



بسم الله الرحمن الرحيم

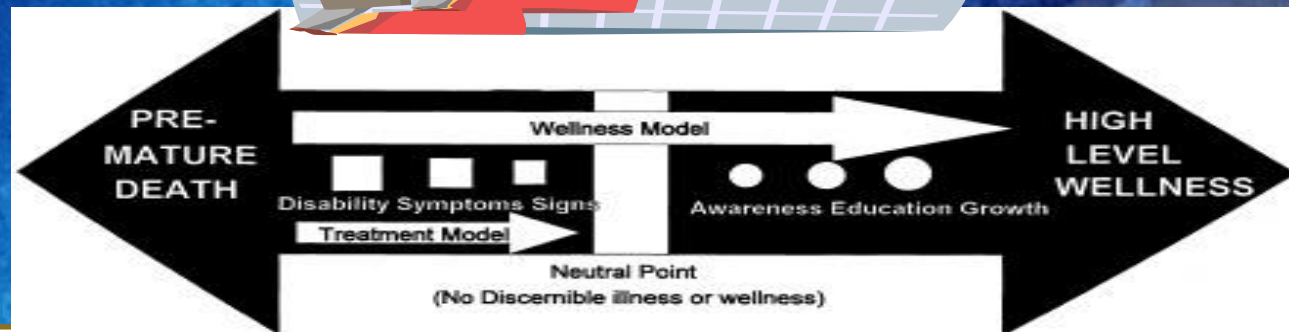
KINGDOM OF SAUDI ARABIA \ MINISTRY OF HIGHER EDUCATION
KING SAUD UNIVERSITY \ CAMS \ RAD Department



JohaliCHS232HeSHE2nd2017

العلوم الصحية للتعليم الصحي

HEALTH SCIENCES For Health Education *How*



My Role is to .._.. From ill To Well

Eisa A. Johali

To reach high level wellness I have to

عيسى بن علي الجوالي

EISA ALI JOHALI

A Lecturer

- ***Bachelor AMS; CAMS, CHS; KSU 1407\1986***
- ***Short Fellowship Planning Health Professions Education ,UIC,USA 1991***
- ***MA (Ed.) Philosophies and Sciences of Teaching ,Learning and Curriculum in UK & SA Nursing , University of Southampton, UK 1995***
- ***PhD Health Sciences By Accrediting Prior Experiences, Hill University Sept. 2012***

&

Author of two published books, the 3rd under publishing, plus 3 projected

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بسم الله الرحمن الرحيم

لفتح تعليم وتعلم مقررنا هذا بذكر فان الذكرى تنفع المؤمنين.. في قوله تعالى:

﴿وَقُلْ اَعْمَلُوا فَسَيَرَى اللّٰهُ عَمَلَكُمْ وَرَسُولُهُ وَالْمُؤْمِنُونَ وَسَتُرَدُّونَ اِلٰى عَالِمِ الْغَيْبِ وَالشَّهَادَةِ فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ﴾  التوبة 105

﴿فَاسْتَجَابَ لَهُمْ رَبُّهُمْ اَنِّي لَا اُضِيعُ عَمَلَ عَامِلٍ مِّنْكُمْ مِّمَّنْ ذَكَرَ اَوْ اُنْتِیْ بِعُضُكُم مِّنْ بَعْضِ الْاٰذِیْنَ هَاجَرُوْا وَاُخْرِجُوْا مِنْ دِیَارِهِمْ وَاَوْدُوْا فِیْ سَبِیْلِیْ وَقَاتِلُوْا وَقَتِلُوْا لَا كُفْرَیْنَ عَنْهُمْ سَیِّئَاتِهِمْ وَلَا دَخِلَتْهُمْ جَنَآتٍ تَجْرِیْ مِنْ تَحْتِهَا الْاَنْهَارُ ثَوَابًا مِّنْ عِنْدِ اللّٰهِ وَاللّٰهُ عِنْدَهُ حُسْنُ الثَّوَابِ﴾  ال عمران 195

أنسأل قبل أن نسأل

لماذا ؟ _ كم آية وردت حول العلم – العلوم – الصحة ؟

(أحد خيارات المشاركة البحثية الذكية 1 على أن تنشر في مقال)

Course Description & Objective

Course Description

The course aims at introducing students to health education and promotion concepts, preventive and curative, international and local health organizations, health system international and national health systems, health policies, implications of diseases and management of healthcare system, and health education in the health care services. The value of health and prevention of diseases, healthy societies, healthy Individuals, and normal body mechanisms will be discussed to highlight for the students the health promotion concepts on societal, institutional and individual basis

JohaliCHS232_HesHE Course Objectives T – L Plan

خططنا لتعليم وتعلم نافع

Weeks 2 hrs/week	Units/Subjects All Determinants	Notes
1 st _ 2 nd	Definition of all related terms Health, science _ Health Sciences _ illness _ Wellness _ Holistic health , healthcare, health organization, system ..	T_L Strategies Interactive Lectures (PPT with audio _videos.. : Discussion; Questioning , Demonstration , Dialogues; Case Studies & Role Play
3 rd _ 5 th	- Continuum of illness of wellness - Health categories and divisions, -- Holistic approach to health	
6 th – 7 th h	Health professionals, health care divisions, health policies and policy making, organizational health care systems	
8 th _ 9 th	-Health of individual and societies	RT Exam Model 1
10 th _ 12 th	- Maintenance of health, health problems, body-mind relation to health, body systems : functions _ and how to maintain proper mechanism · Circulatory, hypertension and BP. · Respiratory system and digestive system · Skin, visual and hearing health · Oral Health · Women's health · Aging health · Students' presentations	
13 th _ 14 th h	Ethics in health care	Exam 2 Assignments Sub. 5
15 th _ 17 th h	HeSHE2017 FINAL EXAM	

Teaching & Learning References & Sources

- **Johali, E. A (2017_2018) Health Sciences for Health Education JohaliHS232_HesHE2nd2017: A Smart Collective Lecture Note (<http://fac.ksu.edu.sa/ejohali/course/191989>)**
- **Dr Milan Jovanovic Batut", Belgrade, Serbia & Montenegro (2003) Health Promotion and Health Education: Theory and Practice Bojana Beric", Andelka Dzeletevle! C-rpaHa455 UDC 364.444:[614:37 Steinhardt School of Education, *Department of Health Studies, New York, USA institute of Public Health of Serbia. <http://www.doiserbia.nb.rs/img/doi/0042-8450/2003/0042-84500304455B.pdf>**
- **Whitehead D¹. Health promotion and health education: advancing the concepts., <https://www.ncbi.nlm.nih.gov/pubmed/15238126> _ J Adv Nurs. 2004 Aug;47(3):311-20.**
- **Health and Behavior: The Interplay of Biological, Behavioral, and Societal Influences, 2001, National Academy of Sciences. (<https://www.ncbi.nlm.nih.gov/books/NBK43737>**

All the Learners will success; Except the one Who DO NOT Like"
Welling to Success – Don't Attend – Be Active..... Don't Be Ready &

Guideline For Full الحد الأدنى لنشاط Mark

LinkedIn_Facebook_Twitter

Eisa Johal

- *More connections at least 25 new _ 50 with old*
- *Join others related groups in LinkedIn at least 5 new groups in health and education plus ' health education and promotion' Minimum 10 Groups*
- *At least 10 discussions from the course*
- *Follow at least 10 pioneers people, companies, organizations include 3 health education and promotion*
- *Like 50 at least*
- *Twitter: 50 New Twits from the course with 25 retwite with short survey*
- **Facebook:** عشر مواضيع من المقرر/ التخصص بما متابع مشارك و معجب لكل موضوع 50 لا يقل عن الحد الأدنى تويتر_فيس: لازم 10 منشور من المقرر، 50 مشارك _متابع_ صديق نشيط معك، 50 تعليق، 50 تفضيل_إعجاب، و 25 رتويت مع استطلاع الكتروني مصغر هنا في تويتر، وفيس سهل ومتاح

خطة وخيارات المشاركة البحثية الذاتية الذكية
وهناك فرص مشاركات بحثية مميزة كثيرة أهمها :

