



# Department of Family & Community Medicine

Annual Report  
2023-2024



## Table of contents

### 1. Overview

- a. Introduction
- b. Meet the Team

### 2. Department activities

- a. AU- WHO website launch
- b. Awareness initiatives
  - i. Smoke free campus
  - ii. On-campus Clinic
  - iii. Diabetic Retinopathy
  - iv. Schizophrenia
  - v. Obesity campaign
- c. Health promotion project
- d. Journey to 5k workshop
- e. CIT
- f. Journey to 5k race
- g. Wall of Fame
- h. SDG movie night
- i. Fasting is wellness newsletter

### 3. Curriculum developments

- a. Refugee Health across the lifespan
- b. Effects of climate change on health
- c. Space Medicine
- d. Artificial intelligence in healthcare

4. External Partnerships
  - a. MOUs
  - b. Creation of scientific steering committees
  - c. Visits
  - d. Global contributions
5. Department faculty achievements
6. Research activities summary
7. Acknowledgement



# OVERVIEW

## **Overview**

- a. Introduction**
- b. Meet the Team**

# Overview

## Introduction

The Department of Family & Community Medicine puts community outreach, student development, and sustainability at its core.

We embodied these three core qualities and displayed them in each and every one of initiatives across the academic year and the results have been phenomenal at the grass root level. Our department is dedicated to fostering the health and well-being of individuals and communities through comprehensive education, innovative research, and creative and critical thinking. We strive to train future leaders in family and community medicine, emphasizing a holistic approach to healthcare that integrates physical, mental, and social aspects. This is reflected in our continuous departmental activities as well.

## Meet the Team



Dr. Baraa Alghalyini

Vice Dean, College of Medicine

Chair, AU-DFCM

## Faculty



Dr. Amen Alswes

Family and community medicine consultant KFSHRC; Adjunct faculty, AU-DFCM



Dr. Racha Khaled

Senior Lecturer, Maternal & Fetal Health



Dr. Abdulrehman Zia Zaidi

Senior Lecturer



Dr. Fatima Adem


Teaching Assistant



Dr. Zainab Ifthikar

Teaching Assistant





# **Departmental Retreat pictures**

## Departmental retreat pictures





# Department Activities

## **Department activities**

- a. AU- WHO website launch**
- b. Awareness initiatives**
  - i. Smoke free campus**
  - ii. On-campus Clinic**
  - iii. Diabetic Retinopathy**
  - iv. Schizophrenia**
  - v. Obesity campaign**
- c. Health promotion project**
- d. Journey to 5k workshop**
- e. CIT**
- f. Journey to 5k race**
- g. Wall of Fame**
- h. SDG movie night**
- i. Fasting is wellness newsletter**


## Department activities


### Alfaisal Wellness and Health Office (AU-WHO)

As an esteemed educational pillar in Riyadh, Alfaisal University recognizes the crucial importance of promoting holistic well-being amongst its community members, from students and faculty to administrative staff. The AU- WHO will serve as a center for excellence in health and wellness. It will be the epicenter of wellness initiatives, resources, and services on campus, nurturing a healthy and vibrant environment to promote a thriving academic community. Our mission is to To promote physical, mental, and social well-being through evidence-based programs, confidential support, and expert guidance, aligning with the best practices and standards and to empower the Alfaisal community with holistic well-being solutions, grounded in evidence, offering support and guidance, and upholding global best practices.


[Home](#) [About us](#) [Sustainability](#) [Achievements](#) [Quick Links](#) [Family & Community Medicine](#) [Contact us](#)

| (Alfaisal.edu)

**Alfaisal Wellbeing & Health Office (WHO)**

**W.H.O**

[Services & Programs](#) [Personal Wellness](#) [Engagement & Programs](#) [Campus Initiatives](#) [Partnerships](#)



### About Wellbeing & Health Office

The rapidly evolving educational landscape, combined with the challenges of modern living, demands a proactive approach to health and wellness within academic institutions. As an esteemed educational pillar in Riyadh, Alfaisal University recognizes the crucial importance of promoting holistic well-being amongst its community members, from students and faculty to administrative staff.

