

NEWSLETTER

PHYSIOTHERAPY

DEPARTMENT

Semester2 & Semester3
2023-2024



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WELCOME NOTE TO THE DEPARTMENT NEWSLETTER



It is with great pleasure and enthusiasm that I welcome you to our Physiotherapy Department newsletter at Fatima College of Health Sciences (FCHS).

The Physiotherapy Department at FCHS is driven by passion, commitment, and a deep-rooted belief in the transformative power of rehabilitation. Our department is a hub of innovation, compassion, and excellence, dedicated to teaching students the highest international standards in physiotherapy practice. We are proud to have recently gained International Accreditation from the World Confederation of Physical Therapy (WCPT), the most prestigious accreditation for physiotherapy educational programs worldwide. This achievement marks us as the first in the UAE and the Gulf region to receive such recognition. We take pride in being at the forefront of advancements in physiotherapy career, utilizing evidence-based practices to deliver top-tier education. Our team consists of highly skilled and motivated professionals who share a common goal: to enhance the well-being and functional independence of our students and patients.

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

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

Stay tuned to our newsletter for updates on departmental activities, success stories, and insightful articles that highlight the incredible work happening within our walls.

Finally, I would like to extend my heartfelt gratitude to our visionary director, Prof. Lisa Pratt, and everyone in the FCHS family. Your support has been instrumental in achieving the vision and mission of FCHS.

Muhammed Al-Jarrah Professor and Chair, Physiotherapy Department, FCHS

EXPRESSION OF THANKS



The primary task of the physiotherapy department is to fulfill the curriculum successfully, with continuous efforts to excel in teaching, and develop not only knowledge and skills but also build passion and professionalism among our students.

In this issue of the newsletter, we continue to highlight the important achievements of our department in the semester two and semester three of 2023-24, including students' extracurricular activities such as education, community services, student, and staff presentations at conferences, as well as the research project accomplishments of capstone research of graduating students in collaboration with our clinical partners. We are very proud to have students competing at the international level at variety of platforms.

Each member of our department carries out their core professional responsibilities with great dedication by expanding their professional network and research, initiating projects involving community, thus working cohesively with colleagues and students to further build the department and FCHS profile.

I would like to extend our sincere acknowledgment to all Al Ain and Abu Dhabi team and to Ms. Sreelakshmi Preman and Ms. Moza Alyahyae, adjuncts in Abu Dhabi involved in teaching theory and practical sessions this semester and to all clinical physiotherapist involved in research with students.

We owe a big thanks to colleagues from both campuses who leaded extracurricular activities initiated by Student service: Mrs. Aysha Alhosani, Mrs. Zaina Abu Khdaire, Mrs. Amna Almansoori, Mrs. Raghda Elbawab and Mrs. Alyazia Alhaj.

We express our gratitude to student Fatima Al Zaabi, whose boundless energy and creativity in organizing student extracurricular activities. We thank Noura Albloushi for her time in designing this newsletter.

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 Khdaire -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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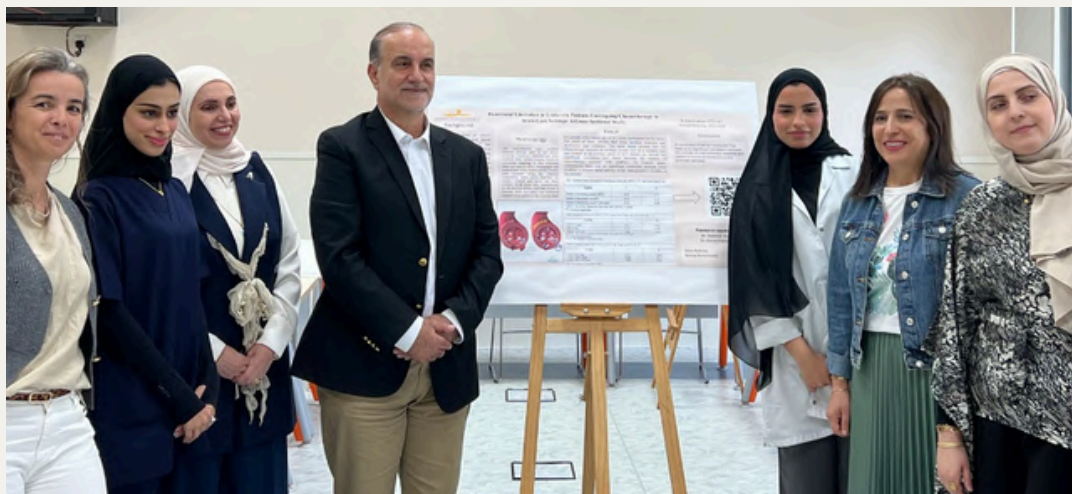
COLLABORATIVE STAFF AND STUDENTS RESEARCH PROJECT Al Ain

