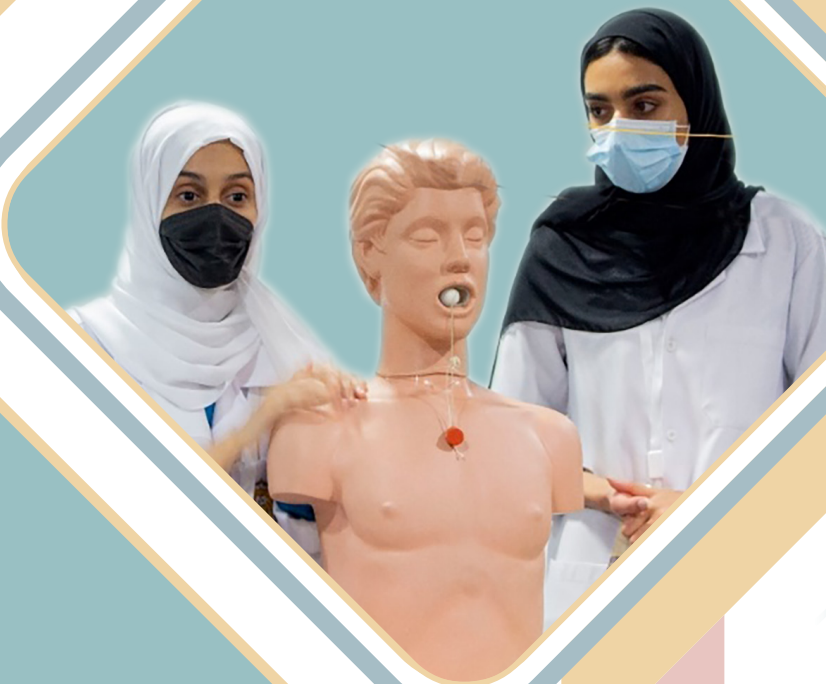




Sultan Qaboos University  
Training and Community Services

# Office of Assistant Dean for Training and Community Services



## Annual Report 2023



Sultan Qaboos University  
COLLEGE OF NURSING

# **Office of Assistant Dean for Training and Community Services**

## **Annual Report 2022**

**Submitted June 2023**

**Dr. Mickael Joseph**

**Assistant Dean for Training and Community Services**

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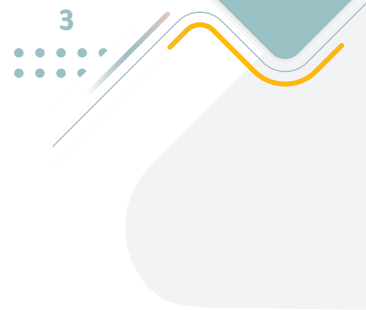
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## Abbreviation list

ADTCS - Assistant Dean for Training & Community Services  
CEOC - Continuing Education and Orientation Committee  
CON/SQU - College of Nursing, Sultan Qaboos University  
CPD - Continuous Professional Development  
EBP - Evidence-Based Practice  
ECG - Electrocardiogram  
FCS - Formal Completion Seminar  
GPA - Grade Point Average  
HIHS - Higher Institute of Health Specialties  
HCP - Health Care Professional  
IT - Information Technology  
MOH - Ministry of Health  
NLSU - Nursing Laboratory & Simulation Unit  
OCA - Oman Cancer Association  
OCHS - Oman College of Health Sciences  
OMR - Omani Rial  
OMSB - Oman Medical Specialty Board  
OSCE - Objective Structured Clinical Examination  
PICO - Population, Intervention, Comparison, Outcome  
RMO - Risk Management Office  
SBAR - Situation, Background, Assessment, Recommendation  
SPSS - Statistical Package for the Social Sciences  
SQU - Sultan Qaboos University  
SQUH - Sultan Qaboos University Hospital  
VR - Virtual Reality

## Designed by

Athra Hamed Al-Aamri \_ Multimedia \_ CET

The College of Nursing (CON), under the guidance of the Office of Assistant Dean for Training and Community Services (ADTCS), continues its commitment to collaborate with diverse Omani communities in promoting health, well-being, and healing for individuals, families, and communities across Oman. The college actively strengthens its relationship with the community through various outreach activities and events, supporting its educational and research goals, and serving the well-being of the Omani population.

In the year 2022, the College of Nursing successfully conducted a range of community activities aimed at strengthening community partnerships and enhancing knowledge and awareness about different health issues affecting both Omani and non-Omani populations. These activities involved direct interactions, health education, health screening, and providing expert advice to benefit from the skills and expertise of CON students and faculty.


The selection and coordination of these activities were purposeful, ensuring maximum utilization of available resources and diverse training and community services. Each proposed activity was submitted to the ADTCS office through a proposal form (Online) and followed by a detailed activity report. Furthermore, evaluations were conducted at the end of each activity using appropriate evaluation forms, ensuring continuous improvement and effectiveness.

At the partnership level, the College of Nursing is in the process of renewing the cooperation with the Armed Forces Medical Services and is also in the process of signing two additional cooperation programs. One of these programs is with the Jordan University, aiming to enhance collaboration in the field of nursing education and research. The second program is with the Italian Council of Agriculture CREA, focusing on exploring the intersection of health and nutrition and its impact on pregnant women's well-being.

Regarding student exchange, CON sent two students to Duke University School of Nursing for a two-week global health and patterns exchange program. This program provided valuable opportunities for cultural exchange and expanded knowledge in global health perspectives.

At the training and community service level, CON, through its offices, departments, administration, committees, and nursing students' group, successfully implemented a total of 27 community and training events, both within and outside SQU. These events aimed to address various healthcare needs, enhance skills and knowledge, and make a positive impact on the communities served.

This detailed report provides an overview of the training and community service activities implemented, along with their respective outcomes. The report is organized according to the lead units within the college, showcasing the collective efforts and contributions towards the overall mission of the College of Nursing.







**Assistant Dean for**  
**Training & Community Services Office**

## I. First Aid Workshop for Common School Emergencies

Date	March 15, 2022
Venue	Philippine School, Al Khuwair

### Objectives of the Activity:

The community activity aims to provide first aid workshop for senior high school students and student leaders of Philippine School. At the end of the workshop, the participants were able to:

- Understand first aid administration and first aider's responsibilities
- Explain their role and responsibilities in an emergency protocol
- Discuss first aid measures for common school emergencies
- Demonstrate first aid measures for common school emergencies
- Appreciate their principal role in responding to emergencies



### Summary of the Activity:

The first aid workshop was organized under the Office of the Assistant Dean for Training and Community Services (ADTCS). Alongside Ms. Cherry Ann Ballad, the lead facilitator, the organizing team consisted of Dr. Susan Achora, Ms. Sheeba Elizabeth J., Ms. Sophia Cyril and Ms. Hema Roslin Samson. They also served as the resource speakers and facilitators of the workshop. The senior high school students (Grades 11 and 12) and student leaders (Grades 6-10) of the Philippine School attended. The first aid equipment, manikins, and automated external defibrillator were borrowed from the nursing laboratory. The participants paid a workshop fee of 2 OMR to cover the cost of consumable materials and purchased a First Aid booklet for 3 OMR.



The event was a one-day workshop from 8am to 4pm, with health breaks in between. The first half was dedicated to a lecture demonstration on the following key topics: (1) Skin breaks/Wounds, Burns, and Bleeding; (2) Fracture, Dislocation, Sprain and Strain; (3) Head and Eye Injuries; (4) Anaphylaxis, Heat Stroke and Food Poisoning; and (5) Choking and Cardiac Arrest. In the second half, the participants were divided into four groups and moved around four stations to perform an actual return demonstration on the management of: (1) Skin breaks/Wounds, Burns, and Bleeding; (2) Fracture, Dislocation, Sprain and Strain/Head and Eye Injuries; (3) Anaphylaxis, Heat Stroke and Food Poisoning; and (4) Choking Management & Basic Life Support/ CPR (Adult/Child).

To ensure the workshop's objectives and expected outcomes were met, a 30-item multiple choice questions-type pre-test/post-test was administered. The pre-test mean score is 13.71 / 30 (45.69% = F) while the post-test mean score was 18.17 / 30 (60.56% = D). The workshop was successfully concluded by awarding certificates to the participants. The workshop team was also given a Certificate of Appreciation by the School Administration..