## Awareness initiatives

### 1. Smoke Free Campus

Alfaisal is a smoke-free campus. This slogan is further ingrained into the community through the help of smoke free campus banners that are posted across all campus digital boards. The QR code embedded on the poster allows students to access helpful smoking cessation resources. This initiative and poster was developed by the AU-DFCM.





## 2. On campus Clinic

The AU-WHO under the wing of AU-DFCM organized an awareness talk covering the on-campus clinic. The talk was accessible virtually across all campus and was aimed at informing the campus students and employees of the whereabouts of the walk-in clinic and the free services it offers. The talk was followed by an all-campus announcement and clinic sticker distribution which shared vital information regarding the clinic.



### 3. Diabetic Retinopathy

Supported this campaign by placing banners across campus with a QR code that when scanned allowed people to view the world through the eyes of a patient with retinopathy.





#### 4. Schizophrenia Awareness Talk

Lecture on "Schizophrenia unmasked FAQ and Myths Demystified" hosted by Family & Community Medicine Department in collaboration with the Saudi Schizophrenia Association. The event was held as a follow-up to the overwhelming success of the Schizophrenia video created by Alfaisal students for the annual HPP, which has gathered over 50,000 views on YouTube.



## 5. Diabetes Campaign

This event was held by the Saudi Society of Family Medicine at the Riyadh Park mall and was supported by AU-DFCM. The objective was to spread awareness to the public on diabetes and obesity. Alfaisal medical students and AU-DFCM partner – We Run partook in this event.



# 11<sup>th</sup> Annual Health Promotion Project

The 11<sup>th</sup> HPP was held at the Princess Haya Auditorium under the distinguished patronage of HRH Princess Dr. Maha Bint Mishari Al-Saud and the President, H.E Prof. Mohamed AlHayaza. The theme for this year was *A Narrative Focus on Sustainability*, and students were asked to showcase their work on sustainability and social determinants of health. These two elements were introduced as book chapters which first year medical students wrote and is soon to be published as a book (further elaborated in the research section). The second part of the HPP was a creative presentation (video, audio, text etc.) covering an SDG. Three winners from each category (best creative presentation and best written chapters) were then selected and awarded at the HPP ceremony.





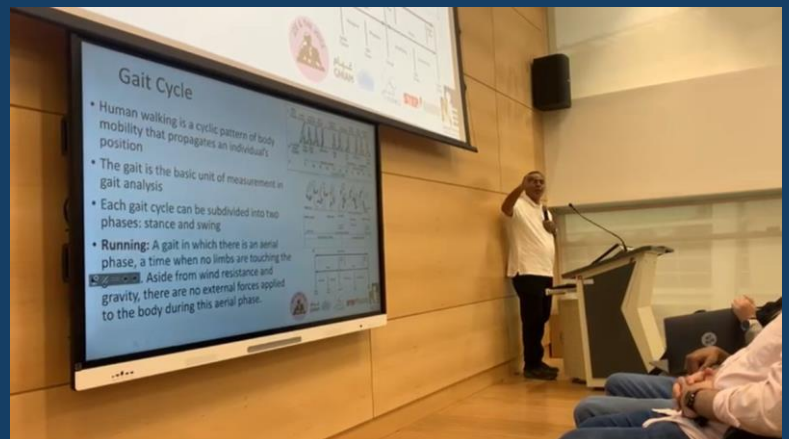


## Journey to 5K workshop

The Journey to 5k is an annual run hosted by the AU-DFCM in collaboration with We Run, a volunteer based running community. The race was hosted at Alfaisal on the 8<sup>th</sup> of June and featured a 5K run across campus. This initiative highlights wellness and promotes good health.

This year was also the introduction of two new components running parallel to the race:

- Coach in training program (CIT): Alfaisal students' signup for CIT, and get to train to become running coaches. They are trained at each weekly running session by experienced We Run coaches.
- J25K Workshop: an all-rounded workshop looking at running from the perspective of nutrition, physiotherapy, etc. AU-DFCM nominated Dr. Abdul Ahad Shaikh as speaker representing Alfaisal to give a talk on Sports Medicine and related injuries.





