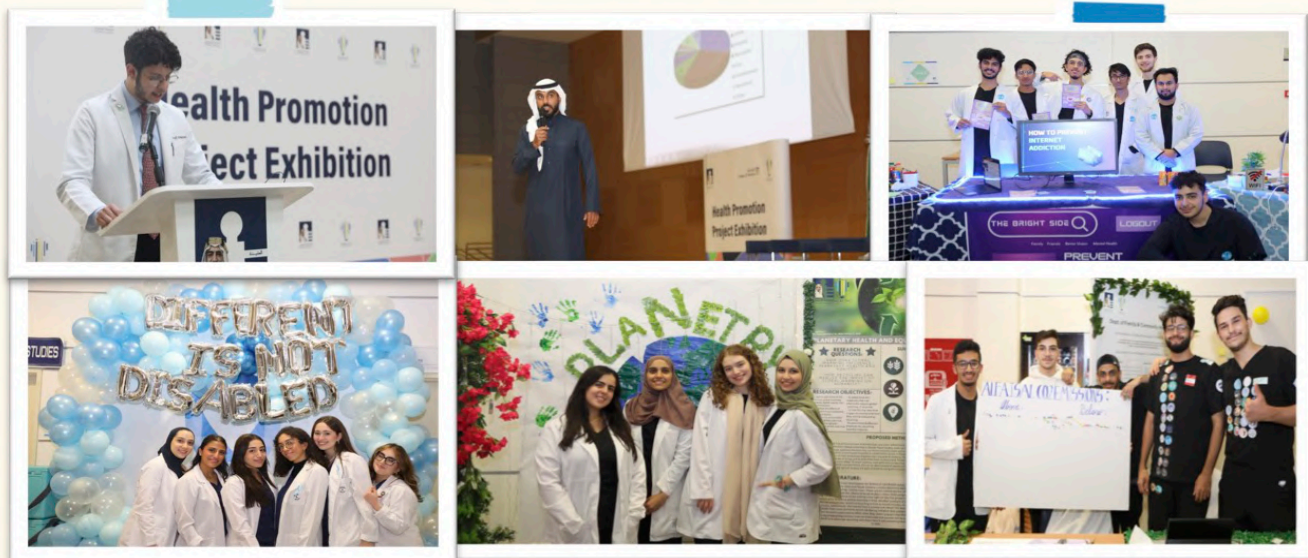


## Family & Community Medicine Department



## The 10<sup>th</sup> Health Promotion Project Annual Report 2022-23

“Primary Healthcare Research on the Road to Vision 2030”



**The 10<sup>th</sup> Health Promotion Project Annual Report 2022-23**  
**“Primary Health Care Research on the Road to Vision 2030”**  
Department of Family and Community Medicine

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## Gallery



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## Overview and Highlights

Starting the Fall semester of 2022, the Family and Community Medicine Department was motivated to return with an upgraded theme for the 10<sup>th</sup> anniversary of the Health Promotion Project Exhibition (HPP)!

The team consisted of the Vice dean of college of medicine and the chair of the Department of Family and Community Medicine, Dr. Baraa Alghalyini, and department faculty, Dr. Racha Khaled, Dr. Abdul Rehman Zia Zaidi, Dr. Bushra Hafez, and Dr. Fatima Adem.