### Evaluation & Recommendations:

In summary, the workshop proceeded as planned. It was well-received by the participants, who showed interest throughout the entire event. However, the following areas for improvement should be considered:

#### 1. Workshop timing:

A full-day workshop with demonstrations and reciprocal demonstrations may be exhausting for participants. The event could be divided into two days in future instances.

#### 2. Offer seminars or workshops on other topics:

- Participants expressed interest in attending similar events with the following topics: medical conditions, emergency medical services response to COVID-19, drowning, psychological needs and mental health, and injections.

#### 3. Revision of the Pre-/Post-test:

While the students showed noticeable improvement in their knowledge, their scores on the post-test remained unsatisfactory. The test structure should be reevaluated, revised and simplified as necessary, based on their cognitive level and maturity.







## II. Best Practices in Teaching and Assessing Nursing Students during the COVID-19 Pandemic

Date	March 29, 2022
Venue	Virtual

### Objectives of the Activity:

At the end of the workshop, the participants were able to:

- Understand the best practices in theory and clinical nursing teaching during the COVID-19 pandemic
- Analyze the various assessment strategies utilized by nursing educators during the COVID-19 pandemic
- Identify the challenges encountered by nursing educators during the COVID-19 pandemic
- Recognize the challenges faced by nursing students during the COVID-19 pandemic

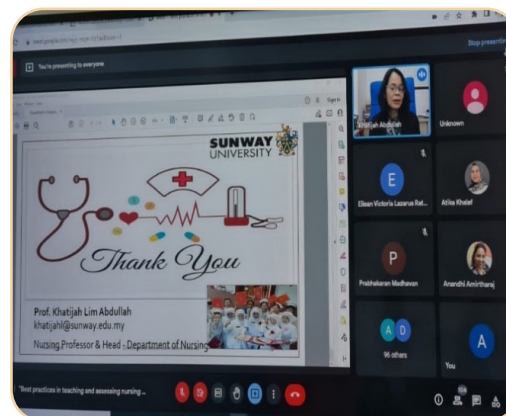
جامعة السلطان قابوس  
Sultan Qaboos University  
College of Nursing  
Office of Assistant Dean for Training & Community Service

**First International Webinar: Best Practices in Teaching and Assessing Nursing Students During the COVID-19 Pandemic**

**Speakers:**

- Abbi Tracey  
University of the Highlands and Islands Scotland
- Dr. Leah Macaden  
University of the Highlands and Islands Scotland
- Dr. Blessy Valsaraj  
Assistant Professor  
College of Nursing, SQU Oman
- Dr. Kevin Muirhead  
University of the Highlands and Islands Scotland
- Prof. Khatijah Abdullah  
Head of Nursing Dep.  
Sunway University Malaysia
- Wendy Jessiman  
University of the Highlands and Islands Scotland

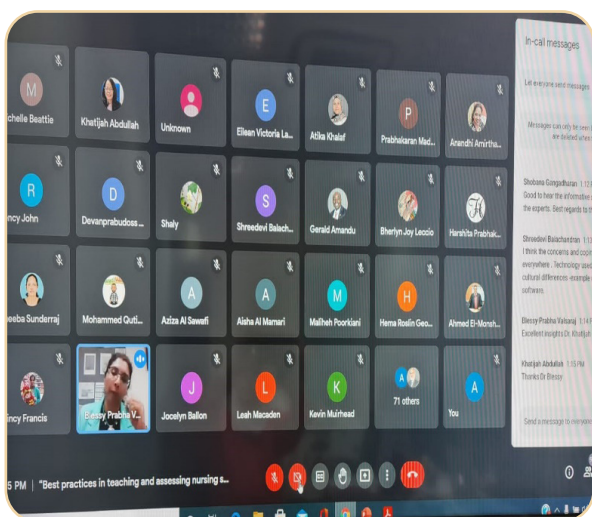
**Date:** 29th of March, 2022  
**Time:** 11:00 AM to 1:00 PM  
**Registration Link:** <https://forms.gle/bb cKX1mo6JkqHbUA>





## Summary of the Activity:

The activity, led by Ms. Arwa Atef Obeidat from the Faculty of Fundamentals and Administration Department, along with Ms. Khlood Al Dameery, Mr. Dennis Fronda, and Ms. Suheir Alhadhrami, was attended by approximately 100 nurse educators. The event focused on the challenges and best practices in nursing education during the COVID-19 pandemic. It received high praise for its relevance, comprehensive content, and timely information, and it featured insightful sessions with experts sharing experiences and challenges faced during the pandemic. These discussions offered a global perspective from Oman, Ireland, and Malaysia. Noteworthy themes included the innovative uses of technology for education, such as e-learning and gamification, as well as the maintenance of clinical hours for students despite pandemic-related constraints. The sessions emphasized the holistic approach to teaching, considering emotional aspects and limitations of online practice, and explored practical assessment methods during the pandemic. The information presented was backed by research evidence, accentuating the importance of different teaching methods and the application of research to support student learning.



## Evaluation & Recommendations:


The participants suggested several areas for improvement in future programs of a similar nature. They highlighted the need to develop strategies to boost student engagement, enforce student rights within educational settings, and foster growth in nursing research. Suggestions also included extending the duration of the webinar and shifting the timing to the afternoon. Addressing competency deficiencies among students during the COVID-19 pandemic was seen as crucial, along with improving preparedness among both teachers and students. The enhancement of nursing leadership skills, addressing mental health issues related to teachers and students, and incorporating innovative methods in clinical teaching were all emphasized. Participants encouraged integrating critical thinking into virtual teaching, examining the influence of emotional intelligence on student learning, and implementing virtual simulations. They saw value in organizing student-led conferences or webinars and utilizing fifth-generation technologies and artificial intelligence in education. They also called for providing assistance to students in overcoming the psychosocial problems caused by pandemic-related lockdowns. Lastly, participants suggested gathering feedback

from students who graduated during COVID-19 about their experiences in hospital settings, especially regarding overcoming challenges related to achieving the program's intended learning outcomes, particularly in areas of attitude and psychomotor skills.

**Suggested Topics for Future Developments:**

- Modern teaching methodologies.
- Evidence-based practice.
- Nursing education.

**Other Comments and Suggestions:**

- Appreciation for the efforts and wonderful presentations.
  - Compliments to the excellent organizing team and speakers.
  - Praise for the great webinar.
- 

### III. Workshop on Best Practices in Simulation

Date	November 8, 2022
Venue	Auditorium 0067, College of Nursing

#### Objectives of the Activity:

By the end of the presentation, participants were able to understand:

- The results of the 2022 simulation survey
- The role of simulation in nursing education
- The foundations of patient simulations
- Healthcare simulation standards of best practice
- Reflections on healthcare simulation standards of best practice (interactive session)
- The process of CHSE/CHOS certification
- The benefits of membership in professional simulation organizations
- The importance and methods of debriefing
- Examples of simulation and debriefing videos
- The process and value of SSH accreditation for NLSU



### Summary of the Activity:

We invited nursing teaching staff and non-faculty from Muscat and surrounding areas to the workshop. A total of 32 members participated. The nursing faculty included representatives from AFH, Buraimi University College of Nursing, and SQU College of Nursing Oman. The workshop was led by Dr. Judie Arulappan, Associate Professor and Director of the Nursing Laboratory and Simulation Unit at Sultan Qaboos University's College of Nursing in Muscat, Oman. After formal registration, the Continuing Education and Orientation Committee (CEOC) kicked off the program with a welcome note from Mr. Devanprabudoss, a Lecturer and CEOC member. The lead presenter then commenced the session with the aforementioned objectives. The session proved highly interactive, concluding at 12 noon with vote of thanks by Ms. Hema Samson, a CEOC member. All the participants were asked to evaluate the workshop and subsequently received certificates. Dr. Judie Arulappan and Dr. Vidya Seshan, in celebration of their recent promotions to Associate Professors, generously sponsored lunch for all the participants.



#### IV. Item Construction and Analysis

Date	May 11, 2022
Venue	Auditorium 0067, College of Nursing

##### Objectives of the Activity:

- Determine the steps involved in item construction.
- Develop a test plan or blueprint.
- Recognize techniques for composing items that measure various cognitive levels.
- Apply guidelines for crafting the stem, correct response, and distractors for multiple-choice questions.
- Critically evaluate multiple-choice items.
- Explain the desired values for item difficulty and item discrimination.
- Interpret the relationship between positive and negative discrimination for the key and distractors.
- Utilize relevant statistical indices for the evaluation of test items.

