



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER

Sustainable Development Goals

3 GOOD HEALTH
AND WELL-BEING



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



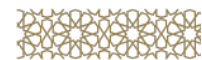
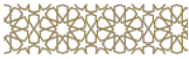


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SDG 3 - Good Health & Well Being

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 endeavors for achieving SDG 3 which include:

- GMU contribution to health and medical graduates to the UAE Labor market as well as international labor market
- GMU contributions to Societies' health and wellness through its Free Mega health camps and health awareness programs.
- GMU contribution to Research in Health and Medical Fields
- GMU collaborations with national and international partners towards enhancing health of the community

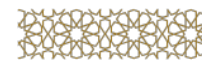
Free Dental & Medical Health Camp in Collaboration with Thumbay University Hospital

Over 8000 persons from more than 100 nationalities benefited during a mega multi-specialty and lifestyle diseases screening health camp hosted on Sunday by the Thumbay University Hospital at its Al Jurf branch, Ajman held on Sunday. Specialists from the departments of Cardiology, Internal Medicine, General Surgery, Dental, Gynecology, Pediatrics, ENT, Ophthalmology, Orthopedics, Dermatology, Family Medicine, Urology, Nephrology, Gastroenterology, and Pulmonology, among others screened the participants. In addition to this, the camp offered free medicines and free screenings such as Blood Sugar, ECG, Ultrasound, Physiotherapy, Eye checkups, Blood pressure, BMI screening & discount on dental procedures, and radiology services. The students at Gulf Medical University from all colleges participated in the camps with enthusiasm and benefitted from all activities.

Physiotherapy Camp in Coordination with Thumbay Rehabilitation center

Physiotherapy students of CoHS, GMU actively participated in the free physiotherapy camp for UAE residents organized by Thumbay Physical Therapy Rehabilitation Hospital in collaboration with Thumbay University Hospital on 19th September 2022. This camp offered free Physical Therapist consultations, free physiotherapy sessions, Digital Spine Analysis and 'Risk of Fall Assessment and Fall Prevention' program for the elderly. Physiotherapy interns, final and second year

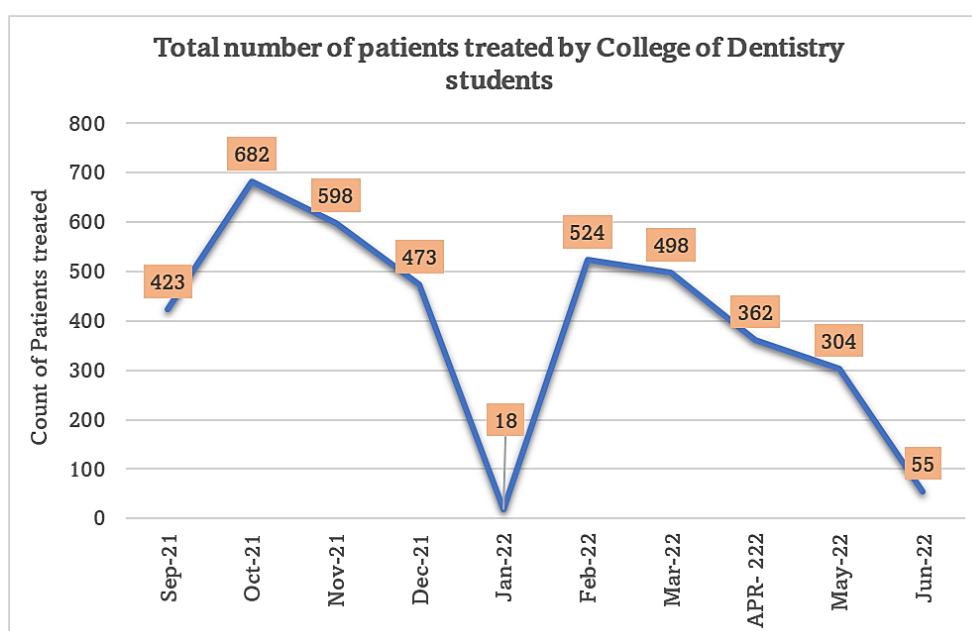




physiotherapy students voluntarily participated and assisted the senior physiotherapists in the delivery of patient care. Our students and trainees dedicatedly handled patients with a variety of problems and involved in segregating the visitors according to conditions, provided free physiotherapy advice, and taught specific exercises to the needed people. It was a fruitful field experience for the students to acquire knowledge in relation to community care.

