



Sultan Qaboos University
College of Nursing

ANNUAL REPORT

Office of
Assistant Dean for Training and Community Services

2023





Sultan Qaboos University
College of Nursing

Annual Report 2023

Office of Assistant Dean for Training and Community Services

Submitted February 2024

Dr. Mickael Joseph

Assistant Dean for Training and Community Services



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Message from the Assistant Dean for Training and Community Services

In 2023, the College of Nursing at Sultan Qaboos University, under the leadership of the Office of the Assistant Dean for Training and Community Services, has continued its mission to collaborate with a broad spectrum of communities across Oman. This year, our focus has been on enhancing health, well-being, and healing for individuals, families, and communities, reinforcing our commitment to education, research, and service.

Throughout the year, we engaged in numerous activities designed to strengthen our connections with the community, showcasing our dedication to both local and international partnerships. Notably, we expanded our collaborations with esteemed international and national institutions such as Duke University, Jordan University, Kennesaw State University, and the Armed Forces Medical School in Muscat, Oman. These partnerships have been instrumental in offering exchange programs, workshops, and collaborative research initiatives, further enriching our students' and faculty's educational and professional development.

Our community service and training events have been diverse, aiming to address various healthcare needs, enhance skills, and positively impact the communities we serve. From academic workshops to health awareness campaigns, every activity has been tailored to maximize resource utilization and foster community well-being.

Moreover, the College of Nursing has been actively involved in virtual exchange programs, focusing on simulation in nursing education, ethics in patient care, and community health nursing. These initiatives have not only broadened our students' perspectives but also strengthened our academic curriculum, positioning us as a leader in nursing education both regionally and globally.

As we reflect on the achievements of 2023, it is clear that the collective efforts of our faculty, students, and partners have significantly advanced our mission. We are proud of our contributions to the field of nursing and community health, and we remain committed to fostering an environment of excellence, innovation, and compassion.

Dr. Mickael Antoine Joseph

Assistant Dean for Training and Community Services

Abbreviation list:

ACEN – Accreditation Commission for Education in Nursing
ADTCS – Assistant Dean for Training & Community Services
ADUGS – Assistant Dean for Undergraduate Studies
AFMS – Armed Forces Medical Services
CEOC – Continuing Education and Orientation Committee
CET – Center for Educational Technology
EBP – Evidence-Based Practice
GPA – Grade Point Average
HCP – Health Care Professional
JU – Jordan University
KSU – Kennesaw State University
OCA – Oman Cancer Association
OMR – Omani Rial
PICO – Population, Intervention, Comparison, Outcome
RMO – Risk Management Office
SPSS – Statistical Package for the Social Sciences
SQU – Sultan Qaboos University
SQUH – Sultan Qaboos University Hospital
WHO – World Health Organization



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ASSISTANT DEAN FOR TRAINING AND COMMUNITY SERVICES OFFICE

i. Academic Promotion

- **Date of the activity:** 16 March 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Prof. Omar Al Omari, Dr. Fawwaz Al Aloul in collaboration with the ADTCS.

Objectives of the activity:

- Ensure that participants have a comprehensive understanding of the university's academic promotion policies and procedures.
- Clarify the step-by-step procedures involved in the promotion process.
- Provide a detailed guide on the required documentation for each promotion rank.
- Identify and rectify common mistakes made by faculty members during the academic promotion application process.

Participants and beneficiaries:

- Number of Attendees: 40
- Target Audience: Academic faculty members at SQU (Sultan Qaboos University)

Summary of the activity:

The Academic Promotion Workshop was an empowering event for faculty, offering insights into successful academic promotion over three hours. It began with an exploration of promotion policies, helping participants understand the criteria and process. A key focus was on practical skills for organizing promotion files, with demonstrations on presenting documentation effectively. Participants also learned how to highlight their achievements and research contributions effectively. Additionally, the workshop addressed common application mistakes through real-life examples and discussions,

providing strategies to enhance applications. This comprehensive workshop aimed to equip faculty from various disciplines with the knowledge and tools needed for academic promotion emphasizing hands-on learning and interactive discussions.

Evaluations and recommendations:

Overall impression:

The Academic Promotion Workshop was met with positive feedback for its value to professional development. Faculty members praised its thorough explanation of promotion policies, practical file organization tips, and insights into avoiding common mistakes. The interactive format, along with the use of real-life examples and case studies, were key strengths, offering clear insights into navigating promotion challenges.

Challenges encountered:

While the overall feedback was positive, some participants expressed a desire for more personalized, discipline-specific guidance. Recognizing the diverse academic backgrounds and requirements, some attendees suggested future workshops could incorporate breakout sessions or discipline-specific tracks to address unique challenges and expectations in various fields.

Impact on the community:

The impact of the workshop was evident in the increased confidence and motivation reported by participants. Many expressed a newfound clarity regarding the steps to be taken for their academic promotion, and some even indicated an immediate intention to start organizing their promotion files based on the knowledge gained.

جامعة السلطان قابوس
Sultan Qaboos University

"ACADEMIC PROMOTION"

Maximize your chances of success

Join us for a comprehensive guide to academic promotion:
From understanding the criteria to building a successful application

PROF. OMAR AL OMARI
Professor
Fundamentals & Administration

DR. FAWWAZ AL ALOUL
Associate Professor
Adult & Critical Care

Thursday
16 March, 2023

12:00 - 14:00

Theater 0047
College of Nursing

ii. Academic Advising Workshop on Advising Tips & Tricks

- **Date of the activity:** 24 May 2023
- **Location/Venue:** College of Nursing
- **Organizers:** The advising committee led by Dr. Asma Al Yahyaei.

Objectives of the activity:

- Empower advisors with essential tips and tricks.
- Familiarize advisors with strategies for effective academic advising, including transcript analysis.

Participants and beneficiaries:

- Number of Attendees: 30
- Target Audience: Faculty members from the College of Nursing who assume the role of academic advisors were the participants in the workshop.

Summary of the activity:

Academic advising, a crucial aspect of academia, goes beyond mere course selection to foster meaningful relationships with advisees, requiring refined skills for effectiveness. This workshop sought to equip advisors with essential tips and tricks for a smoother advising process, featuring Ms. Anandi Amirthraj as an expert speaker. She delved into topics like course registrations, GPA (Grade Point Average) calculation, and probation management, highlighting the importance of detailed transcript analysis to tailor advice to individual needs. The session included hands-on transcript analysis by faculty, enhancing their ability to critically assess and meet diverse advising requirements, emphasizing personalized guidance for each advisee.

Evaluations and recommendations:

In the evaluation of the activity, participants highlighted as best aspects the calculating of course credits, GPA calculation, comprehensive coverage of all session modules, hands-on transcript analysis, and addressing various advisee concerns. Future recommendations include hosting a session with the Assistant Dean for Undergraduate Studies (ADUGS) to delve deeper into registration processes, dedicating sessions to enhance study patterns for «At Risk» or «In Probation» students, and emphasizing the importance of integrating mental health screening throughout the academic advising journey to support students at various stages.



iii. Sharing success stories in Simulation based Nursing Education

- **Date of the activity:** 19 September 2023
- **Venue:** Online via Google Meet
- **Organizers:** The simulation committee led by Dr. Judie Arulappan

Objectives of the activity:

- Outline the development of simulation in nursing education from inception to present at the College of Nursing, SQU, Oman.
- Highlight the professional development achieved through simulation in nursing education.
- Discuss success stories of simulation in the Adult Health and Critical Care nursing course.
- Discuss success stories of simulation in the Nursing Leadership course.
- Discuss success stories of simulation in the Mental Health Nursing course.
- Discuss success stories of simulation in the Maternity Nursing course.
- Discuss success stories of simulation in the Child Health Nursing course.

Participants and beneficiaries:

- Number of Attendees: 151
- Target Audience: Nurses, Nursing faculty and Nursing students
- Involvement of Other External Units: Society of Simulation in Healthcare

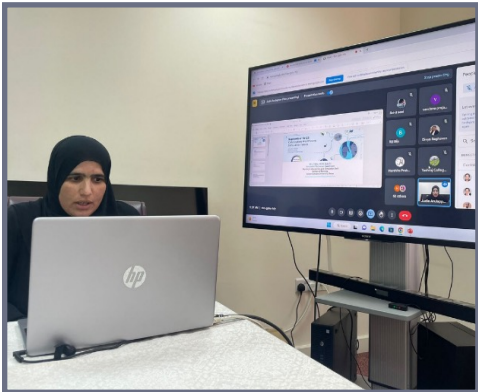
Summary of the activity:

During Healthcare Simulation Week 2023, conducted in collaboration with the Society for Simulation in Healthcare, a

virtual meeting was held on 19 September 2023 from 11:00 AM to 1:30 PM via Google Meet. The event saw participation from 151 international attendees. Seven speakers from the College of Nursing at SQU presented their success stories in simulation-based nursing education. Dr. Huda Al Noumani, the Dean, delivered the vote of thanks. Participants raised several questions, which were addressed by Dr. Judie Arulappan, Dr. Blessy Prabha Valsaraj, Ms. Savithri Raman, and Ms. Zakiya Al-Subeihi clarifying doubts related to simulation-based nursing education. The session inspired attendees to implement simulation-based education in their respective institutions.

Evaluations and recommendations:

The participants expressed appreciation for all the resource persons and their presentations. They requested the organization of more virtual presentations to learn about best practices in simulation.



iv. Canva Website Tools

- **Date of the activity:** 24 October 2023
- **Location/Venue:** Computer Lab 80 B, College of Nursing, SQU
- **Organizers:** The Continuing Education and Orientation Committee led by Dr. Zainab Al Kindi

Objectives of the activity:

- Provide an overview of Canva's website tools.
- Demonstrate basic navigation and key features.
- Teach faculty how to customize templates for a professional appearance.
- Highlight the importance of brand consistency.
- Explain the importance of responsive design across different devices.
- Instruct faculty on ensuring accessibility on desktop and mobile platforms.
- Demonstrate effective integration of multimedia elements.
- Discuss best practices for multimedia use in nursing education.
- Show how to add interactive elements to engage users.
- Explore the use of quizzes, forms, and other interactive features in nursing education websites.

