

DR SUHA SAID AL-NAIMI

PROFESSIONAL PROFILE

A positive, proactive and dedicated professional, with extensive experience across a wide spectrum of scientific environments. Able to demonstrate the expertise required to effectively manage organisational change in order to deliver the best results while achieving overall targets. Possesses exceptional interpersonal and communication skills and the ability to develop and maintain positive relationships from board level to grass roots. A motivational and inspirational leader capable of coaching and empowering individuals to enable them to fulfil their potential whilst ensuring that they make a positive contribution to their environment. Involved in facilitating both Problem Based Learning (PBL) and Inter Professional Learning (IPL) for students from the Medical School at The University of East Anglia (United Kingdom).

1. ACADEMIC QUALIFICATIONS

- Fellow HEA: The Higher Education Academy, UK (2017)
- RNutr: Registered Nutritionist- Association for Nutrition, UK (2016).
- PhD: Chemical Pathology & Metabolic Medicine, The University of Liverpool, UK (2008).
- Member, British Association for Clinical Biochemistry, UK (2006).
- MRCPath: Member of the Royal Collage of Pathology, UK (2003).
- MSc: Chemical Pathology & Molecular Biology, The University of Surrey, UK (2002).
- MB ChB: Medical School, UOB (1997).

2. PRESENT APPOINTMENT

Visiting Associate Professor, College of Medicine, University of Sharjah,
UAE

(Associate Professor) for the Human Health Programme.

School of EAST, the University of Suffolk, UK.

Module leadership --

- 1) Foundation of Anatomy and Physiology
- 2) Human Physiology
- 3) Human Physiological Measurements
- 4) Foundation of Pathology
- 5) Immunology
- 6) Clinical Nutrition

Module contribution

- 1) Histopathology
- 2) Skills for Biomedical Sciences
- 3) Obesity and Energy Homeostasis
- 4) Postgraduate Regenerative Medicine Research and teaching activity.

3. PREVIOUS APPOINTMENTS

- Senior Lecturer in Metabolic Medicine and Chemical Pathology at the School of Science, Technology and Engineering, the University of Suffolk, UK (2016-2017).
- Lecturer in Regenerative medicine the School of Science, Technology and Engineering, the University of Suffolk, UK, (2012-2016).
- Clinical Lecturer and Research Teaching Fellow, at the School of Medicine, Health Policy and Practice, UEA, UK, (2010-2012).
- Clinical Lecturer and Associate Teaching Fellow, Schools of Medicine and Pharmacy, University of East Anglia, UK, (2009-2010)
- Lecturer Health and Social Care, Salford, Preston and Bury University Colleges, UK, (2008-2009).
- Clinical Research Scientist, School of Chemistry/Biochemistry, University of Liverpool, UK, (2006-2008).
- Lecturer Clinical Biochemistry and Human Biology, Chester University Collage, UK, (2003- 2004).
- Clinical Training, The Royal Infirmary Surrey Hospital, UK, (1999- 2002)

CLINICAL TRAINING

- Clinical Training, The Royal Bournemouth Hospital, UK (2002-2003). Gaining experience in the laboratory field and improving theoretical knowledge through practice.
- Clinical Training, The Royal Infirmary Surrey Hospital (1999–2002). Participating in a clinical attachment whilst studying for MSc to gain experience within this laboratory field, increasing theoretical knowledge an gaining valuable experience in liaising with patients, managing the collection of samples and carrying out investigations to reach the correct diagnosis.
- House Officer, The N&N University Hospital (1997-1999) Working in the Department of Pathology and Clinical Chemistry carrying out body chemistry analysis, including instrumentation, quality control, and significance of abnormal value with consideration of the clinical situation.
- Pre-registration Training, Various Hospitals (1997). Working on a rotation basis in various hospitals including three months in each of the major specialty areas including Accident and Emergency, General Surgery, General Medicine, Gynaecology and Obstetrics and Paediatrics.

4. PROFESSIONAL RECOGNITION

- Fellow HEA: The Higher Education Academy, UK (2017)
- The MA in Higher Education Practice (MA-HEP) a professional development course for early-career academics (2010).
- Training Programme for Anatomical Professionals (ATP1) in Medicine (2010).
- PBL Training: The theory and evidence underpinning Problem Based Learning (PBL) in Medicine (2009).
- City and Guilds 7407: Certificate in Further Education Teaching (2003).
- General Medical Council (GMC) (2002).
- Research Training: Basic Clinical Research & GCP, Good Clinical Practice Competence course (2002).