- مقال صحفي بأي صحيفة او برسالة الجامعة وساعد من يرغب ويبدأ
- فتح حساب مجاني وطرح موضوع نقاش او سؤال أو أكثر مع متابعة للحصول على تفاعل مشاركات من الآخرين لا تقل عن عشر مشاركات وذلك في:
- LinkedIn: "all should learn by" LinkedIn; Twitter; Face book with minimum standard below
- بوابة البحث غالبا يطلب بريد رسمي بريدك الجامعي *
- <https://www.researchgate.net/application.Login.html>
- قووقل _ ياهو
- منتديات الجامعة او أي منتدى حول المقرر
- فتح قروب واتساب - تيليجرام - انستقرام ... سناب شات... يوتيوب ... مع تفاعل الجميع وصور وكل الوسائط حول المقرر
- فتح مجموعة تعلم الكتروني في مسنجر وتنسيق مراجعة وتعلم وتفاعل لا يقل عن ثلاث محاضرات مع تقارير
- فتح صفحة أو قروب فيس بوك وتويتر صفحة او هشتاق..... مع ضم الجميع ونشاط من المقرر شرط
- فتح قناة فيديو باسم المقرر في موقع يوتيوب و تسجيل واعدا فيديوهات على الأقل خمسة
- تنظيم لقاءات دردشة ومراجعة للجميع لا يقل عن 3 لقاءات في أي موقع
- استطلاعات حول مفاهيم المقرر متفق عليها ... يتطلب نموذج استطلاع مصغر بالتشاور او احد نماذج المحملة في موقعي
- بحث الكتروني إحصائي حول مكانة مفاهيم المقرر في القرآن الكريم (بحث ذاتي إحصائي)
- اعداد ذاتي فيديوهات
- أخرى وفق الخطة وتعليماتها بدقة و وفق مفاهيم المقرر التي تم التركيز عليها (بالتشاور اولا)
- (جميع المشاركات يشترط أن تكون مبتكرة وتسلم تقاريرها في الأسبوع 11 قبل التقييم 2 بأسبوع)
- ضوابط وتعليمات تنفيذ الاستطلاعات كخيار مشاركة بحثية
- اختيار استطلاع المتفق عليه وفق عنوانه وعلاقته بالمقرر (أقصى حد لاختيار واتفاق الأسبوع الحادي عشر) بعد لا استطلاع
- ارتباط الاستطلاع بمفاهيم المقرر
- الاتفاق على كان التنفيذ عام لعامة الناس او اكايمي لجهات تعليمية هيئة تدريس فقط او هيئة تدريس و طلاب او طلاب فقط أو مهني في مرافق صحية
- تحديد عينة المجتمع المستهدف عام لاي عمر في أي مجتمع او حي او مدينة او أصدقاء ..
- ممكن عبر مواقع التواصل مثل واتساب او فيس و تويتر و لينكدان أو أي موقع تواصل مع تجديد إجمالي العدد و عدد المستهدفين وعدد النماذج المرسله والمعادة لا تقل عن 60 من الإجمالي مثال امن كان معك 100 متصل او صديق لابد تغطية 60 منهم

**WHY HeSHE CHS 232 ?
Be Ready & Welling To Success ?**

**REASONING
WHY health sciences for health
education HeSHE - CHS 232 ?**

**You have to study How to organize science and services?
To Be Ready & Welling To Success ?**

**Think ... & Reflect:
Let us Start with These Learning Videos (all videos later)**

**(Watch Videos ...Write Notes; Discuss in Peer Group & Write
Three Reasons)**

Health Educator Job Description

Job Title : Health Education Specialist

Scientific Degree : Bachelor Degree AMS .

Job requirements : A Competent Graduate Bachelor in his / her Profession's **Specific Knowledge & Skills:**

- Knowledge of health and educational issues,
- Effective teaching methods and technologies
- Effective Communication and Counseling

Reported to: the Health Education Consultant *Master\PhD*

Job Definition (Summary) :

Health Education and Promotion job is a focal point for all allied health professions and health issues. Thus, HE have to work effectively with health teams, with community and organization representatives, they have to facilitate, teach and promote clients to learn how to improve and maintain healthy behaviors.

Major Job Duties:

As a part of the Health team and under the above "Reported" health personnel; HE will be in charge in the following "Duties and Responsibilities":

1. *Assessing patients, school and community health education needs*
2. *Managing and organizing health education activities.*
3. *Participate in providing health education in the local community (Inside Health Services and outside organizations such schools and industries..);*
4. *Select health education methodology appropriate to the target clients taken in consideration cultural interests and needs.*
5. *Prepare and participate in designing, evaluation and development of health education materials*
6. *Supervise and participate in process of designing and implementing health education plans.*
7. *Give Special Patients Counseling eg; diabetic patient education*
8. *Improve his/her personal and professional knowledge and skills.*

Two Peers Discussion & Group Dialogue

- *The Place of HS in Your JD?*
- *The Place of HS Your Education courses ?*
 - Play a role of 6-8 level HE students and graduate HE working in a hospital ... Do you use science\; Do you have to organize, plan, to decide How do you like ? ...
 - As a HE student what is/are the most related Courses have...have to use ... Science..”
 - Discover Worldwide Experiences HE use Google .. what we are ..do we use sciences? .. to Where we are.... Do we have to...
 - *Do you like to be dependent\Independent\Self ..?!*

Conclude:

C1: HS is a Essential to My JD (HEJD\ a and all HE courses
C2: Assure Quality of HE teaching and profession

WHY HeSHE CHS 232 Be Ready & Welling To Success ?

Do health educators have to use philosophy, sciences (theory models) ?

Health Sciences Reasoning Test (HSRT) / Critical Thinking Skills ...

<https://www.insightassessment.com/Products/Products-Summary/Critical-Thinking-Skills-Tests/Health-Sciences-Reasoning-Test-HSRT> The **Health Sciences Reasoning** Test is being used worldwide at high ranking **health science education** programs and at top rated medical centers to measure ...

Health Sciences Reasoning Test – Numeracy (HSRT-N) / Critical ...

<https://www.insightassessment.com/Products/Products-Summary/Critical-Thinking-Skills-Tests/Health-Sciences-Reasoning-Test-Numeracy-HSRT-N> The **Health Sciences Reasoning** Test (HSRT) is used worldwide at high ranking **health science education** programs and at top rated medical centers to measure ...

The Health Sciences Reasoning Test in the Pharmacy Admissions ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3930257/> Feb 12, 2014 ... To evaluate the impact of including **Health Sciences Reasoning** Test ... The Accreditation Council for Pharmacy **Education** requires PharmD ... [Association of Health Sciences Reasoning Test Scores With ... - NCBI](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028582/)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028582/> May 15, 2014 ... Keywords: **Health Sciences Reasoning** Test (HSRT), critical thinking, ... It is intended for use in **health sciences educational** programs and with ... [Advances in Health Sciences Education - incl. option to publish ...](https://www.springer.com/education+%26+language/journal/10459)
<http://www.springer.com/education+%26+language/journal/10459> **Advances in Health Sciences Education** is a forum for scholarly and state-of-the art ... clinical **reasoning**, continuing **education**, community-based **education**, and ...

DEFINITIONS

**PROBING
Historical Roots To Define
“Health_Science “ WELL**



Welcome HeSHE _ Define



Science العلم_ علم_ عالم is one most debatable concept in the world mainly between believers and non believers.

Muslims think that science is religion while non Muslims think it is not !!!?

How do you think ?!?

Hold Open Debate

Conduct deep self reflective research in Quran ?

“HeSHE in Quran _ Sunnah concepts and how many times repeated”

Examples;

“Knowledge repeated (24 Surah: 40 Ayat) Times”

Use word synonyms_ Antonym ...

Science =Discipline (Regulation, authority....) Knowledge, Skill, Art.....,

<http://www.searchtruth.com/search.php?keyword=knowledge&translator=5&search=1> .

The word(s) "**know**" appears 814 time(s) in 684 verse(s) in Quran in Mohsin Khan translation.

The word(s) "knowledge" appears 161 time(s) in 152 verse(s) in Quran in Mohsin Khan translation

The word(s) "**know**" appears 657 time(s) in 562 verse(s) in Quran in Abdullah Yusuf Ali translation.

Remember All sciences here refer to “ Human science” not religious sciences



Welcome HeSHE _ Define Science _ Hu._He Science



Be Ready to watch and write Notes These In Exam **

Difference Between Health Science and Life Science

<https://www.youtube.com/watch?v=LfN6GapULJI>

Public health and health education what's the difference? when decoding the differences among these career paths and associated degrees, especially because the lines between these two paths do blur within the health industry.

A day in the life what are the differences between a life in public health versus allied health? public health comes from a variety of disciplines, ranging from social sciences to , there is a spectrum between pure applied research and pure basic science, and the motivation behind an experiment makes all the difference



Welcome HeSHE _ Define Science _ Hu._He Science



Be Ready to watch and write Notes These In Exam **

What Makes H. Science True? | NOVA

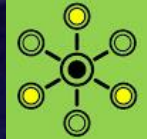
<https://www.youtube.com/watch?v=NGFO0kdbZmk>

What makes science reliable? **The ability to reproduce the results of an experiment, known as reproducibility**, is one of the hallmarks of a valid scientific finding. But science is facing what many consider a reproducibility crisis, and the stakes are high. Many scientific claims cannot be replicated, and many clinical trials fail as a result.

Community health is defined by local geography, such as a town, city or county. Communities typically include many risk-based entities, each operating their respective population health strategies. Whereas population health is often focused on clinical interventions,

Community health addresses non-clinical interventions, such as social services, transportation, housing and education provided by non-profits and community-based organizations.

Public health spans both risk-based entities and communities with a focus on clinical research, health policy, regulations and quality and safety standards.



Science is the most - most difficult term to be define, if it is defined, it has huge diversities and differences, mainly between Muslims and Non Muslims. Thus, We will not go far in this mater, instead I will focus on Islamic definition of "Science".

Let s watch these Islamic and logical educational videos:

<http://www.youtube.com/watch?v=EUfjKJlibTE> عربي كمقدمة بروف جيم الخليلي

Science and Islam -The language of science (1) العلم والإسلام - لغة العلم

<http://www.youtube.com/watch?v=FLay7RD3kEw>

SCIENCE & ISLAM 1/6 | The language of science العلم والإسلام

<http://www.youtube.com/watch?v=6Kxgp4Ufjqk> English

*** <http://www.youtube.com/watch?v=E-5sWfqa6wM&feature=related>

Define & Types of Sciences in Islam ... organization and knowledge; Systematic classification of experiences ..., Types many 8As+ 4Bs + 5Cs...6Es; 6Gs... -- 2V+ 1Z ...'Story of humans is the story of ideas that shine light into dark corners ...

