

# NEWSLETTER

# PHYSIOTHERAPY DEPARTMENT

“ The art of  
caring.  
to restore  
movement and  
function ”

semster 1  
2023-2024



PREPARED BY : DR . DRAGANA DJURIC  
STUDENT : NOURA ALBLOUSHI

# WELCOME NOTE TO THE DEPARTMENT NEWSLETTER



It is with great pleasure and enthusiasm that I extend a warm welcome to you all through the pages of our Physiotherapy Department newsletter at Fatima College of Health Sciences (FCHS).

The family of Physiotherapy Department at FCHS has been one fueled by passion, commitment, and a deep-rooted belief in the transformative power of rehabilitation. With a wealth of experience spanning for 10 years, I have had the privilege of witnessing the positive impact that physiotherapy can have on individuals' lives.

Our department is a hub of innovation, compassion, and excellence in teaching students the best international standards in PT Practice. Working toward this goal, we have recently gained the International Accreditation of World Confederation of Physical Therapy (WCPT); the most prestigious accreditation of physiotherapy educational programs in the world. It was the first in UAE and in the Gulf region. We pride ourselves on being at the forefront of advancements in physiotherapy, utilizing evidence-based practices to deliver the highest quality of teaching standards of physiotherapy education. Our team comprises highly skilled and motivated professionals who share a common goal: to enhance the well-being and functional independence of those we serve as students and patients.

In the coming months, we are excited to embark on new initiatives aimed at further elevating our department's profile. These include continuing education opportunities for our staff, collaborative research projects, and community outreach programs to raise awareness about the importance of physiotherapy in maintaining and restoring health and to be well engaged with our partners in the industry and the community.

I firmly believe in fostering an inclusive and collaborative work environment where each member of our team feels valued and supported. Together, we will continue to push the boundaries of what is possible in the realm of physiotherapy education, ultimately contributing to the overall health and vitality of our community.

I encourage you to stay tuned to our newsletter for updates on departmental activities, success stories, and insightful articles that highlight the incredible work happening within our walls. Your engagement and support are vital as we strive to make a lasting impact on the lives of those we serve.

In this regard, it worth mentioning that nothing could be achieved without the great support from our director Prof. Lisa Pratt and everyone in the family of FCHS. Hereby, we extend our great gratitude and thanks to all of you as one team toward the achievement of FCHS vision and mission.

**Muhammed Al-Jarrah**

**Professor and Chair. Physiotherapy Department. FCHS**

# EXPRESSION OF THANKS



In our first newsletter, we briefly highlighted the main achievements of our department during the first semester of the 2023-2024 academic year.

A high appreciation and gratitude go to all physiotherapy academic staff for numerous initiatives that contributed significantly towards students' professional growth.

We are extremely grateful to all our clinical partners and physiotherapists involved in students' clinical education. Their role in shaping our students is invaluable and their dedication towards providing real world experience in preparing work ready graduates is highly commendable.

We extend our sincere acknowledgement to Ms. Sreelakshmi Preman and Ms. Moza Alyahyae , who as adjuncts in Abu Dhabi involved in teaching theory and practical sessions this semester.

We express our indispensable gratitude to third-year student Fatema Al Zaabi, whose boundless energy and creativity in organizing student extracurricular activities. We thank Noura Abloushi third-year student for her time in designing this newsletter.

Sincerely,  
Editor in Chief,  
**Dr. Dragana Djuric**

# PHYSIOTHERAPY DEPARTMENT



## Abu Dhabi team (AUH)

(Left to the right): Ms. Ana Anjos- Instructor, Dr. Cathrine Tadyanemhandu – Assistant Prof., Ms. Amna Almonsoori- Teaching Assistant, Dr. Muhammad Al Jarrah- Professor, Dr. Dragana Djuric- Instructor, Dr. Sunitha Mysore- Senior Instructor, Ms. Zaina Zaina Abu Khdair -Instructor



