



جامعة السلطان قابوس
Sultan Qaboos University

2024

ANNUAL REPORT

OFFICE OF ASSISTANT DEAN FOR

TRAINING AND COMMUNITY SERVICES

Dr. Mickael Joseph
Assistant Dean for Training and Community Services

COLLEGE OF NURSING



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CONTENTS

Message from the Assistant Dean for Training and Community Services	4
Sustainable Development Goals (SDGs) Targeted	6
Voices of Collaboration: Partner Testimonials	7
Training & Community Service for Year 2024	8

11

OFFICE OF THE ASSISTANT DEAN FOR TRAINING AND COMMUNITY SERVICES

AQRAN: "Future Healers Empowering Each Other"	12
Health Awareness Day for Omani Women "Your Health, Our Priority"	14
Workshop on Stress Management Before the Examination (فضي دماغك)	16
Fostering Students' Engagement Through the Gamification	18
Resilience and Mindfulness Meditation	20
Ejada Workshop	22
Enriching Learning Experience Through Active Learning Strategies	24
Empowering the Next Generation of Nursing Leaders	26
Students' Health and Well-Being: A Holistic Approach to Success	28
AI in Research	30
The Taste of the Mind: Where Science and Cooking Meet	32
Fire Awareness Workshop	34

37

OFFICE OF ASSISTANT DEAN FOR UNDERGRADUATE STUDIES

RAP for Advisors - Empowering Our Advisee Academic Success	38
--	----

41

OFFICE OF ASSISTANT DEAN FOR POSTGRADUATE STUDIES AND RESEARCH

Encouraging Academic Staff & Researchers to Apply for Consultancy Projects	42
--	----

45

OFFICE OF NURSING QUALITY ASSURANCE AND ACADEMIC ACCREDITATION

Student Retreat	46
-----------------	----

49

NURSING LABORATORY AND SIMULATION UNIT

Virtual Reality Simulation in Nursing Education	50
---	----

53

ADULT HEALTH AND CRITICAL CARE DEPARTMENT

Health Awareness Day	54
12 th Evidence-Based Practice (EBP) Workshop for Nurses	56
Arrhythmia (Basics and Abnormal Rhythms)	58
Workshop - First Aid	60
2 nd Health Awareness Day	62

65

COMMUNITY AND MENTAL HEALTH DEPARTMENT

World Mental Health Day Awareness Exhibition	66
--	----

69

FUNDAMENTALS AND ADMINISTRATION DEPARTMENT

First Aid Workshop for Philippine School	70
Empowering Nursing Group Students' Leadership Skills: I AM A Leader	72
Leadership Principles: Transforming Teams & Driving Change	74
Basics of SPSS for Healthcare Providers 2024	76

79

MATERNAL AND CHILD HEALTH DEPARTMENT

Promote Mental Health of Children with Discipline, Love, and Limits	80
Celebrating Motherhood - Mother's Day Activity	82
Women Health Awareness Exhibition	84
The Effects of Screens on Children	86

89

RISK COMMITTEE

First Aid Workshop for School Students	90
First Aid Training Program for the Seeb International School	92
First Aid Training Workshop in Bidbid	94

97

NURSING GROUP

First Aid Workshop for College of Education's Students	98
Nursing Group Closing Ceremony	100
Orientation Day for New Students - NABD	102
Majors Fair	104
Nursing Group's Opening Event - MIDAD	106
First Aid Workshop "Your First Step"	108
National Day Celebration	110
Graduation Ceremony	112

115

EXTERNAL AFFAIRS AND PARTNERSHIPS

Duke Summer Exchange Program - 2024	116
Virtual Exchange - Kennesaw State University	118
Virtual Exchange - Jordan University	120
Global Perspectives on Climate Science & Health	121
Joint Research Workshop between SQU and Fudan University	122

MESSAGE FROM THE ASSISTANT DEAN FOR TRAINING AND COMMUNITY SERVICES



The year 2024 has been a remarkable one for the College of Nursing, filled with impactful events and initiatives that we are proud to have achieved. More than 44 workshops and community service activities were organized through the collective efforts of the various offices of the Assistant Deans, college units, departments, committees, and the Nursing Group. These initiatives reflect our commitment to fostering academic excellence, professional development, and community engagement.

Our student-focused workshops provided essential support to enhance their academic success, manage stress effectively, develop leadership skills, and familiarize them with accreditation processes. Faculty members benefited from training sessions designed to strengthen their use of active learning strategies, integrate emerging technologies into their teaching, and advance their research capabilities while building resilience. In collaboration with healthcare professionals, we conducted specialized workshops for nurses, focusing on evidence-based practices and arrhythmia management, ensuring that clinical expertise aligns with the latest advancements in patient care.

Beyond the academic and professional domains, our outreach extended to the broader community, particularly women and families. We empowered women with knowledge about their health, celebrated motherhood, and provided essential education to families about child development and mental health. Additionally, the general public benefited from initiatives

aimed at promoting mental well-being and equipping individuals with life-saving first aid skills, fostering a healthier and safer society.

We also expanded our global reach through collaborations with prestigious international institutions, including Duke University, Kennesaw State University, the University of Jordan, Fudan University in China, Villanova University, and others. These partnerships provided invaluable opportunities for both students and faculty, including physical exchange programs, virtual exchange programs, joint online courses on climate change, and research collaborations. Through these initiatives, our students gained exposure to diverse healthcare systems, global nursing practices, and interdisciplinary approaches, while faculty engaged in high-impact research workshops, further strengthening our academic and professional networks.

The incredible work accomplished this year aligns with several Sustainable Development Goals (SDGs), reinforcing our role in advancing quality education, good health and well-being, gender equality, climate action, and strong community partnerships.

Our achievements in 2024 exemplify the College of Nursing's dedication to excellence and social responsibility, and I look forward to building on this momentum in the years ahead.

Dr. Mickael Joseph
Assistant Dean for Training and Community Services

SUSTAINABLE DEVELOPMENT GOALS (SDGS) TARGETED

The College of Nursing at SQU actively supports key UN SDGs through community service, academic collaborations, and training programs that enhance health, education, gender equality, climate awareness, and global partnerships.



SDG 3:

GOOD HEALTH & WELL-BEING - Mental health, maternal health, first aid, and emergency response workshops improve community health literacy, while exchange programs foster global nursing leadership.



4

SDG 4:

QUALITY EDUCATION - Training for teachers, students, and healthcare professionals strengthens skills, promotes emerging technologies, and advances evidence-based practice.



5

SDG 5:

GENDER EQUALITY - Women's health awareness campaigns and maternal health workshops empower women and support postnatal mental well-being.



13

SDG 13:

CLIMATE ACTION - The Climate Science and Health Course educates students on climate-related health challenges and mitigation strategies.



17

SDG 17:

PARTNERSHIPS FOR THE GOALS - Collaborations with international universities and community institutions expand academic, research, and health education initiatives.

Through these efforts, the College of Nursing reinforces its commitment to sustainable healthcare education, community engagement, and global collaboration.

VOICES OF COLLABORATION: PARTNER TESTIMONIALS



DR. ANTONIO BONACARO - UNIVERSITY OF PARMA

Serving as an external international examiner at Sultan Qaboos University was a privilege, providing a valuable opportunity to assess nursing students during their OSCEs, engage in insightful discussions on nursing education and research, and witness the university's dedication to excellence in nursing education.



PROF. HU YAN - FUDAN UNIVERSITY

We are delighted to collaborate with the College of Nursing at SQU, and the successful joint research workshop in October 2024 marks a promising beginning; we look forward to expanding our academic partnership further in 2025.



PROF. VINCENZO RUSSO - UNIVERSITY IN MILAN

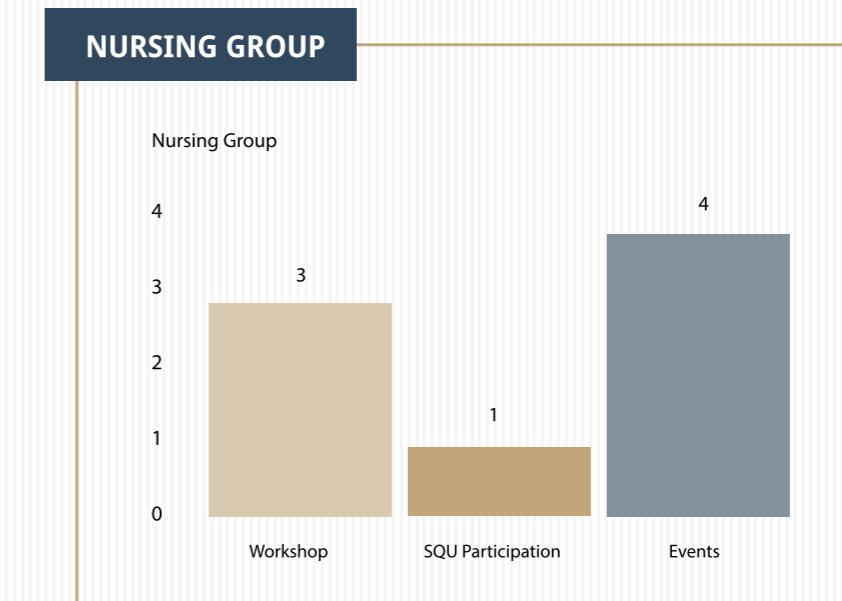
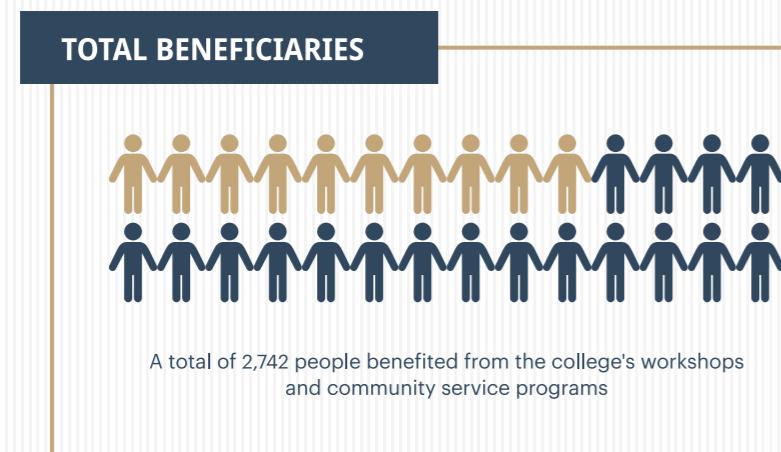
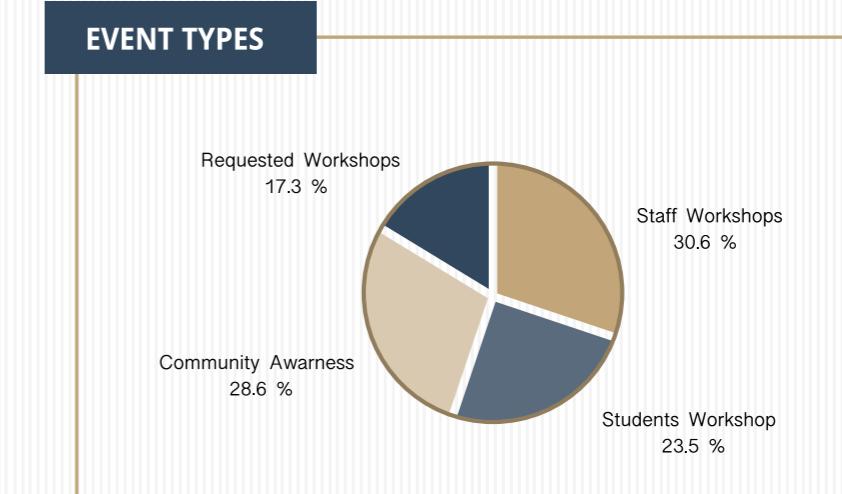
My experience at SQU College of Nursing was very positive, with enthusiastic student engagement and strong interest in neuromarketing. I appreciated the curiosity of both participants and faculty and look forward to future collaborations.



DR. DIANE KEEN - KENNESAW STATE UNIVERSITY

As part of our Nursing Ethics course, we offer a virtual exchange with students from Sultan Qaboos University. This collaboration provides our students with a unique opportunity to engage in cross-cultural discussions and enhance their understanding of ethical practices in nursing. It is a pleasure working with faculty and students from SQU.

TRAINING & COMMUNITY SERVICE FOR YEAR 2024



OFFICE OF THE ASSISTANT DEAN FOR TRAINING AND COMMUNITY SERVICES



COLLEGE OF NURSING

AQRAN: “FUTURE HEALERS EMPOWERING EACH OTHER”

ACTIVITY INFORMATION

Date & Time: 30 January 2024

Location/Venue: SQU, College of Nursing, Room 0067

Faculty/Staff Involved: Ms. Amira Elabasy

PARTICIPANTS & BENEFICIARIES

98 College of Nursing Students

OBJECTIVES OF THE ACTIVITY

1. **Define** the structure and guidelines for peer tutoring initiatives.
2. **Outline** the roles and responsibilities of both tutors and tutees.
3. **Explore** international perspectives on peer tutoring in the nursing field.
4. **Present** successful peer tutoring experiences.



DESCRIPTION OF THE ACTIVITY



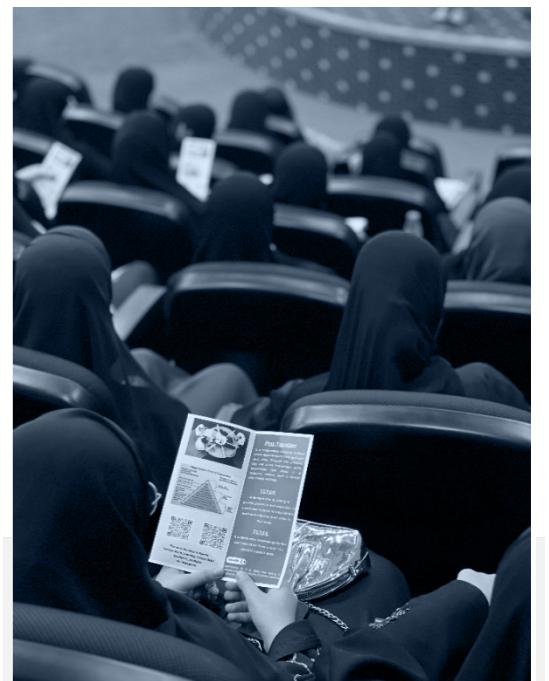
The inaugural AQRAN: “Future Healers Empowering Each Other” event was designed specifically for College of Nursing students at SQU. The event aimed to strengthen peer tutoring initiatives in the nursing field by laying a strong foundation for collaborative learning. Interactive sessions were conducted to define the structure and establish clear guidelines for peer tutoring, ensuring that both tutors and tutees understood their roles and responsibilities.

An international perspective on nursing peer tutoring was also presented, giving students insights into global best practices. The event was further enriched by narratives and testimonials highlighting successful peer tutoring experiences, motivating attendees and fostering a sense of community among participants.

The event provided a comprehensive platform that promoted learning, collaboration, and mentorship. By the end of the session, students felt empowered to participate in peer tutoring, which supports self-directed learning and prepares them to become future educators and mentors in the nursing field.

