



# Training & Community Service

## Annual Report 2021

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## Contents

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<b>Maternal &amp; Child Health Department</b> .....	3
Breast Cancer Awareness Campaign .....	4
World Maternal Mental Health Day .....	5
<b>Community &amp; Mental Health Department</b> .....	6
World Maternal Mental Health Day .....	7
<b>Fundamentals &amp; Administration Department</b> .....	8
Basics of SPSS for Healthcare Professional .....	9
<b>Assistant Dean for Training &amp; Community Service</b> .....	10
Professional Resilience and Publishing Journal Article .....	11
<b>Assistant Dean for Undergraduate Studies</b> .....	12
Advising Committee Workshop: Fall 21 .....	13
<b>Assistant Dean for Postgraduate Studies &amp; Research</b> .....	14
Inspire Webinar Series .....	15
<b>Nursing Group</b> .....	16
Lammah (Gathering) .....	17
Care Plan .....	18
TEDx .....	19



## **Maternal & Child Health Department**

## **Breast Cancer Awareness Campaign**

**Date:** 26th Oct 2021

**Venue:** Mall of Muscat

**Theme:** “Promotion of Breast Cancer Awareness”

This activity aimed to raise public awareness about breast cancer. The activity focused on the following objectives:

1. Risk factors of breast cancer
2. Breast self-examination.
3. Screening for breast cancer.
4. Mammogram bus.
5. Promotional activity

Collaborator:

Oman Cancer Association (OCA).

About 100 women participated in this activity; of which, 20 women received mammogram. Radio interview was done on 27th Oct 2021 in English Hi FM with Dr. Iman Al Hashmi.



The event was successful to attract the attention of the most of the women who visited the mall to the seriousness of the disease. Twenty women have done the mammogram screening which is the maximum target set by Oman Cancer Association.

We recommend planning similar activity in interior regions in Oman and to extend the activities through one-week while utilizing different strategies to reach the community.

## World Maternal Mental Health Day

**Date:** 18<sup>th</sup> March 2021

**Venue:** Online

**Theme:** “Supporting Mums Through Challenging Times”

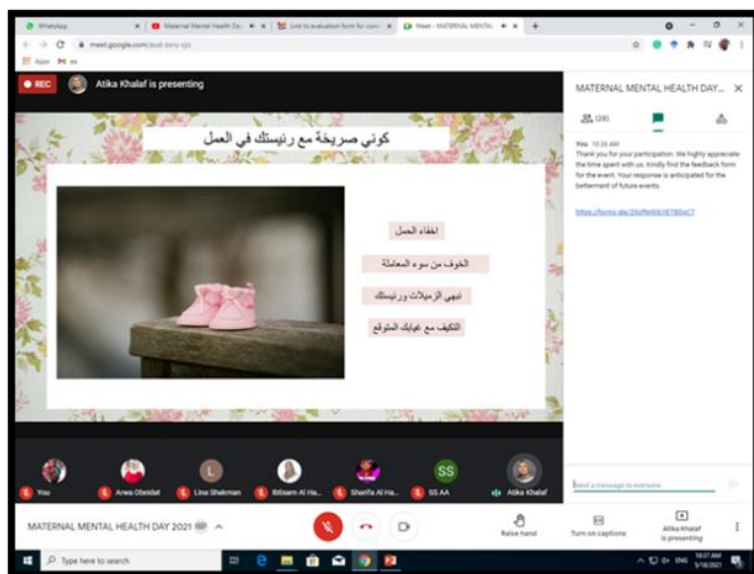
The activity aimed to create awareness regarding maternal mental health among women and their spouses. The activity also aimed to enable the women with the support of their spouses to effectively handle and cope with any stress and anxiety experienced during pregnancy.

Collaborator:

Ms. Fawziya Al Kiyumi; Psychologist

Al Masarrah Hospital.

The event included lecturing about 1) Depressive disorders in Pregnancy by Ms. Fawziya Al Kiyumi, 2) Importance of Maternal Mental Health by Dr. Iman Al Hashmi, and 3) Creating work life balance for pregnant working women by Dr. Atika Khalaf.



The session was conducted online through Google Meet and YouTube. The MCH Department laptop was used for the activity.



## **Community & Mental Health Department**

## World Maternal Mental Health Day

**Date:** 15<sup>th</sup> October 2021

**Venue:** Mall of Muscat

**Theme:** “Mental Health Care for All: Let's make it a Reality.”

The activity aimed to create awareness regarding maternal mental health among women and their spouses. The activity also aimed to enable the women with the support of their spouses to effectively handle and cope with any stress and anxiety experienced during pregnancy.