<http://www.youtube.com/watch?v=3Uqxxbx2VOs>

Science Synonyms (Discipline; Knowledge; Skills; Art)

Probing Terms ? Huge Meanings ; Synonyms

Based on my personal experiences with

(<http://www.researchgate.net>; http://www.linkedin.com/home?trk=hb_tab_home_top).

Worldwide, there is two sciences, science of human and science of revealed religion, not any religion or faith.

Human Science is the concerted human effort to understand, or to understand better, the history of the natural world and how the natural world works, with observable physical evidence as the basis of that understanding¹.

There are most appropriate definitions:

Definitions by goal and process:

- ***The systematic observation of natural events and conditions in order to discover facts about them and to formulate laws and principles based on these facts.***
- ***The organized body of knowledge that is derived from such observations and that can be verified or tested by further investigation.***
- **Any specific branch of this general body of knowledge, such as biology, physics, geology, or astronomy.**

Academic Press Dictionary of Science & Technology

Human science is an intellectual activity carried on by humans that is designed to discover information about the natural world in which humans live and to discover the ways in which this information can be organized into meaningful patterns.

A primary aim of science is to collect facts (data). An ultimate purpose of science is to discern the order that exists between and amongst the various facts.

Dr. Sheldon Gottlieb in [a lecture series at the University of South Alabama](#)

Human Science involves more than the gaining of knowledge. It is the systematic and organized inquiry into the natural world and its phenomena. Science is about gaining a deeper and often useful understanding of the world. (from the [Multicultural History of Science page](#) at Vanderbilt University.)

Richard Feynman, Nobel-prize-winning physicist,
in *The Pleasure of Finding Things Out*
as quoted in *American Scientist* v. 87, p. 462 (1999).

Human Science consists simply of the formulation and testing of hypotheses based on observational evidence; experiments are important where applicable, but their function is merely to simplify observation by imposing controlled conditions.

Robert H. Dott, Jr., and Henry L. Batten, *Evolution of the Earth* (2nd edition)

Human Science alone of all the subjects contains within itself the lesson of the danger of belief in the infallibility of the greatest teachers in the preceeding generation . . .

As a matter of fact, I can also define science another way: Science is the belief in the ignorance of experts.

Richard Feynman, Nobel-prize-winning physicist,
in *The Pleasure of Finding Things Out*
as quoted in *American Scientist* v. 87, p. 462 (1999).

Probing Terms ? *Huge Meanings ; Synonyms*

Human Science is the *concerted human effort to understand, or to understand better, the history of the natural world and how the natural world works*, with observable physical evidence as the basis of that understanding¹. It is done through observation of natural phenomena, and/or through experimentation that tries to simulate natural processes under controlled conditions. (There are, of course, more definitions of science.)

Health Science is :

The study and research of health related issues like food, nutrition, radiology.... how to prevent or cure diseases, and similar health related things.

<http://www.healthsciences.purdue.edu>

You will never prevent, treat and cure, educate well without “ science”;

<https://www.youtube.com/user/HealthScienceChannel>

**** FURTHER IMPORTANT TOPICS FOR CHS232 The 5 Features of Science**

Johali HeSHE Illness _ Wellness

Sickness = the state or an instance of being sick;

illness

1. Unhealthy condition; poor health; indisposition; sickness.
2. Obsolete. wickedness.
3. the quality or state of being wicked.

1500-1490
Origin !!?
True
Creation

Wellness

1. The quality or state of being healthy in body and mind, especially as the result of deliberate effort.
2. An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

Origin
900 !!!

<http://www.dictionary.com/browse/wellness?>

Well _ Wellness in Arabic and Islam متى ظهرت عبارة العافية

ORIGIN OF MODERN HeSHE

Health promotion is very relevant today. There is a global acceptance that health and social wellbeing are determined by many factors outside the health system which include socioeconomic conditions, patterns of consumption associated with food and communication, demographic patterns, learning environments, family patterns, the cultural and social fabric of societies; sociopolitical and economic changes, including commercialization and trade and global environmental change. In such a situation, health issues can be effectively addressed by adopting a holistic approach by empowering individuals and communities to take action for their health, fostering leadership for public health, promoting intersectoral action to build healthy public policies in all sectors and creating sustainable health systems.

Although, not a new concept, health promotion received an impetus following Alma Ata declaration. Recently it has evolved through a series of international conferences, with the first conference in Canada producing the famous Ottawa charter. Efforts at promoting health encompassing actions at individual and community levels, health system strengthening and multi sectoral partnership can be directed at specific health conditions. It should also include settings-based approach to promote health in specific settings such as schools, hospitals, workplaces, residential areas etc. Health promotion needs to be built into all the policies and if utilized efficiently will lead to positive health outcomes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326808/>

Health _ Illness Continuum

Continuum of illness of wellness ...



A common concept of health as a continuum ranging from optimal wellness at one end to illness culminating in death at the other end.

- Also found in: [Dictionary](#), [Thesaurus](#), [Legal](#), [Encyclopedia](#), [Wikipedia](#).
Related to health care system: [Obamacare](#) **health**
- **Health** a relative state in which one is able to function well physically, mentally, socially, and spiritually ... “
- Health is primarily a measure of each person's ability to do and become what he wants to become.”

Current views of health and illness recognize health as more than the absence of disease. Realizing that humans are dynamic beings whose state of health can change from day to day or even from hour to hour, leaders in the health field suggest that it is better to think of each person as being located on a graduated scale or continuous spectrum (continuum) ranging from obvious dire illness through the absence of discernible disease to a state of optimal functioning in every aspect of one's life. High-level WELLNESS is described as a dynamic process in which the individual is actively engaged in moving toward fulfillment of his or her potential. A common concept of health as a continuum ranging from optimal wellness at one end to illness culminating in death at the other end.

Illness _ Wellness Continuum The Sickness _ Fitness Model



Our assumption is that if everything we can measure about health will conform to this continuum then it seems that sickness, wellness, and fitness are different measures of a single quality: health.

Physical

Emotional

Spiritual

The Six Components of Health

Social

Environmental

Mental

To me it reaches **16+ components** ..do you believe it ?! Think ..in 282 we will continue define HE

