



Lamia Khaled Al Saikhan

Assistant Professor

Personal Data

Nationality | Saudi

Department | Cardiac Technology

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Bio

- Dr Al Saikhan is working as the Vice Dean for Scientific Research and Innovation of the College of Applied Medical Sciences at Imam Abdulrahman bin Faisal University (IAU), Saudi Arabia since 2024. She is an Assistant Professor and Chairperson of the Cardiac Technology Department at IAU, Saudi Arabia, and an Honorary Researcher at UCL since 2022. She received her PhD in Cardiovascular Medicine from UCL in January 2022.
- Member of the Saudi Leadership Society since 2021.
- Awardee of MiSK Fellowship and Higher Education Academy Fellowship since 2019.
- Awardee of the Certificate of Scientific Excellence from His Royal Highness Prince Muhammad bin Nawaf, the Saudi Arabia Ambassador in the UK.
- Winner of multiple awards including:
 - 1st Rank Dr Soliman Fakeek Award (Medical Research Track) (Sponsored by RDIA), Saudi Arabia – 2024
 - 2021 Young Investigators Award, British and Irish Hypertension Society Annual Meeting, Brighton, UK – 2021
 - 3rd Place Young Investigator Award, Artery 2019 Conference, Budapest, Hungary – 2019
 - Best of the Best Clinical (Imaging) Abstract Award, British Cardiovascular Society Annual Conference, Manchester, UK – 2019
 - Faculty of Medicine Dean's Prize for Medical Ultrasound (Echocardiography), Imperial College London, UK – 2017
 - Prince Mohammed Bin Fahad Prize for the Scientific Excellence in the Eastern province, Saudi Arabia – 2010
- Winner of multiple grants including:
 - EuroEcho-2024 Educational Grant Award, Berlin, Germany – 2024
 - MiSK Fellowship, Prince Mohammed bin Salman Foundation – 2019
 - UCL Student Conference Fund Award, London, UK – 2019
 - ESC Congress Educational Grant Award, Paris, France – 2019
 - Dubai Harvard Foundation for Medical Research Scholarship – 2019
 - EuroEcho-2018 Grant Award, Milan, Italy – 2018
- Awardee of many Academic and Research Excellence awards and Exceptional Excellence awards from the Saudi Arabian Cultural Bureau in the UK.
- Awardee of many Scientific Publication Excellence awards from IAU.
- Participated in (and attended) many international scientific conferences and international forums.



Language Proficiency

Language	Read	Write	Speak
Arabic	Native	Native	Native
English	Fluent	Fluent	Fluent

Academic Qualifications

Date	Academic Degree	Place of Issue	Address
2024	Oxford Executive Leadership Program	University of Oxford	Oxford, United Kingdom
2022	PhD Cardiovascular Medicine	University College London	London, United Kingdom
2020	Global Clinical Scholars Research Training Postgraduate Certificate with Commendation	Harvard University	Boston, U.S.A.
2017	MSc and Diploma of Imperial College in Medical Ultrasound (Echocardiography) with Distinction and Faculty of Medicine Dean's Prize Awardee	Imperial College London	London, United Kingdom
2015	Diploma , Echocardiography	Medical University of Vienna	Vienna, Austria
2014	BSc in Cardiac Technology (Echocardiography) with First Honor	Imam Abdulrahman bin Faisal University	Dammam, Saudi Arabia

Accreditation, Certification and Licenses

Date	Accreditation, Certification, Fellowships and Licenses	Place of Issue	Address
2024	Oxford Executive Leadership Program	University of Oxford	United Kingdom
2024	SLS Mentorship Program	Saudi Leadership Society	Saudi Arabia
2024	Certified Academic Quality Practitioner "ممارس جودة أكاديمي"	National Centre for Academic Accreditation and Evaluation (NCAAA)	Saudi Arabia
2023	Academic Leadership Fellowship	Center for Leadership, IAU	Saudi Arabia
2022	CMI Level 3 Award 3 in Principles of Management and Leadership	CMI	United Kingdom
2022	Item Author Certification Program	Saudi Commission for Health Specialties (SCFHS)	Saudi Arabia
2021	Misk Mentor Training Program	Misk Foundation and Inspirational Development Group (IDG)	United Kingdom
2020	Misk Fellowship Coaching Program	Misk Foundation and Ivy Strategy Advisor	U.S.A.
2019	Registered Cardiac Sonographer	Cardiovascular Credentialing International	U.S.A.
2019	Author Academy Certificate	nature research ACADEMIES	United Kingdom
2019	Certified Publons Academy Peer Reviewer (Lamia Al Saikhan Publons Profile)	Publons Academy	
2018	Adult TTE Accreditation	British Society of Echocardiography	United Kingdom
2016	Pre-sessional English Course Certificate	Imperial College London	United Kingdom
2015	Certified AHA-BLS instructor	AHA	Saudi Arabia



PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Assessment of Myocardial Structure, Function and Mechanics by 3D and 3D-Speckle Tracking Echocardiography and its Associations with Morbidity and Mortality in Older People
Master	Left Atrial Function in Heart Failure with Mid-Range Ejection Fraction (HFmrEF) Differs from that of Heart Failure with Preserved Ejection Fraction (HFpEF): A Two-Dimensional Speckle Tracking Study

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Visiting Researcher	UCL Summer Scientific Visit, UCL Institute of Cardiovascular Science, University College London, London, United Kingdom	2022 – 2023
Academic Thesis Co-Supervisor	MSc Cardiovascular Science, University College London London, United Kingdom	Sep. 2022 – Aug. 2023
Assistant Professor of Cardiovascular Medicine (Full-time)	Cardiac Technology Department, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University, Dammam, Saudi Arabia	Jun. 2022 – Present
Honorary Research Fellow	UCL Institute of Cardiovascular Science, University College London, London, United Kingdom	Apr. 2022 – Present
Invited Lecturer	MSc Cardiovascular Science, University College London London, United Kingdom	Mar. 2020 Mar. 2021
Academic Thesis Supervisor (2)	MSc Cardiovascular Science, University College London London, United Kingdom	Sep. 2019 – Aug. 2020
Invited Lecturer	MSc Medical Ultrasound (Echocardiography), Imperial College London, London, United Kingdom	Mar. 2019 Mar. 2020 Mar. 2021
Clinical Research Cardiovascular Physiologist	Cardiology Department, Barts Health NHS Trust Hospital London, United Kingdom	Nov. 2018 – Jan. 2022
Clinical Research Cardiovascular Physiologist	Cardiology Department, University College London Hospital, London, United Kingdom	Feb. 2018 – Jan. 2022
Lecturer	Cardiac Technology Department, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University, Dammam, Saudi Arabia	Jan. 2018 – Jun. 2022
Clinical Research Fellow (Research Student)	Institute of Cardiovascular Science, MRC Unit for Lifelong Health and Aging, UCL Bloomsbury Center for Clinical Phenotyping, University College London, London, United Kingdom	Nov. 2017 – Jan. 2022
Clinical Research Fellow (MSc Student)	Imperial College Healthcare NHS Trust - Hammersmith Hospital, National Heart and Lung Institute, Imperial College London, London, United Kingdom	Oct. 2016 – Dec. 2018
Instructor	Training Centre (American Heart Association (AHA) – Basic Life Support (BLS)), King Fahad Specialist Hospital, Dammam, Saudi Arabia	Nov. 2015 – Present



Demonstrator	Cardiac Technology Department, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University, Dammam, Saudi Arabia	Mar. 2015 – Jan. 2018
Cardiac Technologist (Echocardiography)	Saud Al Babtain Cardiac Center, Dammam, Saudi Arabia	2015
Intern	King Fahad Hospital of University, King Fahad Military Medical Complex, Dammam, Saudi Arabia	Jul. 2013 – Jul. 2014

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Vice Dean for Scientific Research and Innovation	College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Oct. 2024 – Present
Chairperson, Department of Cardiac Technology	College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Aug. 2022 – Present
Member, College Council	College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Aug. 2022 – Present
Head, Advisory Committee	Department of Cardiac Technology, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Aug. 2022 – Present
Head, Quality and Academic Accreditation Committee	Department of Cardiac Technology, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Aug. 2022 – Present
Head, Curriculum Development and Update Committee	Department of Cardiac Technology, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University	Aug. 2022 – Present

Scientific Achievements

Published Refereed Scientific Research

(In Chronological Order Beginning with the Most Recent)

C-1: Published Papers	
1	Adulthood adiposity affects cardiac structure and function in later life. Al Saikhan L , Chaturvedi N, Ghosh AK, Hardy R, Hughes A. Eur Heart J. 2024 Jul 16:ehae403.
2	Prevalence and Burden of Musculoskeletal Pain among Cardiac Sonographers in Eastern Province of Saudi Arabia: A Cross-Sectional Study. Al Saikhan L , Alshami AM. J Clin Med. 2024 May 29;13(11):3184.
3	Mechanisms underlying exercise intolerance in long COVID: An accumulation of multisystem dysfunction. Jamieson A, Al Saikhan L , Alghamdi L, Hamill Howes L, Purcell H, Hillman T, Heightman M, Treibel T, Orini M, Bell R, Scully M, Hamer M, Chaturvedi N, Montgomery H, Hughes AD, Astin R, Jones S. Physiol Rep. 2024 Feb;12(3):e15940.
4	Occupational survey of the educational outputs of the first established program of cardiac technology speciality in the Kingdom of Saudi Arabia (2013-2022): A cross-sectional study. Al Saikhan L , Al Ghamdi L. PLoS One. 2023 Dec 14;18(12):e0295655.
5	Does 3D-speckle tracking echocardiography improve prediction of major cardiovascular events in a multi-ethnic general population? A Southall and Brent Revisited (SABRE) cohort study. Al Saikhan L , Park C, Tillin T, Jones S, Mayet J, Chaturvedi N, Hughes A. PLoS One. 2023 Jun 27;18(6):e0287173.
6	Prevalence, characteristics, consequences, and awareness of work-related musculoskeletal pain among cardiac sonographers compared with other healthcare workers in Saudi Arabia: A cross sectional study. Al Saikhan L . PLoS One. 2023 May 5;18(5):e0285369.



