President of the Irish Nurses and Midwives Organisation (INMO) visits RCSI Bahrain

Ms Claire Mahon, President of the Irish Nurses and Midwives Organization (INMO), visited RCSI Bahrain on 30th September. INMO is a professional body representing 40,000 nurses in Ireland, it also offers a Professional Development Centre as a dedicated education and research hub for nurses and midwives, offering access to professional networks, educational programmes, conferences, library services and focused research for nurses and midwives.

Ms Mahon was welcomed to the university by Professor Sameer Otoom - RCSI Bahrain President; Professor Joe McMenamin - Vice President for Academic Affairs; and Professor Seamus Cowman - Head of School of Nursing & Midwifery.

Professor Cowman provided an overview of the establishment and current activities of the University as well as an outline of the current education and research activities of the School of Nursing & Midwifery. A presentation was made to the President of the INMO by Professor Otoom.

Irish Delegation Visits RCSI Bahrain

A VIP delegation from the Royal College of Physicians of Ireland (RCPI), the College of Anaesthetists, and the Irish College for General Practitioners, visited RCSI Bahrain on Tuesday 20th October. The delegations discussed with RCSI Bahrain’s President, Professor Sameer Otoom, and senior management, the opportunities of collaboration and joint activities. Plans to deliver courses and run membership examinations for these colleges in RCSI Bahrain were proposed.

RCSI Bahrain agreed with RCPI to transmit its CME lectures to RCSI Bahrain staff and students through a VC link. The delegations had a tour in the campus and were impressed with the different developments the university has achieved since its establishment.

The delegation included Dr Len O’Hagan - RCPI CEO; Dr Kevin Carson - College of Anaesthetists of Ireland President; Mr Fintan Foy - College of Anaesthetists of Ireland CEO; Mr Kieran Ryan - Irish College of General Practitioners CEO; Dr Tony Cox - Irish College of General Practitioners Immediate Past President.

New Online Registration System for RCSI Bahrain

A new online registration facility at RCSI Bahrain, allows students to register themselves online rather than having to go to the university and get forms stamped by a number of departments. Launched in June, over 30 students used the online facility to register within the first hour.

Once students pass their exams and have paid the required fees (or are sponsored), they can log on to the online registration system. This facility allows users to confirm or update their personal details and register. A feature of the online facility is the requirement to read and accept the Student Code of Conduct, which is updated each year.

The successful collaboration between the Student Records & Regulations department, the IT Business Analyst, the Finance/Student Fees department and the IT department brought this facility to completion. Thanks is also due to RCSI Dublin Student Records & Regulations, the Finance department and Quercus support in Bahrain and Ireland for the assistance they provided in completing the online registration facility.
Newly Published Cochrane Review

Professor Seamus Cowman, together with colleagues from the National University of Ireland (NUI) and the University of Maastricht, has published a new Cochrane Review on Debridement for Venous Leg Ulcers. Reference: Gethin G, Cowman S, Kolbach DN. Debridement for venous leg ulcers. Cochrane Database of Systematic Reviews 2015, Issue 9. Art. No.: CD008599. DOI: 10.1002/14651858.CD008599.pub2.

This is Professor Cowman’s third published Cochrane Review.

New President for Rufaida Honor Nursing Society

Professor Seamus Cowman has replaced Dr Catherine O’Neill as the President of the Rufaida Honor Nursing Society. For two years, Professor Cowman has been Vice President of the society and is also a member of the Lancet Commission on Nursing in the UK and an Associate Editor of the journal, Nursing Open.

RCSI Bahrain signs a Memorandum of Understanding with Ebtikar Association

RCSI Bahrain signed a Memorandum of Understanding (MoU) with Ebtikar Association earlier this month. The MoU was signed by Professor Sameer Otoom, RCSI Bahrain’s President, and Mr Osama Al-Khaja, Founder and President of Ebtikar Association.

This collaboration aims to develop training and outreach programmes to improve creativity and innovation skills in health care and medical technology. It also aims to create joint projects for the development of innovation and entrepreneurship in the field.

On this occasion, Mr Osama Al Khaja, commented: “The development of innovation skills is no longer a luxury, but rather a need. Continuous development in human societies is the foundation for social and economic development. In today’s highly competitive market, innovation creates competitive advantages and excellent job opportunities”.