Participants and beneficiaries:

- Number of Attendees: 23
- Target Audience: Nursing faculty members from College of Nursing, SQU.

Summary of the activity:

The workshop, aimed at nursing faculty members at College of Nursing, SQU, attracted 23 participants from various departments, catering to both new and experienced educators seeking to improve their digital presence. Led by the Continuing Education and Orientation Committee (CEOC) in partnership with the Center for Educational Technology (CET) at SQU, it featured Ms. Asma Al-Abri from CET, who brought extensive expertise in website design and Canva tools. This collaboration enhanced the workshop's content, providing technical support and enriching the learning experience. The initiative also received significant support from the Assistant Dean for Training and Clinical Services (ADTCS) office, underlining the importance of digital communication skills advancement among nursing faculty.

Evaluations and recommendations:

Overall Impression:

The activity was entirely successful, with all objectives being met, resulting in a %100 positive overall impression.

Challenges Encountered:

Initially, we encountered some issues with connecting to the program.

Impact on the Community:

The workshop aimed at enhancing the digital capabilities of nursing faculty through effective website design with Canva proved highly successful, enriching participants with the knowledge to create visually compelling and engaging educational websites. The collaborative effort with external units were crucial to its success, boosting digital proficiency among nursing faculty while encouraging collaboration and innovation within the academic sphere. The overwhelmingly positive feedback highlighted the importance of such initiatives in equipping educators for impactful online communication. Given the workshop's success, there is a recommendation for regular follow-up sessions or advanced workshops to further develop digital communication skills among nursing faculty. Participant comments praised the hands-on practice, poster creation with animation, and the utility of these skills in organizing events and creating educational resources, underscoring the workshop's practical benefits and the value of exploring innovative tools.



v. Digital Health Webinar (Building evidence base for personalized digital health tools in maternal health)

- **Date of the activity:** 14 November 2023
- **Venue:** Online via Zoom platform
- **Organizers:** ADTCS

Objectives of the activity:

- Present formative findings from studies on the current use and opportunities of digital health tools among pregnant women.
- Discuss the impact of these tools on communication, engagement, and decision-making between pregnant patients and healthcare providers.
- Explore challenges and opportunities in studying technology use among specific communities, focusing on historically understudied populations.

Participants and beneficiaries:

- Number of Attendees: 90
- Target Audience: Academic faculty members at SQU.

Summary of the activity:

The webinar, led by Dr. Naleef Fareed on November 2023 ,14, centered on the impact of digital health tools on pregnant individuals' care, attracting 90 attendees from diverse healthcare backgrounds. Organized by the office of the assistant dean for training and community service, it drew participants from healthcare institutions and academic settings, including students. Dr. Fareed explored the use of digital technologies like patient portals, wearable devices, telehealth, and mHealth in healthcare, particularly for pregnant patients, highlighting a gap in research regarding their benefits and perceptions. The research presented was conducted at an urban academic medical center in the Midwest, USA, focusing on these tools'

usage and perceptions among pregnant patients, especially those from historically understudied populations. The webinar underscored the importance of further research and development in digital health to enhance care for pregnant women and other specific groups within the healthcare system.

Evaluations and recommendations:

The evaluation form revealed overwhelmingly positive feedback for the webinar, highlighting its high-quality content, expert presentation, and conducive learning environment. Participants praised the detailed, relevant content and the presenter's ability to engage the audience effectively. Recommendations for future webinars include diversifying topics to cover additional areas such as pediatrics, reflecting participants' interest in expanding the scope of digital health tools. The positive response underscores satisfaction with the webinar's goals and execution, suggesting that future events could build on this success by incorporating the suggested topics while upholding the event's high quality.




College of Nursing
DIGITAL HEALTH WEBINAR
 Building an evidence base for personalized digital health tools in maternal health

 **Tuesday**
 14 November 2023

 **Time**
 11:00am

Dr. Naleef Fareed
 Associate Professor
 Biomedical Informatics
 The Ohio State University
 College of Medicine

Please register for this Google Form or scan the code to receive the Zoom meeting invitation and certificates
<https://forms.gle/6U1n4AzvzZcaRL7>




 **THE OHIO STATE UNIVERSITY**

Building an evidence base for personalized digital health tools in maternal health

Naleef Fareed, MBA PhD

vi. Interactive educational content design tool P5H

- **Date of the activity:** 31 October 2023
- **Location/Venue:** Computer Lab 80 B, College of Nursing, SQU
- **Organizers:** Continuing Education and Orientation Committee led by Dr. Zainab Al Kindi

Objectives of the activity:

- Introduce nursing faculty to P5H, covering key features, functionalities, and navigation to enhance familiarity with the tool.
- Conduct hands-on sessions for creating interactive educational content tailored to nursing curriculum needs, incorporating multimedia and interactive elements like quizzes and simulations.
- Discuss collaborative strategies for content development, emphasizing real-time teamwork among faculty members to improve educational materials.
- Highlight P5H's assessment capabilities, focusing on creating quizzes and leveraging analytics to monitor student engagement and performance.
- Combine exploration of P5H's interface and tools with practical application, ensuring participants can effectively use the platform for dynamic and engaging nursing education.

Participants and beneficiaries:

- Number of Attendees: 10
- Target Audience: Nursing faculty members from College of Nursing, SQU.

Summary of the activity:

The workshop for nursing faculty at the College of Nursing, SQU, aimed to enhance digital skills, attracted 10 participants from various departments. It was organized by the CEOC in collaboration with the CET, featuring Ms. Safiya Salim Al Hidhani as an expert on the P5H tool. The program included interactive sessions on P5H's features and navigation, hands-on content creation, integration of multimedia and interactive elements, collaborative content development, and an exploration of P5H's assessment and analytics capabilities. This initiative, documented for future reference, focused on practical application and collaborative strategies to improve digital presence and teaching efficacy.

Evaluations and recommendations:

Overall Impression:

The activity was entirely successful, with all objectives being met, resulting in a %100 positive overall impression.

Impact on the Community:

The workshop on the P5H Interactive Educational Content Design Tool for nursing faculty significantly benefited the academic community by achieving its set objectives. Facilitated by Ms. Safiya Salim Al Hidhani and characterized by active faculty participation and collaboration, it provided a rich learning experience, enhancing the integration of P5H into the nursing curriculum. This integration is anticipated to elevate the educational quality for nursing students. Participant feedback highlighted the value of hands-on practice and direct interaction with the expert, underscoring the effectiveness of the workshop in clarifying doubts and fostering proficiency in using P5H for educational content design.

vii. Using digital signs to motivate and enhance learners' motivation

- **Date of the activity:** 7 November 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Continuing Education and Orientation Committee

Objectives of the activity:

- Provide an overview of digital signage technologies and their potential impact on nursing education.
- Explore key motivational theories and discuss how digital signs can support these strategies.
- Offer hands-on training on creating visually appealing and relevant content for digital signs badge.
- Discuss methods to align digital signage content with the nursing curriculum and learning objectives.
- Explore tools and metrics to assess the effectiveness of digital signs in enhancing student motivation and learning outcomes.

Participants and beneficiaries:

- Number of Attendees: 5
- Target Audience: Nursing faculty members from College of Nursing, SQU.

Summary of the activity:

The workshop, designed for nursing faculty at College of Nursing, SQU, focused on the integration of digital signage technologies into nursing education. It aimed to enlighten faculty on how digital signage could impact education and

boost student motivation. With participation from five faculty members across different departments, the workshop was spearheaded by the CEOC in collaboration with the CET. Ms. Safiya Salim Al Hidhani from CET provided expert guidance. Participants were introduced to the fundamentals of digital signage, examining its potential through real-world examples and motivational theories. The workshop emphasized hands-on content creation, aligning digital signage with the nursing curriculum, and explored assessment tools to evaluate the impact of digital signage on student motivation and learning outcomes, marking a step forward in enhancing educational experiences in nursing.

Evaluations and recommendations:

Overall Impression:

The activity was entirely successful, with all objectives being met, resulting in a %100 positive overall impression.

Impact on the Community:

The workshop achieved its objectives of providing a comprehensive overview of digital signage technologies, exploring motivational theories, offering hands-on training in content creation, discussing alignment with the nursing curriculum, and introducing assessment tools. Participants left the workshop equipped with the knowledge and skills needed to integrate digital signs effectively into their teaching practices, fostering a motivational and engaging learning environment for nursing students. The event's success is a testament to the importance of innovative technologies in enhancing education and student motivation.

viii. Basic Research in Education

- **Date of the activity:** 11 December 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Dr. Zainab Al Azri and DR. Wafa Al Jabri

Objectives of the activity:

- Teach schoolteachers the fundamentals of research concepts, objectives, designs, and methods.
- Educate teachers on the ethics of conducting research.
- Enable teachers to apply concepts learned in the workshop to research proposals.

Participants and beneficiaries:

- Number of Attendees: 35
- Target Audience: School teachers from the Ministry of Education

Summary of the activity:

This activity marked one of the initial collaborations between the College of Nursing and the Ministry of Education in the area of research education. The event, a workshop focused on basic research principles, aimed to familiarize schoolteachers with fundamental research components, including ethics, literature reviews, research designs, formulating questions and objectives, methodologies, and citation styles. On November 2023 ,12, a total of 35 teachers participated in the event, which was structured into multiple sessions.

The workshop started with a welcoming address by the ADTCS, who provided a brief introduction. Following this, four sessions were conducted. Topics covered included literature review and objective formulation, research designs, methodologies, and research ethics. After each session, participants were presented with a practical scenario for analysis to enhance their

understanding. Additionally, time was allocated after each session to address any questions from the teachers.

