

Education:

2016: Leeds University, School of Medicine, UK.

- Phd of Epidemiology

2001: King Saud University, College of Managerial Sciences, Saudi Arabia.

- Master of Health Management and Hospitals

1996: King Saud University, College of Applied Medical Sciences, Saudi Arabia.

- Bachelor of Clinical Nutrition

Practical experience:

Since 2017: Assistant professor in Community Health Sciences Department,
Coordinator for distinguished and talented students program in College of Applied
Medical Science, King Saud University.

2011: Lecturer at Nutrition & community Health Sciences Department, College of
Applied Medical Science, King Saud University.

2008-2011: Lecturer at Medical Records Department, College of Health Science, King
Saud University.

2003-2008: Utilization Manger , Quality Management Dept. at Security Forces
Hospital.

2001-2003: Quality Coordinator at Quality Management Dept. at Security Forces
Hospital.

1999-2001: Clinical Dietitian in Nutrition Department at Security Forces Hospital.

Training courses & workshops:

- 2015:** Word for Thesis Part 1, and 2. Leeds university, UK.
- 2015:** Developing your research profile. Leeds university, UK.
- 2014:** Ownership, Confidentiality and Secrecy. Leeds university, UK.
- 2014:** Basics of Scientific Writing. Leeds university, UK.
- 2014:** Where to Publish. Leeds university, UK.
- 2014:** How to Select a Conference and tailor Your abstract. Leeds university, UK.
- 2014:** Constructing your Paper. Leeds university, UK.
- 2014:** Writing your Abstract. Leeds university, UK.
- 2014:** Getting started with EndNote. Leeds university, UK.
- 2013:** How to Read a Scientific Article. Leeds university, UK.
- 2013:** Time Management during your Research Degree. Leeds university, UK.
- 2013:** Introduction to Ethics. Leeds university, UK.
- 2013:** Interviews. Leeds university, UK.
- 2013:** Questionnaires. Leeds university, UK.
- 2013:** Library Elsevier How to publish your study. Leeds university, UK.
- 2013:** Introduction to using Nvivo 9. Leeds university, UK.
- 2013:** MSc of Statistical Epidemiology. Leeds university, UK.
- 2012:** Starting your Research Degree. Leeds university, UK.
- 2012:** Literature Searching. Leeds university, UK.
- 2012:** Library Working with Literature. Leeds university, UK.
- 2012:** Advanced Presentation Skills. Leeds university, UK.
- 2012:** A Balancing Act: dealing with stress. Leeds university, UK.
- 2012:** Powerpoint Techniques. Leeds university, UK.
- 2012:** Excel for Research Part 1 and 2. Leeds university, UK.
- 2012:** Project Managing Your Research Degree. Leeds university, UK.
- 2011:** A course in preparation for scholarship, post graduates studies conducted by Deanship of Skills Development at King Saud University. Riyadh.
- 2010:** A course in "Motivating students to become better learners" - Deanship of Skills Development at King Saud University. Riyadh.

2010: Attending the International Conference of Electronic Health Data Management, King Fahad Medical City, Riyadh.

2010: A course in "How to use Smart Board & I-podium" - Deanship of Skills Development at King Saud University, Riyadh.

2009: Orientation course for new faculties staff members - Deanship of Skills Development at King Saud University, Riyadh.

2009: A workshop Entitled "Best Applications in Higher Education" – Prince Sultan University, Riyadh.

2006: A training Course entitled "Innovation & Creativity" – Human Resources Dept, Security Forces Hospital, Riyadh.

2006: A workshop entitled "Improving Quality and Performance through Accreditation", held under supervision of Canadian Council, Security Forces Hospital, Riyadh.

2005: First International Conference of Health Economics, Riyadh.

2004: An *Saudi Commission for Health Specialties* approved Course entitled "Data Analysis in Health Services" - Security Forces Hospital, Riyadh.

2003: A workshop entitled "Team Facilitator ", King Khaled Eye Specialist Hospital, Riyadh.

2003: A workshop entitled "Improving Quality and Performance through Accreditation", held under supervision of Canadian Council, Security Forces Hospital, Riyadh.

2002: A workshop entitled "Preparation Test for Certified Professional in Health Care Quality ", Sulaiman Alhabib Medical Center, Riyadh.

2000: A course entitled "Leadership & Change", King Faisal Specialist Hospital, Riyadh.

1997: Medical Terminology, Security Forces Hospital, Riyadh.

1996: A course entitled "Current concepts in Diabetes Care", King Khaled Eye Specialist Hospital, Riyadh.

International Conferences:

2015: Al Afif N, Scott EM, Law GR, Ellison GTH. How does pregnancy influence sleeping patterns? An analysis of contemporary and nationally representative data from the Understanding Society cohort. Faculty Postgraduate Symposium, November, Leeds Institute of Genetics, Health and Therapeutics, UK.