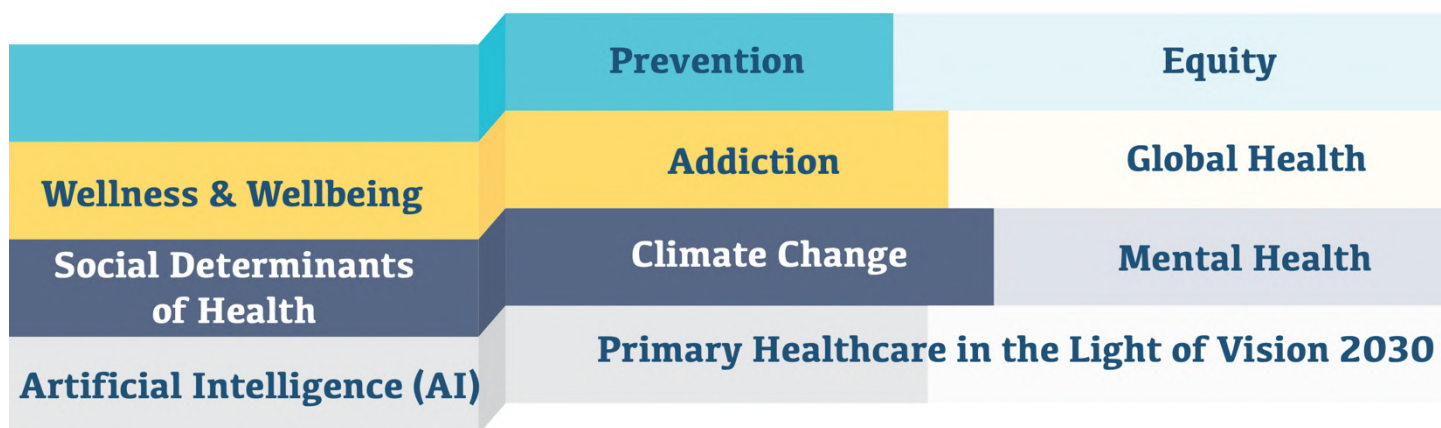
We started planning for this joyous occasion from day one of the Fall semester of 2022. For the topics, we were inspired by the revolutionary surge of research adoption in health promotion and primary health care like artificial intelligence, sustainability, equity, and many more. In addition to how that highlighted the impact of modern studies' hidden gems, it also emphasized on the importance of research revolving around community health and prevention. For that reason, we settled on the main theme to be “Primary Health Care Research on the Road to Vision 2030”.

Highlighting the impact of research and primary health care across the life span with topics like sustainability, mental health, climate change, social determinants of health, primary healthcare in Saudi Arabia in the light of Vision 2030, and many more.



More than 420 students were divided into 41 groups, each discussing a certain topic in depth. They would then design a mini research poster based on a comprehensive literature review, identifying a gap in the literature, and finally proposing a research methodology. They also prepared their community-engaging interactive booths on important health promotion and community medicine topics for the exhibition day.

## Themes



The event was planned to use the entire ground floor of the Alfaisal campus to portray the booths and the exhibitions' other parallel activities. All Alfaisal students and faculty were invited, including the students' friends and family. Healthcare professionals from across Saudi Arabia were invited. High school students from all over Riyadh, and the public were also invited. To enhance the learning experience of our students and for a fair bias-free judging process, experts of various fields of the project's themes with various clinical backgrounds from Alfaisal and other national universities were contacted. Those who showed interest were given a specially developed and compiled judge package containing a scientific rubric to score the groups' booths and research posters and an explanation about the event. The 15 enlisted judges ranged in expertise from clinical medicine to public health to artificial intelligence.

On the day of the event, the doors were open to visitors from 8:30 am all the way until 7 pm. We estimate that more than >1500 guests attended our event during that time. In addition to 41 student booths we included 5 booths run by our supporters WAEY, Saudi Society for Genetic Medicine, Wijha arts and crafts, best seller international author, Dr. Mandeep Rai and Right Bite healthy snacks vendor.

The judges rotated on their assigned booths and the winners will be announced shortly in an awarding ceremony to celebrate all the wonderful effort, not just by the winners, but also by all the students who helped and participated. An appreciation ceremony was conducted during the event where his excellency Prof. Alhayaza, her royal highness Dr. Maha Al Saud and our beloved dear Prof. Khaled Alkattan have honored the participating judges and speakers then lead them to a networking lunch.



## Roadmap

### Brief:

This year's Health Promotion project is also quite innovative and strongly supported by evidence from the literature and successful examples from around the world.

### Theme:

“Primary Health Care Research on the Road to Vision 2030”

### Goals:

To highlight the importance of research in primary healthcare and public health by promoting research skills in these areas as early as first year medical students in alignment with Vision 2030 and its scholastic goals.

### Objectives

1. Create a project that promotes teamwork and self-directed learning in the students.
2. Identify students with good research caliber and guide them through the publication process.
3. Develop students' research poster skills, presentation, & communication skills through the HPP.
4. Encourage students to engage with the community and raise awareness about multiple public health related topics.

## The Process: Pathways, themes, and topics

### Who?

#### Project Group:

- All COM 116 students
- Alfaisal Students
- Alfaisal Faculties
- Interested Guests

### How?

- Project will be on various themes Primary Health Care and Public Health

### Where?

- Students can choose a topic.
- More than 420 students will work through the semester) in groups of (8-10).
- Day of the event, students showcase the end product through:
- Mini-research poster for grading.
- Public version of this poster for the public audience.
- Interactive informative booths on their topics and themes.



