

CURRICULUM VITAE

Name: Norah Abdullah Al-Rowais

Nationality: Saudi

Sex: Female

Marital Status: widow, seven children

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Educational Background:

- King Saud Fellowship in Primary Health Care.1994.King Saud University, Riyadh, Saudi Arabia.
- Master in Primary Health Care 5 November 1988. King Saud University, Riyadh, Saudi Arabia.
- MBBS (Bachelor of Medicine and Surgery) 29 May 1985.King Saud University, Riyadh, Saudi Arabia.

Academic Positions held:

- Professor, Department of Family and Community Medicine, College of Medicine, King Saud University, 15th June 2017.
- Associate Professor, Department of Family and Community Medicine, College of Medicine, King Saud University, 18th February 2004 – 14th June 2017
- Assistant Professor, Department of Family and Community Medicine, College of Medicine, King Saud University, December 1995 – 17th February 2004.
- Lecturer, Department of Family and Community Medicine, College of Medicine, King Saud University, August 1988 - November - 1995.
- Demonstrator, Department of Family and Community Medicine, College of Medicine, King Saud University, 1986-1988.

Professional post held:

- Internship at King Khalid University Hospital (KKUH) – Riyadh 24.6.1985-12.6.1986.
- Resident Physician in KKUH as a Requisite for the Master Degree in Primary Health Care which was spent in various specialties including General Medicine, General Surgery, Pediatrics, Obstetrics and Gynecology, Psychiatry, Accident and Emergency and Primary Care Clinics from 1986-1988.
- Registrar in Primary Care Clinics at KKUH from 1409-1415.
- Senior Registrar in Primary Care Clinics at KKUH from 1415-1418.
- Consultant in Primary Care Clinics at KKUH from 2.2.1418 till present.

Teaching and Training Activities:

A) Undergraduate:

1. Has taken the responsibility of teaching the following courses for females:

a) Medical Ethics for Muslim doctor course 1 (191and395 CMED during third year.

and course 2 (391 CMED) from 1990 till now.

b) Medical terminology 196 CMED in the second year from1990 till 2009.

c) Primary health care rotation COMM-421 during the fourth year till now.

2. Coordinator of the Medical Ethics Course Part 1.
3. Coordinator of the Medical Ethics Course Part 2, for 1 year.
4. Coordinator of the Medical Terminology Course for 3 years.
5. Coordinator of the Primary Health Care Rotation for 6 years.
6. Supervision of undergraduate students' research for 8 year.
7. Supervision of undergraduate students' clinical teaching during the fourth year.
8. Teaching first and second year medical students (block system) since 2011.
9. Participation in teaching medical ethics course in Prince Nourah University.

B) Postgraduate:

1. Participation in postgraduate students teaching and training in the Diploma, Arab Board, Saudi Board and Fellowship Programs in Family Medicine 1995 till present.
2. Coordinator of postgraduate studies in Family Medicine in the Department of Family Medicine 1997-1999 and from 2009 till 2014.
3. Assistant Coordinator of postgraduate studies in Family Medicine 1996-1997.
4. Coordinator of the Half-Day Release Course for postgraduate students in Family Medicine Nov 1995-1996.
5. Supervision of postgraduate students research work
6. Participation in HDRC teaching in KSU and Wazarat center in Military Hospital.
7. Examiner for Saudi Board, Saudi Diploma & Arab Boards in Family Medicine Examinations since 1999 to present.
8. Workshops and Courses Participations as Facilitator/ Speaker.

Committees Membership-:

1. Member in Primary Health Care Unit and Residency Training in the Department of Family and Community Medicine.
2. Member in College Committee for female students' affairs since 2000 till 2012.
3. Member in appointment and selection committee – Department of Family and Community Medicine 2002.

4. Member in Organizing Committee of Family Medicine Essential Workshop for 6 years since April 2000.
5. .Member in health education center – College of Medicine.
6. Member in local residency training committee in Saudi board of family medicine from 2009 till present.
7. Member in local residency training committee in diploma programme in family medicine from 2009 till present.
8. Member in examination committee of family medicine in SCFHS since 2010 till present.
9. Member in scientific board for family medicine in SCFHS since 2014 till present.
10. Member in the Advisory committee in the National Center For Complementary and Alternative Medicine since 2014 till present.
11. Member in the National committee for Home Health Care in the Saudi Health Council since 2012 till present.
12. Member in the scientific committee for Diploma in Home Health Care to construct the new curriculum.
13. Member in the committee for selection of demonstrators in college of medicine since 2013 till present.