##### Summary of the Activity:

This workshop was primarily designed for nursing faculty and attracted a total of 40 participants. The lead person for the workshop was Dr. Judie Arulappan, and the resource person was Dr. Heather Davis Mitchell, PhD, MSN, RN from the United States. We were pleased to have the involvement of external units including AFMS, University of Nizwa, Higher Institute of Health Specialties, MOH, and Oman College of Health Sciences in Muscat.

The focus of the workshop was on item construction, a crucial aspect of creating meaningful assessments. Participants learned about the importance of item construction and the process of creating a test blueprint. This involved pre-planning and item composition for a test plan. Furthermore, they were introduced to the levels of Bloom's Taxonomy and how to construct items that align with these appropriate cognitive levels, emphasizing the principles of cognitive levels in nursing. The workshop also equipped the participants with strategies for creating higher-level questions and aligning items with course objectives. Additionally, they were provided with tips for item writing and learned about item discrimination, further enhancing their capabilities in creating effective assessment tools.



## V. Workshop on Objective Structured Clinical Examination

Date	November 15, 2022
Venue	Auditorium 0067 & Simulation lab, College of Nursing

### Objectives of the Activity:

- Enhance the validity and reliability of performance assessment.
- Address and minimize bias in clinical examinations by focusing on three variables: the patient, the examiner, and the candidate. The aim of the OSCE (Objective Structured Clinical Examination) is to reduce the influence of variables like patients and examiners in order to provide a more accurate assessment of the examinee's clinical competence.



### Summary of the Activity:

We extended invitations to nursing teaching faculty in and around Muscat, resulting in a total of 36 participants who later evaluated the workshop. The faculty came from various institutions, including SQUH, HIHS, OCHS, and the College of Nursing at SQU in Oman. Mr. Khalid Al Busaidi, Director of Training & Studies at the Royal Hospital, Muscat, Oman, led the workshop. After formal registration, the Continuing Education and Orientation Committee (CEOC) commenced the program with a welcome note delivered by Dr. Judie Arulappan, Chair of CEOC.

The workshop started with a discussion on the theoretical foundations of the Objective Structured Clinical Examination (OSCE) and proceeded with simulation training at the Lab, College of Nursing, SQU. This training used standardized patients, student volunteers, and faculty from CON, SQU. The committee arranged for five mirror stations focusing on Thyroid and Temporomandibular Joint assessment, subcutaneous injection, Rinne's Test and Weber's test, and

eye examination. Mr. Khalid Al Busaidi, the lead person, prebriefed and debriefed all the stations while also managing faculty evaluations for each station.

The workshop concluded at 4 pm with a vote of thanks from Ms. Shreedevi, a member of CEOC. All participants were encouraged to evaluate the workshop, and certificates were issued to everyone in attendance. Lunch for all participants was sponsored by the College of Nursing at SQU.



### **Evaluation & Recommendations:**

Out of the 35 evaluations received, participants provided valuable feedback and suggestions for future workshops. Some suggested extending the workshop beyond a single session due to its extensive content. Participants praised the interactive nature of the session and found it to be quite beneficial. They recommended the inclusion of more updated articles to support the effectiveness of the use of OSCE among nursing students. Inclusion of various situations was also suggested for future workshops.

Several participants found the workshop quite basic and expressed the need for higher-level workshops. They also proposed holding activities on alternate weeks to provide ample time for research or to provide feedback to students. Some participants suggested that the practical session could be better organized to more closely simulate a real OSCE scenario. This could include a briefing session detailing expectations, participant orientation, checklist reviews, scenario overviews, and a general station setup.





**Maternal and Child Health Department**



### i. Healthy Mother makes Happy Family

Date	March 20, 2022
Venue	SQUH and AFH

#### Objectives of the Activity:

This activity was designed to promote health and wellbeing among mothers and recognize their readiness to embrace their roles and responsibility as caregivers. The objectives of the activity were as follows:

- Offer basic tips to improve a mother's overall wellbeing
- Provide advice to enhance the health status of their children
- Educate on self-care strategies for mothers and their children
- Detail the available contraceptive methods

#### Summary of the Activity:

Under the guidance of Dr. Arwa Alsaraireh and supported by the HOD and Maternal and Child Health Department Members, a special event was held, aimed at educating pregnant and postpartum women at SQU Hospital and AFH, including mothers visiting the pediatric wards. Participating students from the Maternity and Child Health Courses provided health education on key topics such as nutrition, exercise, rest, immunization, and contraceptive methods, using informative pamphlets. To commemorate Mother's Day, each participant was given a small gift and a rose, courtesy of the event sponsor, Floward Flower Company, which contributed 1000 roses. The total expenditure on gifts and decorations for the event was 375 OMR. The event was well received, with many mothers expressing their joy and appreciation, marking it as a successful endeavor.

## ii. Health Care Training for Day Care Workers

Date	March 22, 2022
Venue	College of Nursing, Sultan Qaboos University

### Objectives of the Activity:

- The aim of this event was to foster awareness and deliver healthcare training for childcare providers in daycare centers in Muscat. This initiative emerged in response to crucial health issues experienced by children attending daycare facilities.
  - The training aimed to help participants:
    - Identify the risk factors associated with infections among children in daycare centers.
    - Detect children with infectious diseases and outline practices for early interventions and disease spread prevention in daycare settings
    - Spot safety concerns for children in daycare facilities and articulate its preventive measures.
    - Execute first aid for children.
- The training included engaging teaching-learning sessions on infection Control Practices
  - Health Safety and First Aid for Children
    - Additionally, practical training sessions were conducted on First aid for bites and stings.
    - Diapering techniques and diaper rash management.
    - First aid for minor wounds.
    - First aid for choking incidents.
    - First aid for nosebleeds/epistaxis.



## Summary of the Activity:

The workshop, led by Dr. Erna Judith Roach, was designed for day care workers in Muscat, Oman, and took place in the College of Nursing's classrooms and laboratories. The event was sponsored by the Oman Water and Wastewater Service Company and the Floward Company, with a budget of OMR 300. A total of 26 childcare providers from 12 daycare centers participated in the workshop.

The event kicked off with welcoming remarks from Dr. Omar Al Rawajfah, Dean, College of Nursing, and Dr. Huda Al Noumani, Assistant Dean for Training and Community Services, College of Nursing, Sultan Qaboos University. The purpose and future plan of the workshop were then presented by Dr. Iman Al Hashmi, Head of the Maternal and Child Health Department.

The participants then took part in a pre-test before the lecture sessions commenced. The first lecture on Infection Control Practices was delivered by Dr. Basma Al Yazeedi, followed by a session on First Aid in Children led by Dr. Zainab Al Azri. After the lectures, the attendees participated in hands-on training in the nursing labs, where they observed and practiced various skills related to topics such as handwashing, diapering, prevention of diaper rash, and first aid for a variety of situations. The demonstrations and practice sessions were conducted in Arabic.

Following the training, participants completed a post-test questionnaire and were asked to provide feedback and complete an online evaluation form. First Aid Kits were presented to one participant from each daycare center, and e-certificates were provided to all the participants in recognition of their attendance. The workshop was deemed a successful training session for the targeted group.

## Evaluation & Recommendations:

Eight participants filled out the online evaluation form following the activity. The feedback highlighted that all sessions were deemed excellent, interesting, and extremely beneficial, especially given the potential to encounter similar scenarios with children in daycare units. Participants cited the sessions on 'Choking and First Aid for Stings and Bites' as particularly valuable.

In terms of future sessions, recommendations were made to include topics such as drowning, dealing with autistic children, and matters related to healthcare and nutrition for children. Additionally, it was suggested to schedule training sessions during holidays to boost the number of participating daycare workers.



### iii. Promotion of Breast Cancer Awareness

Date	October 14, 2022
Venue	Muscat Mall

Maternal & child health department in collaboration with Oman cancer association organized a breast cancer awareness campaign. "Save a woman to save a community"

#### Objectives of the Activity:

The objectives for this activity were to:

- increase awareness and understanding of the risk factors associated with breast cancer.
- educate attendees on how to conduct a breast self-examination properly.
- promote the importance and benefits of regular screening for early detection of breast cancer.
- provide access to a mammogram bus for convenient on-site mammogram screenings.
- conduct promotional activities that further enhance awareness and engagement in breast cancer prevention and detection.