## Al Ain team (AAN)

(Left to the right): Ms. Raghda Albawab- Lab. Specialist, Dr Emne Mahmoud Hammoud- Assistant Prof., Dr Salwa Ali Elsobkey- Associate Prof., Dr. Muhammad Al Jarrah- Professor, Dr. Balkhis Banu Shaik- Instructor, Ms. Alyazia Alhaj- Lab. Specialist

# OUTLINE

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# SUMMER 2023 ACHIEVEMENTS

## WORLD PHYSIOTHERAPY CONGRESS 2-4 JUNE , DUBAI



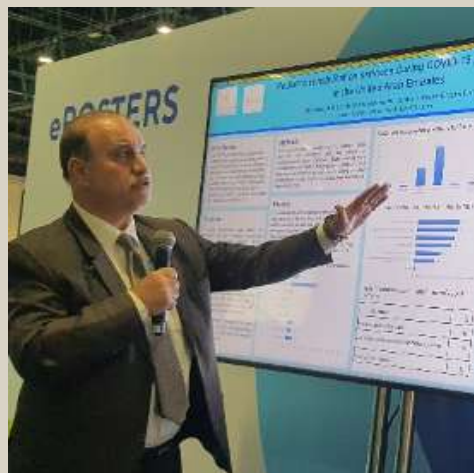
It was an excellent opportunity to meet with experts and colleagues from around the world, exchange and share innovations and ideas and discuss implications across research, education, management, policy and clinical practice.

All physiotherapy Abu Dhabi staff and two colleagues from Al Ain attended the Congress.

### Presenters



Dr. Sunitha Mysore



Dr. Muhamad Al Jarrah



Dr. Dragana Djuric

## WCPT TOPICS PRESENTED BY:

### Dr. Muhamad Al Jarrah:

- Pediatric rehabilitation services during COVID-19 pandemic in the United Arab Emirates.

### Dr. Sunitha Mysore:

- Remote Adult Neurorehabilitation by Physiotherapists using technologies during the COVID-19 Pandemic: An International Online Survey.
- Validity, Utility, and Reliability of Assessment of Clinical Performance in Physiotherapy (ACPP-N) for Novice Physiotherapy Students.

### Dr. Dragana Djuric:

- Is Robotic Gait Training more Effective than Traditional Physiotherapy in Children with Spastic Cerebral Palsy?
- Effect of Robotic-Assisted Gait Training on Range of Motion, Muscle Strength and Spasticity in Children with Cerebral Palsy.



At the World Physiotherapy Conference in Dubai, FCHS physiotherapy students significantly contributed to the event's success through volunteering, while Ms. Ana Anjos played a key role in organizing and coordinating the students.

# INTERNATIONAL ACCREDITATION



## ANNOUNCEMENT WAS CELEBRATED ON WORLD PHYSIOTHERAPY DAY

The event was organized by 3rd year physiotherapy students.





# UPDATING PHYSIOTHERAPY TEACHING MATERIALS

Physiotherapy staff members are actively involved in updating the teaching materials to ensure that the courses taught are evidence based and contextualized to the local practice. In June and August 2023, the staff members visited several hospitals in Abu Dhabi and Al Ain to discuss with the clinical physiotherapists the teaching materials to align with the UAE practice.

This is in addition to visiting the treatment rooms and physiotherapy gym for updating the physiotherapy lab materials.



## Visits were made to different healthcare entities in Abu Dhabi:

- Cleveland Clinic Abu Dhabi
- Amana Healthcare (4 sites)
- Health point
- AlReem hospital
- Sheikh Khalifa Medical City
- Danat Al Emarat
- Sheikh Shakhbout Medical City

