Curriculum Vitae of the Medical Faculty Teaching Staff

Name	Haghamad Allzain Mohamed Bulla	Male
Date of Birth	1/1/1968	Sudanese, Muslim, Married and father of four children
E. mail address	hajhamadbulla@gmail.com hajhamadbulla@yahoo.com hajhamad@ush.sd Skype: hajhamad@outlook.com	+249924589361 +249116898087 **[WhatsApp]**
Web address **(URL)**	Research Gate: https://www.researchgate.net/profile/Haghamad_Allzain Google Scholar: https://scholar.google.com/citations?hl=en&user=eI37o24AAAAJ&view ORCID ID: https://orcid.org/0000-0002-2812-553X	
Academic Title	**Assistant Professor**	**Study Program:** Medicine &Biochemistry **Courses taught in the study program:-** Medicine. Biochemistry and molecular biology **Study Language:** Exclusively English Language
Academic Qualifications	**22.8.2017**	**PhD in Biochemistry** - Shendi University-Sudan
	5.4.2010	**Master of Medical Biochemistry** – University of Khartoum -Sudan.
	9.4.1995	**MBBS** - Faculty of Medicine - University of Khartoum -Sudan.

General Professional & Personal Background:

I have more than ten (10) years long experience of teaching and students' assessment and supervision in medical and health sciences colleges' settings. I'm very interested in academic activities, medical education & researches concerning human micro-nutrition. I am excellent in

conveying information and I have very good ability to create good bonds with my students, colleagues and seniors. I am tolerant, excellent team player, with high capacity to work under pressure and adaptable to change. I had the chance to work with people with diverse ethnic, cultural and religious background and I always respect the others traditions and customs. I have also very good experience in clinical practices and health administration as resident and community physician.

Academic &Professional Positions:

- **Assistant Professor of Biochemistry in the Faculty of Medicine in Shendi University -Sudan, since the first of November 2017 un to date.**
- **Lecturer in the department of Biochemistry, Faculty of Medicine, Najran University-Saudi Arabia- (02.2012 to 25.6.2014)**
- **Lecturer** in the department of Biochemistry in the Faculty of Medicine in Shendi University -Sudan, since first May 2010 -30th October 2017
- **Medical officer and community physician** in primary health care administration – Jazan - Ministry of Health- Kingdom Saudi Arabia (2000-2007).
- **General practitioner and medical director-** Ministry of Health- Sudan (1997 - 2000).
- **Internship** – Ministry of Health- Sudan (1995 -1997).

Training Workshops & Courses:

1. **Khartoum Winter School of Bioinformatics and Statistical Genetics.** 4 to 9 April 2010 –at Institute of Endemic Diseases-University of Khartoum.
2. **Course Design and Management**. (28th November- 2nd December2010). Educational Development Centre (EDC)- Faculty of Medicine-University of Khartoum-Sudan.
3. **Assessment and Evaluation**. (26th -30th December 2010). Educational Development Centre (EDC)- Faculty of Medicine-University of Khartoum-Sudan.
4. **Teaching and Learning.** (13th -17th March 2011). Educational Development Centre (EDC)- Faculty of Medicine-University of Khartoum-Sudan.
5. **Teaching on the Run**. From 9 -11 June 2012, Holiday Inn hotel, Najran , organized by Najran University, in collaboration with Western Australia University.
6. **Tutoring of Problem Based Learning (PBL) Session**, according to Maastricht University guidelines - 9 to10 June 2013-Najran University.
7. **Training in Quality in Education and Accreditation Standards.** Najran University.
8. **Advocacy Workshop on:-Updates of Standards of Accreditation of Medical Schools**.28-29 September 2014, Alsalam Rotana Hotel- Khartoum. Organized by Sudan Medical Council (SMC), in collaboration with World Federation for Medical Education

(WFME).