### Summary of the activity:

Dr. Iman Al Hashmi, supported by the Maternal and Child Health Department Members and Students, led an event in collaboration with the Oman Cancer Association (OCA) and the Nursing Students Group. The event, which was open to the public, featured seven stations: 1) Awareness of breast cancer, 2) Signs & symptoms of breast cancer, 3) Risk factors, 4) Breast self-exam, 5) Prevention of breast cancer, 6) Recreational sessions for children, including art, coloring, face painting, henna, and games, and 7) a mammogram station. The event was successful, meeting the campaign's objectives, and was attended by approximately 80 women. Of these attendees, 22 met the age criteria and were able to have a mammogram.

### Evaluation & Recommendations:

The event was successful and participants demanded more similar events in the year rather than once yearly. Hence, more events could be organized addressing women's health.





**Fundamental and Administration Department**

## i. Basics of SPSS for Healthcare Professional

Date	December 6, 2022
Venue	Computer Lab 0080B, College of Nursing

### Objectives of the Activity:

At the end of the workshop, Participants were able to:

- Understand the nature, purpose, and various types of statistics used for data analysis.
- Accurately identify the measurement scale of a variable.
- Define statistical measurement, its significance and interpretation
- Interpret SPSS output and write up results



Fundamentals and Administration Department  
College of Nursing  
جامعة السلطان قابوس  
Sultan Qaboos University

## BASICS OF SPSS FOR HEALTHCARE PROFESSIONALS: A WORKSHOP

(Applied for OMSB CPD Points)

**December 6, 2022**  
**08:00 AM – 04:00 PM**  
**Computer Lab 0080-B**  
**College of Nursing, SQU**

### About the Workshop

Enhance your skills in data analysis and interpretation using SPSS with the direct guidance of experts.

- Expert Speakers**  
The speakers are established nurse researchers who have extensive knowledge and expertise on SPSS.
- Quick Reference Guides**  
Electronic and printed copies of quick reference guides will be provided to maximize learning and retention.
- More Hands-on Practice**  
More time is given for on-site hands-on exercises.

**Registration Fee: OMR 10**  
On a First Come, First Served Basis  
Limited slots only (40 participants)

**Register and sign up now!**  
<https://forms.gle/5oVthkqpWwWauVnGS>  
Last day of registration: November 22, 2022

SCAN ME

### Summary of the Activity:

The Fundamentals and Administration Department organized a workshop titled «Basics to SPSS for Health Care Professionals,» serving as a departmental community activity. Ms. Arcalyd Rose Cayaban and Ms. Cherry Ann Ballad, Lecturers in the Fundamentals & Administration Department, led the organization of the event, with the support of other department members.

The organizing committee extended invitations to internal and external participants, targeting a diverse group of professionals, including nurses, educators, researchers, postgraduate students, and allied health professionals. A total of forty-one participants attended the workshop, with representation from Sultan Qaboos University Faculty and Staff (12), Sultan Qaboos University Hospital (12), Royal Hospital (10), Khoula Hospital (3), Armed Forces Medical Services (2), Al Massarah Hospital (1), and College of Nursing SQU (1).

Dr. Gerald Matua, the Master of Ceremony, invited Dr. Huda Al Noumani, Dean of the College of Nursing, to inaugurate the workshop. Eight statistical sessions were scheduled, starting with Dr. Omar Al Omari's topics, including «Introduction to Statistics and Level of Measurement: Hypothesis Testing,» «Data Entry and Cleaning,» and «Normal Distribution.» This was followed by Dr. Sulaiman Al Sabei's discussion on «Descriptive Statistics.»

Post-break, the sessions continued with Dr. Jansi Natarajan presenting on the «Independent T-test,» Dr. Mickael Joseph on the «Paired T test,» and Dr. Asma Al Yahyaei on «ANOVA.» Dr. Omar Al Omari wrapped up with an «SPSS Exercise: Put Them All Together.» All speakers based their presentations on recent evidence and facts. Dr. Vidya Seshan, Associate Professor and Head of Department, delivered the closing remarks.



### Evaluation & Recommendations:

The majority of participants gave an overwhelmingly positive response regarding the effectiveness of the speakers across multiple aspects. An impressive 84.6% agreed that the content shared was both current and evidence-based. The relevance of the material to their clinical practice was affirmed by 83.8% of the attendees.



A notable 86.9% commended the speakers on their deep-seated expertise in the subject matter, while 82.2% appreciated their commendable presentation skills. A high percentage (86.1%) thought that the use of audio-visual aids enhanced the delivery of the content, and 85.7% enjoyed how the speaker fostered interactive discussions among the attendees.

Not only was the content highly regarded, but the overall organization and execution of the workshop were also praised. 81.1% of the participants felt that the program successfully achieved its identified objectives and that the content met their educational needs. The structure and organization of the program were recognized by 86.5%, while 83.8% agreed that the overall quality of the event met their expectations.

The attendees also expressed that the activity had a significant impact on their knowledge and application thereof. An overwhelming 89.2% of attendees agreed that their understanding of the subject improved due to the event. The workshop also enhanced the participants' competence, as confirmed by 83.8%, by giving them the ability to apply their newfound knowledge. The same percentage of participants reported an improvement in their practice performance.

As for future improvements, the participants made several suggestions. One recurring proposal was to extend the duration of the workshop from one day to two, allowing for more in-depth discussions and learning. There were also numerous requests for a repeat of the same activity. In addition, attendees proposed some potential future topics, such as exploring qualitative data and instructions on writing systematic reviews.

The organizing committee acknowledged the support of the college's IT Technicians and the provision of Computer Lab 0080B for the venue by the college administration. There were no sponsors or budget allocated for this activity. The Oman Medical Specialty Board accredited the activity under the continuous professional development (CPD) program, offering 5.5 points for participants and organizers, and 11 points for the facilitators.





**Adult Health and Critical Care Department**

## ii. Evidence Based Practice

Date	January 4 and 5, 2022
Venue	Room 0042 and Computer labs, College of Nursing

### Objectives of the Activity:

By the end of the activity, participants were able to:

- Enhance their knowledge and skills about Evidence-Based Practice (EBP).
- Discuss the importance of EBP to the nursing profession in particular and to healthcare in general.
- Recognize the connection between research, EBP, and quality improvement in clinical practice.
- Identify healthcare problems that require investigation to foster improved patient care.
- Construct high-quality PICO (Patient, Intervention, Comparison, Outcome) questions related to their area of clinical practice.
- Develop confidence in searching databases for relevant information.
- Critically analyze different types of research studies.

Synthesize and disseminate the findings of EBP.



### Summary of the Activity:

The workshop, targeted towards healthcare professionals, was led by Ms. Shreedevi Balachandran and Ms. Maliheh Poorkiani in collaboration with Royal Hospital, represented by Ms. Badriya and Ms. Safaa Al Hashmi. Esteemed speakers for the event included Ms. Shreedevi Balachandran, Ms. Anita Thanka, Mr. Abdullah Al Hinai, Dr. Huda Al Naamani, and Dr. Suleiman Al Sabei.

Throughout the workshop, participants worked on developing PICOT (Population, Intervention, Comparison, Outcome, Time) questions relevant to their professional practice.

Some of the questions generated were: «Does mandatory premarital screening reduce the incidence of inherited blood disorders compared to optional screening?», «What are the best practices in incident reporting?», and «Does online learning increase the GPA of senior nursing students enrolled in a research course compared to face-to-face learning?»

### Evaluation & Recommendations:

Feedback was collected from 13 out of 20 participants using the provided Google sheet. Overall, the workshop received excellent feedback, with more than 80% of participants rating it positively.

The coordinators at Royal Hospital expressed hope for the possibility of conducting another workshop for participants who were unable to attend due to heavy rains and road blockages.