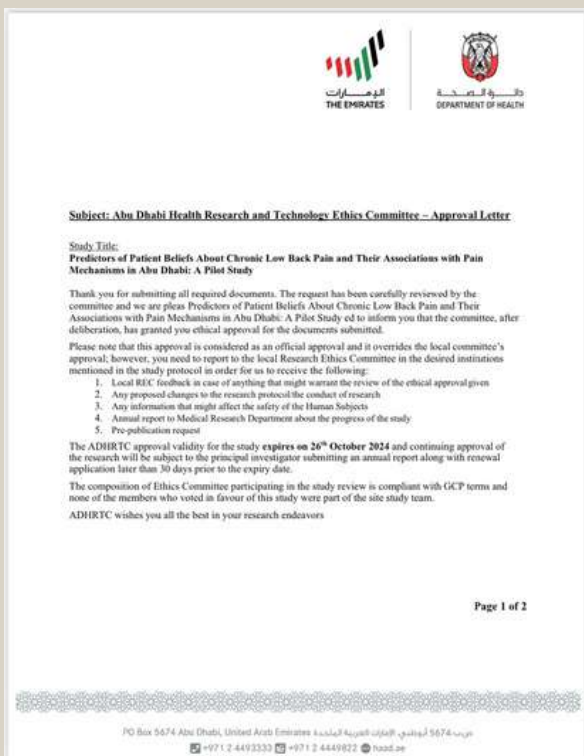
## In Al Ain:

- Cambridge Medical and Rehabilitation Center
- Amana Healthcare (2 sites)
- Mediclinic
- Bone and Joint Centre,
- Tawam Hospital
- Al Ain Hospital,
- Czech Rehabilitation Hospital

# COLLABORATIVE RESEARCH STAFF AND STUDENTS PROJECT

As a part of physiotherapy student research project, the students are provided with a unique opportunity to be a part of a clinical research with FCHS and clinical staff members. This will provide the students with conducting real world research with patients by involving in preparation of research protocol, gaining ethical approvals, data collection, entry, analysis and interpretation, research report writing and dissemination of results through publications in conferences and scientific journals.

We obtained approval from the Department of Health to implement the project at Health Point (AUH), Sheikh Shakhboub Medical City (AUH), Tawam Hospital (AAN) and Amana Healthcare Long-Term Care Facility for Adults (AAN).



# FCHS PHYSIOTHERAPY PROGRAM



Qsayed Alshamsi

"As I stand on the brink of a new chapter, I want to express my deepest gratitude for the transformative journey through physiotherapy at FCHS. The unwavering commitment of the distinguished faculty, the meticulously designed curriculum blending theory with hands-on experience, and the invaluable opportunities for clinical placement have collectively shaped my professional identity and equipped me with the skills needed for success in the field. Thank you, FCHS, for providing me with the tools to sculpt a fulfilling and impactful career in physiotherapy. With heartfelt appreciation."

Qsayed Alshamsi, Graduating Physiotherapy Student.



## Hands-on Learning

Practical sessions help students apply what they learn in theory, giving them hands-on experience and prepare them for clinical placement .



# CLINICAL PLACEMENTS

Students of physiotherapy are given the opportunity to choose the placements of their choice from 30 different facilities offering over 15 specialties in Physiotherapy in both public and private sectors within the Emirates of Abu Dhabi. Every student of physiotherapy completes a minimum of 1.054 hours of clinical placement within the 4 years of their physiotherapy study through 7 clinical placements. These placements provide students hands on experience of treating patients under the supervision of clinical therapists and to gain the clinical competencies that will progressively prepare them to be autonomous practitioners.

A significant improvement in the organization of clinical practice is credited to Dr. Sunita Mysore, the Clinical Lead, who, through years of dedication with clinical partners, enhances the quality of skills and knowledge students gain during clinical practice.



Physiotherapy students and NMC staff



Clinical Lead : Dr. Sunita Mysore

# GRADUATE RESEARCH PRESENTATION

Final-year physiotherapy students dedicated an entire semester to develop research projects. At the semester's conclusion, they showcased their findings on posters, presenting their research to the physiotherapy staff at AUH and AAN.



Sara Mahmoud Fouad

"I am genuinely thankful for the opportunity to be part of such a well-structured and insightful course. The skills and knowledge I have acquired will undoubtedly serve as a strong foundation for my future endeavors in the field of physiotherapy. I wish to express my heartfelt thanks to the physiotherapy team for indispensable guidance during the physiotherapy research project course".

