



Sondos Abderraheem Harfil
Lecturer- University of Sharjah
College of Health Sciences
Department of Medical Laboratories Sciences
Sharjah, P.OBox 27272
sharfil@sharjah.ac.ae

Academic Degrees

- **Progressing: PhD in Biomedicine program- Major Biochemistry- University Sains Malaysia- Medical Campus-Kelantan-Malaysia.**
- **MSc. Master of Science, Biology, 2000**
University of Jordan, Jordan, Jordan
- **Post Graduate Diploma, Biology, 1997**
Yarmouk University, Irbid, Jordan
- **BSc. Bachelor of Science, Biology, 1993**
Yarmouk University, Irbid, Jordan

Current Job:

Lecturer. Department of Medical Laboratories Sciences-College of Health Sciences- University of Sharjah-UAE (starting from Septemebr 2008-present)

Current job responsibilities:

- Instructor of many theory and laboratory courses: Biology, Human Anatomy and Physiology, Biochemistry, General Microbiology, Medical Microbiology, Endocrinology.
- Teaching evaluation by the students is excellent.
- Supervisor of many students research projects (undergraduate level).
- Active participation in academic advising (average of 25 students per semester).
- Membership in many departments, college and university committees:
 - Activities, marketing and enrolment promotion committee

- Faculty professional development committee
 - Students assessment and examination committee
 - Students affairs and academic advising committee
 - Students Enrollment committee(University level)
 - Workplace Health, Safety and Wellbeing Circle (University level)
 - Sustainability curriculum committee (University level)
 - Chair of students activities club (College level for three years)
 - Chair of Public relations committee (College level for three years)
- I have a long experience in the laboratories works, teaching and learning environment, updating laboratory list of order, and updating the course syllabi.
 - Active in online learning, adopted online platforms, excellent experience in course delivery through blackboard, Ms Teams and online exams with Web camera and monitoring.
 - Interested in simulation methods in laboratory teaching and improving online learning methods.
 - Attended many basic and advanced training workshops on teaching and learning development
 - Working on research involvement in teaching laboratories sessions.
 - Coordinated many activities at the college and department levels.
 - Involved in research and scholar activities during the last five years. Looking forward to continuing my research plans.
 - Participated in many research laboratories during the postgraduate level (Microbiology, Biochemistry, Molecular Biology).Excellent experience in Biochemistry and microbiology research laboratories.
 - Experiences in Tam based learning (TBL).
 - Very good experience in Microsoft Office applications, using literature search engines and EndNote.

Professional Work Experience

- **University of Sharjah-College of Health Sciences**, 17/08/2008 - Present
Role: Lecturer
- **The Canadian University of Dubai**, 01/09/2007 - 31/01/2008
Role: Lecturer
- **Dubai International School**, 30/08/2003 - 01/01/2007
Role: Science and Laboratories Coordinator
- **Al Ghurair University**, 06/09/2000 - 31/01/2003
Role: Lecturer

Professional Memberships

- 2014 - 2017, EOMSIG (Emirate Obesity and Metabolic Surgeons Interested Group), Active Member
- 2014 - 2016, IFSO (International Federation for the Surgery of Obesity and Metabolic Disorders., Member
- 2014 - Present, World Obesity Society-UK, Member
- 2016 - Present, Malaysian Association for the Study of Obesity (MASO)
- 2016 - Present, Harvard Medical School Alumni Association, International training
- 2017 - Present, INTERNATIONAL SCIENTIFIC ASSOCIATION FOR PROBIOTICS AND PREBIOTICS, PhD student membership.

Awards and Honors

- **Dubai Harvard Foundation for Medical Research (DHFMR) Scholarship.** September 2015. Amount: 11,000 AED. (certified training program: International Clinical Research Training program).
- **3rd. Rank best oral presentation.** 10th Emirates Diabetes & Endocrinology Congress, Dubai, UAE (2020, February 27-29). Title: Circulating lipopolysaccharide-binding Protein (LBP) as a Marker of Inflammation and Metabolic syndrome-related to Insulin Resistance.