### iii. Simulation Workshop 2022: Rehearsal to Reality

<b>Date</b>	<b>May 17, 2022</b>
<b>Venue</b>	<b>Rooms 0067 and 1031/NLSU, College of Nursing</b>

#### Objectives of the Activity:

By the end of the activity, participants were able to:

1. Recognize the wide range of modern simulation modalities and their applications in nursing education.
2. Evaluate the use of modern simulation modalities, such as virtual reality and immersive VR, and their application in nursing education programs.
3. Integrate evidence-based practice in simulation-based learning
4. Foster interprofessional collaboration in simulation-based experiences.
5. Appreciate the significance of increasing fidelity in simulation-based experiences through the use of moulage.
6. Understand the process of recruiting, training and sustaining standardized patients for simulation scenarios.
7. Develop practical skills in:
  - Identifying and outlining objectives for simulation scenarios.
  - Pre-learning and pre-briefing activities.
  - Scripting realistic and effective simulation scenarios.
  - Developing decision nodes and pathways in scenarios.
  - Managing core tasks, such as labs and medications, in simulations.
  - Assigning roles to participants.
  - Conducting effective debriefing sessions.
8. Evaluate the attributes of effective interprofessional team functioning and their impact on healthcare delivery.

9. Incorporate structured processes to enhance simulation, focusing on patient safety, caring principles, and effective communication skills (e.g., SBAR).

Describe the framework for creating a safe and structured environment for debriefing, addressing performance gaps related to teamwork deficiencies.

### **Resources Utilized:**

1. NLSU - Nursing Laboratory & Simulation unit.
2. High fidelity manikins
3. ECG machine
4. Crash cart
5. Medication trolley
6. Moulage resources.
7. Worksheets
8. Folders
9. Handouts.


### **Suggestions/ Comments from the participants:**

The participants expressed their satisfaction and appreciation for the workshop, providing positive feedback and comments. They described it as a fruitful and wonderful learning experience that was informative and exhaustive. The organizers were commended for their good job and the interactive and engaging nature of the workshop. Participants expressed gratitude for the efforts put into organizing the event and for the valuable information they received. They praised the workshop as a great experience, filled with fun and engaging activities. The organizers were acknowledged for their hard work and the precious knowledge shared throughout the day. The participants expressed their hope for more workshops in the future and thanked the organizers for the excellent learning experience. Overall, the workshop was well-received, and participants enjoyed meeting and interacting with everyone involved.

### **RECOMMENDATIONS:**

Participants provided valuable recommendations for improvement based on their experience:

They suggested that the workshop should be extended to a two-day format annually to allow for more comprehensive learning and practice. It was noted that the allocated time for the workshop was insufficient, resulting in the planned





participant scenarios not being fully implemented. To address this, participants recommended allocating more time for hands-on practice and scenario development. They also expressed the need for the preparation of an observation checklist to enhance the effectiveness of debriefing sessions. Additionally, participants expressed a desire for more activities and opportunities to engage in simulation and integrate practice. They requested further exploration of topics such as immersive simulation in nursing education and the integration of simulation across different nursing institutions in Oman. Participants also highlighted the importance of practicing simulation construction and expressed interest in additional workshops related to lab simulation. Lastly, they recommended providing more information and training on debriefing techniques to enhance the overall learning experience. These valuable recommendations will contribute to the enhancement and future development of similar workshops.



**جامعة السلطان قابوس**  
Sultan Qaboos University

**College of Nursing**  
**DEPT. OF ADULT HEALTH CRITICAL CARE NURSING**  
**IN COLLABORATION WITH**  
**NURSING LABORATORY & SIMULATION UNIT**  
**PRESENTS**  
**SIMULATION WORKSHOP 2022**  
**SIMULATION IN NURSING EDUCATION : REHEARSAL TO REALITY**  
**17<sup>TH</sup> MAY 2022**

**GUEST SPEAKERS**

**Dr. LAURA GONZALEZ**  
President-Elect, INASCL  
United States

**Ms. NATALIE NIXON**  
Vice President, Sentinel U  
United States.

**Mr. GAUTHIER DUBRUEL**  
Nursing Mission Lead  
UbiSim, Montreal, Canada

**Highlights Of Workshop**

- Immersive VR Simulations In Nursing Education
- Increasing Fidelity In Simulation
- Journey Of Developing Simulation Scenario
- Inter Professional Collaboration
- High Fidelity Simulation

**OMSB Accredited (Category-1, CPD 4 Points)**

#### iv. Workshop on Palliative Care

Date	May 24, 2022
Venue	Auditorium 0067, College of Nursing

#### Learning Objectives

Upon completion of this training, participants were able to:

- Understand the fundamentals and essence of palliative care
- Describe the scope and role of palliative care as part of a patient and family's care plan
- Explain the assessment and planning in palliative care.
- Discuss the main ethical issue related to the practice of palliative care
- Illustrate the principles of effective communication with patients' families about palliative care and coping with bad news.
- Describe the process of suffering and bereavement due to loss
- Promote nurses' abilities to develop a clinical and educational program in palliative care, including assessing institutional structure and culture, evaluating readiness to change, dealing with resistance, and developing and financing palliative care programs.
- Identify fundraising strategies to support palliative care initiatives.





### Objectives of the Activity:

We organized a workshop inviting nursing teaching and non-faculty members from various institutions in and around Muscat. A total of 61 participants, including 26 from outside Sultan Qaboos University (SQU), attended the workshop. The participants represented institutions such as AFH, Buraimi University College of Nursing, Nizwa College of Nursing, MOH schools of nursing, Sur, Oman Specialty Higher Education, and SQU College of Nursing. Dr. Mohammad Al Qadire, Associate Professor and Head of the Department of Adult Health and Critical Care at the College of Nursing, SQU, served as the lead person for the workshop. The program commenced with a welcome note from Dr. Omar Al Rawajfah, the Dean of the College of Nursing, SQU. The workshop covered the specified objectives and was highly interactive. The workshop concluded at 4 pm with a vote of thanks from Dr. Mohammad Al Qadire. Participants were requested to evaluate the workshop, and all received certificates of attendance. The workshop topics and presentation schedule are included in the attached report. A registration fee of 7 OMR was collected by the committee.



### Evaluation & Recommendations:

The committee received evaluations from all 61 participants who attended the workshop. Here are some of the comments and recommendations provided by the participants:

- There is a need for a hands-on simulation workshop.
- Participants requested to have access to the workshop presentations for future reference.
- The presentations and presenters were highly praised and appreciated. The participants expressed their gratitude for organizing the workshop.

- The sessions were excellent and inspiring.
- Some participants noted that the slides were congested but acknowledged that the content was well presented.
- Overall, the workshop was commended for covering all areas of palliative care.

These comments and recommendations will be taken into consideration for future workshops and improvements.







**Community and Mental Health Department**

## i. World Mental Health Day Event

Date	October 17, 2022
Venue	Exhibition Hall, SQU

### Objectives of the Activity:

Upon completion of this training, participants were able to:

- To raise awareness about mental health issues among the public
- To educate the public about preventive measures to promote mental well-being
- To reduce the stigma surrounding mental illness and improve access to mental health resources



### Summary of the Activity:

Led by Dr. Blessy Prabha Valsaraj of the Department of Community and Mental Health, a mental health awareness event was organized for the SQU student population and the local community of Al Khoud, Muscat. The event, which took place at the SQU exhibition hall on 17th October 2022, was supported by other department faculty members, including Dr. Atika Khalaf, Mr. Nasir Matani, Mr. Devan Prabhudoss, Mr. Mohammed Qutishat, Mrs. Divya K.Y., Ms. Khlood Al Dameery, Ms. Rasha Abu Baker, and Ms. Ibtisam Al Harthy.



The event featured collaborations with several external units, including the SQUH Behavioral Medicine unit, the Psychosomatic Unit of the Royal Hospital, the Oman Psychiatric Society, the Student Counselling Center at SQU, the Psychology of Youth Volunteering Team, and the Centre for Omani Studies.

Throughout the event, attendees had access to ten distinct stations, each focusing on a different aspect of mental health. Topics ranged from depression and attention deficit hyperactivity disorder awareness to signs of mental illness, child abuse prevention, mental health treatment options, stress management, sleep hygiene, relaxation therapy, and suicide prevention. Other stations offered mental health-promoting activities, a bookstall on positive mental wellbeing, and consultation and counseling services.

Recreational activities for children were also organized, such as coloring activities, making the event engaging for all age groups. The department faculty provided guidance and support at each station, ensuring the event's success and comprehensive coverage of mental health issues.