Evaluations and recommendations:

Overall Impression:

The event was successful, and all objectives were met. The audience expressed their gratitude for the informative session. They also appreciated the workshop's style, which was both concise and comprehensive.

Challenges Encountered:

Some technical challenges were addressed promptly. Otherwise, it was a smooth event with good support from the ADTCS.

Impact on the Community:

Almost all the teachers who attended have research interests, but they lack experience in it. This event helped them better understand the value of research and its necessity in an educational setting, and how it can help identify and solve many students' problems. Some of them requested a longer event with more detailed information.





2

NURSING QUALITY ASSURANCE AND ACADEMIC ACCREDITATION

i. The first Quality activity fall 2023

- **Date of the activity:** 03 October 2023
- **Location/Venue:** Novotel Hotel, Muscat
- **Organizers:** Nursing Quality Assurance and Academic Accreditation

Objectives of the activity:

- Provide faculty members, alumni, and stakeholders with a comprehensive overview of the ACEN accreditation standards, emphasizing key criteria and benchmarks.
- Provide faculty members, alumni, and stakeholders with comprehensive information about current program outcomes, their performance and different other data.
- Equip faculty with the knowledge and tools needed to navigate the ACEN accreditation process from initial self-study through the site visit.
- Encourage faculty to align their courses and educational strategies with ACEN standards to enhance program quality.
- Facilitate an interactive session to promote collaboration between faculty, stakeholders, and alumni in understanding the significance of ACEN accreditation.

Participants and beneficiaries:

- Number of Attendees: 100
- Target Audience: Faculty, students, alumni, nursing Group, and stakeholders.

Summary of the activity:

In a recent workshop, faculty members of the College of Nursing joined hands with stakeholders, alumni, and accreditation enthusiasts to delve into the realm of ACEN standards. The workshop took a collaborative approach, with each chair of sub-standards passionately presenting their respective standards. This dynamic exchange not only allowed for an in-depth exploration of each standard but also fostered a sense of shared responsibility among the diverse participants.

A noteworthy segment of the workshop involved an insightful presentation on the previous ACEN comments. Each sub-standard chair meticulously walked through the constructive feedback received, demonstrating a commitment to continuous improvement. The faculty members, alumni and stakeholders suggest several ideas to address ACEN comments. The faculty members showcased their dedication to addressing these comments by outlining strategic initiatives and practical measures taken to enhance the quality of the nursing program.

The highlight of the workshop was the unveiling of a comprehensive road map charting the Program for the upcoming ACEN accreditation in fall 2025. This strategic plan outlines key milestones, deadlines, and collaborative efforts required from all stakeholders and alumni. It encapsulated a holistic approach, emphasizing not only compliance with ACEN standards but also a commitment to exceeding them.

Evaluations and recommendations:

Overall Impression:

The activity was unequivocally successful, meeting and even surpassing its outlined objectives. The collaborative approach employed, with each chair of sub-standards presenting their areas, facilitated a comprehensive exploration of ACEN standards. This method not only ensured a thorough understanding of each standard but also cultivated a shared sense of responsibility among participants.

Challenges Encountered:

Despite the overall success of the activity, some challenges were encountered that required careful navigation and strategic

solutions. One notable challenge was the complexity of coordinating the diverse schedules of faculty, stakeholders, and alumni. To address this, a full one day was devoted to faculty, stakeholders, and alumni.

Impact on the Community:

The activity had a significant and positive impact on the community, yielding tangible results and instigating positive changes within the College of Nursing. One of the most notable benefits was the enhanced collaboration and communication among faculty, stakeholders, and alumni. The workshop provided a platform for meaningful dialogues and shared understanding, fostering a sense of unity and purpose within the community.

The detailed presentation on previous ACEN comments and the subsequent discussion on addressing them demonstrated a commitment to transparency and continuous improvement. This transparency not only instilled confidence within the community but also showcased the College's dedication to refining its educational offerings.



ii. Unlocking innovation: Introducing the services of Innovation and Technology Transfer Center

- **Date of the activity:** 10 October 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Innovation and Entrepreneurship Committee

Objectives of the activity:

- Familiarize faculty and students with the activities and objectives of the innovation and Technology Transfer Center at SQU.
- Address the limited involvement of the College of Nursing in innovation and entrepreneurship programs and encourage active participation.
- Establish collaboration between the College of Nursing and the Innovation and Technology Transfer Center for future workshops and initiatives.

Participants and beneficiaries:

- Number of Attendees: 28
- Target Audience: Faculty at the college of nursing

Summary of the activity:

The workshop led by Eng. Thuraya Al Alawi from SQU's Intellectual Property, Innovation & Technology Transfer Center, aimed to enhance collaboration with the College of Nursing. Dr. Gerald Amandu introduced the center's goals, followed by a presentation on its support for innovation, entrepreneurship, and intellectual property. Despite recognizing the College of Nursing's limited participation in these areas, the workshop outlined steps to increase involvement. Plans include organizing additional workshops for nursing students and a session with patent holders to inspire faculty and staff. Dr. Judie Arulappan

awarded Eng. Al Alawi a Certificate of Appreciation, highlighting the workshop's role in fostering collaboration and promoting innovation within the nursing community.

Evaluations and recommendations:

Overall Impression:

The activity was successful in achieving its objectives. Engaging faculty and students in discussions about innovation and entrepreneurship created a positive atmosphere, and the proposed next steps indicated a commitment to future collaboration.

Impact on the Community:

The workshop laid the groundwork for increased collaboration between the College of Nursing and the Innovation and Technology Transfer Center. The proposed activities are expected to positively impact the community by fostering innovation and entrepreneurship among nursing students and faculty.

The workshop highlighted the importance of ongoing communication and collaboration between different departments and committees to ensure the sustained success of innovation and entrepreneurship programs. The commitment shown by the faculty and their proactive suggestions for future steps bode well for the success of upcoming initiatives.



**Sultan Qaboos University**
COLLEGE OF NURSING

**UNLOCKING INNOVATION:
INTRODUCING THE SERVICES OF
INNOVATION AND TECHNOLOGY
TRANSFER CENTER**
10 October 2023, 1100-1300 hrs
College of Nursing Auditorium 0067

A Dissemination Workshop
Organized by
Quality Assurance & Academic Accreditation Unit
Innovation and Entrepreneurship Committee
Office of the Assistant Dean for Training and Community Service





3

MATERNAL AND CHILD HEALTH DEPARTMENT

i. Women's Health – From Life balance to Hormonal Balance

- **Date of the activity:** 08 March 2023
- **Location/Venue:** Online via Google Meet
- **Organizers:** Maternal and Child Health Department led by Dr. Iman Al Hashmi, Dr. Girija Madhavaprabhakaran, Ms. Sophia Cyril Vincent and Ms. Frincy Francis

Objectives of the activity:

- Understand the concept and coping strategies to overcome postpartum depression.
- Appreciate the impact of urinary incontinence in daily life and measures for prevention and early management in women.
- Appreciate strategies to effectively maintain a positive work life balance.
- Acknowledge the importance of positive mental state in pregnancy and postnatal period with deeper understanding of coping strategies.

Participants and beneficiaries:

- Number of Attendees: 26
- Target Audience: Women in reproductive age group

Summary of the activity:

The event, organized to honor International Women's Day, aimed to empower women by sharing knowledge on perinatal wellbeing. Experts from the College of Nursing and the Department of obstetrics and gynecology at Sultan Qaboos University Hospital (SQUH) covered topics in four sessions, including Postnatal Depression by Dr. Iman Al Hashmi, Urinary Incontinence by Dr. Lamya Al Kharusi, Work-Life Balance by Dr. Arwa Al Sarairi, and Mind Matters by Dr. Vidya Seshan. The online event,

attended by 26 participants, was opened by Dr. Mickael Joseph, the ADTCS, with an orientation by Dr. Zainab Al Azri. The sessions addressed postpartum depression, urinary incontinence, work-life balance, and the impact of hormones on mental health, focusing on prevention, coping strategies, and maintaining a positive mental state postnatally. The presentations were grounded in recent evidence and aimed at women in their reproductive age, intending to improve health and self-confidence during the postnatal period.

Evaluations and recommendations:

Following the training sessions, feedback was gathered to assess the impact of the event. Dr. Zainab Al Azri expressed gratitude towards all participants, speakers, and organizers in her closing remarks. Attendees praised the breadth of topics discussed and valued the opportunity for live interaction with the speakers. There was a consensus on the importance of continuing such educational sessions, with a particular interest in further exploring perinatal health management and the mental health of pregnant women. The group unanimously recommended organizing similar sessions in the future to continue the dialogue and education on these critical issues.

SULTAN QABOOS UNIVERSITY
INTERNATIONAL WOMEN'S DAY WEBINAR
Organized By : Maternal & Child Health Nursing Department



Theme: Women's Health – From Life balance to Hormonal Balance.



9.30 am – 10 am
 Post Natal depression
Dr. Iman Al Hashmi HOD,
 MCH Department College of Nursing SQU



10-10.30
 What you need to know about urinary incontinence and prolapse
Dr. Lamya Ahmed Al-Kharusi HOD
 Oby & Gyn Department Senior Consultant SQUH



10.30-11 am
 The Mind matters. Mental well-being during pregnancy
Vidya Sehshan HOD
 Fundamentals of Nursing & Admin Department.
 College of nursing SQU



11-11.30 am
 Work-Life Balance in Women
Dr. Arwa Al Sarraieeh Asst Prof
 MCH Department College of Nursing SQU

 **Wednesday 8th March 2023**

 **9.30 am-11.30 am**

 **In Arabic & English**

Registration Link- <https://forms.gle/CactjVWEWRNNuXj4A>



ii. Mother's Day Activity.