Theme (Align your topic with one of these themes)	Number of topics (max)	Areas to be considered (Not an exhaustive list, use as a guide, <u>students to choose their own topics</u> )
Climate Change	5	<ul style="list-style-type: none"> <li>Global warming</li> <li>Pollution (different types)</li> <li>Impact on health including mental health</li> </ul>
Primary Healthcare in the Light of Vision 2030	5	<ul style="list-style-type: none"> <li>Current initiatives and impact on community (could be divided on several subtopics)</li> <li>Maternal fetal health initiatives in KSA</li> </ul>
Addiction	5	<ul style="list-style-type: none"> <li>Prescribed and OTC meds overuse</li> <li>Cannabinoids addiction and legalization</li> <li>Addiction behavior</li> <li>Trendy addiction modalities</li> </ul>
Social Determinants of Health	5	<ul style="list-style-type: none"> <li>SDOH across life span</li> <li>Health in all Policy</li> <li>SDOH of mental health</li> <li>SDOH the past and the future</li> <li>Teaching SDOH to school students</li> </ul>
Artificial Intelligence (AI)	5	<ul style="list-style-type: none"> <li>AI current modalities used in PHC</li> <li>AI future implications</li> <li>AI in PHC the pros and cons</li> </ul>
Mental health	5	<ul style="list-style-type: none"> <li>Bullying</li> <li>Violence</li> </ul>
Wellness and wellbeing	5	<ul style="list-style-type: none"> <li>Innovative modalities to promote all different aspects of wellness in community (could be divided into several subtopics)</li> </ul>
Equity	5	<ul style="list-style-type: none"> <li>Equity from PHC and PH lens and implications in community (could be divided into several subtopics)</li> </ul>
Prevention	5	<ul style="list-style-type: none"> <li>Deprescribing</li> <li>Screening (could be divided into many subtopics)</li> <li>Vaccine (could be divided into several subtopics)</li> </ul>
Global Health	5	<ul style="list-style-type: none"> <li>What is global health and why is it important from PH and PHC lens?</li> <li>Current and future of global health in KSA</li> <li>How does global health intersect with healthcare system?</li> </ul>

### Project structure:

1. The project constituted 20% of the students' final grades.
2. 41 Students-led interactive booths
3. 41 mini-research posters
4. Judging panel for 2 Running contests: Top 5 booth and Top 3 research poster
5. A raffle draw through an online voting survey
6. Online Research survey to study the impact of HPPE
7. 6 CME accredited keynote presentations
8. High school students tour
9. Appreciation ceremony for judges and speakers
10. "Ask Your Doctor Diwaniyah -" a live health Q&A session with the audience
11. "Arts and Crafts" entertainment corners
12. Opportunity to claim MOH-accredited volunteering points
13. A 3 km "Run for Fun" around campus in collaboration with Adidas Riyadh Running Group
14. Awarding ceremony for winners and closing remarks



## Where and When?

- Date 15/12/2022
- Alfaisal University.

## Zones and Distribution

Zone	Theme	Booth ID	M/F	Group Leader Name & ID	Topic
A	Wellness and wellbeing	3	F	Mishal Mohsin Ali 231012	Sleep Hygiene and New Modalities to Improve Sleep Quality
		14	M		"The Role of Empathy in Wellness & Wellbeing".
		26	F		"The Importance of including an effective Physical Education curriculum in high school and college systems"
		39	M		How Obesity would lead to Inequity in Vulnerable Population / The adverse impact of obesity on equity & vice versa / <u>Vulnerable Obese Adolescents Inequity</u>
	Mental Health	11	M		Impact of early life bullying, futile countermeasures and its effects on undergraduate medical students. - Very good
		23	F		Burnout in healthcare practitioners and its impact on their mental health and how to combat it?
		27	F		Postpartum depression - EXCELLENT
		4	F		How to manage depression and anxiety as a college student

## Research

The importance of research in kingdom of Saudi Arabia “Primary health care research in the road to vision 2030”  
Why research ?

Saudi universities have:

- Contributed 93% of the national output of scientific research
- Consolidating the efforts of the Ministry of Education to support the research and innovation system.
- Translating its pivotal role in the transformation towards a sustainable knowledge-based economy.
- Meeting the goals of the Kingdom’s Vision 2030.



برنامج التحول  
الوطني



Why in Saudi Arabia ?

In line with Vision 2030, the Saudi Crown Prince said to prioritize Research, Development, and Innovation to address global challenges.