AWARDS AND PRESENTATIONS

- The International Asthma, Allergy and COPD conference in Dubai- UAE- (2019) AWARDED a first-place winner certificate.
- The Health International Health Conference. –Navarra, Spain- (2018) oral presentations
- International Conference on food Science and Bioprocess technology- Dubai, UAE- (2017)
- The 3rd NNEdPro International Summit on Medical Nutrition Education and Research. University of Cambridge-UK- (2017)
- Bio-Research Colloquium- University of East Anglia, UK (2010).
- British Society for Parasitology, Annual national meeting - Cardiff University, UK (2010).
- The data from the PhD project was selected in the International Congress on Obesity at Sydney Australia.
- Received a commendation letter at the postgraduate student poster day from the University of Liverpool.
- Awarded for the best poster presentation in the Department of clinical Biochemistry at the Royal Liverpool Hospital.
- Certificate from Basic Clinical Research & GCP (Good Clinical Practice) Competence course.
- The NW ACB Ian Ward Meeting held in the Royal Preston Hospital.

CONFERENCES

- The 3rd Annual Dubai International Asthma, Allergy and COPD Forum (2019). Examining the Efficacy of a Novel Augmented Reality Mobile Delivery Platform for the Enhancement of Asthma Care Education for Children.
- International Conference on food Science and Bioprocess technology- Dubai, UAE- (2017)- Speaker through competition
- The 3rd NNEdPro International Summit on Medical Nutrition Education and Research. University of Cambridge-UK- (2017)- Speaker through invitation.
- British Society for Parasitology - Cardiff University, Annual national meeting - UK (2010)-Speaker through invitation.
- Focus 2009 - The Association of Clinical Biochemistry, Annual national meeting - UK (2009)- Speaker through competition.
- Focus 2007 - The Association of Clinical Biochemistry, Annual national meeting - UK (2007)-Poster presentation through competition
- Focus 2006 - The Association of Clinical Biochemistry, Annual national meeting - UK (2006)- Speaker through competition
- International Congress on Obesity at Sydney, Australia (2006)-Speaker through invitation.
- ASO Meeting - Association for the Study of Obesity- Adipose Tissue in Inflammation and Metabolism – UK (2006)-Speaker through invitation.
- Nocturnal responses to repeated meals in simulated shift workers: XVI International Symposium on Night and Shiftwork, Santos, Brazil (2003)-Speaker through invitation.

5. ACADEMIC SUPERVISION:

a. PhD Supervision: Current PhD Projects:

- (i) Does Suffolk know how to eat sustainably? Identifying the level of knowledge and attitudes towards sustainable eating practices, for both personal and environmental health requirements, in the county of Suffolk. (PhD in Nutrition and Human Health)
- (ii) Obesity As A Form Of Self-Harm: A Mixed Methods Approach. This research study aims to discover whether a proposal for the inclusion of obesity as a form of self-harm can be offered. By doing so, this will also provide further contribution to the understanding and knowledge of both obesity and self-harm, resulting in potential

treatment and preventable measures for the future. With such recognition, this may also be beneficial in demonstrating the importance of unique motivations for a behaviour, leading to a person-centred focus in treatment, rather than administration of a typical system that follows the same procedure for all individuals.

- (iii) The role of Pharmaceuticals and Nutraceuticals in obesity induced inflammation. The aim of this research is to find out how the Moxonidine will affect the pro-inflammation and anti-inflammation markers of the adipose tissue. This will provide an indication as to whether targeting obesity induced inflammation directly is the best approach to reduce the risk of insulin resistance and various consequences of the current obesity epidemics to reduce the risks of chronic diseases such as the cardiovascular diseases.

Approach.

- b. Msc Students Supervision:** I have supervised and supervising postgraduate students in Regenerative Medicine.
- c. Final year students' project supervision-** I have been supervising students who have been conducting their final year projects.
- d. External doctoral examiner** for the University of Worcester.
- e. Honorary Associate** at the University of East Anglia