He added “A forecast by McKinsey & Company indicates that the number of medical care and health services projects in the Middle East and North Africa is constantly increasing and requires investments amounting to more than $ 125 billion until 2025, leading to an increased demand for medical and healthcare technologies in various disciplines”.

Commenting on the collaboration, Professor Sameer Otoom said: “This agreement is a translation of the strategies of the Higher Education Council in Bahrain, which encourage and support innovation in education”. He added: “The University is committed to supporting initiatives that aim to promote innovation, creativity and entrepreneurship in Bahrain in the field of health care and medical technology”. He stressed the importance of collaborations with local societies and NGO’s to support innovation, and encourage and support young talent to contribute to the development of the knowledge economy in general.

Professor Otoom also praised the goals and initiatives of Ebtikar, and expressed his pride in RCSI Bahrain’s collaboration with the Association.

The Ebtikar Association is the first of its kind in Bahrain and seeks through local, and regional and international networks to develop a specialised platform for supporting an innovation led community. The Association seeks to mobilise resources, apply the best practices and to be a leader of innovation.
Higher Education Academy Workshop

The Higher Education Academy’s annual meeting was a two-day workshop held in the UK on 10th-11th June. Professor Fiza Rashid-Doubell, Dr Ghufran Jassim, Ms Rabab Al Muqahwi and Ms Sireen Al Aradi attended the workshop.

The aim of the workshop was for attendees to examine whether their students have employability activities embedded into their curriculum and what the institution is doing to enhance these.

The four-stage framework was developed by presenters, who were representatives of the Higher Education Academy (HEA). The first stage focused on employability and preparing students for the job market. Participants discussed components required for students to be employable such as skills, attitudes, behaviour and the idea that institutions should move away from focusing entirely on final grades.

Several models of employability were also discussed such as the Dacre Pool and Sewer (2007) model, which can be used to explain the concept of employability to individuals who are new to the field. Institutions have used this model as a tool to evaluate employability and to support the development of employability strategy and process.

On the first day of the workshop, the HEA framework was central to the presenters’ discussion. The purpose of the framework is to produce a systematic, unified approach at an institutional level.

The second stage of the workshop involved mapping the identified traits onto the current activities of their institution’s programme. This raised the awareness of faculty in how to identify employability characteristics such as teamwork and leadership.

On the second day, participants focused on key case studies from Northumbria and Aston Universities. Stage three, focused on how to identify gaps in activities and how to address these. Stage four was about evaluation and how short, medium and long-term key performance indicators should be developed to assess a plan.

School of Nursing & Midwifery Ebooks Project

A strategic decision was made by the School of Nursing and Midwifery in 2014/15 to provide incoming students with ebooks instead of hard copies of books.

Through the collaboration of ebook supplier VitalSource, the University’s Learning Resource Centre (LRC) and the School of Nursing & Midwifery, good progress has been made in encouraging students to use ebooks to support their learning.

The University’s Research Ethics Committee and students have approved the establishment of a project to compare students’ learning through ebooks and traditional hard copies of books.

The provision of ebooks for the new 2015/16 student intake is underway and a series of workshops has been arranged to train staff and students.

Dr Hana Kadhom participates in the 3rd Indo Global International Conference

Dr Hana Kadhom was invited to be a key speaker at the 3rd Indo Global International Conference in New Delhi, India, from 5th – 8th October. She presented a research paper entitled, “Knowledge of HPV infection and awareness of risk factors for cervical cancer among university students in Bahrain”. Dr Hana was also one of the conference’s organising committee members for the duration of the three day event.
RCSI Bahrain Lecturer Presents at 2015 Education Conference in USA

Ms Catherine Abouzaid, Lecturer in Nursing and acting coordinator of RCSI Bahrain’s Simulation Laboratory, presented a research paper at the 2015 International Education Conference in New York City, which ran from August 2nd to 6th. Catherine’s research paper ‘Action research for change: implementation of case-based learning’ was a qualitative study which she presented to undergraduate nursing students.

The conference, which covered business and education innovations was arranged by the Clute Institute.

Catherine presented her published study to a wide range of educators from countries including Australia, Bangladesh, Nigeria, Saudi Arabia, Bahrain, America, Canada, UK, New Zealand and France.