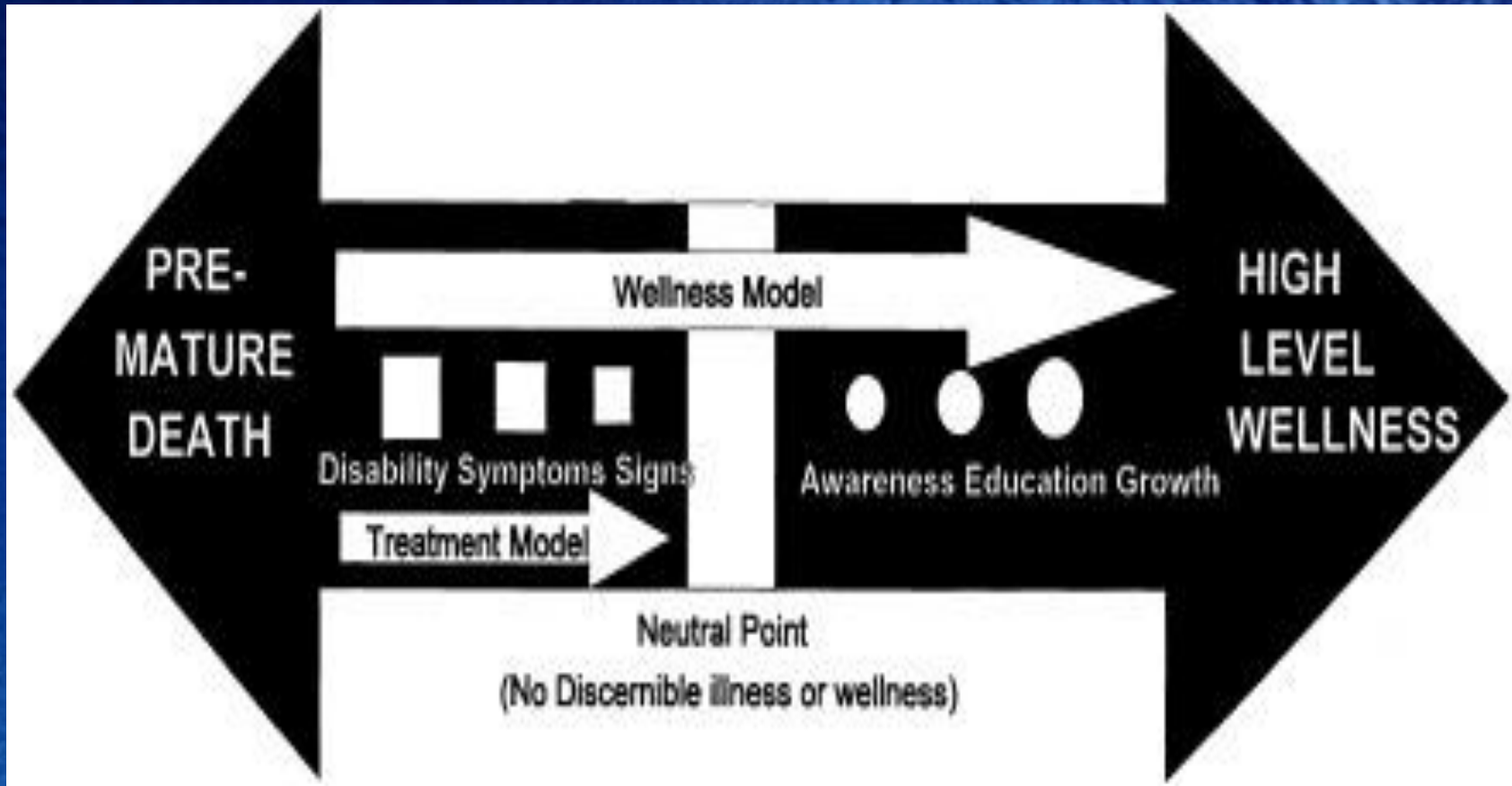


The Illness-Wellness Continuum

		ENERGY LEVELS	ABILITY TO HANDLE STRESS	QUALITY OF SLEEP	PHYSICAL HEALTH & SYMPTOMS	MENTAL/EMOTIONAL STATE
+10	OPTIMAL	Vibrant & energetic	Extremely adaptable to stress	Optimal sleep	Peak physical health	Joy & happiness, zest for life, can't wait to get up in the morning
+8	EXCELLENT	High energy	Handle stress well	Excellent sleep	Feel good, strong & flexible	Positive & happy most of the time, clear thinking, good memory
+6						
+4	GOOD	Up & down energy	Up & down stress	Good sleep	Occasional ups & downs, feel good and strong most of time	Feel good, slight amount brain fog & memory trouble
+2						
0	COMFORT ZONE	OK energy	Average stress	Moderate sleep	Feel OK, occasional minor pain	Emotional ups & downs, "normal" brain fog & memory trouble
-2	FAIR	Tired	Moderate stress	Fair sleep	Constant aches, pains, & symptoms	Slight depression or anxiety, irritable
-4	POOR	Fatigued	Extremely stressed	Poor sleep	Chronic disease and occasional acute episodes	Moderate depression or anxiety
-6						
-8	AWFUL					
-10		Exhausted	Can't cope	Severe insomnia	Serious Chronic disease & illness, frequent acute episodes	Serious depression or anxiety



Illness _ Wellness Johali Black Model



Johali HeSHE Illness _ Wellness Wellbeing



All Health Determinants

All Health Determinants

MEANINGS OF HEALTH!

What Does Health Mean To You ?!!

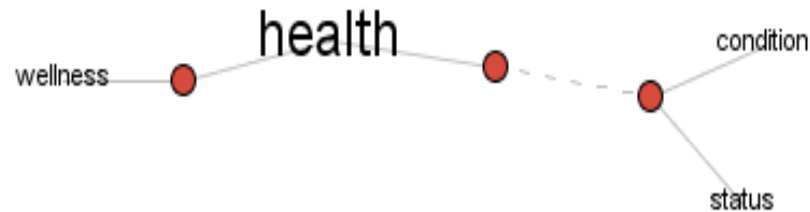
**Hold Discussion
and
Write and Debate Your Answers = You Are
The Scientists**

(.....)

Then Look for LinkedInEisa Johali and others

Common Synonyms

 VISUALTHESAURUS



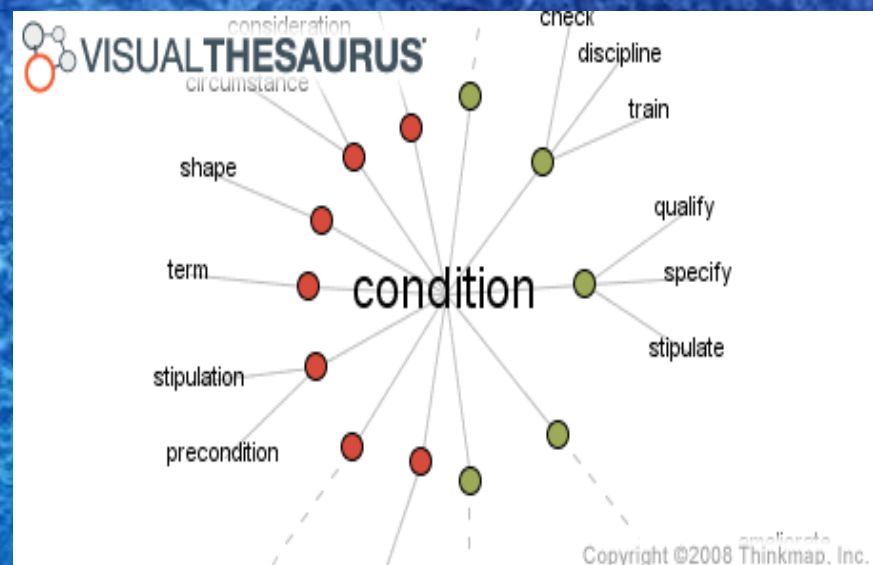
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First Three Attracting You “Like – reflect your dream to health”

Therefore;

The Perfect Definition of **Health** The Arabic Wellness **العافية**
(Johali Def. (©):)

A State of Complete (1) Moral, (2) Spiritual, (3) Physical, (4) Intellectual, (5) Mental, (6) Emotional (7) Psychological, (8) Behavioral, (9) Social, (10) Cultural, (11) Environmental, (12) Economical, (13) Political, (14) Nutritional Wellbeing, with (15) Ethical (16) Technological and the ability to (17) grow and (18) develop”, not just Merely the Absence of Disease and Infirmary

<http://www.slideshare.net/TheNature2010/clipboards>



The Value of Being Healthy

The
value of health and prevention of diseases, healthy societies, healthy
Individuals, and normal body mechanisms

The Value of Health

The Value of Health for you ?! Hold Discussion

What Arabic _ Islamic Say ?! Write at least 6 new values (not on Agus)

You First hold debate and **write**

Dr. David Agus: "The End of Illness" | Talks at Google ! Do You Believe

<https://www.youtube.com/watch?v=XZpeoGM9EPs>

<https://www.youtube.com/watch?v=GZ6MXR6LdCo>

David Agus Discusses The Importance Of
Health

<https://www.youtube.com/watch?v=Agq9I2MD068>



Health in Islam (part 1 of 4): A Holistic Approach ... in
<http://www.islamreligion.com/articles/1878/viewall/health-in-islam>

The Value of Prevention

What Arabic _ Islamic Say ?!

<https://www.youtube.com/watch?v=F5UbZ2BerK8>

The Benefits Of Sunlight - Ep 10 of "Prevention"

مشاهدة قبل 11 شهرًا 131

Around 1 in 5 adults are vitamin D deficient and in England alone it is estimated that 10 million people have insufficient levels. *It is difficult to get enough vitamin D from food exclusively which is why any balanced lifestyle requires some sunlight exposure.* Dr Sarah Itam discusses the importance of sunlight for our health.

Do You Drink Enough Water? - Ep 6 of "Prevention"

<https://www.youtube.com/watch?v=6bdsbgkFAgg>

Your choice of beverage may have significant implications on your health. We know that many of our drinks contain *added sugars which contribute to a variety of serious medical conditions.* Dr Sarah Itam addresses the role that water has to play in a healthy lifestyle.

It is recommended to drink compounded water artificial healthy water ?!!

"Natural Water" is the sixth episode in our 10 part Prevention web series. These bite-sized webisodes *give you a taster into various aspects of a holistic approach to health and well-being.*

The 9 Simple Steps to Good Health & Well Being

<https://www.youtube.com/watch?v=IOiqaC7Pnl8>

The 9 Simple Steps to Good Health & Well Being the Model



These 9 simple steps will help you maintain proper health during cold and flu seasons, as well as any other time of the year.

How To Maintain Your Proper Health

Six Ways to Wellbeing the Model



<https://www.youtube.com/watch?v=uhm2p2yerUc>

Six Ways to Wellbeing Campaign being run by Public Health Kent County Council on the www.liveitwell.org.uk website. ***Be Active, Keep Learning, Give Spirit, Connect..., Place Take Notice and Care for the Planet.*** Simple steps to wellbeing and better mental health.

How To Maintain Your Proper Health

Health and Wellbeing 10 Tips

<https://www.youtube.com/watch?v=flopIUpVqQA>

You already watch _ Write the 10 Tips in order _ Draw Smart Model

WHERE IS YOUR 25 STEPS_ POINTS How to maintain proper health in Islam

How To Maintain Your Proper Health

25 Small Changes To Be A Happier Healthier Version Of Yourself

<https://www.youtube.com/watch?v=MXT5dDF3iDg>

We have times in our lives when we *feel restless, frustrated or just...off. Times when we get so busy we forget to take care of ourselves*, or are in a *small depression over something*. Sometimes, *we just need to change something*, and *we don't know where to start*, or *the idea of a major change is overwhelming*. We all take steps to grow, mature, and better ourselves. *Many of these steps and habits develop slowly over time*, but some of them are conscious small choices, changes of focus and efforts we make every day. *Even something small that becomes a regular habit can have a huge effect on your overall health and well being*. Here's a list of 25 Small Changes To Be A Happier Healthier Version Of Yourself (Watch Video and Write)

How To Maintain Your Proper Health

25 Small Changes To Be A Happier Healthier Version Of Yourself

<https://www.youtube.com/watch?v=MXT5dDF3iDg>

Left for You (Watch and Write)

A Model Three Phases with 9 Steps

How To Maintain Your Proper Health in Islam

<https://www.youtube.com/watch?v=heOFCXBh4iI>

“ALL ISLAMIC TEACHINGS LEADS TO PERFECT HEALTH” ...You know_Have to know

*Health is one of the most precious favours Allaah has bestowed upon His servants, the most generous of gifts, the most plentiful of His bounties. Rather, even more, [good] health is the most precious of favours without exception, so it is fitting that whoever is granted a portion of this fortune that he cherishes it, preserves it and guards it against harm. Al-Bukhaaree narrated in his Saheeh from Ibn Abbaas that Allaah's Messenger (salallaahu alaihi wassallam) said: ‘**There are two blessings which many of the people lose out on: good health and free time**’”(Zaad al-Ma`aad, 4/196)*

“The foundations of the medicine of the body are three: i. Preservation of health. ii. A diet that avoids those things which may cause harm. iii. Removing harmful matter from the body.” (At-Tibb, p. 9)

12 favorite foods of prophet Muhammad (pbuh) & thier advantages

<https://www.youtube.com/watch?v=5bSMIVxQE9g>

Food in the Quran and Hadith

<https://www.youtube.com/watch?v=ZZxNARTB4og>

https://www.youtube.com/watch?annotation_id=annotation_694760249&feature=iv&src_vid=5bSMIVxQE9g&v=Ovqi2Z4SK3E

CROPS – the GRAIN _ DATES (6:99) _ FIGS (95: 1-6).....You have to know...

