

**DR. MOHAMMED OTHMAN AL-RUKBAN, DPHC, SBFM, ABFM.**

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## Personal Profile..

***Date of birth:*** 1393-1972.

***Place of birth:*** Riyadh, KSA.

***Nationality:*** Saudi.

***Marital status:*** Married.

***Sex:*** Male.

## Speciality..

**Family Medicine.**

## Languages..

**Arabic and English**

**Fluent reading, writing, listening and speaking.**

## Qualification..

**+ High School, 1989.**

Al-Olia Secondary School.

Grad: **Excellent.**

**+ MBBS, 1997.**

College of Medicine

King Saud University (KSU).

Grade: **V. Good**

**+ Passed Canadian Evaluation Examination; 2000.**

Medical Council of Canada.

**+ Diploma Program in Primary Health Care (DPHC), 2001.**

College of Medicine, King Saud University.

✚ Arab Board in Family Medicine (ABFM); 2002.

✚ Saudi Board in Family Medicine (SBFM); 2002.

Saudi Arabia.

## Employment History

- Associate Professor, Department of Family and Community Medicine, College of Medicine- King Saud University, 9/6/2007.
- Consultant of Family Medicine, King Khalid University Hospital, 25/10/2005.
- Assistant Professor, Department of Family and Community Medicine, College of Medicine- King Saud University, 15/6/2003.
- Demonstrator, Department of Family and Community Medicine, College of Medicine- King Saud University, 6/2/1999.
- Pediatric Resident, Sulimaniah Children Hospital, 30/3/1998.

## Current Job Title..

**Vice Dean For Academic Affairs**

**Faculty of Medicine**

**King Fahad Medical City**

## Administrative Assignments..

**12 March, 2005- August, 2007**

**Educational Consultant**

**Faculty of Medicine, King Fahad Medical City, Ministry of Health**

*Update on March, 2008.*

**20 January, 2007- September, 2007**

**Head, Family Medicine Unit, Department of Family and Community Medicine, College of Medicine , King Saud University.**

**14 August, 2007- now**

**Head, Quality Assurance and Accreditation Center**

**Faculty of Medicine, King Fahad Medical City, Ministry of Health**

## **Awards..**

- ✚ **The Resident of the year (2001) in the Medical College, KSU.**

## **Licenses..**

- ✚ **Saudi Commission for health specialties registration No. 05-R-M-41950**
- ✚ **License to practice Medicine in Rwanda, at 2/8/2007.**

## **Courses, Conferences, Workshops & Seminars..**

### *Principles of Epidemiology and Biostatistics Course*

King Saud University, Faculty of Medicine, Riyadh 22/1/2000-4/3/2000. (Attendance)

### *3<sup>rd</sup> Family Medicine Essentials Workshop*

King Saud University, Faculty of Medicine, Riyadh 17-20/3/2002. (Attendance)

### *Computing Skills Workshop*

King Saud University, Faculty of Medicine, Riyadh 19/1/2003. (Organizer)

### *Skills of Instructional Methods Workshop*

King Saud University, Faculty of Medicine, Riyadh 9/3/2003. (Organizer)

### *The Medical Ethics in Islam, How Different? Symposium*

King Faisal Specialist Hospital & Research Center, Riyadh 10-12/3/2003. (Attendance)

### *Assessment Methods Workshop*

King Saud University, Faculty of Medicine, Riyadh 20/4/2003. (Attendance)

### *4<sup>th</sup> Family Medicine Essentials Workshop*

King Saud University, Faculty of Medicine, Riyadh 4-7/5/2003. (Organizer)

### *Uses of Computer in Medical Education Workshop*

King Saud University, Faculty of Medicine, Riyadh 11/5/2003. (*Organizer*)

***Basic Live Support Course***

Saudi Heart Association, Riyadh 20/5/2003. (*Attendance*)

***The power Point Course***

King Saud University, Faculty of Medicine, Riyadh 7/6/2003. (*Organizer*)

***Searching Literature Using Internet Course***

King Saud University, Faculty of Medicine, Riyadh 10/6/2003. (*Organizer*)

***Preparatory Course for Saudi Council Admission Exam***

Saudi Center For Health Training, Riyadh 3-4/9/2003. (*Lecturer*)

***Skills of Instructional Methods Workshop***

King Saud University, Faculty of Medicine, Riyadh 5/10/2003. (*Organizer & Lecturer*)

***Clinical Skills Assessment Workshop***

Saudi Council for Health Specialties, Riyadh 20-21/10/2003 (*Attendance*)

***Internal Medicine Update Symposium***

King Saud University, Faculty of Medicine, Riyadh 16-17/3/2004 (*Attendance*).