EVALUATIONS AND RECOMMENDATIONS

The activity was highly successful, with all objectives achieved. Students actively engaged in discussions and expressed interest in future peer tutoring initiatives. The event successfully oriented nursing students toward the concept of peer tutoring, preparing them to become self-learners and future teachers. This foundational knowledge encourages a culture of collaboration and continuous learning within the College of Nursing.



HEALTH AWARENESS DAY FOR OMANI WOMEN

“YOUR HEALTH, OUR PRIORITY”

ACTIVITY INFORMATION

Date & Time: 5 March 2024, 9:00 AM - 11:00 AM

Location/Venue: Al Sahi Al-Ahmar, Funja (السيح الأحمر- فنجا)

Faculty/Staff Involved Ms. Khloud Al-Dameery, Ms. Arwa Obeidat, Ms. Samia Al-Sbri

PARTICIPANTS & BENEFICIARIES

20 Omani women, housewives

OBJECTIVES OF THE ACTIVITY

1. **Assess** the healthcare needs of Omani women (specifically housewives).
2. **Empower** Omani women regarding the importance of maintaining both physical and mental health.
3. **Improve awareness** of first aid management for common home incidents (e.g., burns, bleeding, fractures, choking).

DESCRIPTION OF THE ACTIVITY



This health awareness day took place at Al-Warith School for teaching Quran, coordinated with the local teacher. The session opened with an introduction by Ms. Khloud Al-Dameery, who highlighted the importance of women's health and shared tips on maintaining a healthy family life. Next, Ms. Arwa Obeidat discussed first-aid management for common household incidents—such as burns, bleeding, fractures, and choking—using real-life examples to make the information relatable. Participants raised questions about daily challenges they face, which led to a dynamic discussion and the sharing of personal experiences.

In the third segment, Ms. Samia Al-Sbri demonstrated practical techniques for choking management and proper CPR. Attendees had an opportunity for hands-on practice, which further enhanced their confidence in handling emergencies. By the end of the session, many expressed enthusiasm for the skills they had learned and requested additional workshops covering topics such as epilepsy, diabetes mellitus, and hypertension.

Overall, this initiative helped empower participants to take better care of themselves and their families. It also encouraged open dialogue among attendees, who actively engaged with the presenters and each other, building a stronger sense of community and shared responsibility for health and well-being.

EVALUATIONS AND RECOMMENDATIONS

The activity successfully met its objectives. Participants were highly engaged, asked numerous questions, and requested more frequent sessions on broader health topics. Attendees reported feeling more informed and confident about addressing common health issues at home. Many shared personal success stories and felt proud of their ability to help others. The positive feedback indicates that this type of awareness session has a tangible impact on community health knowledge.



WORKSHOP ON STRESS MANAGEMENT BEFORE THE EXAMINATION (فصي دماغك)

ACTIVITY INFORMATION

Date & Time: 5 March 2024, 9:00 AM - 11:00 AM

Location/Venue: Room 0042, College of Nursing, SQU

Faculty/Staff Involved: Dr. Asma Al Yahyaei, Dr. Amira El Abasy, Ms. Lina Shakman, Ms. Fatema Al Abri, Mr. Mohammed Qutishat

PARTICIPANTS & BENEFICIARIES

55 College of Nursing Students

OBJECTIVES OF THE ACTIVITY

1. Identify different effective studying strategies.
2. Recognize various stress management techniques.
3. Enhance the ability to use summarizing techniques effectively.

DESCRIPTION OF THE ACTIVITY



As the examination period approached, a Stress Management Workshop titled (فصي دماغك) was organized to help College of Nursing students develop strategies to manage academic stress. The primary aim was to provide tools and support that would enable students to handle exam pressure effectively.

The workshop started with an ice-breaking activity where participants shared their feelings about the upcoming exams, fostering an open and supportive environment. This was followed by a guided mindfulness exercise and deep breathing techniques aimed at promoting relaxation and reducing anxiety.

The facilitators also provided study schedule organization tips to help students balance their workload efficiently. In addition, the session included discussions on the importance of regular exercise as a stress-relief strategy. The interactive nature of the workshop encouraged students to actively participate, discuss their concerns, and share personal study techniques.

By the end of the workshop, students reported feeling more prepared to manage stress and equipped with practical techniques to apply during the exam period.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, meeting all objectives. Students found the activities engaging and helpful in reducing their stress levels. The structured approach and interactive elements created a comfortable and supportive atmosphere. The workshop had a positive impact, with several students recommending that similar sessions be conducted every semester. They believed that regular workshops would further enhance their ability to cope with exam-related stress. Based on the positive feedback, it is recommended that stress management workshops become a regular feature each semester, especially before examination periods.



FOSTERING STUDENTS' ENGAGEMENT THROUGH THE GAMIFICATION

ACTIVITY INFORMATION

Date & Time: Wednesday, 15 May 2024, 9:00 AM - 11:00 AM

Location/Venue: Room 0067, College of Nursing, SQU

Faculty/Staff Involved: Dr. Antonio Bonacaro - Associate Professor in Nursing, University of Parma (External Examiner) and Office of the Assistant Dean for Training and Community Service.

PARTICIPANTS & BENEFICIARIES

70 attendees (College of Nursing Faculty, Higher Institute for Health Sciences, Oman College of Health Sciences, Armed Forces Medical School, University of Nizwa, Sultan Qaboos Comprehensive Cancer Center and Research Center).

OBJECTIVES OF THE ACTIVITY

- Illustrate** the role of a table game in promoting team building, time management, communication, and conflict resolution skills among nursing students.
- Discuss** the role of gamification in nursing education.
- Explain** the process of transforming a table game (The Brain Game) into a video game.
- Discuss** the benefits of gamification in educational settings.

DESCRIPTION OF THE ACTIVITY



The presentation focused on the innovative approach of using gamification to enhance student engagement and learning outcomes. Dr. Antonio Bonacaro from the University of Parma, Italy introduced the concept of gamification as a powerful educational tool that integrates game design elements to boost motivation, engagement, and knowledge retention.

He detailed "The Brain Game", a pen-and-paper simulation designed for second-year undergraduate

Nursing students. The game involved small teams assigned various nursing roles, such as junior nurse, senior nurse, and ward manager. Students were given scenarios to analyze and solve within a set timeframe, fostering critical skills such as team building, clinical reasoning, communication, and emotional resilience. The game was structured to challenge students with multiple, evolving scenarios, enhancing their ability to work under pressure.

Dr. Bonacaro highlighted the benefits of this approach, including increased student interaction, improved critical thinking, and better preparedness for real-world clinical situations. Despite its time-consuming nature and resource intensity, the game was well-received and met its educational objectives. The presentation underscored the potential of gamification in transforming traditional educational methods and promoting active learning.

EVALUATIONS AND RECOMMENDATIONS

The workshop was well-received. Most attendees found the content valuable, relevant, and beneficial in enhancing nursing education. Some participants suggested the need for more discussion on game mechanisms and practical implementation, indicating a demand for hands-on sessions in future workshops. The session promoted gamification as an effective teaching tool, encouraging faculty to adopt interactive learning strategies that enhance student engagement, critical thinking, and real-world preparedness.



RESILIENCE AND MINDFULNESS MEDITATION

ACTIVITY INFORMATION

Date & Time: 16 May 2024

Location/Venue: Room 0067, College of Nursing, SQU

Faculty/Staff Involved Dr. Antonio Bonacaro - Associate Professor in Nursing, University of Parma (External Examiner) and Office of the Assistant Dean for Training and Community Service

PARTICIPANTS & BENEFICIARIES

30 faculty members from the College of Nursing and Armed Forces Medical School

OBJECTIVES OF THE ACTIVITY

1. Understand resilience from both personal and professional perspectives.
2. Reflect on the emotional impact of hardships and difficulties in life.
3. Analyze and discuss the emerging traits of resilient individuals using real-life scenarios.
4. Experience inner strength through mindfulness meditation.

DESCRIPTION OF THE ACTIVITY



The Resilience and Mindfulness Meditation workshop was conducted by Dr. Antonio Bonacaro, an Associate Professor in Nursing and external examiner from the University of Parma. The session aimed to enhance participants' understanding of resilience and its significance in both personal and professional settings.

The workshop explored key components of resilience, common challenges in maintaining emotional strength, and the defining characteristics of resilient individuals. Through an interactive discussion, attendees analyzed real-life scenarios that illustrated resilience in action.

One of the highlights of the session was the guided mindfulness meditation, facilitated by Dr. Bonacaro. This hands-on experience allowed participants to practice relaxation techniques and engage in self-reflection. The session was highly appreciated, with attendees reporting a noticeable reduction in stress and tension by the end of the meditation exercise.

The workshop created an open and supportive environment, encouraging participants to share experiences and reflect on strategies for building resilience in their daily lives.

EVALUATIONS AND RECOMMENDATIONS



Participants provided positive feedback, expressing strong interest in having more frequent sessions on mindfulness and meditation to help manage work-related stress. Additionally, some attendees suggested creating a WhatsApp support group to foster continued engagement and peer support in coping with workplace challenges. The success of this session highlights the need for ongoing resilience and mindfulness initiatives to promote well-being among faculty members.

ACTIVITY INFORMATION

Date & Time: 21 May 2024, 8:30 AM - 1:30 PM

Location/Venue: College of Nursing, SQU

Faculty/Staff Involved: Dr. Zeinab Al Azri and Dr. Wafa Al Jabri

PARTICIPANTS & BENEFICIARIES

33 faculty members from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Introduce the Ejada Individual Performance Appraisal System.
2. Highlight the importance of Ejada in fostering organizational excellence and accountability.
3. Provide practical guidance on setting clear objectives within the Ejada framework.
4. Enhance participants' ability to evaluate and improve individual and institutional performance using Ejada.

DESCRIPTION OF THE ACTIVITY



The Ejada Workshop, led by Dr. Zeinab Al Azri and Dr. Wafa Al Jabri, provided an in-depth understanding of the Individual Performance Appraisal System (Ejada) and its role in promoting excellence, accountability, and employee development.

The session began with an overview of Ejada's goals and benefits, emphasizing how it enhances performance governance, employee recognition, and continuous professional growth. Participants were introduced to key principles of Ejada, followed by practical discussions on how to formulate objectives within the system to ensure measurable outcomes.

Four main topics were covered:

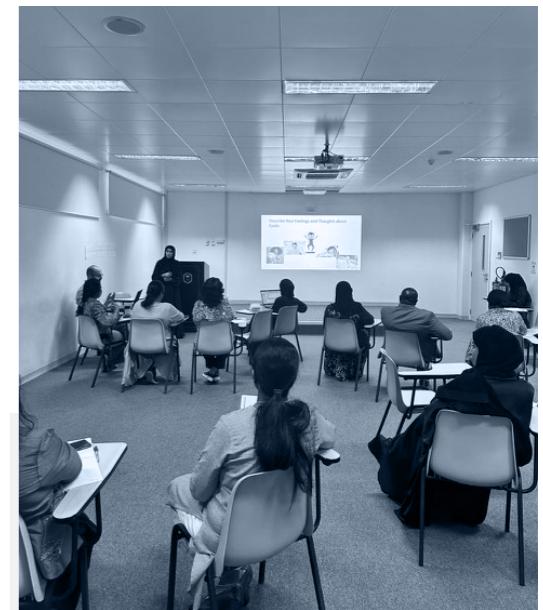
1. What is Ejada? - Overview of the system's foundation and objectives.
2. Why is Ejada Important? - Discussion on aligning employee performance with institutional excellence.
3. How to Formulate Objectives in Ejada? - Step-by-step guidance on setting clear performance goals.
4. How to Benefit from Ejada and Evaluate Performance? - Strategies for maximizing employee potential and conducting effective performance appraisals.

The interactive nature of the workshop encouraged active participation, with faculty members engaging in discussions and practical activities. Participants appreciated the clarity and practical insights shared by the facilitators, which helped them better understand Ejada's implementation and impact.

EVALUATIONS AND RECOMMENDATIONS

Participants found the workshop highly valuable, noting that it provided a clear and structured approach to understanding and applying the Ejada system. The practical exercises and discussions helped faculty members gain confidence in utilizing Ejada to improve job performance and institutional governance.

The engaging delivery by Dr. Al Azri and Dr. Al Jabri contributed to the workshop's success, with participants expressing interest in future sessions for deeper exploration of performance evaluation techniques. To further enhance the impact, future workshops could include hands-on application exercises and case studies to reinforce the concepts covered.



ENRICHING LEARNING EXPERIENCE THROUGH ACTIVE LEARNING STRATEGIES

ACTIVITY INFORMATION

Date & Time: Tuesday, 8 October 2024, 11:00 AM - 1:00 PM

Location/Venue: College of Nursing, SQU

Faculty/Staff Involved Continuing Education and Orientation Committee led by Dr. Zainab Al Kindi. (Dr. Aisha Al Badi - Educational Developer, Centre for Excellence in Teaching and Learning; Ms. Fatema Al Abri - Fundamentals and Administration Department; Ms. Savithri Raman - Maternal and Child Health Department and Dr. Diala Al Tawlbeh- Adult Health and Critical Care Department).

PARTICIPANTS & BENEFICIARIES

31 faculty members from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. **Define** active learning and explain its role in enhancing student engagement.
2. **Explore** various active learning strategies applicable across different courses.
3. **Facilitate** peer sharing and encourage faculty collaboration to highlight best practices and innovative teaching approaches.

DESCRIPTION OF THE ACTIVITY



The Journal Club on Active Learning Strategies provided faculty members with an interactive platform to explore, discuss, and exchange innovative teaching techniques. The primary focus was to familiarize faculty with effective active learning strategies and foster a collaborative teaching environment.

The session opened with a presentation by Dr. Aisha Al Badi, who introduced various interactive teaching methods and emphasized their impact on student engagement and learning outcomes. Her insights set a collaborative tone,

encouraging faculty to reflect on their current teaching practices.

Following this, Ms. Fatma shared her clinical diary approach, which helps students articulate objectives and reflect on their clinical experiences, fostering critical thinking and self-assessment. This method resonated with many faculty members as an effective reflection tool in clinical education.

Next, Ms. Savithri presented problem-solving activities from the Maternity course, demonstrating how they enhance student participation and critical thinking. Her real-world examples showcased problem-solving as a dynamic active learning strategy.

Dr. Diala facilitated a session with a ClassPoint representative, who provided a demonstration on integrating active learning techniques through the app, showcasing ways to increase classroom interactivity and student engagement.

The Journal Club successfully fostered knowledge-sharing among faculty, promoting a culture of active learning that has the potential to significantly improve student learning experiences.

EVALUATIONS AND RECOMMENDATIONS

The Journal Club received highly positive feedback, with over 95% of participants strongly agreeing that the objectives were met. More than 90% of attendees reported that the session enhanced their knowledge, teaching competencies, and overall performance. Faculty members expressed a strong interest in implementing active learning strategies in their courses and recommended more sessions on the topic. Additionally, many participants highlighted the need for future workshops on integrating AI into teaching, reflecting a growing interest in innovative educational technologies.



EMPOWERING THE NEXT GENERATION OF NURSING LEADERS

ACTIVITY INFORMATION

Date & Time: 22 October 2024

Location/Venue: Room 0067, College of Nursing, SQU

Faculty/Staff Involved: Continuing Education and Orientation Committee led by Dr. Zainab Al Kindi. Dr. Manal Al-Zadjali - Dean of the Higher Institute of Health Specialties, Oman & Secretary General of the Oman Cancer Association

PARTICIPANTS & BENEFICIARIES

41 faculty members from the College of Nursing, nurse clinicians and nurse administrators

OBJECTIVES OF THE ACTIVITY

1. Enhance staff development in nursing leadership by providing insights into effective leadership styles, challenges, and solutions.