“It was great being able to represent RCSI Bahrain at this prestigious and very informative conference,” said Catherine. “Education here in Bahrain is moving forward and being able to share my experiences with others was very beneficial.”

RCSI Bahrain participants at inaugural International Care Ethics (ICE) Observatory Conference in the UK

Dr Catherine O’Neill and Ms Maryam Yaqoob from RCSI Bahrain and Dr Carla O’Neill from Dublin City University (DCU) presented their combined research at the first International Care Ethics (ICE) Observatory 2015 Conference and the 16th Nursing Ethics Conference at the University of Surrey, Guildford, UK on 17th – 18th July.

The theme of the ICE conference was The Future of Ethics in Care. Among other leading international experts in nursing ethics, bioethics and philosophy from Italy, Brazil, Japan, England, Turkey, Ireland, Scotland, Finland, Norway, Germany, Sweden, Cyprus, Canada, Netherlands, Switzerland, Bulgaria, India, Belgium and Taiwan, Dr Catherine, Maryam and Dr Carla presented their research called “Death avoidance talk: nurses’ care practices around dying and death in ICUs in Bahrain – a grounded theory approach”.

More than 80 presentations were scheduled throughout the two-day conference, which opened with a presentation by Professor Joan Toronto, Political Science Department, University of Minnesota. The keynote message was “Making the marginal central: care ethics and relational thinking”, which generated a lot of discussion in the formal debate, facilitated by Associate Professor Joan McCarthy, School of Nursing & Midwifery, University College Cork (UCC).

Topics presented and discussed during the concurrent sessions included dignity in care, moral distress, ethics and issues related to aging, philosophical aspects of care, clinical ethics, research ethics and professionalism.

RCSI Bahrain delegation presents to the Association of Medical Educators in Glasgow, Scotland

Two of RCSI Bahrain’s faculty presented research conducted by RCSI Bahrain at the Association of Medical Educators in Europe (AMEE) Conference in Glasgow, Scotland. This well-attended conference attracted more than 3,500 delegates from around the world, including several colleagues from the Health Profession Education Centre (HPEC) at RCSI Dublin.

Dr Kathryn Strachan gave a short presentation at the curriculum evaluation session, entitled “Satisfaction of the graduates from RCSI Bahrain: feasibility and psychometric analysis for the graduate survey”.

Professor Fiza Rashid-Doubell also gave a short presentation at the Mobile Learning Session called “Exploring the challenges of using mobile devices in the clinical setting through Interpretative Phenomenological Analysis”. Both presentations were well attended and enjoyed by their audiences.

Professor Davinder Sandhu and Mr Fadi Ghosen also attended the AMEE conference.
Dr Ghufran Jassim completes GCSRT for Harvard University

Dr Ghufran Jassim, Senior Lecturer in Family Medicine has completed the Harvard Medical School Global Clinical Scholars Research Training (GCSRT) Program in Boston Massachusetts. The programme provides clinicians with advanced training in methods and conduct of clinical research.

The “blended-learning” approach to this one-year programme – in which part of traditional face-to-face instruction is replaced with web-based online learning – enables clinician scientists around the world to participate.

The programme curriculum consists of approximately 85 lectures, including nine foundation courses, the option to choose a concentration (advanced epidemiology or clinical trials) and a choice of one of three electives: Drug Development, Secondary Analysis, or Survey Design.

Lectures are supported by interactive webinars and face-to-face workshops. Throughout the programme, scholars are expected to develop and submit a research proposal.

Having completed the programme, Dr Ghufran has become an Associate Member of the Harvard Medical School and Harvard University Alumni Association.

RCSI Bahrain Contributions to Cambridge Scholar Publication

Dr Aneta Hayes and Ms Amal Al-Gallaf from RCSI Bahrain have contributed to a Cambridge Scholar publication, ‘Innovations in Technology Enhanced Learning’, edited by Dr Anton Ravindran and Professor Liz Bacon. The publication is a collection of state-of-the-art research papers which examine innovations in the area of technology-enhanced learning in adult education.

Input for the 12-chapter publication lends a truly international perspective to the field, having been sourced from ten geographically dispersed countries: USA, Spain, Portugal, UK, Bahrain, Saudi Arabia, Malaysia, Singapore, Iran and Australia.