***The First Scientific Conference on the March of Medical Education in Saudi Arabia***

King Saud University, Faculty of Medicine, Riyadh 23-24/3/2004 (*Attendance*).

***Improving The Standards Of The Clinical Training Workshop***

Saudi Council for Health Specialties, Riyadh 6/4/2004 (*Attendance*).

***The Management of Cardiovascular Risks in Diabetics Symposium/ Workshop***

King Abdulaziz Medical City, Riyadh 15/4/2004 (*Attendance*).

***Psychotherapy For Common Psychiatric Illnesses Workshop***

Security Forces Hospital, Riyadh 29/4/2004 (*Attendance*).

***Improving The Standards of The Clinical Training Workshop***

Saudi Council for Health Specialties, Dammam 2/6/2004, Abha, Gizan and Al-Qaseem  
29/12/2004 (*Facilitator & Speaker*).

***3<sup>rd</sup> International Symposium on Update in Clinical & Community Nutrition***

Riyadh Armed Forces Hospital, Riyadh 3-5/10/2004 (*Speaker*)

***4<sup>th</sup> GCC Medical Education Conference***

Faculty of Medicine and Health Sciences, UAE University, Al-Ain; United Arab Emirates  
28-30/11/2004 (*Attendance*).

***“Dyspepsia” Workshop***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 1/12/2004  
(*Speaker*).

***“Care of Terminal Patients” Workshop***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 4/12/2004  
(*Speaker*).

***“Psychiatric Problems Among Elderly” Workshop***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 14/12/2004  
(*Speaker*).

***Postgraduate Assessment Workshop***

Saudi Council for Health Specialties, Riyadh 27-28/2/2005 (*Attendance*)

***2<sup>nd</sup> KSU Medical Education Workshop***

King Saud University, Faculty of Medicine, Riyadh 1-3/3/2005. (*Organizer*)

***New Approaches on The Management of Diabetes Mellitus***

Ministry of Health, Riyadh 12-13/4/2005. (*Attendance*)

***5<sup>th</sup> Family Medicine Essentials Workshop***

King Saud University, Faculty of Medicine, Riyadh 24-27/4/2005. (*Attendance*)

***Clinician-Patient Communication Workshop***

Ministry of Health, King Fahad Medical City, Riyadh 25/4/2005. (*Attendance*)

***The Fourth Symposium: Standards and Procedures for Quality Assurance and Accreditation.***

National Commission For Academic Accreditation and Assessment, King Faisal Hall,  
Riyadh 1-2/5/2005. (*Attendance*)

***Globalization and Adolescence Health Challenges***

King Abdulaziz Medical City, Riyadh 26/5/2005. (*Attendance*)

***How to Teach Evidence Based Clinical Practice Workshop***

McMaster University Medical Center, Hamilton, Canada- 5-10/6/2005. (*Attendance*)

***“Communication Skills” Workshop***

Saudi Council for Health Specialties, Riyadh 18-21/12/2005 (*Speaker*)

***How to write proper MCQ questions? Workshop***

King Saud University, Faculty of Medicine, Riyadh 26/12/2005 (*Organizer & Facilitator*)

***Clinical Skills Assessment Workshop***

King Saud University, Faculty of Medicine, Riyadh 1/2/2006 (*Organizer & Facilitator*)

***Problem-Based Learning: The Innovative Method Of Medical Education***

Ministry of Health, King Fahad Medical City, Riyadh 7-8/2/2006. (*Attendance*)

***“Institutional Quality Assurance” workshop***

National Commission For Academic Accreditation and Assessment, Riyadh 25-26/3/2006.  
(*Attendance*)