A new initiative this academic year is collaborative staff and student projects with clinical partners. In the second semester, during our students' clinical rotations, data collection, entry, analysis and interpretation, research report writing, and dissemination of results were conducted.



Collaborative staff and student projects with Amana Healthcare Long-Term Care Facility for Adults:

Clinical profiling of patients with long term neurological impairments receiving physiotherapy interventions: A descriptive cross-sectional study.



Collaborative staff and student projects with Tawam hospital:

Functional limitation in Leukemia patients undergoing chemotherapy in acute care settings: A cross-sectional study

Abu Dhabi

9th May,SSMC, Abu Dhabi



Collaborative staff and student projects with Sheikh Shakhboub Medical City (SSMC):

Correlation of the activity measure for post-acute care (AM-PAC -6 clicks) and Kansas University sitting and standing balance scale to Morse fall risk scale in older people with medical and surgical conditions: A cross-sectional study

4th June,Health Point, Abu Dhabi



Collaborative staff and student projects with Health Point:

Predictions Patient Beliefs about Chronic Low Back Pain and their Association with Pain Mechanisms in Abu Dhabi: A Pilot study.

Over 50 hospital employees attended the student presentation.

STUDENTS PRESENTATIONS

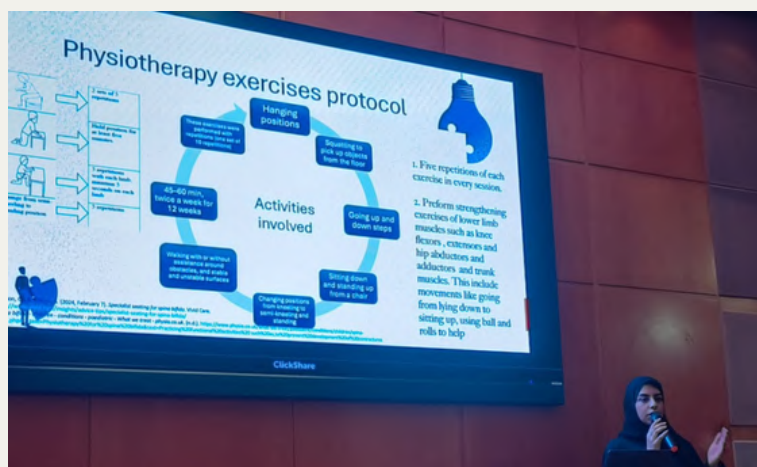
The International Spine and Knee Conference 7th Feb, Dubai

5 students presented 3 posters at the conference. it was a great opportunity for former FCHS students to show off their graduate projects related to musculoskeletal conditions.



Therapeutic Innovation Forum 20th February 2024 Zayed Higher Organization for People of Determination(ZHO), Abu Dhabi

Therapeutic Innovation Forum, bringing together ZHO employees and clinical partners. was an excellent opportunity to exchange knowledge about high technology intervention for children with disabilities.



Al Ain student's presentation



Abu Dhabi students

Students participated in a panel discussion and shared their knowledge of the use of high technology for neurological conditions



FCBS physiotherapy staff and students

International student project: Physiotherapy in different cultural context

27th February

Physiotherapy department of FCHS in the UAE and the Medical College in Banja Luka, Bosnia & Hercegovina, collaborated on a pioneering initiative aimed at fostering cross-cultural exchange. This project brought students from each institution focusing on a case study of a 47-year-old stroke patient with the aim of describing the path of recovery and rehabilitation process.

