



Weill Cornell Medicine-Qatar
Institute for Population Health

10
YEARS

**PAVING THE WAY FOR
POPULATION HEALTH**

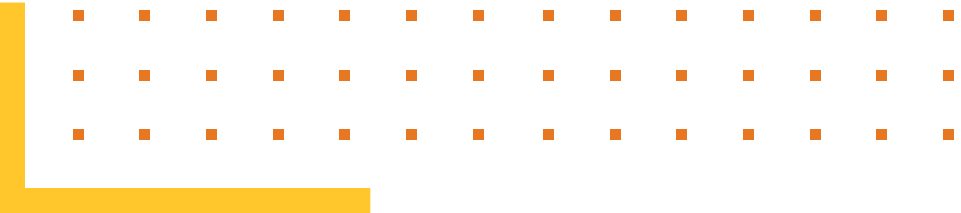
**10-YEAR ANNIVERSARY
SPECIAL REPORT**

2011 - 2021

Table of Contents

MESSAGE FROM DEAN JAVAID I. SHEIKH	04
MESSAGE FROM VICE DEAN RAVINDER MAMTANI	05
INSTITUTE FOR POPULATION HEALTH TEAM	06
EXECUTIVE SUMMARY	07
EDUCATION	15
POPULATION HEALTH & WELL-BEING SERIES	15
CERTIFICATE IN LIFESTYLE MEDICINE	17
INTERNATIONAL BOARD OF LIFESTYLE MEDICINE EXAM	17
LIFESTYLE MEDICINE INTEREST GROUP - QATAR (LMIG-Q)	18
UNDERSTANDING BASICS OF HEALTH RESEARCH	18
SYSTEMATIC REVIEW: AN INTRODUCTORY WORKSHOP	18
IPH SYMPOSIA	19
IPH CONTRIBUTION TO WCM-Q PRE-MEDICAL AND MEDICAL EDUCATION	23
ELECTIVES	24
GLOBAL HEALTH OPPORTUNITIES FOR STUDENTS	25
CENTER FOR CULTURAL COMPETENCE IN HEALTH CARE	26
<i>Bridging the Gap Medical Interpreters Training</i>	
<i>Mastering Emotional Intelligence – Level 1 and 2</i>	
<i>Cultural Competence in Healthcare Workshop</i>	
<i>Intercultural Communication & Collaboration Forum (ICCF)</i>	
<i>Communication Skills Training at Hamad Medical Corporation (HMC)</i>	
<i>Mixed-Method Research Workshop</i>	
IPH PAST AND PRESENT REPRESENTATION ON LOCAL, NATIONAL, AND INTERNATIONAL COMMITTEES	29

COMMUNITY	30
HEALTH AND YOU, COMMUNITY WELLNESS SERIES	31
LIFESTYLE MEDICINE WEEK	31
NUTRITION AWARENESS	32
ROAD SAFETY AWARENESS	32
WELLNESS AND SELF-CARE	32
IPH DIGITAL OUTREACH	32
RESEARCH	34
NON-COMMUNICABLE DISEASES AND INJURIES	35
CULTURAL COMPETENCE AND COMMUNICATION SKILLS	36
RESEARCH ASSESSMENT AND CHALLENGES	37
MIGRANT HEALTH	37
COMMUNICABLE DISEASES	38
COMPLEMENTARY MEDICINE	38
PUBLIC HEALTH POLICY AND CAPACITY BUILDING	39
BOOKS AND BOOK CHAPTERS	39
PODCASTS AND QATAR TV INTERVIEWS	39
GLIMPSES FROM A DECADE	40



Message from Dean Javaid I. Sheikh



Javaid I. Sheikh, MD, MBA

Dean, Professor of Psychiatry,
Professor of Population Health Sciences,
Weill Cornell Medicine-Qatar

Over the past decade, the Institute for Population Health (IPH) has firmly established itself as a key resource for educators, students, healthcare professionals, policy makers, and private individuals seeking to improve the health of communities in Qatar, across the wider region and beyond.

Through hard work, innovation and a keen focus on evidence-based approaches, the IPH has created a strong and growing network, through which it continues to build research and educational programs and distribute accurate information to all members of the community on disease prevention and healthy lifestyle habits. In doing so, the IPH maintains invaluable partnerships while forging new collaborations to help communities all over the world achieve good health, improved quality of life, and enhanced longevity for themselves and their families.

The impact and importance of this must not be underestimated; before the COVID-19 pandemic, the key challenge for population health professionals was the threat to human health posed by non-communicable diseases, such as obesity, type 2 diabetes, heart disease, respiratory illness, and certain forms of cancer related to unhealthy lifestyle choices. These problems have not gone away, and we must now redouble our efforts to tackle them as we cautiously emerge from the pandemic, while being prepared for any similar future crisis. I have every faith that the IPH team at WCM-Q will rise to this challenge as they have risen to so many challenges before, and I look forward to another decade of success in their mission to educate, discover and empower all members of the community to achieve good health. I offer my warmest congratulations on this important milestone in the journey of the IPH.

Message from Vice Dean Ravinder Mamtani



**Ravinder Mamtani, MD, MSc,
FACPM, FACOEM, FACLM**

Professor of Population Health Sciences,
Professor of Medicine (Center for Global
Health)
Vice Dean for Population Health
and Lifestyle Medicine

The Institute for Population Health (IPH) is strongly motivated by a sense of duty to ensure optimum health, alleviate pain and suffering, prevent disease, and reduce premature death. I feel our greatest achievements - in pursuit of this goal - have been to conduct rigorous, high-quality public health research, engage in health professionals' education and implement community-based outreach programs.

A strong evidence-based approach underpins all our activities, giving our programs a solid foundation to help target our efforts to maximize the benefits to the community. This approach has also meant that we have won the support of both community members and healthcare professionals, which has enabled the IPH to build over the past ten years effective collaborative relationships with many professional and governmental bodies, community groups and businesses. All these relationships are vital to overcome the challenges posed by non-communicable (chronic) diseases such as diabetes and obesity, and emerging crises such as COVID-19. These relationships have also enabled us to establish the IPH as a valuable source of credible health information, distributed to the community through workshops, webinars, community events, research papers, and certificate and other education programs.

I would like to express my gratitude to Dean Javaid Sheikh, faculty, and staff at Weill Cornell Medicine-Qatar for their constant support and encouragement to IPH. The support we receive from Rainu Kaushal, MD, Chair, Population Health Sciences, and faculty in New York is also appreciated. I offer my sincere thanks to Sheikh Dr. Mohamed Bin Hamad Bin Jassim Al Thani, Director of Public Health, the leadership, and staff of the Ministry of Public Health, as well our other collaborators in Qatar and abroad who have supported our efforts and inspired us in laying a solid network over the past ten years. Our success would not have been possible without the invaluable assistance and caring attitude of my colleagues in IPH, to whom I owe my sincere appreciation. With a such well-established network to build upon, I am certain that the IPH will continue to thrive in the coming years, helping more people and more communities attain the most precious gift of all – that of good health.

10-YEAR ANNIVERSARY | SPECIAL REPORT

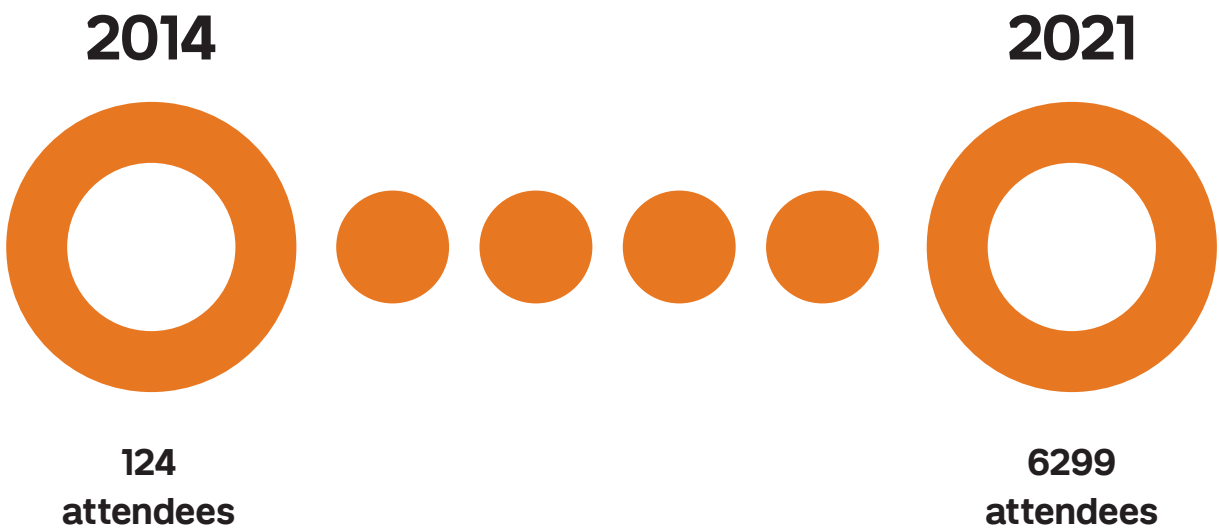


10-YEAR ANNIVERSARY | SPECIAL REPORT

Education

IPH offers need-based innovative Continuing Medical Education (CME) / Continuing Professional Development (CPD) programs for healthcare professionals in Qatar and beyond. Our activities are learner-centric (didactic and interactive discussions), which utilize synchronous, asynchronous and hybrid approaches to address the needs of all learners. The activities are designed and implemented by IPH and accredited by the Ministry of Public Health’s Department of Healthcare Professions- Accreditation Section, Qatar and Accreditation Council for Continuing Medical Education, USA.