7	Sex-differences in associations of LV structure and function measured by echocardiography with long-term risk of mortality and cardiovascular morbidity. Al Saikhan L , Park C, Tillin T, Jones S, Francis D, Mayet J, Chaturvedi N, Hughes AD. <i>Front Cardiovasc Med.</i> 2023 Apr 25;10:1144964.
8	A systematic review and meta-analysis of heart rate variability in COPD. Alqahtani JS, Aldhahir AM, Alghamdi SM, Al Ghamdi SS, Aldraiwiesh IA, Alsulayyim AS, Alqahtani AS, Alobaidi NY, Al Saikhan L , AlRabeeah SM, Alzahrani EM, Heubel AD, Mendes RG, Alqarni AA, Alanazi AM, Oyelade T. <i>Front Cardiovasc Med.</i> 2023 Feb 17;10:1070327.
9	Association between carotid atherosclerosis and brain activation patterns during the Stroop task in older adults: An fNIRS investigation. Mason SA, Al Saikhan L , Jones S, James SN, Murray-Smith H, Rapala A, Williams S, Sudre C, Wong B, Richards M, Fox NC, Hardy R, Schott JM, Chaturvedi N, Hughes AD. <i>Neuroimage.</i> 2022 Aug 15;257:119302.
10	Relationship Between Image Quality and Bias in 3D Echocardiographic Measures: Data From the SABRE (Southall and Brent Revisited) Study. Al Saikhan L , Park C, Tillin T, Lloyd G, Mayet J, Chaturvedi N, Hughes AD. <i>J Am Heart Assoc.</i> 2022 May 3;11(9):e019183.
11	Is carotid artery atherosclerosis associated with poor cognitive function assessed using the Mini-Mental State Examination? A systematic review and meta-analysis. Anbar R, Sultan SR, Al Saikhan L , Alkharaiji M, Chaturvedi N, Hardy R, Richards M, Hughes A. <i>BMJ Open.</i> 2022 Apr 19;12(4):e055131.
12	Corrigendum: Imaging Protocol, Feasibility, and Reproducibility of Cardiovascular Phenotyping in a Large Tri-Ethnic Population-Based Study of Older People: The Southall and Brent Revisited (SABRE) Study. Al Saikhan L , Alobaida M, Bhuva A, Chaturvedi N, Heasman J, Hughes AD, Jones S, Eastwood S, Manisty C, March K, Ghosh AK, Mayet J, Oguntade A, Tillin T, Williams S, Wright A, Park C. <i>Front Cardiovasc Med.</i> 2021 Nov 4;8:769050.
13	Imaging Protocol, Feasibility, and Reproducibility of Cardiovascular Phenotyping in a Large Tri-Ethnic Population-Based Study of Older People: The Southall and Brent Revisited (SABRE) Study. Al Saikhan L , Alobaida M, Bhuva A, Chaturvedi N, Heasman J, Hughes AD, Jones S, Eastwood S, Manisty C, March K, Ghosh AK, Mayet J, Oguntade A, Tillin T, Williams S, Wright A, Park C. <i>Front Cardiovasc Med.</i> 2020 Nov 13;7:591946.
14	Cohort Profile Update: Southall and Brent Revisited (SABRE) study: a UK population-based comparison of cardiovascular disease and diabetes in people of European, South Asian and African Caribbean heritage. Jones S, Tillin T, Park C, Williams S, Rapala A, Al Saikhan L , Eastwood SV, Richards M, Hughes AD, Chaturvedi N. <i>Int J Epidemiol.</i> 2020 Oct 1;49(5):1441-1442e.
15	Study Protocol - Insight 46 Cardiovascular: A Sub-study of the MRC National Survey of Health and Development. Mason SA, Al Saikhan L , Jones S, Bale G, James SN, Murray-Smith H, Rapala A, Williams S, Wong B, Richards M, Fox NC, Hardy R, Schott JM, Chaturvedi N, Hughes AD. <i>Artery Res.</i> 2020 Sep;26(3):170-179.
16	Reproducibility of Left Ventricular Dyssynchrony Indices by Three-Dimensional Speckle-Tracking Echocardiography: The Impact of Sub-optimal Image Quality. Al Saikhan L , Park C, Hughes AD. <i>Front Cardiovasc Med.</i> 2019 Oct 10;6:149.
17	Prognostic implications of left ventricular strain by speckle-tracking echocardiography in the general population: a meta-analysis. Al Saikhan L , Park C, Hardy R, Hughes A. <i>Vasc Health Risk Manag.</i> 2019 Jul 24;15:229-251.
18	Left atrial function in heart failure with mid-range ejection fraction differs from that of heart failure with preserved ejection fraction: a 2D speckle-tracking echocardiographic study. Al Saikhan L , Hughes AD, Chung WS, Alsharqi M, Nihoyannopoulos P. <i>Eur Heart J Cardiovasc Imaging.</i> 2019 Mar 1;20(3):279-290.
19	Prognostic implications of left ventricular strain by speckle-tracking echocardiography in population-based studies: a systematic review protocol of the published literature. Al Saikhan L , Park C, Hardy R, Hughes A. <i>BMJ Open.</i> 2018 Jul 16;8(7):e023346.
20	Correlation between ST segment shift and cardiac diastolic function in patients with acute myocardial infarction. Azoz A, Youssef A, Alshehri A, Gad A, Rashed M, Yahia M, Alsharqi M, Al Saikhan L . <i>J Electrocardiol.</i> 2018 Jul-Aug;51(4):592-597.