"The Physiotherapy Research Project course has provided invaluable guidance and a transformative learning experience. Physiotherapy staff commitment and efforts are greatly appreciated".



Hanan Ali Alblooshi

# STUDENT RESEARCH PRESENTATION

## Sheikh Shakhbout Medical City (SSMC)

6 December 2023



Students presented their research to physiotherapy supervisors at SSMC Hospital with the support of the FCHS physiotherapy staff. During the discussion, students answered questions and received constructive feedback from clinicians. This presentation outside FCHS is a significant experience for final-year students to enhance their confidence and communication skills in public speaking.



# CONTINUOUS PROFESSIONAL DEVELOPMENT

Physiotherapy Department at FCHS has collaborations with external organizations for physiotherapy staff and students to attend internationally recognized workshops and courses.

## Dry Needling Course

26th-27th August 2023



An international certification from David G Simons Academy. This course covered the foundations of dry needling, myofascial pain syndrome, trigger points and the clinical highlights of dry needling.

## Workshop: Wheelchair

20 September 2023

This workshop was an excellent opportunity to extend the knowledge about different types of wheelchairs and other equipment for neurological and pediatric patients. The session was very interactive with hands on skills. Students got information to which extend wheelchairs could allow independency in daily life for people with disabilities.



## Workshop: Mechanical ventilation

20 November 2023



The workshop proved to be an enriching experience for physiotherapy students and staff, providing them with a solid foundation in the principles of mechanical ventilation. The gained insights will undoubtedly contribute to the participants' ability to provide comprehensive care to critically ill patients in their future clinical practice.

# MEET OUR 2023 CHAMPIONS

WorldSkills Asia , Abu Dhabi 2023



"My success in this competition was carried by the support of my family, friends, my mentors, FCHS, and ACTVET. During the intense 3 days of competition, I was able to push through with their support and I will forever be grateful. I give this win to my family, and my country. This was just the beginning, and we will be looking forward to achieving more success".

**Fatima Alhameli , 2nd year student**



Fatima Alhameli won gold medal in Health and Social Care



# MEET OUR 2023 CHAMPIONS

## Jiu-Jitsu World Champion

Third year student **Sara Alhammadi** jiu-jitsu athlete won a gold medal in World Youth Jiu-Jitsu Championship in Kazakhstan in August 2023.



Sara Alhammadi

In September 2023 she got a silver medal in Abu Dhabi Jiu-jitsu Professional Tour Championship (AJP) in Egypt.



# FCHS ACTIVITIES

## Mubadala Masary Program

Abu Dhabi

14 August 2023 – 25 August 2023

Al-Ain

21 August 2023 – 25 August 2023



Through lectures and hands-on workshops, students gained insights into the role of physiotherapy, particularly in the areas of proper posture, stretching, and balance exercises. The interactive sessions actively involved students in learning. Ms. Zaina Abu Khdaib from AUH led the program for 90 students, including 60 females and 30 males, while Ms. Raghda Elbawab from AA facilitated for 30 students, evenly split between 15 female and 15 male students.

## Skills for Life

This workshop aimed to familiarize high school students with the field of physiotherapy and its role in healthcare. It covered the key areas of physiotherapy and included an explanation of the FCHS physiotherapy program, complemented by a lab tour to showcase common physiotherapy equipment. Dr. Dragana Djuric led the session at AUH, and Ms. Raghda Elbawab conducted it at AAN.

Al Ain

16 August 2023



Abu Dhabi

17 August 2023



# World Physiotherapy Day

8th September 2023

The Physiotherapy department at FCHS celebrated World Physiotherapy Day in Al Ain & Abu Dhabi on September 8th, recognizing the work of physiotherapists and promoting the profession. The focus this year was on arthritis prevention, and Year 3 students took the lead in organizing the event with help from others physiotherapy students.



The physiotherapy students actively engaged in all activities arranged by student services, demonstrating creativity, enthusiasm, and a commitment to excellence.

