

Faculty of Physical Therapy (Spring 2022)

I) Awareness campaigns & Education sessions (Spring 2022)

1-Importance of sustainable development goals

Description:

As a part of the celebration of World Environment Day, the Faculty of Physical Therapy organized on June 7th in M102, under the auspices of **Prof. Dr. Olfat Diab**, Dean of the Faculty of Physical Therapy, in collaboration with the Greenish Foundation for Sustainable Development, a seminar under the title "**Importance of Sustainable Development Goals and Sustainability of the Medical Field, Especially Physical Therapy**" in the presence of other deans of colleges, faculty & staff members and students from various colleges. The session, held by **Dr. Farida Essam**, President of Greenish Clubs and one of the foundation's most prominent members, discussed the concepts of sustainability, sustainable development, and the 2030 Agenda of SDGs by the UN. The session also included the discussion of the general role of the medical sector in achieving sustainability, including the physiotherapy field.



Link to photos:

<https://drive.google.com/drive/folders/1duF5W4l7wMzkFobNK8LV6dRz6nXa5uOW>

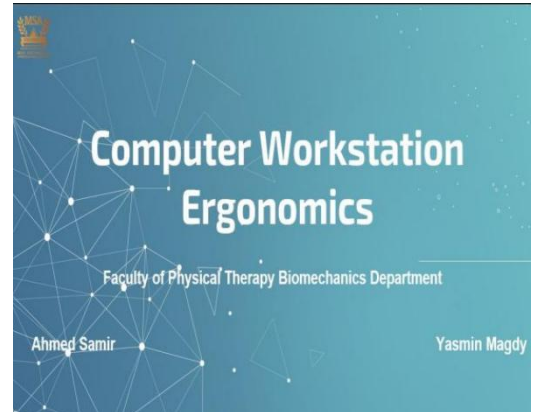
➤ Good health and well-being



2-Computer workstation ergonomics

Description:

The Faculty of Physical Therapy conducted a workshop in collaboration with the Faculty of Computer Science under the title “**Computer Workstation**” on May 23rd in D214. The workshop was provided by **Dr Yasmine Magdy** and **Dr Ahmed Samir** under the supervision of



Prof. Dr. Olfat Diab, Dean of the Faculty of Physical Therapy.

The workshop dealt with the academic staff members who use computers for extended periods of time and may experience discomfort or pain as a result of poor posture, improper adjustment or use of workstation components, or other factors.

In addition, some guidelines on how to adjust their computer workstations were given to work safely and be productive.

The session was held in the presence of **Prof. Dr. Ali Bastawesy**, Dean of the Faculty of Computer Science with the staff members.

Link to photos:

<https://msa.edu.eg/msauniversity/student-life/campus-news/computer-workstation-ergonomics>

➤ **Climate Action**



➤ **Responsible Consumption and Production**



➤ **Clean Water and Sanitation**



3-Our role in climate change

Description:

Faculty of Physical Therapy conducted awareness campaign for the faculty members on 1st and 2nd of June in M104 under the title of “**Our role in climate change**” held by number of faculty staff including **Dr Shimaa Abd El-Rahim** and **Dr Yasmin Magdy** under supervision of **Prof. Dr Olfat Diab**

The session discussed the following points

- 1- What is Climate change?
- 2- What causes climate change?
- 3- How small changes in one place can contribute to bigger changes in Earth’s global climate?

By the end of the sessions the staff and faculty members agreed on:

Creating eco-friendly rules in the campus:

- 1-Only use what you need: Be sure to flip the switch when you leave the room & unplug your devices when they are finished charging.
- 2-Stop buying and using plastic water bottles. Instead, find a nice, reusable bottle to refill throughout the day.
- 3- Reduce, reuse, recycle
- 4- Water-usage control
- 5- Smoking Free Campus
- 6- Use less paper

Link to photos:

<https://drive.google.com/drive/folders/1Ru-XYCWNm3WSmvxc6R5NMEgXKbuX-TMG>

➤ **Good health and well-being**



5-Training sessions at the outpatient clinic

Description:

In accordance with MSA University's vision and objectives of community service and healthcare. The Faculty of Physical Therapy has opened outpatient clinic (soft opening) to provide therapeutic services and medical consultations to the faculty and staff members.

