

# Program Overview

DAY 1   30 April 2015 - Thursday	
08:30 - 10:00	Registration
10:00 - 11:00	Opening Ceremony
11:00 - 11:30	Coffee Break
11:30 - 13:00	Session 1: Impact of Family Medicine in Health Care System
13:00 - 14:00	Lunch Break
14:00 - 15:00	Session 2: FM: The Best Investment In Achieving Stable, High Quality Health Care
15:00 - 15:30	Coffee Break & Poster Walk
15:30 - 16:30	Session 3: Training/research/ Medical Education/ Evidence Based Medicine
16:30 - 17:30	Session 4: Quality & Accreditation
17:30 - 18:30	Session 5: Oral Presentations

DAY 2   1 May 2015 - Friday	
08:30 - 10:30	Session 6: Non-Communicable Diseases
10:00 - 10:20	Coffee Break & Poster Walk
10:20 - 12:00	Session 7: Emerging Topics
12:00 - 14:00	Friday Prayers & Lunch Break
14:00 - 15:00	Session 8: Challenges in Family Medicine
15:00 - 16:20	Session 9: Well Being
16:20 - 16:40	Coffee Break & Poster Walk
16:40 - 18:30	Session 10: Oral Presentations
20:00 - 22:30	Conference Dinner

DAY 3   2 May 2015 - Saturday	
09:00 - 10:00	Session 11: Oral Presentations
10:00 - 11:20	Session 12: Mental Health
11:20 - 11:40	Coffee Break & Poster Walk
11:40 - 13:00	Session 13: All Age Group Health Care
13:00 - 14:00	Lunch Break
14:00 - 15:00	Session 14: Oral Presentations
15:00 - 15:40	Session 15: Palliative Care
15:40 - 16:00	Coffee Break
16:00 - 17:00	Session 16: Oral Presentations
17:00	Appreciation and Closing Ceremony

# Scientific Program

Day 1 - 30 April 2015 , Thursday

*Sheikh Maktoum Hall*

Time	Topic	Faculty
08:00 – 10:00	Registration	
10:00 - 11:00	Opening Ceremony	
11:00 - 11:30	Coffee Break	
11:30 - 13:00	Session 1: Impact Of Family Medicine In Health Care System	Chairperson: Dr. Hamad Al Ghaferi
11:30 - 12:00	WONCA and Family Medicine in the Eastern Mediterranean Region - New Opportunities and Challenges	Prof. Michael Kidd
12:00 - 12:30	WHO and WONCA Collaboration in Eastern Mediterranean Region	Dr. Sameen Siddiqi
12:30 - 13:00	Challenges in Family Medicine - Ten Key ways to Survive and Thrive	Prof. Amanda Howe
13:00 - 14:00	Lunch Break	
14:00 - 15:00	Session 2: FM: The Best Investment In Achieving Stable, High Quality Health Care	Chairpersons: Dr. Afaf Sayed Jaffer Dr. Ersin Akpinar
14:00 - 14:20	Smart Innovations in Health Care	Dr. Mohammed Redha
14:20 - 14:40	Family Medicine & Health Economics	Dr. Al Tejani H. Hussin
14:40 - 15:00	Using Health Informatics to Improve the Delivery of Primary Care	Dr. Karen Kinder
15:00 - 15:30	Coffee Break	
15:30 - 16:30	Session 3: Training/research/ Medical Education/ Evidence Based Medicine	Moderator: Dr. Afaf Sayed Jaffer
15:30 - 16:30	Learn From Experts	Panelists: Dr. Amer Sharif Dr. Nawal Alkaabi Prof. Taghreed Farhat
16:30 - 17:30	Session 4: Quality & Accreditation	Chairpersons: Dr. Mouza Al Sharhan Dr. Wadia Mohamed Sharif Prof. Taghreed Farahat
16:30 - 16:50	Dimensions Of Patient Safety In Primary Healthcare	Dr. Ghada Barakat
16:50 - 17:10	Accreditation in FM Facility: A True Story	Dr. Mariam Shaker
17:10 - 17:30	The Principles Of Family Medicine – Evolving Concepts that Shape the Future of Primary Care	Prof. M Jawad Hashim
17:30 - 18:30	Session 5: Oral Presentations	Chairpersons: Dr. Hamda Khansaheb Dr. Wedad Al Madoor