IPH CME/CPD activities



a. IPH CME Courses & Workshops, 2016 – 2021



Certificate in Lifestyle Medicine



Certificate in Clinical Nutrition



Bridging the Gap Medical Interpreters Training



Understanding Basics of Health Research



Systematic Review: An Introductory Workshop



Mastering Emotional Intelligence-Level 1



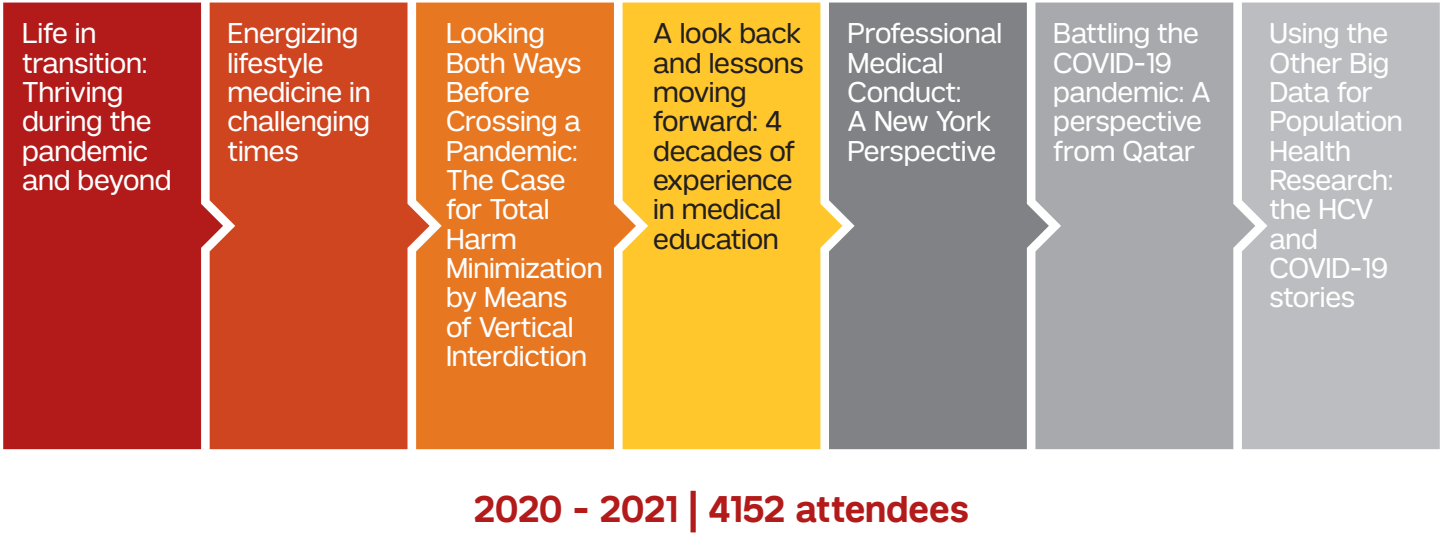
Mastering Emotional Intelligence-Level 2



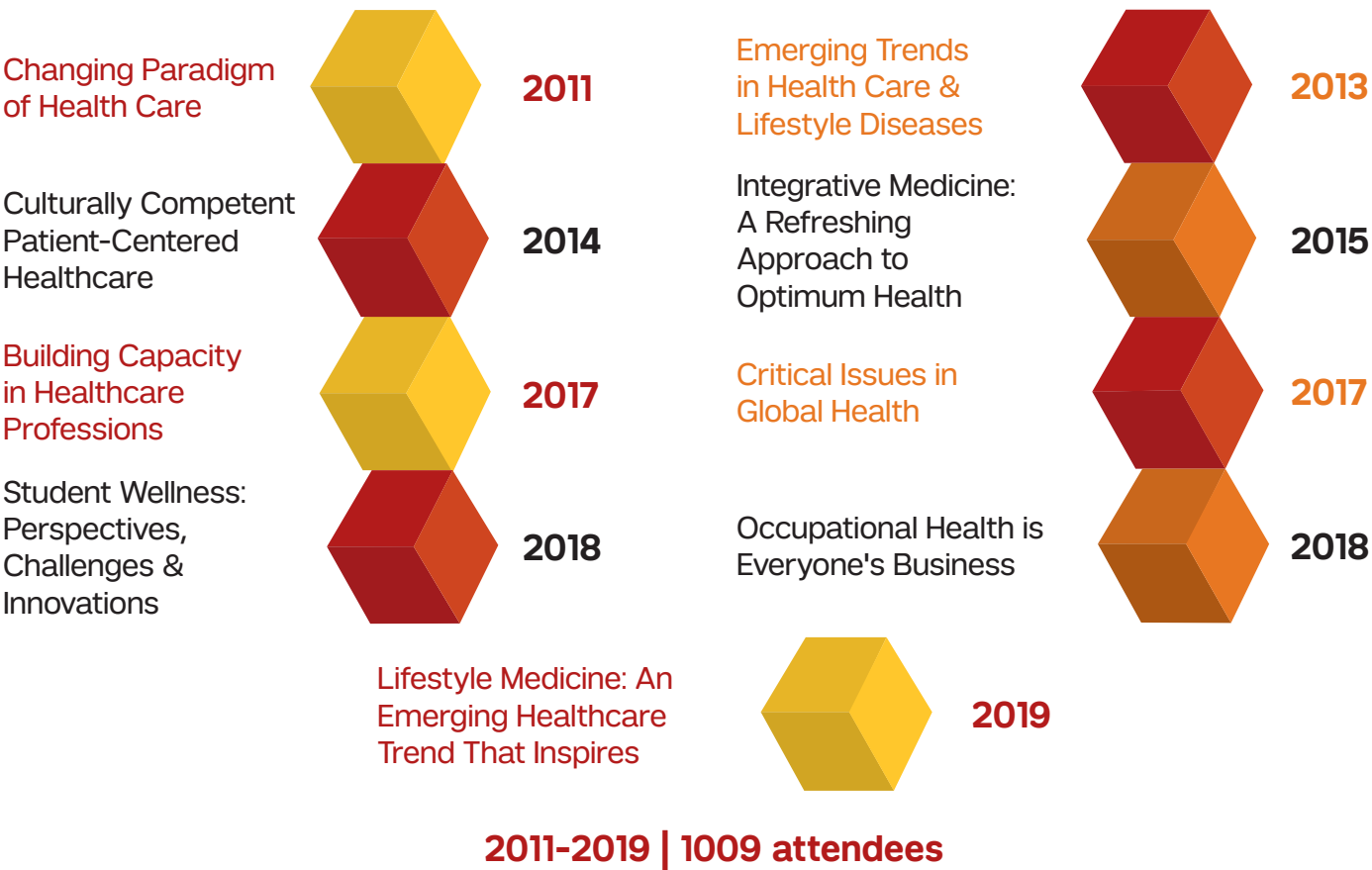
Cultural Competence in Healthcare Workshop

54 Activities | 1337 Attendees

b. Population Health & Well-being Series



c. IPH Symposia



d. Promoting Culturally Competent and Linguistically Appropriate Healthcare Services

The Center for Cultural Competence in Healthcare (CCCHC) is an integral component of the Institute for Population Health and is dedicated to promoting the practice and concept of culturally and linguistically appropriate healthcare in Qatar. The Center conducts several capacity building activities such as 'Bridging the Gap' Medical Interpreters Training, Cultural Competence in Healthcare Workshop, and Mastering Emotional Intelligence (MEI) - Level 1 and 2.

Bridging The Gap Medical Interpreters Training

Amharic	3	Arabic	250	Bengali	2	Bosnian	1
Farsi	2	French	13	German	2	Hindi	16
Indonesian	4	Italian	1	Japanese	1	Korean	4
Malayalam	19	Mandarin	3	Nepali	2	Punjabi	2
Romanian	1	Russian	1	Sinhalese	1	Somali	1
Tagalog	10	Tamil	6	Tigrinya	1	Urdu	8

354 medical interpreters | 24 languages

e. International Board of Lifestyle Medicine (IBLM)