Free treatment of patients by Dental Interns of Gulf Medical University

College of Dentistry interns from all programs including BDS, MDS Endo and MDS Perio treat the patients free of cost under the supervision of faculty of doctor of dentistry. The patients are treated at 2-clinical sites including Sharjah, Thumbay Medical & Dental training site and Ajman: Thumbay Dental Hospital training site. The graph below highlights the number of patients treated during AY 2021-22.

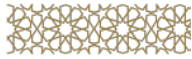


Outreach Programs for disadvantaged people (Low wages laborers)

World Diabetes Day

14 November is World Diabetes Day founded in 1991 by the International Diabetes Federation with support from WHO. In our community engagement program this year we aimed to raise awareness regarding diabetes risk factors, symptoms and complication. The event was done in November 24, 2021 at Nesto hypermarket, Ajman in collaboration with College of Medicine, Gulf Medical University, Ajman UAE, Thumbay hospital, Ajman, UAE and Hamidiya PHC, Ajman, UAE.

The event was conducted on 24th of November 2021 in Nesto hypermarket, Ajman. A big team consisting of faculty members, MPH students, MBBS students and nursing students contributed



in the event. The public population that attended this program were mostly workers in Nesto and some visitors to the hypermarkets. The event was held between 9:00 AM and 1:00PM.

There were 152-participants, with the mean age of 29.64, 131 of them were males. 53.3% of the participants were overweight; BMI equal or more than 25. Only 7.9% considered obese with BMI over 30. Majority of overweight participants were males. It was shown that tobacco smoking is higher among male participant in comparison to female gender.

It was observed that 23% were in the pre-hypertensive stage, 11.2% in stage 1-hypertension and 2.6% in stage 2-hypertension. It has been shown that 79.6% of the attendees don't consume alcohol at all. Only 34.2% were found to do exercise regularly, most of them were overweight. Only 3 attendees were found to be a known case of DM, none of them were obese (BMI more than 30), neither had a family history of DM. Majority of the attendees were normal as they mentioned (97.4% are normal, 0.7% are not sure, 2.0% have high lipids level).

Two out of 152-attendees had a previous MI in their life. One of them mentioned that he has a normal lipid profile, and the other one was not sure. None of them had DM. both was found to be hypertensive depending on the measurements. 84.2% of the attendees were family history free of any chronic medical diseases especially hypertension and DM.

Finally, attendees were provided with information about necessary lifestyle modifications including diet and exercises. those exposed with risk factors received education about the overall risk factors, symptoms and complications associated with diabetes.

A brochure was given to the attendant, and it included the following information: risk factors, symptoms and prevention of DM, with a brief explanation of the brochure contents to each attendee. Based on the medical checkup and history, a medical advice regarding changing lifestyle or the need to follow up with a doctor was given to each attendee.

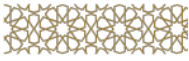
The activity consists mainly of medical check-up for all attendant as follows:



Screening for obesity through taking height and weight measurements and calculating the BMI.



Screening for Hypertension



Screening for Diabetes Mellitus



Screening for Oral Diseases



Screening for vision related problems



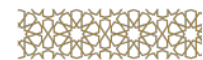
Screening for vision related problems

World Strokes Day

World stroke day is celebrated every year on 29th October to raise awareness about the risk factors of stroke, warning signs and importance of early diagnosis and treatment. This year a community awareness program and a screening camp was conducted in Al Mushreif Roastery, Al Jurf, Ajman, UAE.

The activity was conducted in Al Mushreif Roastery. The place is used to make all sorts of fried items and snacks, which is later packaged and sold to various supermarkets. The workers there do a variety of jobs depending on the job profile.





A team, consisting of 8-people (both faculty and students) went to the Roastery on 1 November 2021 to conduct the program. The public that attended this program were mostly workers or employees of the Roastery.