Chapter 12, ‘Monitoring students’ engagement with an online course: reflections and implications for practice’ explores professional literature on improving learning with technology which recognises that developing, integrating and delivering e-learning modules in higher education improves learning.

It can also improve the ways in which a University works and contributes to the development of better student skills. However, the literature also recognises that students cannot be expected to acquire sufficient levels of technological, self-learning and interactive skills on their own, especially when they have previously been educated in more traditional models.

Hence, current research in this area calls for incorporating ways of online teaching that ensure students’ development and enable lecturers to monitor learner progress, which can result in productive options for using online courses.

The authors of this chapter introduced a specifically designed monitoring system in a digitally enhanced module (Modern History of Bahrain) at RCSI Bahrain.

The design of specific learning objects and monitoring tools that are used in this module are explained and discussed as to how these enable university lecturers to collect evidence of student activity, learning and progress.

This chapter demonstrates how using web-based learning management systems such as SCORM/AICC can help track details of student activity in a particular module by providing accounts of students’ visits to each lecture in that module; by revealing attempts made to study each lecture; the overall time a student spends on studying a lecture and whether or not the module has been successfully completed.

Special attention is also given to an additional feature of the course which integrates multiple Test Yourself Activities that have been found in literature, not only to challenge the students’ abilities and thinking skills, but also to test their knowledge and demonstrate how well they have learnt the subject matter before an official exam.

Finally, this chapter highlights the importance of forums in monitoring students’ progress and explores how the process of monitoring can be enhanced by the presence of an instructor, restricting course access and using checklists.

It is hoped that presenting these monitoring and learning objects in this chapter will contribute to building online systems that direct the academic focus towards the metacognitive development of students, rather than creating activities with little educational value for which online learning is often criticised.

The concluding remarks highlight the importance of accounting for the contexts of students and universities before making decisions about specific monitoring tools.
Professional Development Unit 2014/15 Funding Overview

The Professional Development Unit (PDU) was established in RCSI Bahrain a year ago. As the financial year AY2014/2015 has come to a close, we have reviewed the funds awarded to staff during the year in support of their professional and personal development.

The infographics below illustrates that 211 staff (65% female) were funded to participate in a variety of learning and development activities including conference presentation and training sessions to further their education.

Sixteen staff participated in and presented their research at international conferences, including seven staff in the United Kingdom, two staff in both the United States and Turkey.

The Student Academic & Regulatory Affairs (SARA) Department received funding for 32 staff, and a further 31 staff were funded from the School of Nursing & Midwifery. The School of Medicine and the Estates Department received funding for 25 staff from each department respectively.

The PDU secured Ministry of Labour funding for 83 Bahraini staff and funding for another 83 staff was provided by RCSI Bahrain. RCSI Dublin provided funding for the training of 45 staff.

PROFESSIONAL DEVELOPMENT UNIT FUNDING 2014/2015
SAGE Research Methods Workshop

On 13th August, Dr Bindu Nair from the Library & Learning Resource Centre (LRC) organised a training workshop on how to use SAGE Research Methods – a research methods tool created to help researchers, faculty and students with their research projects. SAGE Research Methods links more than 175,000 pages of SAGE’s renowned book, journal and reference content with advanced search and discovery tools.

Researchers can explore methods and concepts to help them design research projects, understand particular methods, identify a new method, conduct research and write up their findings. Since SAGE Research Methods focuses on methodology rather than disciplines, it can be used across the social and health sciences among others.

New Halls of Residence

With the start of the 2015/2016 academic year, RCSI Bahrain opened new Halls of Residence to accommodate international students.

Located about three minutes’ walk from the main gates of the campus, the brand new 20-apartment building is exclusively for RCSI Bahrain students.

Each apartment comprises of two bedrooms – one of which is ensuite – a separate bathroom and a large, shared, open-plan kitchen/dining/lounge area. The fully-furnished units are inclusive of electricity and water charges, wifi, 24-hour security and weekly cleaning. To date, 90 per cent of the apartments have been occupied.

Dr Maryam Al-Aradi was appointed housemaster of the residence and will have a degree of responsibility for the support of its occupants, including disciplinary matters, compliance with health and safety regulations and the operations of cleaning and security staff.

Mr Stephen Harrison-Mirfield, RCSI Bahrain’s Chief Operating Officer commented, “It has long been the intention of RCSI Bahrain to acquire its own accommodation to offer international students. The University currently hosts students from around 35 different countries, to whom the opening of the new halls of residence came as great news.”