The activity aimed to 1) provide awareness on mental health issues to the public, 2) educate the public on the tips to prevent mental illness, and 3) reduce stigma associated with mental illness and enable access to mental health.

Collaborators:

- 1) SQUH Behavioural Medicine unit
- 2) Youth Oman Psychology Team



The activity included 10 stations arranged as 1) Awareness on mental health and mental illness 2) Anxiety & Depression management, 3) Stress management, 4) Sleep Hygiene, 5) Prevention of Addictions, 6) IQ games and memory testing activity, 7) Relaxation therapy, 8) Child abuse prevention, 9) Recreation sessions for the kids with art, colouring, face painting, Henna and other games and 10) Self-assessment stations for psychological distress, suicide, anxiety, depression and quality of life.

The Psychiatrists and psychologists from the department of behavioural medicine at Sultan Qaboos University hospital and volunteers from Youth Oman Psychology Team also extended their consultation and counselling services to the public throughout the event.

The event was successful and participants demanded more similar events in the year rather than once yearly. Hence, more events could be organized addressing mental health concerns on multiple sites.





## **Fundamentals & Administration Department**

## Basics of SPSS for Healthcare Professional

**Date:** 7<sup>th</sup> December 2021

**Venue:** College of Nursing, Computer lab

**Theme:** “Empowerment of healthcare professionals with statistical knowledge and skill”

Objective of the Activity were to 1) Discuss the nature, purpose, and types of statistics available for analysing data, 2) Identify the meaning of data cleaning, 3) Determine when the paired t-test is appropriate to use, 4) Use SPSS to compute a paired t-test, 5) Introduce the analysis of variance, 6) Use SPSS to obtain a cross-tabulation table, 7) compute the associated statistics and interpret the results, and 8) write up the results of a cross- tabulation analysis for presentation and publication.

This workshop was very successful and favourable by participants based on their evaluation. Participants requested for more future workshop including advanced statistics and exercises. The recommendation to conduct the workshop in two days to accommodate the practice sessions.