2014: Al Afif N, Scott EM, Law GR, Ellison GTH. The development of a generic search strategy for sleep-related research based on contemporary systematic reviews. Faculty Postgraduate Symposium, March, Leeds Institute of Genetics, Health and Therapeutics, UK.

2013: Alafif N, Law GR, Ellison GTH. The development of a generic search strategy for sleep related research based on contemporary systematic reviews. British Sleep Society 25th Anniversary Scientific Meeting, 10 October, Edinburgh.UK.

Published abstracts presented in conferences

2016: Alafif N, Law GR, Ellison GTH. 2016. Identifying the sleep patterns in pregnancy in Understanding Society (USoc), UK Household Longitudinal Survey: pregnant-non-pregnant Wave 1 & 4. 9th Saudi Students Conference, September, Birmingham University.

[Accessed

11 November 2016] Available from: <http://uksacb.org/ssc9/conference/paper-presentation-sessions/51-presentation-sessions/341-s2-8-diabetes-and-nutrition>.

2016: Al Afif N, Alghamdi A, Law GR, Scott EM and Ellison GTH. 2016. Worse or just different? Self-reported sleep characteristics of pregnant and non-pregnant women in the UK Household Longitudinal Study. Society for Social Medicine 60th Annual Scientific Meeting, September, York. Journal of Epidemiology & Community Health [Accessed 11 November 2016]: doi:10.1136/jech-2016-208064.219.

2015: Al Afif N, Alghamdi, A.A. Tan, E. Ciantar, E. Scott EM, Law GR, Ellison GTH. 2015. Body weight, BMI and gestational weight gain are predictors of short sleep duration amongst pregnant women at risk of gestational diabetes. Proceedings of the Nutrition Society, December 2015,

75 [Accessed 11 November 2016] Available from:

<https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/body-weight-bmi-and-gestational-weight-gain-are-predictors-of-short-sleep-duration-amongst-pregnant-women-at-risk-of-gestational-diabetes/7F3DC02D7D56E402FD08A1B0B8E6A243>.

2013: Al Afif N, Law GR, Scott EM, Al Naji A, Ellison GTH. 2013. The sensitivity of sleep-related research filters based on the search terms used by contemporary systematic reviews. Society for the Study of Human Biology Proffered Papers Meeting, October, Oxford Brookes University. [Accessed 11 November 2016] Available from: <http://www.sshb.org/wp-content/uploads/2012/12/SSHB-Proffered-Papers-Meeting-programme-and-abstract-book-2013.pdf>.

Activities:

2010: working as "Editor" at Medical Records Newsletter, a monthly Magazine by Medical Records Dept.Riyadh

2007: Provide a workshop on evaluate the employee performance planning, follow up, improvement. Security Forces Hospital.Riyadh

2006: Submit a paper in the the third annual confrence about best utilization of the resources in Military Hospital.

2004: Providing Lectures about best use of resources, presented for Security Forces Hospital staff.

2003: Providing Lectures about Canadian Council Accreditation , presented for Security Forces Hospital staff.

Committes

2017: Member in workshop committee and scientific committee in Women Health Symposium organised by Community Health Sciences Department, College of Applied Medical Science, King Saud University.

2017: Member in Saudi Epidemiology Association.

2017: Member in Scientific Research Committee and Quality committee in Community Health Sciences Department, College of Applied Medical Science, King Saud University.

2010: Member of Carrier Day Organizing Committee, Medical Records Dept., College of Health Sciences.

2010: Member of Quality Committee, College of Health Sciences.

2010: Member of Student Rights Committee, College of Health Sciences.

2006: Member & Coordinator of Scientific Committee in the International Conference of Patient Safety.

2006: Member in Saudi Management Association.

2004: Member of the organizing committee of Quality First National Conference, held under the supervision of: Saudi Standards, Metrology and Quality Org. & Saudi National Quality Committee.

2001-2007: Member and Coordinator in many vital committees in Security Forces Hospital(Blood bank committee, Medical Record committee, Drug use evaluation committee, Employee suggestion committee ,Resource utilization committee).

Certificates:

2017: Appreciation certificate from Women Health Symposium (higher organizing committee), this symposium organized by Community Health Sciences Department, College of Applied Medical Science, King Saud University.

2017: Appreciation certificate from Women health symposium (deputy of College of Applied Medical Science), King Saud University.

2010: Appreciation Certificate from Medical Records Dept. & Health Sciences College.

2006: Appreciation Certificate from Medical Services Dept. in Armed Forces Hospital, Riyadh.

2006: Appreciation Certificate from the Manager of Security Forces Hospital because of efforts in the success of Human Resource team.

2006: Appreciation Certificate from the Manager of Security Forces Hospital because of efforts in the success of International Conference of Patient Safety.

2004: The Ideal Employee, Security Forces Hospital.

1999: Appreciation Certificate from Assistance Services Department, Security Forces Hospital.

1996: Appreciation Certificate from General Manager of Riyadh Health Affairs.