

جامعة القدس  
Al-Quds University



# دور المجموعات البحثية من طلبة البكالوريوس في تعزيز البحث العلمي في جامعة القدس

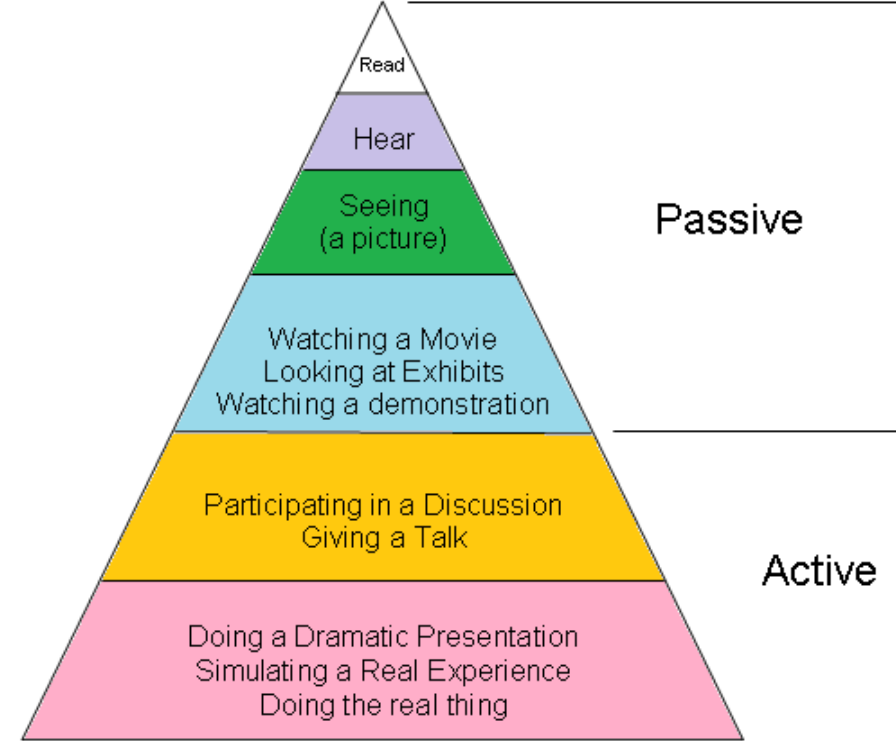
أحمد عمرو

أستاذ مشارك

عميد كلية الصيدلة

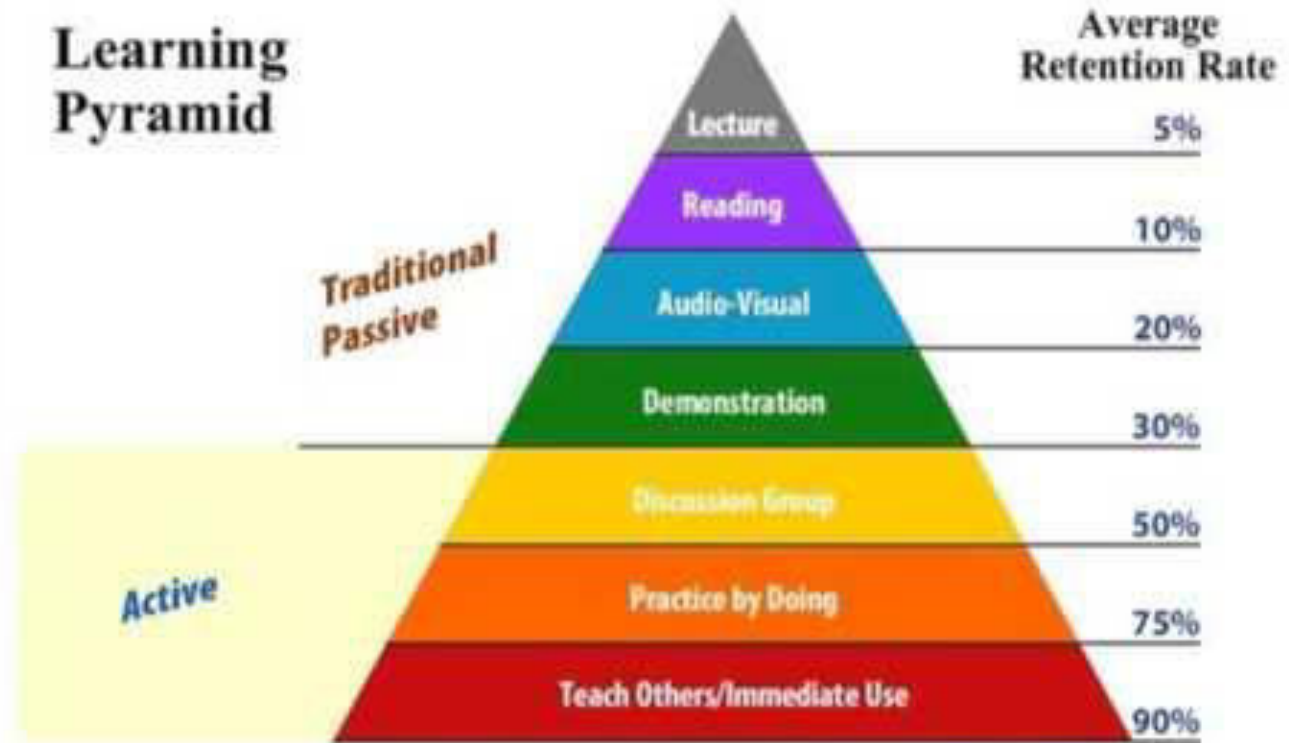
# التفاعل مع الطالب

- يشكل الطالب المحور المركزي في العملية التعليمية في مختلف المؤسسات الاكاديمية
- الاتجاهات الحديثة اخذتنا نحو جعله محورا أساسيا في البحث العلمي كذلك



# الهرم التعليمي

## Learning Pyramid



Source: National Training Laboratories, Bethel, Maine

# دور الأكاديمي في تعزيز البحث العلمي لدي طلبته

- استنهاض ملكاتهم
- تدريب الطلبة
- تزويدهم بالمهارات اللازمة لصياغة السؤال البحثي
- وإيجاد المنهجية والوسيلة المناسبة للإجابة عنه
- مهارات كتابة البحث ونشره.

طالبنا يشكل فرصة لنا كما نشكل نحن فرصة له

# فرصة الطالب

- يحتاج الى من يأخذ بيده ويدربه على مهارات البحث
- العمل ضمن فريق يعزز اكتشاف الطالب لذاته ويقوي ثقته بنفسه
- التميز بالاختلاف عن غيره من الطلبة