C-2 Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

	Investigator(s)	Research Title	Conference and Publication Date
1	Al Saikhan L , et al.	Adiposity over the adult life course and its implications on cardiac structure in later life	Oral presentation, BIHS 2023 Annual Scientific Meeting, Aberdeen, UK, 2023 .
2	A. Jamieson, Al Saikhan , et al.	Whole-body cardiopulmonary fitness and local skeletal muscle function in people living with Long COVID compared with healthy controls	Poster presentation, Physiology 2023, North Yorkshire, UK, 2023 .



3	A. Jamieson, Al Saikhan , et al.	Skeletal Muscle Oxygen Consumption and Oxidative Capacity in long COVID using Near Infrared Spectroscopy (NIRS)	Poster presentation, Europhysiology 2022, Copenhagen, Denmark, 2022 .
4	Al Saikhan L , et al.	Higher ventricular and arterial stiffness in women partly explain sex-difference in associations between left ventricular remodelling and long-term risk of mortality: findings from the Southall And Brent REvisited (SABRE) study	Invited oral presentation (UK Young Investigator Awardee), 2022 Italian Society of Hypertension (SIIA) Meeting, Rome, Italy, 2022 .
5	Al Saikhan L , et al.	Myocardial strain by 3D-speckle tracking echocardiography predicts long-term risk of cardiovascular morbidity and mortality in the general population: the Southall And Brent Revisited (SABRE) study	Oral presentation, Investigator of the Year Award Finalist, BSEcho 2021 (virtual), 2021 .
6	Al Saikhan L , et al.	Higher ventricular and arterial stiffness in women partly explain sex-difference in associations between left ventricular remodelling and long-term risk of mortality: findings from the Southall And Brent REvisited (SABRE) study	Oral presentation, Young Investigator Award Shortlisted, British and Irish Hypertension Society 2021 Annual Scientific Meeting, Brighton, UK, 2021 .
7	Al Saikhan L , et al.	Myocardial strain by 3D-speckle tracking echocardiography predicts long-term risk of cardiovascular morbidity and mortality in the general population: the Southall And Brent Revisited (SABRE) study	E-poster presentation, ESC Congress 2021 – The Digital Experience, 2021 .
8	Tabassian M, Al Saikhan L , et al.	Quality Control of Echocardiographic Images Using Deep Learning	Lecture presentation, 2020 IEEE International Ultrasonic Symposium, Las Vegas, USA, 2020 .
9	Al Saikhan L , et al.	The Prevalence Of Subclinical Left Ventricular Systolic Dysfunction By 3d-Global Longitudinal Strain In South Asians Compared To Whites Europeans And The Role Of Central Obesity: The Southall And Brent Revisited (Sabre) Study	Poster presentation, ACC.20/WCC Congress 2020, (virtual), 2020 .
10	Al Saikhan L , et al.	Sex-Differences In Left Ventricular Remodelling Pattern By 3d Echocardiography In Association With The Long-Term Risk Of All-Cause Mortality: Findings From The Southall And Brent Revisited (Sabre) Study	Poster presentation, ACC.20/WCC Congress 2020, (virtual), 2020 .
11	Al Saikhan L , et al.	Ventricular and arterial stiffness partly explain sex-difference in associations between left ventricular structure by 3D echocardiograph and mortality: the Southall and Brent revisited (SABRE) study	Oral presentation, JRSM Cardiovascular Disease Young Investigator Award Shortlisted (top 3 abstracts), London Cardiovascular Society, London, UK, 2020 .
12	Al Saikhan L , et al.	Arterial stiffness partly explains sex differences in associations between left ventricular structure and mortality: the Southall and Brent revisited (SABRE) study	Oral presentation, Young Investigator Award Shortlisted, Artery 19 conference, Budapest, Hungary, 2019 .
13	Al Saikhan L , et al.	Comparison of 3D and 2D echocardiography-derived indices of left ventricular function and structure to predict long-term mortality in the general population: Southall And Brent Revisited (SABRE) study	Poster presentation, ESC Congress 2019, Paris, France, 2019 .
14	Vrettos A, Al Saikhan L , et al.	Left atrial strain parameters predict clinical outcomes in patients with HFmrEF and HFpEF	Poster presentation, ESC Congress 2019, Paris, France, 2019 .
15	Al Saikhan L , et al.	3D echocardiography-derived indices of left ventricular function and structure predict long-term mortality differently in men and women: the Southall And Brent Revisited (SABRE) study	Oral presentation, top 3 abstracts in imaging category, British Cardiovascular Society Annual Conference, Manchester, UK, 2019 .