# Scientific Program

Day 2 - 1 May 2015 , Friday

*Sheikh Maktoum Hall*

Time	Topic	Faculty
08:30 - 10:00	Session 6: Non-Communicable Diseases	Chairpersons: Dr. Abdul Munem Al Dabbag Dr. Naheed Monsef
08:30 - 08:50	Current Therapies in Management of Type 2 Diabetes with Focus on SGLT2I	Prof. Salem Beshyah
08:50 - 09:10	Diagnostic And Screening Approaches To The Breast	Dr. Karen Flegg
09:10 - 09:30	Choosing the Optimal Combination is a Science not an Art	Dr. Arvinder Grover
09:30 - 10:00	NCD Crisis in the Arab World: A Drive of Family Physicians	Dr. Mohammad Rasoul Tarawneh
10:00 - 10:20	Coffee Break	
10:20 - 12:00	Session 7: Emerging Topics	Chairpersons: Dr. Wedad Al Maidoor Dr. Huda Al Duwaisan
10:20 - 10:40	Men's Health	Prof. Mohammed Al Shafae
10:40 - 11:00	Update In HIV For Primary Healthcare Physician	Dr. Hassan Haji Shuri
11:00 - 11:30	UTI Updates and Management	Dr. Fariborz Bagheri
11:30 - 12:00	Respiratory Infectious Diseases	Dr. Bassam Mahboub
12:00 - 14:00	Friday Prayers & Lunch Break	
14:00 - 15:00	Session 8: Challenges in Family Medicine	Chairpersons: Dr. Ashraf Swidan Dr. Ahd Qassim Shahin
14:00 - 14:20	Importance Of Health Insurance	Dr. Haider Al Yousuf
14:20 - 15:00	Debate in FM	Presenters: Dr. Rihab Al Wotayan, Dr. Alaa El Deen Al Bashir
15:00 - 16:20	Session 9: Well Being	Chairpersons: Dr. Haifa Fares Prof. Mohammed Al Shafae
15:00 - 15:20	Cancer Screening & Prevention	Dr. Jalaa Taher
15:20 - 15:40	Early Signs and Symptoms of Women Cancer	Dr. Karim Elmasry
15:40 - 16:00	Wellness at the Workplace	Dr. Mansoor Anwar
16:00 - 16:20	Behavioural Change /Life Style	Dr. Naget Elhag
16:20 - 16:40	Coffee Break	
16:40 - 18:30	Session 10: Oral Presentations	Chairpersons: Dr. Tareq Momani Dr. Maha Saheb

# Scientific Program

Day 3 - 2 May 2015 , Saturday

*Sheikh Maktoum Hall*

Time	Topic	Faculty
09:00-10:00	Session 11: Oral Presentations	Chairpersons: Dr. Fatima Zahra Dr. Ayesha Abdulla
10:00 - 11:20	Session 12: Mental Health	Chairpersons: Dr. Hany Swidan Dr. Suad Hashim
10:00 - 10:20	Depression In Primary Health Care: Burden, Diagnoses and Management Standardization	Dr. Fatma Al Attar
10:20 -10:40	Drug Addiction	Brig Dr. Ali Singel
10:40 - 11:00	Child & Women Abuse	Dr. Lori Schwab
11:00 - 11:20	Counselling Skills	Dr. Nagwa Nashat
11:20 - 11:40	Coffee Break	
11:40 - 13:00	Session 13: All Age Group Health Care	Chairpersons: Dr. Maha Saheb Dr. Kalthoom Albalooshi
11:40 - 12:00	Youth & School Health	Dr. Hamed Hussain
12:00 - 12:20	Healthy Aging	Dr. Ahmed Mohamed Foul
12:20 - 12:40	Rash and Fever in Children	Dr. Hanan Alhammadi
12:40 - 13:00	Trulicity-new Era In GLP-1 Therapies	Dr. Thomas Forst
13:00 - 14:00	Lunch Break	
14:00 - 15:00	Session 14: Oral Presentations	Chairperson: Dr. Noura Al Suwaidi
15:00 - 15:40	Session 15: Palliative Care	Chairpersons: Dr. Nagwa Nashaat Dr. Rihab Al Wotayan
15:00 - 15:20	Home Health Care	Dr. Amal Al Jaziri
15:20 - 15:40	Wound Care & Mangement	Dr. Sameer Assar
15:40 - 16:00	Coffee Break	
16:00 - 17:00	Session 16: Oral Presentations	Chairperson: Dr. Mansoor Anwar
17:00	Appreciation and Closing Ceremony	