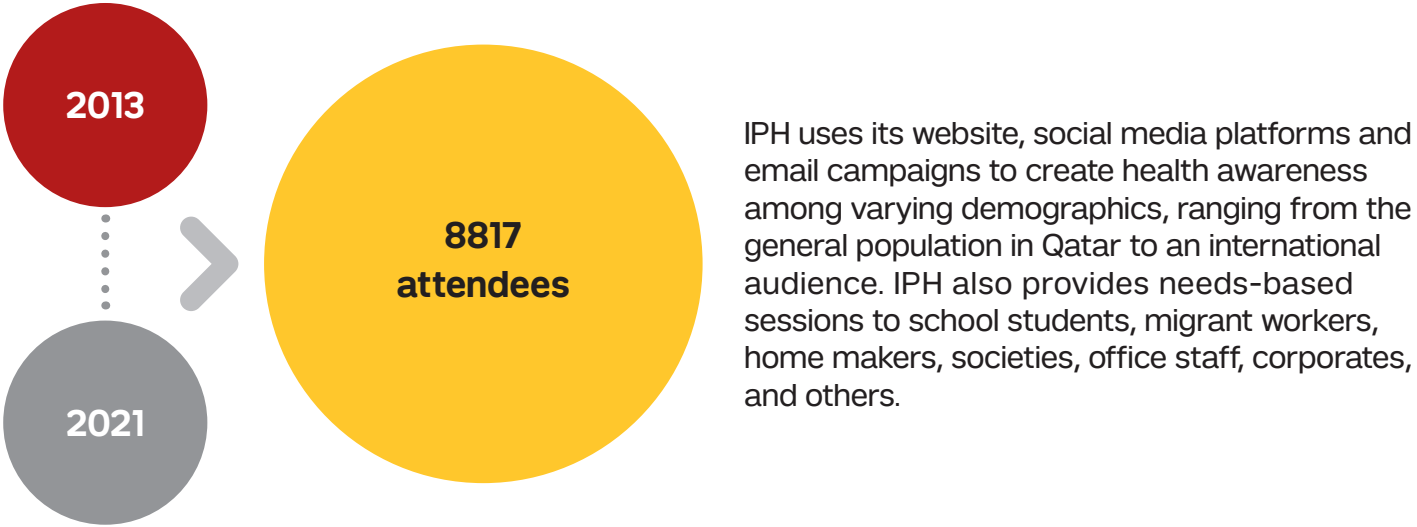
IPH collaborates with IBLM to support board certification in lifestyle medicine for healthcare professionals in Qatar. Being board certified means having achieved competency in the practice of lifestyle medicine and having specialized knowledge in that area.



f. Global Health Opportunities for Students

	Global Health Service Learning Program, Ho Chi Minh, Vietnam 2017- 2019 22 students
	Global Health Education and Research Program, Mwanza, Tanzania 2012- 2015 8 students
	Global Educational Exchange in Medicine and the Health Professions (GEMx) 4 incoming students (Nepal, Malaysia, Mexico & Egypt) 5 outgoing WCM-Q students (Italy, Lebanon, India & Pakistan)

Community



IPH Community Outreach

a. Health & YOU, Community Wellness Series 2021



4 offerings | 329 attendees

The series was launched in February 2021. Sessions are held monthly as a live webinar, are free and open to the public. The aim of the series is to enhance self-care, reduce suffering, improve quality of life, and increase longevity. Spring 2021 sessions included ‘Take charge to better your health’ by Dr. Ravinder Mamtani; ‘The Secrets of Longevity’ by Dr. Sohaila Cheema; ‘Things that go bump in the night: Impact of sleep on health’ by Dr. Shahrads Taheri and ‘Just keep moving - it’s easy and healthy!’ by Dr. Sathyanarayanan Doraiswamy.

b. Lifestyle Medicine Week, 2018 – 2020



3 offerings | 970 attendees

IPH hosts the Lifestyle Medicine Week on an annual basis in October/November. The goal of this weeklong activity is to promote healthy lifestyles among the population in Qatar. Sessions are aligned with the pillars of lifestyle medicine including movement, social connectedness, stress management, health nutrition and saying ‘No’ to tobacco and other addictive substances.

c. Social Media

#IPHQatar is present on Facebook, Twitter, LinkedIn, Instagram & YouTube and has seen a steady growth in its audience/following, reach/impressions and engagement.

d. #StayHome #StaySafe Newsletters

The e-newsletters were launched in March 2020 to disseminate credible information to create awareness about COVID-19 and a wide range of health related topics to help people deal with issues related to the pandemic.

40 newsletters | 90,678 opens | 22,734 clicks

Research

Utilizing various methodologies and diverse analytical tools, IPH conducts rigorous population-based health-related research with the ultimate aim of producing reliable data, reviews, analysis and reports, which are instructive and beneficial to policymakers, clinicians, educators and researchers.

Our research program fosters an evidence-based approach in population health, bridges research gaps, and addresses public health challenges while bringing policy makers, clinicians, educators and researchers up to date. Research topics include chronic diseases such as obesity and diabetes, social determinants of health and disease, migrant health, cultural competence, capacity building, public health policy, and research assessment and challenges. With the onset of the COVID-19 pandemic, we moved swiftly to COVID-19 topics.

IPH Research Themes

Non-Communicable Diseases & Injuries

Communicable Diseases

Research Assessment & Challenges

Migrant Health

Public Health Policy & Capacity Building

Cultural Competence & Communication Skills

Complementary Medicine

Research output, 2011 – 2021

Publications (including book chapters)

61

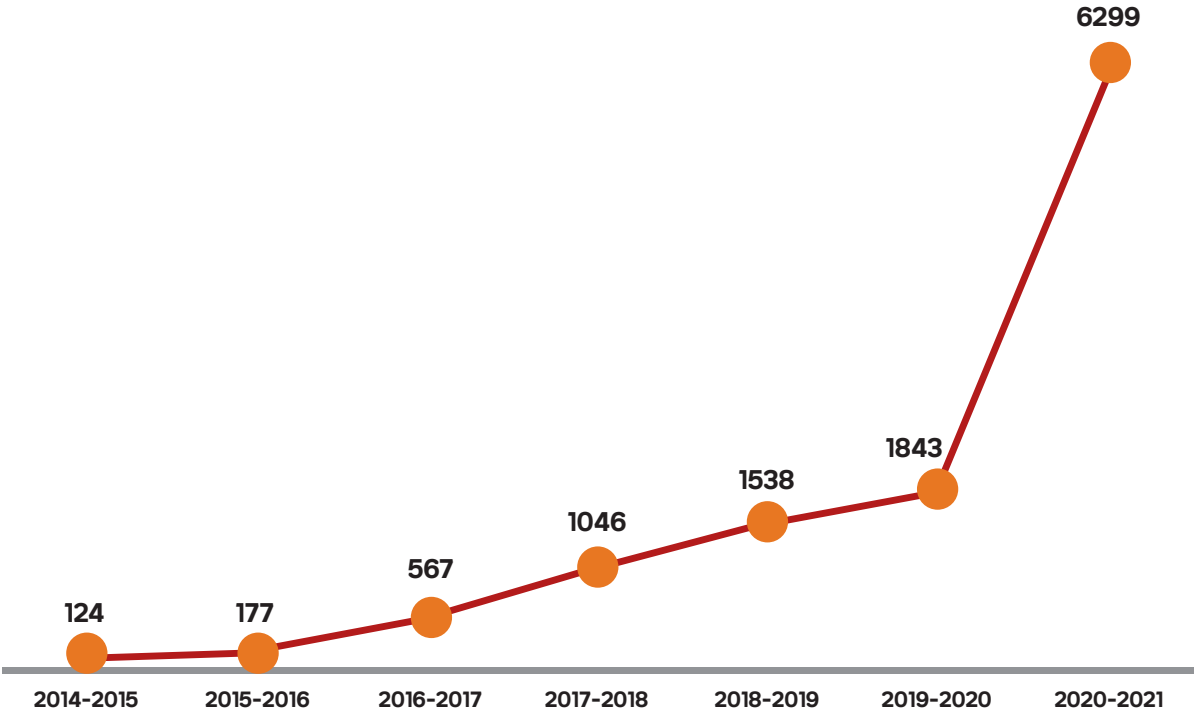
Poster/Oral Presentations (international and local conferences)

52

Education

IPH offers need-based innovative Continuing Medical Education (CME)/Continuing Professional Development (CPD) programs for healthcare professionals in Qatar and beyond. Our activities are learner-centric (didactic and interactive discussions), which utilize synchronous, asynchronous and hybrid approaches to address the needs of all learners. To date, 6299 healthcare professionals have attended and participated in IPH activities (Figure 1). The activities are designed and implemented by IPH and accredited by the Ministry of Public Health’s Department of Healthcare Professions-Accreditation Section (DHP) and Accreditation Council for Continuing Medical Education (ACCME).