These facilities were welcomed by our students in RCSI Bahrain and thanks for this go to Student Services Department and Mohammed Abdulla and Sinead Harrington from the Estates & Support Services Department.
On 30th August, the 2015/2016 academic year kicked off with Orientation Week, as 300 new students joining the University arrived on campus for the annual orientation programme.

After being introduced to their respective buddy groups, the students received a series of inductions and presentations from departments including the Centre for Student Success, Health and Safety, Information and Communication Technology (ICT), Student Council and the Sports & Recreation Centre (SRC) team.

A new feature of the Orientation programme this year was the Open Day event on 3rd September, which featured locally-based service providers including Viva, Patrick York Insurance, Bahrain Finance Company, HouseMe, Ahli United Bank and Euromotors, who were on site to introduce new students to their various products.

As usual, Orientation Week closed with the Traditional Welcome Mixer in the atrium, at which the new cohort was treated to a taste of Bahraini food and music while mixing with fellow students.

After such a successful Clubs and Societies Fair, it wasn't long before the next big event on the calendar. The annual Homecoming returned to its traditional slot on 17th September.

The Sports & Recreation Centre (SRC) was transformed into something resembling a hay barn for the event, as students went all out Wild West with a specially-themed menu, photo booth, decorations, games and even a mechanical bull.

Special guest DJ Ollie put his unique spin on things with an eclectic mix of music to fit in with the theme and the best-dressed efforts were duly rewarded.
Kuwaiti Cultural Attaché Meets Students

On 21st September, the Kuwaiti Society at RCSI Bahrain organised the second annual meeting between Kuwaiti students and the Kuwaiti Cultural Attaché in the Kingdom of Bahrain. This annual meeting aims to present students with important guidelines and to outline their rights and obligations as part of their scholarships.

During the meeting, current students shared their experiences with the new students and provided them with advice on various aspects, including academia and social life in Bahrain. Dr Abdulla Alkandari, head of the Kuwaiti Cultural Office thanked RCSI Bahrain students and staff for facilitating the meeting and expressed his appreciation of the University’s continuous collaboration with the Attaché.

Clubs and Societies Fair

A record number of more than 30 student clubs and societies took part at the annual Clubs and Societies Fair on 8th September. Several hundred students showed their support for the event, which created a great buzz throughout the main building.

Taking pride of place alongside some of the University’s longest-standing clubs and societies were a variety of new and returning groups such as the Fashion Society, the Jordanian Society, the Diving and Marine Conservation Society and the Volleyball Club.

If the energy and efforts made on the night are anything to go by, students can look forward to a busy year ahead.
Dr Hussain Nasaif Publishes Two Articles

Dr Hussain Nasaif, Lecturer in Nursing has recently published two articles with graduates from RCSI Bahrain’s MSc nursing programme.

The first article entitled “The relationship of participation in shared governance to work satisfaction among cardiovascular nurses working in a tertiary hospital in Saudi Arabia”, was conducted in collaboration with Mr Nasser Husain, MSc nursing student at RCSI Bahrain, from King Faisal Specialist Hospital in Saudi Arabia.

The second article was in collaboration with Ms Shafeeqa Yaqoob, from Salmaniya Medical Complex, on “Nurses’ knowledge and attitudes toward pain assessment and management for adult sickle cell disease patients during sickling crisis”.

Appointment at Trinity College Dublin

Dr Khalifa Elmusharaf, Lecturer in Epidemiology & Public Health at RCSI Bahrain, has been appointed Adjunct Assistant Professor in Global Health at Trinity College Dublin (TCD).

We would like to congratulate Dr Khalifa on this accomplishment, which will provide more opportunities for research collaboration with establishments in Ireland.

Academic Promotions Process Achievement

As part of the 2014 Academic Promotions Process, RCSI Bahrain is delighted to announce that Dr Fiza Rashid Doubell has been promoted to Associate Professor of Physiology, effective from 1st October, 2015. Since Dr Fiza joined RCSI Bahrain nearly four years ago, she has been passionate about teaching and research and we would like to congratulate her on this major achievement.