9. **Doctors' Professionalism**. Atbra-17 to 19 October 2014.Orgnized by Sudan Medical Council (SMC), in collaboration with the regional Ministry of Health &Nile Valley University.
10. **Advocacy &Training Workshop on:- The Medical School Self Study as a Requirement for Accreditation**. 6 -7 June 2015, Alsalam Rotana Hotel- Khartoum. Organized by Sudan Medical Council (SMC).
11. **Strategic planning in higher education institutions.** 14 -15 November 2015-Shendi University.
12. **Skills and arts of University leadership& management**. 20 December 2015-Shendi University
13. **Revision and Updating of the Curriculum of Basic Medical Sciences and Community Medicine** - Shendi University- 21-5-2016
14. **Evidence Based Medicine Curriculum** – Allazharri University 21- 8-2016
15. **Excellency in Teaching & Research for Better University Ranking.**- Shendi University - 26-12-2016- Facilitated by ; *Prof. Nimer . M. Albasheir. Texas A&M University (USA -Qatar).*
16. **Management of Digital Repositories in Sudanese Universities.**12-12-2017. Shendi University.
17. **Advocacy workshop on: Promotion of Assessment and Quality Concept In Higher Educational Institutions. 21th January 2018 Karary University- Sudan**
18. **Application and Management of Competitive Research Proposals**.19-20 April 2018. Nile Valley University
19. **Training in Research Ethics for Research Ethics Committee Members.**7-10 May 2018. Educational Development Centre (EDC)- Faculty of Medicine-University of Khartoum-Sudan- **With Complementary Three Weeks On Line**
20. **Writing &Financing Scientific Research Projects.** 20-21 September 2018- Shendi University
21. **Training course on: Building Capacity in Assessment and Accreditation for Academic Staff** .14-15 March 2019. Nile Valley University.
22. **Training workshop on: Kaizen &Lean Management Certified Practitioner (KLMCP)**: Shendi University Headquarter Hall, from 24 -28 November 2019
23. **Training course on: Developing the Academic Performance of the University Staff;** writing research plan , Technical scientific paper writing, Strategic planning, University regulations apply, Academic administration and leadership. Shendi University 22-26 December 2019.
24. **Training course on: Basic of Electronic Education. (Moodle system).**
    i. Shendi University 20-21 December 2020.

25. **Workshop on: Developing the Academic Performance of the University Staff;** Assessment and Evaluation, Techniques of Writing of a Scientific Paper, University Administration, Course Design and Management. Shendi University 29 th March – 1st April 2021.

Clinical Trial Project

- **Active member of the team conducting <u>Omega-3 Fatty Acids Clinical Trial Project</u>.** which investigated the therapeutic potential of omega-3 fatty acids; Docosahexaenoic acid (**DHA**) and Eicosapentaenoic acid (**EPA**) capsules supplement in the prevention and reduction of severity of vaso-occlusive crisis in sickle cell anemia patients – in collaboration with Institute of Human Nutrition and Brain chemistry in University of Metropolitan - London -United Kingdom and Department of Biochemistry –University of Khartoum – Sudan- between April 2009 and May 2010. Its findings suggest that omega-3 fatty acids can be an **<u>effective, safe, and affordable therapy for sickle cell anemia</u>**. It is registered with Current Controlled Trials as ISRCTN80844630 .Its findings were published in (*Am J Clin Nutr.* 2013;97(1):37-44.. **Effect of omega-3 (n-3) fatty acid supplementation in patients with sickle cell anemia: randomized, double-blind, placebo-controlled trial).**

- Phase two (II) multicenter of that clinical trial was conducted in USA, confirmed and highlighted the result obtained in Khartoum, published in (**Daak et al. Double-blind, randomized, multicenter phase 2 study of SC411 in children with sickle cell disease (SCOT trial)** - *blood advances* -14 August 2018 - volume 2, number 15-)

Scientific publications:

A. Scientific book:

1. **Title : Effects of Iodine Deficiency on Human Reproduction and Development**

Essential element for health and wellness

ISBN: 978-620-3-30630-9. Publisher: LAP Lambert Academic 26. 1.2021. (Latvia, European Union).

(http://www.morebooks.shop/bookprice_offer_9fdac91aae951a24217c0deb77c4a19b8c7cd3db?locale=gb¤cy=EUR)

Translated to seven (7) European, Russian and Latin American languages :(ISBN: 978-620-3-28316-7, 978-620-3-28318-1, 978-620-3-28319-8 , 978-620-3-28320-4 , 978-620-3-28321-1 , 978-620-3-28322-8, 978-620-3-28323-5)

B. Conferences :

1. Assessment of Nutritional Status of Children Under Five Years of Age, In

Shendi Locality, River Nile State, Sudan, 2017.

