



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER

Sustainable Development Goals

3 GOOD HEALTH
AND WELL-BEING



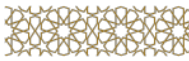
**SDG 3:
GOOD HEALTH &
WELL BEING**





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SDG 3 - Good Health & Well Being

GMU is committed to continuously improve its contribution to Good Health and Well-being. It is reflected in its vision, mission, and mandate ([Link](#)). GMU has been progressing its endeavours for achieving SDG 3 which include:

- Contribution to Government and Community both at local and international levels to combat the COVID 19 Pandemic.
- Contribution to Research on COVID 19.
- GMU Academic Health system services to UAE goals in defeating COVID 19.
- Program to the Health and wellbeing of our employees and student community.

Collaboration with UAE Government and Community in Combating COVID-19 in UAE

GMU Student Volunteers Join Fight Against COVID-19

Total 26-students from the clinical years, from various colleges and programs of GMU, of 12 different nationalities joined the frontlines in the battle against the global pandemic.

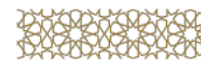
Students volunteered their services to support the fight against the global pandemic COVID-19. 26-student volunteers registered for participation, and the volunteers include students from the clinical years of various programs under the College of Medicine, College of Health



Sciences and College of Nursing. They represent 12-different nationalities, UAE, Egypt, Jordan, Yemen, UK, South Africa, India, Pakistan, Bangladesh, Russia, Kyrgyzstan and Comoros Islands.

Free DPI Centre at Gulf Medical University

- The university has also set up a Free DPI testing Centre to benefit the students, faculty and staff at regular intervals. Student interns are volunteering in Covid Testing being conducted at Thumbay Labs, under authorization by the Ministry of Health and Prevention (MOHAP). More than 2000 people have benefited from this testing.



GMU Awareness Programs on COVID 19

GMU conducted several covid science certificate programs as listed below. Healthcare professionals such as doctors, clinicians, lab professionals from GMU academic health system and other healthcare institutions gave presentations on different topics related to the title. Certificates were awarded to those who completed the course ([Link](#), [Link](#))

At the community level, GMU academic health system has organized more than 40 online awareness programs by constituent colleges of the university

benefiting over 27,000 health professionals and the general public. Under the **COVID Science Program**, 21,000 people benefited from the Online Course to fight Covid-19 and were certified to fight the virus and be champion.

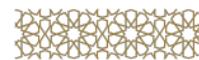


GMU COVID Science Program

GMU conducted several covid science certificate programs ([Link](#), [Link](#)). Healthcare professionals such as doctors, clinicians, lab professionals from GMU academic health system and other healthcare institutions gave presentations on different topics related to COVID symptoms, prevention and treatments. Certificates were awarded to those who successfully completed the course ([Link](#), [Link](#)).

Flu & COVID-19 Vaccination Workshop in Collaboration with Washington State University

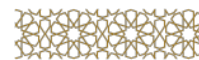
Colleges of Pharmacy and Nursing conducted a Flu & COVID-19 Vaccination Workshop to systematically trained the students with the required knowledge and skills in enabling them as independent vaccination providers. The competencies of the students were assessed using a team-based learning approach, after iRAT and tRAT, the students performed injections as the final application step.



GMU Academic Health System Support to Community During COVID 19 Pandemic

In support of the UAE government's fight against Covid-19, the GMU Academic Health system of GMU has conducted several educational and healthcare awareness programs during the last 10 months benefiting more than 100,000 professionals and the general public. The strategy combines technology utilization, safety precautions, and awareness programs, training and confidence-building, in addition to discounted treatments, diagnostic tests and pharmacy essentials. The measures aim to support the UAE Government's policies and in alignment with the government directives in this regard ([Link](#))

- The Academic Health System of GMU has dedicated Thumbay Hospital Dubai and Thumbay Hospital Ajman housing 250-beds for the treatment of Covid-19 patients.
- Sample collection centers have been set up at all Thumbay Hospitals and Clinics located in Dubai, Sharjah, Umm Al Quwain, Ras Al Khaimah, Ajman and Fujairah. The Group has also played a vital role in fighting the pandemic by conducting 3500 Covid-19 tests daily and is doing Anti-Body Test only in the Northern Emirates.
- All clinics and hospitals are conducting Telehealth Consultations and delivering chronic medications to homes.
- The awareness program comprised several measures including a unique Covid 19 Control Officer (CCO) Training Program organized by Gulf Medical University where in 36-students and 15-faculty members from constituent colleges were trained. They were explained the pathogenesis of the COVID 19 infection, the national guidelines on clinical management and treatment of Covid 19 followed by contact tracing for Covid