Diabetes Mobile Unit Expands Education Training

The Mobile Diabetes Unit (MDU) operated by the RCSI Bahrain Community Engagement Office, is now in its fourth year of operation. Operating under the MoU between RCSI Bahrain and the Bahrain Diabetes Society, in accordance with the MoU, signed by the Bahrain Diabetes Society, the MDU continued its educational sessions with a ‘Train the Trainer’ event on 7th October.

With support from the University’s School of Nursing & Midwifery, the ‘Train the Trainer’ event was run by N4 students introducing the newly recruited N3 students to a variety of tools used through the Mobile Unit’s school visits to educate primary school students. The MDU has, to date, educated 2,222 primary school-aged children in Bahrain on the importance of a healthy lifestyle in conjunction with the Move With Us programme.

During this current semester, from 29th October, the MDU will visit 10 more primary schools.

The N4 students supporting the Train the Trainer Programme included: Ahmed Farhan, Alia Alamoodi, Esraa Abdulnabi, Fatema Al Meghletani, Fatema Olaiwi, Fatema Sultan, Fawzeya Mothanan, Ghadeer Ashoor, Manpreet Kaur and Mariam Hajab Zainab M Ali


Support staff: Ali Ebrahim, Danah Smith, Julie Sprakel, Khadija Matrook and Dr Maryam Al-Aradi

Coffee and PhD Event

Earlier this month, the PhD Reports Group held their first meeting in the School of Postgraduate Studies and Research. They met to share their research topics and progress to date in an informal atmosphere with coffee and cakes.

Discussions centred on what the PhD group would like to achieve from the meetings and outcomes including sharing and supporting progress; brainstorming sticking points; practising a ‘viva’ (an oral examination for doctoral degrees); scientific writing; training in Nvivo software, (SPSS), general statistics and Endnote; proofreading help and brainstorming collaborative research projects.
Congratulations Majeed!

Many of us tend to look outside for inspiration, however, sometimes inspiration can be found in our own environment. One person who did just that is Majeed AbuAqlain. In 2010, he joined RCSI Bahrain as a maintenance technician. He was not fortunate enough to complete his schooling and instead worked for a living from a young age.

Majeed has a huge passion for learning and developing and after years of dedicated work, he completed his schooling in 2014. Since then he has been taking many language courses to improve his English proficiency to university level. The PDU has now been able to secure Ministry of Labour funding for Majeed to embark on his university studies.

President of RCSI Bahrain, Professor Sameer Otoom, met with Majeed to congratulate him on his achievement and said “RCSI Bahrain strives to make a difference to the community and Majeed is a great testament of someone with self-determination to achieve his goals. I am sure you all join me in wishing him every success with his new endeavour.”

Dr Kathryn Strachan, Head of Quality Enhancement, said “It is a privilege to be able to facilitate and support staff in realising their potential through the Professional Development Unit.”

RCSI Bahrain supports Women’s Crisis Care International

As part of its Community Engagement Programme, RCSI Bahrain initiated a collaborative partnership with Women Crisis Care International (WCCI).

WCCI is a global centre that provides violence crisis response and training services for the development and implementation of crisis response programmes, as well as community education programmes, by sharing its expertise in women’s care with hospitals, medical groups and community organisations.

As a first step towards this collaboration, RCSI Bahrain presented WCCI Founder and Director, Ms Mary-Justine Todd, with a financial donation to support the centre’s efforts.

In future stages, RCSI Bahrain will support WCCI’s women’s crisis counselling in Bahrain by engaging the University’s staff and students as volunteers in the centre’s training sessions.

Ms Julie Sprakle, Head of Community Engagement at RCSI Bahrain, said, “The decision to come on board was due to WCCI’s commitment to the community and because it has established forums for education on issues relevant to the community. This is similar to the role of RCSI Bahrain’s Community Engagement Office. Establishing a link and donating to WCCI programmes shows our commitment, not just to education but to our noble vision.

We hope that this first step will see further collaborations which will ensure we can offer both staff and students opportunities to support the local community.”

Mary-Justine Todd added: “WCCI would like to express sincere gratitude for the donation from RCSI Bahrain to our work with survivors of violence in Bahrain. This collaboration is an indication of how the University values women’s protection and women’s health so significantly and WCCI is honoured to be collaborating with RCSI Bahrain in that regard.”

