



جامعة الخليج الطبية
GULF MEDICAL UNIVERSITY
ACADEMIC HEALTH CENTER

Sustainable Development Goals

1 NO
POVERTY



**SDG 1:
NO POVERTY**

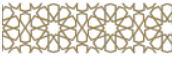




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SDG 1 - No Poverty

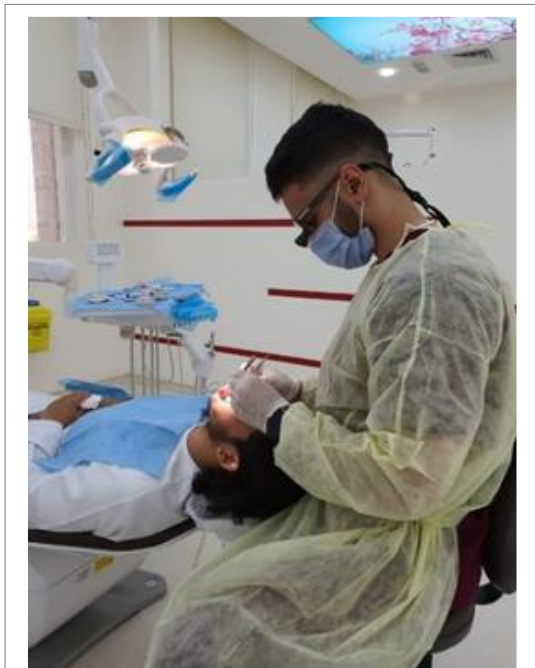
GMU is committed to continuously improve its contribution to SDG 1- No Poverty. GMU has been progressing its endeavors for achieving SDG 1, some of them include the following:

- Free patient treatment by our students and interns.
- Scholarships for GMU students from lower and lower-middle-income countries
- Charitable contributions for supporting free patient care, student education, helping the needy, etc.

I. Delivering Free Patient Care and Treatment

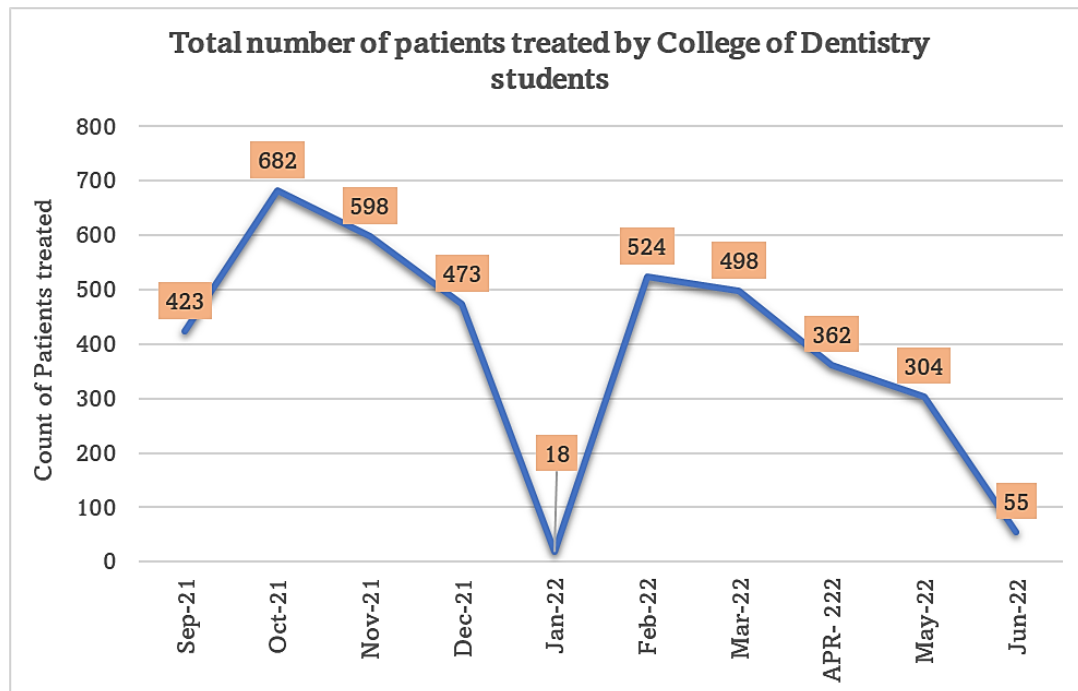
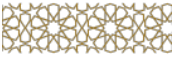
1. Free treatment of patients by Dental Interns of Gulf Medical University

College of Dentistry (CoD) at Gulf Medical University is offering four programs: Bachelor of Dental Surgery (BDS), BDS Internship, Master of Dental Surgery in Periodontics & Master of Dental Surgery in Endodontics. The students in clinical years and interns from the college provide dental treatment services to patients at GMU academic teaching hospitals. Every patient is required to open a file at a minimal amount of 30 AED for one time and the patient will be treated 100% free of cost irrespective of the treatment cost-covering even up to 15000 AED. The College in collaboration with its dental teaching hospital team will make an action plan every academic year to treat more and more patients. The strategic goals of GMU and CoD are to provide high-level competent and skilled graduates with the commitment to serve the needy population of the community and deliver their commitment towards the UAE society. The graphs below present statistics of patients treated during different Sept 2021 to June 2022.



