



RCSI

Name:	Ebrahim Rajab
Title:	Dr
Start date with RCSI Bahrain:	4/1/2015
Department:	Foundation Year
Specialty:	Human Biology

Third Level Education / Academic Awards:

Date Awarded	Awarding Institution:	Qualification Title:
1999	University of Nottingham	PhD Physiology and Pharmacology
2005	University of Ulster	MSc Physiotherapy
1993	University of Glasgow	BSc (Hon) Physiology and Sports Science

Professional Qualifications:

Date Awarded	Awarding Institution:	Qualification Title:
Ongoing	Higher Education Academy, U.K.	Professional Certificate in Teaching and Learning in Higher Education
10/1/2005	Chartered Society of Physiotherapy, U.K.	Member of the Chartered Society of Physiotherapy (U.K.)

Previous Academic Positions:

Date (To - From):	Institution:	Position:
3/1/2009 To 3/31/2015	Ahlia University, Bahrain	Assistant Professor in Physiotherapy, College of Medical & Health Sciences

Teaching Experience:

In my current role at RCSI, my teaching duties and responsibilities include:

- (i) Facilitation and delivery of the undergraduate medical degree programme through teaching and assessment of modules in cell biology as well as human systems biology in the Foundation Year. In my first academic year I was module coordinator for cell biology and currently I am module coordinator for Human System II (which includes the anatomy and physiology of the cardiorespiratory systems, the gastrointestinal tract, excretory and endocrine systems). Instruction is delivered by means of lectures, tutorials, laboratory activities and e-learning activities. I also deliver lectures in neuroscience to the first year undergraduate nursing students. I am involved in development of formative and summative assessments including multiple choice questions and short answer questions, as well as the marking and moderation of these assessments. I assist with assessment of some practical and oral exams in Junior Cycle.
- (ii) Supervision of student elective research projects in Foundation Year.
- (iii) Liaising with the Foundation Year Director and module coordinators to monitor, review and develop curriculum across all three campuses of RCSI.
- (iv) Coordination of the Personal Tutor System for the School of Medicine as well as tutoring of my allocation of undergraduate medical students.
- (v) I am also the foundation year representative for the University's feedback and feedforward committee which is responsible for ensuring that procedures for enhancing the quality of teaching, learning and assessment are standardized across years of the medical degree programme, within and between the Universities three international campuses.
- (vi) Currently I am attending the Professional Certificate in Teaching and Learning in Higher Education, provided by the Higher Education Academy (U.K.) and the Higher Education Council, Ministry of Education, Bahrain. On completion of the course my goal is to apply for Fellow status.

In my previous role at Ahlia University, my teaching duties and responsibilities included:

- (i) Undergraduate teaching, learning and assessment for the Bachelor's degree in Physiotherapy (e.g. courses in anatomy, exercise physiology, neuroscience, ethics and research methods) through lectures, seminars, laboratory/practical classes and e-learning activities.



RCSI

- (ii) As Programme Leader for the Bachelor's Degree in Physiotherapy, I worked closely with full and part time academic staff as well as administrative staff within the department and in the wider university to ensure smooth delivery of pre-clinical and clinical teaching, learning and assessment within the framework of the University's policies and procedures. This work included organizing and implementing periodic programme review both internally and externally.
- (iii) In liaison with colleagues, I developed and wrote several key academic documents including: (i) the Physiotherapy Department's first Clinical Training Manual and Logbook; (ii) Proposal for a Master's degree in Physiotherapy; (iii) the University's Teaching, Learning and Assessment Manual. I communicated these documents to colleagues within the department and as required at the University's Curriculum committee, Teaching, Learning and Assessment Committee and University Council for approval.

Current Research and Scholarly Activities:

1. Sigma-1 receptors - a novel target in the treatment of type 2 diabetes. Joint Collaboration with Professor Amer Kamel Al-Ansari (Arabian Gulf University) and Prof Steve Safrany (RCSI-Bahrain). Supported by a grant from the joint Arabian Gulf University-RCSI research fund (2016) of BHD7,500.
2. Neuroprotective effects of gum Arabic in the ageing brain of diabetic rats. Joint collaboration with Professor Amer Kamel Al-Ansari (Arabian Gulf University), Dr Khalifa elMusharraf (University of Limerick) and Dr Michael Keogh (RCSI-Bahrain). Supported by a grant from the joint Arabian Gulf University-RCSI Bahrain research fund (2015) of BHD11,000.
3. Neuroprotective effects of erythropoietin in a rat model of experimentally-induced febrile seizures. Joint collaboration with Professor Amer Kamel Al-Ansari (Arabian Gulf University) and Dr Brenton Cavangh (RCSI-Dublin). Supported by an internal research grant from RCSI-Bahrain of BHD3,200 (2016) and an internal research grant from the Arabian Gulf University of BHD6,000 (2014).

