



## CURRICULUM VITAE

<b>Name:</b>	Zainab M. R. Al Abadla
<b>Nationality</b>	Palestinian
<b>Designation at Site:</b>	Senior Diabetes Educator (Adult and Paediatric) / Senior charge Nurse Founder of Emirates Diabetes Educator Club - UAE
<b>Date of Birth:</b>	22 September 1986
<b>Site Address:</b>	University Hospital Sharjah, University City, University Street Sharjah, United Arab Emirates
<b>Department:</b>	Diabetes and Endocrinology
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<b>Languages:</b>	English, Arabic

EDUCATION		
Qualification	Institution	Year of Completion
Certified in Paediatric Diabetes	Medvarsity	2021
Certified Insulin Pump Therapy Trainer	Medtronic	2017, 2019, 2021
Certified Insulin Pump Therapy Trainer	Roche	2018
Basic and Advanced Carbohydrate Counting	Medtronic	2017
Diabetes Educator Course - Post Graduate Program	Imperial College London Abu Dhabi, UAE	2016
Master of Science in Public Health	Hamdan Bin Mohammed Smart University, Dubai, UAE	2015
Bachelor of Science in Nursing	Sharjah University, UAE	2012
<b>Certification &amp; Licensure:</b> <ul style="list-style-type: none"> <li>• Trained in most of technology devices related to diabetes care management.</li> <li>• BLS for Healthcare Provider</li> <li>• DHA License (valid till 2023)</li> <li>• MOH License (valid till 2023)</li> </ul>		
MEMBERSHIP		
<ul style="list-style-type: none"> <li>• Emirate Diabetes Society (2022)</li> <li>• American Association of Clinical Endocrinology (2022)</li> <li>• Board Member of UAE Friends For Diabetes Society (since 2019)</li> <li>• Member of American Association of Diabetes Educators (since 2016).</li> <li>• Member of Emirates Nursing Association (since 2010).</li> </ul>		

EMPLOYMENT		
Position	Institution	Years
Senior Diabetes Clinical Care Specialists – Full Time	Al Jalila Children's Speciality hospital - Dubai	Oct. 2022 - Present

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Senior Diabetes Educator, Senior charge Nurse, and Study Coordinator – Full Time	University Hospital Sharjah, United Arab Emirates - JCI accredited Hospital.	2019 - 2022
Clinical Instructor (Master of science in Diabetes Management) – <b>Part time</b>	University of Sharjah, United Arab Emirates - Sharjah	Sept. 2020 - Present
Diabetes Educator, Charge Nurse, Antenatal Diabetes Nurse, Research Nurse and Study Coordinator	Rashid Center for Diabetes and Research (RCDR) Ajman, United Arab Emirates - JCI accredited center.	2015 - 2019
Staff Nurse, Infection Control Link Nurse, Intravenous Therapy Trainer	Shaikh Khalifah General Hospital Ajman, United Arab Emirates - JCI accredited Hospital.	2009 - 2015

Voluntary		
Position	Institution	Years
President of Emirates Diabetes Educator Club	Emirates Diabetes Educator Club in conjunction with Emirate Diabetes Association	April 2022 - Present
Scientific Committee Member	Emirate Diabetes Society	Feb 2022 – Present

CONTINUOUS MEDICAL EDUCATION (CME)	
Conference	Date
Emirates Diabetes & Endocrine Congress - Gulf Chapter (EDEC).	Attended every year since 2015 till 2021
American Association of Clinical Endocrinologists Congress - Gulf chapter Trainer (AACE).	Attended every year since 2015 till 2020
Diabetes and Ramadan Conference (DAR).	Attended every year since 2018 till 2021
European Association for the study of Diabetes (EASD)	September, 2019
International Diabetes Federation Congress- IDF	December, 2017
Total of 94 CMEs in different conferences related to <b>Diabetes Management</b>	2015 - 2018
Total of 177 CMEs in different topics related to <b>Nursing</b>	2011 – 2018

CLINICAL RESEARCH EXPERIENCE	
ICH GCP Training received:	Yes <input checked="" type="checkbox"/> valid
<b>Publications</b>	
<b>Research Papers</b>	<p><b>Published:</b></p> <ul style="list-style-type: none"> <li>The Effect of Diabetes on Health-Related Quality of Life in Emirati Patients</li> <li>Pre-diagnostic biomarkers of type 2 diabetes identified in the UAE's obese national population using targeted metabolomics.</li> <li>Ferritin, blood urea nitrogen, and high chest CT score determines ICU admission in COVID-19 positive UAE patients: a single-center retrospective study.</li> </ul> <p><b>Sent for Publication:</b></p>