# Oral Presentations Sessions

Thursday, 30 April 2015 (17:30 – 18:30)

**Chairpersons: Dr. Hamda Khansaheb, Dr Wedad Al Maidoor**

**Theme: Training/Research/Medical Education/Evidence based Medicine**

Evaluation of the Use of Information and Communication Technology (ICT) in Family Medicine Postgraduate Training in Gezira, Sudan

*Steinar Hunskaar, Professor, University of Bergen, Bergen*

The Attitude, Practices and Preferences of Primary Care Physicians for Continuing Medical Education

*Mohammed Al Eithan, Consultant Family Physician, Ministry of Health, Saudi Arabia*

The Impact of Multithematic Longitudinal Curriculum in Family Medicine on Career Choices in Undergraduate Medical Students

*Sreyosh Alam, Medical Student, Alfaisal University, Saudi Arabia*

Learning Environment for Medical Professionalism at Sultan Qaboos University

*Yousef Al Weshahi, Head, Medical Education Unit, College of Medicine Sultan Qaboos University, Oman*

Ultrasound training for Family Physicians

*Patricia Mcwalter, Consultant Family Physician, King Faisal Specialist Hospital and Research Centre, Saudi Arabia*

**Theme: Age Group Health Care**

Implementing Saudi Elderly Health Strategy - Challenges and Opportunities

*Maysoon Al-Amoud, Elderly Care Program Manager, Ministry of Health, Saudi Arabia*

# Oral Presentations Sessions

Friday, 01 May 2015 (16:40 – 18:30)

**Chairpersons: Dr. Tareq Momani & Dr. Maha Saheb**

## *Theme: Quality & Performance*

Home Health Care Quality Indicators KSA 2014: A Review Study

*Aeshah Alsagheir, Ministry of Health, Saudi Arabia*

Client Perception of the Effectiveness of Communication Skills of Health Education Providers at Primary Health Care Centers

*Selwa Yacoub, Assistant Professor, AlKindy College of Medicine /Ministry of Higher Education, Iraq*

## *Theme: Investment in Achieving Stable, High Quality Health Care*

Information and Communication Technologies (ICT) in Primary Health Care Facilities in Egypt

*Nagwa Hegazy, Lecturer of Family Medicine, Menofia University, Egypt*

## *Theme: Non Communicable Diseases (NCD)*

Impact of Chronic Illnesses on Patients and Their Families

*Youssef Nauf, Faculty & Sr. Consultant FM, PHCC, Qatar*

Living with HIV- Experience of Adolescent Girls in South India

*Mamatha Shivananda Pai, Professor, Manipal College of Nursing Manipal, Manipal University, India*

Health Transitions in the United Arab Emirates: Using Chronic Care Model to guide Primary Health Care Reform

*Marilia Bettencourt-Silva, Researcher, Instituto de Higiene e Medicina Tropical, Portugal*

## *Theme: Healthcare Strategies & Health Performance*

Impact of 'Healthy Home Contract' on Life Style of Families Inhabiting Military City in Tabuk, Saudi Arabia; An Innovative Tool of Health Education

*Tariq Shaqran, Senior Consultant, Military Hospital, Saudi Arabia*

# Oral Presentations Sessions

## *Theme: Impact of Family Medicine in Health Care System*

The impact of the 'Family Health Team'(FHT) on the quality of PHC- UNRWA experience  
*Ali Khader, Family Health Team Coordinator, UNRWA, Jordan*

Gezira/Sudan Family Medicine Program from Trial to Reality, and its impact on improving the health services

*Salwa Elsanousi, Associate Professor, Department of Community Medicine, Faculty of Medicine, University of Gezira, Sudan*

Saturday, 02 May 2015 (09:00 – 10:00)

**Chairpersons: Dr Fatima Zahra & Dr Ayesha Abdulla**

## *Theme: Well Being*

Prevention and Screening for Iron Deficiency and Iron Deficiency Anaemia in Children 0-3 years old:  
A Review of International Guidelines

*Ruba Jaber, Assistant Professor, University of Jordan, Jordan*

Uncertainty in General Practice

*Ahmad Alkhatib, Senior Registrar, Prince Sultan Military Medical City, Syria*

## *Theme: Non Communicable Diseases (NCD)*

Community Based Intervention for Prevention of Non-Communicable Disease Risk Factors in Sousse, Tunisia 2009-2014