Summary of Publication History: (Last 10 years only)

Publication Details:

Journal Impact Factor:

Rajab E, Al-Kafaji G, Al Enazi H, Al Qassab N, Sakusic A, Kamal A. Additive Benefits of Environmental Enrichment and Voluntary Exercise on Cognition and Motor Coordination in Diabetic Mice. Bahrain Medical Bulletin (accepted).	N/A
Maki D, Rajab E, Watson PJ, Critchley DJ. Cross-cultural translation, adaptation and psychometric properties of the Back Beliefs Questionnaire in Modern Standard Arabic. Disability and Rehabilitation 10, 1-9, 2016.	1.919
Maki D, Rajab E, Watson PJ, Critchley DJ. Cross-cultural translation, adaptation and validation of the Roland-Morris Disability Questionnaire into Modern Standard Arabic. Spine 39(25):E1537-44, 2014.	2.439
Rajab E, Alqanbar B, Naiser MJ, Abdulla HA, Al-Momen MM, Kamal A. Sex differences in learning and memory following short-term dietary restriction in the rat. International Journal of Developmental Neuroscience 36, 74-80, 2014.	2.380
Rajab E, Abdeen Z, Hassan Z, AlSaffar Y, Mandeel M, Al Shawaaf, Al-Ansari A, Kamel A. Cognitive performance and convulsion risk after experimentally-induced febrile-seizures in rat. International Journal of Developmental Neuroscience 34, 19-23, 2014	2.380
Rajab KE, Issa AA, Hasan Z, Rajab E, Jaradat A. Incidence of Gestational Diabetes Mellitus in Bahrain during the period 2002 – 2010: a retrospective study of 49,552 pregnant women. International Journal of Gynaecology & Obstetrics 117, 74-7, 2012.	1.674



RCSI

Recent Presentations:

Othman MA, Rajab EK, Al-Ansari AH. The protective role of erythropoietin on the histological changes in ca1 region of the hippocampus of diabetic mice. Neuroscience, Chicago USA. October. 2015.
Maki D, Rajab E, Watson PJ, Critchley DJ. Cross-cultural translation, adaptation and psychometric properties of the Back Beliefs Questionnaire in Modern Standard Arabic. WCPT Congress. May, 2015. Physiotherapy 101, Supplement 1, e936, 2015.
Maki D, Rajab E, Watson PJ, Critchley DJ. Determining the feasibility of a physiotherapist-led pain management programme for Arab patients with low back pain in Bahrain. WCPT Congress. May, 2015. Physiotherapy 101, Supplement 1, e937.
Al-Jairan D.N., Al Maeeli H.K., Al Fadhel A.R., Al Saeedi E.S., Shibu L., Rajab E. Prevalence of work-related musculoskeletal disorders amongst physiotherapists in the Kingdom of Bahrain. WCPT Congress. May, 2015. Physiotherapy 101, Supplement 1, e54.
Rajab EK, Rajab KE, Trinidad P. Overweight and obesity amongst children and adolescents in Gulf Cooperation Council States: a systematic review. Diabetes Technology & Therapeutics. 16, Suppl. 1, A128, P324, 2014.
Maki D, Rajab E, Watson P, Critchley D. Cross-cultural translation and adaptation of the Arabic Roland Morris Disability Questionnaire. WCPT-AWP and ACPT Congress. September. 2013.
Rajab E, Al Ali H, Al-Ghareeb S, Kamal A. Benefits of socialization & environmental enrichment on spatial memory and motor coordination in diabetic mice. The 23rd Annual Neuroscience Conference: Brain Plasticity and Neurorehabilitation. March. 2013.
Rajab E, Al Ali H, Al-Ghareeb S, Kamal A. Beneficial effects of voluntary exercise on motor coordination and spatial memory in streptozotocin-induced diabetic mice. The 5th International Conference on Advanced Technologies & Treatments for Diabetes. February. 2012.

Consultancy and other Relevant Activities:

Published book chapter: LM Shibu, EK Rajab, T Eldabi. Evaluating professional development in healthcare with outcome based models. In: Higher Education in the Twenty-First Century II, 31-38, CRC Press 2015. DOI: 10.1201/b19335-4.
March 2015 – present: Physiotherapist (part-time), Intouch Chiropractic Clinic, Bahrain.