16	Vrettos V, Al Saikhan L , et al.	Left atrial function in HFpEF and HFmrEF patients; relation to pulmonary artery systolic pressure	Poster presentation, Heart Failure Congress 2019, Athens, Greece, 2019 .
17	Al Saikhan L , et al.	The impact of intentional distortion of image quality on left ventricular deformation indices by three-dimensional speckle-tracking echocardiography	HIT (Heart Imager of Tomorrow) poster presentation, EuroEcho Imaging, Milan, 2018 .
18	Al Saikhan L , et al.	Reliability of left ventricular dyssynchrony indices by three-dimensional speckle-tracking echocardiography: the impact of intentional impairment of image quality	HIT (Heart Imager of Tomorrow) poster presentation, EuroEcho Imaging, Milan, 2018 .
19	Al Saikhan L , et al.	Quantifying the effect of image quality on three-dimensional speckle tracking echocardiography	Oral presentation, Investigator of the Year Award Finalist, BSE conference, Liverpool, UK, 2018 .
20	Al Saikhan L , et al.	Prognostic Implications of Left Ventricular Strain by Speckle-Tracking Echocardiography in the General Population: A Systematic Review and Meta-analysis	Poster presentation, BSE 2018, Liverpool, UK, 2018 .
21	Al Saikhan L , et al.	The impact of intentional distortion of image quality on left ventricular deformation indices by three-dimensional speckle-tracking echocardiography	Moderated poster presentation, Early Career Physiologists Symposium and Europhysiology, London, UK, 2018 .
22	Al Saikhan L , Nihoyannopoulos P.	Left atrial function in heart failure with mid-range ejection fraction differs from that of heart failure with preserved ejection fraction: a two-dimensional speckle tracking echocardiographic study	Poster presentation, ESC Congress 2018, Munich, Germany, 2018 .

C-3 Contribution to Scientific Conferences and Symposia

	Title	Place and Date of the Conference	Extent of Contribution
1	JAHA Annual Research Symposium 2024 Artificial Intelligence in Healthcare	Dhahran, Saudi Arabia, Oct 2024	Attended
2	KFUPM Research Forum 2024	Dhahran, Saudi Arabia, Oct 2024	Attended
3	Riyadh First Health Cluster International Cardiology Symposium 2024 (ICC-R1)	Riyadh, Saudi Arabia, Sept 2024	Attended
4	The 6 th National Computing Colleges Conference (NCCC 2024)	Dammam, Saudi Arabia, May 2024	Attended
5	10 th Respiratory Care Student Research Projects Poster Presentation Day, IAU	Dammam, Saudi Arabia, May 2024	Invited reviewer/assessor
6	12-Lead ECG Interpretation: A Step-by-Step Approach Workshop, IAU	Dammam, Saudi Arabia, April 2024	Invited speaker
7	NBES IAU 2024	Dammam, Saudi Arabia, March 2024	Attended
8	Almoosa 2 nd International ECHO Conference	Alhasa, Saudi Arabia, March 2024	Attended
9	Advancing Population Health in Saudi Arabia	Al Khobar, Saudi Arabia, Dec 2023	Attended
10	The 8 th Saudi International Hypertension Conference	Virtual, Saudi Arabia, Nov 2023	Attended
11	BIHS 2023	Aberdeen, UK, Sept 2023	Speaker
12	ASE2023	Virtual, June 20223	Attended
13	The 2 nd Scientific Research Forum, College of Science and Humanities Studies, IAU	Jubail, Saudi Arabia, May 2023	Guest speaker
14	Basics of Electrocardiogram (ECG), IAU	Dammam, Saudi Arabia, May 2023	Invited speaker
15	1 st Almoosa International ECHO Conference	Alhasa, Saudi Arabia, Jan 2023	Attended
16	2022 Italian Society of Hypertension (SIIA) Meeting	Rome, Italy, Oct 2022	Invited speaker
17	8 th Respiratory Care Student Research Projects Poster Presentation Day, IAU	Dammam, Saudi Arabia, May 2022	Invited reviewer/assessor