## Risk Committee

## i. First Aid & CPR training

Date	November 1, 2022
Venue	College of Nursing, SQU

### Objectives of the Activity:

The following objectives focus on essential aspects of first aid, equipping the trainees with the knowledge and skills to provide immediate assistance during emergency situations.

- Learn about First Aid Kit, First Aid for Fractures & Bleeding
- Learn First Aid for Heat Strokes & Choking
- Learn First Aid for Fainting & Burns, and Get Started with CPR & Learn how to use an automated external defibrillator



### Summary of the Activity:

The First Aid and CPR Training Workshop, held on Tuesday, November 1, 2022, was a dedicated session focused on equipping participants with crucial skills and knowledge in emergency response. The workshop aimed to provide

comprehensive training on various aspects of first aid, emphasizing the importance of immediate action during critical situations. Participants were guided through hands-on demonstrations and theoretical discussions, covering topics such as basic first aid techniques, CPR (Cardiopulmonary Resuscitation), and the use of AEDs (Automated External Defibrillators). By actively engaging in the workshop, attendees gained valuable insights into how to effectively respond to emergencies, enhancing their ability to provide timely and potentially life-saving assistance when needed.





## ii. Fire awareness workshop

Date	December 27, 2022
Venue	Auditorium 0067, College of Nursing

### Objectives of the Activity:

By the end of the workshop, the faculty and staff of college of nursing will be able to:

- Understand the nature of fire, including the fire triangle concept, and the importance of fire prevention and containment.
- Familiarize themselves with the college's fire evaluation plan, including the procedures and protocols to be followed in the event of a fire.
- Demonstrate the proper use of fire safety equipment, such as fire reels, fire alarms, and fire extinguishers, during emergency situations.
- Understand their specific roles and responsibilities as faculty and staff members in ensuring safety and taking appropriate actions during a fire emergency.



### Summary of the Activity:

Dr. Jansirani Natarajan led an activity focused on fire safety for the faculty and staff of the College of Nursing, with a total of 30 participants in attendance. The event was organized in collaboration with the Firefighting Department

and the Risk Management Office (RMO). The activity commenced with a theoretical session, delivered by the RMO, which covered essential concepts in fire safety and prevention. Following the theoretical session, a hands-on practice session was conducted at the SQU Firefighting Department. During this session, participants received practical experience in handling emergencies, including using fire reels, fire alarms, and fire extinguishers. This blend of theory and practical application provided a comprehensive understanding of fire safety protocols to all attendees.







**Nursing Student Group**

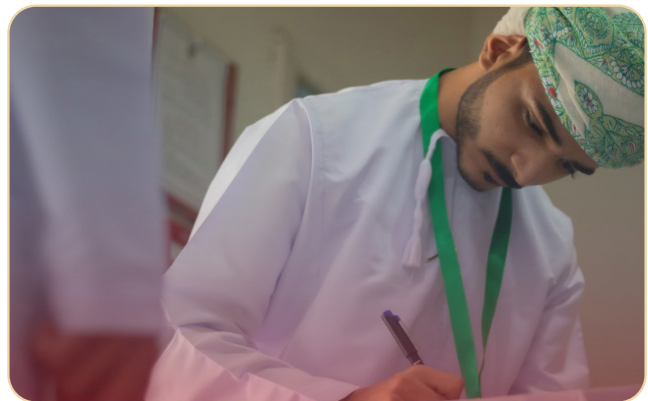
## ii. Omani National Day Celebration

Date	November 12, 2022
Venue	Collage of Nursing

Celebration activities organized and conducted by the nursing students' group in conjunction with the 52<sup>nd</sup> Omani National Day celebrations..

### Objectives of the Activity:

- Celebrating the 52nd Omani National Day.
- Promoting knowledge about traditional medicine in Oman.
- Showcasing the achievements and advancements of the Omani renaissance in the health sector.
- Encouraging group members to showcase and enhance their talents in various fields such as drawing, music, and calligraphy.



### Summary of the Activity:

The nursing students' group organized a public event to celebrate the 52nd Omani National Day. The event took place at the College of Nursing, specifically in the entrance area and lobby. The activities were divided into two intervals: morning and evening.

During the morning interval from 10 am to 4 pm, various corners were set up to showcase different aspects of the Omani renaissance and traditional medicine. These corners included displays on the development of the health sector



in Oman, the benefits of plants in traditional medicine, Omani traditional healers, and a corner dedicated to showcasing the talents of the group's members in henna, face painting, and calligraphy. There was also a photography corner with traditional preparations and a hospitality corner. The corners attracted the attention of doctors and faculty members from the college, as they represented the Omani identity.

In the evening interval from 5:30 pm to 7:00 pm, interactive activities were held, including music performances by the group's members and a music group from SQU, art and painting displays by the group's members, and a competition organized by a graduate student from SQU. The evening session was attended by Dr. Huda Al Noumani, the dean of the College of Nursing, and other representatives from the college administration.

The group allocated a total budget of 40 OMR for the event, which covered expenses for stationery (23 OMR), flags (9 OMR), and henna and henna stickers (9 OMR). Additionally, the event received support from two sponsors, Halwa Algeneina, which provided 70 plates of Omani halwa, and Qatarat Alhaia, which provided 10 cartons of water.

### Evaluation & Recommendations:

The event organized by the nursing students' group received positive feedback from the college administration, faculty, and students. The preparation and activities of the event were highly appreciated as they showcased creativity and effectively represented the Omani national identity. The event successfully engaged attendees and provided an interesting and enjoyable experience.



### iii. Opening Event (أنت)

Date	September 13, 2022
Venue	Auditorium 0067, College of Nursing

The opening and starting event of the nursing students' group, which included the introduction to the group and welcoming its members.

#### Objectives of the Activity:

- To welcome and establish the first face-to-face communication with the members of the group.
- To introduce the group, its objectives, vision, and plans to the members.
- To provide information about the college privileges, such as Sigma Theta Tau, 1000 points, and the Duke University trip.

#### Summary of the Activity:

The opening and starting event of the nursing students group was held on September 13, 2022, at the College of Nursing. It was a public event open to all SQU students. The event was organized by the administrations of the nursing students group. The activities included various engaging sessions and presentations to introduce the group, its objectives, vision, and plans to the members. Additionally, information was provided about the college privileges such as Sigma Theta Tau, 1000 points, and the Duke University trip. The event was well-attended, with a total of 200 participants, including college administrations, faculties, and students. The budget for the event was 22 R.O, and it was supported by sponsors, including Diamond Medical Clinics, Sofrat Aldar, Water Life, and Ghayor Store.



### Evaluation & Recommendations:

The attendees of the opening and starting event of the nursing students group expressed their appreciation and satisfaction with the event and its activities. They found the event engaging and informative. However, some attendees suggested incorporating more fun activities in future events to enhance the overall experience. Additionally, there were recommendations to include more visual shows as they were found to be very interesting. These suggestions will be taken into consideration for future events to ensure a more enjoyable and captivating experience for the participants.



#### iv. Nursing Graduates' Celebration.

Date	November 12 and 13, 2022
Venue	Auditorium 0067 & Room 1033, College of Nursing

Celebration event for nursing graduates from different nursing programs (bachelor, master, bridging) organized by the nursing students' group.

##### Objectives of the Activity:

- Celebrate the achievements of nursing graduates and share in their happiness on their special day.
- Create memorable experiences for graduates by setting up a photo corner.
- Highlight the significance of motivation and harnessing the energy and capabilities of youth in shaping their future and contributing to society.
- Encourage graduates to continue their lifelong learning journey and further develop their knowledge and skills



##### Summary of the Activity:

The nursing students' group organized a celebration event for nursing college graduates from different programs. The event took place over two days, with the main day on Saturday, November 12 in the nursing college auditorium (0067) from 1-2:30 pm. Various activities were conducted to celebrate the graduates' achievements and create a memorable experience for them. On Sunday, November 13 from 1:00-2:30 pm, the graduates were invited to a photo session in room 1033, where a special corner was set up for them. The event was attended by 89 graduates, along with 10 faculty and administrative members, including the college dean. The total budget allocated for the event was 160 R.O, which covered expenses for brooches, snacks, beverages, and stationery.



