

CURRICULUM VITAE

Personal Data;

Name: Houaida Anas El Wogoud Helal
Date & place of birth: 15/3/1971- Alexandria - Egypt
Nationality: Egyptian
Marital status: Married and have 2 children
Religion: Moslem

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Educational Qualifications;

- B.Sc Nursing (**Excellent**), Higher Institute of Nursing, Alexandria University, Egypt, 1992.
- M.Sc Community Health Nursing (**Excellent**), Faculty of Nursing, Alexandria University, Egypt, 1999.
Master thesis: " Assessment of safety measures adopted in the mechanical technical schools in Alexandria"
- PHD Community Health Nursing- Faculty of Nursing, Alexandria University, Egypt, 2006.
PHD thesis: "Safety promotion in primary schools in Alexandria"

Academic Position and professional Experience:

- 1993-1996 : **Clinical instructor**, Community Health Nursing Department. Higher Institute of Nursing, Alexandria University, Egypt
- 1996-1999:**Demonstrator**, Community Health Nursing Department. Higher Institute of Nursing, Alexandria University, Egypt.
- 1999-2006 : **Lecturer**, Community Health Nursing Department. Faculty of Nursing, Alexandria University, Egypt.
- 2006-2010: **Assistant Professor, Community Health Nursing**

Department. Faculty of Nursing, Alexandria University, Egypt.

- 2012: Promoted as Associate Professor, Community Health Nursing Department. Faculty of Nursing, Alexandria University, Egypt.
- 3 September 2010- June 2019: **Assistant Professor, Community Health Nursing**, Nursing Department. College of Nursing, Jeddah, King Saud Bin Abdul Aziz University for Health Sciences.
- Chairperson of nursing department. College of Nursing, Jeddah, King Saud Bin Abdul Aziz University for Health Sciences till 2019.
- 2019 Promoted as Professor Community Health Nursing Department. Faculty of Nursing, Alexandria University, Egypt.
- Head of community health nursing department Faculty of Nursing, Alexandria University, March 2020 till now

Computer skills:

- Attained training course in analyzing qualitative research (focus group) using DT search program 2000.
- Attained training courses for utilizing SPSS program in medical statistics 11-16/10/2003—12/2009 till 1/2010.
- Attained all modules of ICTP (Information and communication Technology Project) held by the Alexandria University Feb 2007.
- Passed the International Computer Driving License (ICDL)2007 from the European Computer Driving License Foundation and supported from UNESCO

PROFESSIONAL AND SCIENTIFIC ACTIVITIES:

A-Research Projects

- Participated as a data collector and qualitative researcher in the development of approaches to community based family planning outreach in Egypt. Assessment of Raedat Rifeat programs from 1994- 1995

funded by the national and international population council.

- Participated in planning Nursing School Curriculum Development for Essential Maternal and Child health care as a part of the Competency Based skills in Nursing Education for mothers and Neonate organized by the ministry of health and population, the faculty of Nursing and John Snow Inc. in Alexandria in 1999.
- Participated in Curriculum Development of Secondary Nursing Schools as a part of Healthy mother/ healthy child Project and Competency based curriculum in 2000.
- Participated in a training program for African Nurses about " Primary Health Care' in collaboration with NORD (Norwegian Agency for development cooperation)and EFTCA (Egyptian fund for technical cooperation with Africa) and the Faculty of Nursing Alexandria University in 2000 and 2002.
- Involved in independent monitoring of polio campaign in Egypt in National polio eradication program, in collaboration with WHO from 2002-2006.
- Participated in the implementation the "Family Health Nurse" training program for nurses working at family health units/ centers affiliated to Ministry of Health and population as a joint collaboration between MOHP, Integrated Development Consultation (IDC), Faculty of Nursing Cairo University, Northern Ireland Center for health care development (NICARE) during the period from April to September 2006.
- Participated and organized the training program for African nurses from Gabon (in French) "The development of Nursing Competence skills " in March 2007 in collaboration with Egyptian fund for technical cooperation with Africa and the Faculty of Nursing Alexandria University.
- Participated as a member in the implementation team in the

Continuous Improvement and Accreditation project (CIQAP) at the Faculty of Nursing, Alexandria University in 2008 and till 2010.