## Riyadh Marathon Wall of Fame

In celebration of the success of the Riyadh Marathon 2024 Alfaisal runners, the AU-DFCM hosted a group picture with the We Run community and Alfaisal runners. The picture along with live pictures from Alfaisal runners were then creatively curated into a Wall of Fame and displayed at the campus hallway to mark this victorious moment and to encourage future runners as well.

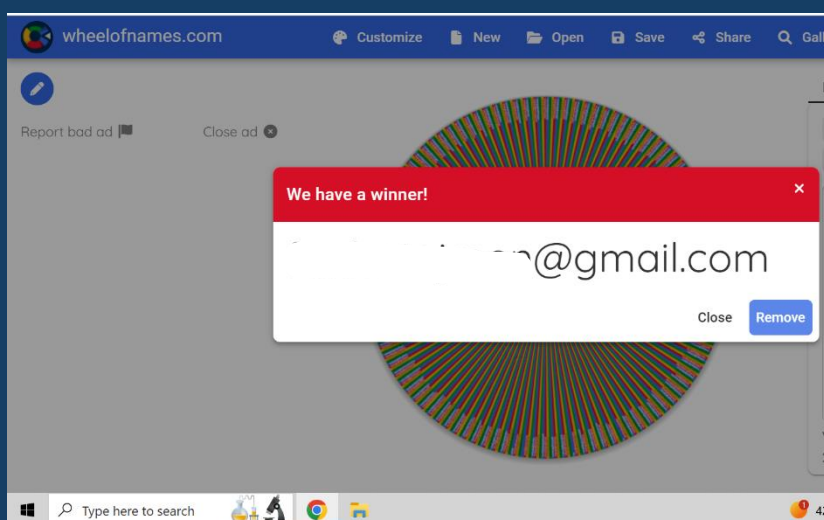






## SDG themed movie night


As a follow up to the SDG research initiatives, the AU-DFCM hosted an SDG themed movie night for the students with pizza and refreshments to enjoy. The enlightening movie - *Project Home: 3D printing the Future*, gave an outlook on sustainability and what the future holds. The movie night was also followed by a raffle with a gift voucher for one student winner who filled the SDG survey. The objective of this event was to enhance SDG education and provide it in an entertaining outlet as well. At the end of the event, one random raffle draw winner was picked through spinning a wheel of names and given a Jarir gift card in appreciation for filling the survey.





# Fasting is Wellness Newsletter

This special edition newsletter, aimed to support the community in embracing the physical and spiritual renewal of Ramadan and extend focus beyond fasting by guiding them on nurturing every aspect of well-being, ensuring a balanced, healthy, and fulfilling Ramadan journey. It provided health, wellness, sustainability tips.




جامعة الفيصل  
Alfaisal University

## Fasting is Wellness Newsletter

Ramadan/March 2024 Edition

### Ramadan Reflections: Nourishing Body and Soul



**Warm greetings from the Alfaisal University Wellness and Health Office (AU-WHO)** as we welcome the arrival of Ramadan, a month of reflection, community, and personal growth. In this special edition, we aim to support you in embracing the physical and spiritual renewal that this time offers. Our focus extends beyond fasting; we are here to guide you in nurturing every aspect of your well-being, ensuring a balanced, healthy, and fulfilling Ramadan journey. Join us in this holistic approach to embrace the transformative potential of this blessed month.

#### Wellness During Ramadan

Ramadan offers a unique opportunity for spiritual reflection and physical rejuvenation. Embracing wellness during this month involves a holistic approach, focusing on hydration, sleep, nutrition, and physical activity, all of which are crucial for maintaining balance and health.

**Hydration is Key:** With long fasting hours, it's essential to prioritize water intake during non-fasting hours to prevent dehydration. Aim for at least 8 glasses between Iftar and Suhoor, avoiding sugary drinks, as dehydration can lead to fatigue and concentration difficulties (Farooq et al., 2015).

**Sleep Routine Matters:** Adjust your schedule to ensure adequate rest. Try to sleep shortly after Isha prayers and take a nap before or after Dhuhr (if possible) to compensate for early morning Suhoor wake-ups. A regular sleep schedule is also vital, despite changes in eating and prayer times, to preserve cognitive and physical health (Qasrawi et al., 2017).