DESCRIPTION OF THE ACTIVITY

The seminar 'Empowering the Next Generation of Nursing Leaders' was organized by the Continuing Education and Orientation Committee (CEO) to support leadership development among nursing professionals. The session gathered 41 participants, including faculty, clinicians, and administrators from SQU, SQUH, and other healthcare institutions, fostering interdisciplinary networking and professional growth.

The keynote speaker, Dr. Manal Al-Zadjali, provided valuable insights into nursing leadership, drawing from her extensive experience as Dean of the Higher Institute of Health Specialties and Secretary General of the Oman Cancer Association. She discussed essential leadership qualities, effective leadership styles, and the direct impact of strong leadership on organizational performance and patient outcomes.

The session also addressed contemporary challenges faced by nursing leaders, including work environment dynamics, excessive workloads, burnout, and staff recruitment and retention. Participants



engaged in brainstorming sessions to explore innovative solutions for navigating leadership transitions and improving workplace empowerment.

The seminar concluded by emphasizing the importance of continuous professional development and collaboration, reinforcing the need for adaptive leadership strategies in the evolving healthcare landscape.

EVALUATIONS AND RECOMMENDATIONS

Participants unanimously reported that the seminar was well-organized, relevant to their professional development needs, and exceeded their expectations. Dr. Al-Zadjali's presentation was highly engaging, demonstrating strong expertise in nursing leadership. Attendees appreciated the interactive discussions and practical insights, reinforcing the importance of adaptive leadership in nursing. The session successfully fostered professional growth and collaboration, highlighting the need for continued education and leadership development initiatives within the nursing field.

STUDENTS' HEALTH AND WELL-BEING: A HOLISTIC APPROACH TO SUCCESS

ACTIVITY INFORMATION

Date & Time: November 5, 2024, 11:00 AM - 12:00 PM

Location/Venue: College of Nursing, Room 1031

Faculty/Staff Involved: Continuing Education and Orientation Committee led by Dr. Zainab Al Kindi
Nine faculty members from various departments within the College of Nursing

PARTICIPANTS & BENEFICIARIES

23 Faculty members of the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Encourage faculty to share and discuss research findings or field experiences related to students' health and well-being.
2. Identify strategies to enhance students' health and well-being.
3. Inspire faculty to reflect on their roles and responsibilities in promoting a supportive learning environment.

DESCRIPTION OF THE ACTIVITY



The Journal Club on Students' Health and Well-Being served as an enriching platform for faculty members to share insights and engage in discussions on improving student well-being. A research team of nine faculty members presented preliminary findings from their study titled "Deterrents to Students' Psychological Well-Being in Clinical Teaching." The presentation covered the research aim, methodology, and key findings, particularly the enablers and barriers affecting students' well-being in clinical settings from their perspective.

The session sparked engaging discussions, with faculty members relating the findings to their own experiences. The conversation expanded to strategies for promoting student well-being in clinical education, encouraging an open exchange of ideas.

Overall, the Journal Club successfully fostered collaboration and self-reflection, inspiring faculty to consider new approaches to support student health and well-being in both academic and clinical environments.

EVALUATIONS AND RECOMMENDATIONS

The Journal Club was well-received, with 60% of respondents strongly agreeing that the session met its objectives and positively addressed their educational needs. Additionally, 50% of attendees strongly agreed that the discussion enhanced their knowledge, competencies, and performance. Some faculty members reflected on their own teaching practices and expressed a commitment to providing more student support. The feedback highlighted a growing awareness of the importance of student well-being and a need for continued faculty engagement on this topic.



ACTIVITY INFORMATION

Date & Time: November 6, 2024

Location/Venue: College of Nursing, Nursing Lab

Faculty/Staff Involved: Dr. Zeinab Nasser Alazri - Maternal and Child Health Department
Office of the Assistant Dean for Training and Community Services

PARTICIPANTS & BENEFICIARIES

20 Faculty members of the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Discuss the basic use of AI in research.
2. Introduce AI tools that can enhance research efficiency.

DESCRIPTION OF THE ACTIVITY

The AI in Research workshop provided nursing faculty with foundational knowledge on integrating AI into academic research. The session covered practical applications of AI, including tools for data analysis, literature review, and research efficiency. Additionally, ethical considerations such as bias and data privacy were discussed to ensure responsible AI usage in academic work.



The interactive nature of the session allowed participants to explore AI-driven tools and discuss how they can be incorporated into nursing research methodologies. Although the limited workshop duration restricted hands-on practice, faculty members actively engaged in discussions and shared their perspectives on AI applications.

By the end of the session, participants reported increased confidence in exploring AI tools and a deeper understanding of their potential in research. The session successfully introduced key AI concepts, encouraging faculty members to embrace AI-driven innovation in their academic work.

EVALUATIONS AND RECOMMENDATIONS

The workshop was well-received, with most faculty members finding it highly beneficial in providing basic knowledge and practical AI applications in research. Participants expressed a strong interest in further sessions that offer hands-on practice and more advanced AI applications. The session also helped alleviate concerns about adopting AI in academic research and encouraged faculty members to explore AI-driven methodologies for enhanced research productivity. Future workshops should include longer durations and more interactive components to accommodate participants with varying levels of AI familiarity.

THE TASTE OF THE MIND: WHERE SCIENCE AND COOKING MEET

ACTIVITY INFORMATION

Date & Time: November 12, 2024

Location/Venue: Auditorium 0067, College of Nursing, Sultan Qaboos University

Faculty/Staff Involved: Office of the Assistant Dean for Training and Community Services, in collaboration with the Embassy of Italy, IULM University, and CREA

PARTICIPANTS & BENEFICIARIES

200 students and external guests interested in food science and Italian culture

DISTINGUISHED ATTENDEES:

- H.E. Pierluigi D'Elia - Italian Ambassador to Oman
- Her Highness Al Sayyida Basma Al Said - Guest of honor
- Dr. Huda Al Noumani - Dean, College of Nursing, Sultan Qaboos University

OBJECTIVES OF THE ACTIVITY

1. **Promote** Italian Cuisine Week and Italian gastronomy in Oman.
2. **Strengthen** collaboration between the Italian Embassy, the College of Nursing, IULM University, and CREA.
3. **Provide** insights into the neuromarketing aspects of food consumption.
4. **Explore** the connection between neuroscience and culinary experiences.

DESCRIPTION OF THE ACTIVITY

As part of the 9th Edition of Italian Cuisine Week in the World, the seminar "The Taste of the Mind: Where Science and Cooking Meet" was held at Sultan Qaboos University on November 12, 2024. This collaborative event between the Italian Embassy, College of Nursing, IULM University, and CREA highlighted the richness of Italian gastronomy while fostering awareness of its cultural and culinary heritage in Oman.



The keynote speaker, Prof. Vincenzo Russo, a leading expert in neuromarketing from IULM University, presented on the scientific relationship between sensory experiences and food preferences. The session included interactive experiments, such as a chocolate-tasting exercise that demonstrated how sound influences taste perception and a case study on the emotional impact of consuming pasta.

Beyond its scientific insights, the seminar also strengthened institutional ties and encouraged future collaborations between the College of Nursing, IULM University, CREA, and the Italian Embassy. The event concluded with a networking buffet featuring authentic Italian cuisine, further enhancing cultural exchange and reinforcing the health benefits of the Mediterranean diet.

EVALUATIONS AND RECOMMENDATIONS

The event was highly successful, with attendees praising its engaging content, relevance, and innovative approach. The interactive elements, particularly the chocolate-tasting experiment, were widely appreciated as effective demonstrations of the interplay between neuroscience and culinary perception. Overall, the seminar successfully promoted Italian gastronomy, fostered academic and cultural collaboration, and enriched participants' understanding of the intersection between neuroscience and food experiences.

FIRE AWARENESS WORKSHOP

ACTIVITY INFORMATION

Date & Time: November 24, 2024

Location/Venue: Auditorium 0067, College of Nursing, Sultan Qaboos University

Faculty/Staff Involved: Office of the Assistant Dean for Training and Community Services

Eng. Qutaiba Al Ghilani - Risk Management Office, SQU

PARTICIPANTS & BENEFICIARIES

19 faculty members from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Raise awareness about the causes and dangers of fire.
2. Educate participants on the types and uses of fire extinguishers.
3. Provide hands-on training for fire extinguisher use and emergency response.

DESCRIPTION OF THE ACTIVITY



The Fire Awareness workshop was conducted to enhance fire safety knowledge and preparedness among the College of Nursing community. The session began with a presentation by Eng. Qutaiba Al Ghilani from the Risk Management Office, SQU, who discussed common fire hazards, causes, and prevention strategies. He also introduced participants to different types of fire extinguishers and their specific uses in various fire incidents.

Following the presentation, an interactive discussion allowed attendees to ask questions and clarify concerns regarding fire safety in academic and healthcare environments. The session concluded with a practical demonstration at the Public Authority for Civil Defence & Ambulance, where

participants engaged in hands-on fire extinguisher training, reinforcing their ability to respond effectively in case of a fire emergency.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly beneficial, meeting its objectives by equipping participants with essential fire safety knowledge and practical skills. Participants expressed appreciation for the hands-on training component, emphasizing its importance in real-world emergency preparedness.



OFFICE OF THE ASSISTANT DEAN FOR UNDERGRADUATE STUDIES



COLLEGE OF NURSING

RAP FOR ADVISORS - EMPOWERING OUR ADVISOR ACADEMIC SUCCESS

ACTIVITY INFORMATION

Date & Time: March 26, 2024, 11:00 AM - 1:00 PM

Location/Venue: Auditorium 0067, College of Nursing, Sultan Qaboos University

Faculty/Staff Involved: Academic Advising Committee (Mr. Haitham Ali Al-Nahwi - Director of the Registration Department, Ms. Shreedevi Balachandran- Academic Advising Committee Member, Ms. Anandi Amirtharaj, Dr. Fawwaz Al Aloul; Moderators: Ms. Joy Kamanyire and Ms. Arwa Obeidat)

PARTICIPANTS & BENEFICIARIES

23 faculty members from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Refresh faculty knowledge and skills on Registration, Advising, & Probation (RAP) to better support students.
2. Enhance understanding of academic advising policies, procedures, and student challenges.
3. Promote faculty collaboration to improve student academic success.

DESCRIPTION OF THE ACTIVITY



The Academic Advising Workshop aimed to empower faculty members by enhancing their knowledge of registration, advising, and probation policies. The session commenced with an informative presentation by Mr. Haitham Ali Al-Nahwi, who covered essential topics such as the registration process, summer registration regulations, the Drop and Add period, criteria for the Dean's List, and guidance for students on probation. His session was highly interactive, allowing participants to ask questions and engage in discussions.

Following this, Ms. Shreedevi outlined the Terms of Reference of the Academic Advising Committee, emphasizing the link between effective advising and student academic success. She also highlighted challenges faculty face in advising students.

A panel discussion featuring Ms. Anandi, Dr. Fawwaz, and Mr. Haitham Al-Nahwi addressed students deviating from the academic plan, with Mr. Haitham suggesting integrating specific subjects as corequisites to maintain adherence to program requirements.

The workshop concluded with an anonymous participant evaluation, assessing competency improvement, content effectiveness, presenter expertise, and learning environment. Participants shared valuable feedback on the most beneficial aspects, areas needing improvement, and suggestions for future sessions.

EVALUATIONS AND RECOMMENDATIONS

The workshop was well-received, with 80% of participants rating the content as extremely valuable, and 100% expressing satisfaction with the learning environment. Overall, 100% strongly agreed or agreed that the presenter demonstrated expertise and cohesion in content delivery.



Participants found the panel discussion particularly useful, as it provided clarifications on common advising concerns and offered insights into student experiences. They suggested that future workshops focus more on real-life advising scenarios, problem-solving exercises, and the development of formal advising policies and procedures. Additionally, faculty members emphasized the importance of coordination across departments to enhance advising consistency.

Faculty members expressed a strong interest in more frequent workshops, with specific requests for sessions on probation policies and interactive problem-solving discussions.

OFFICE OF ASSISTANT DEAN FOR POSTGRADUATE STUDIES AND RESEARCH



COLLEGE OF NURSING

ENCOURAGING ACADEMIC STAFF & RESEARCHERS

TO APPLY FOR CONSULTANCY PROJECTS

ACTIVITY INFORMATION

Date & Time: September 12, 2024, 09:00 AM - 10:00 AM

Location/Venue: Auditorium 0067, College of Nursing, Sultan Qaboos University

Faculty/Staff Involved Office of the Assistant Dean for Postgraduate Studies and Research

Dr. Omar Al Zaabi - Assistant Dean for Postgraduate Studies and Research.

PARTICIPANTS & BENEFICIARIES

31 faculty members from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Encourage academic staff and researchers to apply for consultancy projects.
2. Provide faculty members with essential knowledge and details about consultancy projects.

DESCRIPTION OF THE ACTIVITY

The workshop “Encouraging Academic Staff and Researchers to Apply for Consultancy Projects” was held on 12 September 2024 at Hall 0063. The primary goal was to equip academic staff with the necessary knowledge to explore and apply for consultancy projects.

During the session, Dr. Omar Al Zaabi provided a concise yet informative overview of consultancy projects, explaining the application process, potential benefits, and opportunities available for academic staff. He emphasized the importance of leveraging faculty expertise to engage in external consultancy work, which not only contributes to professional growth but also enhances institutional recognition and industry collaboration.



The workshop was highly interactive, allowing participants to ask questions and seek clarification on project eligibility, proposal submission, and funding opportunities. By the end of the session, attendees expressed a greater understanding of consultancy projects and a willingness to explore these opportunities further.

EVALUATIONS AND RECOMMENDATIONS

The workshop was successful in achieving its objectives, with attendees appreciating the clear and practical insights provided. Participants acknowledged the value of consultancy projects and how they could benefit from engaging in such initiatives. Overall, the workshop encouraged academic staff to explore consultancy opportunities, contributing to their professional development and the university's research engagement.





OFFICE OF NURSING QUALITY ASSURANCE AND ACADEMIC ACCREDITATION



COLLEGE OF NURSING

STUDENT RETREAT

ACTIVITY INFORMATION

Date & Time: December 03, 2024

Location/Venue: College of Nursing, 1st Floor Lobby

Faculty/Staff Involved: The Quality Assurance and Academic Accreditation Unit, Prof. Omar Al Omari, The Quality Assurance and Academic Accreditation Unit

PARTICIPANTS & BENEFICIARIES

More than 100 students and faculty members

OBJECTIVES OF THE ACTIVITY

1. Introduce the 5 ACEN Standards and their role in the accreditation process to students and faculty.
2. Provide insights into the various services offered by the college to enhance the educational experience.
3. Emphasize the importance of academic accreditation in establishing the college's reputation and improving student career prospects.

DESCRIPTION OF THE ACTIVITY



The Student Retreat was organized to enhance awareness of the 5 ACEN Standards, which serve as key pillars in quality assurance for nursing education. These standards - Administrative Capacity, Faculty, Students, Curriculum, and Program Outcomes - ensure the consistency and excellence of nursing programs.