B-Teaching activities in the faculty of nursing Alexandria University:

• *On the Undergraduate Level:*

- Introduction to Community Health Nursing to 3rd year students at Faculty of Nursing, Alexandria University.
- Community Health Nursing (theoretical and clinical) for 4th year students at Faculty of Nursing Alexandria University.
- Environmental health course (elective course) for undergraduate students at Faculty of Nursing, Alexandria University.

• *On the graduate Level:*

- Clinical supervision of community health nursing master students
- Maternal Child Health course for master students in Maternity and Gynecological Nursing Department,
- Public health methods for diploma students at The Higher Public Health Institute, Alexandria University 2008-2009.
- Public health ethics for doctoral students at The Higher Public Health Institute, Alexandria University 2009-2010.
- **B-Teaching activities in the college of nursing, King Saud Bin Abdul Aziz University for Health Sciences.**
- Community health nursing and health education course
- Seminars in life style of chronic diseases patients course
- Family health and child protection course.

Professional Organization Membership:

- Egyptian Nurses Association since 1993.
- League of the High Institutes of Nursing Graduates, Alexandria , Egypt since 1993.

-Member of the implementation team quality assurance unit in the faculty of nursing since 2006

Thesis Supervision:

- Impact of type 1 Diabetes Mellitus on quality of life among school children in El Behera Governorate. Master thesis.
- Breast cancer preventive practices among female employees in El Mansoura University. Master thesis.
- Comparative study of preventive practices regarding Avian Flu among Rural inhabitants in El Beheira Governorate. PHD thesis.

Curriculum development

- Participated with faculty members of Community health nursing department in the development and description of first, third and fourth years community courses for undergraduate Nursing students
- Participated with faculty members of Community health nursing department in the development and description of environmental health, epidemiology, statistics courses for undergraduate Nursing students

Training Workshops :

A- Participation:

- in the following training programs for Egyptian nurses in Suzanne Mubarak center for women development in Alexandria:
 - Safe motherhood (January 2008)
 - Nutritional needs of women (March 2008)
- in the following training programs for African nurses in Suzanne Mubarak center for women development in Alexandria about safe motherhood (26/10- 7/11/2008)
- Training program for school nurses in the school health insurance in Alexandria (for 3 groups) August 2008.
- Training programs for Egyptian nurses organized by the ministry of health about (safety) in Cairo the National Institute for training at January and February 2009.

- Workshop of ' Application of National Academic Reference Standards (NARS) at the faculty of Nursing University of Alexandria on the 5th of March 2009.
- Training program for Egyptian nurses in Suzanne Mubarek center for women development "Health messages" April 2009.

B- Shared in the organization of the following:

- The first scientific meeting of the community health nursing department "family home care" November 2008.
- The First Scientific International Conference "health services between academic and field practice" April 2007 the Association of Faculties of Nursing Graduates.
- The 9th International Scientific Nursing Conference "Accreditation and Nursing" November 2007 Faculty of Nursing, Alexandria University.
- The 10th International Scientific Nursing Conference "Quality care nursing" November 2008 Faculty of Nursing, Alexandria University.
- The training workshop of "Curriculum Development" held at the Faculty of Nursing, Alexandria University on 18-19th June 2008.
- The training workshop of "Using Electronic Program for credit hours system" held at the Faculty of Nursing, Alexandria University on 23-24th August 2008.
- The training workshop of "preparing and writing examination questions" held at the faculty of nursing Alexandria University on 25,26th August 2008.

C- Attendance of the following:

- The Congress on Women's Health Issues "Women Toward A Better Quality Life", Alexandria, Egypt. Jun, 1998.
- The seventh International Nursing conference on

"Toward the Advancement of the nursing profession in the third millennium", Faculty of Nursing, Alexandria University, Egypt. November 2000.