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Community Engagement Office Supports BAPCO

RCSI Bahrain Community Engagement Office (CEO) was once again asked to support Bahrain Petroleum Company, BAPCO’s 2015 Environment, Health & Safety (EHS) Week, 4th - 10th October, with an event at the Bahrain International Circuit on 10th October.

Despite extreme weather conditions and large crowds, 17 RCSI Bahrain Community Engagement volunteers from both undergraduate schools supported the event. Working well as a team, they provided 164 volunteer hours to the event. This was the CEO’s first externally supported event and special thanks goes to Ms Catherine Abouzaid, Adel Al Bozom, Ali Alhussain, Dana Ebrahim Al Mahmood, Mohammed Isa Jawhar, Moahmed Alreef, Mawada Alnoor, Nazish Ghazi, Bushra Urooj Ahmed, Anjali Nair, Ayesha Barkat Hussain Saeedalamdim, Esraa Abdulla Mohamed, Fawzya Mothana, Waad Ahmed Abdulla, Noor Mohammed Albusmait, Shooq Husain Isa Abdull, Fatema Almeghletani and Samreen Afroz.
New Partnership with Tekkers Football Academy

A new collaboration between RCSI Bahrain and Tekkers Football Academy, Bahrain marks a milestone for the University and supports the social, personal and health benefits that sport brings to students and children in local communities.

The academy caters for boys and girls, aged 4–16 years, as well as providing top level coaching to the RCSI Bahrain Senior Football teams.

Another benefit of this partnership is that the children of all RCSI staff and students are eligible for a 20% discount.

This new venture will not hinder the existing sports programmes and schedules at RCSI Bahrain, and indeed will make great use of the on-campus football pitch at off-peak times. The academy will run in RCSI Bahrain everyday except Mondays and during holidays.

Calories & Carbs

Can lack of sleep affect weight loss?

While many people have wanted to, or tried to lose a few pounds at some stage, it can be a constant struggle. It is common knowledge that a healthy, balanced diet combined with exercise are crucial factors in losing weight, however have you considered that your sleep pattern might affect your ability to lose weight?

Take a look at your sleep pattern. Do you sleep well? Or do you find yourself struggling to get five or six hours of sleep at night?

Most research findings support the claim that the duration of sleep has a direct effect on weight gain.

We all have an internal 24-hour “clock” (circadian rhythm). This plays a critical role in when we sleep and when we wake up. Factors including hormones, exposure to light and dark and closing our eyes to block out visual stimulation can all disturb the natural circadian rhythm.

Sleeping less than four hours a night on a regular basis has been shown to have a negative effect on weight loss. Two hormone imbalances in particular, caused by a lack of sleep, play a role in weight gain:

- Leptin - This hormone is made by the body’s fat cells that help to inhibit hunger. When you don’t get enough sleep, your leptin is lowered therefore it cannot do its job of preventing the feeling of hunger.
- Ghrelin. This hormone, which is made and released mainly in the stomach, stimulates appetite. Lack of sleep leads to an increase in ghrelin, causing food intake to increase as a result. High levels of ghrelin also promote fat storage.

How to fix your sleeping pattern:
- Cut out caffeine after 1pm or 2pm. Limit your daily coffee intake to 2-3 regular cups.
- Keep a sleep diary. People know how beneficial it is to track your food when you are trying to lose weight, and it’s exactly the same with sleep.

In the same way that it’s beneficial to track your food when you’re trying to lose weight, a sleep diary is also very useful to keep track of a poor sleep pattern, so you can figure out what caused it. Were you particularly stressed that day? Did you have too much caffeine? Did you eat something you wouldn’t usually eat late at night?
- Keep your bedroom dark.
- Switch off any mobile phones, TVs and screens at least 30 minutes before sleep. Instead, have a bath, read a book or stretch.
- Exercise. Going for a walk in the evening or any type of training can help your body prepare for sleep.

For any further information or questions, contact us at the Sports & Recreation Centre (SRC)

For more information about sports hall timings, joining teams, workout schedules and exercise routines, please email the SRC team at src@rcsi-mub.com or follow us on Instagram: @RCSI_SRC #SRCSI #caloriesandcarbs

RCSI Bahrain would like to thank our sponsors Euromotors, DHL, RCSI Travel and partners, and Tekkers Football Academy for their continued support in improving the SRC facility.