***Third King Saud University Workshop on Medical Education***

King Saud University, Faculty of Medicine, Riyadh 28-30/3/2006 (*Speaker*)

***5<sup>th</sup> Family Medicine Refresher Course***

North West Armed Forces Administration, Tabouk 6-10/5/2006. (*Speaker*)

***6<sup>th</sup> Evidence Based Clinical Practice Workshop***

King Saud University, Faculty of Medicine, Riyadh 14-17/5/2006 (*Speaker*)

***1<sup>st</sup> Medical Education Workshop***

Taibah University, Faculty of Medicine, Madinah 18-19/6/2006 (*Speaker*)

***2<sup>nd</sup> Medical Education Workshop***

Taibah University, Faculty of Medicine, Madinah 29-30/8/2006 (*Speaker*)

***“Association of Medical Education in Europe (AMEE) 2006 Conference”***

Association of Medical Education in Europe, Genoa, Italy, 14-18/9/2006 (*Speaker*)

***Simulation in Medical Training and Education Symposium***

Ministry of Health, King Fahad Medical City, Riyadh 19/11/2006.

***“Update in Primary Health Care- Part 1” course***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 22/11/2006  
(*Speaker*).

***“9<sup>th</sup> Diabetes Mellitus Condensed” Course***

National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 25-30/11/2006 (*Speaker*).

***Prevention and Management of Coronary Heart Disease and it's risk factors in PHC setting; Comprehensive course-first Course***

Saudi Society of Family and Community Medicine, Al-Wazarat Health Center, Riyadh 16-21/12/2006 (*Organizer & Speaker*).

***Clinical Skills Assessment Workshop***

King Saud University, Faculty of Medicine, Medical Education Center, Riyadh 15/1/2007  
(Organizer & Facilitator)

***Medical Instruction Workshop***

King Saud University, Faculty of Medicine, Medical Education Center, Riyadh 21/1/2007  
(Organizer & Speaker)

***“Gastroenterology disorders” Course- Part 2***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 20/1/2007  
(Speaker).

***Problem-Based Learning: The Innovative Method Of Medical Education***

Ministry of Health, King Fahad Medical City, Riyadh 23-24/1/2007. (Organizer)

***“Irritable bowel syndrome” Course***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 6/2/2007  
(Speaker).

***“Common Health Problems Among Adolescents” Course***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 10/2/2007  
(Speaker).

***First National Conference for Quality in Higher Education***

National Commission For Academic Accreditation and Assessment, Riyadh 4-6/3/2007.  
(Attendance)

***Fourth Internal Medicine Update Symposium***

King Saud University, Faculty of Medicine, Riyadh 6-8/3/2007 (Speaker).

***“10<sup>th</sup> Diabetes Mellitus Condensed” Course***

National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 10-15/3/2007 (Speaker).

***Fourth King Saud University Workshop on Medical Education***

King Saud University, Faculty of Medicine, Riyadh 13-15/3/2007 (Speaker)

***“Presentation Skills” Course***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 21/3/2007  
(Speaker).

***“International Medical Education Conference 2007 (IMEC 2007)”***

International Medical University, Kuala Lumpur, Malaysia 20-21/4/2007 (*Speaker*).

***“Applying Qualitative Research Methodology to Medical Education” Workshop.***

International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

***“Outcome-based Curriculum” Workshop.***

International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

***“Teaching and Assessing Doctor-Patient Communication” Workshop.***

International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

***“11<sup>th</sup> Diabetes Mellitus Condensed” Course***

National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 26-31/5/2007 (*Speaker*).

***“ 1<sup>st</sup> Taif Forum for Enhancement of Medical Education ”***

Taif University, Taif, 27-29/5/2007 (*Attendance*).

***“The 6<sup>th</sup> GCC Primary Health Care Conference & The 7<sup>th</sup> Scientific Meeting of The Saudi Society of Family and Community Medicine ”***

Ministry of Health & SSFCM, Riyadh, 4-6/6/2007 (*Speaker*).

***“Introduction to Clinical Researches” Course***

Ministry of Health, Training and Continuous Medical Education Center, Riyadh 10/6/2007 (*Speaker*).