Initially, an awareness class was given which educated them on what stroke is, how to identify it and how to respond to it. They were also informed about the risk factors. In order, to combat diabetes and hypertension, they were told how to maintain a healthy diet (avoid deep fried foods, eat fruits and vegetables, avoid more than 2-teaspoons of salt per day) and to exercise daily. Smoking cessation was stressed upon as well.

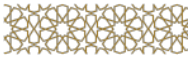


This was followed by a medical checkup for all who attended. Their height, weight and blood pressure were checked. Other history gotten included the following: Age, gender, nationality, tobacco use, Alcoholism, Exercise, known case of diabetes, Obesity (based on BMI), known case of hypercholesterolemia, Previous history of cardiovascular diseases (includes hypertension, MI, angina etc.), and Family history of any NCD. Following this, personalized advice was given regarding lifestyle and diet. Those that needed to be managed medically were referred to Thumbay University Hospital, Ajman.



There were 47-participants. All of them were male and majority of them were Southeast Asian except two who were from Uganda. Indians consisted of 70.2% of the population screened. The remaining were from Bangladesh (27.7%) and Uganda (2.1%). 27% of the screened population were hypertensive and 23.4% were diabetic. Surprisingly, only 4.3% of the people were habitual users of tobacco. Majority of the participants (51.1%) were obese. Obesity was defined by a BMI of more than or equal to 27.5. Cholesterol levels were not checked on site, instead history of hypercholesterolemia/ dyslipidemia was asked. 12.8% of them reported a previous finding if dyslipidemia. On analysing the data, it was found that 8.5% drink alcohol. Another surprising fact that came to light is that 63.8% had no family history of the above-mentioned risk factors.

On finding any of the risk factors in the participants they were given advice on how to modify their lifestyle in order to mitigate the risk. They were told to avoid deep fried food, minimize oil content in food, eat vegetables with every meal and eat fruits whenever possible. Those who were not



getting enough exercise were advised to walk briskly for at least 30-minutes daily. Those with established comorbidities were told to monitor their sugar/BP levels regularly and visit the physician once in six months at least. Those found hypertensive for the first time at the screening were asked to do lifestyle modifications and continue monitoring BP. One participant had a history of uncontrolled BP and was referred to Thumbay University Hospital.

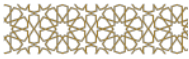
This program increased the awareness of the participants regarding stroke and associated risk factors. Many people were interested to know more about it and asked doubts regarding it while getting the checkups. Moreover, they were also taught on how to recognize a stroke and how to respond to it. As the saying goes time is neuron. Recognizing stroke on time is essential to reducing disability later. By increasing awareness about the risk factors and checkup, we could have reduced the rate of the complications due to the risk factors.

Community Outreach Events for School Students

[Health Promotion Program on Health of Adolescent Boys](#)

As part of its community engagement activity event, Community Medicine Department of College of Medicine, Gulf Medical University in coordination with its strategic partner Thumbay University Hospital held this program at East Point Indian School, Ajman in June 2022, and deliberated all the health concerns the students would face as they grow and become teenagers and young adults. The students seemed very curious and wanted to know more. It gave the children an opportunity to explore these sensitive topics with experts and clarify any misconceptions.





Health Education On “Menstrual Cycle and Hygiene Management” o Adolescent School Girls

The objectives of this session were to alleviate the anxiety associated with it and to educate the school-going age girls about the importance of having healthy menstruation to address the challenges faced by them. Students of the MPH program with support from GMU, College of Medicine, Community Engagement Committee too had an interactive health education session with the enthusiastic girls. Around 250-students participated in the event.

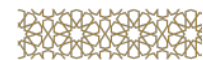


GMU Students Volunteer for Thumbay Labs PCR Drive

Thumbay Labs organized a healthcare outreach campaign that aimed to conduct COVID-19 PCR tests to returning students and teachers in more than 180-schools all over the United Arab Emirates. More than 20-PharmD students across all years of GMU College of Pharmacy and 20+ from all other colleges of GMU volunteered this 3-days event.

Students were trained on how to conduct the PCR tests by the Thumbay Labs team and then assigned to schools all over UAE. At the schools they conducted more than 200 PCR tests every day over 14-hours shifts.