- **Date of the activity:** 21 March 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Maternal and Child Health Department led by Dr. Iman Al Hashmi

Objectives of the activity:

- Understand the importance of meditation and breathing techniques for calmness.
- Explain various positive parenting strategies for child-rearing assistance.
- Develop a vision board to prioritize life goals.
- Engage in stress relief activities through participatory art using paints.

Participants and beneficiaries:

- Number of Attendees: 12
- Target Audience: Mothers

Summary of the activity:

The «Healthy Mother makes Happy Family» event, organized on Mother's Day, aimed to underscore the significance of self-care and stress management for mothers. It was designed to remind them of the importance of their health, dreams, goals, and maintaining a stress-free life amidst their multitasking roles in family and work. The event, advertised through the university's Public Relations Office and social media, required a registration fee of 3 OMR, attracting 20 mothers, with 12 attending. Dr. Iman Al Hashmi inaugurated the event, emphasizing its importance. Sessions were bilingual, led by Ms. Frincy Francis, Ms. Aisha Alshdefat, and Dr. Zeinab Al Azri, covering meditation, breathing exercises, positive parenting tips, goal

prioritization through vision boards, and a creative painting activity using various items. Additionally, participants benefited from a free Body Fat Analysis Testing and Counselling by Dr. Nutrition. The event successfully promoted self-care among mothers, enhancing their wellbeing and happiness.

Evaluations and recommendations:

Feedback collected immediately after the Mother's Day event revealed unanimous enjoyment and appreciation from participants, with one noting it as their most meaningful Mother's Day celebration. Evaluation forms predominantly rated the sessions as very good to excellent, and certificates were distributed to participants, resource persons, and members. Strengths highlighted included excellent organization, accommodating organizers, innovative and beneficial sessions, and convenient timing, all contributing to a motivation towards prioritizing self-health. Participants recommended extending session timings for enhanced interaction.

iii. Prevent, Thrive, Survive

- Date of the activity: 28 October 2023
- Location/Venue: Al Sahwa Park
- Organizers: Maternal and Child Health Department led by Dr. Iman Al Hashmi

Objectives of the activity:

- Raise awareness about breast cancer, including risk factors, symptoms, and the importance of early detection.
- Educate participants with accurate, current information on breast cancer to empower informed health decisions.
- Encourage regular breast self-examinations to highlight their role in early detection.
- Dispelling myths by providing evidence-based information to correct common misconceptions about breast cancer.
- Promote the significance of early detection through regular screenings, such as mammograms, especially for those at higher risk.
- Connect participants with support and resources for breast cancer prevention, screening, and treatment.
- Foster community building by uniting healthcare professionals, students, and community organizations to address breast health.
- Offer interactive learning opportunities through activities that accommodate various learning preferences.
- Empower women to proactively manage their breast health and well-being through informed decision-making.

Participants and beneficiaries:

- Number of Attendees: 75
- Target Audience: Adults (Men and Women)

Summary of the activity:

To enhance breast cancer awareness among women, a notable event was inaugurated by Dr. Iman Al Hashmi, Head of the Department of Maternal and Child Health at the College of Nursing. The event featured interactive health education stations, offering a comprehensive insight into breast cancer. Participants explored risk factors through a jigsaw puzzle at the first station, while the second station used a roller wheel, task trainers, exhibits, and demonstrations to educate about signs, symptoms, and the importance of breast self-examination. Myths were addressed in a «pick-up-and-speak» session. The Organization for Cancer Awareness (OCA) provided additional support, informational handouts, and engaged in discussions. Guidance for free mammograms was available for eligible participants, with five women completing scans. Activities for children were also organized to ensure a family-friendly atmosphere. The event concluded with Dr. Al Hashmi distributing certificates of appreciation to students. This successful event significantly contributed to breast cancer awareness, thanks to the collective effort of all involved.

Evaluations and recommendations:

Overall Impression:

The event was successful, and we met all the objectives. We believe that we made a significant contribution to raising awareness about breast cancer.

Challenges Encountered:

The major challenge encountered was the unexpected weather conditions, with heavy rains anticipated on the day of the event. After consultations with the team and insights from the meteorological department, the organizing committee decided to postpone the event to the next day, the 28th of October. The change in the event date was announced on social media to ensure wide dissemination.

Impact on the Community:

We addressed the myths and realities about breast cancer through an interactive «pick-up-and-speak» activity. Participants had the chance to clarify doubts and debunk misconceptions with our dedicated team. Additionally, we provided free

mammograms for participants aged 40 and above, as well as those with identified risk factors. Five women successfully underwent mammogram scans.



QCA

جامعة السلطان قابوس
Sultan Qaboos University

ندعوكم كلية التمريض ممثلة بقسم
صحة الأمومة والطفولة بالتعاون مع
الجمعية العمانية للسرطان إلى حضور
فعالية توعوية عن سرطان الثدي
تحت شعار

"الوقاية، النجاة، النجاح"

٢٣ / أكتوبر / ٢٠٢٣

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حدائق الصحة

أكتوبر الوردي

جامعة السلطان قابوس
Sultan Qaboos University

المكافحة
معا نحارب سرطان الثدي

الغذاء الصحي الوزن المثالي الفحص الذاتي الرضاعة الطبيعية

فحص الماموجرام التقليل من الهرمونات تجنب التلوث الرياضة

@dr.iman-alhashmi



جامعة السلطان قابوس
Sultan Qaboos University

الجينات الجنس الهرمونات

التاريخ العائلي الدورة الشهرية المبكرة الإشعاعات

العمر المتقدم السمنة الحمل المتأخر

عوامل الخطر
معا نحارب سرطان الثدي

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4

FUNDAMENTAL AND ADMINISTRATION DEPARTMENT

i. Basics of SPSS for Health Care Professionals: A workshop

- Date of the activity: 12 December 2023
- Location/Venue: College of Nursing
- Organizers: Fundamentals of Nursing and Administration Department in collaboration with Alpha Beta Delta Chapter, STTI, Oman

Objectives of the activity:

- Understand basic concepts of statistics such as level of measurement, hypothesis testing, and normal distribution
- Formulate study hypothesis based on research objectives
- Demonstrate the process of data entry and data cleaning
- Determine the normal distribution of statistical data
- Describe study variables by applying the appropriate univariate analysis (descriptive statistics)
- Employ the appropriate bivariate analysis to a given statistical data such as independent t-test, paired t-test, and ANOVA
- Interpret the results of univariate and bivariate analyses based on hypotheses being tested

Participants and beneficiaries:

- Number of Attendees: 50 participants
- Target Audience: Healthcare Professionals working in the Sultanate of Oman

Summary of the activity:

The SPSS Workshop, offered annually by the Fundamentals and Administration Department since 2021, was specifically designed in response to feedback from Alpha Beta Delta chapter members and college needs assessment surveys,

highlighting its increased urgency. SPSS, known for its utility in teaching, research, and healthcare, enables professionals to quickly analyze complex data, leading to cost reductions and improved patient outcomes. Recognizing these benefits, the workshop attracted a diverse group of attendees, including healthcare professionals like doctors, nurses, pharmacists, physical therapists, and educators, as well as postgraduate students. The event featured experienced professors from the College of Nursing, who are adept in using SPSS for their research, as speakers. Through a mix of lectures, demonstrations, and practical exercises, the workshop aimed to equip participants with the skills to effectively utilize SPSS for statistical analysis, contributing to its success.

Evaluations and recommendations:

Overall Impression:

The workshop was deemed highly successful according to participant feedback. Attendees suggested extending future sessions to two days to better accommodate novice researchers. Additionally, they requested more opportunities for hands-on exercises.

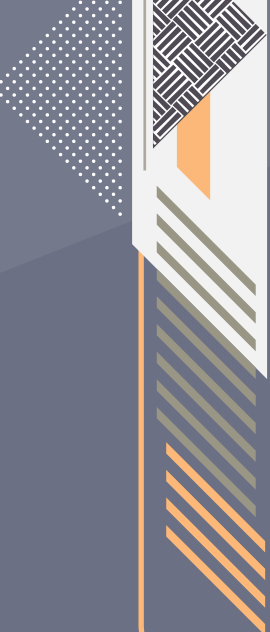
Challenges Encountered:

The primary challenge encountered was the constraint of time, with participants expressing the need for more hands-on sessions. Despite similar feedback from previous workshops, extending the workshop duration proved difficult due to the speakers' other commitments. Additionally, there was a wide range of proficiency levels among participants, from novices requiring basic SPSS training to those with advanced knowledge. To address this, organizers are considering offering a future workshop focused on advanced statistics using SPSS.

Impact on the Community:

The activity proved to be highly beneficial for educators, researchers, and organizations, enabling participants to conduct their data analysis more accurately and efficiently.





5

ADULT HEALTH AND CRITICAL CARE DEPARTMENT

i. 10th Evidence Based Practice workshop

- Date of the activity: 9 and 10 January 2023
- Location/Venue: College of Nursing
- Organizers: The Adult and Critical Care Department led by Mrs. Shreedevi Balachandran

Objectives of the Activity:

- Enhance the knowledge and skills of healthcare professionals (HCPs) regarding Evidence-Based Practice (EBP).
- Examine the significance of evidence-based practice for the nursing profession specifically, and healthcare in general.
- Establish the connection between research, evidence-based practice, and quality improvement in clinical settings.
- Identify healthcare issues requiring investigation to enhance patient care.
- Formulate high-quality PICO questions relevant to their clinical practice area.
- Build proficiency in navigating and utilizing databases for research.
- Analyze and evaluate various types of research studies.
- Synthesize and share the findings of evidence-based practices.

Participants and beneficiaries:

- Number of Attendees: 37
- Target Audience: : Faculty of nursing outside SQU and clinical nurses at SQUH

Summary of the activity:

The activity was centered around a series of lectures and workshops focused on EBP in healthcare, featuring seven distinguished speakers: Ms. Shreedevi Balachandran, Ms. Anita Thanka, Ms. Hema Samson, Mr. Abdullah Al Hinai, Dr. Huda Al Naamani, and Dr. Eilean Rathinasamy. The event was financially supported by collecting an OMR 10 fee from each participant, a detail advertised on the event flier.