**Assistant Dean for  
Training & Community  
Service**

## Professional Resilience and Publishing Journal Article

**Date:** 9<sup>th</sup> November 2021

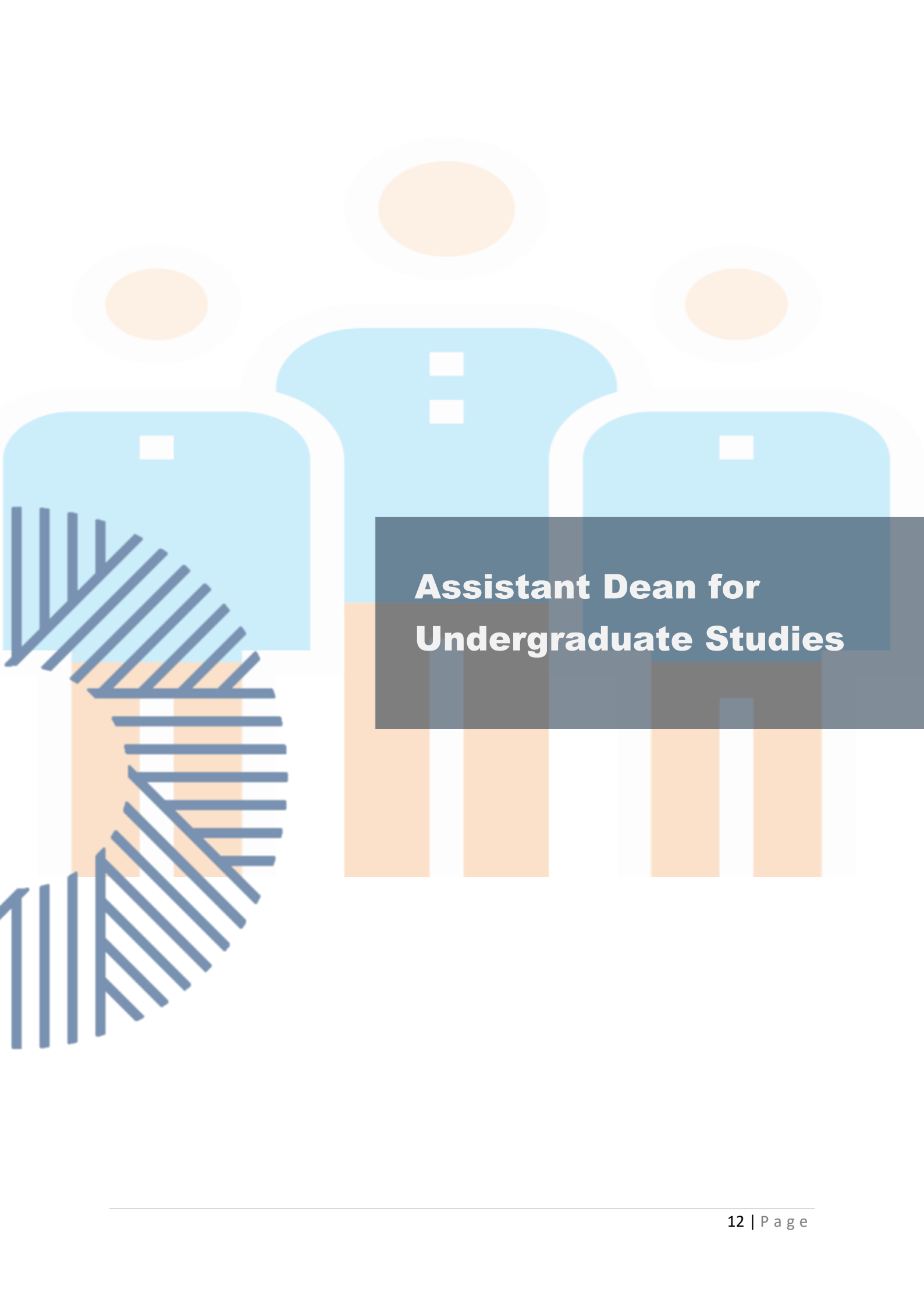
**Venue:** College of Nursing, 0067

This activity aimed to 1) demonstrate understanding of the process of journal article publication, 2) plan for successful publication process, 3) apply the principles of responding to the reviewer's comment, 4) understand the theory of resilience in health care and educational context, and 5) recognize the importance of building a professional resilience.

The Continuing Education and Orientation Committee conducted the Faculty need assessment for the forthcoming academic year. Based on the assessment, the committee prioritized to take up the topic addressing Professional Resilience and Publishing Journal Article, which is the need of the hour. This workshop was conducted focusing on Faculty members involved in academic activity and scholarly activity in SQU and around Oman. There were about 60 participants attended the workshop from various teaching institutions. Due to COVID19 pandemic the committee accommodated only 75% of participants inside the venue and the rest were joined virtually.



Dr. Omar Rawajfah, Dean and Associate Professor of College of Nursing presented about “Professional Resilience” and Dr. Mohammad Al Qadire, Associate Professor and HOD Dept. of Adult Health and Critical Care presented about “Publishing a Journal Article”. The workshop went on well with excellent feedback from the participants.



## **Assistant Dean for Undergraduate Studies**

## Advising Committee Workshop: Fall 21

**Date:** 23<sup>rd</sup> November 2021

**Venue:** College of Nursing, 0067

**Theme:** “Power Advisors Create Better Advisees”

Objective of the Activity were to 1) reinforce the importance of academic advising to the nursing college faculty, 2) orient the new faculty about SQU academic requirements, policies and procedures, 3) educate the faculty on how to stay connected with their advisees, and 3) identify the most common challenges and its solutions for both advisors and advisees.

Objective of the Activity were to 1) reinforce the importance of academic advising to the nursing college faculty, 2) orient the new faculty about SQU academic requirements, policies and procedures, 3) educate the faculty on how to stay connected with their advisees, and 3) identify the most common challenges and its solutions for both advisors and advisees.

### Collaborators:

Dr. Sabra Al Hakamani

Student Counselling Centre

Dr. Sabra Al Hakamani from the Student Counselling Centre presented a topic on how to stay connected with their advisees. Then Advising Committee members perform a role play titled “Nuggets of Academic Advising” addressing the academic requirements, policies and procedures for both advisors and advisees during the academic life of advising. It was very fruitful and enjoyable. Ms. Annandhi Amirtharaj presented majority of the challenges and their solutions for both advisors and advisees. There were few interesting games related to the Academic Advising System were played and gifts were distributed to the winners. The audience were given a chance to discuss and inquire for any doubts. The event was closed by token distribution for the participants with a group photo.





## **Assistant Dean for Postgraduate Studies & Research**

## Inspire Webinar Series

**Date:** 28<sup>th</sup> of September 2021

**Venue:** Virtual via Google Meet

**Theme:** “Fellow in the American Academy of Nursing (FAAN). What does it mean and how to earn it?”

The aim of this serial activity is to 1) create a non-formal platform where faculty share their research and scholarly work with others, and 2) stimulate discussion between presenter and attendees where quick messages will be taken home. The specific aim of the first series was to encourage and familiarize the faculty and clinicians with the procedures of attaining the FAAN title.

The event was the first webinar from the Inspire Webinar Series Project. The target population was the nursing faculty and clinicians.

