

Report on the

Consultative meeting to strengthen partnerships for integrated prevention and control of noncommunicable diseases

Dubai, United Arab Emirates
9–11 April 2011



World Health
Organization

Regional Office for the Eastern Mediterranean

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1. INTRODUCTION

A consultative meeting to strengthen partnerships for integrated prevention and control of noncommunicable diseases in the Eastern Mediterranean Region was organized by the World Health Organization (WHO) Regional Office for the Eastern Mediterranean (EMRO) in Dubai, United Arab Emirates, from 9 to 11 April 2011.

The objectives were to provide an opportunity for WHO collaborating centres and research institutions to discuss and share perspectives on training and research in noncommunicable diseases, and to understand the expectations, roles and contributions of regional WHO collaborating centres and research institutions in support of the implementation of the regional noncommunicable diseases action plan.

The meeting was attended by participants from WHO collaborating centres and research institutions from Bahrain, Egypt, Islamic Republic of Iran, Jordan, Lebanon, Pakistan, Saudi Arabia, Syrian Arab Republic and United Arab of Emirates, as well as from the Ministry of Health, United Arab of Emirates and the WHO Regional Office.

The meeting was inaugurated by Dr Haifa Madi, Director, Health Protection and Promotion, Regional Office for the Eastern Mediterranean, who delivered a message from Dr Hussein A. Gezairy, WHO Regional Director for Eastern Mediterranean. In his message, Dr Gezairy noted that the Regional Office had developed a regional noncommunicable diseases action plan in 2010, which included six main objectives, in line with the global action plan for noncommunicable diseases prevention and control.

Dr Gezairy pointed out that to address the fourth and fifth objectives of the action plan, which deal with research and building partnerships to combat and prevent noncommunicable diseases, there is a need to engage WHO collaborating centres and research institutions. They can help in building national capacity for noncommunicable diseases prevention and control through training and undertaking research that generates evidence to inform policies.

Dr Salem Abdel-Rahman Al-Darmaky delivered the opening message, on behalf of His Excellency Dr Hanif Hassan, Minister of Health, United Arab of Emirates, reaffirming the cooperation between the Ministry and the WHO Regional Office in research and training programmes. Dr Mahmoud Fikry, Assistant Under-Secretary for Health Policies Affairs, United Arab of Emirates, welcomed participants to the meeting, acknowledging it as an excellent opportunity to expand noncommunicable diseases training and research in countries of the Region and to facilitate regional cooperation.

The programme and list of participants are included as Annex 1 and 2, respectively. Annex 3 includes the suggested plan for training and research by regional WHO collaborating centres and research institutions.

2. TECHNICAL PRESENTATIONS

2.1 Regional noncommunicable diseases action plan and noncommunicable diseases research priorities

Dr Ibtihal Fadhil, Regional Advisor, NCD/EMRO

Objective four of the regional noncommunicable diseases action plan, is to promote research for the prevention and control of noncommunicable diseases. A coordinated agenda for noncommunicable diseases research is an essential element in the effective prevention and control of noncommunicable diseases. Another key priority, mentioned in objective 5, is to promote partnerships for the prevention and control of noncommunicable diseases.

The main regional challenges are limited professional training for noncommunicable diseases specialists and the lack of networking and intercountry research projects. Therefore, WHO is working on:

- providing a platform for all partners to discuss and harmonize research efforts;
- developing networking mechanisms to facilitate noncommunicable diseases professional training;
- establishing and coordinating a regional noncommunicable diseases expert advisory group and database of research institutions; and
- recognizing the prioritized noncommunicable diseases research agenda, which identifies and advocates for key research and facilitates translation of research into policy and practice in support of implementation of the regional noncommunicable diseases action plan.

The prioritized noncommunicable diseases research agenda provides a basis for improved cooperation among research funders and other key partners. A major factor in producing high quality research in the Region is long term collaboration with WHO collaborating centres and leading research institutions.