FCHS student Sara Mahmoud Fouad pointed out:

“Through an online meeting, students and staff engaged in robust discussions, comparing and contrasting healthcare systems and identifying areas for improvement. This collaborative endeavor not only provided valuable insights into the nuances of physiotherapy provision across diverse cultural contexts but also facilitated the evaluation of strengths and weaknesses within each healthcare system, ultimately fostering a culture of continuous improvement and knowledge exchange. Additionally, this international meeting fostered the development of crucial interpersonal and intercultural communication skills, preparing students to navigate and thrive in an increasingly interconnected global healthcare landscape”

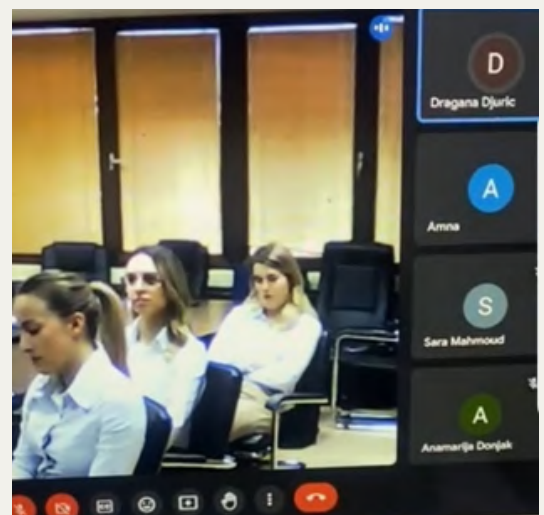


Sara Mahmoud Fouad

Case study:
Physiotherapist's Role in Alex's Rehabilitation

Students Names:
Amna Hasan Al Hebshi
Sara Mahmoud Fouad
Alreem Samy Mohammed
Sana Mostafa Almandooos

Supervisor: Dr. Dragana Djuric



Physiotherapy students from Banja Luka

3rd International Pediatric Neurodisability & Neurorehabilitation Conference ,May 24-26,Abu Dhabi.

Seven FCHS graduate physiotherapy students and alumni were invited to present their research papers. Attendees were interested in hearing presentations on systematic reviews related to cerebral palsy, spinal muscular atrophy, and pediatric burns from FCHS students.



INTERNATIONAL STUDENT'S COMPETITIONS

Emirates Skills

“Participating in the Australian Global Competition was a highly educational experience. It allowed me to test my skills against international peers, broadening my understanding and pushing me to excel. This opportunity enriched my vocational abilities and expanded my global outlook.”

Fatima Mohamed Alhameli- 3rd year student



Jiu Jitsu Championship

Silver medal at the Mother of Nation Jiu Jitsu Championship in the 48kg open belt category

Sara Alhammadi -4th year student

COMMUNITY PROJECTS

Obesity Awareness Day at Abu Dhabi Polytechnic 7th February

The aim of Obesity awareness was to spread awareness and educate students about obesity, its risk factors, and complications as well the importance of physical activity and lifestyle modifications as part of prevention measures leading to a health active lifestyle.



Community project on lifestyle diseases and physical activity promotion in Al Mina Port and Baniyas east

24-25 April

Early detection of individuals at high cardiovascular disease risk is the cornerstone of primary prevention. This was a student's idea to improve health outcomes in the workforce. The workers went through various assessments, including cardiovascular risk assessment and biometric analyses: weight, BMI, age, waist circumference, and mid-arm circumference.



CONTINUOUS PROFESSIONAL DEVELOPMENT

CONFERENCES, WEBINARS AND WORKSHOPS

Emirates Sleep Medicine

20-21 January

This conference was supposed to show us whether the scope of physiotherapy's work can be extended to sleep problems.



Al Ain Neurology Conference

12th-14th January

This three-day conference aimed as an intellectually stimulating event providing a comprehensive platform to shape the future of neurology and neurological care by the renowned Neuroscience experts to share knowledge and the latest updates in the Neuroscience field.



A Day in Allergy and Respiratory Medicine," Dubai, UAE January 26-27

Physiotherapy staff have learned latest technology and updated evidence with various topic sessions delivered by the expert panel members, indeed this ocean of information will benefit staff and students in understanding the cardiorespiratory in depth and in different perspective.