Alfaisal University, a leading research-driven university, will come to the calling of the Kingdom’s needs by:

- Cultivating a finer research culture.
- Increasing the research-related modules taught to students.
- Promoting broader scope of research beyond bench research.

## Invitation Flyer and media highlight



كلية الطب  
College of Medicine



### The Department of Family & Community Medicine The 10<sup>th</sup> Health Promotion Project Exhibition "Primary Health Care Research on the Road to Vision 2030"

- 41 Students-led interactive booths and mini-research posters
- 6 CME accredited keynote presentations on trendy health topics
- Inspiring talks by health and wellness influencers
- A campus tour through the exhibition for high school students
- "Ask Your Doctor Diwaniah" - a live health Q&A session with the audience
- "Arts and Crafts" entertainment corners
- Opportunity to claim MOH-accredited volunteering points
- A 3 km "Run for Fun" around campus in collaboration with Adidas Riyadh Running Group



**Join! Share! Spread the Word!**

Family Friendly Event Open for the Public

**SAVE THE DATE**  
15 DEC 2022

**TIME:**  
8:00 AM-7:30PM

**VENUE:**  
Alfaisal University, Ground Floor

**REGISTER**



#### Supporters





## The 10th Health Promotion Highlights

This year's 10th Health promotional Exhibition comes back with a theme inspired by the recent pivotal role of research modalities and its role as a catalyst in the primary health care revolution sweeping community and health systems worldwide. In addition, there will be 41 booths and mini research posters discussing different aspects of research impact on topics including AI, equity and sustainability highlighting the applications, challenges, and the future of these health fields and innovations.

The student will have no more than 10 minutes to present their topic to the judges and answer any questions.



HPP across the life span was the umbrella by which this years HPP has operated and achieved the following:

1. Continuous Professional Development with 6 CME accredited by the SCFHS
2. Industry free with no bias whatsoever
3. Family friendly event with an open invitation for the public and Alfaisal students' families



4. Community Engagement through NCAA accreditation, Faculty and alumni participation
5. Social advocacy was highlighted by the Themes, topics where it addressed the local societal needs
6. Charity and volunteering Opportunity to claim MOH-accredited points via WAHEY organization
7. Promoting health habits via A 3 km "Run for Fun" around campus in collaboration with Adidas Riyadh Running Group



**Community Engagement**



**Social Advocacy**



**Volunteerings (Waey)**

8. Reach out to the younger generation where high schools' tours were offered and "Wijha: Arts and Crafts" entertainment corner for children
9. National Collaboration with esteemed doctors to participate as speakers and judges from across the kingdom: (PNU, KAU, TU, Aumm-AlQura, NGH, KFMC, PSMC, KFSHRC and MiSK)
10. Local Partnership with WAEY, SSNG, right bite and wijha
11. Global engagement and exposure featuring the besrou center of college of family physicians in Canada and an international best seller author Mandeep rai
12. Highlighted the value of research 41 mini-research posters
13. Encouraged the students to compete in healthy environment through 2 contests: Top 5 booth and Top 3 research poster



14. Created an assessment tool as an Online Research survey to study the impact of the annual HPPE on the visitors and the participants
15. Encouraged the engagement of healthcare providers with the public through "Ask Your Doctor Diwaniyah -" a live health Q&A session with the audience
16. Enhanced the communications among healthcare providers and participants through a networking lunch
17. Conducted the awarding ceremony for winners and announced prestigious rewards and certificated to honor their fruitful efforts

## Keynote Speakers



**Ayman Afifi**



**Mohammad Alhamid**



**Hawzin Badawi**



**Fahad Fatani**



**Abdulrahman Sabbagh**



**Mona Shahab**



**Randa Nooh**



**Rajaa Raddadi**



**Faisal Kulaib**





## Promo video



Interview and closing remarks with Dr. Baraa Alghalyini, Vice dean of college of medicine and the Chair of Family & Community Medicine Department at Alfaisal University speaking about the 10th Health Promotion Project.

More than 420 first-year medical students participated in Alfaisal University's Health Exhibition discussing over 42 topics in primary health care and the newly developed research modalities that emerged during the technological revolution of literature and highlighting the inevitable need of using research as a major source for medical approaches and health information credibility.