*Jihene Maatoug, Assistant Professor in Community Medicine Department of Epidemiology, University Hospital Farhat Hached, Tunisia*

Psychosocial Impact of Breast Cancer Diagnosis amongst Omani Women

*Mohammed Al-Azri, Associate Professor, Sultan Qaboos University, College of Medicine and Health Sciences Oman*

Metabolic Syndrome in Osteoporotic Postmenopausal Women attending a Family Practice Clinic in Jordan

*Nada Yasein, Head of Family Medicine Department, Jordan University /Medical School, Jordan*

Advances in Hypertension Management

*Bader Almustafa, Senior Consultant, Qatif PHC, Saudi Arabia*

# Oral Presentations Sessions

Saturday, 02 May 2015 (14:00 – 15:00)

**Chairperson: Dr Noura Al Suwaidi**

## Theme: Age Group Health Care

Contraception Practice among Jordanian Women at Jordan University Hospital General Practice  
*Suha Khalifa, Assistant Professor, University of Jordan, Jordan*

Utilization of School Health Services Provided to School Children by Family Physician in Menoufia,  
Egypt

*Aml Salama, Lecturer of Family Medicine, Faculty of Medicine, Menoufia University, Egypt*

## Theme: Training/Research/Medical Education/Evidence based Medicine

Sleep Hygiene Pattern of Medical Students at College of Medicine, King Faisal University: 1st  
Phase of an Intervention Study

*Muhammad Talha Khan, Lecturer King Faisal University, Saudi Arabia*

## Theme: Challenges in FM

The Impact of Female Genital Mutilation Worldwide

*Sinan Jabbar, General Practitioner/Family Physician, NHS Primary Care, United Kingdom*

Breaking Bad News - Can We Do Better?

*Mohamud Verjee, Associate Professor of Family Medicine, Weill Cornell Medical College, Qatar*



# Oral Presentations Sessions

Saturday, 02 May 2015 (16:05 – 17:05)

**Chairperson: Dr Mansoor Anwar**

## Theme: Mental Health

Perceived Breathlessness and Psychological Distress among Patients with Chronic Obstructive Pulmonary Disease and their Spouses

*Ekhlal Al-Gamal, Associate Professor, University of Jordan, Jordan*

Knowledge, Attitude, And Practice Of Primary Health Care Physicians: A Survey To Explore Referral, Satisfaction, And The Perceived Obstacles In Providing Care To Children And Adolescents With Mental Health Problems In Primary Care

*Nadeer Alkhadhrawi, Consultant, Prince Sultan Military Medical City, Saudi Arabia*

Antepartum Depression: Prevalence in Muscat Region, Outcome of Pregnancy and the Risk of Developing Postpartum Depression

*Maisa Al-Kiyumi, Family Medicine Resident, R4, Oman Medical Specialty Board, Oman*

Depressive Symptoms among Secondary School Students: Prevalence and some Associated Factors

*Sami Ahmad, DHA, United Arab Emirates*

*Saif Darwish, HAAD, Head of Cancer Prevention And Control Section, United Arab Emirates*

## Theme: Diabetes

A 'Fly on the Wall' in Primary Care: Observations of How Health Professionals Approach Diabetes Prevention for at Risk-Patients in Routine Consultations in Primary

*Josie Messina, Researcher, University of Manchester, United Kingdom*

Optimum Management of Diabetes in an Underserved Community

*Syed Azhar, Professor, University of Texas Medical Branch, United States*

## Theme: Well Being

Women's Knowledge of Coronary Heart Disease Risk Factors and Prevention at Primary Care Level, Eastern Saudi Arabia

*Nawal AlQahtani, Family Medicine Consultant and Trainer, Ministry of Health, Saudi Arabia*

Effectiveness of Antepartum Breathing Exercises on Outcome of Labor

*Sushmitha Karkada, Asst Professor, Manipal College of Nursing Manipal, India*

# Workshops

## Workshop 1

Initiating Type II Diabetes Patients on Insulin

*30 April 2015, Thursday | 11:00 - 13:00 | Dubai D*

Workshop Director: Prof. Thomas Forst

*Endocrinologist and Diabetologist, CEO of Profil Mainz GmbH & Co KG, Mainz, Germany*

Role of patient education in regards of their treatment is very important. The workshop will discuss the barriers and concerns that a physician faces from patients to start on insulin injections for their diabetes treatment. The attendees will then discuss the options of diabetes treatments and further explore on how and when should the patient start on insulin treatments. It will also cover the role of patient education in insulin initiation.