The invitation was limited to Sultan SQU College of Nursing and hospital. The guest speaker in this activity was Dr. Omar Al-Rawajfeh, Dean, who presented about "Fellow in the American Academy of Nursing (FAAN), What does it mean and how to earn it?". Dr. Omar presented his journey of granting the FAAN title. Dr. Omar also discussed the procedures to be considered when applying for the title. The attendance reached 50.



**Inspire Webinar Series**  
"College of Nursing, SQU"

Presents...

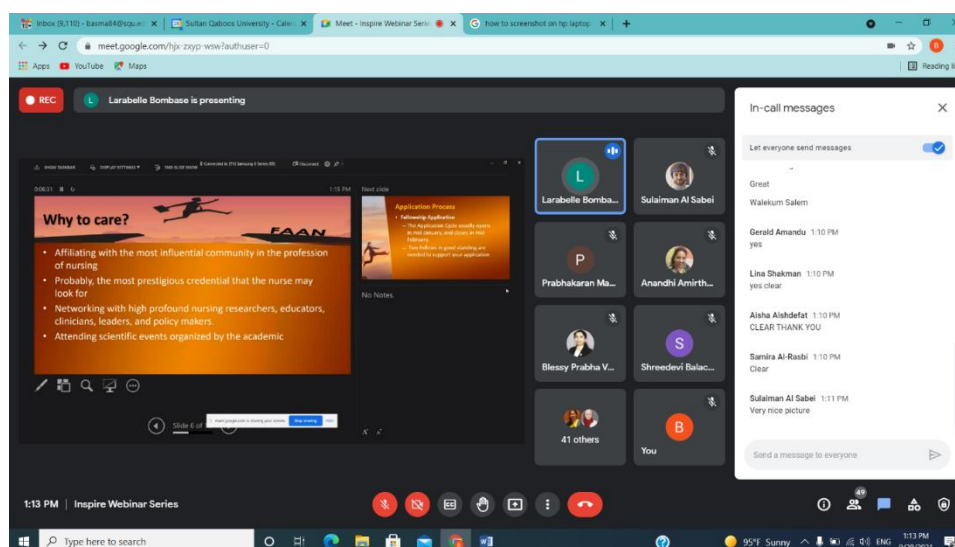
**Fellow of the American Academy of Nursing  
(FAAN)**

What does it mean and how to earn it?

By:  
**Dr. Omar Al-Rawajfeh**  
RN, Ph. D, FAAN

Tuesday, 28 September 2021  
1:00-2:00 pm

Webinar link: 





## **Nursing Group**

## Lammah (Gathering)

**Date:** 13<sup>th</sup> October 2021

**Venue:** College of Nursing, 0067

The aim of this activity was to 1) offer chance to Newer\foundation Nursing Students to ask questions related to Nursing, 2) give opportunity to foundational students to benefit from senior students' experiences about collage and its courses, 3) give introduction about the role of nursing group in developing skills of the students.

A session of Questions and Answers was successful to explore and clarify the new students' questions and concerns. Answers to major questions were also posted in social media for Students' reference and benefits. Future event will use various designs, announcements, and entertainment activities to encourage more involvement.



## Care Plan

**Date:** 20<sup>th</sup> October 2021

**Venue:** Virtual via Google Meet

The Star Committee of Nursing Group mainly aimed to clarify and explain the correct way to determine the patient's nursing care needs and how to write a nursing care plan professionally. The main objectives were to explain how to 1) determine the nursing diagnosis based on symptoms and test results, 2) identify and prioritize patient needs, 3) determine the appropriate nursing interventions for the patient's need, and 4) write nursing care plans according to the case of the patient.

Ms. Joy Kabasindi Kamanyirc, a clinical instructor at the college led and taught the students about the care plan.

The students were satisfied with the workshop and they benefit a lot as this will be very helpful in their clinical training and related requirements.

In the future activity, the committee will record the activities in google meet and organize competitions with an incentive.



wednesday  
20-10-2021  
7:00 pm - 8:30 pm  
google meet

**Date:** 1<sup>st</sup> December 2021

**Venue:** College of Nursing, 0067

**Theme:** “Inspire Students and motivate them for success in studying and life.”

The activity aimed to 1) raise the spirit of positivity and activity, 2) reducing student psychological pressure and preparing them to continue the semester with high energy, 3) motivate students to raise their academic level and develop their skills, and 4) inspire students to create an educational cadre capable of advancing themselves and employing their skills in community service.

Inspirational and motivational speeches by the guest speakers were ensured. The activity contained entertainments parts and competitions. The students were satisfied about the event and enjoyed the motivational speeches. Next TEDx event will maximize time allotted for each trainer to maximize the inspiration.