19-positive cases. Every college has a faculty in charge as a Covid Control Officer, who guides the student volunteers and leads and implements Covid Protocols at the university and its teaching sites, including hospitals. In addition, 26-students representing 12-different nationalities at Gulf Medical University (GMU), Ajman, volunteered to support the fight against the global pandemic

Tele-Consultation Services

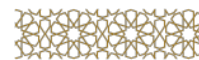
GMU's Thumbay University Hospital offered telehealth services for patients to access round-the-clock consultations, and other home services including follow-up consultations, report reviews, home-delivery of medicines and diagnostic sample collections from home.

GMU Academic Health System – Thumbay Labs' Contribution to COVID 19 Mission of UAE.

Thumbay Labs is part of the academic health system of Gulf Medical University. Thumbay Labs is a chain of [CAP-accredited laboratories](#). Innovation and Translational research are a daily part of the activities done in Thumbay Labs. Several new tests are being set up for the first time in the UAE. Our university legacy makes teaching, research and innovation a part of our daily routine. Thumbay Labs also participates in community projects and works with the industry to enhance Industrial health through well run screening programs.

All the decisions are taken by collaborative meetings in which the nominated members participate from each department on a





rotation basis. Root Cause Analysis (RCA) & Corrective Action / Preventive Action (CAPA) are routine processes in the department and staff are actively involved to minimize the errors.

All students from GMU acquire laboratory training from Thumbay Labs. Hence getting orientation and awareness of innovative laboratory technology and laboratory operations.

Services Offered by Thumbay Labs During COVID

Total Number of CoVID 19 tests conducted as of Sept. 2021 = 1 Million (10,07,902)

Total Number of Anti body tests conducted as of Sept. 2021 = 4000

Thumbay labs made exceptional record of maintaining the Turn around time for Covid 19 test report to 6 hours for past 2 years. This was achieved without posing any additional cost burden on the community

Low TAT facilitated early diagnosis for physicians, helped community in quarantine and facilitated travelling decisions in case of emergencies like cases of death (backhome.)

It interfaced its application with applications of MoHAP and DHA (Ex: Al-Hosn application). This helped recording and real time access to entire data related to CoVID tests conducted

The community was served across all emirates of UAE except Abu Dhabi and Al-Ain.

Thumbay Labs operational cost in the 1st 6 months of the advent of the CoVID 19 Pandemic was 1.5 Million AED due to high demand for kits and consumables. This reduced to 1 Million after 6 months.

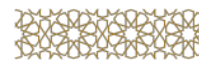
Thumbay Labs offered special discounts of 33% to Thumbay group Employees and Students of Gulf Medical University.

Thumbay Labs operational cost after 6 months of the advent of the CoVID 19 Pandemic reduced to 1 Million AED.