Omran M. Ahmed, Abd Elbasit E. Mohammed, Haghamad Allzain

(Power point presentation of abstract in 13th Dubai International Food Safety Conference and Exhibition -11th to 13th of November 2019 at the Dubai International Convention and Exhibition Center.Dubai, UAE)

C. Journal articles:

1. **Effect of omega-3 (n23) fatty acid supplementation in patients with sickle cell anemia: randomized, double-blind, placebo-controlled trial.**

Ahmed A Daak, Kebreab Ghebremeskel, Zahir Hassan, Bakhita Attallah, Haj H Azan, Mustafa I Elbashir, and Michael Crawford .

(Am J Clin Nutr. 2013;97(1):37-44.)

2. **Lipid abnormality in hypertensive Sudanese patients in shendi locality, Sudan.**

Eltigani MA, Barri AM, Khalid Hussein Bakheit, Haghamad Allzain, Hijazi Mohamed, Ahmed, Ibrahim Bakhit, Rashid Eltayeb

(International journal of research- |Eltigani et. al., Vol.3(Iss.6):June,2015|- ISSN- 2350-0530(O) ISSN- 2394-3629(P)

3. **The association of Plasma Ceruloplasmin and C - reactive protein with Type2 Diabetes Mellitus in Sudanese Patients in Khartoum State.**

Abubakr H. Khougali, Abdelwhab Abdien, Haghamad Allzain, , K.H. Bakheit and Salman Taha Ahmed

(EJBPS, 2019, Volume 6, Issue 6, 555-.559- ISSN 2349-8870-Impact Factor: 6.044& ICV 77.3)

4. **Evaluation of Serum Vitamin D Level in Sudanese Diabetic Patients At Shendi Locality, North Sudan**

Suha Elrayah E.Alaraky , Mosab .O. Khalid ,HaghamadAllzain ,,Khaled .H Bakhei

(Shendi University Journal of Applied Science, 2018 (2): 32–36)

5. **The impact of mild iodine deficiency on Sudanese neonatal parameters in Shendi County at River Nile State.**

Haghamad Allzain , Mammoun Elmanna , Rashid Eltayeb , Mohammed Eltigani , Sami Humaida , Hamdan Siraj , K. H Bakheit , M. H Eltayeb , Abedwahab Abdeen , Nazar Alsir, Noha Abugassim

(World J. Biol. Med. Science; Volume 6 (2) 28-37, 2019 - ISSN 2349-0063-)

6. **Impact of oral contraceptives on serum electrolytes concentration of calcium, phosphoric acid, magnesium and iron levels in Sudanese women in Shendi Town, Sudan**

Elhumera .M. E. Haj Alhassan . Haghamad Allzain ,Abedwahab Abdeen , Mosab .O. Khalid K. H Bakheit

(Shendi University Journal of Applied Science, 2019(1): 43–46.)

7. **Early Serum Lipid Profile in Preterm Infants and its Relation to Respiratory Distress Syndrome in Shendi Locality, North Sudan**

Umniah M. A.Busharh , MamounMekkiElmanna ,Haghamad Allzain, ,Khaled .H Bakheit

(EJBPS, 2020 Volume 7, January Issue 1-ISSN 2349-8870- Impact Factor: 6.044& ICV 77.3)

8. **Impact of Diabetic Mellitus on Vitamin B12 Level and Complete Blood Count in Sudanese Patients in Shendi Locality**

Shema Osman, M. Ahmed , Mosab .O. Khalid , Haghamad Allzain

(EJBPS, 2020 Volume 7, January Issue 1- ISSN 2349-8870- Impact Factor: 6.044& ICV 77.3)

9. **Assessment of Nutritional Status of Children Under Five Years of Age, In Shendi Locality, River Nile State, Sudan, 2017.**

Omran M. Ahmed, Abd Elbasit E. Mohammed, Haghamad Allzain

(EJBPS, 2020 Volume 7, January Issue 1- ISSN 2349-8870- Impact Factor: 6.044& ICV 77.3)

10. **The Serious Impaction of Hormonal Contraceptives on Serum Lipid Profile in Sudanese women in Shendi town.**

Salma Abd Elteef A.M., Haghamad Allzain ,Abedwahab Abdeen ,Mosab .O. Khalid ,K. H Bakheit