- نشر الأبحاث
- خلق الفرص: حضور مؤتمرات, نشر أبحاث, اكمال دراسات عليا.....etc

# فرصة الاكاديمي

- تحفيز عملية التفكير من خلال طرح الأسئلة والملاحظات
- كما يتعلم الطالب منا نتعلم نحن منه وكما نحفز تفكيره البحثي يبادلنا هو بنفس الدور.
- صياغة الأسئلة البحثية
- التقدم للمشاريع البحثية الطلابية
- المساعدة في اجراءات البحث
- النشر, التسويق الذاتي, التسويق للمؤسسة
- الترقية

# وعلاوة على ما ذكر فان اشراك طلبة البكالوريوس يفتح افاق متعددة للباحث والطالب والمؤسسة على حد سواء

- استقطاب الدعم المالي من خلال المشاريع البحثية فهناك العديد من المشاريع التي يشترط مشاركة الطلبة فيها حتى يتم قبولها
- وفرص التبادل الطلابي البحثي اذ ان فرص الطالب الباحث متعددة ويمكن دفعه للاستفادة منها
- الاستفادة من ساعات العمل التطوعي لطلبة البكالوريوس والذي يمكن من خلالها جمع بيانات لا حصر لها ومن مناطق جغرافية لا يمكن للباحث والاكاديمي ان يصلها بنفسه,
- والعديد من الجوائز البحثية التي تشكل دخل له قيمة مادية ومعنوية للباحث وللطالب على حد سواء.