How To Maintain Your Proper Health

Remember that our body is created by Allah in perfect manner, has a great mechanism can prevent, protect and maintain our health.. Read Quran mainly and search by yourself ... and Sunaa ... (Do You _ Know _ Feel ? Reflect !!)

How to maintain proper mechanism;

- Circulatory, hypertension and BP.
- Respiratory system and digestive system
- Skin, visual and hearing health
- Oral Health

Part of Students' Presentations _ Be Ready and Willing To Success

بحث ذاتي فقط هل تضمن القرآن الكريم شي حولها ؟! ..ويمن استشهاد بعدد محدود من البحوث العلمية

Short Preview Towards Perfect Health “Religion, Spirituality, and Health”

For National Health of individual and societies

Review Article

Religion, Spirituality, and Health: The Research and Clinical Implications

1. Historical Background and Introduction

Religion, medicine, and healthcare have been related in one way or another in all population groups since the beginning of recorded history [1].

Only in recent times have these systems of healing been **separated**, and this **separation has occurred largely in highly developed nations**; in many developing countries, **there is little or no such separation**. *The history of religion, medicine, and healthcare in developed countries of the West, though, is a **fascinating one**. **The first hospitals in the West** for the care of the sick in the general population were **built by religious organizations** and **staffed by religious** orders. Throughout the Middle Ages and up through the French Revolution, **physicians were often clergy**. For hundreds of years, in fact, *religious institutions were responsible for licensing physicians to practice medicine*. In the American colonies, in particular, many of the clergy were also *physicians—often as a second job that helped to supplement their meager income from church work*.*

HeSHE2017

2. Biobehavioral Factors in Health and Disease

Research into the bidirectional and multilevel relationships between behavior and health has been aided by technology and by conceptual advances in the behavioral, biological, and medical sciences.

Our understanding of the interactions between brain function and behavior has been enriched by advances in behavioral neurobiology, neuroscience, and neuroendocrinology from molecular mechanisms to psychological systems. Real-time imaging of the living human brain during different behavioral states has promoted our understanding of the links between human behavior and basic neurochemical processes or specific neuroanatomic pathways. Common availability of monoclonal antibodies, routine production of genetically altered animals, and new understanding of the genetic code have contributed to exploration of how genetics interacts with development and early experiences to influence both vulnerability to disease and resistance to age-related decline. Yet much of the research knowledge is highly compartmentalized, and there is a need to integrate isolated pockets of information.

Religious/Spiritual beliefs and practices are commonly used by both medical and psychiatric patients to ***cope with illness and other stressful life changes***. A large volume of research shows that people who are more R/S have better mental health and adapt more quickly to health problems compared to those who are less R/S. *These possible benefits to mental health and well-being have physiological consequences that impact physical health, affect the risk of disease, and influence response to treatment.* In this paper I have reviewed and summarized hundreds of quantitative original data-based research reports examining relationships between R/S and health. These reports have been published in peer-reviewed journals in medicine, nursing, social work, rehabilitation, social sciences, counseling, psychology, psychiatry, public health, demography, economics, and religion. The majority of studies report significant relationships between R/S and better health. For details on these and many other studies in this area, and for suggestions on future research that is needed, I again refer the reader to the Handbook of Religion and Health [600].

Health of individual and societies

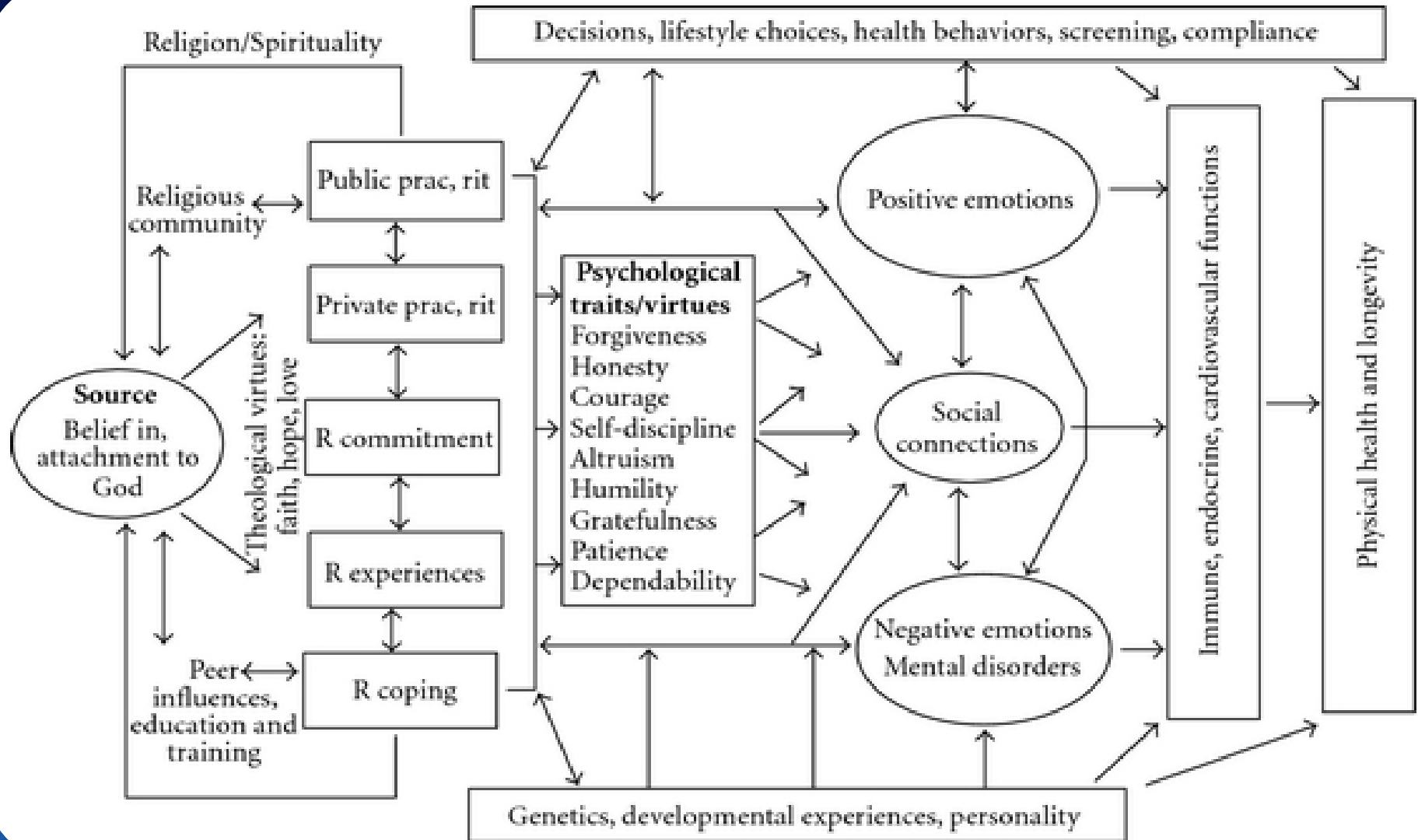
The research findings, **a desire to provide high-quality care**, and simply common sense, ***all underscore the need to integrate spirituality into patient care.*** I have briefly reviewed reasons for inquiring about and addressing *spiritual needs in clinical practice*, described how to do so, and indicated boundaries across which *health professionals should not cross*. For more information on how to integrate spirituality into patient care, the reader is referred to the book, *Spirituality in Patient Care* [601]. ***The field of religion, spirituality, and health is growing rapidly, and I dare to say, is moving from the periphery into the mainstream of healthcare.***

All health professionals should be familiar with the research base described in this paper, ***know the reasons for integrating spirituality into patient care***, and be able to do so in a sensible and sensitive way. *At stake is the health and well-being of our patients and satisfaction that we as health care providers experience in delivering care that addresses the whole person—body, mind, and spirit.*

Short Preview Towards Perfect Health _ Religion, Spirituality, and Health”

For National Health of individual and societies

- +



Health education and promotion Concepts

Key words, terms, & definitions

- Health
- Personal health activities
- Community health
- Public health
- Health education
- Health promotion