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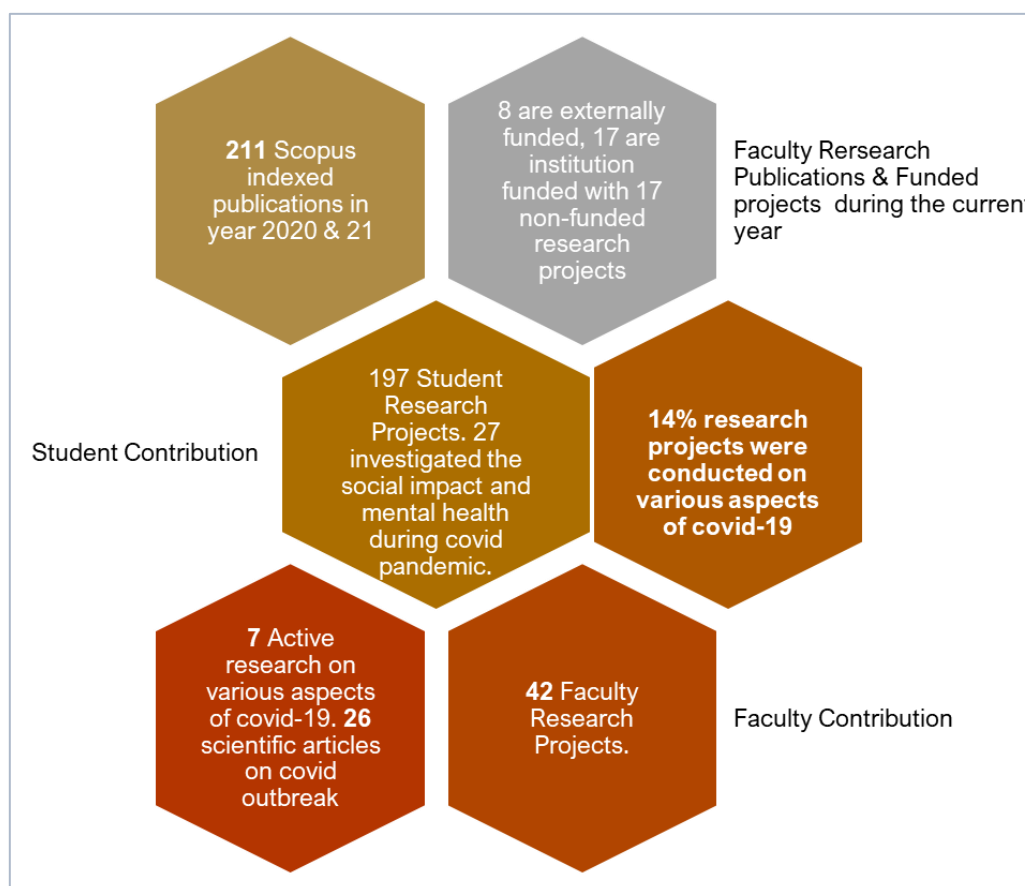
A dedicated and well qualified 130 Thumbay Labs workforce was committedly working in helping the community to defeat the COVID 19

The services including Walk-in, Drive thru and On-site sample collection are open 24/7 to support the community and provide a quick and reliable service at any point of time.



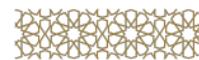
GMU Contribution to Research on COVID-19

HIGHLIGHTS: GMU faculty and students have been at the forefront in publishing scientific articles in leading scientific journals.

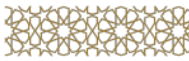


Active Research on COVID 19 Pandemic

Year Published	Title of the Research Article
2021	COVID-19 outbreak containment poises on the sensitivity and specificity of the quick COVID-19 tests (Link)
2021	Improving Health Literacy Critical to optimize Global Telemedicine During COVID -19 (Link)
2021	Case Fatality Rates of COVID-19 Across the Globe – Are the current Draconian Measures Justified? (Link)
2020	Neutrophil Extracellular Traps in Coronavirus Infection: Interaction Network Analysis (Link)
2021	Bidirectional relationship between COVID-19 and diabetes: Role of renin-angiotensin–aldosterone system and drugs modulating it
2021	The DAR 2020 Global survey: Ramadan fasting during COVID 19 pandemic and the impact of older age on fasting among adults with Type 2 diabetes
2021	Consequences of the COVID-19 pandemic for patients with metabolic diseases



Year Published	Title of the Research Article
2021	Clinical and Laboratory Profile of Hospitalized Symptomatic COVID-19 Patients: Case Series Study From the First COVID-19 Center in the UAE
2021	COVID-19 Vaccine Acceptance Among Dental Professionals Based on Employment Status During the Pandemic
2021	United by Hope, Divided by Access: Country Mapping of COVID-19 Information Accessibility and Its Consequences on Pandemic Eradication
2021	Features of the post covid period in women in labour
2021	Susceptibility of blood groups infection with covid-19 disease among Sudanese patients suffering from different chronic diseases
2021	COVID-19: Unravelling 10 Most Significant Answers about The Current Pandemic
2021	Targeting COVID-19 in Parkinson's patients: Drugs repurposed
2021	Case fatality rates of COVID-19 across the globe: are the current draconian measures justified?
2021	Hydroxychloroquine and chloroquine in prophylaxis and treatment of COVID-19: What is known?
2020	Dental practice in COVID times: A review
2020	Letter to the Editor: Improving Health Literacy Critical to Optimize Global Telemedicine during COVID-19
2020	Adapting to the impact of COVID-19: Sharing stories, sharing practice
2020	The early mortality rate of people infected with coronavirus (COVID-2019) in Wuhan, China: Review of three retrospective studies
2020	Pre-exposure prophylaxis for COVID-19 infection: Current concepts and strategies (Link)
2020	A perspective on the positioning of Indian business schools post COVID-19 pandemic