**Caffeine Consumption:** Limit caffeine to avoid dehydration and sleep disturbances. Opt for caffeine-free herbal teas or water. It's advisable to reduce caffeine intake to prevent dehydration and ensure quality sleep, considering caffeine's diuretic effect (Clark & Landolt, 2017).

**Nutritional Guidance:** Suhoor should be nutrient-dense, including proteins, whole grains, and healthy fats to sustain energy. Iftar should begin with light foods like dates and water, followed by a balanced meal. For Suhoor, opting for high-protein meals can help regulate appetite and maintain energy balance, aiding in longer satiety (Paddon-Jones et al., 2008).

**Exercise and Fitness:** Light to moderate exercise, such as walking or yoga, is best done right before or after Iftar. For those accustomed to more intense workouts, schedule them when you feel most energized, ensuring hydration and proper nutrition. Engaging in light to moderate exercise after Iftar or before Suhoor is recommended to enhance overall health and well-being during fasting (Trabelsi et al., 2012).


**Quitting Bad Habits and Starting Good Ones:** Ramadan presents a prime opportunity to break free from detrimental habits and cultivate positive ones. The 21-day rule suggests that it takes approximately three weeks to form a new habit, making Ramadan the perfect time to instill beneficial changes in our lives (Lally et al., 2010).


The AU-WHO recommends incorporating these practices as they can enhance your physical well-being and spiritual connection during Ramadan, making it a truly enriching experience.


#### Cultural Corner

##### Share Your Favorite Recipes!

We extend a warm invitation to the Alfaisal community to share their favorite Ramadan recipes. This initiative aims to celebrate the rich cultural diversity within our university and promote nutritious eating during this holy month. Selected recipes will be featured on the AU-WHO website, serving as a culinary inspiration to others. Whether it's a traditional dish passed down through generations or a new creation, we encourage submissions that reflect the spirit of Ramadan and contribute to a healthy fasting experience.









جامعة الفيصل  
Alfaisal University

# Fasting is Wellness Newsletter

Ramadan/March 2024 Edition

Ramadan Reflections: Nourishing Body and Soul



## Community Engagement



WE  
RUN

- **WeRun Community Runs:** We're excited to announce the continuation of the WeRun Community Runs after Iftar during Ramadan. These runs not only promote physical activity but also nurture community spirit and camaraderie among participants. It's a wonderful way to stay active and connect with fellow community members in the spirit of the holy month.



## Health and Wellness Resources

- **In-Body Scale:** We're considering introducing an in-body scale at the campus clinic to help monitor health metrics more accurately. We encourage everyone to express their interest via a survey, which will help us gauge the demand.



## Alfaisal On-Campus Clinic

- As we observe Ramadan, it's important to remember that health and wellness remain our top priority. The Alfaisal On-Campus Clinic will continue to serve our community, ensuring you have access to healthcare when needed. Please note the clinic's operating hours during Ramadan will be adjusted to accommodate fasting schedules, ensuring everyone has access to medical care without disrupting their Ramadan observance. Stay tuned for the detailed schedule, which will be announced shortly.



## Alfaisal On-Campus Clinic Sticker Collection and Survey Participation

- Collect the clinic contact number stickers from various designated distribution sites across campus. Additionally, your feedback is crucial for us to enhance health and wellness services on campus. Please take a moment to complete the Alfaisal On-Campus Clinic Satisfaction Survey. Your voice matters, and together, we can create a healthier, more supportive Alfaisal community.
- **Ramadan Timings**  
9:00 – 16:00  
20:00 – 1:00



## Sustainability Tip for Ramadan



During Ramadan, the convenience of plastic products is often highlighted, making them a popular choice for our Iftar gatherings. However, this Ramadan, let's gently remind ourselves of the broader impact of our choices and embrace sustainability as an integral part of our spiritual journey. By reducing our use of single-use plastics and opting for reusable plates, cups, and cutlery, we honor our commitment to our faith and our planet. Such mindful actions, though small, are significant steps toward a healthier environment. **Together, let's make our Ramadan celebrations reflect our care for the Earth, contributing to a more sustainable and environmentally friendly Ramadan!**



As we conclude this edition of the newsletter, we extend our warmest wishes for a Ramadan filled with health, fulfillment, and spiritual growth!