18	11 th Students Research Day, CAMS, IAU	Dammam, Saudi Arabia, May 2022	Invited reviewer/assessor
19	BSEcho 2021	Virtual, Oct 2021	Speaker
20	2021 BIHS Annual Scientific Meeting	Brighton, UK, Sept 2021	Speaker
21	Digital ESC congress 2021	Virtual, Aug 2021	Poster presentation
22	All About Clinical Trails Course Online Training Course 2020	Virtual, Dec 2020	Attended
23	ESC Digital Health Week 2020	Virtual, Dec 2020	Attended
24	EACVI – Best of Imaging 2020	Virtual, Dec 2020	Attended
25	Artery 2020	Virtual, Oct 2020	Attended
26	SHA 2020 17 th GHA Annual Conference	Virtual, Oct 2020	Attended
27	Global AI Summit	Virtual, Oct 2020	Attended
28	Misk Global Forum 2020	Virtual, Oct 2020	Attended
29	Y20 Youth Summit	Virtual, Oct 2020	Attended
30	Digital ESC congress 2020	Virtual, Aug 2020	Attended
31	Riyadh global digital health summit	Virtual, Aug 2020	Attended
32	ACC.20/WCC 2020	Virtual, Mar 2020	Poster presentation
33	JRSM Cardiovascular Disease Young Investigator Award 2020	London, UK, Feb 2020	Speaker
34	UCL AI in Medicine Conference	London, UK, Jan 2020	Attended
35	Artery 19	Budapest, Hungary, Oct 2019	Speaker
36	Barts Handheld Echo Course	London, UK, 2019 (Aug/Dec)	Invited speaker (Faculty)
37	ESC Congress 2019	Paris, France, Aug 2019	Invited speaker
38	BCS Annual Conference 2019	Manchester, UK, Jun 2019	Speaker
39	Hammersmith Echocardiology Conference	London, UK, Jun 2019	Attended
40	Advanced Imaging 2019 by Royal Society of Medicine	London, UK, Apr 2019	Attended
41	Myocardial Velocity & Deformation Imaging Symposium	Leuven, Belgium, Feb 2019	Attended
42	EuroEcho-2018	Milan Italy, Dec 2018	Poster presentation
43	BSE2018	Liverpool, UK, Oct 2018	Speaker
44	Europhysiology	London, UK, Sept 2018	Poster presentation
45	Early Career Physiologists' Symposium at the QEII Centre,	London, UK, Sept 2018	Attended
46	Cardiac Physiology Satellite Meeting	London, UK, Sep 2018	Attended
47	4 th EAPC Course on Sports Cardiology	Munich, Germany, Aug 2018	Attended
48	ESC congress 2018	Munich, Germany, Aug 2018	Poster presentation
49	RV Masterclass in PAH and ACHD 'with live training'	London, UK, Jul 2018	Attended
50	7 th UCL Cardiovascular Symposium	London, UK, May 2018	Attended
51	Hammersmith Echocardiology Conference	London, UK, Jun 2017	Attended
52	ECG Course from Basic to Advance	Dammam, Saudi Arabia, 2016	Invited speaker



53	3 rd ESC-SHA Joint Meeting	Dammam, Saudi Arabia, Nov 2015	Attended
54	1 st Annual Scientific Research Update: Medicine and Biomedical Research	Dammam, Saudi Arabia, Apr 2015	Attended
55	1 st Meeting of the General Assembly of the Saudi Society of Cardiac Technology	Dammam, Saudi Arabia, 2014	Invited speaker
56	Saudi Arabian Cardiac Interventional Society 'The First Saudi Arabian Cardiac Interventional Society Forum'	Dammam, Saudi Arabia, Apr 2014	Organising committee
57	ECG Workshop from Basic to Advance	Dammam, Saudi Arabia, Apr 2014	Attended
58	11 th Gulf Heart Association joint with the 4 th Bahraini Heart Association	Bahrain, Feb 2014	Attended
59	1 st ESC-SHA Joint Meeting	Dammam, Saudi Arabia, Nov 2013	Attended
60	24 th Annual Scientific Meeting in Internal Medicine on Cardiovascular Diseases KFHU	Dammam, Saudi Arabia, Nov 2013	Attended
61	ECG Symposium at KFHU	Dammam, Saudi Arabia, Nov 2013	Attended
62	5 th Saudi Group of Echocardiography Symposium	Jeddah, Saudi Arabia, Nov 2013	Attended
63	ECG Workshop from Basic to Advance	Dammam, Saudi Arabia, May 2013	Attended
64	10 th Gulf Heart Association Conference	Bahrain, Feb 2013	Attended
65	Fourth International Echocardiography workshop,	Saudi Arabia, Feb 2012	Attended

Membership of Scientific and Professional Societies and Organizations	
1	The Saudi Leadership Society, Member, since 2021
2	European COST Action VascAgeNet, Member, 2020 – 2024
3	Misk Foundation, Fellow, since 2019
4	European Society of Cardiovascular Imaging (ESCVI), Silver Member, Fellow since 2019
5	The Higher Education Academy, Associate Fellow since 2019
6	European Society of Cardiology (ESC), Member
7	British Society of Echocardiography (BSE), Member, 2018 – 2023
8	American Society of Echocardiography (ASE), Member
9	European Association of Preventive Cardiology (EAPC), Member