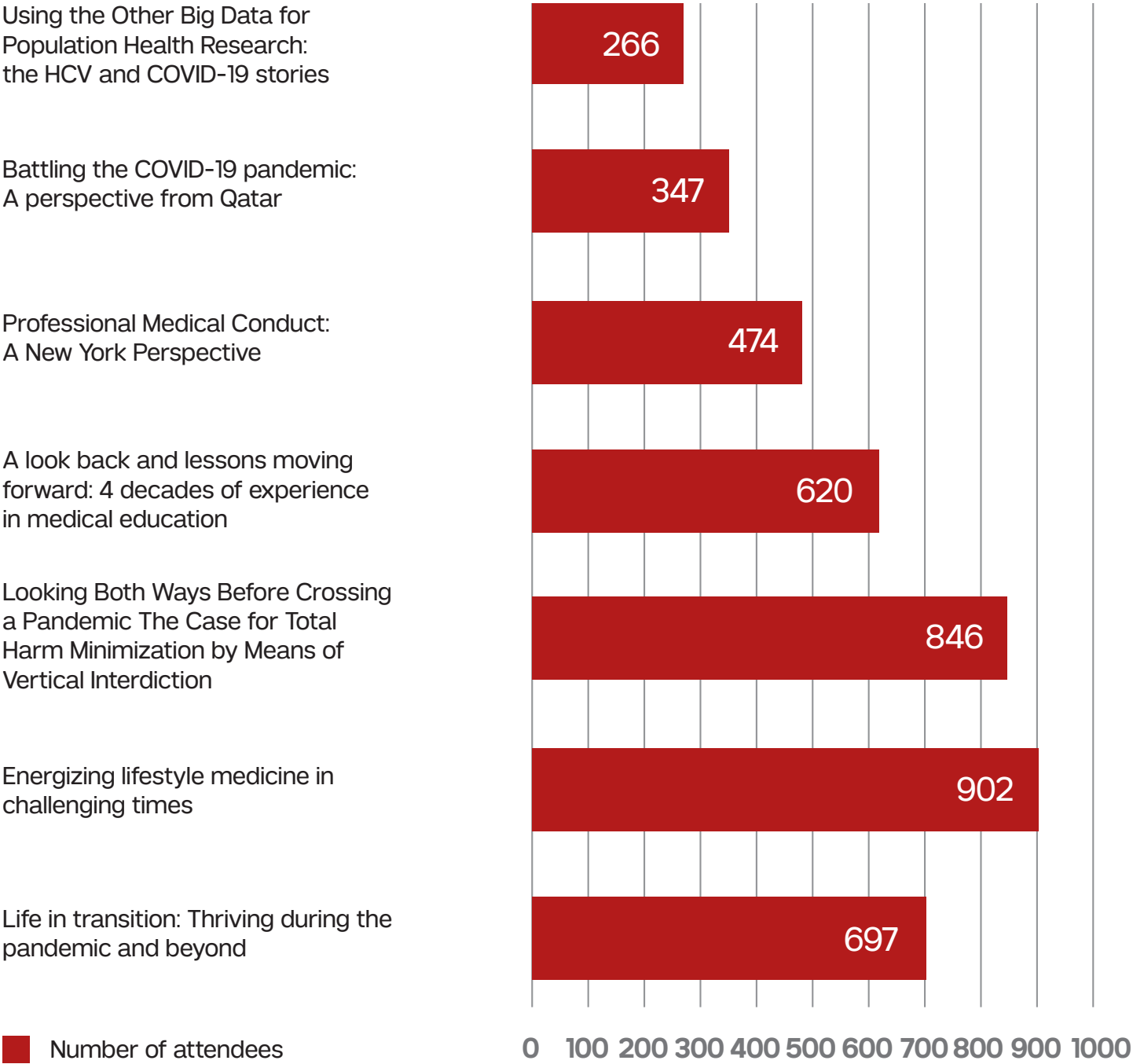
Figure 1: Year-To-Date attendance for IPH CME activities (6299 attendees)



Population Health & Well-being Series

The Population Health & Well-being Series facilitates capacity building and lifelong learning among healthcare professionals and fosters an exchange of ideas across intersectoral disciplines to promote health and improve population health outcomes. The one-hour series sessions are currently hosted as live webinars. Sessions have explored a wide array of topics (see Figure 2). The activity is accredited by the DHP and the ACCME and is approved for a maximum of 1.0 hour per session.

Figure 2: Population Health & Well-being Session-wise break-up of attendees
Total attendees – 4152



Series Website

Watch the Webinars

News Article

Certificate in Lifestyle Medicine

Certificate in Lifestyle Medicine

30 hours - Foundations of Lifestyle Medicine Board Review Course 3rd Edition course.

30-hours, 5-day face-to-face component

The 60-hour Certificate in Lifestyle Medicine course provides rigorous training, equips healthcare professionals with lifestyle medicine education (knowledge and skills) and competencies to aid in the prevention, evaluation, and management of lifestyle-related chronic health conditions, which are currently the leading causes of premature mortality worldwide. Participants who have attended the course strongly recommend the course as a 'must attend' for healthcare practitioners.

3 offerings

130 healthcare professionals

The course has made a significant impact to help practitioners engage in meaningful discussions with patients about the usefulness of lifestyle medicine ultimately leading to improved health outcomes. The activity is accredited by the DHP and the ACCME and is approved for a maximum of 30.0 hours.

International Board of Lifestyle Medicine Exam

28 Physicians

+

7 Other Health Professionals

35 IBLM Board Certifications

Learn more

The International Board of Lifestyle Medicine (IBLM) sets and maintains global standards for assessment and credentialing of physicians and other health professionals in Lifestyle Medicine (LM). Becoming board certified in LM signifies specialized knowledge in the practice of evidence-based LM and distinguishes a health professional as having achieved competency in LM. IPH supports the IBLM in offering board certification examination in Qatar and the region. Thus far, 35 physicians and other health professionals have received certification. The next IBLM exam is scheduled for Fall 2021.

Lifestyle Medicine Interest Group - Qatar (LMIG-Q)

Evidence tells us that a vast majority of chronic diseases can be prevented, treated and often times reversed with lifestyle measures such as healthy dietary patterns, movement, stress management, good sleep hygiene, maintaining social connectedness, building relationships, and cessation of smoking and use of other risky substances, all of which are the core pillars of lifestyle medicine, an emerging discipline in healthcare. Dr. Ravinder Mamtani and Dr. Sohaila Cheema co-founded the Lifestyle Medicine Interest Group - Qatar (LMIG-Q) in 2018. LMIG-Q supports and cultivates a community of dedicated professionals who strive to promote healthy behaviors and lifestyles, reduce the burden of disease, and improve the health of future generations. Currently, LMIG-Q has over 700 members.

Join LMIG-Q

Understanding Basics of Health Research



The 14-hour workshop focuses on the key principles of basic health research. Topics include study design, introductory epidemiology and biostatistics, and research methodology. Undertaking the workshop allows healthcare professionals to improve their knowledge and skills to review, evaluate and interpret published research and available evidence.

This enables them to practice evidence-based medicine ultimately leading to improved patient outcomes. Participants have appreciated the workshop and found it to be excellent and well-organized. The activity is accredited by the DHP and the ACCME and is approved for a maximum of 14.0 hours.

Website

Systematic Review: An Introductory Workshop

It is well established that systematic reviews provide invaluable guidance on evidence-based healthcare and medical practice and inform about best practices in public health, research, and education. The 10-hour workshop introduces participants to the process of conducting a rigorous systematic review based on scientific principles, systematic methodology, and standardized guidelines. The workshop is popular and greatly appreciated by the participants. The activity is accredited by the DHP and the ACCME and is approved for a maximum of 10.0 hours.

Website

IPH Symposia

1. Lifestyle Medicine: An Emerging Healthcare Trend That Inspires, February 2019:

The symposium equipped attendees with up-to-date evidence-based knowledge, skills and strategies related to the pillars of lifestyle medicine. The learning objectives of the symposium are listed below:

- Define and discuss key components of lifestyle medicine.
- Examine the evidence-base for lifestyle medicine interventions in the prevention and management of chronic disease.
- Discuss lifestyle medicine opportunities in healthcare.

2. Occupational Health is Everyone's Business, April 2018:

The Institute for Population Health hosted the Occupational Health is Everyone's Business Symposium on April 18, 2018. Occupational diseases and injuries cause significant pain and disability, and continue to challenge employers worldwide. The widespread prevalence of preventable, occupation-related health problems take a heavy toll on the economy. The health hazards and safety issues confronting various industrial sectors in rapidly growing, prosperous nations such as Qatar and other neighboring nations are innumerable. The aim of the symposium was to provide attendees information about strategies to enhance worker health, safety and productivity. Additionally, the symposium allowed participants to examine and discuss various aspects of occupational medicine, outline challenges, and deliberate on opportunities to address and augment overall health and well-being of employees. The learning objectives of the symposium are listed below:

- Define occupational health and discuss its importance in improving employee health and reducing the burden of occupation related injuries and illnesses.
- Summarize various aspects of occupational health programs.
- Outline challenges and opportunities in occupational health.
- Discuss lessons learnt from occupational health programs in the aviation industry
- Examine health problems of the migrant workforce.

3. Student Wellness: Perspectives, Challenges & Innovations, February 2018:

The Student Wellness: Perspectives, Challenges & Innovations was a collaborative symposium by the Institute for Population Health and Division of Student Affairs held on February 10 and 11, 2018. It featured a series of interactive workshops and presentations delivered by experts in their fields on topics such as stress management, mental wellness and physical resilience, time management, healthy diets, physical exercise and more. The aim of the symposium was to provide attendees with strategies that enhance and facilitate college student development and well-being. The learning objectives of the symposium are listed below:

- Define and discuss key components of wellness.
- Identify critical issues which currently impact wellness with a focus on college students.
- Discuss perspectives, challenges and opportunities related to student wellness.

4. Critical Issues in Global Health Symposium, April 2017:

The Institute for Population Health hosted the Critical Issues in Global Health symposium on April 19, 2017. This symposium explored Global Health, a powerful interdisciplinary intellectual synthesis aimed at understanding and productively intervening in processes of health, illness, and healing across the globe. It integrates the knowledge across cross-disciplinary fields like epidemiology, medicine, economy, and the behavioural sciences. The aim of the symposium was to show participants the role of lifestyle medicine in addressing the non-communicable disease paradigm, learn about women's health, develop an understanding of the challenges associated with mental health and how education of healthcare professionals can lead to better provision of healthcare leading to overall improvement of population health. The learning objectives of the symposium are listed below:

- Discuss the non-communicable disease paradigm and its risk factors.
- Identify the evidence base for lifestyle medicine.
- Discuss women's health and gender health inequity.
- Recognize the role of education in improving healthcare in low-income nations.
- Outline challenges associated with mental healthcare delivery.