- Attended in different programs related to Faculty and Leadership Development Project- Ministry of Higher Education-HEEP, 2005:

1. Professional ethics
2. Effective presentation
3. Scientific Research methodologies
4. Decision making and problem solving
5. Teaching with Technology

- Attended the workshop about Educational Environment on 7/11/2005 in the Faculty of Nursing, Alexandria University 2005.
- Training workshop about:" Educational strategies in skill lab" 14th February 2006.
- Attended the workshop about Team Building 22nd February 2007 in the Faculty of Nursing, Alexandria University.
- Attended the 1st Annual scientific meeting of Nursing Administration department faculty of nursing Alexandria University 2007.
- Attended the training workshops of 'Evidence based practice in nursing" 7,8th February 2007 in the Faculty of Nursing, Alexandria University.
- Attended the 1st Annual scientific meeting of Obstetric and Gynecologic Nursing department faculty of nursing Alexandria University 5th April 2007.
- Attended the 3rd Annual scientific meeting of Pediatric Nursing department faculty of nursing Alexandria University 29th April 2007.
- The 9th International Touring Education Workshop on The basic principles in education methodology for diabetes educators organized by The International Diabetes Federation (IDF) East Mediterranean and Middle East Region (EMME) Workshop on Professional Educational Methodology in Diabetes, August 2008.

- Workshop about Developing Academic Reference Standards for undergraduate nursing education program in the Faculty of nursing- Alexandria University-2008.
- Attended workshop about using Scantron scanner in electronic scoring exam in the faculty of nursing 19/4/2008.
- Attended the annual scientific meeting of the psychiatric nursing and mental health department under the theme of "Issues and Trends in psychiatric nursing" April 5th 2008.
- Attended the 2nd Annual scientific meeting of Nursing Administration department faculty of nursing Alexandria University 2008.
- Attended The training workshop organized by the national authority for quality assurance and accreditation of education , 1st July 2008.
- Attended the training workshop about "course evaluation and student clinical examination" on 30th June 2008 in the Faculty of Nursing, Alexandria University.
- Attended workshop in using unified computerized system for Alexandria university 15,16/2/2009.

Other activities

-Membership in the following Committees at Faculty of Nursing, Alexandria University:

- Student affairs committee
 - Quality assurance unit
 - Student academic counselor
- Academic Coordinator for fourth year students for statistics
Responsible for electronic coordination of secondary schools students 2006-2007, 2007-2008”
- coordinator and member of executive committee of the project “ evaluation system” Alexandria university
 - coordinator and member of executive committee of the project “e- learning”

Activities in the College of nursing Jeddah KSAU-HS from 2010

till now:

- member of the research committee
- member of the graduation ceremony committee
- Member of Student research unit.
- Member of the steering committee of the 1st International Conference on Nursing and Health Sciences.
- Member of quality assurance committee in CON-J.
- Member of the community service committee.
- Chairperson Taskforce Standard 5 NCAAA
- Member taskforce Standard 11 NCAAA
- Member of Home Health Care Curriculum Development at SCFHS

Attended workshops:

- Attending and presenting at the research day held by College of Nursing- Riyadh, King Saud Bin Abdulaziz University for Health Sciences on 16/5/2011.
- Attending the World Aids Day (light for rights) King Abdulaziz Medical City, Jeddah, on 1/12/2010.
- Attending the fourth world Diabetes Day Symposium on 6-7 December 2010 at King AbduElaziz Medical City, National Guard Health Affairs.
- Attending one day conference on "On the Move Against Tuberculosis" at King Abdulaziz Medical City, National Guard Health Affairs on 20/9/2011 .