***“Advanced Topics in Problem-Based Learning” Course***

University of Maastricht, School of Health Professions Education, Maastricht, Netherlands 11-22/6/2007 (*Attendance*).

***“4<sup>th</sup> congress of Asian Medical Education Association”***

Chulalongkorn University, Faculty of Medicine, Bangkok, Thailand 23-26/10/2007 (*Speaker*).

***6<sup>th</sup> GCC Medical Education Conference***

Faculty of Medicine, King Abdulaziz University, Jeddah 6-7/11/2007 (*Speaker*).

***“Prevention & Management of Heart Disease & its Risk Factors in Family Medicine Settings” Course***

Postgraduate Training Center, King Abdulaziz Medical City- NGHA, Marriott Hotel, Riyadh 26-29/11/2007 (*Speaker*).

***“3<sup>rd</sup> Annual workshop on Problem-Based Learning”***



Ministry of Health, King Fahad Medical City, Riyadh 7-8/1/2008. (*Organizer and Speaker*)  
***"2<sup>nd</sup> Annual workshop on Research Methodology"***

Ministry of Health, King Fahad Medical City, Riyadh 2-3/3/2008. (*Attendance*)  
***"How to construct MCQ?" Workshop***

Faculty of Medicine, King Abdulaziz University, Jeddah 17/2/2008 (*Speaker*).  
***Internal Medicine Update 2008 Symposium***

King Saud University, Faculty of Medicine, Riyadh 4-6/3/2008 (*Speaker*).  
***The First International Forum of Patients Affairs***

King Fahad Medical City, Patient affairs, Riyadh 24-26/3/2008 (*Speaker*).  
***Diabetic Mellitus Course***

Shaqra Provincial Hospital, Ministry of Health, Shaqra 27/3/2008 (*Speaker*).

## Published Articles..

1. **Al-Rukban MO.** Obesity among Saudi male adolescents in Riyadh, Saudi Arabia. *Saudi Med J* 2003; 24 (1): 27-33.  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=12590269&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=12590269&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
2. **Al-Rukban MO.** Dietary Habits of Adolescents in Riyadh. *Arab J Food Nutr* 2004; 5(11): 56-70.
3. **Al-Rukban MO,** Al-Khayal A, Bin Obaid A, Al-Ismail B, Al-Otaibi N, Al-Jebreen O, Al-Habdan S, Al-Ghonaim Y. Prevalence of Anabolic Androgenic Steroid Use in Riyadh, Saudi Arabia. *Saudi J Sport Med* 2005; 8(2): 57-64.
4. Al- Faris EA, **Al-Rukban MO.** Community-Based Family Medicine Course: Does it have Impact on Students' Learning Achievements, Attitude and Career Choice? *J Fam Comm Med* 2004; 11(3):121-126.  
[http://www.ssfcmm.org/ssfcmm\\_en/index.php?fuseaction=content.fullcontent&mainsection=502&Pub=No&Num\\_of\\_articals=5&artical=0000000885](http://www.ssfcmm.org/ssfcmm_en/index.php?fuseaction=content.fullcontent&mainsection=502&Pub=No&Num_of_articals=5&artical=0000000885)
5. **Al-Rukban MO,** Al-Migbal TH, Al-Mutlaq AA, Al-Marshady MA, Al-Salhi AH, Al-Rsheed AA, Al-Qahtani AA, Al-Thagafi SA. Characteristics of Immunization Providers in Riyadh and their Self-Perception of Competency. *J Fam Comm Med* 2005; 12(1): 35-41.  
[http://www.ssfcmm.org/ssfcmm\\_en/index.php?fuseaction=content.fullcontent&mainsection=375&artical=0000000533&Pub=No&Num\\_of\\_articals=5](http://www.ssfcmm.org/ssfcmm_en/index.php?fuseaction=content.fullcontent&mainsection=375&artical=0000000533&Pub=No&Num_of_articals=5)
6. Abdel-Hameed AA, Al-Faris EA, Alorainy IA, **Al-Rukban MO.** The criteria and analysis of good multiple choice questions in health professionals settings. *Saudi Med J* 2005; 26(10): 1505-1510.  
<http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16228046&ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed>