Teaching Activities

Undergraduate

	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Electrocardiogram I	CTECH-313	5 credits/week (3 Lectures and 2 Lab)
2	Basic Echocardiography	CTECH-314	5 credits/week (3 Lectures and 2 Lab)
3	Advanced Adult Echocardiography I	CTECH-413	5 credits/week (3 Lectures and 2 Lab)
4	Echocardiography Practice I	CTECH-414	4 credits/week (Field experience)
5	Echocardiography Practice II	CTECH-425	4 credits/week (Field experience)



6	ECHO Interpretation	CTECH-424	2 credits/week (Lectures)
7	Introduction to Cardiovascular Technology	CTECH-221	5 credits/week (3 Lectures and 2 Lab)

Committee Membership

	From	To	Position	Organization
1	Nov 2024	Present	Member	Teaching Assistants Affairs Committee, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University
2	May 2023	Present	Member	Strategic Plan and Quality Committee, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University
3	Oct 2022	Present	Member	Medical Excuses Committee, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University
4	Sept 2022	Present	Member	Research Committee, College of Applied Medical Sciences, Imam Abdulrahman bin Faisal University
5	Jan 2019	Jan 2020	Co-president	UCL Institute of Cardiovascular Science Postgraduate Society, UCL, UK
6	2018/2019	2020/2021	Academic Representative	UCL Institute of Cardiovascular Science, UCL, UK
7	2018/2019	2020/2021	Member	ICS Research Degree Committee (RDC), UCL Institute of Cardiovascular Science, UCL, UK
8	2018/2019	2020/2021	Member	ICS Departmental Teaching Committee (DTC), UCL Institute of Cardiovascular Science, UCL, UK
9	2018/2019	2020/2021	Member	Student-staff Consultative Committee (SSCC), UCL Institute of Cardiovascular Science, UCL, UK
10	2018/2019	2020/2021	Member	Research and Academic Networking Group (RANG) – Seminar Research Series Organizing Sub-committee, UCL Institute of Cardiovascular Science, UCL, UK
11	Apr 2018	Aug 2019	Vice Chair	Public Relations Committee, UCL Saudi Society, UCL, UK
12	Apr 2018	Aug 2019	Member	Scientific and Educational Committee, UCL Saudi Society, UCL, UK
13	Jul 2016	Sep 2016	Member	Student-staff Consultative Committee, Pre-sessional English Course, Imperial College London, UK

Volunteer Work

	From	To	Type of Volunteer	Organization
1	Nov 2023		Guest Speaker	"Bright Future" CAMS Student Council, IAU, Dammam, Saudi Arabia
2	Sep 2023	June 2024	Organizer	"World Heart Day" Cardiac Technology Department, CAMS, IAU, Dammam, Saudi Arabia
3			Organizer	"أمراض القلب الوراثية"
4			Organizer	"قلب خديج"
5			Organizer	"ماراثون القلب"
6			Organizer	"شعاع قلب"
7			Organizer	"حملة قلبك حياتك"
8			Organizer	"السمنة والقلب"
9			Organizer	"تأثير صحة الأسنان على القلب"
10			Organizer	"Rheumatic Fever"



11	Dec 2022		Guest Speaker	"Where the Path Leads"	CAMS Student Council, IAU, Dammam, Saudi Arabia
12	Sep 2022	June 2023	Organizer	"World Heart Day"	Cardiac Technology Department, CAMS, IAU, Dammam, Saudi Arabia
13			Organizer	"Your Heart is a Gift"	
14			Organizer	"حملة قلبك حياتك"	
15			Organizer	"صحة القلب في رمضان"	
16	Sep 2021	Feb 2023	Mentor	Misk Mentoring Program	Misk Foundation, Saudi Arabia
17	Aug 2020	Oct 2020	Participant	Fellowship Annual Competition (SDGs Challenges)	
18	Mar 2020		Advisor	Misk Fellowship Redesign	
19	2019	2020	Interviewer	Misk College Prep Program	
20	Nov 2019		Invited speaker	"Academic Challenges and How to Overcome them for PG Graduates"	Imperial College Saudi Society, London, UK
21	Oct 2019		Volunteer	UCL Annual Festival "It's all Academic Festival"	UCL, London, UK
22	Jun 2019		Volunteer	MRC Festival, LHA UCL	
23	Feb 2019		Organizer/Speaker	"Scientific Day for Postgraduate Students in the UK Event"	UCL Saudi Society, London, UK
24	Jan 2019		Organizer/Speaker	"Building Leadership for Change through School Immersion Program", IOE UCL	
25	Nov 2018		Panel member	"Open Discussion - the First Induction and Guidance Meeting"	
26	Sep 2018		Organizer	"Saudi 88 th National Day"	
27	Mar 2018		Student representative	Saudi Minister of Education Meeting	Saudi Arabian Cultural Bureau, UK
28	Feb 2013	Feb 2016	Organizer	"Hypertension" Awareness Day, Al-Rashid Mall	Cardiac Technology Department, CAMS, IAU, Dammam, Saudi Arabia
29	Apr 2016		Organizer	"Career Forum Week 2016 at Dhahran International Exhibitions"	
30	Feb 2015		Speaker	"Basic Life Support and Choking" Awareness Day, University of Dammam	
31	Nov 2013		Speaker/Organizer	"How to Protect Yourself from Atherosclerosis", King Fahad Hospital of University	
32	May 2013		Speaker/Organizer	"Hypertension" Awareness Day, High School	
33	Jul 2014		Volunteer	Charitable organization to care for orphans	BENAA, Saudi Arabia
34	Apr 2012		Speaker	"First women's health Forum"	Saudi Diabetes and Endocrine Association, Dammam, Saudi Arabia