Facilities used for this educational endeavor included a classroom and a computer lab, with photocopied journal articles provided as key resources for attendees. Detailed accounts of income and expenditure related to the event were submitted to the ADTCS and Administration for transparency and record-keeping.

A significant outcome of the activity was the development of PICOT questions, addressing a wide range of topics relevant to healthcare practices. These questions explored the efficacy of various medical interventions, such as the use of pH strips for confirming nasogastric tube placement, leadership rounds for patient identification, chlorhexidine usage for reducing ventilation-acquired pneumonia in ventilated patients, and the impact of pre-operative education for colorectal surgery patients. Other inquiries focused on the effects of listening to the Quran on labor stress, the comparison of labor induction methods, the effectiveness of post-discharge home visits, and many more. These questions aimed to guide research and practice improvements in various healthcare settings.

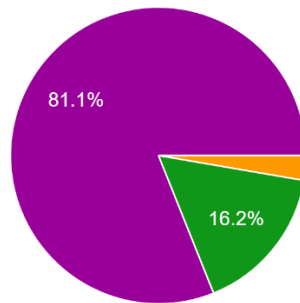
Evaluations and recommendations:

Out of the 37 responses, 81.1% strongly agreed that the program met the identified objective. Due to high demand from participants to attend this course, it would be beneficial to offer this course more frequently. To gain the most from this course, participants should possess basic research foundations at the bachelor's level. This requirement will be noted in future flyers.



The program met the identified objectives.

37 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

ii. 11th Evidence Based Practice workshop

- **Date of the activity:** 5 and 6 June 2023
- **Location/Venue:** Youngster Preparation center, OMIFCO, Sur
- **Organizers:** Adult and Critical Care Department led by Ms. Shreedevi Balachandran

Objectives of the activity:

- Enhance the knowledge and skills of HCPs regarding EBP.
- Explain the significance of evidence-based practice for nursing professionals specifically, and for healthcare broadly.
- Understand the connection between research, evidence-based practice, and quality improvement in clinical settings.
- Identify healthcare issues that require research to improve patient care.
- Formulate high-quality PICO questions relevant to their clinical practice area.
- Build confidence in searching databases for research purposes.
- Evaluate various types of research studies critically.
- Synthesize and share the findings of evidence-based practice.

Participants and beneficiaries:

- Number of Attendees: 20
- Target Audience: Clinical nurses from Sur hospital
- Involvement of other external units: This workshop was conducted in collaboration with Sur hospital, Ministry of Health.

Summary of the activity:

The workshop was led by Ms. Shreedevi Balachandran, Ms. Hema Samson, Ms. Amira Elabasy, along with Ms. Salma Ali Al-Bulushi, Mr. Hussein Al Senaidi, and Ms. Intisar Said Al Senaidi from Sur. It featured speakers including Ms. Shreedevi Balachandran, Dr. Mohammed Qadire, Dr. Blessy Valsaraj, Mr. Abdullah Al Hinai, Dr. Hanan Ibrahim, Ms. Hema Samson, and Ms. Amira Elabasy. The workshop encompassed didactic presentations and participant activities, as detailed in the attached schedule. Sur Hospital covered transportation, food, and accommodation for the seven organizers. Resources for the workshop included the OMIFCO lecture hall, personal laptops, and photocopied journal articles.

Throughout the workshop, several PICOT questions were developed, addressing a range of healthcare topics. These questions explored the effectiveness of online clearance monitors in hemodialysis, air mattresses for preventing bedsores in elderly bedridden patients, the impact of moving do-not-resuscitate patients on critical care nurse workload, heparin therapy versus pneumatic compressive devices for deep vein thrombosis prevention in stroke patients, and the efficacy of various interventions in improving patient and staff outcomes in healthcare settings. The workshop aimed to enhance evidence-based practice skills among healthcare professionals, focusing on practical and research-oriented outcomes.

Evaluations and recommendations:

The workshop, conducted for the first time outside college premises, was successful and engaging, receiving positive feedback. The faculty were honored with certificates of appreciation and a memento from Sur hospital. Feedback via WhatsApp praised the informative sessions and expressed hope for future courses, marking the event as a significant achievement and a memorable experience for both the organizers and participants.





6

COMMUNITY AND MENTAL HEALTH DEPARTMENT

i. Mental Health Day

- **Date of the activity:** 12 October 2023
- **Location/Venue:** Al Mouj, Muscat
- **Organizers:** Community and Mental Health Department led by Dr. Aziza Al Sawafi and Dr. Khaloud Al Abri

Objectives of the activity:

- Raise public awareness about mental health issues.
- Educate the public on preventing mental diseases.
- Decrease the stigma associated with mental illness and increase access to mental health treatments.

Participants and beneficiaries:

- **Target Audience:** Members of the public passing through Al Mouj walk who are interested in learning about mental health.

Summary of the activity:

The event themed «MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT» was spearheaded by Dr. Khaloud Al Abri, focusing on mental health awareness. Around 20 students from the Mental Health Course and Nursing groups participated, showcasing various informational stations on topics such as time management, sleep hygiene, social stigma, brain health, memory games, and more, catering to attendees of all ages and their families. The opening was graced by Dr. Amaal Ambusaidi, Senior Consultant, alongside the Head of Department, Dr. Aziza, and the department team. External participants included the Royal Oman Police, the Psychology of Youth Association, Dr. Nutritionist, Alpha Academy, and Eunoia Clinic, all contributing to raising public awareness about mental health. The event concluded with Dr. Miceal, Assistant Dean of Training and Community Services, presenting appreciation certificates to the guests.

Evaluations and recommendations:

The event was carried out with exceptional efficiency, as indicated by the positive feedback from participants, organizers, and attendees. There was a clear dedication to promoting mental well-being within the community. For future events, it is recommended to prepare letters for seeking sponsors in advance for improved efficiency.



iii. Be aware... your mental health is a priority

- **Date of the activity:** 7 March 2023
- **Location/Venue:** College of Nursing
- **Organizers:** The Community and Mental Health Department led by Dr. Aziza Al Sawafi

Objectives of the activity:

- Understand the concept of mental health and identify mental health needs.
- Recognize the impact of a conscious mindset on daily life routines for staff.
- Learn strategies to effectively enhance mental health and well-being, maintaining a positive work-life balance.
- Acknowledge the importance of sharing experiences and lessons to gain a deeper understanding of coping strategies for maintaining a positive mental state throughout the staff's life.

Participants and beneficiaries:

- Number of Attendees: 45
- Target Audience: Staff of the Deanship of Student Affairs

Summary of the activity:

The event focused on empowering staff through knowledge on mental health, featuring four comprehensive sessions led by Mental Health experts from the College of Nursing at SQU. Topics included brainstorming needs, cultivating a conscious mindset, strategies to boost mental health, and sharing experiences and lessons.

Organized to enhance mental health awareness, the workshop sought to increase awareness, diminish stigma, and foster well-being by exploring various mental health aspects. The event attracted 45 participants from diverse backgrounds, including professionals from the Deanship of Student Affairs.

Dr. Mickael Joseph, the ADTCS, inaugurated the event with a keynote address, extending a welcome on behalf of the Dean of the College of Nursing. Dr. Aziza Al Swafi, Assistant Professor in the Community and Mental Health Department at the College of Nursing introduced the program objectives and welcomed the day's speakers and participants.

Post-workshop feedback highlighted appreciation for the engaging sessions, active discussions, and the overall enriching experience that promoted awareness and support among attendees. The event was led by Dr. Aziza Al Sawafi, with contributions from faculty members Ms. Rasha Abu Baker, Ms. Ibtisam Al Harthy, and Mr. Mohammad Qutaishat, targeting staff from the Deanship of Student Affairs. Support was provided by the College of Nursing technological team, with sponsorship from the ADTCS Office and the College of Nursing.

Evaluations and recommendations:

The Mental Health Workshop, organized by the Community and Mental Health Department, effectively met its goals of increasing awareness, diminishing stigma, enhancing coping skills, and promoting self-care among participants. The event facilitated open conversations and provided tangible strategies, significantly benefiting participants' mental well-being. These workshops are vital for improving mental health literacy and fostering support within communities.

Participant feedback was exceptionally positive, highlighting the workshop's inclusiveness, the creation of a secure environment, and the impactful sharing of personal experiences. Attendees found the coping strategies presented to be extremely valuable and expressed a strong interest in attending more workshops in the future.



iv. International Day of Happiness Celebration

- **Date of the activity:** 08 March 2023
- **Location/Venue:** Al Aman Centre for Rehabilitation, Al Khoud, Oman
- **Organizers:** The Community and Mental Health Department led by Dr. Aziza Al Sawafi

Objectives of the activity:

- Emphasize the significance of happiness in daily life.
- Spread kindness and happiness among disabled children in the community.
- Express gratitude towards our community partner, Al Aman Rehabilitation Center.

Participants and beneficiaries:

- Number of Attendees: 40
- Target Audience: Academic faculty members at SQU.

Summary of the activity:

The Department of Community and Mental Health at the College of Nursing, Sultan Qaboos University, marked the International Day of Happiness with a special event held on March 2023 ,8, at the Al Aman Center for Rehabilitation in Al Khoud, Oman. Under the theme «Be Mindful, Be Grateful, Be Kind,» Mr. Nasir Matani, students from the community health nursing course, and the course team members led the celebration, focusing on the vital role of happiness in daily life. Dr. Aziza Al Sawafi, the Head of the Community and Mental Health Department, warmly welcomed the audience with messages of happiness and well-wishes.