Your participation in our initiatives and your contributions are highly valued, and we eagerly anticipate your feedback. For any inquiries, submissions, or support during Ramadan, please reach out to us at [hqs@alfaisal.edu](mailto:hqs@alfaisal.edu). Till then we wish you a very happy Ramadan!





## Journey to 5K

Journey to 5K marathon is a 5 Km run that was organized by Alfaisal in collaboration with the We Run running community at the Alfaisal campus on June 8<sup>th</sup>, 2024. It was celebrated by 160 runners, of which top 2 Alfaisal female and male runners were awarded. The race featured refreshment stations, medals for all participating runners, and the picturesque Alfaisal perimeter as the race track. This community event gathered people from all walks of life and all ages, making this community initiative have a great impact on health and fitness.





# Curriculum Developments

## **Curriculum developments**

**a. Refugee Health across the lifespan**

**b. Effects of climate change on health**

**c. Space Medicine**

**d. Artificial intelligence in healthcare**

# Curriculum Developments

*Introduction of new lectures to COM 358 AND COM 116 courses*

## 1. Refugee Health Across the Lifespan

An outlook on what health related challenges refugees face at different age groups and in different continents across the globe.



## 2. Climate Change and its effects

The effects of climate change on the environment and as a result on human health as well.



### 3. Artificial Intelligence

Novel utilization of AI to support healthcare industry

### 4. Space Medicine

The effects of space travel on the body (delivered by Dr. Wejdan)





# External Partnerships



## **External Partnerships**

**a.MOUs**

**b.Scientific steering committees**

**c.Visits**

**d.Global contributions**

# External Partnerships

## MOUs

### 1. Ministry of Health



## 2. Saudi Genetics Society



### 3. Rofaida Women's Health Organization







#### **4. Saudi Society of Family Medicine**

*In progress*

## **Creation of scientific steering committees**

### **1. Women's wellness Conference 2024**

An in-progress conference that will target female audience from all walks of life, including working, non-working, and healthcare professionals who are female.

This one-day conference will address wellness and well-being of women and will be conducted in collaboration with Rofaida Women's Health Organization.

### **2. Saudi Health and Wellness Conference: Health Professional's Edition 2025**

This is an in-planning conference that will be the second phase of the wellness conference and will be catered towards the wellness and well-being of healthcare workers only. It is being planned in collaboration with Specialized Medical Center.

### **3. Saudi Family Medicine Forum 2025**

A conference designed for family medicine consultants, residents, and allied staff to brush up on their knowledge and skills in family medicine through real time interactive stations, workshops, and didactics.

### **4. Diabetes Conference 2024**

In awareness of diabetes month, this conference targets the general public's education on this condition.

## **Global contributions**

Dr. Baraa Alghalyini, Chair of AU-DFCM, is also an esteemed adjunct faculty member at the University of Toronto in Canada.

## Visits

1. Hosting Saudi Athlete, Yousef Masrahi (400 Gold Medalist in the Asian Games 2023) at Alfaisal, in collaboration with the WE Run society for healthy well being.