## Partners





# 10<sup>th</sup> Health Promotion Project Exhibition “Adidas Run” Health promotional Awareness



## “Ask Your Doctor Diwaniyah”



## Networking Lunch



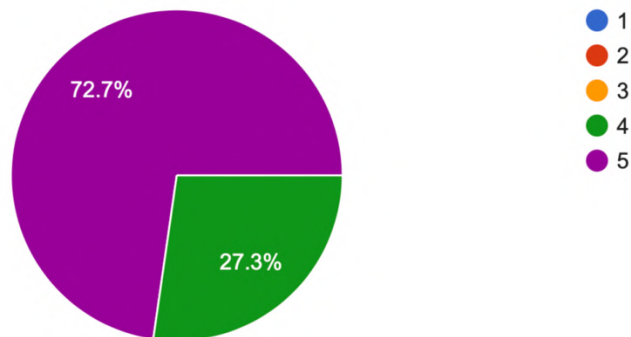


## Post Event Feedback & Testimonials (Speakers and Judges)

1. How satisfied were you with the event?

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11 responses



**Scale:**  
5 is the Best!  
1 is the lowest

12. How did this event impact your perception of health promotion and primary health insurance care research ?

11 responses

I liked that it sheds the light on Saudi research efforts in this area and highlights the potential opportunities

we still need a lot of research in these areas

Good

More awareness about potential impact of research in primary health care, looking forward to be part of community of practice toward success and achieving 2030 vision

Very much

Did not change.

It was well elaborated by students ..meant the team were will Supervised.

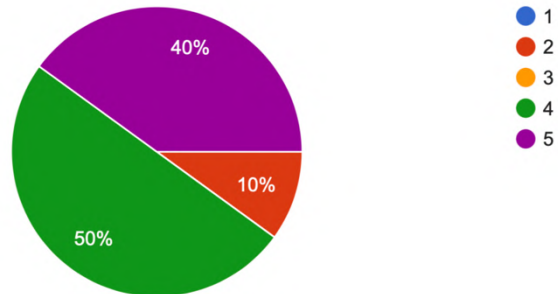
Give me new data and ideas which should be applied in our practice

Much needed awareness in global health and climate change / the focus on policy and programs in the

### 3. How comprehensive and interactive was the event ?

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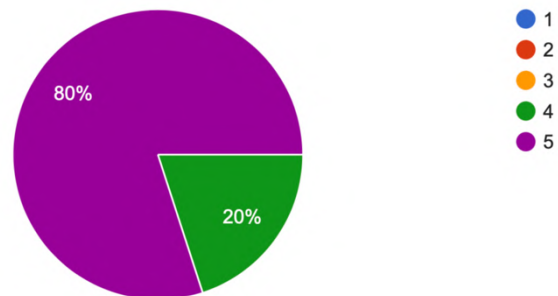
10 responses



### 4. How informative yet enjoyable was the event?

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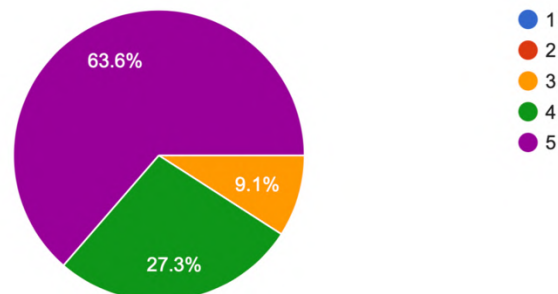
10 responses



### 5. Did the event meet your expectations from a Primary health care point of view ?

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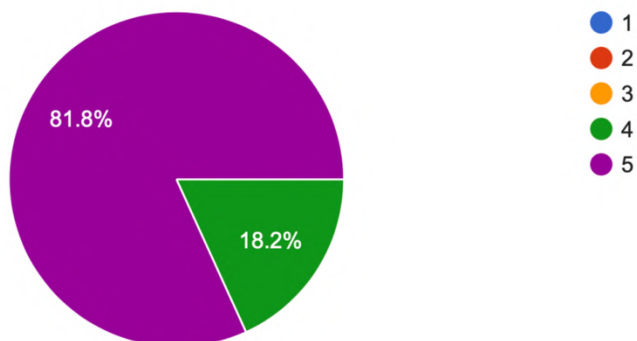
11 responses



## 6. How likely would you be to attend our events in the future?

11 responses

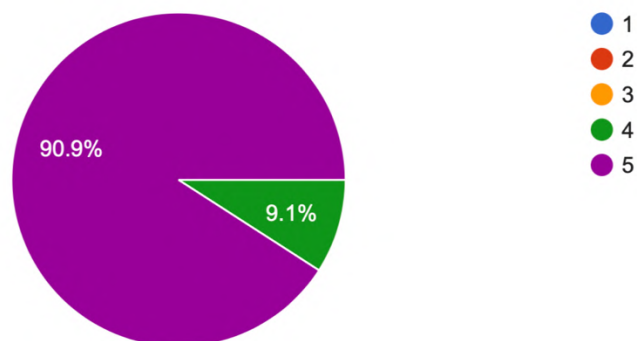
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## 7. Would you recommend our events to a friend or colleague?