The event was well-attended, with 50 disabled children and around 30 staff members from the Al Aman Center participating. Through a role play named «Happiness Headband,» nursing students creatively expressed themes of happiness, dressing as cartoon characters to entertain the children and distributing happiness headbands to all. Activities designed to spread joy included a happiness song, engaging competitions for the disabled children, contests for the best smile or laughter, the best song (Nasheed), simple sports competitions open to all attendees, and face painting, all encapsulating the event's theme of mindfulness, gratitude, and kindness.

Evaluation and recommendations:

The event concluded with the distribution of simple gifts to all participants and a thank-you note from the nursing students at SQU. A token of gratitude was exchanged between SQU's College of Nursing and the Al Aman Center in Al Khoud, Oman. The administrative staff of Al Aman suggested collaborating again next year to celebrate both the International Day of Happiness on March 20 and Down Syndrome Day on March 2024 ,21, under the theme «Happiness Syndrome».





7 Risk Committee

i. Arabic First Aid Workshop

- **Date of the activity:** 14 February 2023
- **Location/Venue:** College of Nursing
- **Organizers:** The Risk Committee led by Dr. Jansirani Natarajan

Objectives of the activity:

- Equip learners with the essential knowledge and understanding required for effective first aid treatment.
- Develop practical skills in learners for addressing injuries and sudden illnesses.
- Prepare learners to provide immediate care in emergency situations.
- Ensure learners can maintain appropriate first aid treatment until medical professionals arrive.

Participants and beneficiaries:

- Number of Attendees: 25
- Target Audience: Deanship of Admission and registration

Summary of the activity:

The first aid workshop targeted the Deanship of Admission and Registration and successfully engaged 25 participants. Led by Dr. Jansi and Ms. Aisha Alshdefat, the event did not involve any external units. It comprised a combination of theoretical presentations and hands-on practice across two stations. The Deanship of Admission and Registration sponsored refreshments, contributing to the budget and resources utilized for the event.

Evaluation and recommendations:

The survey results showed that participants' competencies improved and they were highly satisfied with the learning environment, audiovisual aids, and the presenters. Participants expressed gratitude for the informative workshop and requested that future sessions be extended to two days, with the addition of more topics related to children.



ii. Arabic First Aid Workshop

- **Date of the activity:** 21 February 2023
- **Location/Venue:** College of Nursing
- **Organizers:** The Risk Committee led by Dr. Jansirani Natarajan

Objectives of the activity:

- Equip learners with the knowledge required to provide appropriate first aid treatment for injuries and sudden illnesses.
- Develop learners' practical skills in first aid application.
- Foster an understanding of maintaining care until medical professionals arrive.

Participants and beneficiaries:

- Number of Attendees: 37
- Target Audience: Deanship of students Affairs

Summary of the activity:

The activity was designed for the Deanship of Student Affairs, attracting 37 participants. Led by Dr. Jansi and Ms. Arwa, it did not involve any external units. The session included theoretical presentations and hands-on practice across two mirror stations, offering a comprehensive learning experience. The budget and resources, including refreshments, were sponsored by the Deanship of Admission and Registration, ensuring a well-supported event for all attendees.

Evaluation and recommendations:

The workshop survey indicated that participants' competencies improved following the basic first aid workshop. The learning environment, presenters, and audio-visual aids were highly praised. There was a strong recommendation for conducting more workshops, particularly targeting youth and university students. Participants expressed gratitude for the informative nature of the workshop and requested that future sessions be extended to two days, with additional topics included.



iii. Basic First aid and CPR Training workshop

- **Date of the activity:** 14 March 2023
- **Location/Venue:** College of Nursing
- **Organizers:** The Risk Committee

Objectives of the activity:

- Equip learners with the knowledge, practical skills, and understanding necessary to provide first aid treatment.
- Prepare participants to handle injuries and sudden illnesses effectively until medical professionals can take over.
- Offer a one-day Basic First Aid course focused on immediate care techniques.

Participants and beneficiaries:

- Number of Attendees: 40
- Target Audience: Academic faculty members at SQU.

Summary of the activity:

The first aid activity targeted all university faculty and staff, engaging 40 participants under the leadership of Dr. Jansi. It involved theoretical presentations and hands-on practice across two mirror stations, without the involvement of external units. The SQU Risk Management Office (RMO) sponsored refreshments and lunch, contributing to the resources utilized for the event.

Evaluation and recommendations:

The survey results indicated a highly positive response from participants regarding the schedule, progression of events, arrangements, workshop resources, and presenters. The majority found all topics covered to be both useful and practical. A significant number of participants have expressed a desire for the workshop to be extended to two days, with additional hands-on practical sessions. Overall, the workshop was rated as very good.





8

NURSING STUDENT GROUP

i. Little Paramedic

- **Date of the activity:** 23 and 24 July 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Nursing Group

Objectives of the activity:

- Raise awareness and educate the community on the basics of first aid.
- Establish and reinforce accurate knowledge regarding first aid provision.
- Expand the scope of contributions and awareness programs targeting school-aged children.

Participants and beneficiaries:

- Number of Attendees: 23
- Target Audience: School-aged children in grades 3 through 8

Summary of the activity:

The «Little Paramedic» workshop was a two-day first aid program designed for school-aged children in grades 3 to 8, held on 24-23 July 2023, from 8 am to 1:30 pm. It aimed to teach basic first aid principles through interactive, educational, and fun methods. The program, which included both theoretical learning and practical exercises, as well as age-appropriate recreational activities, sought to create an engaging learning environment. It was promoted via Nursing Group platforms and utilized online registration. In total, 23 participants registered for the workshop, which was tailored to impart first aid knowledge suitable for their age group and prepare them to handle emergency situations.

Evaluations and recommendations:

The event received high praise from participants, their parents, and the organizers. Special thanks were extended to the student group administration for their exceptional efforts.



ii. Nursing Group Opening Event

- **Date of the activity:** 12 September 2023
- **Location/Venue:** College of Nursing
- **Organizers:** Nursing Group

Objectives of the activity:

- Introduce attendees to the nursing group, including its objectives and vision for the year.
- Motivate students to engage in extracurricular activities.
- Present and elucidate the various opportunities available at the college, including participation in the student exchange program and the 1000 points system.

Participants and beneficiaries:

- Number of Attendees: 150
- Target Audience: College of Nursing students

Summary of the activity:

The Opening Event marked the first activity of the nursing group for the Fall 2023 semester, named «Wahaj» to symbolize the group's vibrancy and ongoing success. Held on 12 September 2023 at 7:00 pm during the first academic week, it welcomed numerous students, faculty members, and the ADTCS, Dr. Mickael Joseph.

The event started with a recitation from the Holy Quran and a welcoming address, followed by an engaging opening video. Dr. Mickael Joseph delivered a speech, succeeded by a video showcasing the group's past accomplishments. The group president then elaborated on the group's vision and mission.

Attendees enjoyed a rich program that included a presentation on the Duke University experience, a musical show, competitions, a poetry reading, and stand-up comedy, all of which fostered audience interaction. The event concluded with expressions of gratitude to the audience and contributors.

Financial support was provided by the Oasis Institute for Training and Development through coupons, with additional discounts from small businesses.

Evaluations and recommendations:

The event, including its name, segments, and content, received high praise from attendees. Suggestions for improvement included rescheduling the event to take place after prayer time and enhancing the quality of organization. Despite these suggestions, attendees were impressed and eagerly anticipating the group's future activities.



iii. Majors Fair

- **Date of the activity:** 11–9 October 2023
- **Location/Venue:** Grand Hall, SQU
- **Organizers:** Nursing Group – Star Committee

Objectives of the activity:

- Introduce the development of the nursing profession in Oman.
- Present the College's accreditations, awards, and international exchange programs.
- Provide the audience with details about the learning environment and academic requirements at the College of Nursing.
- Discuss the significance of the nursing role in the current job market.
- Acquaint visitors with the Nursing Group.

Participants and beneficiaries:

- Target Audience: High school and SQU students

Summary of the activity:

The College of Nursing, represented by the nursing group, took part in the SQU's Majors Fair to introduce the nursing major, potential career paths, and the various programs offered by the college. The fair, aimed at high school and SQU students, as well as career guidance councils and other interested parties, was held in SQU's Grand Hall from the 9th to the 11th of October 2023, each day from 9:00 am to 5:00 pm.

Organized by the Star Committee, the College of Nursing's booth provided visitors with information about the nursing profession, the college's academic requirements, its achievements, international accreditations, and the employment opportunities within the field. Additionally, the Nursing Group was introduced to the visitors.

The booth featured educational and entertainment activities, including videos about the Nursing Group and the daily life of a nursing student, and concluded with a Q&A session for visitors' inquiries.

Evaluations and recommendations:

The organization and presentation of the College of Nursing's corner were well-received and met with satisfaction from the majority of visitors. The content provided, the manner of its presentation, and the engagement of the presenters were particularly appreciated by the attendees.



iv. Administrative Workshops

- **Date of the activity:** September 24 ,20 ,19, and 2023 ,25.
- **Location/Venue:** College of Nursing
- **Organizers:** Nursing Group

Objectives of the activity:

- Introduce members to the roles and responsibilities within the nursing group and its various committees.
- Enhance effective communication skills among members to foster a collaborative environment.
- Provide ice-breaking activities to help members get to know each other and build a sense of community.
- Discover and acknowledge the unique skills, talents, and creative abilities of each member.
- Encourage active participation and engagement in upcoming activities and initiatives of the group.

Participants and beneficiaries:

- **Target Audience:** Nursing group members

Summary of the activity:

The nursing group conducted meetings and workshops with its four committees to welcome new members and educate them about each committee's role, the skills needed, and the group's objectives for the year 2024/2023. These sessions took place in the second and third academic weeks, with the Workshop Committee meeting on September 19, the Public Relations Committee on September 20, the Star Committee on September 24, and the Media Committee on September 25. Supervised by Ms. Ibtisam Al Harthy and attended by higher management and committee management, each session started with a

welcome, committee introductions, and an ice-breaker activity. Members were briefed on the group's plans, committee responsibilities, and specific roles within each team. Key activities like the 3rd Nursing Forum, WHO competition, and the 1000 Point System were highlighted to encourage participation. Following the management's speeches, interactive games and activities were conducted, providing a platform for members to ask questions and share their needs, opinions, ideas, and suggestions for committee improvement.