# إضافات للمؤسسة

- بالإضافة الى ما تشكله هذه التجربة من إضافة نوعية لسمعة البرامج والتخصصات في جامعة القدس وما تشكله من نقطة تنافسية تنعكس حتماً على استقطاب الطلبة واقبالهم على تخصصات الجامعة
- أضف الى ذلك كله اسهام هذه التجربة في تحقيق رؤية الجامعة كجامعة بحثية تؤدي من خلال البحث العلمي رسالتها في بناء المواطن والمجتمع والدولة.

# تجارب من الجامعة

- وهناك العديد من التجارب الناجحة في جامعة القدس والتي افضت الى نشر أبحاث علمية في مجالات مرموقة يقودها طلبة البكالوريوس.

# Pharmacy Research Group (PRT) 2015



## RESEARCH ARTICLE

### Knowledge and Adherence to Medications among Palestinian Geriatrics Living with Chronic Diseases in the West Bank and East Jerusalem

Anas Najjar<sup>1</sup>, Yazan Amro<sup>2</sup>, Islam Kitaneh<sup>1</sup>, Salam Abu-Sharar<sup>1</sup>, Maryam Sawalha<sup>1</sup>, Abrar Jamous<sup>1</sup>, Muhannad Qiq<sup>1</sup>, Enas Makharzeh<sup>1</sup>, Bayan Subb Laban<sup>1</sup>, Wafa Amro<sup>1</sup>, Ahmad Amro<sup>1\*</sup>

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## OPEN ACCESS

**Citation:** Najjar A, Amro Y, Kitaneh I, Abu-Sharar S, Sawalha M, Jamous A, et al. (2015) Knowledge and Adherence to Medications among Palestinian Geriatrics Living with Chronic Diseases in the West Bank and East Jerusalem. PLoS ONE 10(6): e0129240. doi:10.1371/journal.pone.0129240

**Academic Editor:** Claudio Borghi, University of Bologna, ITALY

**Received:** February 5, 2015

**Accepted:** May 6, 2015

**Published:** June 5, 2015

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## Abstract

### Background

Adequate patient knowledge about medications is essential for appropriate drug taking behavior and patient adherence. This study aims to assess and quantify the level of knowledge and adherence to medications among Palestinian geriatrics living with chronic diseases and to investigate possible associated socio-demographic characteristics.

### Methods and Findings

We conducted a cross-sectional study during June 2013 and January 2014 among Palestinian geriatrics  $\geq 60$  years old living with chronic disease in the West Bank and East Jerusalem. A stratified random sample was selected and a questionnaire-assisted interview was applied for data collection. T-test was applied for bivariate analyzing and one-way ANOVA test was applied for multivariate analyses.

### Results

A total of 1192 Palestinian geriatrics were studied. The average age was 70.3 (SD=8.58) years and ranged from 60-110 years. The sample comprised 659 (55.3%) females and 533



## طلبة من كلية الصيدلة في جامعة القدس يؤسسون فريق "باحث"



تعلّمناه عملياً، وعمَلنا طيلة عامين حتى أنتجنا بحثنا الذي نُشِرَ في مجلة PLOS ONE بتاريخ ٢٠١٥/١١/٢٩ والذي كان بعنوان: "مدى معرفة والتزام كبار السن الفلسطينيين المصابين بأمراض مزمنة تجاه أدويتهم في الضفة الغربية والقدس الشقية"، ولعلّه بحث لنا

عالية. ويضيف: "إن رغبتى الأولى والأخيرة مع الفريق أن أجعل منهم قادة وباحثين، لأن أُملي عليهم، الفكرة انطلقت منهم ويجب أن تظل منهم، يعملون ويبحثون، وينجحون". وتقول سلام أبو شرار، وهي الآن طالبة في سنتها الرابعة تخصص صيدلة: "كنت وقتها