During the retreat, students and faculty engaged in interactive discussions and activities, learning about the importance of these standards in accountability and continuous program improvement. Presentations also highlighted student achievement data, employment rates, and program outcomes, illustrating how accreditation positively impacts career readiness.

The retreat provided a valuable platform for students to understand the benchmarks they need to meet for academic and professional success. Faculty members explored strategies for integrating accreditation standards into their teaching, reinforcing program relevance and quality in alignment with healthcare industry expectations.

Beyond its educational value, the retreat fostered a culture of collaboration and quality improvement, strengthening connections between students, educators, and stakeholders. By promoting awareness of accreditation standards, the initiative empowered students and faculty to work together toward excellence in nursing education and professional development.

EVALUATIONS AND RECOMMENDATIONS

The activity received positive feedback from students, faculty, and staff, with participants appreciating the opportunity to gain deeper insights into accreditation standards and their implications for academic and professional success. Faculty members found the retreat beneficial in aligning their teaching practices with quality standards, ensuring program relevance to the healthcare sector.

The retreat ultimately strengthened awareness of accreditation standards, enhanced student preparation for professional success, and reinforced a culture of excellence in nursing education. Future sessions could focus on specific aspects of accreditation with more



NURSING LABORATORY AND SIMULATION UNIT



COLLEGE OF NURSING

VIRTUAL REALITY SIMULATION IN NURSING EDUCATION

ACTIVITY INFORMATION

Date & Time: March 27, 2024

Location/Venue: College of Nursing, Nursing Laboratory and Simulation Unit

Faculty/Staff Involved:

Nursing Laboratory and Simulation Unit

Dr. Judie Arulappan - Head of the Nursing Laboratory and Simulation Unit

PARTICIPANTS & BENEFICIARIES

35 faculty members of the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. Define virtual simulation and its role in nursing education.
2. Outline the benefits of virtual simulation for enhancing clinical learning experiences.

DESCRIPTION OF THE ACTIVITY

The Virtual Reality Simulation in Nursing Education workshop introduced faculty members to innovative simulation techniques aimed at enhancing nursing education. The session provided hands-on training on the use of virtual reality (VR) simulation tools to support clinical learning.

Led by Dr. Judie Arulappan, the training familiarized participants with VR applications, their benefits, and how they can be effectively integrated into teaching and clinical practice. Faculty members had the opportunity to experience VR simulations firsthand, engaging in immersive learning experiences designed to improve clinical decision-making, critical thinking, and hands-on skills in a controlled virtual environment.

EVALUATIONS AND RECOMMENDATIONS

The workshop was well-received, with participants enjoying the experience of utilizing virtual reality simulation in nursing education. Faculty members recognized its value in enhancing student learning and improving clinical preparedness. However, some participants experienced discomfort while using VR goggles, suggesting the need for alternative simulation options to accommodate all users. Future sessions could explore strategies to minimize discomfort and expand the use of VR in different nursing disciplines.





ADULT HEALTH AND CRITICAL CARE DEPARTMENT

COLLEGE OF NURSING

HEALTH AWARENESS DAY

ACTIVITY INFORMATION

Date & Time: March 8, 2024

Location/Venue: Seeb Park

Faculty/Staff Involved Adult Health and Critical Care

Mrs. Maliheh Poorkiani - Adult Health and Critical Care Department

PARTICIPANTS & BENEFICIARIES

115 people from the public, encompassing a diverse range of ages

OBJECTIVES OF THE ACTIVITY

- Provide** awareness to overweight and obese individuals on maintaining a normal BMI.
- Educate** individuals with high blood sugar on adopting a healthy lifestyle to prevent complications.
- Increase** awareness among individuals with high blood pressure on maintaining a healthy lifestyle to reduce cardiovascular risks.

DESCRIPTION OF THE ACTIVITY

The Health Awareness Day was a community-centered initiative aimed at addressing key public health concerns, including obesity, high blood sugar, and high blood pressure. The event provided educational resources, interactive discussions, and personalized guidance to help participants adopt healthier lifestyle practices.

The activity focused on three primary areas:

- Weight Management Awareness:** Participants received guidance on achieving and maintaining a normal BMI through healthy eating, regular physical activity, and lifestyle changes. The session promoted practical tools for weight management to empower individuals in their journey toward sustainable health improvements.
- Diabetes Awareness:** Individuals with high blood sugar levels were educated on lifestyle modifications to manage diabetes and prevent complications. Through interactive discussions,

participants gained knowledge on dietary modifications, exercise routines, and glucose monitoring for better self-management.

- Hypertension Awareness:** The workshop also provided essential education for individuals with high blood pressure, focusing on heart-healthy dietary practices, stress management techniques, and regular blood pressure monitoring to prevent long-term complications.

Despite weather challenges and unexpectedly high participation, the event was successfully adapted to accommodate all attendees. Faculty members and students played a crucial role in bridging language barriers, ensuring effective communication and engagement with Arabic-speaking participants.

Overall, the community health initiative was impactful, equipping individuals with knowledge, skills, and resources to make informed health decisions, fostering a culture of preventive care and wellness.

EVALUATIONS AND RECOMMENDATIONS

The event was highly successful, achieving its objectives by raising awareness and promoting healthier behaviors among individuals at risk of obesity, diabetes, and hypertension. Participants expressed appreciation for the practical guidance provided, and future initiatives are planned to continue supporting community health improvement.

The positive impact of the event was evident, as participants gained essential health knowledge and were encouraged to adopt healthier lifestyle choices. The initiative successfully contributed to disease prevention efforts and strengthened community well-being. Future activities should consider expanding resources and enhancing language accessibility to maximize outreach and effectiveness.



12TH EVIDENCE-BASED PRACTICE (EBP)

WORKSHOP FOR NURSES

ACTIVITY INFORMATION

Date & Time: May 27-28, 2024

Location/Venue: College of Nursing, Room 0042

Faculty/Staff Involved: Adult Health & Critical Care Nursing Department

Lead Organizers (Ms. Shreedevi Balachandran and Ms. Hema Samson),

Speakers: (Dr. Nasser Majid Dhawi Al Salmi, Dr. Eilean Lazarus Rathinasamy, Ms. Joy Kabasindi Kamanyire, Ms. Anandhi Deva Amirtharaj, Ms. Devakirubai Jacob and Ms. Khadija Al Yahyaie - Medical Library)

PARTICIPANTS & BENEFICIARIES

28 Clinical nurses and educators from Muscat and across Oman.

OBJECTIVES OF THE ACTIVITY

1. Increase knowledge and skills related to evidence-based practice (EBP).
2. Discuss the significance of EBP for nursing professionals and healthcare.
3. Recognize the connection between research, EBP, and quality improvement in clinical settings.
4. Identify key healthcare challenges that require investigation for improved patient care.
5. Develop high-quality PICO questions relevant to clinical practice.
6. Enhance confidence in database searching for scientific literature.
7. Critically appraise different research studies.
8. Synthesize and disseminate EBP findings for practical application.

DESCRIPTION OF THE ACTIVITY

The 12th Evidence-Based Practice (EBP) Workshop for Nurses aimed to empower clinical nurses and educators with essential EBP skills, promoting evidence-based decision-making in patient care. The two-day event featured interactive theoretical and practical sessions, covering:

- Research methodology and introduction to EBP
- Formulating PICO questions
- Scientific literature database searches
- Critical appraisal of research
- Synthesizing EBP findings and developing recommendations

A librarian from the Medical Library guided participants through database searches, assisting them in finding relevant research evidence for their PICO questions.

Participants actively engaged throughout the sessions, appreciating the hands-on approach and the practical relevance of EBP to clinical decision-making. Several attendees suggested extending the workshop to three days to allow more time for critical appraisal, synthesis, and practical application.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, achieving its objectives and equipping participants with essential EBP skills. Feedback was overwhelmingly positive, with participants appreciating the hands-on approach and practical relevance to clinical practice. Some attendees suggested extending the workshop to three days to allow more time for critical appraisal and synthesis.



ARRHYTHMIA (BASICS AND ABNORMAL RHYTHMS)

ACTIVITY INFORMATION

Date & Time: 20th February 2024 & 19th March 2024, 1:00 PM - 2:00 PM

Location/Venue: Online via Google Meet

Faculty/Staff Involved:

SQUH ICU Continuing Education Program

Instructor: Ms. Sreedevi Balachandran

PARTICIPANTS & BENEFICIARIES

190 ICU Nurses at Sultan Qaboos University Hospital (SQUH)

OBJECTIVES OF THE ACTIVITY

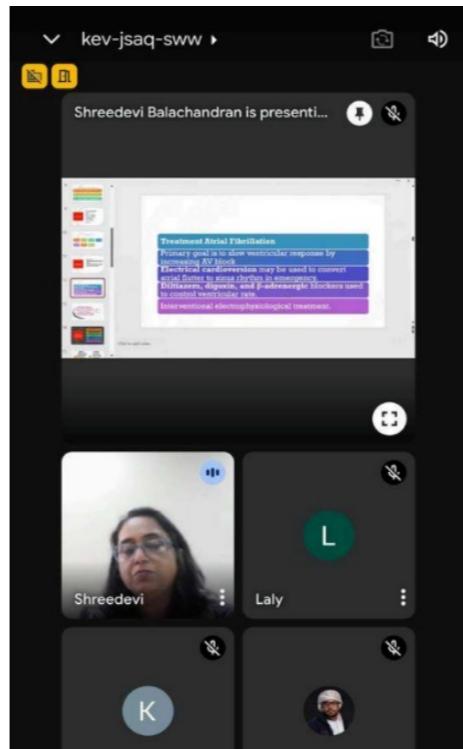
1. Equip nurses with the ability to identify arrhythmias and recognize ECG abnormalities.
2. Understand the relationship between arrhythmias and electrolyte imbalances and their correction protocols.
3. Anticipate medical treatments for arrhythmias to prevent complications.

DESCRIPTION OF THE ACTIVITY

The Arrhythmia (Basics and Abnormal Rhythms) CPD sessions were conducted as part of SQUH ICU's ongoing nursing education program, designed to address the educational needs of newly joined ICU nurses. These sessions were held via Google Meet and fully attended, reflecting the high demand for professional development in ECG interpretation and arrhythmia management.

The sessions focused on:

- Basic ECG rhythm identification
- Understanding arrhythmias and their clinical implications
- Common arrhythmias in the ICU
- Recognizing ECG changes related to electrolyte imbalances



- Anticipating immediate interventions for life-threatening arrhythmias

The sessions were well-received, with participants appreciating the clarity of explanations, real-world applications, and interactive teaching approach. Many attendees noted that learning ECG rhythm recognition is critical for ICU nurses, enabling them to act quickly in emergencies.

Participants provided positive feedback, highlighting the importance of ECG interpretation skills, simplified explanations, and structured content delivery. Some requested longer sessions and additional topics such as 12-lead ECG interpretation, ABG analysis, ventilator settings, and ECMO management.

EVALUATIONS AND RECOMMENDATIONS

The sessions were highly successful, with 100% of evaluation respondents agreeing that the content was beneficial and applicable to ICU nursing practice. Nurses appreciated the practical nature of the sessions, stating that the training improved their ability to interpret ECGs and manage arrhythmias effectively.

WORKSHOP - FIRST AID

ACTIVITY INFORMATION

Date & Time: 10th January 2024 & 25th January 2024

Location/Venue: Areej Vegetable Oils & Derivatives (AVOD)

Faculty/Staff Involved: Faculty members from the Adult Health & Critical Care Nursing Department and Maternal & Child Health Department

PARTICIPANTS & BENEFICIARIES

50 employees of Areej Vegetable Oils & Derivatives (AVOD), Oman

OBJECTIVES OF THE ACTIVITY

1. Understand first aid administration and the role of a first aider.
2. Explain emergency protocols and responsibilities in an emergency situation.
3. Discuss first aid measures for common industrial emergencies.
4. Demonstrate essential first aid techniques for various injuries.
5. Appreciate the importance of first aid training in workplace safety.

DESCRIPTION OF THE ACTIVITY



Industrial injuries are among the most common workplace hazards, potentially leading to severe consequences if immediate care is not provided. To address this concern, the Adult Health & Critical Care Nursing Department conducted a First Aid Workshop for employees of Areej Vegetable Oils & Derivatives (AVOD) on 10th & 25th January 2024.

The workshop aimed to equip employees with practical first aid skills, enabling them to recognize life-threatening emergencies, perform CPR, use an AED, relieve choking, and respond to chemical hazards. The sessions were delivered in both English and Arabic, ensuring accessibility for all employees.

The training included:

- PowerPoint presentations on emergency response protocols.
- Demonstrations and return demonstrations for wound dressing, bandaging, splinting, CPR, choking management, and victim transportation.
- Practical hands-on experience, allowing participants to apply skills in realistic scenarios.



A notable impact was reported when an employee who attended the first session successfully immobilized his injured finger, demonstrating the immediate applicability of the training.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, with participants actively engaging in discussions and hands-on exercises. They appreciated the practical nature of the training, noting that it enhanced their ability to manage emergencies both at work and at home. The training was well received by the company, with employees expressing gratitude for the life-saving skills acquired. Faculty members also found the session rewarding, as it contributed to community safety and emergency preparedness.



2ND HEALTH AWARENESS DAY

ACTIVITY INFORMATION

Date & Time: 11 October 2024

Location/Venue: Al Seeb Park

Faculty/Staff Involved: Faculty members from the Adult Health & Critical Care Nursing Department (Dr. Nasser Al Salmi, Ms. Maliheh Poorkiani, Ms. Anitha Thanka, Ms. Susan Achora, and Ms. Hema Samson)

PARTICIPANTS & BENEFICIARIES

120 people from the general public, encompassing a diverse range of ages

OBJECTIVES OF THE ACTIVITY

1. Promote healthy lifestyle choices to manage blood sugar and blood pressure and prevent complications.
2. Educate individuals on dietary habits, exercise, and glucose monitoring to control diabetes effectively.
3. Provide guidance on heart-healthy diets, stress management, and blood pressure monitoring to reduce cardiovascular risks.
4. Teach children proper handwashing techniques, healthy snacking, and the importance of eating fruits to encourage long-term well-being.

DESCRIPTION OF THE ACTIVITY



The 2nd Health Awareness Day was designed to promote healthy lifestyle choices among community members to help prevent diabetes, hypertension, and obesity-related complications. The initiative included educational sessions, interactive discussions, and hands-on demonstrations to empower participants with practical health knowledge and self-care techniques.

- **Education for Individuals with High Blood Sugar:**

Participants learned about diabetes management, including dietary modifications, physical activity routines, and glucose monitoring techniques. They were encouraged to adopt self-management strategies to reduce the risk of long-term complications.

- **Guidance for Individuals with High Blood Pressure:**

The event focused on preventing cardiovascular disease through lifestyle modifications, including heart-healthy diets, stress management techniques, and regular blood pressure monitoring. Attendees were provided with practical tools to help implement sustainable changes in their daily lives.

- **Educating Children on Healthy Habits:**

Children participated in interactive learning activities on proper handwashing, choosing nutritious snacks, and the benefits of eating fruits. The session emphasized early habit formation, ensuring children develop a lifelong commitment to healthy living.

By the end of the event, participants of all ages had acquired valuable knowledge and resources to support their health and wellness. The initiative fostered healthier behaviors, helping to reduce the risk of chronic diseases and promote long-term well-being in the community.