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	<ul style="list-style-type: none"> <li>Investigation of Relationship Between Pancreatic Exocrine Dysfunction and Abdominal Obesity in Patients with T2DM.</li> <li>Relationship between Sleep Quality, Adherence to the Mediterranean Diet, and Objectively Measured Physical Activity with Glycemic Control among Children with T1DM: A Cross-Sectional Study.</li> <li>Structured self-management educational system supported patients with diabetes in UAE during COVID pandemic (<b>main Author</b>).</li> <li>Role of microRNA in Diabetic Kidney Disease amongst Type 2 Diabetic Emirati Nationals in the UAE.</li> </ul> <p><b>Ongoing:</b></p> <ul style="list-style-type: none"> <li>Morphological Anomalies of Circulating Blood Cells in COVID-19 Patients</li> <li>Identification of biomarkers for early detection of hypoglycemia-associated autonomic failure: a prospective clinical study (phase 2)</li> <li>Integrated Approach to Study Gestational Diabetes Mellitus using Clinical, Epidemiological, Genomic, and Biomarker data.</li> </ul>
<b>Clinical Trails and Research contribution as a Research Nurse/ Study Coordinator</b>	<p><b>Clinical Trails / Study Coordinator</b></p> <ul style="list-style-type: none"> <li>A prospective, non-interventional, single arm study investigating long-term glycaemic control in patients with type 2 diabetes initiating Xultophy® (IDegLira) – 2020.</li> <li>Initial increase in glucose variability during Ramadan fasting in non-insulin-treated patients with diabetes type 2 using continuous glucose monitoring – 2019.</li> <li>Oral semaglutide versus subcutaneous liraglutide and placebo in type 2 diabetes (PIONEER 4): a randomised, double-blind, phase 3a trial – 2019.</li> <li>Canagliflozin and Renal Outcomes in Type 2 Diabetes and Nephropathy – 2019.</li> <li>A 32-Week Randomized Comparison of Stepwise Insulin Intensification of Biphasic Insulin Aspart (BIAsp 30) Versus Basal-Bolus Therapy in Insulin-Naïve Patients with Type 2 Diabetes – 2018.</li> <li>International survey on hypoglycaemia among insulin-treated patients with diabetes – 2017.</li> <li>Hypoglycaemia Among Insulin-Treated Patients with Diabetes - Evaluation of the United Arab Emirates cohort of the International Operations-Hypoglycaemia Assessment Tool study – 2015.</li> </ul>
<b>Posters</b>	<ul style="list-style-type: none"> <li>Participated in the 12<sup>th</sup> emirates diabetes &amp; endocrine congress, 2022 by presenting a Poster about Structured self-management educational system supported patients with diabetes in UAE during COVID pandemic.</li> <li>Participated in the 11<sup>th</sup> emirates diabetes &amp; endocrine congress, 2021 by presenting a Poster about Nurses' Knowledge of Hypoglycaemia Management in Adult Hospitalized Patients with Diabetes.</li> <li>Participated in the 8<sup>th</sup> emirates diabetes &amp; endocrine congress, 2018 by presenting a Poster about Diabetes and Driving: A Call for Action (won third Prize).</li> <li>Participated in the 6<sup>th</sup> Health and Environmental Conference in the Middle East-2015 by presenting a Poster presented about nursing knowledge in IPSGs practices - A pilot study.</li> </ul>

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	<ul style="list-style-type: none"> <li>Participated in the 5<sup>th</sup> Health and Environmental Conference in the Middle East-2014 by presenting a Poster about significance health problems related to Tobacco-Use in UAE.</li> </ul>
<b>Speaker</b>	<ul style="list-style-type: none"> <li>Towards a safe fasting – Friends For Diabetes Workshop 2022</li> <li>Speaker today at Medtronic Workshop on Minimed 780G - Pump (March 12, 2022)</li> <li>Steps to control diabetes throughout your life – Friends For Diabetes Workshop 2022</li> <li>Comprehensive Guide to Diabetes Mellitus - Friends For Diabetes Workshop, World Diabetes Day, 2022</li> <li>Insulin A life Saving Discovery Turns 100 Years – University Hospital Sharjah, World Diabetes Day, 2022</li> <li>Gestational Diabetes Myth VS. Reality – Friends For Diabetes Workshop 2022</li> <li>Diabetes Keto Acidosis Management in 24 Hrs. – Al Fujairah Hospital 2021.</li> <li>The Real Picture Beyond HbA1c– Al Fujairah Hospital 2021.</li> <li>Diabetes Standard-Podiatrist clinic – Gulf Foot Conference 2021.</li> <li>Proper Injection Technique – Friends For Diabetes Workshop 2021.</li> <li>Hypoglycemia Management – Friends For Diabetes Workshop 2021.</li> <li>Diabetes Self-Management Behaviors in Adults and Pediatrics– University of Sharjah / Master of science in Diabetes 2020.</li> <li>How to Manage Diabetes – Friends For Diabetes Workshop 2020.</li> <li>Diabetes Self-Management behaviors – Al Fujairah Hospital 2020.</li> <li>Ramadan fasting was associated with increased insulin resistance in non-insulin treated patients with type 2 diabetes – Al DAR Conference 2020.</li> <li>Diabetes Educator Role – Al Fujairah Hospital 2019.</li> <li>Role of Diabetes Educator in Optimising Pregnancy Outcomes through Therapeutic Education – Al Fujairah Hospital 2019.</li> <li>Diabetes During Pregnancy – 6th Regional Conference on diabetes, Rashid Centre for Diabetes and Research 2017.</li> <li>The Challenge of Diabetes Management in the 21st century conference – 2016.</li> </ul>