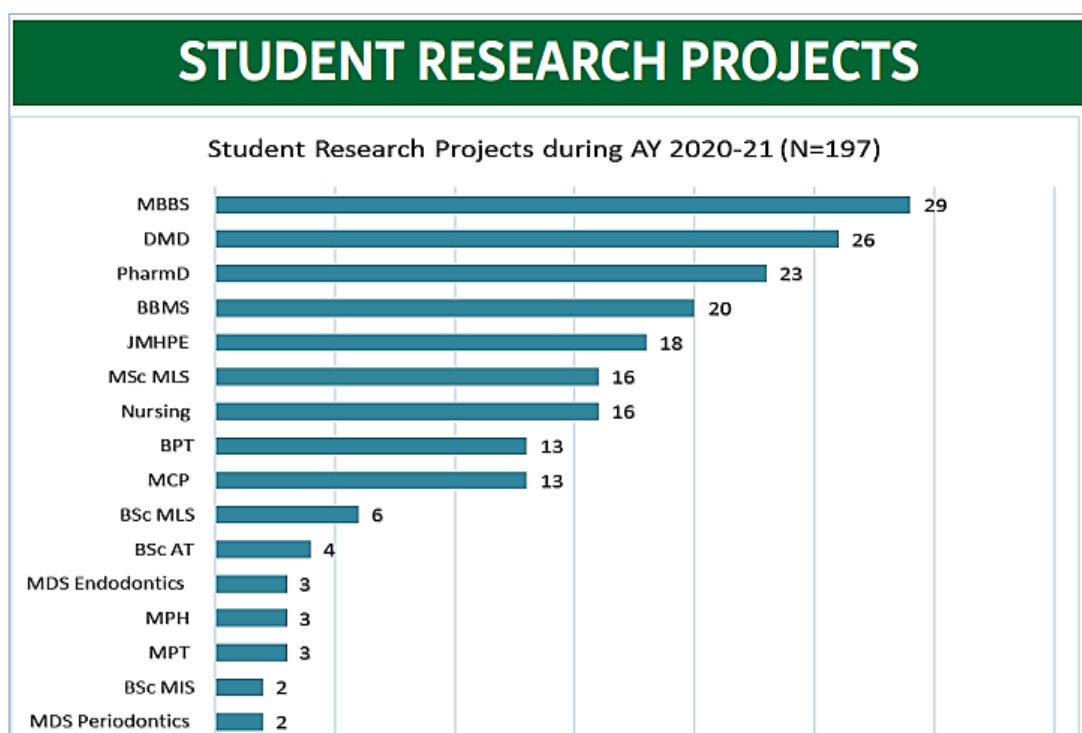
Award-Winning Student Research of GMU

GMU Master in Clinical Pharmacy Graduate participated and won second place in the 4th Annual Student Research Competition hosted by the American University in the Emirates (AUESRC). She presented part of her master's thesis; Budget Impact of Community Pharmacist-Administered Influenza Vaccine in the UAE. From over 150 research submissions, 32-research projects from different regional Universities were selected for the final round of online oral presentations.

This is the first study ([Link to publication](#)) of its kind in the UAE to analyze the budget impact of pharmacist-administered influenza vaccination in the UAE. One of the main highlights of this study is that if we introduce pharmacist-administered flu vaccines service in the country can shift influenza-related costs down to 20% in 3 years with increased vaccination with lower costs in administration. Based on the conducted analysis, pharmacists-administered flu vaccination is more affordable compared to the current practice of doctors-administered or nurses-administered flu vaccines in the country.

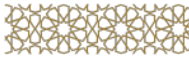


During AY 2020-2021, students from different programs of GMU were actively involved in 197-research projects, of which 27-investigated the social impact and mental health during the Covid pandemic.

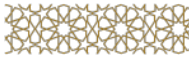


14% of 197-Student Research projects (26) investigated the social impact and mental health during the Covid pandemic.