EVALUATIONS AND RECOMMENDATIONS

The event was highly successful, meeting its objectives by raising awareness about healthy lifestyle choices and encouraging sustainable behavior changes. Participants found the educational sessions and hands-on activities engaging and practical, reinforcing the importance of disease prevention and self-care. The initiative positively impacted the community, equipping individuals with the knowledge and tools needed to improve their health. Future plans include expanding the initiative to provide continued support and awareness programs, ensuring long-term engagement in preventive healthcare practices.





COMMUNITY
AND MENTAL
HEALTH
DEPARTMENT

تخصص التمريض

(كلية التمريض)

COLLEGE OF NURSING

WORLD MENTAL HEALTH DAY AWARENESS EXHIBITION

ACTIVITY INFORMATION

Date & Time: 9 October 2024, 7:30 AM - 2:30 PM

Location/Venue: Oman Convention and Exhibition Center, Muscat, Oman

Faculty/Staff Involved: Community and Mental Health Department, in collaboration with Al Massara Hospital

PARTICIPANTS & BENEFICIARIES

75 people from the general public, students, staff, and faculty

OBJECTIVES OF THE ACTIVITY

1. **Raise** awareness about mental health issues in the community.
2. **Educate** the public on mental health promotion and prevention strategies.
3. **Contribute** to research discussions through participation in a dedicated mental health research workshop.

DESCRIPTION OF THE ACTIVITY

The World Mental Health Day Awareness Exhibition aimed to promote mental well-being, reduce stigma, and encourage early intervention for mental health concerns. The event was organized in collaboration with Al Massara Hospital and featured interactive booths, educational presentations, and a research workshop.

The exhibition was structured into three key stations, each addressing crucial mental health topics:

- Station 1: Mental Health and Illness - Promoting Positive Mental Health Practices
- Station 2: Stress and Time Management - Mind Games & Activities
- Station 3: Child Abuse, Internet/Game Addiction, and Substance Use Disorders

Students played an active role in educating visitors about mental health disorders, self-care techniques, and available support services. Engaging activities, such as mind games and mandala art, helped

demonstrate mental health coping strategies, fostering a supportive and interactive environment.

A research workshop was also conducted, focusing on funding opportunities, research methodology, data analysis, and the publication process. Participants engaged in discussions, clarified doubts, and explored research collaboration possibilities to further mental health initiatives.

The event successfully empowered attendees with practical mental health knowledge, highlighting the importance of early intervention, professional help-seeking, and mental health advocacy.

EVALUATIONS AND RECOMMENDATIONS

The event was highly impactful, raising mental health awareness, reducing stigma, and educating attendees on mental well-being. Participants appreciated the interactive and informative approach, leaving with a better understanding of mental health issues and available resources. The program strengthened the community's capacity to support mental health initiatives, emphasizing early recognition, intervention, and advocacy.





FUNDAMENTALS AND ADMINISTRATION DEPARTMENT

COLLEGE OF NURSING

FIRST AID WORKSHOP FOR PHILIPPINE SCHOOL

ACTIVITY INFORMATION

Date & Time: 19 March 2024

Location/Venue: College of Nursing, Sultan Qaboos University

Faculty/Staff Involved Mrs. Cherry Ann Ballad and Mrs. Arcalyd Rose Cayaban.

PARTICIPANTS & BENEFICIARIES

25 senior high school students + 2 teachers from Philippine School

OBJECTIVES OF THE ACTIVITY

1. Define the primary objectives of first aid.
2. Describe the signs and symptoms of common medical emergencies.
3. Apply appropriate first aid measures for injuries such as cuts, burns, and fractures.

DESCRIPTION OF THE ACTIVITY



The First Aid Workshop for Philippine School was a community service initiative aimed at enhancing first aid awareness and emergency preparedness among high school students and teachers. Organized by the College of Nursing at Sultan Qaboos University, the workshop provided essential first aid knowledge and hands-on training in life-saving techniques.

Participants learned to recognize the signs and symptoms of common medical emergencies, including heart attacks, strokes, allergic reactions, and fractures. Practical sessions focused on CPR, wound care, burn treatment, head and eye injury management, and poisoning response. The interactive format combined theoretical discussions, practical demonstrations, and hands-on exercises, allowing participants to develop confidence in responding to medical emergencies.



The workshop had a significant impact on the community, fostering a safer and more informed school environment. By equipping students and teachers with these skills, the initiative promoted a culture of preparedness, ensuring that individuals are ready to act decisively in emergencies. Many attendees, particularly those interested in medicine, nursing, and engineering, found the workshop highly relevant to their future careers.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, meeting its objectives and receiving positive feedback from participants. Attendees appreciated the practical nature of the training and the clarity of instruction. They found the knowledge crucial for both personal safety and professional applications, particularly for those pursuing careers in healthcare and medical technology. The session strengthened first aid knowledge among students and empowered them to respond effectively in emergencies, reinforcing the importance of first aid education in community safety.

EMPOWERING NURSING GROUP STUDENTS' LEADERSHIP

SKILLS: I AM A LEADER

ACTIVITY INFORMATION

Date & Time: 11 November 2024, 4:00 - 7:00 PM

Location/Venue: College of Nursing, Classroom 0037

Faculty/Staff Involved: Ms. Arwa Obeidat, Mrs. Cherry Ann Ballad and Mrs. Arcalyd Rose Cayaban.

PARTICIPANTS & BENEFICIARIES

20 nursing students from different cohorts (Student group leaders and future leaders)

OBJECTIVES OF THE ACTIVITY

1. **Foster** managerial skills in planning, organizing, leading, and controlling.
2. **Enhance** interprofessional communication and teamwork among student leaders.
3. **Improve** self-confidence to prepare students for future career challenges.
4. **Instill** ethical values such as respect for integrity, differences, and autonomy.
5. **Promote** critical thinking, problem-solving, and decision-making skills in complex situations.
6. **Identify** and resolve conflicts in a positive manner.
7. **Provide** guidance and support for student group leaders.

DESCRIPTION OF THE ACTIVITY

The "I AM A Leader" workshop was designed to empower student group leaders at Sultan Qaboos University by enhancing their leadership and managerial skills. The session provided a structured learning experience, focusing on team building, conflict resolution, self-confidence, and meeting management.

The event started with an introduction by Ms. Arwa Obeidat, who outlined the principles of management and leadership skills. A conflict resolution session was then facilitated by Ms. Cherry and Ms. Arcalyd, incorporating role-play exercises led by senior students enrolled in the leadership course. Participants were actively involved in discussing real-life leadership challenges and practicing resolution techniques.

Another key segment was meeting management, where students learned how to prepare for, conduct, and follow up on meetings effectively. The session concluded with an interactive Q&A discussion, where students shared insights and questions about leadership challenges they may encounter.

Participants demonstrated strong engagement and enthusiasm, appreciating the practical leadership techniques shared. By the end of the workshop, they had gained valuable tools to improve their leadership approach, manage conflicts, and conduct productive meetings—all of which will be beneficial in their academic, extracurricular, and future professional roles.

EVALUATIONS AND RECOMMENDATIONS

The workshop was well-received, with participants expressing excitement and interest in leadership development. They particularly appreciated the interactive role-play and meeting management session, which they found highly applicable to their leadership roles. Participants noted that they felt more confident in handling team challenges and planning activities more effectively. Future sessions could be expanded to include leaders from other colleges, ensuring greater participation and knowledge-sharing across disciplines.



LEADERSHIP PRINCIPLES: TRANSFORMING TEAMS & DRIVING CHANGE

ACTIVITY INFORMATION

Date & Time: 19 November 2024

Location/Venue: Novotel Muscat Airport Hotel

Faculty/Staff Involved: STTI Alpha Beta Delta Chapter (Ms. Arcalyd Rose Cayaban - Fundamentals and Administration Department and STTI Alpha Beta Delta Chapter Organizers)

PARTICIPANTS & BENEFICIARIES

65 STTI Alpha Beta Delta Chapter Members, Healthcare Providers, and Medical Allied Professionals

OBJECTIVES OF THE ACTIVITY

1. Equip participants with leadership techniques to inspire positive change.
2. Enhance team trust, communication, and collaboration.
3. Provide strategies for managing resistance and fostering buy-in for new initiatives.
4. Create an environment that promotes professional development and decision-making.
5. Apply leadership principles in real-world professional settings.

DESCRIPTION OF THE ACTIVITY



The Leadership Principles: Transforming Teams & Driving Change workshop was designed to empower healthcare professionals and allied medical providers with transformational leadership skills to enhance teamwork and inspire change. The event emphasized trust, collaboration, and leadership resilience, equipping participants with practical tools to navigate leadership challenges in the healthcare sector.

Key topics covered included:

- Transformational leadership and its impact on team dynamics.



- Strategies for managing resistance to change and fostering a culture of adaptability.
- Building trust and collaboration within multidisciplinary teams.
- Practical decision-making techniques to enhance leadership effectiveness.
- Applying leadership frameworks such as the “six thinking hats” strategy to promote creativity in problem-solving.

Participants actively engaged in case-based discussions, interactive exercises, and role-playing scenarios. They explored real-world leadership challenges, such as managing toxic workplace environments, resource constraints, and team motivation. The event also facilitated networking opportunities, allowing attendees to exchange insights on best leadership practices in various healthcare settings.

The program successfully enhanced participants' leadership capacity, equipping them with tools to implement sustainable change and drive team performance in their respective workplaces.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful with 93.5% expressing high satisfaction. Nearly 98% agreed that the session positively impacted their leadership knowledge, competence, and performance. The event had a significant impact on the healthcare community, equipping leaders with practical strategies for fostering collaboration, managing resistance, and improving team effectiveness. Many attendees committed to applying learned techniques in their workplaces, ensuring long-term benefits for team performance, morale, and patient care outcomes.



BASICS OF SPSS FOR HEALTHCARE PROVIDERS 2024

ACTIVITY INFORMATION

Date & Time: 17 December 2024

Location/Venue: College of Nursing, Sultan Qaboos University

Faculty/Staff Involved: Fundamentals and Administration Department and STTI Alpha Beta Delta Chapter (Ms. Arcalyd Rose Cayaban and Ms. Arwa Atef Obeidat)

PARTICIPANTS & BENEFICIARIES

32 registered attendees + STTI Alpha Beta Delta Chapter Organizers

OBJECTIVES OF THE ACTIVITY

1. **Introduce** the nature, purpose, and types of statistics relevant to healthcare research.
2. **Identify** and classify variables correctly based on measurement scales.
3. **Explain** statistical measurement, its significance, and interpretation for data-driven healthcare decisions.

DESCRIPTION OF THE ACTIVITY

The “Basics of SPSS for Healthcare Providers 2024” workshop was designed to equip healthcare professionals with essential statistical analysis skills using SPSS software. The training aimed to enhance research capabilities and improve data-driven decision-making in healthcare.

The event began with welcoming remarks from Dr. Sulaiman Al Sabei, STTI Alpha Beta Delta Chapter President, emphasizing the importance of statistics in research and healthcare decision-making. Prof. Omar Al-Omari introduced fundamental statistical concepts and measurement scales, providing the theoretical foundation for the session.

Key workshop sessions included:

- Data Entry and Cleaning (Ms. Arcalyd Rose Cayaban)
- Normal Distribution and Data Analysis (Mr. Faisal)
- Descriptive Statistics (Ms. Cherry Ann Ballad)

- T-Tests and ANOVA Applications (Dr. Mickael Joseph & Dr. Asma Al-Yahyaie)

The workshop concluded with an integrative discussion led by Prof. Omar Al-Omari, tying together key learning points. Dr. Huda Al-Noumani, Dean of the College of Nursing, delivered closing remarks, highlighting the impact of the training on research development. Certificates were distributed to all speakers and participants, marking the successful completion of the event.

Participants actively engaged in hands-on sessions, applying SPSS techniques in real-world healthcare research scenarios. The interactive nature of the training helped attendees gain confidence in statistical analysis, data interpretation, and decision-making.



EVALUATIONS AND RECOMMENDATIONS

The workshop received overwhelmingly positive feedback, with 78% of participants strongly agreeing that the training enhanced their SPSS knowledge, and 72% strongly agreeing that it improved their ability to apply statistical knowledge in their research. Participants commended the presenters for their expertise, clarity, and engaging teaching methods. The event successfully addressed a crucial knowledge gap in healthcare research and statistical analysis, empowering professionals to confidently apply SPSS in their projects. The practical skills gained will contribute to evidence-based decision-making in healthcare, reinforcing a data-driven research culture that ultimately enhances patient care and healthcare policies.





**MATERNAL
AND CHILD
HEALTH
DEPARTMENT**

COLLEGE OF NURSING

PROMOTE MENTAL HEALTH OF CHILDREN WITH DISCIPLINE, LOVE, AND LIMITS

ACTIVITY INFORMATION

Date & Time: 2 March 2024

Location/Venue: College of Nursing, Sultan Qaboos University

Faculty/Staff Involved: Maternal and Child Health Department (Ms. Harshita Prabhakaran and Ms. Lina Shakman)

PARTICIPANTS & BENEFICIARIES

22 SQU Day Care Teachers

OBJECTIVES OF THE ACTIVITY

1. Identify and manage aggressive behavior in children.
2. Develop anger management strategies for preschool-aged children.
3. Recognize children with special needs, such as ADHD and dyslexia.
4. Enhance children's learning through positive behavioral strategies.

DESCRIPTION OF THE ACTIVITY

The workshop on managing behavioral challenges in children was successfully conducted for SQU Day Care teachers on March 2, 2024, at the College of Nursing, Sultan Qaboos University. This event provided practical guidance on identifying and addressing aggressive behavior, anger management, and special learning needs in children.

The event commenced with a welcome address by Dr. Mickael Joseph, emphasizing the significance of behavioral management in early childhood education. Dr. Iman Al Hashmi then introduced the workshop's agenda, setting a foundation for the sessions that followed.

The first session by Dr. Erna Judith Roach covered aggressive behavior in children, providing effective intervention strategies through case studies and role-play exercises. This was followed by a session on anger management for preschoolers, led by Ms. Sheeba E J, Ms. Harshita P, and Dr. Zainab Al Azri,



featuring interactive techniques and real-life scenarios to help educators respond to children's emotional outbursts.

Dr. Judie Arulappan, Ms. Lina Shakman, and Ms. Divya R then delivered a session on ADHD and dyslexia, discussing early identification, intervention, and inclusive teaching methods. Their presentation included practical role-playing to help teachers identify and support children with special needs.

The final session, led by Dr. Girija Madhavanprabhakaran and Ms. Frincy Francis, explored positive learning strategies to enhance engagement and development in young children.

Notably, eight children actively participated in role-playing exercises, enriching the realism and effectiveness of the learning experience.

The workshop empowered 22 day care teachers with practical skills to manage behavioral issues effectively in their classrooms. The event concluded with certificate distribution, presented by Dr. Iman Al Hashmi, in recognition of the teachers' participation and commitment to professional development.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, with participants reporting a significant increase in their understanding of child behavioral management. The combination of informative lectures and hands-on role-playing sessions was particularly effective in enhancing practical learning. The overall impact on the community was notable, as teachers felt better equipped to create a more supportive and structured learning environment for young children. The positive influence of this training will extend to the children they educate, contributing to improved mental well-being and academic success in early childhood education.