International Knee and Spine Conference PrimePhysio 17th February

The International Spine and Knee Conference successfully facilitated a multidisciplinary dialogue among physiotherapy professionals, educators, and researchers. The presentations and poster sessions provided comprehensive insights into current trends, challenges, and advancements in the treatment of spine and knee conditions. The event underscored the importance of evidence-based practice, interdisciplinary collaboration, and continuous learning in advancing physiotherapy care and patient outcomes.



Pelvic Health Awareness Workshop at Corniche Hospital 26th February

A pelvic health workshop was conducted at Corniche Hospital for health professionals and women to emphasize the importance of pelvic health for women.



2nd INTERNATIONAL UAE RARE DISEASE SOCIETY CONGRESS 29th February to 2nd March

This congress highlighted the rare diseases challenges and management, it was a platform to exchange knowledge, experience from real life cases about the rare diseases and their challenges to the patient, family, and healthcare community.



1st Pediatric conference at Danat Al Emarat 8th March

The conference covered several topics under the theme of patient safety, common illness updates, fundamentals of complexities and pain management.



CARDIO PULMONARY REHABILITATION PRACTITIONER COURSE – DUBAI 27-28 April

This 2-day workshop is designed for participants to become experts in and learn ICU, IPD, and OPD rehabilitation with advanced manual techniques, exercises, and fast-track recovery protocols for Cardiopulmonary and Non- Cardiopulmonary conditions.

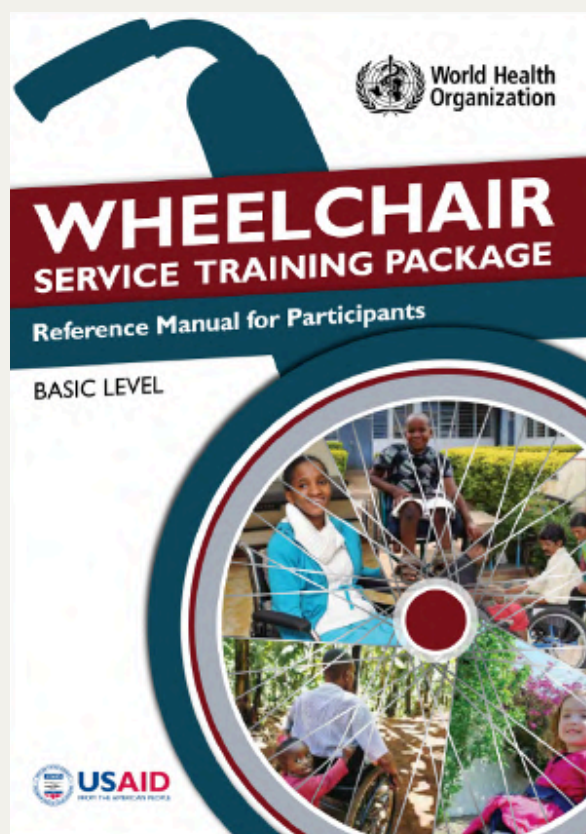


Wheelchair Pediatric Workshop

Amana Healthcare Long-Term Care Pediatrics Unit, Danat Al Emarat Hospital in Abu Dhabi.

20th March

Our 2ed year students expand their knowledge about the importance of wheelchairs for daily functioning of long-term pediatric patients. They had the opportunity to attend the wheelchair assessment.



12th International Conference for Autism Research- Challenges and Solutions

27-30 April, Abu Dhabi

The program included a variety of formats such, Keynote Presentations Pro-Con Debates, and variety of topics in six parallel halls where 58 speakers presented scientific and educational content from autism research, experimental and applied data.



1st GCC Multiple Sclerosis Summit

3-4th May, Dubai

The 1st GCC Multiple Sclerosis Summit 2024 marks a significant milestone in advancing knowledge and enhancing care for individuals affected by multiple sclerosis in the Gulf Cooperation Council (GCC) region. It was an excellent opportunity for students and staff to learn about advancements in the treatment of multiple sclerosis and the progress made in slowing the progression of this disease.



Mc Kenzie Course 8-11 may

The McKenzie method or mechanical diagnosis and therapy (MDT) is a popular system of diagnosis and treatment for spinal disorders. McKenzie course on the Spine, an essential training that enriches the physiotherapy curriculum at Fatima College of Health Sciences.