(WWJMRD 2020; 6(1): 04-08 -E-ISSN: 2454-6615)

11. Effect of obesity and smoking on testosterone level in middle age Sudanese men in Shendi town, North Sudan.

Mosab .O. Khalid ,Mohamed Hashim .M.Omer.,Haghamad Allzain. Khaled .H Bakheit

(WWJMRD 2020; 6(1): 19-23-E-ISSN: 2454-6615)

12. Evaluation of Serum Total Calcium, Mg^{+2}, Na^{+} and K^{+} Levels in Sudanese Women with Preeclampsia in Shendi town, River Nile State, North Sudan.

Nimat Abdelhaleem Ali Ahmed, Haghamad Alzain, ,AbedwahabAbdeen , Mohamed .A.Tigani , ,K. H Bakheit

(WWJMRD 2020; 6(1): 24-29--E-ISSN: 2454-6615)

13. Assessment of serum homocysteine, folic acid and lipid profile levels among acute coronary syndrome and cerebrovascular accident patients in River Nile State- Sudan.

Raef Elamin. S. Elamin , Haghamad Allzain, Mutwakil. E.A. Elkareem , ..., and Rashid Eltayeb

(WWJMRD 2020; 6(1): 09-18 - E-ISSN: 2454-6615)

14. Evaluation of Renal Function in Sudanese Diabetic and Hypertensive Patients in Shendi Locality at River Nile State.

Alaa Ibrahim .S. M. Khair , Mosab .O. Khalid, & Haghamad Allzain.

(International Journal of Research - Granthaalayah. 8(1). 18-25. http://doi.org/10.5281/zenodo.3630680)

15. Teaching, Research &Service Philosophy Statement.

Haghamad Allzain. DOI: 10.13140/RG.2.2.33450.77764 .Abd Elwahab Abdien. S.Taha ,Rashid Eltayeb

16. Extra Dimensions in the Central Dogma of Molecular Biology-Lipids as Final Destination of Information Flow in Biological Systems.

Haghamad Allzain. World J. Biol. Med. Science . Volume 7 (1&2) 54-58, 2020.

17. Impact of Currently Adopted Nutritional Trends on Sudanese Health

Haghamad Allzain .International Journal of Research – GRANTHAALAYAH . Nov 2020. Vol 8 (11) 29-34

18. Evaluation of thyroid disorders in Sudanese patients with Down syndrome

Ayman FatahAlrahman . A. Babiker , Mosab .O. Khalid , Haghamad Allzain

International Journal of Research – GRANTHAALAYAH . Dec 2020. Vol 8 (12). 24-29.

19. Toll like receptor-4 gene aspartate 299 glycine polymorphism in Sudanese patients with Mycetoma

Mazin Babekir Musa, Ismail Abdalsamad , Najwa. A.Mhmoud, Haghamad Allzain and Sahar .M. Bakhiet

International Journal of Research – GRANTHAALAYAH . February2021, Vol 9 (2) , 187-192

20. Knowledge, attitude and perception toward evidence based medicine among medical students in Shendi University- Sudan

Naba'a Alkhair ALshaikh , Haghamad Allzain , Bashier Eltayeb Shumo .

International Journal of Research – GRANTHAALAYAH . March 2021, Vol 9 (3) . 149-155

21. **Therapeutic efficacy and safety of ciprofloxacin and co-trimoxazole combination versus ciprofloxacin in urinary tract infection in Sudan**

Afaf Ali Abdelrahim, Osama.Khider. Waseem Sameer Kwami. Haghamad Allzain and Abdelwahab Hassan Mohamed.

Int. J. of Res. in Pharmacology &Pharmacotherapeutics Vol-10(1) 2021 [58-69].