## Heart awareness day, Abu Dhabi

28 September



The Departments of Physiotherapy, Nursing, and Pharmacy at FCHS collaborated to organize a series of events for World Heart Day on September 28, 2023. The celebration aimed to educate on cardiovascular health, promote interdisciplinary collaboration in preventing CVDs, and encourage a heart-healthy lifestyle with the theme "Collaborative Care for Healthy Hearts".

# Osteoporosis Day- Al Ain

26th October



The theme for World Osteoporosis Day 2023 was "Step Up for Bone Health-Build Better Bones." The celebration aimed to educate on the prevention of osteoporosis. Physiotherapists play a crucial role in addressing this condition through exercise prescription, therapeutic modalities, specific techniques, and education. Physiotherapy students emphasized the importance of exercise for strengthening muscle and bone density.

# Breast Cancer Day - Abu Dhabi

31 October

This event provided an outstanding platform to highlight the significance of physiotherapy in treating breast cancer patients. Third-year physiotherapy students and Ms. Amna Almansoori played an effective role in organizing activities and emphasizing the importance of physiotherapy for breast cancer patients.



# Career Day

FCHS organized a career Day for final-year students in AUH and AAN. It was an excellent opportunity for our physiotherapy students to meet with representatives from both the private and public sectors for potential employment.

15 November 2023, Al Ain



14 November 2023, Abu Dhabi



# National Day Celebration

Physiotherapy students have participated in the activities of national day at FCHS. First year students organized the booth to display traditional female clothes. Emirati hospitality was also part of the booth. They explained the tradition of serving Arabic coffee and dates as an essential way to greet guests and have them in their houses.

21 November 2023 , Abu Dhabi



22 November 2023 , Al Ain



# COMMUNITY ENGAGEMENT

## Career Week at Future International Academy

13 November 2023 , Al Ain



Ms. Raghda Elbawab and Mrs. Alyazia Alhaj , represented physiotherapy department at Career week at future school in Al Ain. They talked about physiotherapy as future career to high school student



## Abu Dhabi Aquatic Swimming Council

15 November

Physiotherapy Department at Fatima College of Health Sciences is a Board member in Abu Dhabi Aquatics Club Medical Committee / Abu Dhabi Sport Council. The inaugural meeting conducted on November 15, 2023, to establish the first comprehensive medical team in the Emirate's Sports Clubs, focusing on athlete welfare, health standards, and sports medicine practices. Mrs. Ana Anjos is the representative of FCHS in this Board



# PHYSIOTHERAPY STAFF RESEARCH PROJECTS

- Collaborative research project between physiotherapy department FCHS and ZHO: Effectiveness of Hallowick Method in Children with Cerebral Palsy (March 2022-present)
- Departmental AUH project: The Long-term Impact of COVID-19 Pandemic on the Physical Health of College Students: A Cross-Sectional Survey
- Departmental AAN project: Test Anxiety Among Health Profession Students: A Cross-Sectional Survey at Fatima College of Health Sciences in Al Ain, United Arab Emirates

## PUBLICATIONS

### Ana Anjos

- Exploring Pedagogical Dissonance in Including Acupuncture Treatment Approach into a Western Biomedical Evidence-Based Physiotherapy Curriculum, New Emirates Medical Journal, (2023).

### Balkhis Banu

- An Investigation of Big Data to transform dynamic Management Decision-Making, Journal of Informatics Education and Research, ISSN: 1526-4726 Vol 3 Issue 2 (2023).
- Organizational Commitment of Employee a Rising Risk In the Educational Sector, Boletín de literatura oral, 10(2023), pp.2496-2505 ISSN: 2173-0695.

### Sunitha Mysore

- Rehabilitation services for children with disabilities during the COVID-19 pandemic in the United Arab Emirates: Experiences of parents, Paediatrica Croatica (2023).

