

Curriculum Vitae

Personal information

- Name: Lamis Abdullah Al-Sayyari
- Date of birth: 28/4/1984
- Nationality: Saudi
- Marital Status: Married
- City: Riyadh
- E-mail: lamis_a.s@hotmail.com
- Work e-mail: lalsayyari@ksu.edu.sa
- Language: Arabic, English.

Education:

- **1989-2002 Riyadh Schools**
 - Graduated with an overall percentage of 90.00
- **2002- 2007 King Saud University, K.S.A**
 - Bachelor Degree in Applied Medical Sciences with a specialty in Community Health Education Program
 - "Very Good" Grade with a Cumulative G.P.A of 4.36
- **2012-2014 King Saud University, K.S.A**
 - Master's Degree in Public Health "Disaster Management and Epidemiology" Program, Family and Community Medicine Department, Collage of Medicine.
 - "Excellent" Grade with a cumulative G.P.A of 4.83

Work:

- **April.2009-November.2010:** Lecturer at International Academy For Health Sciences Under Supervision of Saudi Commission For Health Specialties
- **January 2011 until now:** Demonstrator Teaching Assistance in Community Health Sciences Department-Health Education in King Saud University.

Experiences:

Training:

- **July.2007 –August.2008:** One year of internship, in four different hospitals:
 1. **July-October.2007:** Training at the Health Education Department at Security Forces Hospital.
 2. **October-December.2007:** Training at the Health Education Department at King Abdulaziz Medical City- National Guard Affairs.

3. **January-March.2008** Training at the Health Education Department at King Khaled Eye Specialist Hospital.
4. **March-August.2008:** Training at the Health Education Department at Prince Salman Kidney Disease Center.

Activities:

- **2018 April.** Attended a course titled “Construction of Objectives Structured Clinical Practice/Examination (OSCE)” held at King Saud University by The Deanship of Skills Development
- **2017 November.** Participated in the organization of “The 1st Annual Saudi Community Health Symposium (Women’s Health & Wellbeing)” by the collage of applied Medical Sciences held at King Khalid University Hospital.
- **2017 October.** Attended a course titled “Feedback as A Tool for Better Learning” held at King Saud University by The Deanship of Skills Development.
- **2017 October.** Attended a course titled “Flipped Classrooms” held at King Saud University by The Deanship of Skills Development.
- **2012 March.** Participated in the organization of “The first conference of applied medical science collages” held in the hall of King Saud University (Dariyah)
- **2011 December.** Attended the workshop titled “Partnership resulting from the safety and health promotion” in the Seventh symposium for Health Education in King Khaled Eye Specialized Hospital.
- **2011 December.** Attended the workshop titled “Empowerment and the Community Mobilization for Health Promotion” in the Seventh symposium for Health Education in King Khaled Eye Specialized Hospital.
- **2011 December.** Attended the Seventh symposium for Health Education in King Khaled Eye Specialized Hospital titled: “Empowerment for Health Promotion”.
- **2011 May.** Participated in the Organization of Breast Cancer and Nutrition Symposium in the Four Seasons Hotel.
- **2008** Participated in the activities of the diabetes day at King Abdulaziz Medical city National Guard Health Affairs.
- **2008** Participated in the activities of the world kidney day at Prince Salman Center for Kidney Diseases.
- **2008** Attended a lecture named Amazing Kidneys at Prince Salman Center for Kidney Diseases.
- **2008** Attended the 1st scientific symposium of the Charitable Association for Health Education at Prince Salman Social Center.
- **2008** Became a member in the Charitable Association for Health Education.

- Participated in the health education Campaign for eyes' protection at King Khaled Eye Specialist Hospital.
- **2007** Participated in the Organization of Health Education Program "Your Health in Ramadan" at Security Forces Hospital.
- **2004.** Participated in the 3rd Health Education Seminar at King Khaled Eye Specialist Hospital.