• Disease

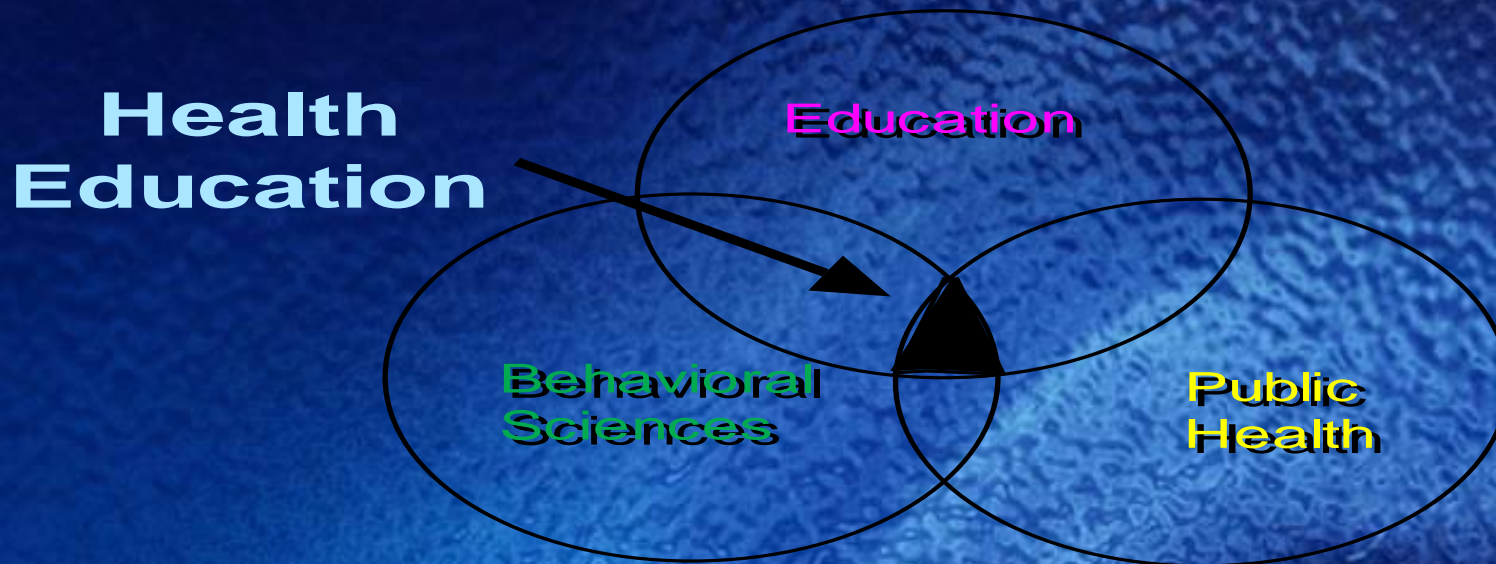
Vision/Mission of Health Education

- *The health education profession promotes, supports, and enables healthy lives and communities.*

Premises of Health Education

1. Grounded in the values and needs of the community health education promotes **social** and **environmental** justice.
2. The health education profession promotes **health literacy** and enables and supports **healthy lives** and **communities**
3. Many of the leading causes of morbidity and mortality are **behaviorally** based.
4. Health literacy is an **enabling** factor in promoting healthy behavior.

Old Dimensions of Health Education



New Fashion HE (HEHP)

Health Promotion



Traditionally HE_HP

HE

- ***“any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions”*** (Joint Committee, 2001)

HP

- ***“any planned combination of educational, political, environmental, regulatory, or organizational mechanisms that support actions and conditions of living conducive to the health of individuals, groups, and communities”*** (Joint Committee, 2001).

Try Make A Self Creative Integrated Def for HEP ?!

Responsibilities of Health Educators the PIDAE

Program Planning

Implementation

Program Delivery

Program Administration

Evaluation

Health Education/Promotion Settings

- Personal/Family Health in PHC_Hospitals
- School
- Worksite
- Community
- State, Regional, or National Level
- Government
- Global/World

Personal/Family Health

- Health Educator
- Nutritionist/Dietician
- Fitness Instructor
- Physician/Nurse
- Therapist

School

- Health Educator/Dual Role
- Athletic Trainer
- Nutritionist/Dietician
- Physician/Nurse

Focus Most Common Differences

Worksite

- Health Educator
- Nutritionist/Dietician
- Physician/Nurse
- Fitness Coordinator
- Environmental Health
- Occupational Safety

Community

- Health Educator
- Nutritionist/Dietician
- Environmental and Occupational
- Physician/Nurse
- Epidemiologist (Studies Diseases)
- Health Program Coordinator
- Health Service Administrator

HeSHE_ HEP Concepts

State, Regional, or National

- Health Educator
- Nutritionist/Dietician
- Physician/Nurse
- Epidemiologist
- Health Program Coordinator
- Health Service Administrator
- Biostatistician

Government

- Health Educator
- Nutritionist/Dietician
- Physician/Nurse
- Epidemiologist
- Health Program Coordinator
- Health Service Administrator
- Biostatistician

Global/World

- Health Educator
- Nutritionist/Dietician
- Physician/Nurse
- Epidemiologist
- Health Program Coordinator
- Health Service Administrator
- Biostatistician

Focus Most Common
Differences

Conclude **BE AWARE HP Will Missing if You Don't Keep**

Whitehead D¹. (2004)

It

- *Health education and health promotion activities are a fundamental requirement for **all health professionals**.*
- *These two paradigms are closely related **but are not inter-dependent**. Despite this, it is known that *many nurses confuse the terms and use them interchangeably*.*
- *With this in mind, **it is necessary to re-conceptualize the terms in an attempt to bring them to a current form of 'maturity'**.*

Whitehead D¹. (2004)

<https://www.ncbi.nlm.nih.gov/pubmed/15238126> _ J Adv Nurs. 2004 Aug;47(3):311-20.

CONCLUSION:

While the theoretical and conceptual literature surrounding health education has remained relatively constant and unchanged over the last decade or so, the same cannot be said for the health promotion literature. *The evolving dominance of socio-political action in health promotion has overtaken individualistic and behaviourally-related forms. **While the recent nursing literature addresses and acknowledges the place of socio-political activity as the mainstay of health promotion interventions, this is largely from a theoretical stance and is not applied in practice.***

Health professionals, health care divisions, health policies and policy making, organizational health care systems

HEALTHCARE SYSTEMS & ORGANIZATIONAL STRUCTURE

Looking to the Best OS of HCS

Health professionals, health care divisions, health policies and policy making, organizational health care systems

Do You Know That “Work _ Experience_ Organizations_ Systems” are Sciences

Definition:

OS is

- The **framework**, typically **hierarchical**, within which an organization arranges its lines of authority and communications, and allocates **rights** and **duties**. Organizational structure determines the manner and extent to which roles, power, and responsibilities are delegated, controlled, and coordinated, and how information flows between levels of management.
- OS is An structure depends entirely on the organization's vision, mission, objectives and the strategy chosen to achieve them. In a centralized structure, the decision making power is **concentrated** in the top layer of the management and tight control is exercised over departments and divisions. In a **decentralized** structure, the decision making power is distributed and the departments and divisions have varying degrees of **autonomy**. An organizational **chart** illustrates the organizational structure.

- Ads by Google Strategic Communications Read more: <http://www.businessdictionary.com/definition/organizational-structure.html#ixzz1p4DI3F84>


A Framework for a Systems Approach to Health Care Delivery

To consider how information/communications technologies and systems-engineering tools can be used to help realize the IOM vision of a patient-centered health care system, we must first understand the challenges facing the U.S. health care system (IOM, 2001). The committee has adapted a four-level model by Ferlie and Shortell (2001) to clarify the structure and dynamics of the health care system, the rough divisions of labor and interdependencies among major elements of the system, and the levers for change. A brief description of the model follows. The remainder of this chapter provides a “systems view” of health care and a brief description of the potential role of information/ communications systems.