The Department of Pharmaceutical Sciences contributes to “GEMS-GMU Future Scientist of UAE Program 2022”: Hands-on laboratory sessions on drug discovery and development research

The rotation began with an introductory session explaining the scope of pharmaceutical sciences research in drug discovery. This was followed by hands-on laboratory sessions, where students synthesized medicinal agents from commercially available chemicals. The Future scientist program is part of the GMU's outreach and impact on society. It is designed to provide opportunities for the young minds of the UAE to discover their passion and abilities and help to guide these students a promising future in science, research, and service to their community.



Outreach Programs for refugee/immigrant communities

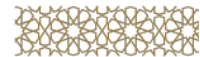
Gulf Medical University launched the “GMU-Ukraine Student Exchange Program” to engage the displaced medical students from Ukraine due to the ongoing war for a full semester completely free of charge. The initiative aims to offer free seats and scholarship support to displaced students from Ukraine, ensuring an opportunity to pursue education at GMU upon fulfilling the merit criteria and admission policies. Recognising these students as vital contributors to the future of healthcare delivery, GMU would like to focus on ensuring that there is no gap in their education.

GMU's Research Contribution to Good Health and Well-Being

Award-Winning Student Research of GMU

GMU master's 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.

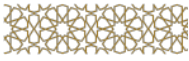
This is the first study (Link to publication) of its kind in the UAE to analyze the budget impact of pharmacist-administered influenza vaccination in the UAE. One of the main highlights of this study is that if we introduce pharmacist-administered flu vaccines service in the country can shift influenza-related 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.

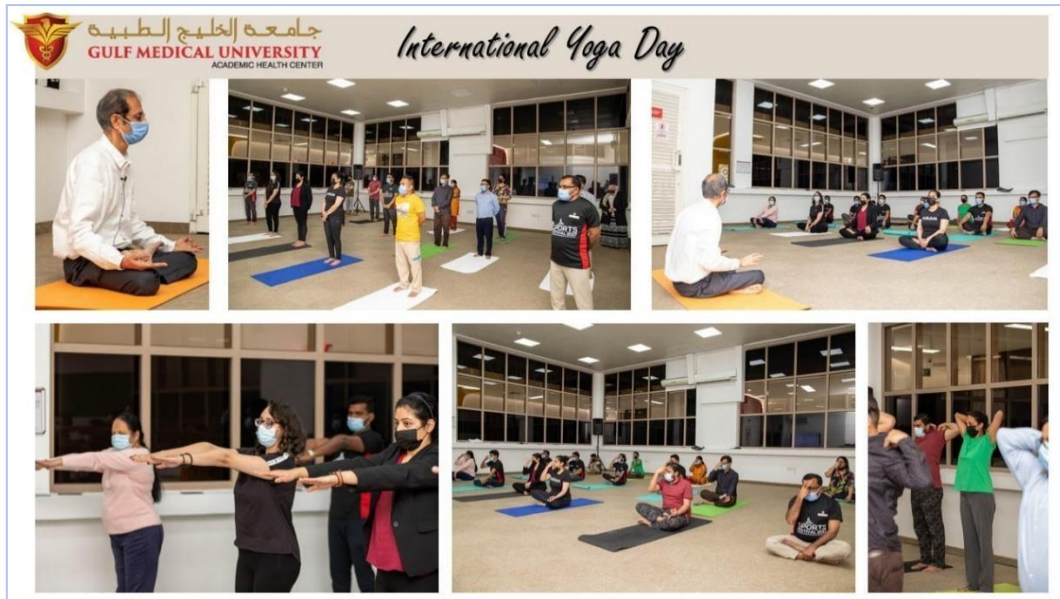


On October 21 and 22, 2021; ISPOR Nitte University Student Chapter & Dept. of Pharmacy Practice, NGSM Institute of Pharmaceutical Sciences, Nitte, India Jointly Organizing 2nd International Virtual Conference on Advances in Health Economics and Outcomes Research. Dr. Dixon Thomas presented a session on Budget Impact Analysis: Introducing a New Pharmacy Service. This presentation was based on research conducted by Ms. Amal, Dr. Dixon, and Prof. Sherief of GMU with Dr. Kimberly of Washington State University on the budget impact of flu vaccination administered by pharmacists in the UAE.



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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