2nd Danat Al Emarat Maternity Conference 10th May, Abu Dhabi

A wide range of topics on Obstetrics, midwifery and neonatal care, advancing technology in women's health has been discussed by midwives, obstetricians, neonatologists, nurses and doulas



The 9th International Pediatric Congress for Hypospadias & Disorder of Sex Development (ISHID)

11-12th May, Abu Dhabi



The congress aimed to build on the successes of its predecessors by fostering research in the specialized and multifaceted field of congenital genito-urinary anomalies,

Abu Dhabi Global Healthcare Week

14 May, ADNEC, Abu Dhabi

With a key focus around sustainability and the transition from care to prevention, we are listening and learning about global health now and how it is developing for the future. Lots of food for thought already for our curriculum transformation agenda.



Post-Operative Rehabilitation Program -DERAYA MEDICAL ACADEMY 18th -19th May

Daraya Medical Academy organized education session in SSMC hospital for post- operative musculoskeletal rehabilitation emphasis on the protocol and precautions in the recovery period.



Multiple Sclerosis meeting 23 May, Abu Dhabi

During the event, collaboration between FCHS and the MS Society was explored to enhance the quality of life for people with MS in the UAE and to implement the best rehabilitation protocols for MS patients.



3rd International Paediatric Neurodisability & Neurorehabilitation Conference

25- 27 May, Abu Dhabi

The main focus was on the latest and current clinical practices related to the diagnosis, interventions, and innovative treatments for individuals with congenital and acquired neurological disorders and associated disabilities.



BLS training

25 May

Basic life support course was organized for FCHS staff. The idea is that each department has a registered BLS course instructor so that BLS course should be offered to all students before going to clinical practice.



Critical Thinking for Better Decisions, MBZU 5th June

The Critical Thinking for Better Decisions aims to developing a foundational level of understanding in the Strategic Thinking and Impactful Decision-Making Competencies. The workshop was highly energetic, filled with discussions, brainstorming sessions, and exercises that significantly enhanced the understanding of the theme's objectives.



Global Awareness Day of Scoliosis 26th of June, ZHO

Scoliosis is a common deformity in children with neuromotor disorders. This education showed the specificity of the therapeutic approach in management of Scoliosis focusing on new surgery option using artificial intelligence and 3 D printing, brace management. Two girls with scoliosis shared their experiences of accepting the diagnosis and reflected on the challenges during treatment.



FCHS ACTIVITIES

World Cancer Day

8th February

An international awareness day was held in FCHS AAN and AUH campus. The physiotherapy students raise awareness about the importance of exercise for cancer patient

Abu Dhabi



Al Ain



FCHS-AA Open Day 22nd February

Physiotherapy Year 1 And Year 2 students participated in this event along with all the physiotherapy staff.



FCHS-AUH Open Day - 22nd February

Open day event for high school students is a great opportunity to get the chance to explore all different majors available at the college. Physiotherapy students demonstrate physiotherapy treatment for a case.



Cultural Day – AUH 7th March

Physiotherapy students Show the culture for Mexico and Japan . As for the voting of all FCHS students and staff the top 3 best booth, Japan took the 3rd place.



Book Mark Design Competition 1st,May



Fatema Humaid Al Zaabi
4th year student

"I don't like the idea of defining who I am as physiotherapy student only, anyone can be one to honest but in fact what makes us stand out and be unique are the hobbies and interests and that what made me win the first place in the book mark competition."



Future Medicine Symposium 23 May, FCHS, Abu Dhabi

The symposium included 28 student poster presentations from various departments in Abu Dhabi, Al Ain, Ajman, and Al Dhafra, along with 12 staff poster presentations. Each department received an award for the best student poster, with the physiotherapy department winning two awards.