Awards, Grants and Scholarships

Awards, Grants and Scholarships		
1	1 st Rank Winner of Dr Soliman Fakeek Award (Medical Research Track) (Sponsored by RDIA)	2024
2	EuroEcho-2024 Educational Grant Award , Berlin, Germany	2024
	7 Scientific Publication Excellence Awards , the Scientific Council, Imam Abdulrahman bin Faisal University	2019-2024
3	▪ For the research entitled "A systematic review and meta-analysis of heart rate variability in COPD".	September 2024
4	▪ For the research entitled "Association between carotid atherosclerosis and brain activation patterns during the Stroop task in older adults: An fNIRS investigation."	May 2024
5	▪ For the research entitled "Relationship Between Image Quality and Bias in 3D Echocardiographic Measures: Data From the SABRE (Southall and Brent Revisited) Study."	May 2024
6	▪ For the research entitled "Is carotid artery atherosclerosis associated with poor cognitive function assessed using the Mini-Mental State Examination? A systematic review and meta-analysis."	May 2024
7	▪ For the research entitled "Prognostic implications of left ventricular strain by speckle-tracking echocardiography in the general population: a meta-analysis."	Feb 2020
8	▪ For the research entitled "Left atrial function in heart failure with mid-range ejection fraction differs from that of heart failure with preserved ejection fraction: a 2D speckle-tracking echocardiographic study."	July 2019
9	▪ For the research entitled "Prognostic implications of left ventricular strain by speckle-tracking echocardiography in population-based studies: a systematic review protocol of the published literature."	July 2019
10	Shortlisted , the 2021 Investigator of the Year Award , British Society of Echocardiography 2021 Annual Meeting, virtual, UK	2021
11	Winner , the 2021 Young Investigators Award , British and Irish Hypertension Society Annual Meeting, Brighton, UK	2021
12	9 Academic and Research Excellence Rewards , the Saudi Arabian Cultural Bureau in the UK	PhD: 1 (2021), 2 (2020), 2 (2019), 1 (2018) MSc: 3 (2017)
13	Runner up , the JRSM Cardiovascular Disease Young Investigator Award , London Cardiovascular Society, London, UK	2020
14	2 Exceptional Distinction Rewards , the Saudi Arabian Cultural Bureau in the UK	PhD: 1 (2019) MSc: 1 (2018)
15	Winner , the 3 rd Place Young Investigator Award , Artery 2019 Conference, Budapest, Hungary	2019
16	Scholarship , Misk Fellowship (Lifelong recognition), SA	Since 2019
17	Associate Fellow of Higher Education Academy Fellowship (Lifelong recognition) , (AFHEA), UK	Since 2019
18	European Association of Cardiovascular Imaging (FEACVI) Fellowship	Since 2019
19	Student Conference Fund Award , UCL SLMS Graduate Funding, London, UK	2019
20	Winner , Best of the Best Clinical (Imaging) Abstract Award , British Cardiovascular Society Annual Conference, Manchester, UK	2019
21	ESC Congress Educational Grant Award , ESC Congress Paris 2019, Paris, France	2019
22	Scholarship , Dubai Harvard Foundation for Medical Research Scholarship	2019
23	EuroEcho-2018 Grant Award , Milan, Italy	2018
24	Shortlisted , the 2018 Investigator of the Year Award , British Society of Echocardiography 2018 Annual Meeting, Liverpool, UK	2018
25	Honored by the Saudi Ambassador in the UK Prince Mohammed bin Nawaf as one of the outstanding students, London, UK	2018



26	Faculty of Medicine Dean's Prize for Medical Ultrasound (Echocardiography), Imperial College London, London, UK	2017
27	Prince Mohammed Bin Fahad Prize for the Scientific Excellence in the Eastern Province, SA	2010 (Certificate award for the year 2004 and 2007)
28	4 th Place Prize , the National Chemistry Olympiad, SA	2010

Last Update

15/11/2024