Organization Membership:

1. Member in WONCA. World Organization of family doctors 1995-to date, Australia.
2. Associate member in RCGP 1995-to date, UK.
3. Member in Saudi Society for Family and Community Medicine— Saudi Arabia .

Awards:

1. Has been selected as the resident of the year (1413H) in Family and Community Medicine Department.
2. Has been selected as the teacher of the year (1414 H) in Family and Community Medicine Department.
3. Has been selected as the teacher of the year) in Family and Community Medicine Department 1432.

Community Services:

1. Participation in University and Community Week 2000-2001.
2. Participation in Selection Examination of female entrants to Medical College.
3. Participation in health educational activities in schools.
4. Participation in health education campaign to the public in the community as well as in the media.
5. Constructing and writing leaflets on common chronic diseases for patients in Primary Care Clinics in King Khaled University Hospital.
6. Scientific revision of The Training Manual of Worker in Home Health Care, Published by the Saudi Health Council.

Publication:

1. **N.A. AlRowais**, A.A. AlHaider, M.I. AlHassan, H.S. Abou-Adua, J.S . Jarallah: A look at the Diabetic Patient Compliance in Riyadh District .Saudi Pharm J, 1:50-55, 1993.
2. **N.A. AlRowais**: Assessment of Stress and Coping levels among physicians at King Khalid University Hospital. Saudi Med J. 1996; 17:235-244.
3. E.A. Al-Faris, K. Kalantan, **N.A. AlRowais**, M. AlNour, K. Umran, M . Kabraah, I. Badwi, J. Jarallah: Career Choices among Saudi Medical Students. Academic Medicine 1997; 7 2 (1): 63-65.
4. **N.A. AlRowais**, T. Khoja, M. AlFarra, N. AlNahedh. Primary health care physician views on periodic health evaluation in Saudi Arabia . East Mediterranean. Health J. 2000; 6 (2/3); 447-456.
5. **N.A. Al-Rowais**, E. AlGhamdi: Views of primary health care trainees on their hospital training in Internal Medicine and Paediatric in Saudi Arabia. Journal of Family and Community Medicine. 2000; 7 (2): 43-51.
6. **N.A. Al-Rowais**: Herbal Medicine in the treatment of Diabetes Mellitus. Saudi Med. J 2002; 23 (11): 1327-1331.

7. Arabic Translation of a book on asthma at your fingertips written by Dr. Mark Levy, Prof. Sean Hiltan and Greta Barnes. It was approved by the Scientific Council of King Saud University on 5/12/1999 and was published by King Saud University Press 2001.
8. **N.A. Al-Rowais**, R.M. Al-Shabaili: Patient Satisfaction with Consultation in Primary Health Care setting in Riyadh, Saudi Arabia 1999. Emirates Medical Journal 2002, 20 (3).
9. Al-Momen RK, EL-Jack I, AlNowaiser N, **AlRowais N**. A scoring system as a tool for antenatal care audit in family medicine..Saudi Med J. 2003 Jan; 24(1):40-3.
10. Kalantan K, Pyrne N, Al-Faris E, Al-Taweel A, **Al-Rowais N**, Abdul Ghani H, Eldin Magzoub M. Students' perceptions towards a family medicine attachment experience. Educ Health (Abingdon). 2003 Nov; 16(3):357-65.
11. Arabic Translation of a book on The Doctor's Communication Handbook with Dr. Rabaa Al-momen. It was approved by the Scientific Council of King Saud University and was published by King Saud University Press 2004.
12. Al-Faris E A, Abdulghani HM, **Al-Rowais N** .Alamro N. Teaching Evidence-Based Medicine (EBM) in a Saudi Medical School: A Pilot Study. JTM Med Sc 2007;2(1,2):43-49.
13. Al-Faris EA, **Al-Rowais N**, Mohamed AG, Al-Rukban MO, Al-Kurdi A, Balla Al-Noor MA, Al-Harby S, Sheikh A. Prevalence and pattern of alternative medicine use: the results of a household survey. Ann Saudi Med. 2008 Jan-Feb; 28(1):4-10.
14. Al-Turki YA, **Al-Rowais NA**. Prevalence of smoking among female medical students in the College of Medicine, Riyadh, Saudi Arabia. Saudi Med J. 2008 Feb; 29(2):311-2.
15. Al-Faris EA¹, Abdulghani HM, Abdulrahman KA, **Al-Rowais NA**, Saeed AA, Shaikh SA. Evaluation of three instructional methods of teaching for undergraduate medical students, at king saud university, saudi Arabia. J Family Community Med. 2008 Sep; 15(3):133-8.