A FOUR-LEVEL MODEL OF THE HEALTH CARE SYSTEM

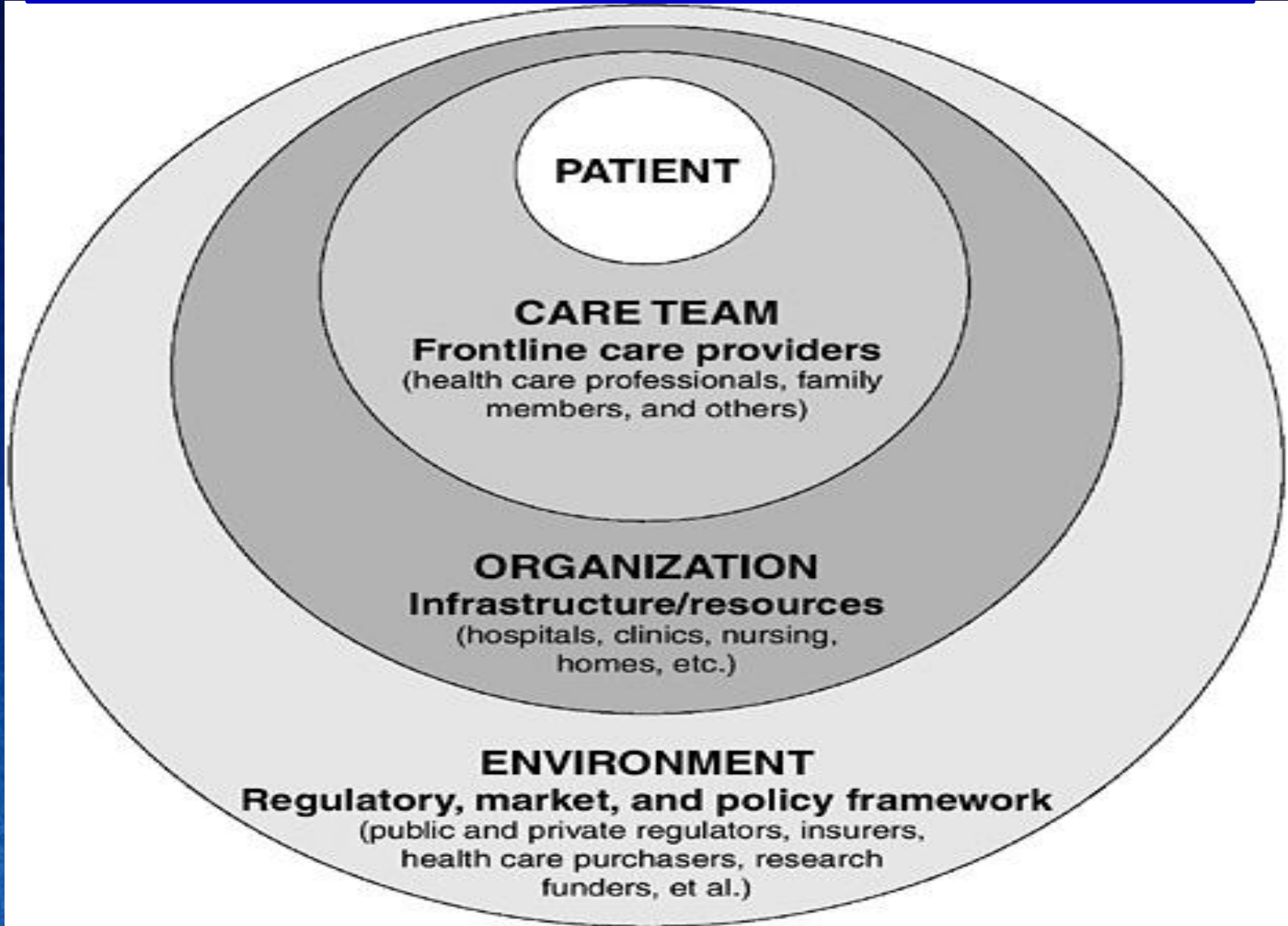
In this model, adapted from Ferlie and Shortell (2001), the health care system **is divided into four “nested” levels**: (1) ***the individual patient***; (2) ***the care team***, which includes professional care providers (e.g., *clinicians, pharmacists, and others*), *the patient, and family members*; (3) ***the organization*** (e.g., hospital, clinic, nursing home, etc.) that *supports the development and work of care teams by providing infrastructure and complementary resources*; and (4) ***the political and economic environment*** (e.g., regulatory, financial, payment regimes, and markets), *the conditions under which organizations, care teams, individual patients, and individual care providers operate*

The Individual Patient the Focus

We begin appropriately with the individual patient, whose needs and preferences should be the defining factors in a patient-centered health care system  Toward Johali APCHER QUALITY

The Model

A Framework for a Systems Approach to Health Care Delivery

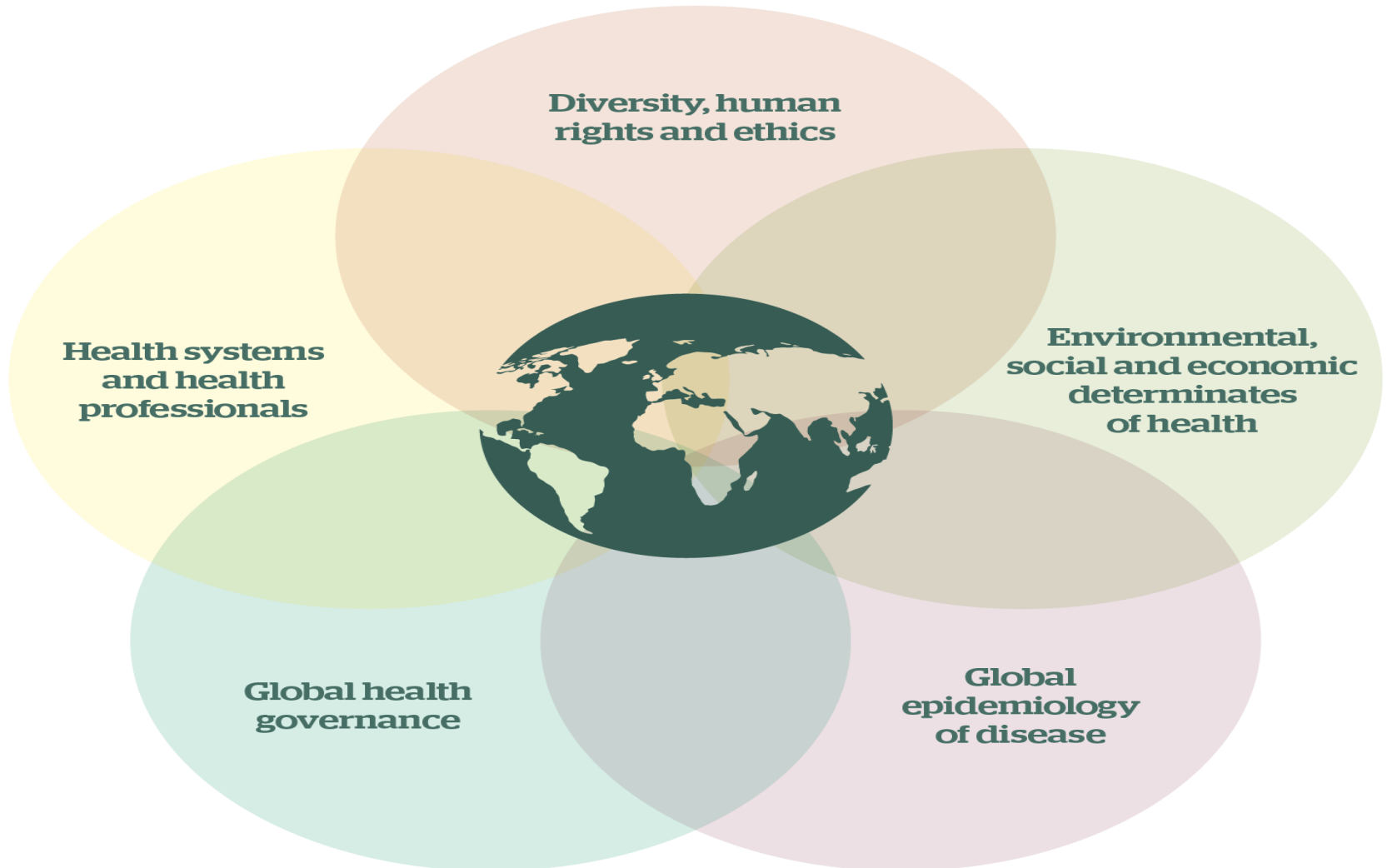


UK HCS Based On CGHC

In our increasingly interdependent world, global health is relevant to all healthcare professionals. With increasing population movement and shifting disease patterns, healthcare professionals working in the UK are being challenged to deliver effective care to multicultural communities with diverse needs. Healthcare professionals also require an understanding of, and the ability to respond to, the effects of globalisation on health and health systems.

Healthcare professionals should understand how their own health system is structured, governed and financed. Comparing their own health system to other health systems across the globe can aid understanding of the structure and how this impacts on health outcomes . It is important to be aware of how globalisation influences the functioning of health systems and healthcare provision