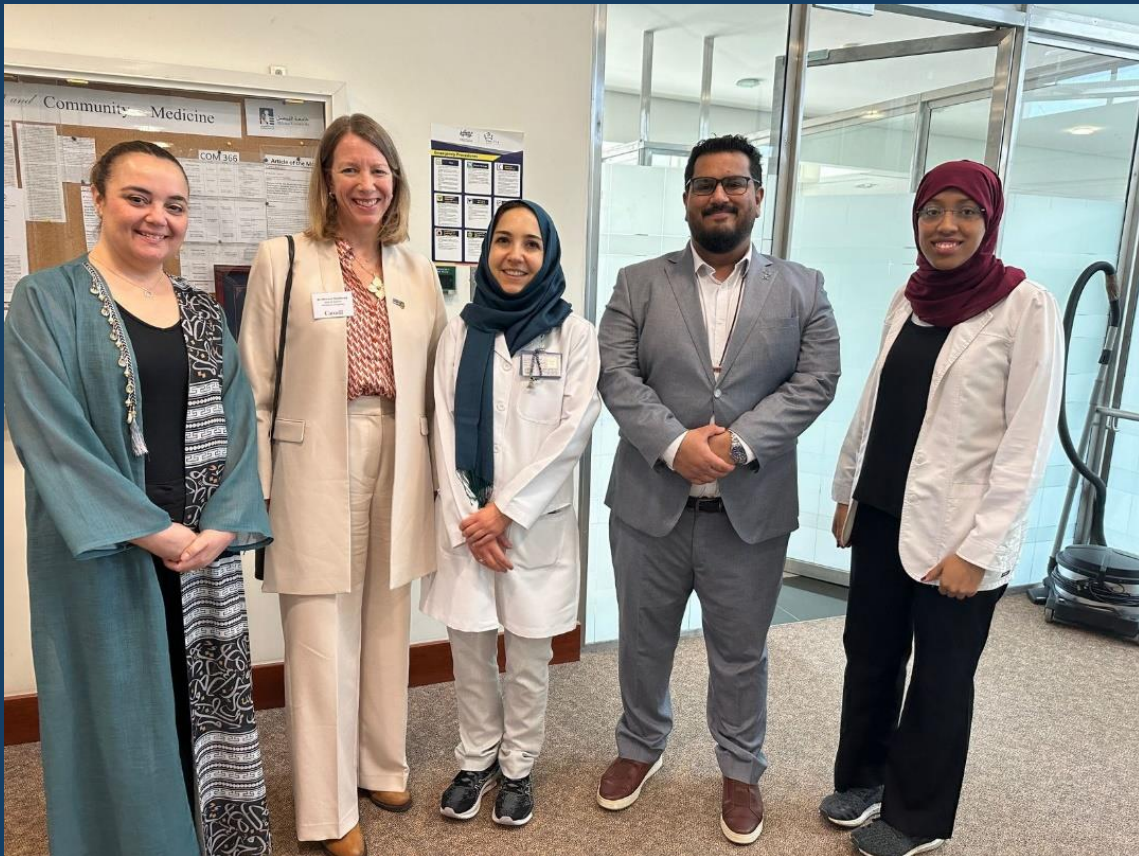


2. Hosting visiting Family Medicine Resident from University of Toronto as part of a Global Health initiative.





3. Hosting McMaster University delegates and giving them a tour of Alfaisal Campus.



#### 4. Hosting Korean delegation at Alfaisal



## 5. Canadian health trade commission visit





# **Department Faculty Achievements**

## **Department faculty achievements**

**a. Research excellence award**

**b. Helen Batty award**

**c. Mentorship award**

**d. US residency match**



## Department faculty achievements

### 1. Research Excellence Award

Awarded by Alfaisal Office of Research to our esteemed chair, Dr. Baraa Alghalyini for her accomplishments in the research field across the year.



## 2. Helen Batty Award

Awarded to our esteemed Chair and Vice Dean, Dr. Baraa Alghalyini for her exceptional contributions to the “*Advancing Women’s Excellence in Family Medicine: A Leadership Program for Emerging Leaders*”





### 3. Most Popular Mentor Award

Awarded by the Alfaisal Mentorship committee to Dr. Abdulrehman Zia Zaidi for being the most helpful mentor to students.