Research Grants

- **Boehringer Ingelheim students research Grant (Co-PI). (2016) Amount:15,000 AED.** Shared research grant, awarded by Boehringer Ingelheim with. Prof Wael Hassan. Title: Studying the Levels of hs-CRP in subjects with Metabolic Syndrome at the University of Sharjah Population.”
- **TANITA Healthy Weight Community Trust-in-Aid (2016). Amount: 34,000 AED.** Title: Modulatory Effects of Lactobacillus on Obesity and Inflammation.
- **Shaikh Hamdan Bin Rashid Award for Medical Sciences (2017). Amount:163,000 AED.** Shared with Prof Raed AbuOdeh. Title: The Effect of Probiotics on Obesity, Metabolic Endotoxemia and Inflammation.
- **University of Sharjah Office of Vice-Chancellor of Research and Graduate Studies (2019).** Undergraduate students project funding. **Amount: 5,000 AED.** Role: supervisor. Title: The correlation between Vitamin D and Metabolic Syndrome Components.

Clinical Research Training Program:

- **Introduction to Clinical Research Training Program.** Dubai-Harvard Medical School, Harvard Medical School-Dubai, UAE, **Date: December 2015-May 2016:** Six months

certified intensive training program in clinical research practice, methodology, biostatistics and epidemiology. The program was provided by experts from Harvard medical school. The program was delivered through face to face workshops in Dubai, accompanied with webinars, online exams, assignments and presentations.

- Attended several clinical research training programs, research ethics and methodology.
- I am interested in clinical trials.

Publications

- **Harfil, S.** Proceedings of the 5th. Asian Obesity Specialists & Endocrinologists Annual Meeting. Gut Microbiota Interactions and Human Obesity, 11-12 July 2016. Proceedings
- Bani-Issa W, Eldeirawi K, **Harfil S**, Fakhry R. Vitamin D Deficiency and Its Determinants in Adults: A Sample from Community-Based Settings in the United Arab Emirates. Int J Endocrinol. 2017;2017:3906306. doi: 10.1155/2017/3906306. Epub 2017 Mar 2. PMID: 28352281; PMCID: PMC5352966.
- **Harfil, S.**, AbuOdeh, R., Hassan, H., W. K. N. S. Sirajudeen, Hamid Jan Jan Mohamed (02-06/11/2020), Prevalence of Metabolic Syndrome Associated Factors in the Adult Population in UAE: Effect of Gender and Age. Abstracts of Obesity Week-Interactive-Obesity Society. Obesity, Vol 28, Supplement S2, November 2020.
- **Harfil, S.**, AbuOdeh, R., Hassan, W., Sirajudeen, K. N. S., Jan, H. Circulating lipopolysaccharide-binding Protein (LBP) as a Marker of Inflammation and Metabolic syndrome-related to Insulin Resistance. Abstracts of 10th Emirates Diabetes & Endocrinology Congress, Dubai, UAE. Abstracts in Dubai Journal of Endocrinology (in press)

Presentations

- **Harfil, S.** (01/06/2014). *Dietary supplements Benefits and Disadvantages.* مؤتمر الغذاء و الدواء في ضوء المستجدات من منظور الفقه الإسلامي
- **Harfil, S.** (13/10/2015). *Modulating effect of probiotics on the gut microbiota interactions with metabolic syndrome.* 1st Dubai Health Authority Int. Clinical & Community Nutrition Conference
- **Harfil, S.** (18/11/2016). *Regulation of Adiposity and Inflammation by Lactobacillus in Adults: Views on Randomized Controlled Clinical Trials..* 2nd. Dubai Nutrition Conference.
- **Harfil, S.** (12/07/2018). *Gut Microbiota Interactions and Human Obesity..* Asian Obesity Specialists & Endocrinologists Annual Meeting.-Kuala Lumpur-Malaysia