Within the framework of preparing a distinguished work team at the faculty of physical therapy and in light of supporting facilities for teaching and learning within the capabilities of faculty and training on the use of technology in treatment, there were several training sessions conducted in the use of the capabilities of electrotherapy as follows:

Date	Training Session	Link to Photos
22/2/2022	Practical prospects of Electrotherapy and principles of application.	https://drive.google.com/file/d/1AVbT9hxbFhacVXFcpqg1sgxm6XziK3EX/view?usp=sharing https://drive.google.com/file/d/138tskLVfCv_YYAVVL1QUGCrb3N3qN1tm/view?usp=sharing
7/3/2022	Training the staff members and developing their skills in the use of electrotherapy devices.	https://drive.google.com/drive/folders/1wQeHcRCEIfbUrZmX4RadWogZvCXqqg-J?usp=sharing

13/4/2022	-Biodex training (Balance & equilibrium) -Biomechanics & Measurements labs training	https://drive.google.com/drive/folders/1gnp2nO0fPzyvH7eCh-FcvuZPp5V4-kIX?usp=sharing
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All the training sessions were performed in the outpatient clinics of the faculty in the presence of faculty staff members and the teaching assistants.



➤ Good health and well-being

6- 1st Baheya Onco-physio symposium 2022

Description:

The Baheya hospital for Early Detection of Breast Cancer Treatment for Women in collaboration with Egyptian universities held the 1st **Bahya Onco-physio symposium** for physical therapy in the field of oncology to discuss the latest methods and techniques of physiotherapy for cancer patients on 30th July at the Renaissance Mirage hotel in New Cairo.

Prof. Dr. Olfat Diab, dean of the Faculty of Physical Therapy was invited to represent the

October University for Sciences and Art to participate as chairperson in the 1st Bahya Onco-physio symposium to support cancer fighters.



Link to photos:

<https://drive.google.com/drive/folders/19UCj-o33YhlwiZ0Hz0xQCazdNWsFNVg3>



Good health and well-being

7- World breast feeding week

Description:

The Faculty of Physical therapy, October University for Modern Sciences and Arts, held a scientific day on Sunday, August 7, coinciding with the World Breastfeeding Week, in the presence of **Prof. Dr. Nawal El-Degwi**, **Prof. Dr. Khairy Abdel Hamid**, President of the University, and a number of faculty staff members, teaching assistants and University staff



to raise awareness of the importance of breastfeeding and that achieves several goals of sustainable development and awareness of proper nutrition for women during pregnancy and lactation, and also to talk about some pregnancy and postpartum problems and the importance of supporting women in the breastfeeding stage and the role of physical therapy in the health of Women before pregnancy, during pregnancy and after childbirth

Link to photos:

https://drive.google.com/drive/folders/1libe7ZS1AnvbAV0S1foHyPo3h2Ts-JBd?usp=drive_link

➤ Quality education



Literacy education session

Description:

Believing in quality education and lifelong learning opportunities for all is central to ensuring a full and productive life to all individuals and to the realization of sustainable development. The Faculty of Physical Therapy arranged a literacy educational session (adult literacy sessions) held by several faculty staff for faculty members who are not able to read and write effectively.

II) Field trips and visits (Spring 2022)

➤ Good health and well-being



Sandus Orphanage for Handicapped Children visit

In accordance with MSA University's objectives in community service and health care, the Faculty of Physical Therapy organized a medical visit to the “**Sandus Orphanage for Handicapped Children**” on June 9th. The visit included staff members who carried out evaluations for children with physical disabilities and provided advice to their caregivers to raise a level of awareness on stop or loss of function, prevent chronic conditions or keep them from getting worse, recovery from and prevent injury, how to take part in physical activities or sports and improved ways to do everyday tasks.