CELEBRATING MOTHERHOOD - MOTHER'S DAY ACTIVITY

ACTIVITY INFORMATION

Date & Time: 21 March 2024

Location/Venue: 2 Red Postnatal Unit, Sultan Qaboos University Hospital (SQUH)

Faculty/Staff Involved: Maternal and Child Health Department (Ms. Frincy Francis and Ms. Lina Shakman)

PARTICIPANTS & BENEFICIARIES

20 mothers, 12 staff nurses, 20 student nurses, and faculty members

OBJECTIVES OF THE ACTIVITY

1. Promote mental well-being in the postnatal period.
2. Differentiate between baby blues and postpartum depression.
3. Recognize warning signs in postnatal mothers.
4. Identify warning signs in newborns.
5. Encourage self-care for new mothers.

DESCRIPTION OF THE ACTIVITY



To celebrate Mother's Day, the Maternal and Child Health Department organized a series of activities at the College of Nursing and 2 Red Postnatal Unit, SQUH, honoring the importance of motherhood through art, poetry, and health education.

The event commenced with an art and poetry contest at the College of Nursing, where faculty and students creatively expressed their appreciation for mothers. The submitted works were displayed in the college foyer, offering an inspiring visual experience for visitors.

At 2 Red Postnatal Unit, SQUH, the event was inaugurated by

Dr. Iman Al Hashmi, who conducted an interactive health education session focusing on postnatal mental health, self-care, and early signs of postpartum complications. She highlighted the importance of emotional support for new mothers, ways to differentiate between baby blues and postpartum depression, and key warning signs for both mothers and newborns.

Participants actively engaged in discussions, seeking clarifications on postnatal care and maternal health concerns. The session concluded with a gesture of appreciation, where flowers and tokens of gratitude were distributed to mothers as a symbol of encouragement and support.

The event successfully combined emotional expression with practical education, fostering a sense of community, appreciation, and empowerment for mothers.

EVALUATIONS AND RECOMMENDATIONS

The art and poetry display, combined with the postnatal awareness session, created a lasting and deeply resonant impact. Participants expressed gratitude for the interactive discussions and the thoughtful appreciation of motherhood. The engagement of mothers, students, and healthcare providers strengthened awareness of postnatal health while promoting emotional connection and community support. This initiative had a significant impact on the community by raising awareness on postpartum mental health, encouraging self-care practices among mothers, and fostering a supportive healthcare environment. The positive reception of the event highlights the importance of continuing similar initiatives to further promote maternal well-being and emotional resilience among new mothers.



WOMEN HEALTH AWARENESS EXHIBITION

ACTIVITY INFORMATION

Date & Time: 17 October 2024

Location/Venue: SQU Burj, Sultan Qaboos University Campus

Faculty/Staff Involved: Maternal and Child Health Department (Dr. Iman Al Hashmi - HOD)



PARTICIPANTS & BENEFICIARIES

100 attendees mostly women of reproductive age and adolescent girls.

OBJECTIVES OF THE ACTIVITY

- Educate** women about key health concerns including breast cancer, PCOS, obesity management, first aid, and mental well-being through interactive exhibits and games.
- Empower** women with knowledge and resources for informed healthcare decisions, preventive measures, and self-care practices.
- Create** a platform for networking, enabling participants to connect with healthcare professionals and share experiences to enhance their overall wellness.
- Provide** guidance for mothers on childcare, developmental milestones, and proper nutrition for children under five years of age.

DESCRIPTION OF THE ACTIVITY

The Women Health Awareness Exhibition was organized by the Maternal and Child Health Department to address pressing health concerns among women in Oman, particularly Polycystic Ovarian Syndrome (PCOS) and breast cancer awareness. Given the rising incidence of PCOS and breast cancer, the event aimed to educate women on prevention, early detection, and management strategies for these conditions while also addressing overall well-being, child health, and first aid preparedness.

The interactive exhibition featured multiple health education stations, each focusing on a specific aspect of women's health:

- Breast Cancer Awareness & Self-Examination Training - Demonstrating breast self-exam techniques for early detection.

- PCOS Awareness - Educating women on causes, symptoms, prevention, and lifestyle management strategies.
- Physical Well-Being - Vital sign measurement and general health check-ups.
- Mental Health & Stress Management - Offering coping strategies and mental health support tips.
- Nutrition & Obesity Management - Body fat analysis and dietary guidance provided by Dr. Nutrition.
- First Aid Training - Demonstrating emergency response techniques for common situations.
- Child Health & Development - Providing parenting tips on nutrition and developmental milestones for children under five years old.

Special arrangements were made for engaging children accompanying their mothers through educational activities and games. The exhibition was designed to be highly interactive, with quizzes, hands-on demonstrations, and games to reinforce learning. Participants actively engaged in discussions, asked questions, and took part in knowledge-testing activities to assess their understanding of the health issues presented.

Between 60 and 80 women attended the exhibition, including adolescents and adults. The participants expressed enthusiasm for the event, showing keen interest in breast cancer screening, PCOS education, and mental well-being. Many attendees committed to sharing the knowledge gained with their families and communities, thereby amplifying the event's impact beyond the immediate participants.

EVALUATIONS AND RECOMMENDATIONS

The Women Health Awareness Exhibition was highly successful, effectively meeting its objectives of raising awareness about breast cancer, PCOS, nutrition, mental well-being, and child health. Participants appreciated the interactive exhibits, hands-on demonstrations, and direct engagement with healthcare professionals, which enhanced their understanding and encouraged preventive health measures. The event's impact extended beyond attendees, as many committed to sharing their knowledge with their families and communities, further amplifying its reach. A minor logistical challenge was encountered in transporting materials and setting up exhibits, highlighting the need for additional support for large-scale events in the future.



THE EFFECTS OF SCREENS ON CHILDREN

ACTIVITY INFORMATION

Date & Time: 10 December 2024

Location/Venue: Omaira School, Al Seeb

Faculty/Staff Involved: Maternal and Child Health Department (Dr. Zeinab Nasser Alazri, Ms. Safya Al Yaqobi, Ms. Lina Shakman, Ms. Sheeba Elizabeth J, and Ms. Harshita Prabhakaran).

PARTICIPANTS & BENEFICIARIES

82 students from 5th and 6th grade

OBJECTIVES OF THE ACTIVITY

1. Educate students about the physical, mental, and social effects of prolonged screen usage.
2. Inspire them to explore alternative activities, such as reading, physical play, and creative hobbies.

DESCRIPTION OF THE ACTIVITY



The interactive workshop aimed at educating students about the effects of excessive screen use while encouraging alternative, healthier activities. Students actively participated in various engaging methods, making the session both informative and enjoyable.

Key Highlights of the Session:

- Interactive Discussions: Students shared their daily screen time habits and their perceived impact.
- Creative Expression: Students participated in drawing and writing exercises to illustrate their favorite non-screen activities.

- Games & Activities: Various team-building and problem-solving games were conducted to reinforce the benefits of active play.

- Healthy Rewards: Each participant received fresh fruit and a book as a token to promote healthy living and reading habits.

By combining education with creative exercises, the workshop ensured that students not only understood the negative effects of excessive screen time but also explored new ways to balance screen use with other enriching activities.

EVALUATIONS AND RECOMMENDATIONS

The activity was highly successful, with students actively participating and expressing a newfound understanding of how screen time affects their well-being. Many students showed enthusiasm for reducing screen time and engaging in healthier alternatives. The positive impact was evident as students demonstrated increased awareness and commitment to adopting healthier screen habits.



RISK COMMITTEE



COLLEGE OF NURSING

FIRST AID WORKSHOP FOR SCHOOL STUDENTS

ACTIVITY INFORMATION

Date & Time: 20 February 2024

Location/Venue: Down House Muscat International School

Faculty/Staff Involved: Risk Committee (Dr. Asma Al Yahyaei)

PARTICIPANTS & BENEFICIARIES

200 students and 10 faculty members

OBJECTIVES OF THE ACTIVITY

1. **Educate** faculty and students on basic first aid techniques.
2. **Increase** awareness of common medical emergencies and appropriate responses.
3. **Empower** participants with practical skills to handle emergency situations effectively.

DESCRIPTION OF THE ACTIVITY

The First Aid Workshop at Down House Muscat International School provided interactive and hands-on training to equip faculty and students with life-saving skills. The session covered a range of common medical emergencies, including burns, cuts, fainting, fractures, asthma attacks, insect bites, choking, bleeding, and hypoglycemia.

The workshop was highly interactive, featuring live demonstrations and practical exercises that enabled participants to apply their newly acquired knowledge. Students were particularly engaged in role-playing scenarios, allowing them to practice first aid responses in a controlled environment. The event also emphasized the importance of staying calm and acting quickly during emergencies.



By the end of the session, students and faculty members expressed greater confidence in handling medical situations, reinforcing the workshop's goal of promoting a culture of preparedness and safety within the school community.

EVALUATIONS AND RECOMMENDATIONS

The workshop was highly successful, with participants actively engaging in the learning process and demonstrating enthusiasm for acquiring first aid skills. The positive impact on the school community was evident, as participants gained valuable knowledge and hands-on experience that could potentially save lives. Moving forward, more in-depth sessions and regular training workshops would further strengthen the first aid preparedness within the school.



FIRST AID TRAINING PROGRAM FOR THE SEEBO INTERNATIONAL SCHOOL

ACTIVITY INFORMATION

Date & Time: 27 October 2024

Location/Venue: Seeb International School, Al Khoud, Muscat

Faculty/Staff Involved: Risk Committee (Dr. Blessy Valsaraj, Dr. Girija Madhavan, Dr. Samia Al Harrasi, Dr. Joshua Muliira, Ms. Savithri Raman, Dr. Wafa Al Jabri, Dr. Atiya Al Fargani, and Dr. Diala Al Twalbeh)

PARTICIPANTS & BENEFICIARIES

55 School Teachers from ABQ International Schools in Muscat

OBJECTIVES OF THE ACTIVITY

1. Educate teachers on the importance of first aid in managing school-related emergencies.
2. Recognize and respond effectively to heat-related emergencies, hypo-/hyperglycemia, and epilepsy.
3. Develop skills to manage bleeding, epistaxis, and sudden infant death syndrome (SIDS).
4. Demonstrate proficiency in CPR, handling fainting, and responding to drowning incidents.
5. Identify and apply first aid techniques for fractures, burns, and choking.
6. Build confidence to act promptly and appropriately in emergencies to ensure student safety.

DESCRIPTION OF THE ACTIVITY

On October 27, 2024, the Risk Management Committee successfully conducted a First Aid Training Program at Seeb International School for 55 teachers from three branches of ABQ International Schools in Muscat. This initiative aimed to enhance teachers' readiness to handle medical emergencies effectively within a school environment.

The training was delivered by expert faculty members from the College of Nursing, who facilitated engaging and practical sessions. Key topics included:

- Heat-Related Emergencies, Hyper/Hypoglycemia, and Epilepsy
- Bleeding, Epistaxis, and Sudden Infant Death Syndrome (SIDS)
- CPR, Fainting, and Drowning
- Fractures, Burns, and Choking

The training followed an interactive and hands-on approach, allowing participants to practice essential first aid techniques with expert guidance. Teachers engaged in real-life emergency scenarios, reinforcing their confidence in responding to medical crises in school settings.

By the end of the session, teachers expressed significant improvement in their ability to manage emergencies, particularly in applying CPR, handling fractures, and responding to common school-related injuries. The program highlighted the importance of first aid preparedness in educational institutions and reinforced the need for regular training to ensure student and staff safety.

EVALUATIONS AND RECOMMENDATIONS

The First Aid Training Program at Seeb International School was highly successful, achieving all its objectives. Teachers appreciated the relevance and practicality of the training and expressed increased confidence in handling emergencies. The interactive and hands-on format was particularly valued, making the training engaging and effective. The impact on the school community was significant, as teachers gained critical life-saving skills that will contribute to a safer school environment. This training not only empowered educators to act swiftly during emergencies but also fostered a culture of preparedness and proactive safety measures within the school.



FIRST AID TRAINING WORKSHOP IN BIBID

ACTIVITY INFORMATION

Date & Time: 23 December 2024

Location/Venue: Bidbid Sports Club

Faculty/Staff Involved: Risk Committee Members

PARTICIPANTS & BENEFICIARIES

65 Members of sports clubs, hikers, and cyclists in Bidbid

OBJECTIVES OF THE ACTIVITY

1. Educate participants about the importance of first aid and its role in emergencies.
2. Provide basic skills and knowledge to handle medical emergencies confidently.
3. Deliver hands-on training in basic life support techniques, including CPR and fracture management.

DESCRIPTION OF THE ACTIVITY



The First Aid Training Workshop in Bidbid was specifically designed for sports club members, hikers, and cyclists, equipping them with essential first aid skills for handling common sports and outdoor-related injuries.

The workshop combined interactive discussions, hands-on demonstrations, and practical skill-building exercises to ensure participants gained confidence in managing emergencies. The key focus areas included:

- CPR Techniques: Recognizing cardiac arrest, performing high-quality chest compressions and rescue breaths, and using an Automated External Defibrillator (AED).
- Fracture First Aid: Identifying fractures, stabilizing injured limbs with splints, and immobilization techniques for sport-related injuries like sprains, dislocations, and fractures.

dislocations, and fractures.

Participants actively engaged in practical sessions, practicing emergency response techniques under the guidance of trained instructors. The real-life scenarios and demonstrations reinforced their ability to react promptly and effectively in crisis situations.

EVALUATIONS AND RECOMMENDATIONS

The feedback was overwhelmingly positive, with participants praising the training's practical relevance and engaging format. Many requested extended sessions or more specialized training in other first aid areas, reflecting a strong interest in enhancing their knowledge further. The overall impression of the workshop was highly positive, as attendees appreciated the structured approach and balance between theory and hands-on practice. The impact on the community was significant, fostering a safer and more prepared environment for sports enthusiasts. Attendees are now better equipped to handle emergencies, reduce the severity of injuries, and potentially save lives during outdoor activities. With more individuals trained in first aid, the community has become more resilient, promoting a culture of safety and mutual support. The ripple effect of knowledge-sharing will further enhance preparedness within the local sports and outdoor activity groups.



NURSING GROUP



COLLEGE OF NURSING

FIRST AID WORKSHOP FOR COLLEGE OF EDUCATION'S STUDENTS

ACTIVITY INFORMATION

Date & Time: January 28 & 30,

February 4, 6, 11, 13, & 27, 2024

Location/Venue: College of Nursing (Auditorium 0067, Classrooms 0063, 0037, 0042, and Nursing Skills Labs)

Faculty/Staff Involved: Nursing Group



PARTICIPANTS & BENEFICIARIES

515 registered students from the College of Education

OBJECTIVES OF THE ACTIVITY

1. **Raise** awareness about first aid and emphasize the importance of acquiring essential life-saving skills.
2. **Provide** theoretical knowledge and hands-on training on critical first aid topics, including: Cardiopulmonary resuscitation (CPR), Choking and swallowing the tongue, Fractures, Wounds, burns, and epistaxis, Drowning response, First aid kit usage, and Bites and stings
3. **Prepare** future teachers to respond effectively to emergency situations in the school environment.
4. **Ensure** that participants are familiar with basic first aid skills.