2.2 WHO Collaborating Centre for Research and Education on Management of Osteoporosis and Diabetes (EMRI)

Dr Bagher Larijani, Tehran University of Medical Sciences

EMRI was established in 1993, at Dr Shariati University Hospital, affiliated to Tehran University of Medical Sciences. It is the leading endocrinology centre in the country and the only WHO collaborating centre for osteoporosis in the Region and is an active member of International Osteoporosis Foundation. Its activities include research, education and health services.

EMRI has established a comprehensive diabetes research network of more than 40 research centres and medical universities, and a national osteoporosis research network. It provides patient, public education and professional education, including guidelines for management of diabetes and osteoporosis.

Workshops and seminars are held on diabetes, osteoporosis and related topics, and courses are provided on wound care, in collaboration with the University of Toronto and World Society of Wound Care, and on osteoporosis diagnosis, in collaboration with the International Osteoporosis Foundation.

Health services provided include: integrated noncommunicable diseases-related health programmes in primary health care on diabetes, hypertension and hyperlipidemia; establishment of a comprehensive centre for diabetes and metabolic disorders; a web-based virtual clinic for easy to access educational materials, online medical consultancy, self-monitoring and follow-up; and establishment of an osteoporosis clinic and bone mineral density unit.

2.3 WHO Collaborating Centre for Diabetes Research, Education and Primary Health Care, Amman, Jordan

Professor Mohammed El Khateeb, National Centre for Diabetes, Endocrine and Genetics

The National Centre for Diabetes, Endocrine and Genetics main objective is to improve the understanding of the magnitude and characteristics of diabetes and cardiovascular risk factors in Jordan and the Eastern Mediterranean Region. During 2006–2011, the Centre has published around 50 publications, regarding the prevalence of diabetes, obesity and related risk factors in Jordan. A national strategy for the prevention of genetic and congenital disorders in Jordan, was jointly developed by the Centre, the Ministry of Health and WHO, and is being implemented.

The Centre provides regular training, workshops, symposiums and conferences to update skills and knowledge of health care professionals, in diabetes care and genetics. This includes: a fellowship in endocrinology, diabetes and metabolism, in collaboration with Jordan University Hospital, Royal Medical Services, Islamic Hospital and Jordan Hospital; undergraduate and postgraduate training of students at Jordan University; specialized diabetes training for physicians and short (two week) training courses for 100 physicians and 200 nurses; courses for health professionals on the basic scientific principles of genetics and practice of genetic counselling, the techniques of molecular biology and cytogenetic techniques.

Health facilities offered by the Centre include a diabetic clinic, an endocrine clinic, and a genetic clinic, as well as many other related clinics in different specialties. It has also helped develop services for the control of genetic disorders in the community, genetic counselling to families and laboratory services for the diagnosis of genetic disorders (cytogenetic, molecular genetics and biochemical tests).

2.4 WHO Collaborating Centre for Research and Training on Endocrine Science

Dr Saleh Zahedi, Research Institute for Endocrine Sciences, Shaheed Beheshti University of Medical Sciences, Tehran

The Centre began its work in 1981 in the field of basic, clinical, and applied epidemiological research. The main objectives are to: attain, upgrade and expand knowledge in various aspects of endocrine sciences; train qualified personnel for education and research in endocrinology; and collaborate with national, regional and international health organizations and scientific centres in research and training in endocrinology. The Centre periodically publishes its research findings in peer reviewed journals such as the Iranian Journal of Endocrinology and Metabolism (Farsi) and the International Journal of Endocrinology and Metabolism (English).

To support primary prevention of the factors underlying the major noncommunicable diseases, the Centre conducted the Tehran Lipid and Glucose Study, which included a cross-sectional study in 1999–2001 and a prospective study that began in 2001. The study resulted in a remarkable decrease in the prevalence of metabolic syndrome components. It included primary lifestyle interventions including: face-to-face education through discussions with each family once a year; education of children in schools; public education in community gatherings; enhancing knowledge and attitudes by distributing pamphlets, information booklets and monthly bulletins; and community mobilization and participation, peer teaching, community health projects and campaigns to facilitate these activities. Secondary and tertiary intervention measures were also included through clinics, consultancies and facilities provided for those afflicted by noncommunicable diseases and/or other risk factors.