### Evaluation & Recommendations:

The celebration event for nursing graduates received positive feedback from the attendees. The graduates expressed high levels of satisfaction and appreciation for the well-prepared event. They expressed their gratitude to the nursing students' group for their efforts in organizing the celebration. Many graduates recommended that such an event should be continued on an annual basis to celebrate the achievements of nursing graduates.





#### v. Title of Event: First aid workshop «منا و فينا»

Date	September 27, 2022
Venue	College of Nursing labs, classrooms & Auditorium 0067

The theme of the workshop is «First Aid Principles for Everyday Life.» The focus is on integrating theoretical knowledge with practical skills to equip individuals with the necessary first aid skills to handle various emergencies and cases they may encounter in their daily lives. The workshop aims to convey the message that anyone in the community can provide first aid help when they have a basic understanding of first aid principles.

#### Objectives of the Activity:

- Increase awareness of first aid among SQU students.
- Provide knowledge about basic first aid methods for various situations, including cardiopulmonary resuscitation (CPR), fractures, wounds, burns, epistaxis (nosebleeds), choking, and suffocation.
- Raise awareness about mental health issues and how to assist individuals experiencing certain conditions such as psychological epilepsy and depression.



#### Summary of the Activity:

This workshop was conducted on September 27th and was open to all SQU students. Prior registration was required, with a participation fee of 3 OMR. A total of 110 students participated in the workshop, which commenced with a theoretical session led by Ms. Ibtisam Alharthi and Mr. Mohammed Qutishat. The participants were then divided into five stations, each facilitated by two competent nursing students, where practical demonstrations and training took place. Each station had a duration of 25 minutes, and a break was provided after two stations. The budget for the workshop, totaling 150 OMR., was allocated for food and drinks, renting photography equipment, and purchasing necessary stationery. Additionally, all available copies of the book “The First Aid Basics” were sold out during the workshop..



### Evaluation & Recommendations:

The workshop was evaluated through Google Forms, and the participants, as well as other individuals involved, expressed their satisfaction with the theoretical part and the presenters. They appreciated the workshop for enhancing their knowledge of first aid in various situations. However, some participants felt that the time allocated for each station was insufficient, and there were challenges with the CPR station. As a recommendation, it is suggested to conduct the workshop over two days to allow for more comprehensive coverage of the topics. Additionally, providing participants with informative brochures for each topic would be beneficial.



## vi. FCS & Tips for Perfect Presentation

Date	February 8, 2022
Venue	Online (Google Meet)

The focus of the event supervised by the Star Committee is to provide guidance and instruction on creating effective PowerPoint presentations and delivering engaging presentations on the topic of Family and Consumer Sciences (FCS). The event aims to clarify and explain the correct methods and techniques for delivering integrated and informative presentations in this field.



### Objectives of the Activity:

- Provide guidance on preparing an integrated presentation.
- Discuss strategies for making FCS presentations formal and clear.
- Highlight techniques for engaging the audience and delivering a strong conclusion in FCS presentations.

### Summary of the Activity:

The workshop, conducted by Ms. Anitha Nesa Thanka, was designed for nursing students and took place from 7:00 pm to 8:30 pm. Approximately 25 nursing students from various colleges attended the workshop. The event was organized by members of the Star Committee.

## vii. World radiology day “radiology - Eye of Medicine” workshop.

Date	November 8, 2022
Venue	Classroom 0042, College of Nursing

The Nursing Group organized a workshop titled “Radiology - Eye of Medicine” to commemorate World Radiology Day. The workshop aimed to provide participants with a basic understanding of radiology.

### Objectives of the Activity:

- Celebrate World Radiology Day by highlighting the significance of radiology services in healthcare delivery.
- Enhance the knowledge of nursing students in the field of radiology.
- Diversify the topics and workshops offered by the Nursing Group to align with its goals and vision.

### Summary of the Activity:

The “Radiology is the Eye of Medicine” workshop took place on November 8th, 2022, at the College of Nursing. The workshop was conducted by X-ray technician Mr. Mohammed Al-Mamaari and was attended by 47 students. The workshop covered various topics, including an introduction to radiology, the history of radiology and important markers, the risks and dangers associated with radiology, safety principles and guidelines, scientific studies on radiology and different types of images, safety protocols in Oman, and a review of Omani research publications and manuals authored by the presenter. The workshop also included interactive activities, such as a puzzle-solving competition and debunking misconceptions about radiology. The workshop was sponsored by the “Cloud Sweets” store, providing sweets and snacks for the participants. At the end of the workshop, the presenter was awarded a certificate of thanks and appreciation from the College of Nursing administration, represented by the Assistant Dean for Training and Community Services. The participants also received certificates of attendance.



#### viii. First aid training for Barzman national company.

Date	September 22, 2022
Venue	Barzman National Company

The theme of the activity was a pre-requested and paid first aid training workshop conducted by the Nursing Students Group in cooperation with the college administration. The workshop was specifically organized for the employees of Barzman National Company.

#### Objectives of the Activity:

- To fulfill the request of Barzman National Company for a first aid training workshop.
- To establish a collaborative partnership with community institutions.
- To raise awareness about the importance of first aid knowledge among the participants.



#### Summary of the Activity:

The first aid training workshop was conducted on Thursday, September 22nd, at Barzman National Company. A total of 27 employees participated in the workshop, which was led by Ms. Cherry Ann C and assisted by five nursing students: Yousuf Hardan, Faisal Albalushi, Khalid Alaamri, Mohammad Alrashdi, Ibrahim Alhadrami, Alyamama Almaqrashi, and Shama Almamari. The workshop started with a theoretical session covering various topics such as burns, sunburn, fractures, swallowing of the tongue, wounds, epistaxis, hypoglycemia, hypotension, hypertension, choking, and CPR. This was followed by a practical session where participants had the opportunity to apply their knowledge and skills in simulated scenarios.





### Evaluation & Recommendations:

At the conclusion of the workshop, participants were given the opportunity to evaluate the session using an official evaluation form provided by ADTCS. The results indicated that the participants found the workshop and its contents to be highly valuable. The majority of participants specifically mentioned the CPR section as the most important and helpful topic covered in the workshop. They also expressed their appreciation for the trainer's expertise and knowledge. Some participants recommended that future workshops consider incorporating bilingual elements to cater to a wider audience.



### ix. Title of Event: participation in Majors Fair

Date	September 26 to 28, 2022
Venue	Grand Hall

The theme of this event was the participation of the nursing students' group, in collaboration with the nursing college administration, in the Majors Fair 2022 organized by SQU. The focus of the event was to showcase the nursing major and provide information about the program to prospective students and visitors.

#### Objectives of the Activity:

- To present the nursing major to community members and prospective students from various perspectives.
- To assist and guide new nursing students in understanding the requirements and expectations of the nursing major.
- To actively participate in SQU events and contribute to the overall university community



#### Summary of the Activity:

The event took place from September 26<sup>th</sup> to September 28<sup>th</sup>, 2022 and aimed to provide information about the nursing major to various community members, including school students, nursing students, and other SQU students. The event was supervised by Mr. Mahmood Al Mahrezi, with support from the Star Committee who organized the activities and prepared the presenters. The nursing corner showcased the following topics:

1. The history of the nursing major globally and in Oman.



2. The programs, facilities, and academic credits offered by the College of Nursing at SQU.
3. Detailed information about the bachelor's and master's programs in nursing at SQU.
4. Exploring nursing as a profession and discussing future career opportunities.

To enhance the attractiveness of the nursing corner, the group borrowed materials from the nursing lab, such as a skeleton, IV set with normal saline, shocking mold, stethoscope, and sphygmomanometer. They also created motivational bookmarks to be distributed to visitors of the nursing corner. Additionally, a short video showcasing the daily life of a nursing student at SQU was presented.

### Evaluation & Recommendations:

The nursing major corner received positive evaluations and was highly appreciated by the visitors, attracting a significant number of attendees. However, some students who participated in presenting the nursing major corner suggested incorporating interactive activities for the visitors, such as measuring blood sugar or blood pressure. These recommendations aim to provide a more engaging experience and enhance the understanding of the nursing profession.



#### x. First Aid workshop

Date	March 13, 2022
Venue	College of Nursing

##### Theme or Focus:

The theme or focus of the activity is to enhance society's awareness about the principles of first aid.