DESCRIPTION OF THE ACTIVITY

At the request of the College of Education, a series of first aid workshops was conducted to train students preparing for field training in schools. The workshops, approved by the Assistant Dean of Training and Community Service Office, were held over four weeks at the College of Nursing, with seven training sessions accommodating 515 students.

Each session was divided into theoretical and practical components. The theoretical segment was led by faculty members from the College of Nursing, covering fundamental first aid knowledge. The practical training was conducted by trained nursing students, ensuring hands-on learning opportunities for participants.

Key topics covered included:

- Introduction to First Aid and the use of an AED (Automated External Defibrillator)
- Emergency response techniques for CPR, choking, drowning, fractures, and burns
- Handling of common injuries, such as wounds, bites, and epistaxis (nosebleeds)
- Preparation and use of a first aid kit in emergency situations



The Nursing Student Group successfully organized the workshop without utilizing funds from its budget, ensuring a cost-effective and impactful learning experience.

EVALUATIONS AND RECOMMENDATIONS



The workshop received positive feedback, with students expressing satisfaction and gratitude for the practical knowledge gained. Many appreciated the hands-on experience and suggested extending the practical time at each station for better skill reinforcement. Some students also recommended scheduling future workshops during non-field training periods to ensure maximum participation and engagement. Overall, both organizers and trainers found the initiative valuable, as it provided an opportunity for skill development and community contribution.

NURSING GROUP CLOSING CEREMONY

ACTIVITY INFORMATION

Date & Time: April 28, 2024, 6:30 - 8:30 PM

Location/Venue: College of Nursing (Room 0067)

Faculty/Staff Involved: Nursing Group

Guest of honor: Mr. Rashid Al Habsi, Head of Administration, College of Nursing

PARTICIPANTS & BENEFICIARIES

87 Faculty and administrative staff, members of the Nursing Group, and the Managing Board.

OBJECTIVES OF THE ACTIVITY

1. **Conclude** the Nursing Group's activities and events for the academic year.
2. **Honor** the active members of the Nursing Group committees.
3. **Motivate** students to continue participating in student activities.
4. **Celebrate** the Creative Excellence Award for students of nursing colleges.

DESCRIPTION OF THE ACTIVITY



The Nursing Group Closing Ceremony, themed Progress, brought together faculty, staff, and students to celebrate the year's accomplishments. The event commenced with a recitation from the Holy Quran, followed by a video presentation showcasing the Nursing Group's achievements throughout the year.

Ms. Ibtisam Al Harthy delivered the college administration's speech, highlighting the group's contributions. Another video was then presented, offering a behind-the-scenes look at memorable moments from the group's activities.

The Nursing Group President, Mr. Yousuf Hardan, shared an administration speech, acknowledging the hard work and dedication of the group's members. A fun moment followed, with randomly selected members receiving surprise gifts, adding an element of excitement.

The highlight of the evening was the Creative Excellence Award presentation, where the Nursing Group won first place among Arab nursing faculties. The award was officially presented to the Nursing Group President, marking a significant milestone for the group.

The ceremony concluded with the honoring of outstanding members, recognizing their exceptional dedication and contributions to the group. The event was supported by two sponsors, who provided gifts and sweets, while a budget of 200 RO was allocated for food, drinks, and stationery.

EVALUATIONS AND RECOMMENDATIONS

The event was highly appreciated by Nursing Group members and the college administration, who praised the organization and execution of the ceremony. The Nursing Group's administrative board was recognized for their remarkable efforts in fostering student engagement and enhancing the group's impact.



ORIENTATION DAY FOR NEW STUDENTS - NABD

ACTIVITY INFORMATION

Date & Time: September 10, 2024, from 9:00 AM - 12:30 PM

Location/Venue: College of Nursing (0067) - College Lobby

Faculty/Staff Involved: College Administration in Cooperation with the Nursing Group

PARTICIPANTS & BENEFICIARIES

124 students from the college of Nursing

OBJECTIVES OF THE ACTIVITY

1. **Provide** a warm welcome to new students, inspiring enthusiasm for their academic journey.
2. **Introduce** students to the college environment, including facilities, departments, and the Nursing Group's role in student life.
3. **Encourage** student participation in extracurricular and leadership activities to enhance their university experience.

DESCRIPTION OF THE ACTIVITY

The “Nabd” Orientation Day was designed to ensure a smooth transition for new students into the College of Nursing. The event began with a welcome speech from Ms. Ibtisam Al Harthy, the Nursing Group Supervisor, followed by a video presentation showcasing the group's activities, achievements, and student engagement opportunities.



After the introductory session, students were guided on a tour of the college, visiting academic departments, labs, and student support facilities. A Q&A booth session allowed students to interact with representatives from the Nursing Group's four committees, providing them with insight into various student initiatives and leadership opportunities.

Students also had the opportunity to connect with experienced nursing students, who shared their personal experiences and tips for academic success and student engagement. To commemorate the event, a photography corner was set up, allowing students to capture memories of their first day at the College of Nursing.

EVALUATIONS AND RECOMMENDATIONS

The event was highly appreciated by new students, who found it informative, engaging, and well-organized. The Nursing Group's administration was praised for their remarkable efforts in ensuring a smooth and welcoming experience. All objectives were successfully met with excellent execution and quality.



ACTIVITY INFORMATION

Date & Time: September 23 - 25, 2024 (9:00 AM - 5:00 PM)

Location/Venue: Sultan Qaboos University - Grand Hall

Faculty/Staff Involved: College Administration in Cooperation with the Nursing Group

PARTICIPANTS & BENEFICIARIES

Visitors included career guidance councils, SQU students, high school students, and other groups.



OBJECTIVES OF THE ACTIVITY

1. **Introduce** visitors to the nursing profession and its global development, with a particular focus on Oman.
2. **Familiarize** attendees with the academic requirements for studying nursing at Sultan Qaboos University.
3. **Provide** an overview of the College of Nursing's programs, including the Bachelor's, Master's, and Bridging options.
4. **Explain** the role of nursing in modern healthcare settings and its significance in hospitals today.
5. **Promote** active participation in university events and exhibitions.
6. **Introduce** visitors to the Nursing Group and its activities.

DESCRIPTION OF THE ACTIVITY

The Nursing Group proudly represented the College of Nursing during Sultan Qaboos University's Majors Fair, an annual career fair organized by the Center for Career Guidance in collaboration with college administrations. Held in SQU's Grand Hall from September 23 to 25, 2024, the event ran daily from 9:00 AM to 5:00 PM and served as an opportunity for prospective students and career seekers to explore the field of nursing.

The Cultural Committee managed the College of Nursing's booth, providing attendees with

comprehensive information about the nursing profession, curriculum, programs, career pathways, international accreditations, and accomplishments. Visitors engaged in interactive activities and watched videos showcasing the Nursing Group and a day in the life of a nursing student. The event concluded with an interactive Q&A session, allowing guests to ask questions about nursing education and career prospects.

EVALUATIONS AND RECOMMENDATIONS

The College of Nursing's section received positive feedback, with visitors praising its setup, content, and presentation style. The interactive engagement and informative materials effectively highlighted nursing as a dynamic and rewarding career path. Attendees appreciated the clarity and professionalism of the presenters, as well as the accessibility of first-hand insights into nursing education and practice. The event successfully enhanced awareness of nursing at SQU, encouraging students to consider the field as a future career option.



NURSING GROUP'S OPENING EVENT - MIDAD

ACTIVITY INFORMATION

Date & Time: September 24, 2024, from 7:00 AM - 8:30 PM

Location/Venue: College of Nursing Auditorium (0067)

Faculty/Staff Involved: College Administration in Cooperation with the Nursing Group

PARTICIPANTS & BENEFICIARIES

153 students - members of the Nursing Group and other university students

OBJECTIVES OF THE ACTIVITY

- Welcome** attendees and introduce them to the Nursing Group, its goals, and vision for the new academic year.
- Encourage** student participation in the group's activities and programs.
- Present** and explain opportunities available for students, such as the Student Exchange Program at Duke University.

DESCRIPTION OF THE ACTIVITY



The opening event, "Midad," was designed to inspire university students by introducing them to the Nursing Group's mission and vision while fostering engagement in student activities. The name "Midad," meaning "extended ink," represents the idea that every thought and pursuit requires ink to be documented and realized—just as the Nursing Group supports students in achieving their ambitions.

The event's guest of honor, Dr. Mickael Joseph, attended alongside Ms. Ibtisam Al Harthy, the group's supervisor, and 153 students. It commenced with a recitation from the Holy Quran, followed by a short visual presentation introducing the event's theme through text and voiceovers. Afterward,

a welcome address was delivered, followed by a speech from Dr. Mickael Joseph.

A second video showcased the achievements of the Nursing Group over the past year, including student experiences and testimonials from former group members and administrators.

Isnad Al Balushi, the group's president, then delivered a speech explaining the Nursing Group's objectives and vision for the year ahead. A follow-up video introduced the roles of each committee, featuring insights from new administrative members.

To add variety and engagement, the event included:

- A freestyle performance, which was well received by the audience.
- Students from Duke University sharing their exchange experiences, detailing challenges and personal growth.
- A poetry recital by Mr. Jassim bin Salem Bani Araba, whose eloquent verses captivated attendees.
- A fun competition between two teams, featuring general knowledge questions, adding an interactive and entertaining element to the evening.

EVALUATIONS AND RECOMMENDATIONS

The event was highly appreciated by attendees, with students being commended for their outstanding efforts. The objectives were successfully achieved with excellent execution and quality.



FIRST AID WORKSHOP “YOUR FIRST STEP”

ACTIVITY INFORMATION

Date & Time: October 8, 2024, from 4:15 PM - 8:00 PM

Location/Venue: College of Nursing Hall (0067) - Nursing Labs

Faculty/Staff Involved: Nursing Group

PARTICIPANTS & BENEFICIARIES

34 students

OBJECTIVES OF THE ACTIVITY

- 1. Increase** awareness of the importance of first aid knowledge.
- 2. Instill** confidence in individuals to perform first aid professionally.
- 3. Encourage** volunteer work in emergency relief.
- 4. Provide** explanations and hands-on training on key first aid topics, including: (Cardiopulmonary Resuscitation (CPR), Choking and swallowing the tongue, Fractures, Wounds, burns, and nosebleeds).

DESCRIPTION OF THE ACTIVITY



The “Your First Step” First Aid Workshop was designed to introduce students to essential life-saving skills and practical emergency response techniques.

Registration began at 3:45 PM, followed by a warm welcome from Dr. Amira El Abasy and Dr. Asma Al Yahyaei, who provided the theoretical foundation for the training. The theoretical session commenced at 4:15 PM and lasted for 50 minutes, covering key first aid principles and emergency response techniques.



To ensure hands-on engagement, participants were divided into five small groups, each led by a designated team leader who guided them through interactive training stations. These stations allowed students to practice CPR, manage choking incidents, stabilize fractures, and handle wounds, burns, and nosebleeds effectively.

After the practical sessions, certificates of participation were awarded to both trainers and attendees. The event concluded with refreshments at the hospitality corner, fostering a sense of community among participants.

EVALUATIONS AND RECOMMENDATIONS

The majority of attendees expressed satisfaction with the workshop, praising the clarity of objectives, interactive training sessions, and the engaging presentation style. The event was well-received, and students appreciated the comprehensive explanations and practical exercises.



NATIONAL DAY CELEBRATION

ACTIVITY INFORMATION

Date & Time: November 18, 2024, from 12:00 PM - 5:00 PM

Location/Venue: College of Nursing Hall (0067) - Nursing Labs

Faculty/Staff Involved: Nursing Group

PARTICIPANTS & BENEFICIARIES

Students from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. **Celebrate** the 54th National Day and highlight the talents of Nursing Group members in various creative fields.
2. **Raise** awareness about Omani traditional medicine and its historical significance.

DESCRIPTION OF THE ACTIVITY



The event featured six main sections, offering a diverse and immersive experience for visitors:

• Palestine Corner:

- o Highlighted the importance of homeland, freedom, and unity.
- o Visitors wrote messages of solidarity and support for Palestine.

• Virtual Reality (VR) Corner:

- o Featured interactive video and entertainment games using VR technology.

Traditional Medicine Corner:

- o Showcased traditional healing practices and medicinal plants.
- o Educated visitors on the benefits of Omani herbal medicine.

• Entertainment Corner:

- o Engaging games and competitions inspired by Omani heritage.

• Talent and Photography Corner:

- o Face painting and mural creation featuring Oman's map and national themes.
- o Instant Polaroid photography station for visitors.

EVALUATIONS AND RECOMMENDATIONS

The event was highly appreciated, with visitors expressing admiration for the organization and cultural engagement. The creative approach to blending tradition with modern interactive elements was well received. The National Day celebration successfully honored Omani heritage while fostering a sense of unity, creativity, and cultural appreciation among attendees.



GRADUATION CEREMONY

ACTIVITY INFORMATION

Date & Time: December 14-15, 2024

Location/Venue: College of Nursing Hall (0067) and Lobby

Faculty/Staff Involved: Nursing Group

PARTICIPANTS & BENEFICIARIES

Students from the College of Nursing

OBJECTIVES OF THE ACTIVITY

1. **Celebrate** the achievements of the College of Nursing graduates (Batch 35).
2. **Recognize** students' academic and professional accomplishments throughout their studies.
3. **Motivate** graduates to continue striving for excellence in their careers.

DESCRIPTION OF THE ACTIVITY

The main graduation event took place on Saturday, December 14, in Hall 0067, beginning with preparations from 11:30 AM to 1:00 PM, which included organizing attendees and distributing mini perfumes as gifts.

The program officially commenced with a recitation of verses from the Holy Quran, followed by a speech by Dr. Asma Al-Yahyai on behalf of the faculty members. She offered valuable career advice and shared insights into professional life for the graduates.

A 9-minute video presentation was then showcased, featuring proud messages from the graduates' families and a collection of memorable moments from their time in college.

To add an engaging element, interactive competitions were held, testing the graduates' general knowledge. The event concluded with a raffle draw, where several prizes were awarded, including discounts on uniforms.



On Sunday, December 15, graduates were invited to a photo booth with an instant printing service and a coffee corner, allowing them to capture and cherish their special day.

EVALUATIONS AND RECOMMENDATIONS

The event was well received by graduates and attendees, with high praise for the organization and attention to detail. The interactive elements, including competitions and the raffle draw, were particularly appreciated. The Graduation Ceremony successfully honored the students' hard work and dedication, marking a significant milestone in their journey towards professional nursing careers.

EXTERNAL AFFAIRS AND PARTNERSHIPS



COLLEGE OF NURSING

DUKE SUMMER EXCHANGE PROGRAM - 2024

The College of Nursing at Sultan Qaboos University continues its strong partnership with Duke University in Durham, USA, through its annual student exchange program. This collaboration, established under the memorandum of agreement initiated by Dean Dr. Huda Al Noumani in 2020, has led to multiple academic engagements, including faculty peer reviews, simulation training, and international conference participation.