- **Harfil, S.** (28/11/2018). *Role of Probiotics to prevent obesity*. My Health 7th conference. Organized by Supreme Council for Family Affairs-Sharjah-UAE
- **Harfil, S.** (26/09/2019). *Gut Microbiota and Health: Principles and Practice*. Nutrition & Health Symposium (NHS) September 26, 2019- Dubai-UAE.
- **Harfil, S.,** AbuOdeh, R., Hassan, W., Sirajudeen, K. N. S., Jan, H. (2020, February 27-29). *Circulating lipopolysaccharide-binding Protein (LBP) as a Marker of Inflammation and Metabolic syndrome-related to Insulin Resistance*. 10th Emirates Diabetes & Endocrinology Congress, Dubai, UAE.
- **Harfil, S.,** AbuOdeh, R., Hassan, H., W. K. N. S. Sirajudeen, Hamid Jan Jan Mohamed (2020, November 02-06). *Prevalence of Metabolic Syndrome Associated Factors in the Adult Population in UAE: Effect of Gender and Age*. Obesity Week-Interactive-Obesity Society, MD, USA.(Virtual conference).

Professional Development

Active in participation with many local and international conferences and events. Certificates are available upon request.

Important Professional Certifications

- **Heart Saver First Aid/CPR/ AED. Certified by the American Heart Association.** Clinical Training Center- University of Sharjah, Sharjah, UAE. **2015**.
- **Updates about pathology laboratory techniques:** ASCP Pathology Updates 2017 workshop, HMSS International, Dubai- UAE, Not Applicable
- **How to turn your question into research idea:** Full day intensive workshop presented by scholars from Harvard medical School Center in Dubai. 2018
- **How to Develop Research Protocol.** Full day, intensive workshop followed by hands-on training. Harvard Medical School-Dubai. Series of workshops.1, Harvard Medical School-Dubai, UAE, Dubai- UAE. 2018
- How to Develop Research Protocol., Harvard Medical School-Dubai, UAE, Dubai- UAE, **Title: How to turn your idea into a research project. CPD: 1.**Harvard Medical School Center for Global Health Delivery, Dubai-UAE.
- **ASCP committee and Ministry of Health-UAE. Credits: 8 CPD.** ASCP pathology update 2017, Dubai-UAE.
- **How to develop a research protocol. CPD: 6.25.** Harvard Medical School Center for Global Health Delivery, Dubai-UAE.
- **Applying research-based instructional approaches in courses you teach:** Institute of Leadership in Higher Education-UOS, Sharjah, UAE.

- **Ensemble workshop on genetic variation and gene regulation. Credit: UAE University for 5 CME accreditation: 171295.** Shaikh Hamdan bin Rashid Award or Medical Sciences, Dubai-UAE. 2018
- **Inverted flipped classroom techniques 10 training hours:** Institute of academic leadership in higher education-UOS, Sharjah, UAE.
- **Multiple session on Content ownership, Transparency in peer review, how to write an abstract and improve your article, using proper manuscript language:** Elsevier-online webinars, workshops and training sessions, Sharjah, UAE.
- **UOS-Boehringer Ingelheim partnership workshop 2017:** University of Sharjah-Research Institute of medical and Health Sciences, Sharjah, UAE.
- **Hands-on experience-on library literacy :** Library Information, University Sains Malaysia, Kelantan.
- **Hands-on workshop on EndNote:** EndNote workshop, University Sains Malaysia, Kelantan.
- **The Malay Language required course: 4 months course for PhD students. The exams were conducted on campus, Malaysia. :** University Sains Malaysia, Kelantan.
- **Laboratory Safety Certificate- On line course provided by Central Labs at the University of Sharjah:** Central Labs Online Safety course, UOS-Central Labs online safety course, Sharjah, UAE. (one year online 2020)
- **Hands-on training on CPR and first aid:** Reference no. UOS-SSI20190801-4, Basic Life Support, Sharjah, UAE. 2019.
- **Basic Certificate in Health Professions Education (12 training sessions at the Medical Education Center- University of Sharjah) September- December 2020.**

[References:](#)

Available upon request