Administration Service:

1. Member of academic curriculum upgrade committee - Faulty of Medicine-Shendi University- since 2010.
2. Member of accreditation committee- (sub –committee for scientific research & community service) -Faculty of medicine-Najran University- 2013-2014.
3. Member of new students' admission and interview committee- Faulty of Medicine-Shendi University- October 2014.
4. Member of examination committee- Faulty of Medicine-Shendi University- 2015. 2020/2021
5. Head of academic supervision unit- Faulty of Medicine-Shendi University- from 8/3/ 2015 to 25/9/2017.
6. Member of accreditation & self study committee- Faulty of Medicine-Shendi University- since 14/10/2015.
7. Member of committee of strategic plan for Shendi University from November 2015 to 24 October 2019.
8. Director of Quality &Self assessment unit of Shendi University from 25/9/2017 to 24 October 2019.
9. Member of Shendi University Senate from 25/9/2017 to 24 October 2019.
10. Member and rapporteur of training committee in Shendi University from 25/9/2017 to 24 October 2019.
11. Member and rapporteur of research ethics committee in Shendi University from 28/6/2018 to 24 October 2019.

Languages &Technical Skills:

- Speak &write Arabic as mother tongue &home language.
- Excellent fluency in writing &speaking English Language.
- Professional use of computer and internet.

Main Domains of Teaching:

- Chemistry of Cellular Macromolecules.
- Cellular Metabolism.
- Human Nutrition.
- Human Genetics & Molecular Biology.
- Tutoring of Problem Based Learning (**PBL**) sessions

- Coordination of Problem Based Learning (**PBL**) blocs.

Other Academic Activities:

- Part time lecturer in the Faculty of Medicine - Nile Valley University (2011).
- Part time lecturer in the Faculty of Medicine in Merowe University (2016-2017)
- External examiner for undergraduate intermediate year students in the Faculty of Medicine - Zalingei University (12-13 th May 2018 &28-29 th January 2021).
- External examiner for undergraduate intermediate year students in the Faculty of Medicine - Red Sea University (22-24 th September 2018)

Undergraduates Students Supervision:

- Principal supervisor of graduates' research projects for medical students and final year students in the Faculty of Medical Laboratory Sciences in Shendi University, as assigned by their affiliated departments.

Postgraduates Students Supervision:

Successful supervisor of the following dissertations for MSc in Laboratory Sciences - Clinical Chemistry (2018) in Shendi University:

1. **Effect of contraceptives on serum lipid profile**- Salma Abd Elteef A.M
2. **Minerals (Ca, Mg $^{+2}$, Na^{+}, K^{+}) level in women with preeclampsia**- Nimat Abdelhaleem A.Ahmed.
3. **Effect of oral contraceptive on electrolytes level.** - Elhumera Mohamed Elfaki Haj Alhassan
4. **Evaluation of serum prolactin level in chronic renal failure patients**- Amira Salih Ali Abo Elhassan
5. **Level of serum uric acid among patients with diabetes mellitus type two in Shendi Locality in River Nile State in Sudan.** Sit Al Banat Ibrahim Ahmed.

Executive summary:

My professional experience at home and abroad as full- time employer at the health care facilities from (1995 to 2007) and at the medical and health sciences colleges since 2007 unto date is clearly reflected in my philosophy of teaching, research and service, which is available on line ; DOI: 10.13140/RG.2.2.33450.77764.,and on my page in ***Research Gate***

Referees:

1. Dr. Khalid Hussein Bahkeit. Associate Professor of Biochemistry at Khartoum University – Sudan and King Abudaziz University –Jeddah- KSA. Former Head

Department of Biochemistry– Faculty of Medicine– U of K (2009-2014)

E.mail: khalid2_3456@yahoo.com. **Mobile**: 00966557833269 & 00249912957764

2. Prof. Omar .M. Atrooz. Professor of Biochemistry & Biotechnology. Department of Biological Sciences. Mutah University. P.O. Box(7). Mutah–Jordan. Tel.: 00962-3-2372380. Ext.: 3647. **Mobile**: 00962797127237.

E-mails: omar_atrooz@hotmail.com, omihandd@yahoo.com,omihandd@gmail.com.

3. Masoud Isaac Ahmed Alkhalefa. Associate Professor of Internal Medicine- Former Dean of Faculty of Medicine-Shendi University (2010-2014) - 255, Bisha 67714, Saudi Arabia-Bisha - **Mobile**: 00966566600412 **E-mails:** masoudisaac@hotmail.com.

4. Prof. Mamoun Mekki Elmanna. Professor of Biochemistry. Head Department of Biochemistry- Faculty of Medicine- University of Science and Technology-Sudan.

Mobile: 00249912926592 , **E-mails:** mamounelmanna@yahoo.com.