As part of this initiative, SQU selects three outstanding nursing students each year to participate in the “Exploring Global Patterns of Health and Illness” summer program at Duke University’s School of Nursing. For 2024, the selected students are:

- Razan Al Hattali
- Maryam Al Saaidi
- Reem Al Riyami

The two-week program, running from August 1 to August 19, 2024, offered an intensive academic and cultural immersion experience aimed at developing future nursing leaders. Participants explored global health issues through a curriculum that integrates lectures, community-based site visits, cultural excursions, and experiential learning activities. The key themes of the program included:

- Epidemiology and global health patterns
- Non-communicable and emerging infectious diseases
- Global mental health and planetary health
- Social determinants of health and human rights

Students engaged in academic presentations, reflective journal assignments, and interactive discussions with Duke faculty and international peers. Their learning was enriched through visits to healthcare facilities, social service organizations, and cultural sites, allowing them to compare healthcare practices and policies across different societies.

The program also included recreational and cultural outings, offering students the opportunity to visit historical landmarks, museums, and entertainment venues such as:

- The Duke Basketball Museum
- Durham Bulls Athletic Park
- International Civil Rights Center and Museum
- TROSA (Triangle Residential Options for Substance Abusers)
- Busch Gardens Theme Park
- Durham Performing Arts Center (DPAC)

SQU’s participation in this prestigious program underscores its commitment to global nursing education and fostering future nursing leaders with a broader understanding of international health challenges and solutions. The 2024 cohort did not only gain invaluable academic and professional insights but also served as ambassadors of Omani nursing education on the global stage.



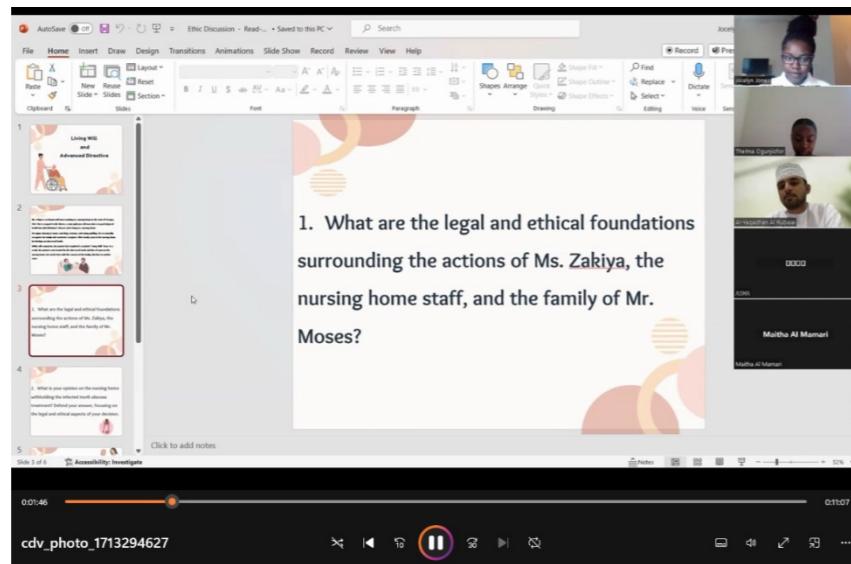
ETHICS AND CONTEMPORARY NURSING COURSE

The Virtual Exchange Program between Sultan Qaboos University and Kennesaw State University (KSU), conducted during the Spring 2024 semester for the Ethics and contemporary Nursing course, provided nursing students with a collaborative platform to explore ethical dilemmas in healthcare.

Co-led by Dr. Blessy Valsaraj (SQU) and Dr. Diane Keen (KSU), the program engaged 52 students (29 from SQU and 23 from KSU), who were divided into eight interdisciplinary groups, each assigned a unique ethical case study. Through structured online discussions, video presentations, and Moodle forums, students analyzed critical issues such as futile care, informed consent, confidentiality, false imprisonment, and euthanasia, comparing perspectives from Oman and the USA.

The exchange enhanced students' critical thinking, problem-solving, intercultural communication, and ethical reasoning skills, with faculty noting significant growth in their ability to navigate complex ethical scenarios.

Students appreciated the interactive nature of the discussions and the use of digital tools like Google Meet and WhatsApp for seamless collaboration. Feedback highlighted the program's positive impact in broadening students' understanding of global healthcare ethics, and future recommendations include expanding participation, increasing live interactions, and introducing joint research initiatives.



The success of this initiative reaffirmed the importance of international academic partnerships in preparing nursing students for ethical decision-making in diverse healthcare settings.

COMMUNITY HEALTH CLINICAL COURSE

Another Virtual Exchange Program between SQU and KSU, held on March 26, 2024, provided a collaborative learning platform for community health nursing students to explore family assessment practices across different cultural contexts.

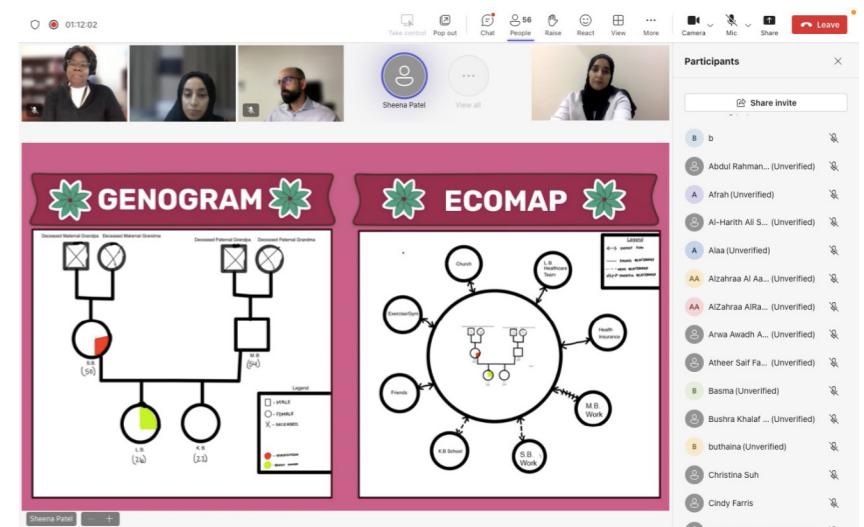
A total of 63 students participated, with six students (three from each university) presenting their family assessments, followed by constructive discussions facilitated by faculty members.

The exchange allowed students to analyze family health dynamics, challenges, and strengths, fostering a deeper understanding of culturally competent care and community health needs.

Following the presentations, participants engaged in reflective discussions on how cultural factors influence family health outcomes, broadening their perspectives on global healthcare challenges.

Despite technical difficulties and time zone differences, students valued the experience, highlighting its role in enhancing intercultural collaboration, communication, and critical thinking.

Faculty members emphasized the program's impact on students' appreciation of diversity, preparing them for future roles in community healthcare with a more inclusive and global perspective.



VIRTUAL EXCHANGE - JORDAN UNIVERSITY

The Virtual Exchange Program between the College of Nursing at SQU and the College of Nursing at Jordan University (JU) provided a collaborative platform for nursing students and faculty to explore and compare mental health services in Oman and Jordan.

Held on April 27, 2024, the session involved presentations and discussions on key aspects such as inpatient and outpatient mental health services, stigma, healthcare provider perceptions, availability of mental health professionals, and common treatment approaches.

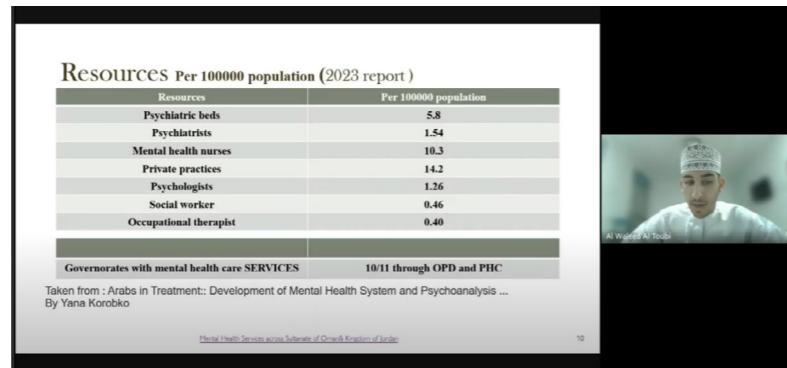
Students gained insights into the challenges of mental health care in both countries, developed intercultural communication skills, and engaged in evidence-based discussions.

Faculty members benefitted from knowledge exchange, fostering institutional collaboration, and establishing a foundation for future interdisciplinary projects.

The exchange successfully enhanced students' understanding of mental health systems, encouraged critical thinking, and strengthened international academic ties.

Recommendations included expanding student participation, integrating diverse perspectives, and exploring additional mental health topics in future exchanges.

Overall, this initiative enriched global learning experiences, fostering cultural competence and professional growth in mental health nursing education.



GLOBAL PERSPECTIVES ON CLIMATE SCIENCE & HEALTH

The Global Perspective on Climate Science and Health 2024 course was an interdisciplinary, international initiative designed to examine the impact of climate change on human health across Finland, Nigeria, Oman, and the U.S.

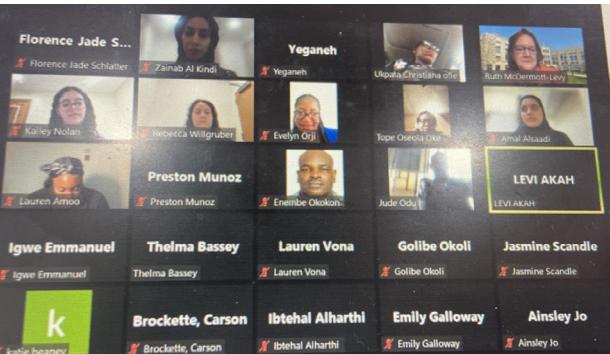
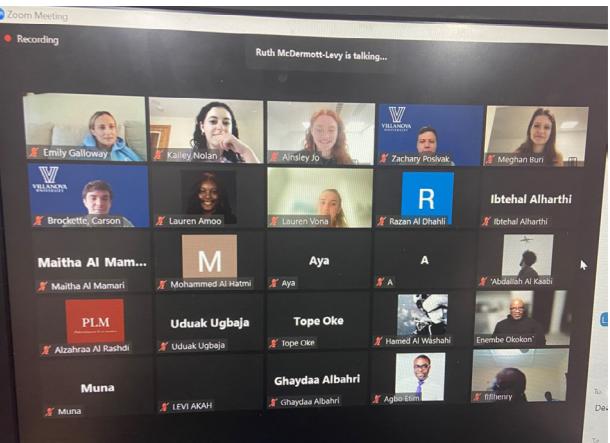
This collaborative course brought together students and faculty from Villanova University (USA), the University of Kuopio (Finland), the University of Calabar (Nigeria), and Sultan Qaboos University (Oman). Piloted at SQU's College of Nursing in Spring 2024, the course engaged students from nursing, medicine, dentistry, public health, and nutrition, offering a comprehensive understanding of climate-related health challenges, mitigation strategies, and policy frameworks.

The program utilized Blackboard (Villanova University's online platform) to facilitate weekly discussions, recorded lectures, scientific readings, and collaborative assignments. Despite some technical challenges and workload concerns, students gained valuable insights into global health disparities and the role of interdisciplinary collaboration in addressing climate change.

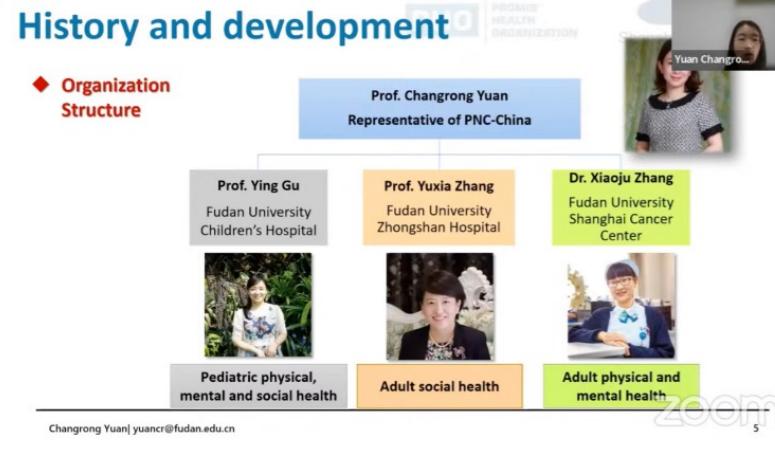
Participants engaged in live synchronous discussions, exchanging perspectives with 45 international students and faculty, enhancing their critical thinking and communication skills.

Course feedback highlighted the need for adjusting the course workload, improving discussion participation, and rescheduling synchronous sessions to maximize student engagement.

The initiative successfully fostered global collaboration, equipping students with a holistic understanding of climate change and health while preparing them for interdisciplinary problem-solving in real-world healthcare settings.



JOINT RESEARCH WORKSHOP BETWEEN SQU AND FUDAN UNIVERSITY

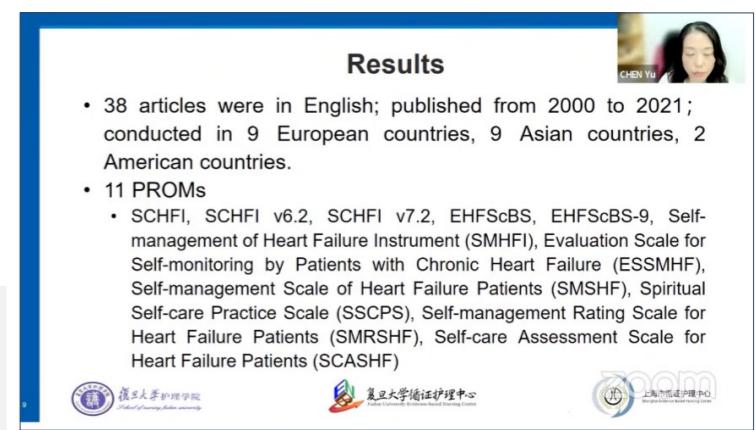


The workshop featured eight research presentations covering a diverse range of critical topics, including evidence-based child healthcare, the impact of adverse childhood experiences, patient-reported outcomes, and the psychosocial aspects of nursing education. These discussions provided participants with a comprehensive overview of emerging research trends and best practices in nursing education and clinical care. The workshop facilitated an interdisciplinary dialogue, allowing faculty members to explore collaborative opportunities, discuss research methodologies, and share insights on the challenges and advancements in the field.

The Joint Research Workshop between SQU and Fudan University was a landmark event in fostering international academic collaboration, held on October 29, 2024, via Zoom. Organized by the Office of the Assistant Dean for Training and Community Services, the workshop brought together 76 faculty members and researchers from SQU, Fudan University, University of Buraimi, Oman College of Health Sciences, and University Medical City. The primary objectives of the event were to strengthen research partnerships between institutions, promote the exchange of ideas on contemporary nursing research, and provide a structured platform for faculty to share their research findings.

Participants highly valued the opportunity to engage with international peers, noting that the event broadened their perspectives on global health challenges, patient-centered care, and innovative nursing interventions. The exchange of knowledge not only enhanced research capacity within participating institutions but also paved the way for future joint projects, co-authored publications, and potential faculty exchanges.

The success of this initiative reinforced the importance of global partnerships in advancing nursing research and highlighted SQU's commitment to enhancing academic cooperation on an international scale. Moving forward, the outcomes of this workshop will contribute to the development of new research frameworks, interdisciplinary studies, and collaborative grant applications that address key healthcare challenges in both Oman and China. The workshop set a strong precedent for future international research collaborations, fostering a sustainable network of scholars dedicated to improving healthcare education and patient outcomes worldwide.



**OFFICE OF
ASSISTANT DEAN FOR
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