ACPP workshop for students

24 May

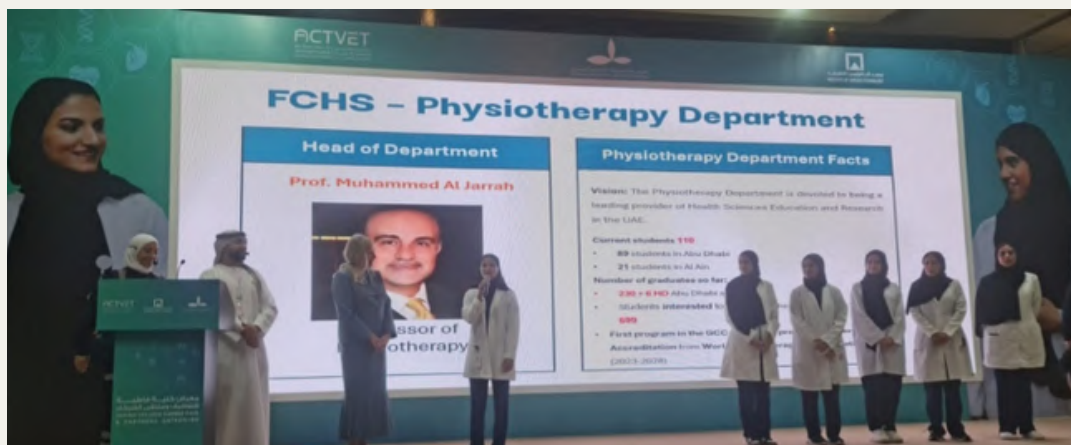
Physiotherapy students attended ACPP workshop to familiarize themselves with expectations, professional obligations, documentation during clinical practice in the summer semester.



Career Day

30 May

Career day was an excellent opportunity for our graduate students to learn more about job opportunities in various healthcare institutions in Abu Dhabi emirate.



Explore potential mutual collaboration with University of Birmingham

3rd June

Dr. Karthikeyan Muthumayandi; the MSc Physiotherapy Program Lead at the University of Birmingham- Dubai visited FCHS Physiotherapy Department on Monday June 3rd to explore the potential mutual collaboration



Advisory board meeting

5th June

All members of the Advisory Board were active in the discussion and made suggestions that would improve the physiotherapy program and community engagement. The feedback of our partners will be taken into consideration for curriculum update in order to better prepare students for practice



Workshops- Sport Physiotherapy

6 June

As part of the elective course, sports physiotherapy experts held lectures and workshops to understand the area of sports physiotherapy and specifics of working with athletes in the UAE.



Multiple Sclerosis Association visited FCHS

12th Jun

The leadership of the Multiple Sclerosis Association visited FCHS to continue the cooperation agreements with the Department of Physiotherapy.



Napo-FCHS Open day

26th June

The event was successful with lots of students and their parents who were interested in Physiotherapy program. Our final year student Fatima Alzaabi took the initiative to orient the students about the program and the study plan. A tour for the labs was provided for the students and their families.