##### Objectives of the Activity:

- To present the nursing major to community members and prospective students from various perspectives.
- To assist and guide new nursing students in understanding the requirements and expectations of the nursing major.
- To actively participate in SQU events and contribute to the overall university community





### Summary of the Activity:

The first aid workshop was held on March 13, 2022, for SQU students and members of the community. It was organized by the nursing group, specifically the workshop group, in collaboration with the lab technicians from the College of Nursing administration. The workshop consisted of both theoretical and practical components. The theory part was presented by Mr. Mohammed Qutishat, while the practical part was conducted by 18 trained nursing students who were divided into four stations: fractures, cuts & burns, CPR, and choking. The total budget allocated for the workshop was 50 OMR, and the event was sponsored by @gohsen\_alyasmeen2..





## xi. Oman science festival

Date	October 10 to 15, 2022
Venue	Oman Convention & Exhibition Centre

Participation in the health section of the 3rd edition of the Oman Science Festival, highlighting advancements in science and technology within the healthcare sector.

### Objectives of the Activity:

Introduce the role of nurses during the COVID-19 pandemic by utilizing technology to engage visitors and provide a realistic simulation.

- Highlight technological advancements in medical devices.
- Enhance the group's participation in local activities aligned with its field and objectives.
- Strengthen and expand social connections to collaborate with institutions in unity.
- Promote volunteer work and community service.

### Summary of the Activity:

The nursing students' group participated in the health section of the 3rd version of the Oman Science Festival, which took place at the Oman Convention & Exhibition Center from October 10th to October 15th. The event was open to the public and featured various programs and sections. The nursing group contributed with four innovative ideas:

- Utilizing virtual reality, the group created a video that simulated the role of nurses in caring for patients during the COVID-19 pandemic.



- They showcased a wireless digital stethoscope that minimized the risk of cross-infection and improved diagnosis.
- An electronic vein detector using infrared and LEDs was displayed, aiding in the detection of patients' veins and reducing potential medical errors.
- The group also presented an Automated External Defibrillator (AED), highlighting its importance in life-saving interventions during CPR.
- The event was organized by three teams: administrative, organizational, and media. A total of 63 nursing students participated in the event. The group allocated a budget of 11,800 OMR, with 4,800 OMR for paper stands and 7,000 OMR for sweets for corner visitors. They also borrowed materials from the college's labs, including two IV insertion hand models, two AED devices, a CPR mannequin, and gloves and alcohol swabs. Additionally, the festival's administration provided two VR headsets for the virtual reality video.


### **Evaluation & Recommendations:**

The participation of the nursing students' group in the Oman Science Festival's health section received positive feedback from visitors of different age groups and social backgrounds. The topics and ideas presented were well-received, with particular interest in the virtual reality video. The college's administrations expressed pride in the group's impressive participation.

To further enhance future participations, the following recommendations were made based on the feedback from the teams involved:

- Improve coordination between presenters and the organizational teams, as well as foster better team-to-team coordination.
- Ensure early preparation of equipment and presentations to avoid any last-minute issues.
- Incorporate more interactive activities for visitors to the corner, enhancing their engagement and learning experience.
- Focus on effective time management to ensure smooth operations and maximize the impact of the group's participation.
- Enhance social communication skills to effectively convey information and engage with visitors.

Overall, the participation in the Oman Science Festival was a wonderful and valuable experience for the nursing students' group, providing opportunities for growth and learning.



## xi. Media committee workshop

Date	September 20, 2022
Venue	Classroom 0037, College of Nursing

Internal skillful workshop for nursing students' group members on photography and editing principles.

### Objectives of the Activity:

- Share knowledge of photography and editing among group members.
- Train participants in using cameras and phones skillfully for taking pictures.
- Develop a knowledgeable and skillful media team to support the group in upcoming events



### Summary of the Activity:

The photography and editing workshop was held on Tuesday, September 20 from 6pm-8pm at the nursing college. It was specifically organized for nursing students group members who have an interest in photography and photo editing. The workshop was presented by two skilled group members, Suliman Alizki (a graduated nursing student) and Khalid Alaamri (a nursing student), and it was attended by 18 participants.

### Evaluation & Recommendations:

The workshop received positive feedback and appreciation from the participants. They found the content interesting and useful, and they expressed their satisfaction with the workshop. Some participants recommended additional workshops on editing and suggested incorporating short, fun activities during the session. There was also a suggestion to conduct future workshops in a location that allows for more practical exercises.



### xiii. Pink October

Date	October 14, 2022
Venue	Mall of Muscat

Participation of the nursing students' group in a public awareness campaign about breast cancer to educate the community and promote early detection and prevention.

#### Objectives of the Activity:

- Increase public awareness about breast cancer, its risk factors, and the importance of early detection.
- Promote collaboration and partnership between the nursing students' group, the college, and other relevant organizations in raising awareness about breast cancer.
- Provide educational resources and information to empower individuals to take proactive steps for breast health.

#### Summary of the Activity:

The nursing students' group, in collaboration with the College of Nursing and the Oman Cancer Association, participated in a public awareness campaign about breast cancer titled "Save a Woman to Save a Community." The campaign was organized to coincide with the World Breast Cancer Awareness Month in October. The event took place on Friday, October 14th, at the Mall of Muscat, targeting various members of the community. The group's corner featured four main stations, including information on breast cancer signs and clinical presentation, risk factors for breast cancer, self-examination techniques, and the importance of mammograms. Additionally, there was a dedicated station for children that included engaging activities such as face painting. The event was organized by the college, and no additional funds were spent by the nursing students' group, as the required materials, including a breast model, were borrowed from the college's labs.





## Evaluation & Recommendations:

The group's participation in the public awareness campaign was evaluated through a Google form, and the feedback received indicated high satisfaction and appreciation from the participants. They expressed their satisfaction with the presenters, the information provided, and the overall organization of the event. Additionally, they recommended conducting more awareness campaigns for the public in the future.





#### xiv. World Mental Health Day

Date	October 17, 2022
Venue	Exhibition Hall, SQU

The theme of the activity was the participation of the nursing students' group in collaboration with the Department of Community and Mental Health, College of Nursing, in celebrating World Mental Health Day.

##### Objectives of the Activity:

- Raise awareness about the importance of mental health.
- Highlight common psychological issues and present applicable management or prevention strategies for them.
- Strengthen cooperation between college departments, SQU Hospital, and other relevant organizations.



##### Summary of the Activity:

The event was organized by the Department of Behavioural Medicine Administration in cooperation with the College of Nursing and other parties. It took place on October 17th from 4:00-7:00 pm in the Exhibition Hall at SQU. The nursing students group, in association with the Community and Mental Health Department, presented various topics related to mental health and well-being, including anxiety and depression management, stress management, sleep hygiene, child abuse prevention, and relaxation therapy. A total of 15 nursing students participated in the event, utilizing visual aids, games, and educational pamphlets to engage the attendees. The group did not incur any financial expenses for this event.



### Evaluation & Recommendations:

The nursing students group received positive feedback and appreciation from the visitors of the event. They expressed their satisfaction with the topics presented and found them important and helpful. The attendees also commended the presenters for effectively conveying the information and engaging with the audience. The group's team reflected on the event and highlighted the importance of having a clear vision to ensure better preparations and an early start for future events.



### i. Closing event **الأمسية الختامية**

Date	April 19, 2022
Venue	Auditorium 0067, College of Nursing

The focus of the activity was to provide a summary of the Nursing Group events and highlight its achievements to inspire students to continue their involvement in the group..

#### **Objectives of the Activity:**

- Recognize and appreciate the contributions of active members in the nursing group.
- Review the activities carried out by the group during the two semesters.
- Provide an enjoyable experience for nursing group members.
- Inspire students to foster personal growth and enhance their social skills through their participation in the group.



#### **Summary of the Activity:**

The event took place at the Nursing College (0067) on April 19, 2022. It was organized to recognize and celebrate the active members of the nursing group for their contributions during the two semesters. The event was coordinated by the management members of the nursing group, with the participation of other group members. The event commenced at 7:30 pm and concluded at 9:00 pm. A budget of 80 OMR was allocated for the event.



### Evaluation & Recommendations:

The students expressed their satisfaction with the event and enjoyed the introductory activity. They expressed their interest in continuing their participation in the nursing group and expressed hope for more achievements in future activities.

### Recommendations:

Enhance the organization of the event program for better flow and engagement.

Learn from any mistakes or challenges faced during the event to improve future activities.