القدس - تمكن مجموعة من طلبة كلية الصيدلة في جامعة القدس، من نشر بحث في مجلة PLOS ONE العالمية، بعنوان: "مدى معرفة والتزام كبار السن الفلسطينيين المصابين بأمراض مزمنة تجاه أدويتهم في الضفة الغربية وشرقي القدس"، بعد نحو عامين من



# Pharmacy Research Group (PRT)

First group (BMI in Palestine) headed by Anas Najjar

**Anas Omer Najjar**

**Bara'a F. Ghannam**

**Belal Ashhab**

**Samaa Talal Al-atrash**

**Sandy Kharoufeh**

**Aya Ateeq**

**Muhannad Qiq**



# Pharmacy Research Group (PRT)

Second group (contraceptive knowledge and adherence) headed by Naeema Rajabi

**Naeema Mazen Rajabi**

**Sojod Daraghmah**

**Beesan S. Warasna**

**Maryam K. Sawalha**

**Abrar Ali**

**Anwar Ma'ali**



# List of PRT publications

Lancet Palestinian Health Alliance

Dear Dr. Najjar,

We are pleased to inform you that your abstract entitled “**Prevalence of chronic diseases in Palestinian geriatrics and common pharmacological interventions- a cross-sectional study.**” has been reviewed and accepted for **poster presentation** in the upcoming Lancet Palestinian Health Alliance (LPHA) Conference. The Conference will be held on 27-28 March, 2019 in Amman, Jordan.



# List of PRT publications

Lancet Palestinian Health Alliance

Dear Dr. Rajabi,

We are pleased to inform you that your abstract entitled “**Knowledge and Attitude to contraceptives among Palestinian Woman: a cross-sectional study**” has been reviewed and accepted for **poster presentation** in the upcoming Lancet Palestinian Health Alliance (LPHA) Conference. The Conference will be held on 27-28 March, 2019 in Amman, Jordan.



# List of PRT publications

## Prevalence of Chronic Diseases in Palestinian Geriatrics and Common Pharmacological Interventions- a Cross-Sectional Study



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Al-Quds University

Pharmacy Research Team

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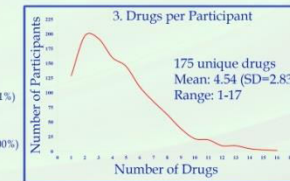
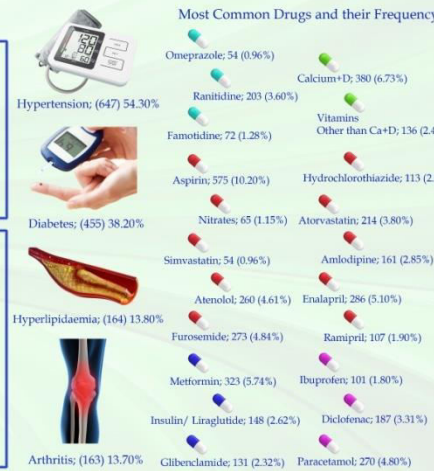
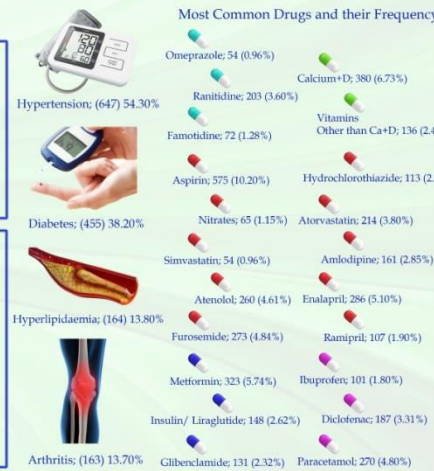
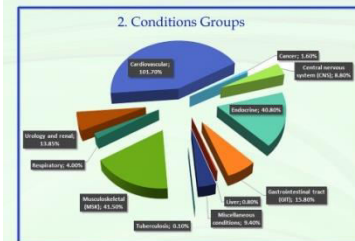
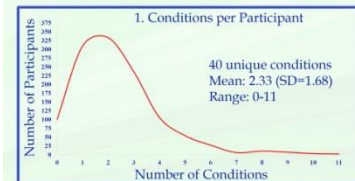
<sup>2</sup> Faculty of Medicine, al-Quds University, Jerusalem, Palestine