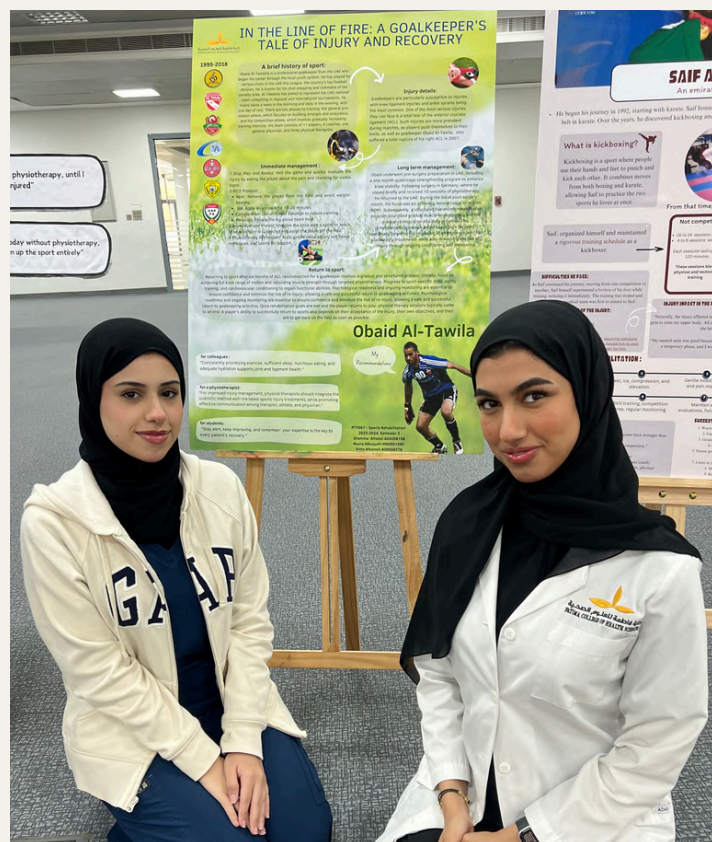


Poster Presentation 28, Jun



“As a student, I greatly enjoyed this section of the Sports Physical Therapy course. It provided us with the opportunity to research experienced athletes whose sports led to injuries. Some of these athletes had to stop, but most maintained their passion and, with the help of physical therapy specialists, returned to the field with strength and enthusiasm. An important aspect was the experience we gained in conducting interviews, gathering information, and being encouraged by the athletes to work hard to become part of the specialized sports physical therapy community.”

Noura Ismail Albloushi - 3er year student



Activities

Arab health Exhibition 29- January , Dubai

This exhibition is an excellent opportunity to see the latest devices, equipment in rehabilitation and for students to get acquainted with high-tech devices such as robots, virtual reality, and artificial intelligence.



Collaboration Research between FCHS, Emirates Society of Rehabilitation & Sports Medicine and Abu Dhabi Aquatics Club

6th March

The collaborative investigation into the effects of Ramadan fasting on athletes' physical performance and anthropometric indicators is set to significantly advance sports science, nutrition, and athlete management fields. By delivering concrete evidence on how fasting affects athletic performance and physical characteristics, the study supports athletes in fine-tuning their training and dietary plans during Ramadan.

A significant contribution to the project comes from Physiotherapy Students at FCHS, who have volunteered to assist with the data collection, further emphasizing the community's commitment to this study.



Emirates Skills 22-24 April

FCHS students participate in Emirates Skills competitions, as well as Mrs. Ana Anjos who evaluate student performance.



The physiotherapy department supports this important competition.



Special Olympics 8th of June

In the collaborative effort between Fatima College of Health Sciences (FCHS) and the Emirates Society of Rehabilitation and Sports Medicine (ESRSM), FCHS Alumni played a crucial role in the Medical Team, delivering specialized rehabilitation and support services at the Special Olympics.



PHYSIOTHERAPY STAFF PUBLICATIONS

Dr Salwa Ali ElSobkey

- El-Sobkey, S. B., Banu, S. B., Hammoud, E., Salih, S., Sachdeva, M., Kamil, N., Aldawsari, A. N., & Cottam, S. (2024). Test Anxiety Among Health Profession Students: A Cross-Sectional Survey at Fatima College of Health Sciences in Al Ain, UAE. Fortune Journal of Health Sciences, Vol.7, 1.

Dr Sunitha Mysore

- Mysore, S., Gabor G. M., Farghaly A. A. (2024). Validity, utility, and reliability of Assessment of Clinical Performance in Physiotherapy (ACPP-N) for novice physiotherapy students. African Journal of Biological Sciences, Vol.6, 2.

Dr. Shaik Balkhis Banu

- Shaik Balkhis Banu, Suresh Kumar K, Priya J et al, Towards a framework for Performance Management and Machine Learning in a Higher Education Institution, Journal of Informatics Education and Research, ISSN: 1526-4726, Vol 4 Issue 1 (2024).
- Shaik Balkhis Banu, Thamaraiselvi P, Saravana Kumar G et al, Improving Educational Performance through Effective Performance Management Systems, Journal of Informatics Education and Research, ISSN: 1526-4726, Vol 4 Issue 1 (2024).
- Shaik Balkhis Banu, Bhaskara Srinivas, K. K. Ramachandran, Anilkumar Suthar, Devleena Banerjee, Punit Pathak, Impact of leadership development in improving workplace communication and working environment, Journal of Informatics Education and Research, Issue Vol. 3 No. 2 Dec (2023).
<https://doi.org/10.52783/jier.v3i2.416>