Evaluation and recommendations:

The meetings proved highly effective, successfully achieving the intended goals. There was a dynamic interaction and participation among members, fostered within an engaging atmosphere. Participants expressed enthusiastic anticipation for the upcoming events.



v. First Aid Workshop: Hero of the Moment

- Date of the activity: 04 October 2023
- Location/Venue: College of Nursing
- Organizers: Nursing Group

Objectives of the activity:

- Providing theoretical explanations and practical applications of the first aid topics.
- Encouraging volunteer work in helping such cases.
- Raising awareness about first aid among students.
- Teach the participants the appropriate intervention in emergencies.

Participants and beneficiaries:

- Number of Attendees: 50
- Target Audience: SQU students

Summary of the activity:

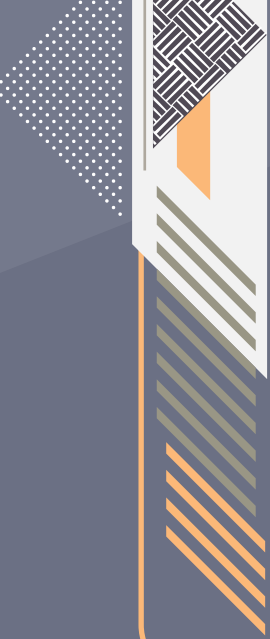
The «Hero of the Moment» first aid workshop, held on October 2023 ,4, during the fourth academic week, aimed to equip participants with both theoretical knowledge and practical skills necessary for various first aid situations. Targeting SQU students, the workshop attracted around 50 participants following a promotional campaign. It started with a welcome and thank-you note to participants by the group supervisor, followed by theoretical instructions from Ms. Lina Shakman and Dr. Asma Al Yahyai. Participants were then divided into small groups to rotate through several practical stations, including

cardiopulmonary resuscitation, choking and tongue swallowing, fractures, and wounds, burns, and nosebleeds, each lasting about thirty minutes. The workshop concluded with the distribution of participation certificates to attendees, trainers, organizers, and photographers, accompanied by light snacks.

Evaluations and recommendations:

Both the theoretical and practical aspects of the workshop received positive feedback, with the practical stations, in particular, being highly praised by all participants. The most frequent suggestion was to ensure the workshop starts promptly as scheduled.





9

EXTERNAL AFFAIRS AND PARTNERSHIP

i. Duke University – Durham USA

The College of Nursing at SQU maintains strong ties with Duke University in Durham, USA. A memorandum of agreement, initiated by the Dean, Dr. Huda Al Noumani, in 2020, has since fostered ongoing collaboration between the two institutions. Duke University has been a partner in our second international conference and will continue this partnership for the third conference, which we have already begun planning. Faculty from Duke serve as external peer reviewers for our master's students. Additionally, the head of simulation at our college participated in a summer course at Duke to assist in accrediting our simulation labs. Furthermore, each year we send three students to Duke as part of an exchange program.

Duke Summer exchange program – 2023

Each year, the College of Nursing at SQU selects three students to participate in the «Exploring Global Patterns of Health and Illness» program, tailored for international nursing students. This prestigious program takes place from August 8 to 26 at Duke University in Durham, USA, offering a comprehensive ~2.5-week course. In 2023, SQU continued its tradition by sending three students to join their international counterparts from various countries, including Oman, the USA, the UK, South Korea, Japan, China, Hong Kong, Ireland, and the Philippines.

The program's curriculum is designed to provide a rich learning experience through a variety of educational activities. Participants engage in lectures that tackle critical health issues such as non-communicable diseases, global mental health, and emerging infectious diseases. In addition to classroom learning, the program emphasizes practical experience through community-based site visits, clinical observations, and cultural excursions.

To ensure a holistic and reflective learning journey, the program includes three key assignments: a presentation on each student's home country, two reflective journals to document their learning and experiences, and a presentation on evidence-based practice.

Furthermore, the agenda is complemented by trips and outings to significant local attractions. These include visits to the Duke Basketball Museum, Durham Bulls Athletic Park, TROSA (Triangle Residential Options for Substance Abusers), the International Civil Rights Center and Museum, Busch Gardens Amusement and Theme Park, the Durham Performing Arts Center (DPAC), and more. These outings are not only recreational but also serve as cultural and educational extensions of the program, offering students a broader perspective on the host country's heritage and societal issues.

SUMMER EXCHANGE PROGRAM AT DUKE UNIVERSITY IS NOW OPEN FOR APPLICATION

Eligibility criteria

- Being a regular student
- Male or Female of any cohort
- Having a GPA above 2.5
- Not taking Summer courses (Summer 2023)



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**FULL FINANCIAL SUPPORT
OF THE COURSE**

✈️

**PARTIAL FINANCIAL SUPPORT
OF THE FLIGHT TICKET**

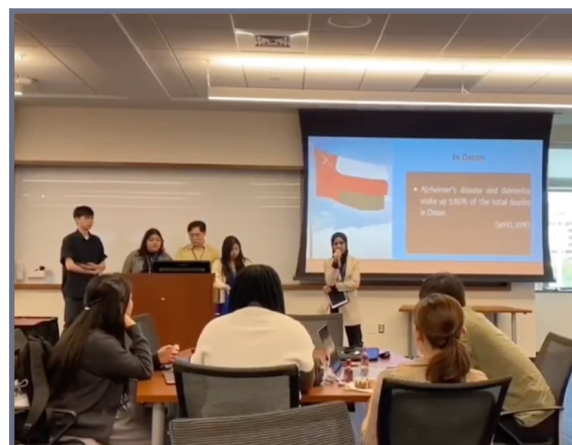
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**1 MEAL PER
DAY OFFERED**

**Last day to submit application:
Tuesday 15 November 2022**

Visa and insurance
are students'
responsibility

adtcn_nurs@sq.edu.om



ii. The Jordan University – Amman, Jordan

A letter of agreement was recently signed between the College of Nursing at SQU and the Jordan University (JU). The collaboration with JU began well before this agreement, involving the Quality Assurance Office, which assisted with documentation and strategies to enhance our university ranking. Moreover, faculty from JU have served as external reviewers. More importantly, a virtual exchange program between our students and those at JU is conducted regularly.

Virtual Exchange Program – 2023

The College of Nursing at SQU engaged in a collaborative virtual exchange with Jordan University's College of Nursing during the Fall of 2023. This partnership was orchestrated by the child health course team at our college specifically from the Maternal and Child Health department. The event aimed to introduce nursing students to cultural sensitivity in healthcare, foster collaborative learning, and share knowledge and skills related to simulation in nursing education.

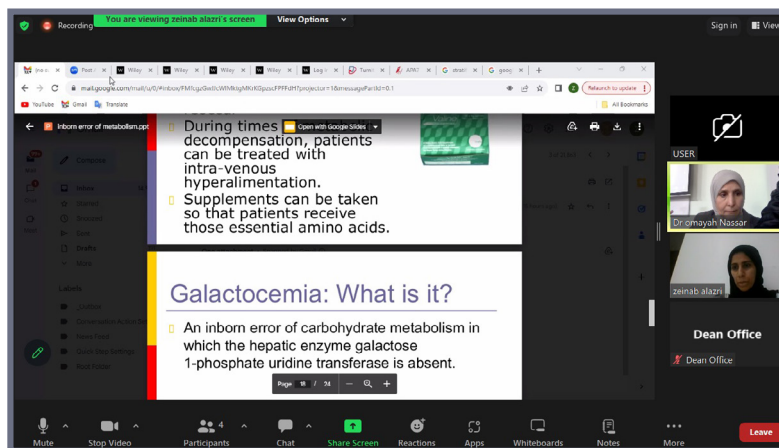
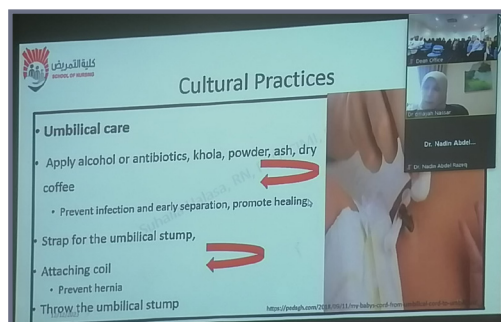
The virtual exchange focused on simulation scenarios, utilizing virtual technology to allow students from both institutions to participate in the simulation. This exchange was particularly beneficial for the students from JU, as they currently do not have a simulation lab and were interested in exploring this educational option.

In total, 23 students from SQU and 25 from JU attended the exchange. The event included two exchange lectures: one from Dr. Zeinab Aalzri and Ms. Lina Shakman of SQU on metabolic disorders and another from Jordan University faculty on cultural practices for newborn care in Jordan.

The collaboration was deemed successful, achieving its objectives and receiving positive feedback from both students and faculty. Students were praised for their insightful questions on cultural sensitivity, and the faculty from Jordan expressed gratitude for the opportunity to learn about simulation.

The success of the event has paved the way for continuous collaboration, with the faculty of JU recommending the inclusion

of simulation in their curriculum each semester. This initiative has been praised for its impact on the community, providing students with exposure to new concepts and the opportunity for cross-cultural dialogue in the area of child health nursing.



iii. Kennesaw State University – Kennesaw, Georgia, USA

Kennesaw State University (KSU) is also a valuable partner with the College of Nursing at SQU. Last year, Dr. Christie Emerson from KSU visited our college as an external reviewer for our advanced program, where she reviewed our curriculum and provided feedback, met with the Deputy Vice Chancellor for Academic Affairs and Community Service, Prof. Salim Al Harthi, and conducted a professional development session for our faculty on virtual exchange, an initiative we carry out every semester.