Link to photos:

[https://msa.edu.eg/msauniversity/student life/campus-news/medical-convoy-to-the-sondos-house-for-orphans-with-disabilities](https://msa.edu.eg/msauniversity/student%20life/campus-news/medical-convoy-to-the-sondos-house-for-orphans-with-disabilities)

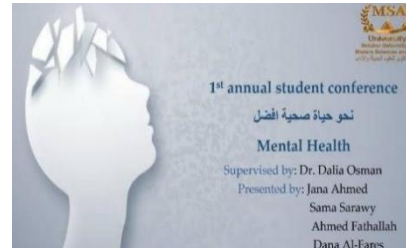
The topics are:

1- Mental Health

Presented by the following students:

- Sama Sarawi
- Jana Ahmed
- Dana El Faris
- Ahmed Fathallah

Under Supervision of **Dr. Dalia Osman**



Students talked about the following objectives:

- 1- Definition academic stress to which they are exposed at this period of their lives, and the symptoms of psychological stress on the individual.
- 2- Forms of mental health problems and mental illnesses that can negatively affect the healthy life of the individual.
- 3- Social and therapeutic solutions under the title “Just as God created the disease, God created the medicine
- 4- Impact of family and psychological stress on children.

2- Be Happy Be Active

Presented by the following students:

- Mohamed Ebrahim
- Shehab Khaled
- Rahma Ragab
- Samia Ebrahim

Under supervision of **Dr Eman Emad**



Students talked about the following objectives:

- 1- Activity versus Exercise
- 2- Benefits of Physical activity
- 3- Awareness about how much physical activity do we need
- 4- Tips to Stay Active
- 5- Activity & Personality
- 6- Society and motivation

At the end of the presentation, the students presented videos about ideas for the future.

3- History of Smoking “Smoking Kills”

Presented by the following students:

- Ahmed Nabil
- Moataz Abdelkader
- Mostafa Mohamed
- Ibrahim Ahmed

Under supervision of Dr Menan Aliey



Students talked about the following objective:

Smoking leads to disease, disability and harms nearly every organ of the body.

4- Addiction

Presented by the following students:

- Osama Mohamed
- Mohamed Ahmed
- Ahmed Mohamed
- Mo'men Mohamed

Under the supervision of Dr Somaya Abdelmgeed



Students talked about the following objectives:

- 1- Identify what is addiction
- 2- Types of drugs
- 3- Types of addiction
- 4- Effects of drugs addiction
- 5- Role of society

Link to photos:

<https://drive.google.com/drive/folders/1-TFmOLias6vLqEGbuldRcu2l0TWcyF5K?usp=sharing>

➤ Good health and well-being

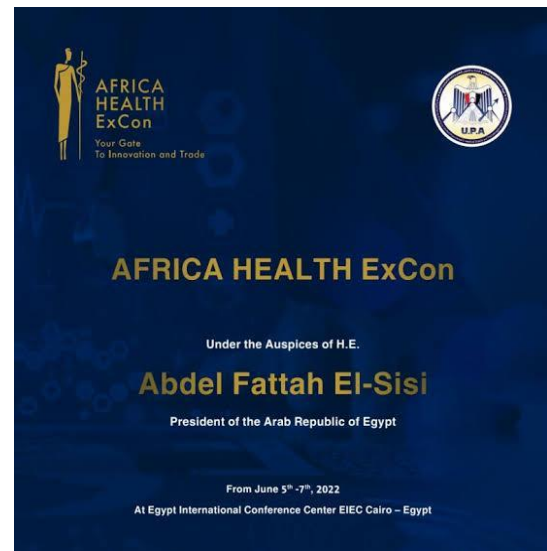


2-Africa Health ExCon

The Faculty of Physical Therapy, one of the representatives of the university's medical collages, at the conference of the first African medical exhibition "**Africa Health ExCon**".