- Attending the " Immunization &vaccination updates course" , Community &preventive medicine , 26/1/2011.
- Attending one day conference on "Blackboard System" at the College of Nursing, Jeddah, King Saud Bin Abdulaziz University for Health Sciences on February 2011.
- Attending 2 days' workshop on "Evidence Based Practice Workshop" at the College of Nursing, Jeddah, King Saud Bin Abdulaziz University for Health Sciences 10-11/4/2011.
- Attending the vaccination day program at 10th May 2011 in Andejani Hall National Guard Health Affairs
- Attending Health care and ethics in a multicultural setting. Organized by Biomedical Ethics Department, National Guard Health Affairs 30 Dec2012
- Attending Basic principles of biostatistics workshop, 27 March 2013 College of Nursing Jeddah
- Attending Introduction to statistical inference workshop 17 April 2013 College of Nursing Jeddah
- Attending Qualitative research , 24 March 2013 College of Nursing Jeddah
- - Attending Fundamentals of Biostatistics course 22-23/3/2015 KSAU-HS
- Attending FOCUS PDSA Workshop 18/1/2015 College of Nursing Jeddah
- Attending key performance indicator workshop 19/1/2015. College of Nursing Jeddah
- Presenter during workshop: Home health care and chronic diseases organized by the ministry of health 24-26/2/2015 in Madina, KSA. Participate on Evidence based practice nursing for nurses affiliated to Ministry of Health on November 2015.

Conferences, workshops 2015/2016

1. Participate in N95 respiratory Mask fit testing ((Training of Trainer (TOT) session on 5 October, 2015 organized by Infection prevention and control department in Western Region King Abdul-Aziz, Medical city ,Jeddah .As a trainer on 15/10/2015
2. Participate the Turn tin program training workshops on 28th of October 2015 held in King Saud Bin Abdul-Aziz University for Health Sciences-Jeddah

3. Attend 21th Hospital Ethics Seminar “Bulling at the workplace” on 2nd November 2015.
4. Contribute as an organizer in (student research process work shop) on 11-13 January 2016 organized by the students research committee .college of versing. Jeddah.
5. Attend ((Debriefing in clinical and simulated setting: Enhancing Effectiveness and Managing Challenges workshop)) on 10th January 2016 at college of nursing Jeddah.
6. Attend and participate in the ((Assessment and evaluation workshop)) on 21 January 2016 at College of nursing Jeddah.
7. Participating in the 2nd student research day as a supervisor and member of organizing committee , student research on 27th of January 2016 held in King Saud Bin Abdul-Aziz University for Health Sciences-Jeddah
8. Participate in TOT for home health nurses affiliated to Ministry of Health 19-21/4/2016.

2016/2017

1. Certificate of appreciation for attending and participation in the (ART AND SCIENCE OF TEST DEVELOPMENT AND ITEM ANALYSIS WORKSHOP) 01 February 2017
2. Certificate of appreciation In recognition of her exemplary service and outstanding efforts as member of the organizing committee for the (7th Graduation Ceremony of College of Nursing-Jeddah)
3. Certificate of appreciation In recognition of her valuable contribution as speaker in (Student Research process work shop) 29-31 Jan 2017
4. Certificate of appreciation In recognition of her valuable contribution in the campaign (STOP SMOKING AND ENJOY YOUR LIFE) 15 Dec 2016
5. Certificate for (Workshop on Qualitative Research Analysis) hold on 14 February 2017
6. Certificate for (Integrating Medical Improvisation and Techniques for Better Role-Playing and Teaching)hold on 02 April 2017
7. Has participated as a speaker in the Health Professions Conference which was held from the 23rd to 25th April 2017 At KSAU for health sciences, Jeddah.
8. Has participated as a reviewer in the Health Professions Conference which was held from the 23rd to 25th April 2017 At KSAU for health sciences conference center, Jeddah.

Community services activities:

- Conduct and participate in the awareness day of breast cancer in Bahra1 Secondary school 30\12\1437
- Conduct and participate in the awareness day of breast cancer in Bahra2 Secondary school 8\1\1437
- Conduct and participate in the awareness day about Corona Virus in Bahra2 Secondary school 8\1\1437
- Participate in world Diabetic day 2015 on Primary health care Bahra on 13-14 December 2015
- Participate on MERS-Cov awareness campaign 2015 on 17 September organized by Infection prevention and control department in Western Region King Abdul-Aziz , Medical city ,Jeddah .
- Conduct and participate in the awareness day of breast cancer in Primary Health care Bahra 22 November 2015
- Organize and participate in training about corona for the college housekeepers as a part of community service committee activities on 15\9\2015
- Organize and participate in training about corona for the college security staff as a part of community service committee activities
- Participate on breast cancer awareness campaign on October at the ACC building waiting area 2015 in Western Region King Abdul-Aziz , Medical city ,Jeddah .
- Conduct Flu immunization campaign in collaboration with the university staff clinic