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.





2. 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 and 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.



II. Outreach Programs for disadvantaged people (Low wages laborers)

1. World Diabetes Day

14th 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 1:00 PM.

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.

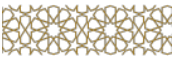
It was observed that 23% were in the pre-hypertensive stage, 11.2% in stage 1-hypertension and 2.6% in stage 2-hypertension. It has been shown that 79.6% of the attendees don't consume alcohol at all. Only 34.2% were found to do exercise regularly, most of them were overweight. Only 3 attendees were 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



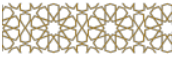
Screening for Oral Diseases



Screening for vision related problems



Screening for vision related problems



2. 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.

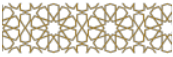
The activity was conducted in Al Mushreif Roastery. The place is used to make all sorts of fried items and snacks, which is later packaged and sold to various supermarkets. The workers there do a variety of jobs depending on the job profile.

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





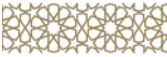
managed medically were referred to Thumbay University Hospital, Ajman.

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.





III. Student Awarded Scholarships

GMU has offered financial aid to students across different programs and colleges. The students belonged to low-income countries such as Afghanistan, Benin, Somalia, Yemen, Bangladesh, etc. This data is reported in the annual fact book publication of Gulf Medical University.

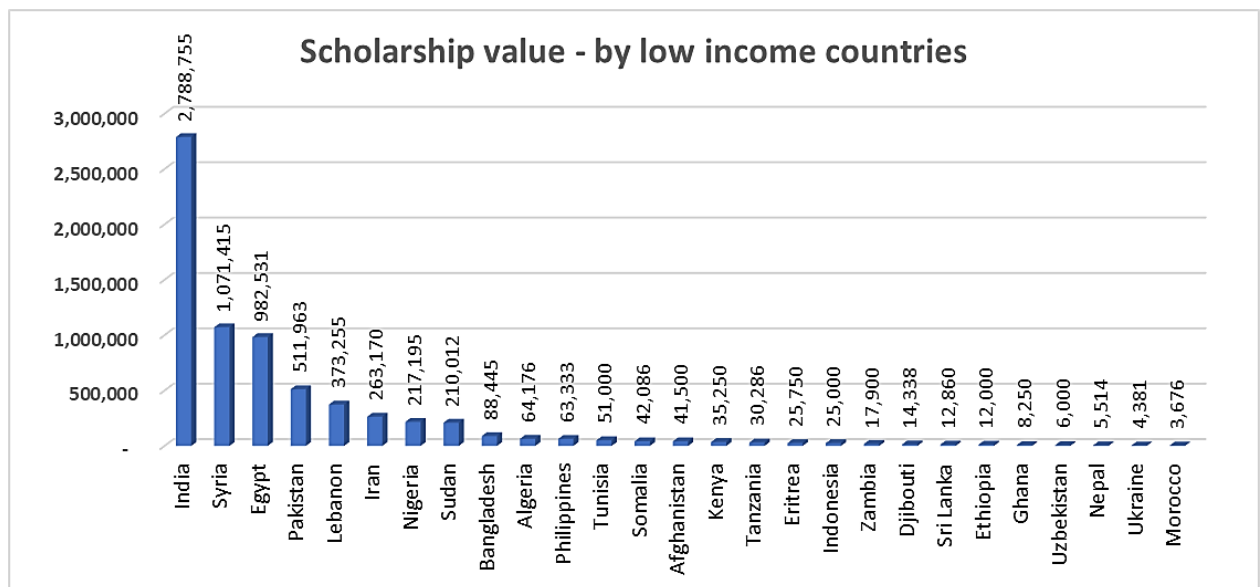


Figure 1: Scholarship for Students from Low-income countries - Total scholarship amount- AED 6,970,042.00