Community Services:

- **21 – 23 April 2012** Participated in the organizing of the Event “ Drug Abuse Prevention” and the gallery “A journey of an abuser’s life” held in King Saud University in “Olaisha”
- **28 – 30 April 2012.** Participated in the organizing of the Event “ Drug Abuse Prevention” and the gallery “A journey of an abuser’s life” held in King Saud University in “Al-Malaz”
- **December 2011.** Participated in the organizing of the event “Renewed Health” for the elderly in Prince Salman Social Center.
- **March 2011.** Organizing and presenting the health education club’s corner in the World Kidney Day titled:”Protect your Kidneys, Save your Heart” at King Fahad Medical City (KFMC).
- **May 2011.** Organizing and Presenting the “Vitamin D Deficiency” Corner in the (Bone Health) Event in the collage’s hall.
- **May 2011.** Organizing and Presenting the “Vitamin D Deficiency” Corner in the (Bone Health) Event at The Kingdom Schools.

Community Lectures:

- **March 2012.** Presented a lecture titled: “Determinants of Health Behaviors” for the International course on the Development and Improving Health Educators’ Skills in Breast Cancer Management in Al-Ahsa Province, under the patronage of His Excellency the Director of Health Affairs in Al-Ahsa Province.
- **March 2012.** Presented a workshop titled: “Woman’s Beliefs of Breast Cancer and its Treatment” for the International course on the Development and Improving Health Educators’ Skills in Breast Cancer Management in Al-Ahsa Province, under the patronage of His Excellency the Director of Health Affairs in Al-Ahsa Province.

- **February 2012.** Presented a lecture titled: “Group Teaching of Diabetic Patients” in the National Diabetic Center for the Health Educators’ course
- **February 2012.** Presented a lecture titled: “Empowerment of Diabetic Patients” in National Diabetic Center for the Health Educators’ course
- **September 2011.** Presented a lecture titled “Factors affecting diabetic patients’ compliance of medical regimen” in the National Diabetic Center for the Health Educators’ course
- **September 2011.** Presented a lecture titled “Therapeutic education on late complications” in the National Diabetic Center for the Health Educators’ course
- **September 2011.** Presented a lecture titled “Ethics in Health Education” in the National Diabetic Center for the Health Educators’ course
- **September 2011.** Presented a lecture titled: “Group Teaching of Diabetic Patients” in the National Diabetic Center for the Health Educators’ course
- **September 2011.** Presented a lecture titled: “Empowerment of Diabetic Patients” in National Diabetic Center for the Health Educators’ course
- **February 2011.** Presented a lecture titled: “Group Teaching of Diabetic Patients” in the National Diabetic Center for the Health Educators’ course
- **March 2011.** Presented a lecture titled: “Empowerment of Diabetic Patients” in National Diabetic Center for the Health Educators’ course
- **May 2011.** Presented a lecture titled: “Determinants of Health Behaviors” at Zahra Breast Cancer Association for the Health Educators’ course.
- **May 2011.** Presented a workshop titled: “Woman’s Beliefs of Breast Cancer and its Treatment” for the Health Educators’ course at Zahra Breast Cancer Association

Projects:

- A research study on the **Physicians’ Needs for Continuous Medical Education About Nutrition Counseling and Management**
- A research study on **Assessing Beliefs and Preparedness for Disasters among Highschool Female Students**

Interests:

- **Reading** (Arabic and English).
- **Writing** (Arabic and English).
- **Community Services Activities.**

Skills

- MS Word and PowerPoint.
- Research skills.
- Presentation skills.
- Typing skills
- Working under pressure
- Great team worker
- Express things well, great use of words
- Love getting things done
- Love teaching.

Published Articles:

- رسالة الجامعة نشرت مقالة لي بعنوان (أجل شرب فنجان القهوة لساعة أو ساعتين) في عددها 924
- A booklet about "Osteoporosis".