Core Global Health Competencies

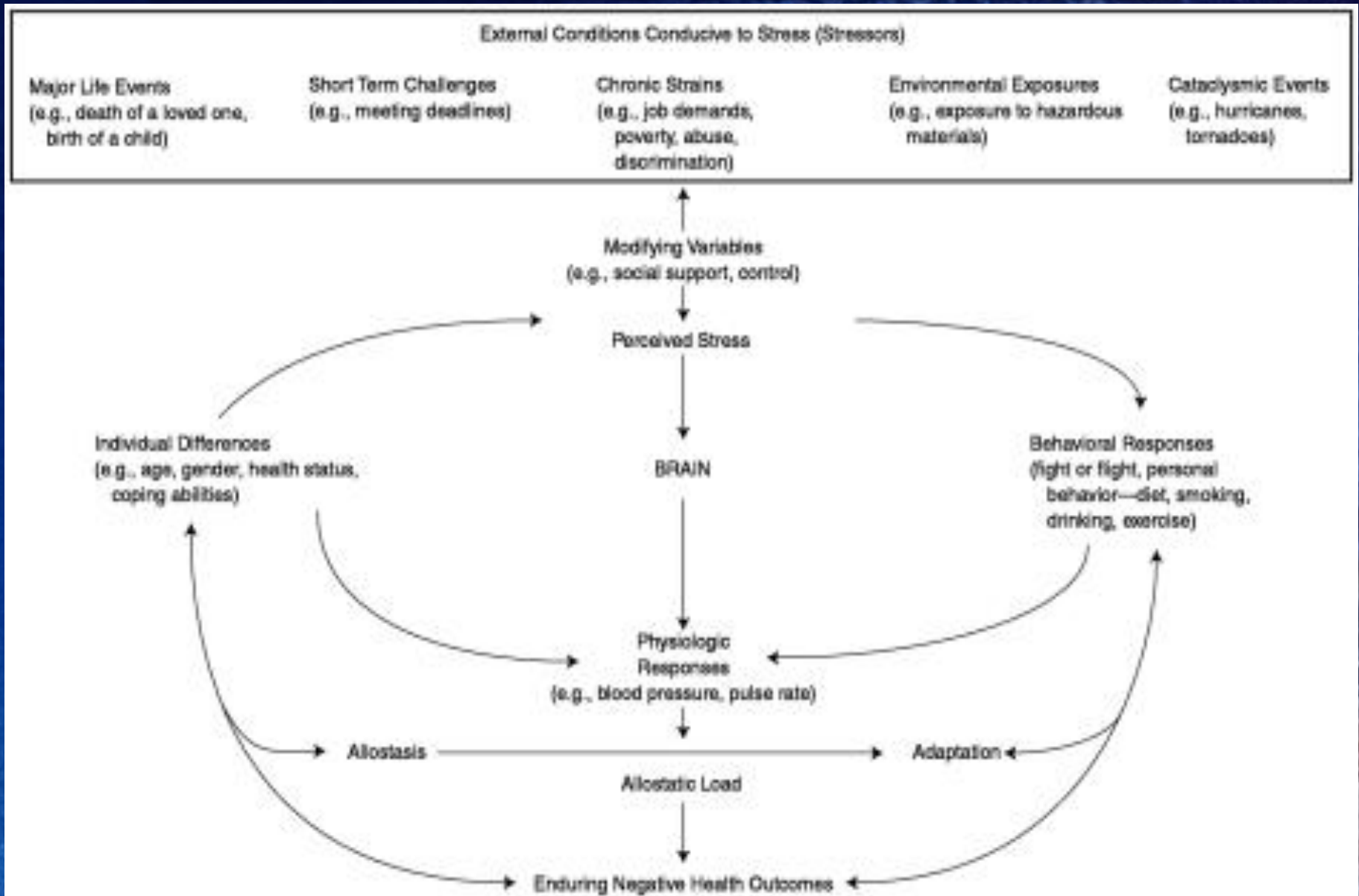


Health and Behavior _Stress

The Interplay of Biological, Behavioral, and Societal Influences

- **The Stress Response and Development of Allostatic Load**
- Individuals experience objective psychological and environmental conditions that are conducive to stress, referred to as stressors.
- The perception of stress is influenced by social, psychological, biophysical factors, genetics, and behavior.
- When the brain perceives an experience as stressful, physiologic and behavioral responses are initiated, leading to allostasis and adaptation. Over time, allostatic load can accumulate, and the overexposure to mediators of neural, endocrine, and immune stress can have adverse effects on various organ systems, leading to enduring negative health outcomes (physiological, e.g., cardiovascular disease; psychological, e.g., depression; behavioral, e.g., alcoholism).

Model of External Conditions Conducive to Stress (Stressors)



Final mission of this course is to Turn to Natural Category Health Sciences



https://commons.wikimedia.org/wiki/Category:Health_sciences#/media/File:TATri_immune_system_Natural_Health_Care.jpg

The background of the slide is a high-resolution image of Earth from space, showing swirling blue clouds and patches of brown and white land. A white rectangular box with a thin blue border is centered on the slide, containing the main text.

FURTHER IF NEED

Great Created Human Mechanisms

Critical thinking and Health sciences

<http://files.eric.ed.gov/fulltext/EJ1017052.pdf>

Summary/Critical-Thinking-Skills-Tests/Health-Sciences-Reasoning-Test-HSRT

<https://www.insightassessment.com/Products/Products-Summary/Critical-Thinking-Skills-Tests/Health-Sciences-Reasoning-Test-HSRT>

How does the body maintain normal Health

Part II: "The Human Being" - The Mechanisms in Our Body

In many verses of the Qur'an, Allah calls our attention to the creation of man and invites people to ponder on this creation: **"O man! What has deluded you in respect of your Noble Lord? He Who created you and formed you and proportioned you and assembled you in whatever way He willed."** (Surat al-Infitar: 6- 8)

The human being is one of the living beings with the most excellent, sophisticated and amazing systems in nature, whom Allah fashioned in due proportion.

The human body is an amount of flesh and bone of approximately 60-70 kilograms. As is well known, flesh is one of the most fragile materials in nature. When left in the open, it decomposes within a couple of hours, becomes maggoty within a few days and starts to stink unbearably. This feeble substance constitutes a large part of the human body. However, it is maintained without being spoilt, and without decaying, for about 70-80 years by means of the blood circulation that feeds it, and by the skin that protects it from external bacteria.

The Ability to See the Signs of Allah By M.Harun Yahya

<http://m.harunyahya.com/tr/works/661/For-Men-of-Understanding/chapter/1634/The-Ability-to-See-the-Signs-of-Allah>

How does the body maintain normal blood pressure? Answers From Experts & Organizations (1)

<http://answers.webmd.com/answers/1174183/how-does-the-body-maintain-normal>

The body has mechanisms to alter or maintain blood pressure and blood flow. There are sensors that sense blood pressure in the walls of the arteries and send signals to the heart, the arterioles, the veins, and the kidneys that cause them to make changes that lower or increase blood pressure. **There are several ways in which blood pressure can be adjusted** - by adjusting the amount of blood pumped by the heart into the arteries (cardiac output), the amount of blood contained in the veins, the arteriolar resistance, and the volume of blood.

The heart can speed up and contract more frequently and it can eject more blood with each contraction. Both of these responses increase the flow of blood into the arteries and increase blood pressure.

The veins can expand and narrow. When veins expand, more blood can be stored in the veins and less blood returns to the heart for pumping into the arteries. As a result, the heart pumps less blood, and blood pressure is lower. On the other hand, when veins narrow, less blood is stored in the veins, more blood returns to the heart for pumping into the arteries, and blood pressure is higher.

The arterioles can expand and narrow. Expanded arterioles create less resistance to the flow of blood and decrease blood pressure, while narrowed arterioles create more resistance and raise blood pressure.

How does the body maintain normal blood pressure? Answers From Experts & Organizations (1)

The kidney can respond to changes in blood pressure by increasing or decreasing the amount of urine that is produced. Urine is primarily water that is removed from the blood. When the kidney makes more urine, the amount (volume) of blood that fills the arteries and veins decreases, and this lowers blood pressure. If the kidneys make less urine, the amount of blood that fills the arteries and veins increases and this increases blood pressure. Compared with the other mechanisms for adjusting blood pressure, changes in the production of urine affect blood pressure slowly over hours and days. (The other mechanisms are effective in seconds.)

For example, low blood volume due to bleeding (such as a bleeding ulcer in the stomach or from a severe laceration from an injury) can cause low blood pressure. The body quickly responds to the low blood volume and pressure by the following adjustments which all increase blood pressure:

The heart rate increases and the forcefulness of the heart's contractions increase thus pumping more blood through the heart.

Veins narrow to return more blood to the heart for pumping.

Blood flow to the kidneys decreases to reduce the formation of urine and thereby increases the volume of blood in the arteries and veins.

Arterioles narrow to increase resistance to blood flow.

These adaptive responses will keep the blood pressure in the normal range unless blood loss becomes so severe that the responses are overwhelmed.

How does the body maintain normal Healthy digestive system

Q: How does the digestive system maintain homeostasis?

A: Quick Answer

The digestive system maintains homeostasis by creating the proper pH balance in the gastric environment. In addition, by maintaining the correct enzyme ratio, the digestive system nurtures beneficial bacteria that inhibit disease and produce biological substances the body needs such as vitamin K.

[Continue Reading](#)

Homeostasis is *the balance the body maintains to continue to function properly.* All the bodily systems, including the digestive system, contribute to homeostasis. The body maintains homeostasis using both positive and negative mechanisms. Negative feedback occurs when the body senses an imbalance, and the various systems work to counterbalance and restore proper equilibrium. Positive feedback happens when the body senses a change and works to enhance it.

Public _ Allied-Applied Health

Attributes	Public Health	Allied Health
Definition	The fulfillment of society's interest in assuring the conditions in which people (as small as a handful of people or as large as all the inhabitants of several continents) can be healthy.	Health care practitioners with formal education and clinical training who are credentialed through certification, registration and/or licensure.
Goal	<p>Organized community efforts aimed at the prevention of disease and the promotion of health.</p> <p>The goal of public health is to improve lives through the prevention and screening of disease.</p>	<p>The goal of allied health professionals is to collaborate with physicians and other members of the health care team to deliver high quality patient care services.</p>
Focus	The focus of public health intervention is to prevent rather than treat a disease through surveillance of cases and the promotion of healthy behaviors.	Allied health professionals are involved with the delivery of health or related services pertaining to the identification, evaluation and prevention of diseases and disorders, dietary and nutrition services, and rehabilitation and health systems management, among others.

<http://www.ut.edu/alliedhealth/alliedvspublic/>

- JohaliCHS232H Health Sciences for Health Education HesHE2nd2017 : A Smart Collective Lecture Notes (
- Dr Milan Jovanovic Batut", Belgrade, Serbia & Montenegro (2003) Health Promotion and Health Education: Theory and Practice Bojana Beric", Anelka Dzeletevle! C-rpaHa455 UDC 364.444:[614:37 Steinhardt School of Education, *Department of Health Studies, New York, USA institute of Public Health of Serbia.
<http://www.doiserbia.nb.rs/img/doi/0042-8450/2003/0042-84500304455B.pdf>
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- West, D.C., Park, J.K., Pomeroy, J.R., & Sandoval, J. (2002). Concept mapping assessment in medical education: A comparison of two scoring systems. *Medical Education*, 36, 820-826.
- **The Ability to See the Signs of Allah By M.Harun Yahya**
- **Sciences in Quran** <http://www.searchtruth.com/>

Category Health Sciences

- https://commons.wikimedia.org/wiki/Category:Health_sciences
- https://commons.wikimedia.org/wiki/Category:Health_sciences