16. Abdulghani HM. Shaikh S, **Al-Rowais N**, Al-Faris E A. Diabetes patients Ramadan fasting: how they live it? *Asian Pac J Trop Med* 2008; 1(4):61-66.
17. **Al-Rowais NA**, Al-Turki YA. Morbidity pattern among males attending the primary care clinics at a University Hospital in Central Saudi Arabia. *Saudi Med J*. 2008 Dec;29(12):1830-2
18. **Al-Rowais N.A.** Al-Faris E. Mohammad A.G. Al-Rukban M. Abdulghani H.M Traditional Healers in Riyadh Region: Reasons and Health Problems for Seeking Their Advice. A Household Survey .J alternat and complement med. 2010; 16(2):199–204.
19. **Al-Rowais N.A** .Al Bedah AM. Khalil MK. El Olemly AT. Khalil.AA. Alrasheid MH. Al Khashan H. Al Yousef M. Abdel Razak Bafarat A. Knowledge and Attitudes of Primary Health Care Physicians towards Complementary and Alternative Medicine in Riyadh region, Saudi Arabia. *Forsch Komplementmed*. 2012; 19(1):7-12.
20. Abdulghani H.M. **Al-Rowais N.A.** Bin saad N. Al-subaie N. Haji A. Alhaqwi A. Sleep disorder among medical students: Relationship to their academic performance. *Medical teacher*. 2012; 34: S37–S41.
21. AlJarallah JS, Al-Rowais N. The pattern of medical errors and litigation against doctors in Saudi Arabia. *J of FAM and Comm Med* 2013; 20 (2): 98-105.
22. Abdulghani HM, AlRowais NA, Alhaqwi AI, Alrasheedi A, Al-Zahir M, Al-Madani A, Al-Eissa A, Al-Hakmi B, Takroni R and Ahmad F. Cigarette smoking among female students in five medical and non-medical colleges. *Int J Gen Med*. 2013; (6): 719-27.
23. Gad A, Al-Faris E, AlRowais N, Al-Rukban M. Use of complementary and alternative medicine for children. A parents' perspective. *Comp. Therap in Med*. 2013: (21): 496-500
24. Abdulghani M, Irshad M, Al-Zanaitan MA, Al-Sulihem AA, Al-Dehaim MA, Al-Esefir WA, AlRabiah AM, Kamoshki RN,

- Al-Rowais NA, Sebiany A and Haque S. Prevalence of stress in junior doctors during their internship training: a cross-sectional study of three Saudi Medical Colleges' hospitals. J of Neuropsychiatric disease and treatment. 2014; 10: 1-8.
25. Al-Rowais NA. Glycemic control in diabetic patients in King Khalid University Hospital (KKUH) Riyadh – Saudi Arabia. Saudi Pharm. J, 2014; 22 (3): 203-6.
 26. Abdulghani HM, Ahmed F, Irshad M, Khalid MS, AlShaikh GK, Syed S, Aldrees AA, AlRowais N and Haque S. Faculty development programs improve the quality of multiple choice questions items' writing, Sci rep. 04/2015 Apr 1; 5: 9556. Doi: 10.1038/Srep 09556.
 27. ALMomen RK, Abdelhay O, ALRowais NA, ELsaid T. Evaluation of patient with chronic disease using patient assessment of chronic illness care questionnaire (PACIC) in Riyadh KSA .International Journal of Current advanced Research ,2015; 4 (9):378_81.
 28. ALYousefi N, Jarallah J,ALRowais N .Case- based teaching of ethics :ethical challenges raised by undergraduate medical students during a bioethics course (what students bring to the classroom).creative education,2016;7(1):86-92.
 29. ALyousefi N, AL qarni F, ALqarni B, ALmutairi M, ALmazroa S, ALShehri Y, ALrowais N. Association of weight misperception with weight loss attitudes , behaviors and psychological distress in Saudi adult population. Biomedical Research, 2017 ; 28 (6) :2786-95.
 30. ALrowais N, ALyousefi N. The prevalence extent of Complementary and Alternative Medicine (CAM) use among Saudis . Saudi pharm. J ,2017 ; 25 :306-18 .