DIABETES EDUCATOR CLINIC CONTRIBUTIONS AND ACHIEVEMENTS	
<b>Policies/ pathways/ protocols/ Guidelines (Main Author, Co-Author)</b>	<ul style="list-style-type: none"> <li>Diabetes Self-Management Education and Care Plan Policy</li> <li>Acute Hypoglycemia Management Guideline</li> <li>Reactive Hypoglycemia Management Protocol</li> <li>Home Discharge Guide for Insulin Naïve patients</li> <li>Diabetes Nurse Educator Clinic Tele-Consultation Policy</li> <li>ADULT DIABETIC KETOACIDOSIS (DKA) INTEGRATED CARE PATHWAY (ICP): First 24 hours</li> <li>Blood Glucose Monitoring Frequency</li> <li>Initial Antenatal Diabetes Assessment Guide – DNE</li> <li>Antenatal Outpatient Referral Pathway</li> <li>In Patient Referral Pathway to Diabetes Nurse Educator</li> <li>Diabetes Self-Management Education Annual Program</li> </ul>
<b>Educational Materials (Main Author)</b>	<ul style="list-style-type: none"> <li>Proper Injection Technique leaflet</li> <li>Hypoglycemia management leaflet</li> <li>hyperglycemia management leaflet</li> <li>Insulin Home Self-Titration Guide</li> </ul>

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	<ul style="list-style-type: none"> <li>• Victoza Educational Material</li> <li>• Saxenda Educational Material</li> <li>• Ozempic Educational Material</li> <li>• Home Blood Glucose Monitoring Booklet</li> <li>• Antenatal Home Blood Glucose Monitoring Booklet</li> </ul>
<b>Educational videos</b>	<ul style="list-style-type: none"> <li>• Proper Injection Technique <a href="https://www.youtube.com/watch?v=OKwWFqA-zRE">https://www.youtube.com/watch?v=OKwWFqA-zRE</a></li> <li>• Proper Home Blood Glucose Monitoring <a href="https://www.youtube.com/watch?v=MCZmOvq9GrU">https://www.youtube.com/watch?v=MCZmOvq9GrU</a></li> <li>• Multidisciplinary Team Approach <a href="https://www.youtube.com/watch?v=EpX04r5z1AI">https://www.youtube.com/watch?v=EpX04r5z1AI</a></li> <li>• Ramadan Education (6 episodes 2022) <a href="http://www.linkedin.com/in/zabadelah">www.linkedin.com/in/zabadelah</a></li> <li>• Ramadan Education (6 episodes 2021) <a href="http://www.linkedin.com/in/zabadelah">www.linkedin.com/in/zabadelah</a></li> <li>• How to Manage Diabetes During exercise <a href="https://lnkd.in/eX7-3d5S">https://lnkd.in/eX7-3d5S</a></li> </ul>
<b>Event organizer</b>	<ul style="list-style-type: none"> <li>• Fonder of Emirates Diabetes Educators Club 2022</li> <li>• World Diabetes Day Nov, 2022</li> <li>• World Obesity Day March, 2021</li> <li>• World Diabetes Day Nov, 2020</li> <li>• World Diabetes Day Nov, 2019</li> </ul>
<b>Website diabetes Page</b> –	<ul style="list-style-type: none"> <li>• Developed the content of endocrine and diabetes page in UHS website (English/Arabic) <a href="https://www.uhs.ae/uhs/speciality/diabetes-and-endocrinology">https://www.uhs.ae/uhs/speciality/diabetes-and-endocrinology</a></li> </ul>

**All certificates are available upon request.**

### References :

**1- Prof. Salah Abusnana**

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