

(C.V)

Personal Data:

Name			Nationality	Place of Birth	Date of Birth	Gender	Marital Status
Frist	Middle	Family	Egyptian	Egypt	25/11/1985	Female	Married
Nesma	Morgan	Allam					
General Specialization							
Specialization			Physical therapy				
Current Position			Assistant professor				
Scientific Title			Assistant professor				
Highest degree/ Date			Doctoral degree/2016				
College			Applied medical science	Department	Physical therapy and health rehabilitation		

Contact Data:

Address	Sakkaka–Al jouf	E-mail address (official)	nmallam@ju.edu.sa
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Education (Bachelor, Master, PhD):

No.	Qualification	Date	Degree	University	Collage	Scientific Department	Specialization	
							General	Specific
1	Bachelor	2006	Excellent with Honor Degree	Cairo university	Physical therapy	Physical therapy	Physical therapy	Physical therapy
2	Master	2012	Very .Good	Cairo university	Physical therapy	General Surgery and burn	Physical therapy	General Surgery and burn
3	Doctoral	2016	Very .Good	Cairo university	Physical therapy	General Surgery and burn	Physical therapy	General Surgery and burn

Employment Qualifications:

	Job Title	University Degree	Workplace	Date		Work duty	Years of Experience
				From	To		
1	Demonstrator	Bachelor degree	Cairo university– Faculty of Physical therapy	2008	2012	Teaching for undergraduate and postgraduate students	4 years
2	assistant lecturer	Master degree	Cairo university– Faculty of Physical therapy	2012	2016	Teaching for undergraduate and postgraduate students	4 years
3	Lecturer	Doctoral degree	Cairo university– Faculty of Physical therapy	2016	2020	Teaching for undergraduate and postgraduate students	4 years
4	Assistant professor	Doctoral degree	Jouf University	2020	Until now	Teaching for undergraduate students	2 years

Participation in scientific conferences and symposiums:

No.	Title of the conference or symposium	Held in	Year
1	The 21 scientific congress of the Egyptian society for neonatal and postnatal care	Egypt	2008
2	The 1st conference of orthotics, prosthesis technology and disabilities, Faculty of Physical Therapy, Cairo University	Egypt	2008
3	The 12th scientific international conference for physical therapy (Physical therapy towards modernization and development)	Egypt	2009
4	Scientific conference of the department of surgery (New trends in management of obesity), Faculty of Physical Therapy- Cairo University	Egypt	2010
5	The 19th scientific international conference of Faculty of Physical Therapy (Physical therapy and a better future for the disabled)	Egypt	2018
6	The 20th scientific international conference of Faculty of Physical Therapy (New trends in management of disability)	Egypt	2019
7	The 2nd scientific conference of physical therapy (No more disability with physical therapy & rehabilitation)	Egypt	2020

Supervision of postgraduate:(Sample of Supervision)

No.	Thesis Title	Degree		University	Year	Collage	Department
		M.Sc.	Ph.D.				
1	Efficacy of narrowband ultraviolet B on renal pruritus in patients with chronic kidney disease	√		Cairo University	2018	Faculty of physical therapy	Physical therapy for surgery
2	Effect of preoperative graduated abdominal exercises and Russian current stimulation on muscle strength post ventral hernioplasty		√	Cairo University	2020	Faculty of physical therapy	Physical therapy for surgery

Membership of specialized committees and associations:

No.	Committee	Period	Place
Associations:			
1	General Syndicate of physiotherapy	2007 till now	Egypt
Committees:			
1	Trainee and graduates affair Committee	1441 till now	Jouf University

2	Quality and academic accreditation committee	1441 till now	Jouf University
3	Internal auditing for course files and reports	1441 till now	Jouf University
4	Examination committee	1441 till now	Jouf University
5	Student conference committee	1441 till now	Jouf University
6	Academic advisory committee	1443	Jouf University

Training courses and workshops:

No.	courses / workshop	Specialization	Held in	Year
1	Modern Methods in teaching and learning course		Cairo University, Egypt	2008
2	Effective presentation course		Cairo University, Egypt	2011
3	Credit hour system course		Cairo University, Egypt	2011
4	Research ethics course		Cairo University, Egypt	2011
5	Student evaluation course		Cairo University, Egypt	2011
6	Effective teaching skills course		Cairo University, Egypt	2012



7	Meeting& managing time course		Cairo University, Egypt	2012
8	International Publishing of scientific research course		Cairo University, Egypt	2013
9	Statistical analysis by using SPSS program course		Cairo University, Egypt	2013
10	Managing research teams course		Cairo University, Egypt	2014
11	Legal And financial aspects in university course		Cairo University, Egypt	2014
12	University code of ethics course		Cairo University, Egypt	2015
13	Change management course		Cairo University, Egypt	2015
14	Communication skills course		Cairo University, Egypt	2016
15	Evidence based strategy in medical practice		Cairo University, Egypt	2018
16	Fundamentals of clinical trials		Cairo University, Egypt	2018
17	Interactive electronic courses		Cairo University, Egypt	2019
18	Critical thinking		Cairo University, Egypt	2019
19	University Administration		Cairo University, Egypt	2020
20	Recent trends in teaching		Cairo University, Egypt	2020
21	Systematic Literature Reviews course		Jouf University, Saudi Arabia	2020

22	E- learning strategies course		Jouf University, Saudi Arabia	2020
23	Learning and teaching strategies course		Jouf University, Saudi Arabia	2020
24	Formative assessment course		Jouf University, Saudi Arabia	2020
25	Quality in E- learning course		Jouf University, Saudi Arabia	2020
26	Building tests and electronic question banks in the blackboard system course		Jouf University, Saudi Arabia	2020
27	Quality standards in designing E-courses		Jouf University, Saudi Arabia	2020
28	Key performance indicators for academic programs		Jouf University, Saudi Arabia	2020
29	Requirements and standards for the National Accreditation Center for bachelor degree		Jouf University, Saudi Arabia	2021
30	The foundation and principles of e- learning		Jouf University, Saudi Arabia	2021
31	Time and meeting management skills		Jouf University, Saudi Arabia	2021
32	Management and arrangement of scientific references by using RofWorks		Jouf University, Saudi Arabia	2021
33	Workshop entitled 'Handicapped Children (How to improve their skills) with Hollandic ,group'		Cairo, Egypt	2007
34	Workshop entitled 'Integrating the handicapped in education and work to reach the development'		Cairo, Egypt	2009
35	Workshop entitled 'Quality educational opportunities'		Cairo, Egypt	2009

36	Workshop entitled 'Referential evaluation for students'		Cairo, Egypt	2009
37	Workshop entitled' Towards a better integrated care for the elderly'		Cairo, Egypt	2009
38	Workshop entitled " Mesotherapy for obesity management "		Cairo, Egypt	2010
39	Ethical and regulatory issues in scientific research workshop		Helwan University, Egypt	2020
40	Clinical data management, basic approach workshop		Helwan University, Egypt	2020
41	Met analysis, basic concepts workshop		Helwan University, Egypt	2020
42	Tips for scientific publishing workshop		Helwan University, Egypt	2020
43	On academic integrity, steps to avoid plagiarism workshop		Helwan University, Egypt	2020
44	How to select the right journal to submit your manuscript workshop		Helwan University, Egypt	2020
45	What clinicians should know about statistics?		Helwan University, Egypt	2020

Skills:

Skills	1	Self confidence
	2	Communication skills
	3	Team working
	4	Leadership

	5	Ability to make decisions
	6	Planning for the future.
	7	Insisting on success.
	8	Technical research, writing technical report and presentation skills.
	9	Willingness to learn new technologies and tasks.
	10	Ability to work and perform under pressure with effective time management skills.