**Background:** Geriatrics are more susceptible to have multiple medical disorders due to different physiology and, hence, are more subjected to polypharmacy.<sup>1</sup>

**Objectives:** This aims to study the prevalence of chronic diseases and medical conditions, used medications, and associated socio-demographic factors among the Palestinian geriatrics population.

**Methods:** This was a cross-sectional study conducted during June 2013 and January 2014. Participants on the study were 1192 Palestinian geriatrics  $\geq 60$  years old living in the West Bank and East Jerusalem selected from a stratified random sample representing 1.15% of Palestinian geriatrics according to The Palestinian Bureau of Statistics census of 2007. Interview-aided questionnaires were completed for participants by the surveying team. The questionnaires comprised of personal and socio-economical data, health condition, current medication, and medication knowledge and adherence.

### Findings:



- Interesting numbers
- ★ Benzodiazepines: 20 (0.36%)
  - ★ Antidepressants: 16 (0.29%)
  - ★ Ratio H2 Blockers : PPIs 275 (4.87%): 81 (1.44%)
  - ★ Simvastatin: 54 (0.96%)
  - ★ Opiates: 40 (0.71%)
  - ★ Participants with zero conditions (99) took (had) an average of 2 drugs.
  - ★ No significant difference was found between genders, neither in drugs nor conditions.
  - ★ No participant suffered from at least one condition that was untreated.
  - ★ Females suffered from more conditions: ( $M_{females}=2.51, SD=1.67$ ;  $M_{males}=2.15, SD=1.82$ )

### References:

1. Prasad Ravi, et al. Clinical Pharmacology and the Role of Polypharmacy in the Geriatric Patient. Physical medicine and rehabilitation clinics of North America. 2017; 28(2): 295-306. doi: 10.1016/j.pmr.2017.06.007. PubMed PMID: 29011188. epub.
2. Hoshino M, et al. Health Risk of Polypharmacy among Older Adults in Israel: Epidemiology and Average Rates for Age-related, Annual, and Special Medical Medication. 2017; 2017:891-899. doi: 10.1017/S1040013017000004. PubMed PMID: 28470904.
3. Frank C. Pharmacologic treatment of depression in the elderly. Canadian Journal of Geriatrics. 2005; 50(10): 621-626. PubMed PMID: 16252171.
4. Al-Awadhi S, Khashar M, Tang F, et al. Patterns of acute initiation, maintenance, and discontinuation among geriatric hospitalized patients in acute care hospital admission. Clinics. 2014; 129(12):1363-1369. doi: 10.1016/j.clin.2014.09.014. PubMed PMID: 25406624.

**Conclusion and Recommendations:** To the best of our knowledge, this is the first prevalence study of chronic diseases among Palestinian geriatrics which comprised a large number of participants from all districts in the West Bank and East Jerusalem. These results provide information that should be considered by Palestinian physicians, pharmacists, and policy makers.