## Workshop 2

Accu-chek Connect: Better Connected For Better Decisions

*30 April 2015, Thursday | 15:30 - 17:00 | Dubai D*

Workshop Director: Mr Christopher Grams

*Group Marketing Manager, Roche, United States of America*

The workshop will start with presentation on digital health while would take attendees on a journey of Roche Diabetes Care DMS from past till present. The attendees will be able to explore into key trends in digital health today in the dynamic and fast growing space. There will be system demonstration of Accu-Chek Connect's new platform along with video testimonials person with disabilities from South Africa about its usage and access.

The floor will open for discussion on future of mobile/web technologies inquiring how mobile/web technologies can and clinical decisions support can benefit patients and HCPs in future and how Accu-Chek Connect can enhance to meet standards for patients and HCPs in the Middle East.

## Workshop 3

Life Transitions And Resilience In The Workforce

*1 May 2015, Friday | 09:30 - 10:45 | Dubai D*

Workshop Director: Dr. Amanda Howe

*President Elect-Wonca, Vice Chair of Council UK RCGP, United Kingdom*

WONCA, the Global Family Doctor organization, is the parent organization for the Working Party on Women and Family Medicine (WWPWFM). The WWPWF is an international network of family doctors whose mission is promoting gender equity and the wellbeing of women in family medicine. Membership of the WWPWF is open to any person (male or female) who is a general practitioner or family doctor and interested in this area.

A group of WWPWF members are currently undertaking a global qualitative research project to determine the factors involved in maintaining the professional resilience of women primary care doctors during times of lifecycle transition, such

## Workshops

as marriage, motherhood, and caring for aging parents. The workshop will begin with a presentation of the findings of a literature review regarding women family doctors' professional resilience during lifecycle transitions. This shows how particular lifecycle events may affect women family doctors, how this may challenge professional resilience, and highlights strategies that have been shown to help support women through these events. Workshop participants will then be asked to discuss the issues raised and consider the challenges faced by women physicians during lifecycle events, and strategies and solutions for maintaining professional resilience during lifecycle events, ending with a summary to identify common themes. The output of the workshop will be used to identify themes for further exploration within later interviews and groups in the project.

Workshop Objectives:

1. To explore the concept of professional resilience.
2. To explore the particular challenges to resilience faced by female physicians.
3. To explore strategies and solutions for maintaining professional resilience during lifecycle events.
4. To build into future qualitative research into these issues.

### Workshop 4

Ultrasound in IBD

1 May 2015, Friday | 10:00 – 10:45 | 11:00 – 11:45 | Exhibition Area

Workshop Director: Ms Katherine Obsilla

*Ultrasound and Sonography Specialist, Bayti Healthcare, Phillipines*

This highly interactive workshop will start with short presentation on the benefits ultrasound brings to inflammatory bowel disease management followed by live ultrasound session. The attendees will be able to learn through live endoscopy sessions and exercise on reading ultrasound results.

### Workshop 5

EBM + Ethical Workshop

1 May 2015, Friday | 15:00 - 17:00 | Dubai D

Workshop Director: Dr. Ebtihal Darwish

*Consultant Family Physician, General Manager, ETHRAA for Consultation & Training, UAE*

EBM is form of medicine that aims to optimize decision-making by emphasizing the use of evidence from well designed and conducted research. Deeper understanding of the definition of EBM indicate that EBM is not research only, however, it takes the doctor's and the patient's experience and value into account.

EBM was first described by Sackett, in late 1970's and early 1980's when he published series called "The Reader Guide to Medical Literature" and he provide a guide to critical reading of different types of study designs. However, in early 1990's, there was a need to review this new concept, so Gordon Guyatt\* led a team and they reviewed Sackett's Series and renamed it to "The User Guide to Medical Literature" and he suggested the name of Evidence Based Medicine.

As a concept EBM seems to be new, several resources and skills are needed in order to practice EBM effectively. One of the most important needed skills is the critical reading, which is usually marked by physicians as the most difficult step.

This workshop will discuss the definition, steps and limitations of EBM with great focus on the critical reading.