[ResultsPanel.Pubmed\\_RVDocSum](#)

7. **Al-Rukban MO**. Pattern of Physical activity Among Saudi Intermediate and Secondary School Students. *Arab J Food Nutr* 2005; 6(13): 153-167.
8. Al- Faris EA, Amin HS, **Al-Rukban MO**. Outpatient Management of Type 2 Diabetic Patients: A Review of Evidence-Based Literature. *J Fam Comm Med* 2006; 13(1): 3-13.  
[http://www.ssfcmm.org/ssfcmm\\_en/index.php?fuseaction=content.fullcontent&mainsection=420&Pub=No&Num\\_of\\_articals=5&artical=0000000618](http://www.ssfcmm.org/ssfcmm_en/index.php?fuseaction=content.fullcontent&mainsection=420&Pub=No&Num_of_articals=5&artical=0000000618)
9. Al-Tuwijri AA, **Al-Rukban MO**. Hypertension control & Co-morbidities in Primary Health Care centers in Riyadh. *Ann Saudi Med* 2006; 26(4): 266-271.  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16883084&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16883084&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
10. **Al-Rukban MO**, Al-Sughair AM, Al-Bader BO, Al-Tolaihi BA. Management of Hypertensive Patients in Primary Health Care setting, Auditing the Practice. *Saudi Med J* 2007; 28 (1): 85-90.  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17206296&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17206296&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)
11. **Al-Rukban MO**. Guidelines for the Construction of Multiple Choice Questions Tests. *J Fam Comm Med* 2007; 14(1): 125- 133.  
[http://www.ssfcmm.org/ssfcmm\\_en/index.php?fuseaction=content.fullcontent&mainsection=753&Pub=No&Num\\_of\\_articals=5&artical=0000001211](http://www.ssfcmm.org/ssfcmm_en/index.php?fuseaction=content.fullcontent&mainsection=753&Pub=No&Num_of_articals=5&artical=0000001211)
12. Ba-Jaber A, El-Fares EA, **Al-Rukban MO**, Al-Qatani H, Dafalla A. Glycemic Index (GI) of Some Popular Saudi Dates And the Effect of their Composition on the GI. *Arab J Food Nutr* 2006; 7(15): 6-13.

## Professional Memberships.

### + *Faculty Development Program.*

Medical Education Center, College of Medicine - King Saud University,  
20/1/2003- 13/8/2007.

### + *Students Academic Orientation (Mentors) Committee.*

#### **Third year Advisor**

Academic Affairs, College of Medicine - King Saud University, 20/8/2003-  
9/9/2005.

### + *Head, Students Academic Orientation (Mentors) Committee.*

Academic Affairs, College of Medicine - King Saud University, 10/9/2005-  
13/8/2007.

### + *Examination Supervising Committee.*

College of Medicine - King Saud University, Years (2003, 2004 & 2005).

### + *Students' Evaluation and Admission Committee.*

College of Medicine - King Saud University, Years (2003, 2004, 2005 & 2006).

### + *Health Education Committee.*

College of Medicine - King Saud University, 1/2006- 13/8/2007.

### + *Academic Counselor (Part time Consultant).*

Faculty of Medicine - King Fahad Medical City, (February, 2005- 13/8/2007.).

### + *Peer Reviewer.*

Saudi Medical Journal; Since 2003 until now (Editorial Board Member since Jan,  
2006).

British Journal of Sports Medicine; since May, 2007 until now.

### + *Family Medicine Program Admission Committee.*

Saudi Council for Health Specialties, Year: 2005, 2006.

### + *Strategic Plan Committee.*

College of Medicine - King Saud University, 3/2007- 13/8/2007.

 ***Family Medicine Board Trainer.***

Family Medicine Board, Saudi Commission for Health Specialties, 14/3/2007-  
present

 ***Member of Family Medicine Board Examination Committee..***

Family Medicine Board, Saudi Commission for Health Specialties, 5/2007- present

 ***Member of Administrative Board.***

Saudi Society of Family and Community Medicine, 6/2007- present