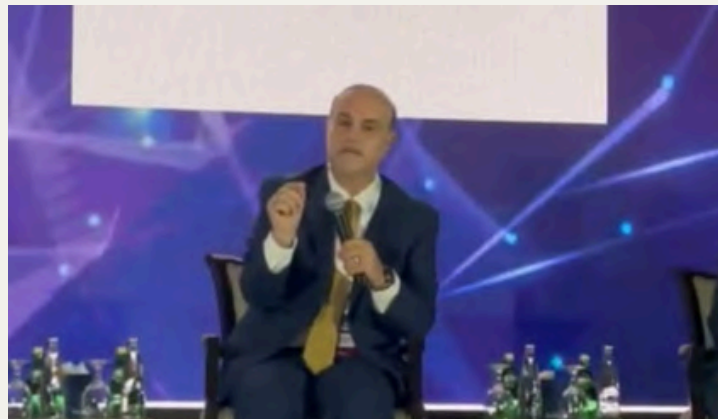
Dr Dragana Djuric

- Djuric D., Mysore, S. (2024). Perspective of robotic-assisted treadmill training in children with cerebral palsy on motor functions and gait, Serbian Archive for Medicine.
- Djuric D., Updating the course syllabus of pediatric physiotherapy at entry level educational program - our experience, Challenges of Contemporary Higher education (CCHE), Kopaonik January 29th- February 3rd, 2024., Book of Proceeding, Vol 2., 283-286

SPEAKERS AT CONFERENCES

Dr Muhammad Al Jarrah

- Al Jarrah M. (2024, 12-14 th January), Evidence based practice in management of shoulder pain in stroke survivals, Al Ain Neurology Conference, Al Ain.



Dr Sunitha Mysore

- Mysore S. (2024, 12-14 th January), Stroke Rehabilitation: Current evidence, challenges and future direction, Al Ain Neurology Conference, Al Ain

Dr Salwa Ali ElSobkey

- El Sobkey S. (2024, 10-11 th February), Test Anxiety Among Health Profession Students: A Cross-Sectional Survey at Fatima College of Health Sciences in Al Ain, United Arab Emirates [Poster presentation]. 2nd Emirati Conference on Medical Education, United Arab Emirates University, Al Ain, UAE.



Mrs. Ana Anjos

- Anjos A. (2024, 17th February). Exploring Pedagogical Dissonance in Including Acupuncture Treatment Approach into a Western Biomedical Evidence-Based Physiotherapy Curriculum. International Knee and Spine Conference, Dubai.



Dr Dragana Djuric

- Djuric D., (2024, 1st February), Updating the course syllabus of pediatric physiotherapy at entry level educational program - our experience, [online presentation]. Challenges of Contemporary Higher education (CCHE), Kopaonik, Serbia
- Djuric D., (2024, 20 th February), Current Evidence on Early Diagnosis of Cerebral Palsy- Where are we in the UAE ?, 1st Therapeutic Innovation Forum, ZHO for People of Determination, Abu Dhabi, UAE.



Dr Balkhis Banu

- Banu B., (2024, 12-13 th April), A Comparative Study Revealing the Behavioral Difference Between Autistic and Healthy Adults. 10th International Conference on Communication and Signal Processing - ICCSP 2024- Biomedical Healthcare and Sports Engineering, IEEE – Advancing Technology for Humanity, Tamil Nādu, India.
- Banu B., (2024, 12-13 th April), Awareness with Accuracy: A Study Representing the Acceptance of Autistic People in the Society. 10th International Conference on Communication and Signal Processing - ICCSP 2024- Biomedical Healthcare and Sports Engineering, IEEE – Advancing Technology for Humanity, Tamil Nādu, India.
- Banu B., (2024, 12-13 th April), High Heels Are No More an Accessory of Fashion for Women- A Study Unrevealing the Health Effects of Wearing High Heels. 10th International Conference on Communication and Signal Processing - ICCSP 2024- Biomedical Healthcare and Sports Engineering, IEEE – Advancing Technology for Humanity, Tamil Nādu, India.

TEAM BUILDING ACTIVITIES

The Physiotherapy department meeting was an excellent opportunity to summarize the results of 2nd semester and at the same time to celebrate our staff who received a promotion.



TEAM BUILDING ACTIVITIES



Team building activities with the psychology department of FCHS