6. RESEARCH

ARTICLES IN REFEREED JOURNALS

- (i) Nejad L., **Al-Naimi S.**, Rajic A. and Ibrahim F. Probiotics as an additional therapeutic approach in the management of Type 2 Diabetes Mellitus: a systematic review and meta-analysis, *Proceedings of the Nutrition Society*; (2022), 81 (OCE1), E13. DOI: <https://doi.org/10.1017/S0029665122000131>
- (ii) Bunn C., **Al-Naimi S.**, Rajic A. and Ibrahim F. Obesity as a risk factor for the admission of COVID-19 patients into ICU: a systematic review and meta-analysis, *Proceedings of the Nutrition Society*; (2022), 81 (OCE1), E23. DOI: <https://doi.org/10.1017/S0029665122000234>
- (iii) **Al-Naimi S.**, Brady P, Andrews T, Ibrahim F, Janes C, Abdel-Maguid M. Examining the Efficacy of a Novel Augmented Reality Mobile Delivery Platform for the Enhancement of Asthma Care Education for Children. *iJIM – Vol. 15, No. 07, 2021.* <https://doi.org/10.3991/ijim.v15i07.20379>
- (iv) Dubourg, A; Xia, D; Winpenny, J, P; **Naimi, S.** A; Bouzid, M; Sexton, D, W; Wastling, J, M; Hunter, P, R; Tyler, K, M (2018): Giardia Secretome Highlights Secreted Tenascins as a Key Component of Pathogenesis. *GigaScience*, 7 (3). pp. 1-13. ISSN 2047-217X. <https://ueaeprints.uea.ac.uk/id/eprint/65976>
- (v) **Al-Naimi, S.** Winpenny, J. P., Hunter, P. R., Tyler, K. (2010) A soluble mediator from Giardia Lamblia disrupts human gastrointestinal epithelial cell function, UEA Repository Paper
- (vi) **Al-Naimi S.**, Ranganath LR & Trayhurn P. Ghrelin and Obestatin and the white adipose tissue. *Ann Clin Biochem.* 2007; 44: 39-41. doi:11.1279.
- (vii) **Al-Naimi S.**, Ranganath LR, Shenkin A & Trayhurn P. Do white adipose adipocytes express receptors for gut hormones? *Ann Clin Biochem* 2006; 43: 73 - 76. doi:10.1258.
- (viii) **Al-Naimi S.**, Trayhurn P & Ranganath LR. Do gut hormones enhance insulin- stimulated glucose metabolism in human adipocytes? *Ann Clin Biochem*; 2009; 46: 44-48.
- (ix) **Al-Naimi S.**, Hampton S, Richard P & Morgan LM. Postprandial metabolic profiles following meals and snacks eaten during simulated night and day shift work. *Chronobiol Int.* 2004; 21 (6): 937-47. PMID: 15646240. <https://www.tandfonline.com/doi/abs/10.1081/CBI-200037171>

CONFERENCE PAPERS

- (i) Examining the Efficacy of a Novel Augmented Reality Mobile Delivery Platform for the

Enhancement of Asthma Care Education for Children. The 3rd Annual Dubai International Asthma, Allergy and COPD Forum

- (ii) International Conference on food Science and Bioprocess technology- Dubai, UAE- (2017)
- (iii) The 3rd NNEdPro International Summit on Medical Nutrition Education and Research. University of Cambridge-UK- (2017)
- (iv) British Society for Parasitology - Cardiff University, Annual national meeting - UK (2010).
- (v) Focus 2009 - The Association of Clinical Biochemistry, Annual national meeting - UK (2009).
- (vi) Focus 2007 - The Association of Clinical Biochemistry, Annual national meeting - UK (2007).
- (vii) Focus 2006 - The Association of Clinical Biochemistry, Annual national meeting - UK (2006).
- (viii) International Congress on Obesity at Sydney, Australia (2006).
- (ix) ASO Meeting - Association for the Study of Obesity- Adipose Tissue in Inflammation and Metabolism – UK (2006).
- (x) Nocturnal responses to repeated meals in simulated shift workers: XVI International Symposium on Night and Shiftwork, Santos, Brazil (2003).

BOOKS

White Adipose as a Target for the Gastrointestinal Hormones, VDM Müller (2009-04-03) - ISBN-13: 978-3-639-03382-3.

INTERNAL CLINICAL AUDITS

- (i) Criteria-based audit of quality of care to women with severe pre-eclampsia and eclampsia in a referral hospital in Liverpool http://madridge.com/program.php#Suha_Al-Naimi-Abstract
- (ii) Do we know what inappropriate laboratory utilization is? NICE, Principles of Best Practice in Clinical Audit, 2010
- (iii) A research project to determine whether male patients benefit from more individual or group physiotherapy.
- (iv) An audit to review if patients being offered physiotherapy have the options for treatment fully explained.
- (v) In lieu with the UNISEF 2002- 2005, the awareness of mothers on the subject of diarrhea and respiratory diseases in children below the age of 5, published in the Iraqi Medical Journal.
- (vi) An audit of the implementation of the international consensus group's guidelines on reporting of blood films at the Southport & Formby District General Hospital.