11 responses

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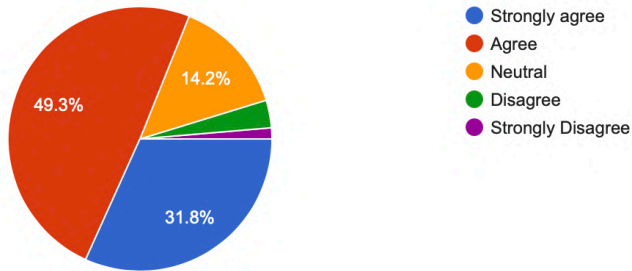


## Post Event Feedback & Testimonials (Students)

This project helped me understand how to appraise a research article in medical journals.

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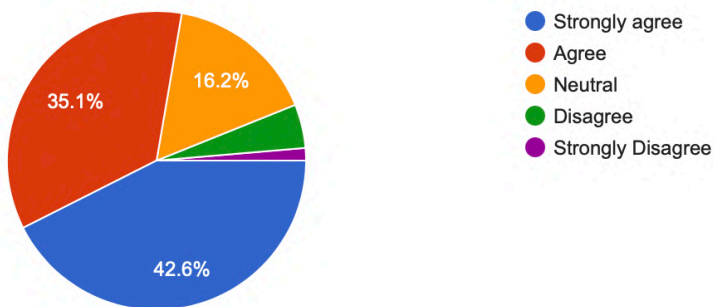
148 responses



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This project helped me discover new interpersonal skills

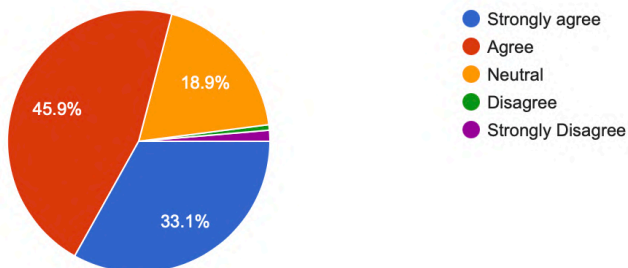
148 responses



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This project helped me understand how to conduct a literature review.

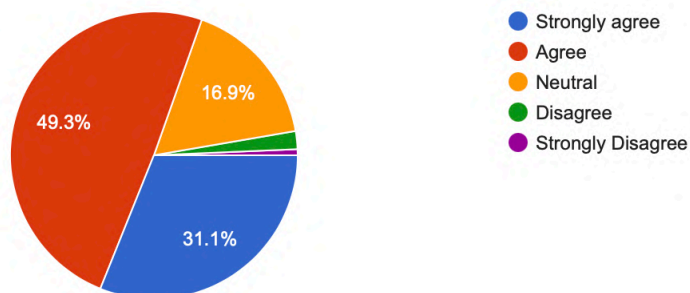
148 responses



This project helped me acquire the skills to practice evidence based medicine in the future.

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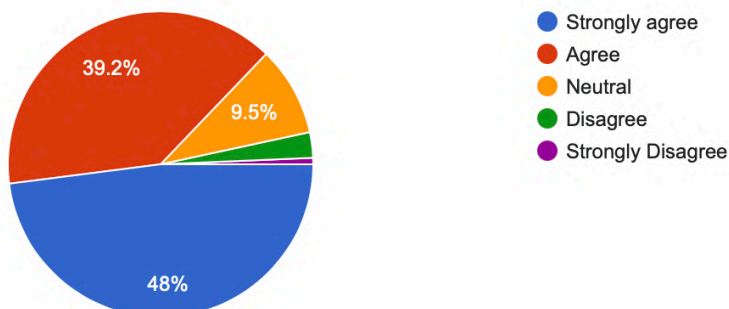
148 responses



This project helped me develop my communication skills.

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148 responses



This project stimulated me to think in new ways about comprehensive health.

 Copy

148 responses