5. Building Capacity in Healthcare Professions Symposium, February 2017:

The Institute for Population Health hosted the Building Capacity in Healthcare Professions Symposium on February 18 and 19, 2017; working collaboratively with the divisions of pre-medical education and admissions. Held over two days, the event featured workshops that allowed the in-depth study of the topic, along with lectures by world-renowned medical and healthcare experts. The aim was to show delegates that

continuous learning and improvement are the basis for capacity building but that related issues like health policy, global education, health practitioner's wellness, counseling and self-care inform the subject and are directly related to the overall improvement of public health and healthcare. The learning objectives of the symposium are listed below:

- Define and discuss capacity building.
- Discuss key contemporary, critical topics which impact on capacity building among healthcare practitioners.
- Discuss capacity building in enhancing population health.

6. Integrative Medicine: A Refreshing Approach to Optimum Health, March 2015:

The Division of Global and Public Health and Academic Health System hosted a collaborative symposium on March 18, 2015 entitled: Integrative Medicine: A Refreshing Approach to Optimum Health. The symposium emphasized building therapeutic doctor-patient relationships and the use of evidence-based conventional and unconventional therapies. The symposium was well attended by physicians, nurses, medical staff, medical/non-medical faculty and students from educational and healthcare institutions across Qatar. The learning objectives of the symposium are listed below:

- Describe the next wave of public health (The Fifth Wave) and consider what is postulated as its core focus.
- Define the Three Horizon's Model and how might it be used in your work.
- Identify key factors in optimizing human encounter and wellness enhancement.
- Describe the integrative medicine approach to treatment of pain.

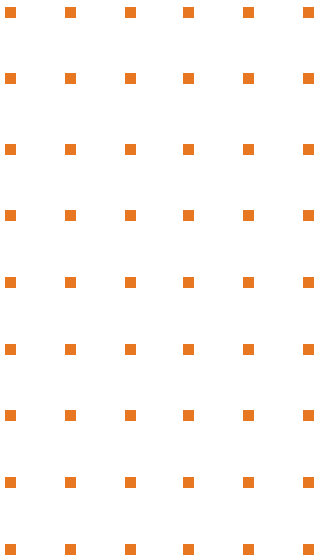
- Review the current evidence and proposed mechanisms for the use of mind-body therapies for pain management.
- Assess the current evidence for the use of acupuncture for pain management.
- Discuss the relationship between integrative medicine and patient survival.
- Assess the contribution of integrative medicine to solving diagnostic problems.
- Evaluate the role of integrative medicine in reducing the burden of common illnesses.
- Outline a suitable strategy for integrating complementary medicine in conventional healthcare.

7. Culturally Competent Patient-Centered Healthcare: A Special Focus on Qatar, March 2014:

Global and Public Health successfully hosted Qatar's first cultural competence in healthcare symposium on March 17, 2014 at WCM-Q. The symposium focused on the significance of implementing culturally competent patient centered care in all healthcare institutions. The symposium was very well attended by faculty, researchers and staff from educational and healthcare institutions across Qatar. Learning objectives of the symposium are listed below:

- Define the concept and rationale for culturally competent healthcare.
- Identify key dimensions of patient-centered care and the important role played by communication in developing a therapeutic alliance.
- Discuss selected clinical challenges and interviewing strategies for providing culturally responsive and effective healthcare.

- Describe best and promising practices relating to integrating cultural competency into healthcare organizations and academic medical centers.
- Deepen understanding of the components of a comprehensive curriculum for culturally responsive care.
- Be able to articulate several teaching strategies for delivery of the awareness/attitudes, knowledge and skills components of a culturally responsive healthcare curriculum.
- Expand appreciation for evidence-based learning strategies, and begin to consider applications to the teaching environment.
- Explore the experiences and challenges of communication in Qatar's multicultural population.
- Value the importance of understanding different cultures in Qatar's healthcare setting.
- Identify the role of health education in Qatar to understand patients' cultural views.



8. Emerging Trends in Health Care and Lifestyle Diseases: A Special Focus on Qatar, March 2013:

The division successfully hosted a symposium on March 12, 2013. The symposium, which was well attended by healthcare and allied professionals, provided a platform for innovative ideas, invigorating discussion and knowledge-sharing of recent healthcare delivery and public health priorities in Qatar. Learning objectives of the symposium are listed below:

- Discuss the integrated academic health system model of education, research, and clinical care, which can optimize healthcare in Qatar;
- Describe the current status of women faculty in academic medicine in the US and identify the factors that have contributed to their slow advancement;
- Present compelling reasons for creating a culture where women can succeed and fully contribute to academic medicine;
- Identify the root causes of chronic disease such as obesity and diabetes;
- Quantify the potential impact of lifestyle behaviors on the incidence of chronic disease;
- Summarize specific programs which show promise in reversing trends in obesity and related conditions; and
- To examine the relationship between the intestinal microbes, health and chronic diseases.

9. Changing Paradigm of Health Care in the Middle East with a Special Focus on Qatar, November 2011:

The division successfully hosted a CME symposium held on November 30, 2011. The symposium was well attended and provided a platform for discussions and exchange of information on healthcare and its priorities with a view to improve the overall health care in the State of Qatar and other nations in the Middle East. Learning objectives of the symposium are listed below:

- Summarize Qatar’s National Health Strategy and its implementation;
- Discuss how the recently announced Academic Health System initiative can contribute in improving the quality of health care in the State of Qatar;
- Outline how optimum health care can be achieved in Qatar;
- List recent biotechnological approaches in the treatment of chronic diseases;
- Assess time trends of motor vehicle injuries in the State of Qatar;
- Outline how health care can be improved through education;
- Review the facts and widely held myths about ECFMG and entry in US Graduate Medical Education training programs, and
- Discuss how the pediatric residency at Hamad General Hospital is nurturing an environment conducive to optimal education;

IPH Contribution to WCM-Q Pre-Medical and Medical Education

IPH faculty and staff contribute across the continuum of the premedical and medical curriculum at WCM-Q. Key contributions are highlighted.

Continuum of Medical & Premedical Education		
<p>Health Care and Public Health Clerkship (Medical)- Course Director & Associate Course Director/Faculty: Dr. Ravinder Mamtani & Dr. Sohaila Cheema</p> <p>Faculty: Dr. Sathyanarayanan Doraiswamy, Dr. Amit Abraham</p>	<p>Essential Principles of Medicine and Health Illness & Disease II (Medical)</p> <p>Faculty: Dr. Ravinder Mamtani & Dr. Sohaila Cheema (Complementary and Alternative Medicine, Health Systems and Global Health, Epidemics and Physician Response)</p>	<p>Health and Disease: A Global Perspective - Foundation/ Premedical</p> <p>Course Director/Faculty: Dr. Ravinder Mamtani and Dr. Sohaila Cheema.</p> <p>Faculty: Dr. Sathyanarayanan Doraiswamy, Dr. Amit Abraham & Ms. Maha Elnashar/Ms. Huda Abdelrahim</p>
<p>Area of Concentration - Global Health (Medical) Sponsors and mentors: Dr. Ravinder Mamtani and Dr. Sohaila Cheema</p> <p>Co-mentor: Dr. Karima Chaabna</p>	<p>Medical education orientation, know your community and patient perspective, bias and stereotyping, cross-cultural communication at end of life stage, orientation for students leaving for the US (Medical)</p> <p>Faculty: Ms. Maha Elnashar & Ms. Huda Abdelrahim</p>	<p>Foundation of Ethics course (Premedical)</p> <p>Problem Based Learning Facilitators- The Case of Ivan Ilych:</p> <p>Dr. Sohaila Cheema and Dr Amit Abraham</p>

Electives

An Evidence-Based Approach to Lifestyle Medicine

A four-week elective course supported and guided by the American College of Lifestyle Medicine is available to WCM-Q senior medical students. The elective provides knowledge and skills required in the prevention and treatment of lifestyle-related chronic disease.



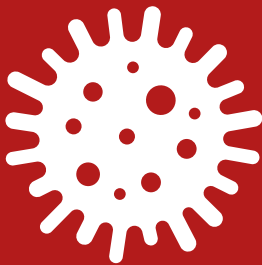
Population Health and Primary Care Perspectives Elective

Senior medical students from WCM-Q and around the world are eligible to apply for this four-week elective. During the elective, students are introduced to various global health topics with a special focus on population health and primary healthcare.



Infectious Disease Outbreak: A Public Health Response

The elective, developed in collaboration with the Ministry of Public Health, Qatar focuses on the public health approach in controlling epidemics and pandemics such as COVID-19 and influenza. Students gain knowledge and skills required to control an infectious disease outbreak.



Global Health Opportunities for students

Global Health Service Learning Program (GHSLP)

Service learning is widely accepted as a form of experiential education which can provide students with the foundations for emphasizing the relevance and realities of global health.

IPH selects up to eight first year pre-medical students from WCM-Q for a global health service learning experience for 2 weeks at a medical setting in Ho Chi Minh City, Vietnam.

The Global Educational Exchange in Medicine and the Health Professions

GEMx® is a program of the Educational Commission for Foreign Medical Graduates (ECFMG), USA and its foundation, the Foundation for Advancement of International Medical Education Research (FAIMER®). GEMx® Global Network is a global partnership that connects educational institutions in medicine and the health professions worldwide to offer affordable educational exchanges. WCM-Q is a partner school with GEMx®. Dr. Ravinder Mamtani is the past chair of the GEMx® Advisory Committee and Dr. Sohaila Cheema serves as the manager for the GEMx® program at WCM-Q.