7. RESEARCH GRANTS AND CONTRACTS AWARDED

Project Title and Funding Source	Start Date of Grant	End Date of Grant	Name of Principal Investigator†	Names of Co-Investigators	Value of Award	Value Attributable to Candidate
Obesity as a risk factor for COVID 19 comorbidity and mortality	01/2021	01/2022	Dr Ibrahim	Dr Al-Naimi	£12K	Research Paper

Designing an augmented reality smartphone application for the enhancement of asthma care.	11/2018	11/2020	Dr Al-Naimi	Mr Andrews	£10K	Research Paper
Research Support Fund	06/2006	06/2009	Dr Ranganath	Dr Al-Naimi	£500	Travel grant to attend the ACB meetings
BBSRC support funding	03/2006	04/2007	Prof Trayhurn	Dr Al-Naimi	£1000	The ASO Meeting in Sydney, Australia
University of Surrey Research Support Fund	06/2004	06/2005	Prof Morgan	Dr Al-Naimi	£1200	XVI International Symposium, Santos, Brazil.

Indications of External Recognition

- (i) **External Advisor** for revalidation of the BSc (Hons) in nutrition, BSc (Hons) in nutrition with foundation year and BSc (Hons) in sport nutrition programmes, Liverpool John Moores University (LJMU)
- (ii) **External doctoral examiner** for the PhD thesis titled as “Associations between high fat diet intake, oestrogen replacement therapies and depressive-like behavioural symptoms” at the School of Science and the Environment/ Department of Human Biology and Human Nutrition at the University of Worcester.

Related administration

I am the Science Marketing Representative within the Schools that carried out a range of outreach activities with local schools and the community. Examples of our outreach activities include summer schools on campus and activities and masterclasses for local school groups. By which I have managed to organise many events within the Science and Technology and this includes:

1. The Life Science Conference, college and sixth form students and staff are invited to join us for taster lectures from across our Science department so as the students will get to experience what studying at UOS would be like.
2. The STEM Conference, whereby I worked together with both the student recruitment and widening participation teams to send out invites to schools across the East Anglia.
3. The STEM Teachers Event, inviting all the science teachers across East Anglia to visit UOS
4. Supporting and participating at the PhysicsFest event that took place on UOS campus whereby a variety of primary and secondary schools attended to be engaged with STEM related subjects.
5. Assisting and contributing to the annual Access to HE Conference, I have provided workshops for the students to gain an awareness of the subject they are interested in studying and promote the degree programmes on offer.
6. Organising activities at the Suffolk Show 2015-16 and 17 which helped in building our brand awareness and profile this participation and contribution was evident and published at the Ipswich star newspaper.

8. KNOWLEDGE EXCHANGE AND PROFESSIONAL PRACTICE

The University of Suffolk's first Knowledge Transfer Partnership (KTP), which resulted in a revolutionary new app to help children with asthma. The project has been shortlisted for the Knowledge Exchange/Transfer Initiative of the Year Award in the Times Higher Education (THE) Awards 2019.

Lead our first official Erasmus agreement exchange within the field of Nutrition and Human Health with the University of Navarra, offering our NHH students the possibility of spending part of their degree studying at such University (2017-2023)

Leading on the Nutrition and Human Health degree and leading in the accreditation by the Association for Nutrition and accreditation achieved.

A member of the Liverpool Obesity Research Network (LORN). Such collaboration has provided our Life Science Directorate with research materials including 3T3-L1 and inflammatory primers which worth around £10.5k to support my final year students within their research projects and educational work.

Leading the Cancer and Nutrition infrastructure, chairing and organising regular meetings (three/ year) here in Suffolk involving the University of Suffolk, Ipswich Hospital and the Southampton University. (2016-to date)

9. FURTHER SKILLS

- I.T. Proficiency:** Computing statistics and data analysis, Microsoft Word, Excel, PowerPoint, Internet and e-mail.
- Languages:** English (fluent) and Arabic (Mother language).
- Health:** Excellent.
- Driving Licence:** Full/ Clean.
- Interests Include:** Playing Squash, cycling, roller skating and listening to music.

10. REFERENCES

To be given later