# Knowledge and Attitude of Palestinian women towards contraceptive

Naeema Rajabi<sup>1</sup>, Beesan Warasna<sup>2</sup>, Sojod Daraghmeh<sup>1</sup>, Anwar Ma'ali<sup>1</sup>, Maryam Sawalha<sup>1</sup>,

Balqees Mustafa<sup>2</sup>, Aya Ateeq<sup>2</sup>, Bara'a Ghannam<sup>1</sup>, Samaa Al-atrash<sup>1</sup>, Belal Ashhab<sup>1</sup>,

Georgette Kharoufeh<sup>1</sup>, Abrar Ali<sup>1</sup>, Anas Najjar<sup>1</sup>, Salam Abu Sharar<sup>1</sup>, and Ahmad Amro<sup>1,3</sup>

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•3 Project supervisor: Assistant professor of molecular microbiology

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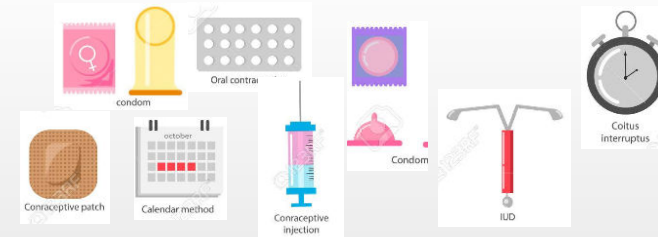
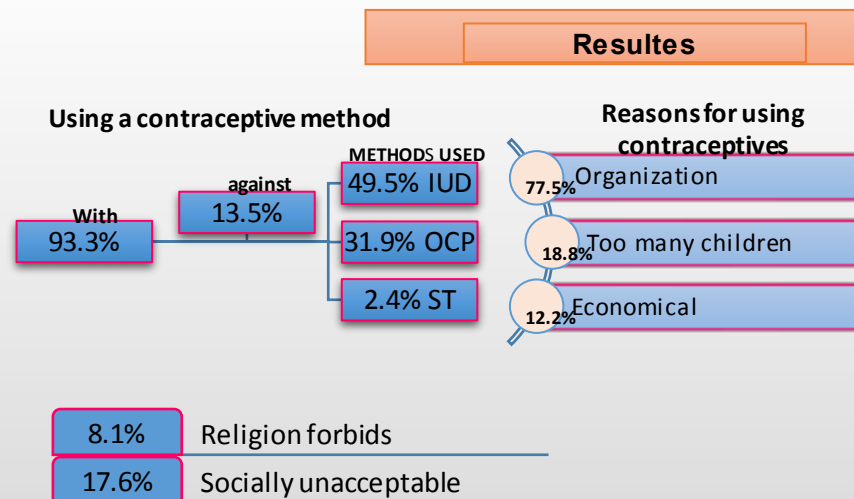


**Context:** Contraceptives are currently worldwide used, as declared by the World Health Organization, they are provided as one of women rights to ease in family planning decisions.

**Problem statement/ Aim:** contraceptives have a documented efficiency, it highly depends upon women knowledge and adherence towards the available methods that must be addressed for better outcomes.

In this study, we aimed to investigate attitudes and knowledge of married Palestinian women towards contraceptives, their knowledge to the available methods and to their side effects.

**Methods:** A cross sectional study of Palestinian married women of childbearing age between 18 and 50 years old was conducted from January 2017 to January 2018. A stratified random sample of 1000 woman is selected based on each governorate population. Data collection was conducted using an interview-assisted questioner.



## Conclusion

The majority of Palestinian women have used contraceptive in the past or are currently using. Though, poor knowledge of contraceptive use and side-effects is apparent. Attitudes of Palestinian women, as well as their partners, towards contraceptives reflect general acceptance of their use. Therefore, education of Palestinian women and their partners will result for a better family planning and better satisfactory choices.

## References:

1. "Yulita, Emi. "Relationship of Knowledge and Attitudes of Fertile Ages Against Family Planning at Garuda Pekanbaru Public Health Center *Journal of Global Research in Public Health* 3.1 (2018): 24-30.
2. Nsubuga, Henry, et al. "Contraceptive use, knowledge, attitude, perceptions and sexual behavior among female University students in Uganda: a cross-sectional survey." *BMC women's health* 16.1 (2015): 6.

# Limitations and challenges

- Time
- Money
- Resources
- Maturity

Thank you