Program website

Program website

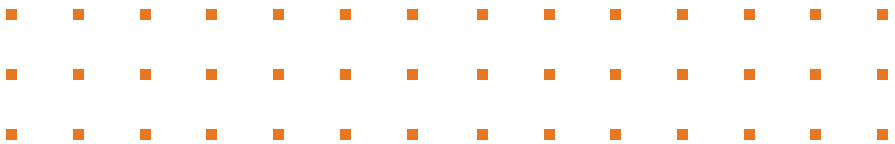
Student testimonials

"From working with the patients and the special needs children, I felt I could truly relate to them. Eventually, I stopped seeing the cultural barriers between us. Moreover, seeing how the hospital staff, despite the low-resource setting, gave every patient their due rights when it came to treatment, drove home the point that medical care is a right and not a privilege. The Global Health Service Learning Program (GHSLP) experience was transformative and inspiring."

Ateeque Mohamed Ali, GHSLP 2019

"I have learned many things while I have been here at WCM-Q and I have had the chance to see how a healthcare system works in a different part of the world, which has been extremely worthwhile to me. I have been very impressed by the way Qatar has developed its healthcare system and I feel I have learned some very valuable lessons I hope I can one day apply in my own country. I am very grateful for the warm welcome I received from WCM-Q and for this opportunity through the GEMx program to see how healthcare is provided in a different cultural environment."

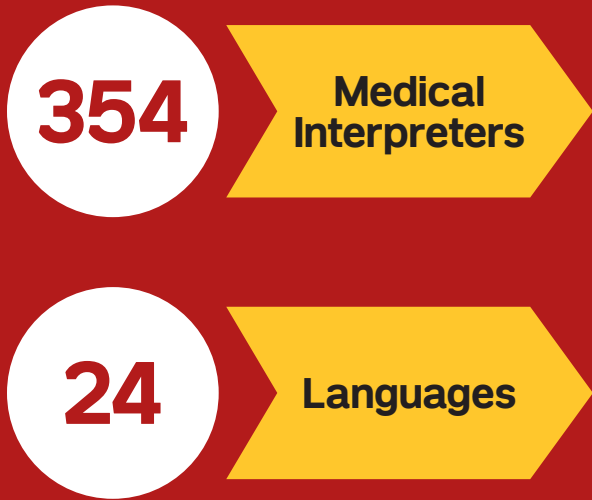
Salvador Alvarado, GEMx 2015



Center for Cultural Competence in Health Care

The Center for Cultural Competence in Health Care (CCCHC) provides cultural competence and professional soft-skills development training for healthcare providers and educators. Development of these skills are essential to function optimally in the current universal and culturally diverse healthcare settings. The activities offered by CCCHC are highly interactive and engaging. CCCHC also continues to provide cultural competence training sessions to WCM-Q premedical and medical students. Through didactic lectures, group discussions, interactive exercises, and videos, students learn about the impact of culture on healthcare, how to be sensitized to bias and stereotyping, how to explore patient's perspectives, and the community health and illness beliefs & traditional healing practices. CCCHC is an integral part of the Institute of Population Health (IPH) led by Ms. Maha Elnashar and supported by Ms. Huda Abdelrahim.

Bridging the Gap Medical Interpreters Training



[Course website](#)

CCCHC has offered this five-day course to the diverse community of Qatar bi-annually since 2012. The activity is accredited by the DHP and the ACCME and is approved for a maximum of 32.5 hours. To-date the program has trained 354 medical interpreters representing 24 languages. The course aims to prepare a pool of trained medical interpreters for Qatar healthcare institutions to facilitate and overcome language barriers in their medical encounters. Various healthcare institutions send their bilingual staff to join the training to enhance their communication skills both culturally and linguistically. WCM-Q is licensed by the Cross-Cultural Health Care Program, Seattle, USA to provide the Bridging the Gap, Medical Interpreters training program.

Mastering Emotional Intelligence – Level 1 and 2

MEI-Level one is a 2-day 10-hour course that is hosted biannually. It is designed for all healthcare and educational professionals to enhance their skills in managing their emotions and behaviors, learning how to handle emotional triggers, reflecting on their social awareness, and establishing healthy social relationships.

MEI-level two is an advanced course built on the knowledge and skills learned at level one and hosted on an annual basis. It offers an excellent opportunity to navigate advanced social, emotional competencies and strategies in a mentored setting. Both courses are accredited by the DHP-AS & ACCME for 10.0 hours each.

[MEI-1 Course website](#)

[MEI-2 Course website](#)

Cultural Competence in Healthcare Workshop

CCCHC provides this four-hour workshop to healthcare professionals in Qatar biannually. The overall objective of the workshop is for participants to understand the impact of culture and diversity in healthcare and learn how to communicate effectively when faced with different communication barriers. The activity is accredited by the DHP-AS and the ACCME and is approved for a maximum of 4.0 hours.

[Workshop website](#)

Intercultural Communication & Collaboration Forum (ICCF)



ICCF is an annual collaborative initiative of Qatar's Education City campuses. This forum hosts international experts and scholars to conduct world-class workshops, seminars, and certificate classes in various intercultural communication and collaboration topics. It aims to promote the intercultural and interprofessional communication skills in the educational and professional environment of Qatar's diverse society. In 2021 the Intercultural Communication & Collaboration Forum (ICCF) was held virtually. IPH's faculty and staff offered three workshops for ICCF.

Communication Skills Training at Hamad Medical Corporation (HMC)

CCCHC continues to contribute and facilitate the **"Comskil training"** module prepared by Memorial Sloan-Kettering Cancer Center in New York. **Comskil** is a two-day communication-training program offered three times a month, targeting all HMC healthcare providers. The training includes various topics like end-of-life communication, breaking bad news, shared decision-making, discussing prognosis, and cross-cultural communication via untrained medical interpreters.

These comprehensive training modules include a multitude of interactive exercises, simulation sessions, and group discussions. CCCHC assists in the facilitation and has contributed to developing and modifying some modules for Qatar's healthcare settings and its cultural context.

Mixed-Method Research workshop

Driven by its mission to promote inclusive intercultural collaborative projects, the CCCHC team played a key role in organizing a three-day world-class research workshop titled: **Getting started in mixed methods research: Training to enhance care and education in the diverse cultural context of Qatar** presented by world-renowned scholars and research methodologists. A diverse group of healthcare professionals, researchers, students, and faculty members from various institutions in Qatar and the region actively participated virtually on April 1 - 3, 2021, to acquire knowledge and skills in mixed-methods research (MMR). They completed a series of hands-on activities and applied MMR's key concepts and core skills to design their own research projects. A one-day follow-up session titled **"MM Essentials Power Boost"** was conducted on May 21, 2021, to help participants focus on applying the core characteristics of MMR and move forward with their research projects.

The CCCHC team participated as planning committee members, contributed to the schedule design, assisted in the CPD application process, writing the needs assessment, participated in all meetings/ debriefings, served as facilitators during the workshop and collaborated closely with Dr. Amal Khidir from WCM-Q and Dr. Michael Fетters, the course directors, in all the preparation stages. This workshop demonstrates a concrete example of successful, inclusive, and diverse teamwork. It was sponsored by a WCMQ CPD grant and a collaborative effort of the Division of Continuing Professional Development, Medical Education Department, and the CCCHC-IPH, WCM-Q.



IPH past and present representation on local, national, and international committees