# SPEAKERS

## INTERNATIONAL CONFERENCES

2nd International Physiotherapy Congress of the Republic of Srpska, Bosnia & Herzegovina, 29th-30th September 2023. Banja Luka

**Dr. Dragana Djuric**

- Key speaker on Robotic Gait Training in Neurorehabilitation
- Parental Perspectives of Telerehabilitation in Children with Disabilities



Technology International Conference on Advances in Technologies and Applications for Sustainability (ICATAS - 2023), School of Computing, Mohan Babu University, 05-06 October 2023. Tirupati, India

**Dr. Balkhis Banu (online presentation)**

- Assistive Hand Rehabilitation Using Robotic-Based Technology
- Building Information Modeling (BIM) in Developing Countries: Impact, Challenges, Successes, and Future Directions



# SPEAKERS

## NATIONAL CONFERENCES

Burjeel Holdings Nursing, Midwifery, and Allied Health Congress, Abu Dhabi UAE

**Ms. Ana Anjos**

- Exploring pedagogical dissonance in including acupuncture treatment approach into a western biomedical evidence-based Physiotherapy Curriculum.



Stroke workshop organized by Cambridge Medical Rehabilitation Centre, 25th November 2023. Abu Dhabi

**Dr. Sunitha Mysore**

- Stroke rehabilitation: Current evidence, challenges and future direction



# COLLABORATION WITH THE CLINICAL PARTNERS

## World Physiotherapy Day Celebration at Burjeel hospital Mohammad Bin Zayed Branch, Abu Dhabi

8th September 2023

Prof. Muhammad Al Jarrah, Prof. Lisa Pratt, and three physiotherapy students participated in the World Physiotherapy Day celebrations held at Burjeel Hospital.



## 1st Mubadala Health Rehabilitation Conference

7th October



Clinical partner Amana Healthcare invite all physiotherapy staff to attend the Conference. The conference featured a combination of platform presentations and workshops, with staff from both AUH and AAN actively participating in the workshops and attending the presentations.

## SSMC education week

18th of October

Physiotherapy staff were invited to the SSMC Education Week. Prof. Dr. Muhammed Al Jarrah, Dr. Sunitha Mysore, and Dr. Dragana Djuric attended in person, while their colleagues participated virtually.



## Stroke Rehabilitation Workshop at FCHS By :Cambridge Medical & Rehabilitation Center

25 november 2023

The Stroke Rehabilitation Workshop organized at FCHS, in collaboration with CMRC, marked a significant milestone for both institutions and their communities, especially the students. This event provided a platform for hands-on learning and insight into advanced rehabilitation techniques, directly benefiting the students' practical and theoretical understanding of stroke care. For FCHS and CMRC, this collaboration not only strengthened their partnership but also underscored their commitment to enhancing healthcare education and patient outcomes in the field of rehabilitation.



# PARTICIPATION IN CONFERENCES

## Regenerative Medicine Middle East Congress

14th and 15th October



Dr. Sunitha Mysore and Ms. Ana Anjos took part in a workshop that introduced innovative teaching methodologies. It focused particularly on emerging medical techniques such as Stem Cell and Regenerative Medicine, highlighting the potential future role of physiotherapists in these fields

## International Neonatal Symposium

3-4 November , Dubai

The seminar highlighted the critical role physiotherapists play in the Neonatal Intensive Care Unit (NICU) as well as an evidence-based system for evaluating prematurely born newborns. Prominent investigators with expertise in evaluating infants' general movements have emphasized the importance of early identification and treatment for infants at risk for cerebral palsy.



## 1st EHS International Neonatal Conference

17-18th November 2023, Dubai



The Conference showcased an evidence-based methodology for evaluating prematurely born infants and the integral role physiotherapists play in the NICU. The workshops focus on assessment in infants, underscored the criticality of prompt assessment and intervention in infants vulnerable to cerebral palsy. It was also shared the latest advancements in this area, mainly position of premature babies in the NICU

# TEAM BUILDING ACTIVITIES FOR STUDENTS AND STAFF

The purpose of team building activities at physiotherapy department is to connect staff and students in enjoyable experience and to increase trust, improve communication and collaboration.



Global Village trip



Bowling



AUH & AAN staff celebrating the end of semester