Community, cultural and volunteer contributions:

No.	activity	Type of activity	Period
1	Presenting a lecture entitled 'Breast cancer prevention methods and the taken steps for early detection'	community service	06/03/1442
2	Presenting a lecture entitled 'Reinforce the concepts of exercise and its importance'	community service	02/08/1442

Administrative positions

No.	Position	Organization	Country	Period
1	Member of Faculty of Physical Therapy,	Faculty of Physical Therapy,	Cairo University	2008–2019
2	Assistant professor, Faculty of Applied Medical Sciences Department of Physical Therapy and Rehabilitation	Faculty of Applied Medical Sciences,	Saudi Arabia - Al-Jouf University - Sakaka	2020 till now

Languages:

language	Speaking	Writing	Reading
English	Excellent	Excellent	Excellent
Arabic	Excellent	Excellent	Excellent

Authoring Book

No.	Book Title	Co-Author	Book Language	Publication Date
1				



Scientific Publication:

No.	Title	Publisher	Year of Publication
1	"-Effect of combination of Acapella device and breathing exercises on treatment of pulmonary complications after upper abdominal surgeries."	Journal of Surgery Science Publishing Group	2016
2	"-Response of forced expiratory volume/forced vital capacity ratio to Acapella device and breathing exercises after upper abdominal surgeries".	Journal of Surgery Science Publishing Group	2016
3	"-Effect of laser acupuncture on fecal incontinence after anorectal Surgery."	Bulletin of faculty of physical therapy, Cairo University	2018
4	" -Bone mineral density in response to radial extracorporeal shock wave after thyroidectomy."	Bioscience Research Journal	2019
5	"-Efficacy of narrowband ultraviolet B on renal pruritus in patients with chronic kidney disease."	Kasr El Aini Journal of surgery, Faculty of Medicine, Cairo university.	2019
6	"-Efficacy of low level laser diode on post mastectomy lymphedema."	Journal of Advanced Pharmacy Education & Research	2020
7	"-Whey protein Supplements intake and Their Contribution to fat substrates metabolism and body compositions Among Young females Subjects."	International Journal of Pharmaceutical Research	2021
8	"Antipruritic Effect of Narrow Band Ultraviolet B Versus Transcutaneous Electrical Nerve Stimulation In Lichen Planus"	International medical journal	2021
8	"Does High Frequency Chest Wall Oscillation Have an Impact on Improving Pulmonary Function in Patients with Smoke Inhalation Injury?"	Journal of burn care and research	2021
9	"Impact of Adding Protein Supplementation to Exercise Training on Lean Body Mass and Muscle Strength in Burn Patients."	Journal of burn care and research	2021

10	“Ischemic Compression Technique Versus Myofascial Release of Upper Trapezius Muscle in Mechanical Neck Pain in Females of Jouf University”	Fizjoterapia Polska	2021
11	“Cognitive task versus focus of attention on dynamic postural control in recurrent ankle sprain”	Journal of Advanced Pharmacy Education & Research	2022
12	“ Narrow band Ultraviolet B Versus Red Light Emitting Diodes in the Treatment of Facial Acne Vulgaris: A randomized Controlled Trial.”	Photobiomodulation, photomedicine and laser surgery	2021
13	“ Monopolar Radiofrequency Versus Pulsed Dye Laser for Treatment of Acne Scars: A randomized Controlled Trial.”	Physiotherapy Quarterly	2022
14	Comparison of Extracorporeal Shock Wave Therapy versus Manual Lymphatic Drainage on Cellulite after Liposuction: A Randomized Clinical Trial	Evidence-Based Complementary and Alternative Medicine	2021
15	Insights on hyperbaric oxygen therapy as an adjunctive treatment in diabetic foot ulcer: A review	Journal of pharmaceutical research international	2022

References:

No.	Name	Job	Address	E-Mail	Tel.
1	Dr. Amani Eid	Coordinator of the Department of Physical Therapy and Health Rehabilitation / Faculty of Applied Medical Sciences	Jouf–Kingdom of Saudi Arabia	acabdullah@ju.edu.sa	