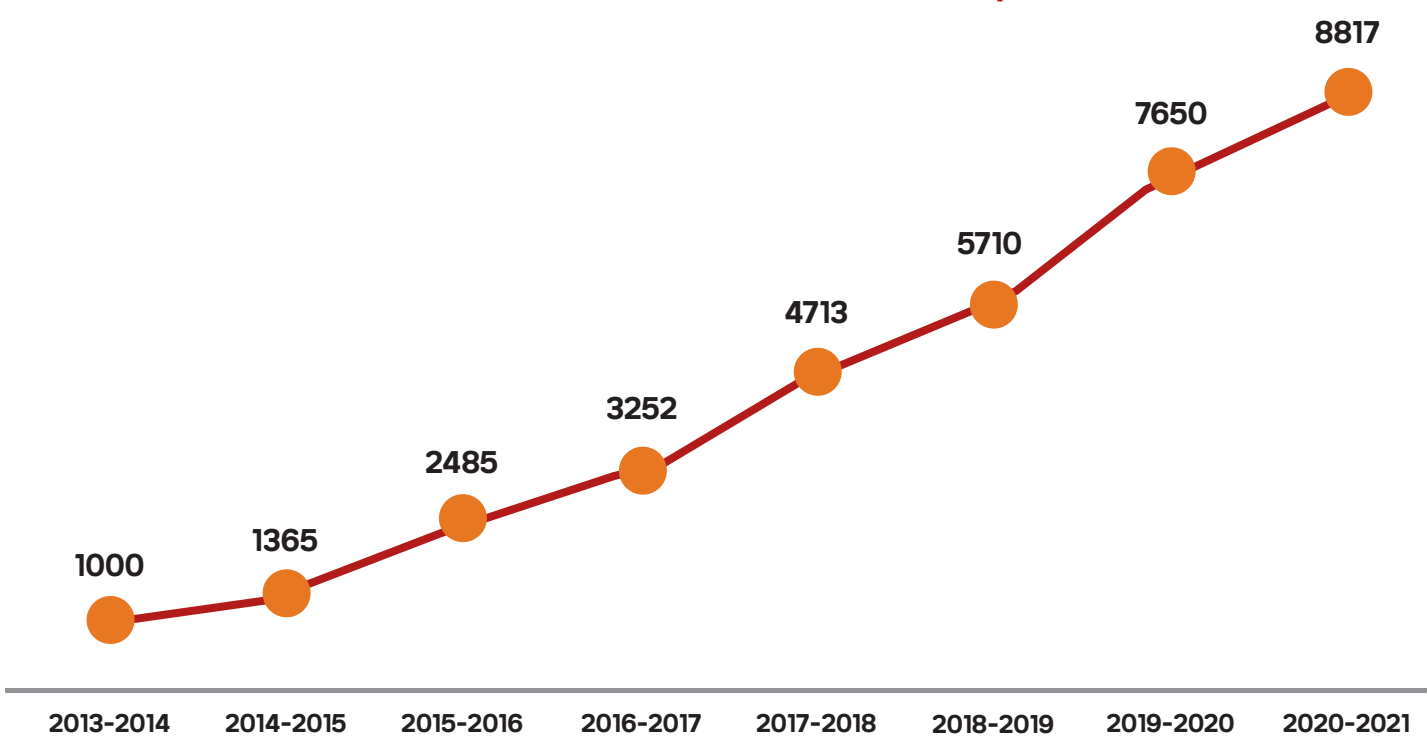
Public Health Committee, Ministry of Public Health, Qatar: Dr. Ravinder Mamtani (member)	Healthcare Practitioners Committee, Qatar: Dr. Ravinder Mamtani (member)
Public Health Implementation Group (PHIG), Ministry of Public Health, Qatar: Dr. Ravinder Mamtani (member) Dr. Sohaila Cheema (member)	Advisory Board of the International Board of Lifestyle Medicine: Dr. Ravinder Mamtani (member)
New York State Board for Professional Medical Conduct: Dr. Ravinder Mamtani (Board Member)	Consortium of Universities for Global Health, Global Health Competency subcommittee: Dr. Sohaila Cheema (member)
Consortium of Universities for Global Health, Global Health Competency subcommittee, Co-Chair Research and Analytic taskforce1: Dr. Sohaila Cheema (co-chair)	Ministry of Public Health, Qatar System Enhancement and Transformation Team (SETT) 'COVID-19 Guidelines in Schools and Universities & COVID-19 Guidelines in Mass Gatherings (scoping exercise): Dr. Sohaila Cheema (member)
Ministry of Public Health, Qatar COVID – 19 Research and Innovation Team Invitation: Consultative Meeting Regarding Research Agenda Framework Development for Public Health Preparedness and Response During COVID 19 Mass Gathering Sport Events and Other Emerging Diseases: Dr. Sohaila Cheema (member)	

Community

Health is a shared responsibility. It matters to everyone and is the foundation of every society. IPH is actively involved in building a healthier population in Qatar and participates in educational and community outreach programs aimed at health awareness and promotion, wellness, lifestyle health, disease, and injury prevention.

We also provide needs-based sessions to school students, migrant workers, home makers, societies, office staff, corporates, and others. In recent years, 8817 attendees comprising students, corporates and the larger Qatar community have benefitted (see Figure 3).

Figure 3: IPH Community Outreach 2013 – 2021 | 8817 attendees



Health and YOU, Community Wellness Series

Our brand new Community Wellness Series titled "Health and YOU" is held on a monthly basis as a live webinar. The series was launched in February 2021. Sessions are free and open to the general public. The aim of the series is to enhance self-care, reduce suffering, improve the quality of life, and increase longevity. Additionally, sessions will aid and support people in making informed decisions about their health and disease status. In total, 329 attendees have attended the sessions thus far. Recent sessions are featured below:

Take charge to better your health

Dr. Ravinder Mamtani

The Secrets of Longevity

Dr. Sohaila Cheema

Things that go bump in the night: Impact of sleep on health

Dr. Shahrad Taheri

Just keep moving - it's easy and healthy

Dr. Sathyanarayanan Doraiswamy

Watch the webinars here

Lifestyle Medicine Week

IPH hosts the Lifestyle Medicine Week on an annual basis with an objective to reinforce the need to adopt healthy lifestyle choices amongst the people of Qatar. The weeklong activities are based on the pillars of Lifestyle Medicine. With COVID-19 restrictions, the activities took place virtually and included a competition to showcase culinary skills 'Cornell Cook-Off' on the IPH Facebook and Instagram social media handles; 'Let's Get Moving', fun fitness sessions with a Bollywood twist; an opportunity to connect with colleagues, peers, and friends in a fun 'Get Connected' trivia quiz; beat stress with mindfulness, breathing, and stretching at 'Keep Calm and Stress Less' and advocate to stop smoking and risky substance use in 'Say 'Yes' to Life and 'NO' to risky substances!'.

Activity website

Nutrition Awareness

IPH promotes healthy nutrition including healthy eating behaviors, healthy food choices, portion size, healthy snacks and how to read food labels among school students, community groups and the society at large. Read more about our healthy nutrition awareness activities here:

Activity website

Road Safety Awareness

IPH road safety community outreach initiatives include topics on road behavior and its effect on health and the road traffic injury burden in Qatar and globally. Custom-made videos on risk factors for road traffic injuries and tips to avoid aggressive driving delivered key messages effectively. Audiences include school students and their parents, corporates and education city staff and family members. Read more about our road safety awareness activities here:

Activity website

Wellness and Self-care

IPH is actively involved in promoting wellness in various community groups such as corporates and school students. Topics include lifestyle medicine, self-care, physical activity, cancer awareness. Read more about our wellness initiatives here:

Activity website

IPH Digital Outreach

IPH utilizes its website, email campaigns and social media to enhance health awareness and boost engagement with the audience in Qatar and internationally. In keeping with its broader mission, IPH uses a multi-channel approach to reach out to local, regional, and global communities across various demographics for health promotion.

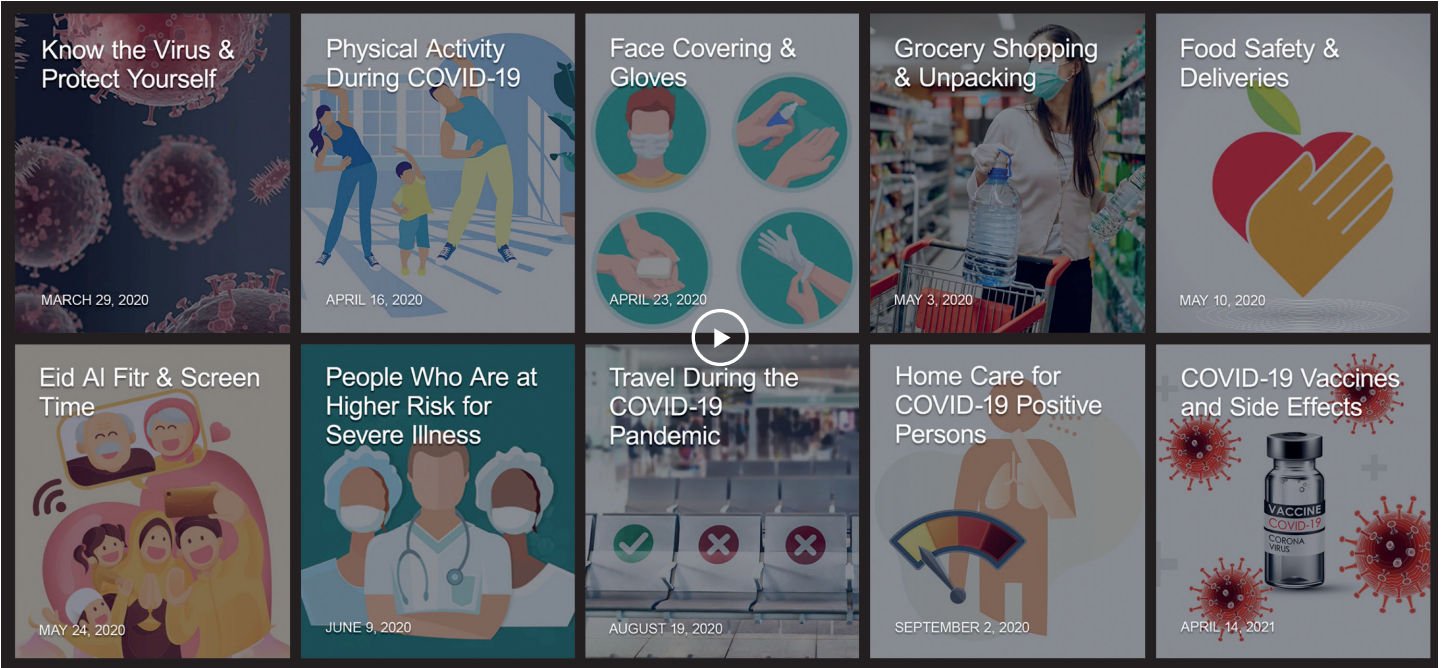
IPH launched its presence on social media in 2019. IPH is present on Facebook, Twitter, LinkedIn, Instagram & YouTube and has seen a steady growth in its audience/following, reach/ impressions and engagement.

Email is a powerful channel to engage with various audiences. IPH uses email campaigns to keep healthcare professionals updated with ongoing capacity building programs, workshops & activities. Additionally, IPH email campaigns are used to disseminate information about health awareness and promotion, wellness, lifestyle health, disease, and injury prevention to the community at large.