1. Impact on social and mental health during COVID-19 among patients attending hospitals
2. Stress among healthcare providers who treat COVID-19 patients
3. Mental Health issues amongst students during the COVID19 Pandemic
4. Management of Patients with Chronic Diseases During COVID-19 in the UAE
5. Knowledge, Attitude and Practice of GMU students, faculty and staff regarding the COVID 19 virus and its related vaccinations
6. The outcome of Covid-19 virus on admitted patients (in-patients)
7. Dietary pattern among university students during COVID19 pandemic in Ajman, UAE
8. Assessment of Vitamin D level among covid-19 patients and its association with the severity of the disease
9. Correlation of hematology and other routine laboratory parameters with disease severity in patients with COVID-19 in Thumbay hospitals, UAE
10. C-reactive Protein and Ferritin levels and their association with the severity of COVID 19 in Ajman, UAE.
11. Procalcitonin level in coronavirus disease-2019 (COVID-19) patients.
12. The association of Prolactin and CRP biomarkers with the severity of COVID 19 in Ajman, UAE.
13. Using NT-proBNP as a prognostic factor in the patients hospitalized for Covid-19

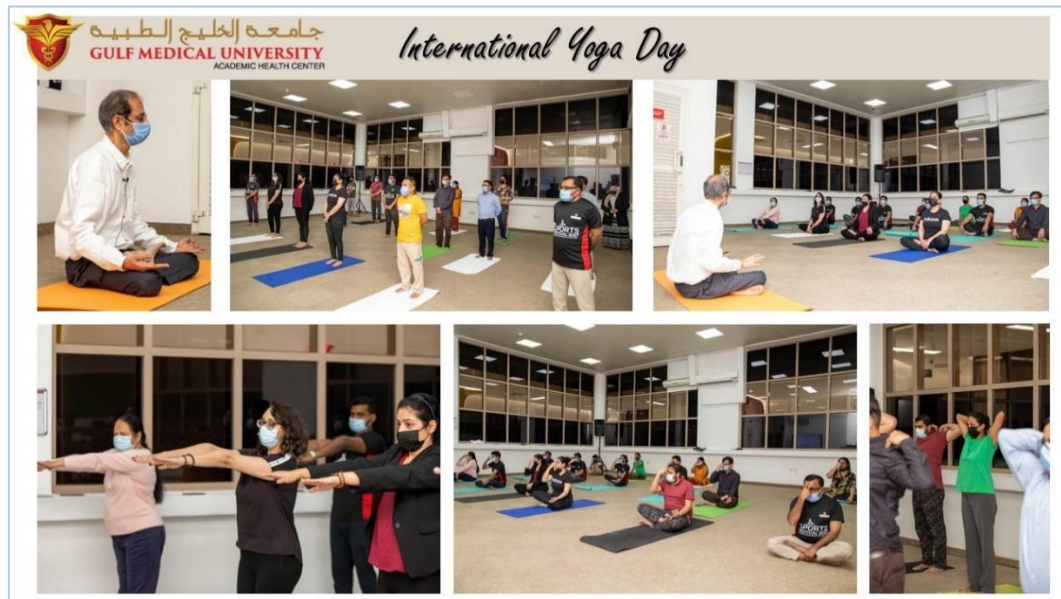


14. Psychosocial factors and behavior regulation of exercise on intensity of physical activity after Covid-19 lockdown among UAE adult population – A cross sectional survey
15. Prevalence of Work-related stress in Health-Care professionals during Covid 19 pandemic in UAE: A Cross sectional study
16. Level of Parental Anxiety on Hospitalization of Children during Covid 19 Pandemic
17. Reported Occupational Health Hazards by Staff Nurses working in Critical Care Units during COVID 19 Outbreak in UAE.
18. Assess Health Anxiety among adults attending Hayawa COVID Health Centre.
19. Level of Stress among School Children attending online classes during Covid 19.
20. Knowledge and Perception among Health care Personnel regarding Covid 19 vaccination in selected hospitals in UAE.
21. Reported Threat with regard to Covid -19 among Nurses
22. Anxiety among Frontline Nurses caring for patients affected with COVID 19, Ajman, UAE
23. Stress and Quality of work life among nurses working in Covid 19 areas in selected hospitals, UAE.
24. Effect of antiplatelet agents for the prevention of thromboembolic events in COVID-19-patients
25. Scoping review of six retrospective studies: risk factors associated with the case fatality rate of people infected with Coronavirus (COVID-19).
26. Correlation between DPI, COVID 19 PCR and CRP test



Yoga Day for GMU Employees

GMU celebrated International Yoga Day by conducting a session on Yoga on Monday, 21st June 2021. International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries.



Around 25-employees, both Faculty and Staff were invigorated in the one-hour session. The session helped in releasing stress and stiffness and placed positive, supportive affirmations for the journey to wellness, healthy body and mind.



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