### 4. US Residency Match

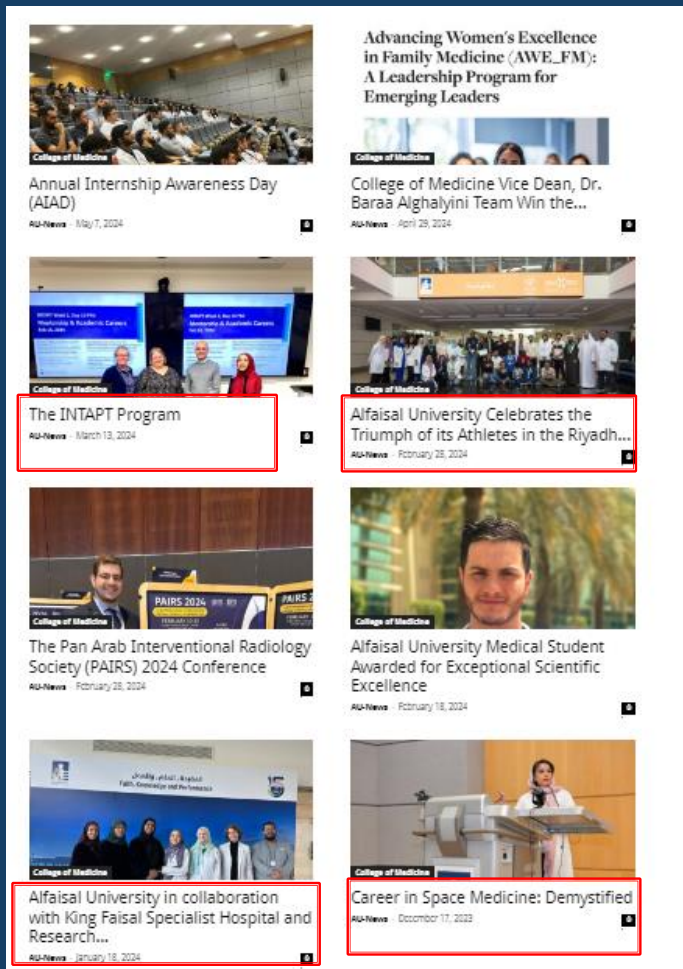
Dr. Fatima Adem successfully matched into Emergency Medicine residency at the University of Michigan, United States, in the 2024 NRMP match.

## Research Activities Summary



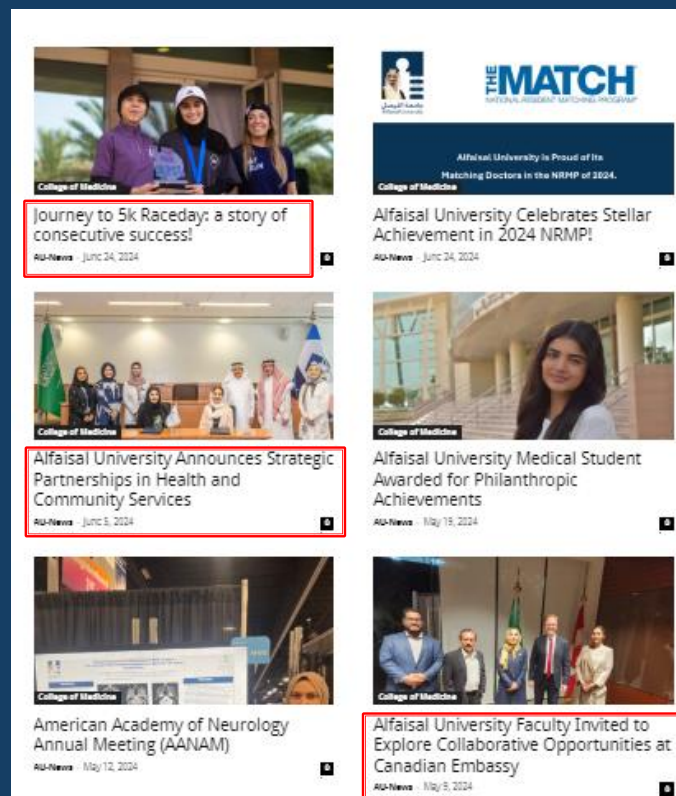
*For more information on research activities,  
pls refer to the AU-DFCM Research Report.*

## Featured in Alfaisal Newswire



*“AU-DFCM has been featured extensively in the Alfaisal Newswire considering its extensive activities across the year!”*

*Check out the red boxes!*



## Acknowledgement

*“The Department of Family & Community Medicine wishes to extend their sincere appreciation to the exceptional team members, Alfaisal University leadership, as well as all support departments (IT, Facility, and MCD) for their continued support in ensuring the smooth administration and successful completion of all AU-DFCM activities across the year.*

*In the new academic year to come, AU-DFCM looks forward to continuing to excel in fulfilling the college and university level mandates through enhancing our community engagement, advancing medical education to students, promoting research and encouraging mentorship and development.*

*With the arrival of the future, we hope to inculcate our values of improving community health and student participation in community activities through various different avenues.*

*Last but not the least, we thank the Alfaisal community for their participation in our activities throughout the year; without you all there is no us.”*