Newsletters

IPH's #StayHome #StaySafe e-newsletters disseminate credible information to create awareness about COVID-19. The newsletters have covered a wide range of topics to help people deal with issues related to the pandemic. The content guides the public to navigate, and access trusted and reputable sources for helpful tips to manage and adapt their lifestyle to this unprecedented situation. IPH has published 40 #StayHome #StaySafe newsletters since its launch in March 2020. This initiative has garnered 90,678 opens and 22,734 clicks thus far. Topics of particular interest by the community include:



Stay Home Stay Safe

Research

The research program of IPH adheres to and advocates for a robustly evidence-based approach to population health, both in the State of Qatar and in the wider region. Research topics in which IPH has been - or continues to be - active include chronic diseases such as obesity and diabetes, social determinants of health and disease, migrant health, cultural competence, capacity building, public health policy, and research assessment and challenges.

IPH research:

- Bridges the gap relevant to public health and epidemiological data
- Addresses public health challenges
- Provides evidence-based recommendations to inform policy makers on a wide range of healthcare-related issues

With the onset of the COVID-19 pandemic, we moved swiftly to adapt, engage, and contribute during a global emergency. We raised awareness and disseminated credible information related to COVID-19. We have published several peer-reviewed research papers on the health and well-being of the society. We have published several collaborative studies, for example: 'Epidemiology of tobacco use in Qatar: Prevalence and its associated factors' with the Collaborative Center, Hamad Medical Corporation, Doha, Qatar; 'Knowledge and Anxiety about COVID-19 in the State of Qatar', with the Qatar Computing Research Institute, Hamad Bin Khalifa University, Qatar.



Soccer has a well-established impact on cardiovascular, metabolic, and musculoskeletal conditions. The vision of the FIFA World Cup 2022™ hosted by Qatar could just be the tipping point in the region that establishes the role of sports in mitigating the burden of non-communicable diseases as we note in our paper 'Scoring Lifestyle Medicine Goals with FIFA 2022—An Opportunity to Strike Big!' published in the American Journal of Lifestyle Medicine.

The COVID-19 pandemic has highlighted a glaring lack of global consensus on how to implement basic health measures to deal with the pandemic as reported in our publication, titled, 'The single most important lesson from COVID-19 – It is time to take public health seriously'. With the surge in telehealth usage during the pandemic, we published research on the 'Use of Telehealth During the COVID-19 Pandemic: Scoping Review' and 'Telehealth Use in Geriatrics Care during the COVID-19 Pandemic—A Scoping Review and Evidence Synthesis'.

Here is a listing of the IPH publications.

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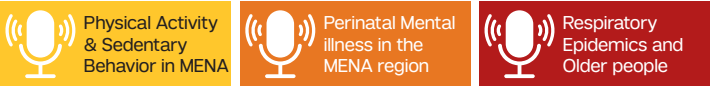
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Podcasts and Qatar TV Interviews

IPH podcasts are a creative way to disseminate key findings of our population health research and reach a wider audience. IPH has produced 3 author interviews on recently published research. In each podcast, the authors share their thoughts on why the research topic was relevant, the study aims & objectives, its methodology and a summary of key findings.

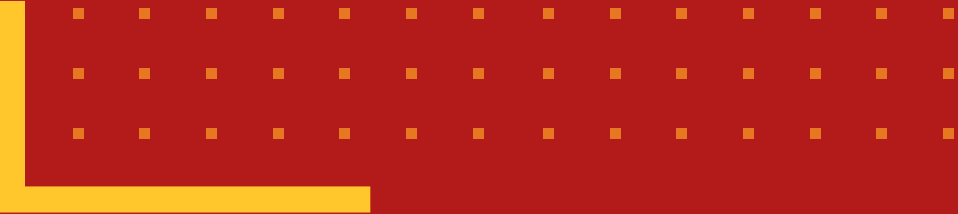
Listen to the author interviews here:



IPH faculty, Dr. Ravinder Mamtani, Dr. Sohaila Cheema, Dr. Sathyanarayanan Doraiswamy, Dr. Karima Chaabna & Dr. Amit Abraham, discussed their research and its impact on population health in interviews aired on Qatar TV. Research topics included telehealth, respiratory epidemics and older people and the public health reality of COVID-19.

View TV Interviews

Glimpses from a decade



Culturally Competent Patient-Centered Healthcare: A Special Focus on Qatar, Symposium March 2014



Lifestyle Medicine: An Emerging Healthcare Trend that Inspires, Symposium 2019



Building Capacity in Healthcare Professions Symposium 2017



Certificate in Clinical Nutrition 2016



MOPH Infectious Disease Outbreak-A Public Health Response-Elective 2020



Certificate in Lifestyle Medicine, March 2021



Population Health and Well-being Series 2021



Integrative Medicine: A Refreshing Approach to Optimum Health Symposium 2015



Emerging Trends in Health Care and Lifestyle Diseases: A Special Focus on Qatar Symposium March 2013



Emerging Trends in Health Care and Lifestyle Diseases: A Special Focus on Qatar Symposium, March 2013



The changing paradigm of health care in the Middle East, with a special focus on Qatar, Symposium, November 2011



Understanding Basics of Health Research, January 2020



Indian Women's Association - Being food smart. Getting it right, November 2019



Education City, Health and Wellness Fair, October 2019



Systematic Review-An Introductory Workshop, September 2019



Student Wellness: Perspectives, Challenges & Innovations, February 2018



Diabetes Awareness in Qatar Schools, February 2014



Enabling Self-Care Workshop, March 2015



Bridging the Gap Medical Interpreter Training, November 2019



Dr. Sohaila Cheema at the Lifestyle Medicine: An Emerging Healthcare Trend that Inspires, Symposium 2019



Newton British Academy Road Safety November 2019



The IPH Team



Certificate in Lifestyle Medicine, January 2020



Certificate in Clinical Nutrition, December 2018



Dr. Ravinder Mamtani's talk at Aspetar - An Evidence Based Approach to Acupuncture, September 2019



Lifestyle Medicine week Mindfulness by Nisha Agrawal



Global Health Service Learning Program Vietnam, August 2019



Bridging the Gap Medical Interpreter Training, November 2018



Medicine Unlimited 2018



Dr. Ravinder Mamtani at the Lifestyle Medicine: An Emerging Healthcare Trend that Inspires, Symposium 2019



Lifestyle Medicine Week, Walk for Life October 2018



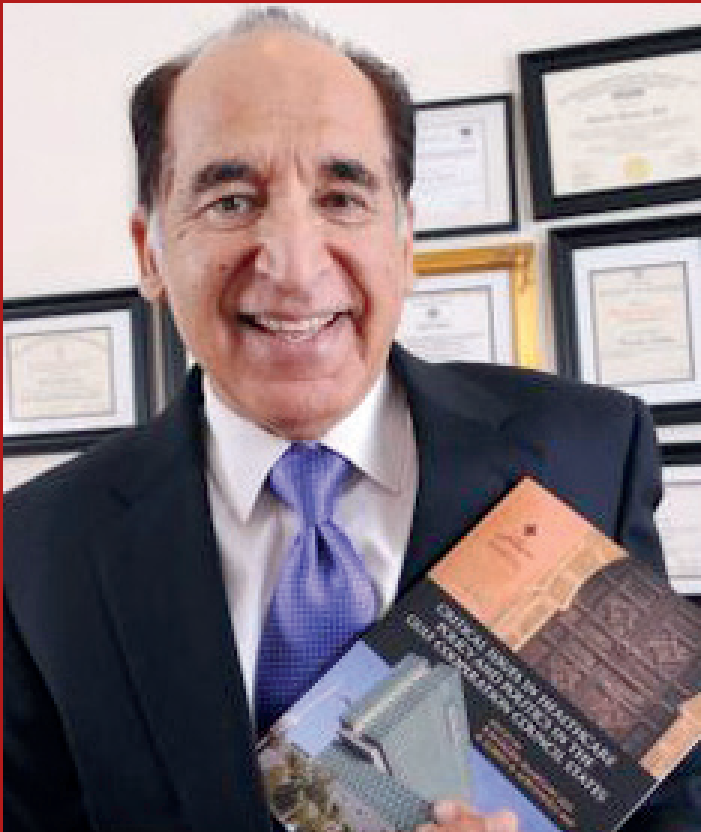
Dr. Karima Chaabna at Lycée Bonaparte school, November 2018



The IPH Team



The IPH team at the Lifestyle Medicine: An Emerging Healthcare Trend that Inspires, Symposium 2019



Dr. Ravinder Mamtani is the editor of a new book about healthcare in the GCC



Sahtak Awalan, Ask The Expert, January 2014



Mastering Emotional Intelligence September 2019



Cultural Competency in Healthcare Workshop, April 2017

Physical Activity: Let's Walk the Talk

Benefits of physical activity in adults

What are the health benefits of physical activity?

Regular physical activity reduces your risk of:

- dementia by up to 30%
- All-cause mortality by 30%
- cardiovascular disease by up to 35%
- type 2 diabetes by up to 40%
- colon cancer by 50%
- breast cancer by 20%
- depression by up to 20%
- hip fractures by up to 68%

Source: <https://www.cdc.gov/physicalactivity/basics/adults/index.html>

Intercultural Communication and Collaboration Forum, March 2020

Connect with us on social media #IPHQatar