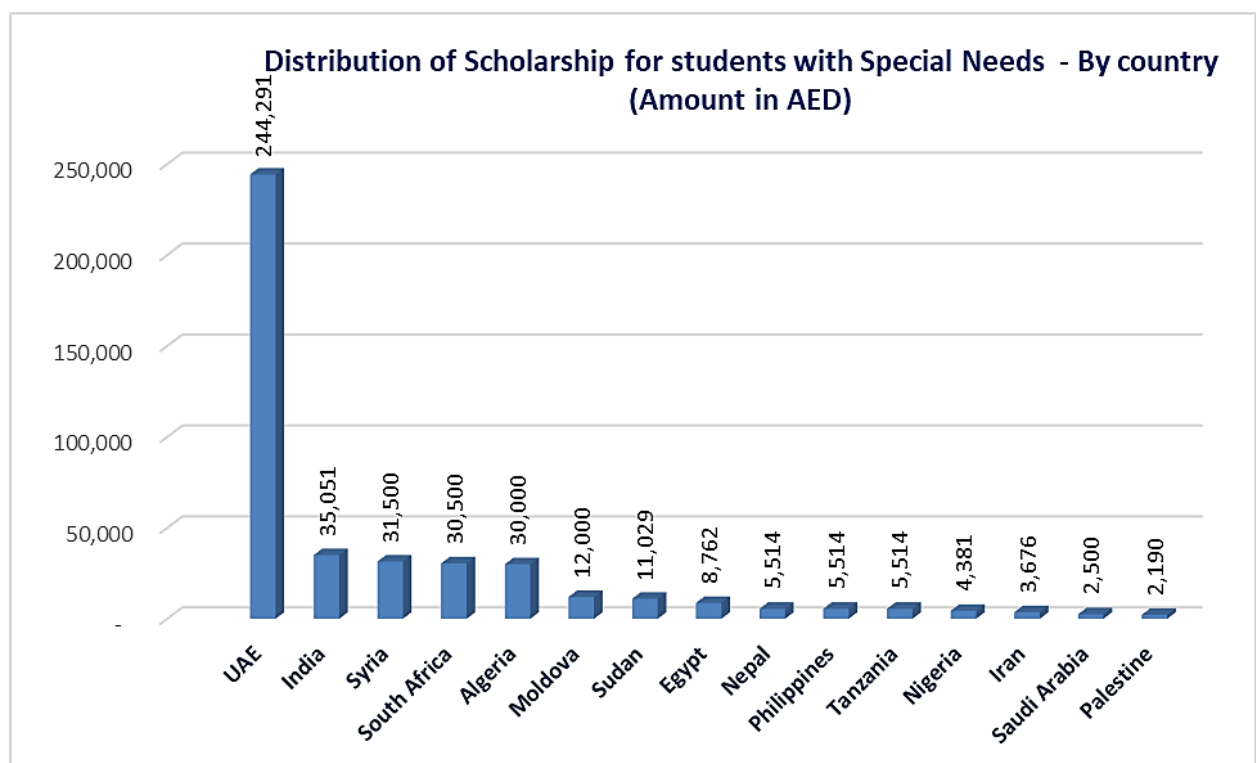
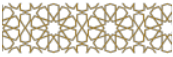


Figure 2: Scholarship to students with special needs - Total scholarship amount- AED 434,260.00



IV. University accommodated refugee/ immigrant communities returning from Ukraine

Offering a major relief to Indian medical students displaced from Ukrainian universities, the Gulf Medical University (GMU) accommodated the displaced students with free seats and scholarship based on merit criteria and admission policies of the University. This effort aims to ensure that the education is not interrupted for students who are affected. 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. Recognizing 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.



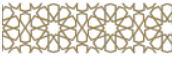
V. GMU Corporate Social Responsibility

The university in collaboration with its parent organization Thumbay Group has been involved in a number of massive humanitarian causes ([Link](#)) that have played a pivotal role in the upliftment of the economically weaker society, which is a clear testimony of the Corporate Social Responsibilities. GMU's goals for achievement of SDGs are well aligned with the SDGs of its parent organization.

1. Notable Initiative

- The Care & Share Program of the Gulf Medical University, Ajman





2. Education - Sponsorship of Economically Poor Students for Medical Studies

The Care and Share Program sponsors more than 20% of the medical students every year at GMU, for various courses.

3. Healthcare- Medical Treatment

The Patient Affairs Department of the Thumbay Hospital network, the first ever such unit in the private sector in UAE that has been instrumental in identifying needy patients for free or subsidized medical care.

4. Free Medical & Dental Camps

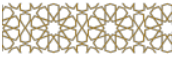
Thumbay Hospital has been in the forefront of holding regular free health camps, which include free lab tests, free radiology tests and free medicine.



5. School Education to the Needy in India

Regular assistance is provided to children of several lower economic groups.





6. Blood Donation Camps



Thumbay Hospitals regularly conduct free blood donation camps to supplement the efforts of government blood banks and other regulatory bodies with regard to voluntary blood donation.

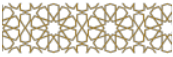
7. Wellness Weeks

Thumbay Hospitals conduct wellness weeks to promote good health among groups of professionals, like teachers, taxi drivers, etc.

8. Health Awareness Events

Breast Cancer Awareness programs (Pink Drive), Healthy Baby Contest and Exhibition, Moms Day Out etc. are some yearly events organized by Thumbay Hospitals. They also partner government bodies and departments in health & safety campaigns.





9. Coffee on The Wall



Thumbay Group's Blends & Brews Coffee Shoppe chain has a CSR activity called 'Coffee on the Wall' which allows any customer to sponsor one or more extra coffees for visitors who cannot afford to pay.

10. Community Aid

Distribution of medical supplies to communities.

VI. Student Charitable Activities

The Student Affairs department at GMU has established several clubs. GMU encourages students to participate in donation and charity activities and all such activities are undertaken by the Peace club. The students donate every month to the poor staff in the dorms and the mosque.