Researches Publication:

1. Toama ZT, Mahmoud NM, **Helal HA**. Safety Measures in Mechanical Technical School Workshops in Alexandria. *Alexandria Journal of Pediatrics*, 2000; 14(1):31-9.
2. Aly HA, **Helal HA**. Nursing students' readiness for e-learning.
3. Abdel Ghany, N., **Helal, H.**, Mohamed, S. (2010). Quality Of Life of Diabetic School Students with Type 1 Diabetes Mellitus in EL Behira Governorate. *The New Egyptian Journal of Medicine*, 42(2)12-16.
4. Aly, F. A., Oueda, M.A., **Helal, H.A.** and Madian, AA. (2012). Study of avian flu preventive practices among home poultry breeders in rural Egypt. *World Applied Sciences Journal*, 17(8): 1009-1019.
5. Eswi, A., **Helal, H.**, Elarousy, W. (2012). Menstrual Attitude and Knowledge among Egyptian Female Adolescents. *Journal of American Science*, 8(6) 555-565.
6. Elarousy, W., **Helal, H.**, de Villiers, L. (2012). Child abuse and neglect: student nurses' knowledge and attitudes, *Journal of American*

Science, 8(7) 665-674

7. **Helal, H.**, Elarousy, W. (2011). Menstrual related disorders among adolescent girls and its association with body mass index and school absenteeism. *The New Egyptian Journal of Medicine*, 44(2)16-25.
8. Ahmed, A., **Helal, H.** (2012). Learning styles of community health nursing students at Faculty of Nursing and Technical Institute of Nursing in Alexandria. *New York Science Journal*, 5(4).28-37.
9. Fikry, F., **Helal, H.**, Hamed, H. (2012). Breast Cancer preventive practices of female employees in Mansoura University. *Academic Journal of Cancer Research*, 5(1).17-30.
10. **Helal H**, Ahmed A ; Knowledge and Attitude of African Nurses Toward Emergency Contraception. At 8th Annual international Scientific Conference at University of Medical Science & Technology Khartoum Sudan : December 2012 .
11. **Helal H** , Othman A. The acceptance of do not resuscitate concept among Muslim population living in Jeddah. Conference Paper · April 2014, Conference: RCN Conference and Exhibition International Nursing Research Conference, At Glscow – UK
12. **Helal H**, Al Hudaifi D. Role of the School Nurse as perceived by school children' Parent in Jeddah International Journal for Innovation Education and Research 2015;-3 (11) :101-109.
13. Doaa Abd El Salam A D. **Helal H**. Body Weight Perception and Dietary Control Methods among Egyptian University Students. *J Am Sci* 2016;12(3):105-115]. ISSN 1545-1003 (print); ISSN 2375-7264 (online). <http://www.jofamericanscience.org>. doi:10.7537/marsjas12031614.
14. Esheaba O, **Helal H**. Presentation of a paper titled ((Public Health Nursing Ethics In Islamic Perspectives))co-author, in the international conference on Public Health: Issues, Challenges. Opportunities, Prevention, Awareness (Public Health: 2016) on 15 -16 January2016 held in New Delhi, India.
15. **Helal H**, Esheaba O. Presentation of a paper tilted ((Compliance of nursing faculties, teaching assistance and students to seasonal influenza vaccine)) in the international conference on Public Health: Issues, Challenges. Opportunities, Prevention, Awareness (Public Health: 2016) on 15 -16January2016 held in New Delhi, India.

Reviewer:

Reviewer in International Workshop on Nursing and Health care 2015
Reviewer in Preparatory conference for the 6th scientific conference of higher education students 2015

Reviewer in International Journal of Educational Policy Research and Review journal since 2015