Under the **Auspices of H.E. Abdel Fattah El- Sisi, President of the Arab Republic of Egypt.**

The conference and exhibition were held from June 5 to 7, 2022, at the Egypt International Exhibition Center (Al-Manara International Convention Center), with the participation of more than 102 countries in the events of the African Conference and Medical Exhibition, and offer an educational opportunity through scientific lecture sessions, training sessions, and workshops. A technical committee of 29 specialists in various sectors and medical institutions contributes significantly to the preparation of 18 medical conferences involving more than 350 sessions and 20 workshops held during the 3-day conference, with the participation of international medical experts from various countries.



Link to photos:

https://drive.google.com/drive/folders/1HdzX4150KUBaF_YgeSqQsb9SsCnYMpBA?usp=sharing

➤ Good health and well-being



3-International Physical therapy Conference

Cairo University (21st IPTCCU)

Physical Therapy and Quality of Life"

Prof. Dr. Olfat Diab, professor of biomechanics, Dean of the Faculty of Physical Therapy, October university for Modern Sciences and Arts participated as a speaker at the International Physical Therapy Conference Cairo University (21st) under the title of "**Evidence-**



-based clinical biomechanics practice in spine problems management".

The International Physical Therapy Conference (21st), Cairo University under the title "**Physical Therapy and Quality of Life**" held on July 28th and 29th at Grand Nile Tower Hotel under the auspices of **Prof. Dr. Mohammed Othman Elkhosht**, President of Cairo University, and **Prof. Dr. Amal Mohamed**, Dean of the Faculty of Physical , Cairo University, with the participation of many professors, experts, and specialists in the field of physical therapy, which aims to close the knowledge gap and share scientific and practical experiences and skills between international cadres and experts in various fields of physical therapy; contribute to



raising the scientific and therapeutic competence of the physiotherapist to improve the profession and reach a distinguished level of performance; develop practical skills among specialists; and encourage interdisciplinary research between different disciplines.

Link to photos:

<https://drive.google.com/drive/folders/11DnRxefFOQVLbtvClhofawicMCoSjCUc?usp=sharing>

Researches

➤ Good health and well-being



Sensory-based motor processing in children with specific learning disabilities

Hussein, Zeinab Ahmed; **Abdel-Aty, Shimaa Abdel Rahim**; Elmeniawey, Gehan Hassan

Full Text

link: <http://repository.msa.edu.eg/xmlui/handle/123456789/4984>

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Type: Article

Keywords: specific learning disability, sensory processing, neurological soft signs, school children

Abstract:

Introduction. Children with learning disabilities not only experience difficulties in academic performance but have neurological risks of motor and sensory processing. Evaluation of such a group might help in early identification of their deficits even before early adolescence. To evaluate sensory and motor problems in children with different types of specific learning disabilities.

Methods. A cross-sectional study was performed on students of 4th, 5th, and 6th grades in governmental schools, Cairo, Egypt. 200 children with poor scholastic achievement were screened by intelligent quotient test (The Raven's Progressive Matrices). The learning disabilities were evaluated by Fathi al-Zayyat battery. Then Quick neurological screening test was used to evaluate motor and sensory problems.

Results. Fifty children out of 772 screened children were confirmed to have learning disabilities (29 dyscalculia, 11dyslexia, and 10 mixed), which represented 6.47% of the sample. Also, neurological signs were positive in all children with specific learning disabilities while 82% of them were below average.

Conclusions. The study proposed that 82% of children with specific learning disabilities at 4th, 5th and 6th grades were below age with a moderate discrepancy in the development of sensory and motor process. Finger to nose test, double simultaneous stimulation of hand and cheek test, stand on leg test, and tandem walk test are associated tests with the type of SLD either dyscalculia, dyslexia or mixed.