Virtual Exchange with KSU – Ethics course

The collaborative virtual exchange program between the College of Nursing at SQU led by Dr. Erna Judith Roach and the Wellstar School of Nursing at KSU led by Dr. Diane Keen in the USA, conducted during the Spring Semester 2023, focused on professionalism and ethics in patient care.

This initiative allowed students from both institutions to exchange cultural practices and explore ethical issues encountered in nursing. The program involved students from SQU enrolled in the NURS4022 course and KSU students in the Professionalism and Ethics course, forming a total of nine mixed groups. These groups engaged in synchronous and asynchronous discussions using platforms like Google Meet and Microsoft Teams over five weeks, working on case scenarios to enhance their critical thinking, communication, and collaborative skills. The assignment culminated in the production of video recordings and a reflective journal, providing students with a rich learning experience on managing ethical issues in nursing practice across different cultures.

This exchange was deemed a success, with positive feedback from students despite initial challenges, underscoring the value of virtual collaboration in nursing education.

NURS4022_ema_Spring23 / Online Discussion Forum- SQU- KSU Collaborative Virtual Assignment- Ethics

Online Discussion Forum- SQU- KSU Collaborative Virtual Assignment- Ethics

Mark as done

Due: Monday, 20 March 2023, 2:10 PM

Dear students,

Kindly note that this Online Discussion Forum is created for you to provide individual and shared input towards the assigned scenario. Each student is expected to use critical thinking and clinical reasoning skills to identify the most appropriate action or propose the best solution for each component of the scenario.

Guidelines:

1. Students are expected to participate actively in the discussions of each of the questions related to their case scenario.
2. The student's responses should reflect insight into the scenario and additional comments should enhance the discussion of the question.
3. Students can extend and build on their colleague's ideas through thoughtful discussion ideas and supplementation.
4. Students should analyze and comment on their colleagues' points of view in a respectful manner.
5. Students should use literature or personal experience to elaborate on their ideas, support their points of view and to enrich the overall discussion.

Best Regards

Dr.Emna

Search forums

Subscribe to forum

The cut-off date for posting to this forum is reached so you can no longer post to it.

Discussion

Started by

Last post

Replies

Subscribe

☆ Group B - Patient has No Valid DNR order

Emna Roach
29 Mar 2023Tariq Al Maktoum
24 Apr 2023

11

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Scenario

The nurse admits Mr. Alex in the oncology ward for a palliative procedure. He is well known to the nursing staff having been admitted many times over the past three years for treatment of a terminal cancer.

Mr. Alex reminds the nurse that he wants a "no code" should anything happen while he is in the hospital. His family indicated that they agree with this request.

The nurse notes the request and after doing an admission assessment, she discovers that there is no order regarding CPR. The nurse attempts to place a phone call to the doctor but she learns from his clinic staff that he will be out of touch for the next three hours.

The hospital policy clearly states that any patient without a valid DNR order must receive CPR in the event of an arrest.

Just then, Mr. Alex's son rushes from the room calling the nurse to help his father who has collapsed. The nurse finds Mr. Alex unresponsive on the bed with a weak, irregular, rapid pulse and systolic blood pressure of 50 and falling.

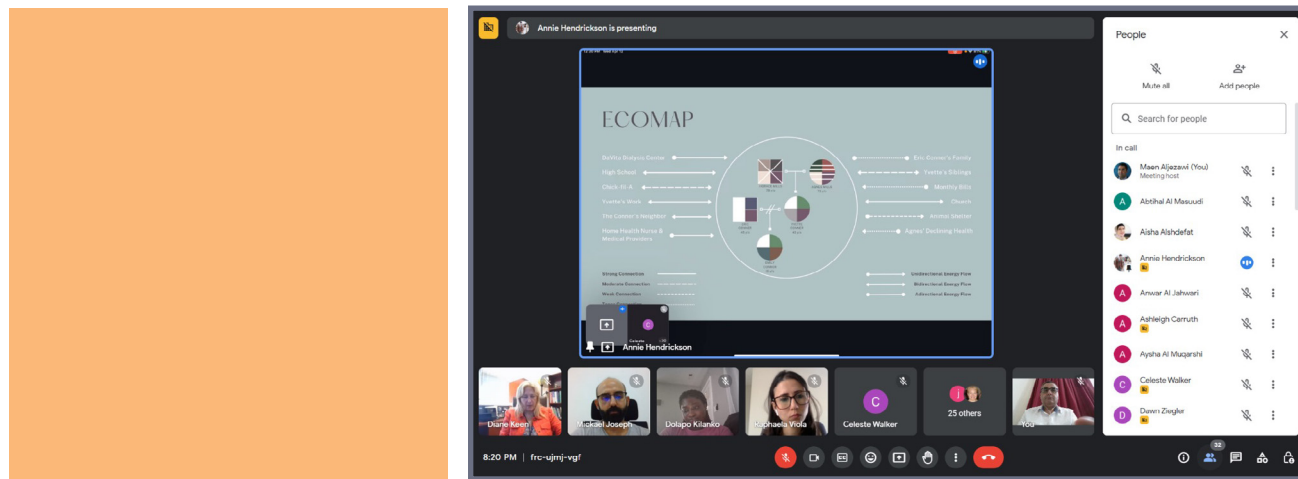
The family is crying and says to the nurse, "This is it, right? He's dying, isn't he?" The nurse replies that this may be true but she must call a code because there is no DNR order. The family says, "No, he doesn't want that. He just said so. We won't let you do that to him."

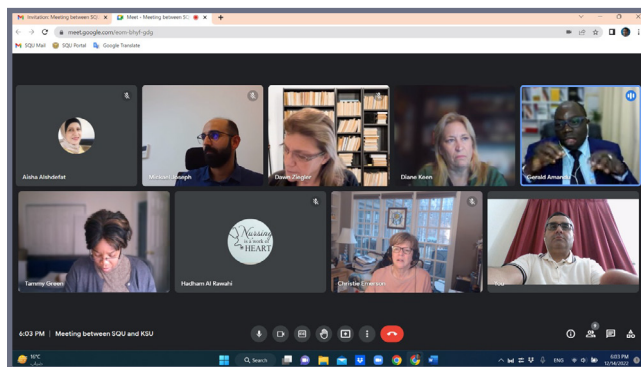
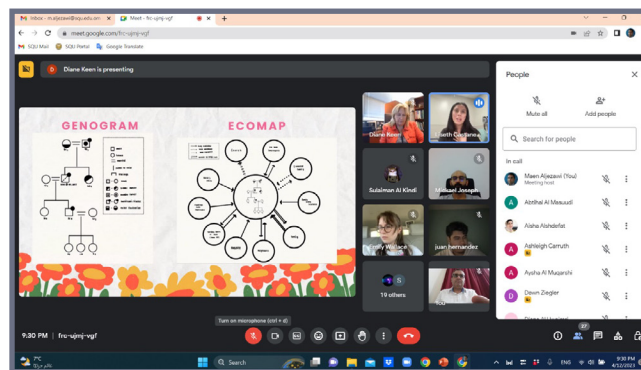
1. What are the legal and ethical dilemma surrounding this scenario?

- Based on the scenario, the ethical dilemma at hand is autonomy. The nurse has educated the patient enough for him to understand his options for his new diagnosis. Even though the nurse may not agree with his choice, the patient still has a right to decide for himself without the nurse interfering. The ethical aspect and legal aspect can differentiate for this case; legally, the state may need to report this, but ethically it is not the nurse's duty to tell his child-bearing wife. In doing so, this would be breaking the confidentiality of the patient's case and violating HIPPA policies.

Virtual Exchange with KSU – Community Health Course

The virtual exchange between SQU's College of Nursing and KSU's WellStar School of Nursing focused on community health nursing, offering students and faculty a platform for cross-cultural collaboration and knowledge sharing. This initiative allowed for an in-depth exploration of community health nursing practices, enabling participants from both institutions to visit homes in their respective countries for family assessments and share their findings. The exchange facilitated a rich dialogue on various health-related concepts, ethical considerations, and the impact of cultural differences on healthcare practices. It significantly enhanced our students' intercultural communication skills, understanding of global health issues, and appreciation for diverse healthcare systems. Dr. Maen Aljezawi from SQU shared insights into Oman's healthcare system, contributing to a collaborative knowledge generation and research. The success of this exchange, marked by improved independent learning skills, language proficiency, and self-confidence among students, underscores the value of virtual exchanges in nursing education. Recommendations for future exchanges include increasing student participation, expanding topic coverage, and establishing ongoing institutional partnerships, aiming to further enrich global nursing education and practice.





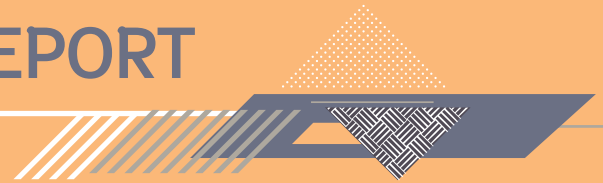
iv. Armed Forces Medical School, Muscat, Oman

The College of Nursing at SQU has also established a memorandum of agreement with the Armed Forces Medical School (AFMS) in Muscat, Oman. This agreement was recently updated to include the Center for Preparatory Studies and the Center for Excellence in Teaching and Learning.

Each semester, the College of Nursing conducts a series of workshops aimed at enhancing the professional development of the faculty at AFMS. Recently, through the Office of the Assistant Dean for Postgraduate Studies, Dr. Omar Al Zaabi, the college offered a series of workshops on research methodologies. This initiative was designed to assist AFMS faculty in publishing more effectively.

Furthermore, faculty from the College of Nursing provide exam reviews and various academic expertise for the Armed Forces Medical School.

END OF THE REPORT



Office of Assistant Dean for Training and Community Services
January – December 2023

Designed by: Sharifa Khamis Aljabri | Multimedia Department – CET