The training and education activities of the Centre include subspecialty training in endocrinology, a graduate training programme and a PhD programme in molecular medicine. The Centre also holds annual national workshops on iodine deficiency disorders, diabetes management, research methodology, management of endocrine disorders and scientific writing. It has also hosted and organized international congresses on noncommunicable diseases, endocrinology, obesity and diabetes.

The Centre has many laboratories, which work as a reference laboratory for national and regional iodine deficiency disorders programmes and a service laboratory for diagnosis and management of endocrine disorders. The Centre trains endocrine laboratory staff nationally and regionally.

2.5 WHO Collaborating Centre for Research and Training in Cardiovascular Diseases Control, Prevention, and Rehabilitation for Cardiac Patients

Professor Nizal Sarrafzadegan, Isfahan Cardiovascular Research Institute, Isfahan University of Medical Sciences

The Cardiovascular Research Centre for Primary Prevention and Health Promotion (ICRC) was established in 1993, and is part of the Isfahan Cardiovascular Research Institute, along with the Secondary Prevention and Cardiac Rehabilitation Research Centre.

The objectives of the ICRC are to: carry out basic clinical and epidemiological/public health research in cardiovascular and cerebrovascular diseases prevention and control, their risk factors and related diseases; educate, train and build capacity in research methodology and knowledge transfer on cardiovascular disease prevention and health promotion at the national and regional levels; and develop a surveillance system for cardiovascular diseases, including monitoring risk factors, incidence, prevalence and mortality.

Research departments/units at ICRC include:

- Basic Sciences Research Department
- Cardiac Rehabilitation and Secondary Prevention Department
- Department of Surveillance of Ischemic Heart Disease/Myocardial Infarction and Stroke based on the MONICA protocol
- Nutrition Department
- Preventive Paediatric Cardiology Department
- High Blood Pressure Department
- Cardiovascular Disease in Women Unit
- Tobacco Control Unit
- Physical Activity and Noncommunicable Diseases Unit
- Mental Health Unit
- Noncommunicable Diseases and Environment Unit
- Evaluation and Monitoring Unit
- Laboratories with national and international quality control

One of the big studies at ICRC is the Isfahan Healthy Heart Programme (IHHP), which is a six-year comprehensive community-based model for noncommunicable diseases prevention and control in the Region. It was launched late in 1999 to address the ongoing epidemic of noncommunicable diseases and their major risk factors, and to test the feasibility and practicality of the programme in the Islamic Republic of Iran. It consists of the following ten intervention projects for the population of Isfahan and Najaf-Abad (over two million):

- Healthy Food for Healthy Community
- Isfahan Exercise and Air Pollution Control Project
- Heart Health Promotion from Childhood
- Worksite Intervention Project
- Women Healthy Heart Project
- Youth Intervention Project
- Nongovernmental Organizations and Volunteers Intervention Project
- Health Professional Education Programme
- Healthy Lifestyle for High Risk Populations
- Healthy Lifestyle for Cardiovascular Patients

Some IHHP intervention activities have been translated into legislation at the provincial/national level.

ICRC has organized more than 40 national and international meetings, including congresses, seminars, workshops, short-term training courses, international visitor programmes and WHO fellowships. Since 2001, ICRC has regularly organized an international short-term training course on noncommunicable disease prevention and control. The course is run in collaboration with Isfahan University of Medical Sciences, the Iranian Ministry of Health and Medical Education, WHO and other international organizations. The course adopts a practical approach and comprises lectures, group discussion and field visits. Most participants are from the Region.

2.6 WHO Collaborating Centre for Cardiovascular Diseases

Dr Hamed Mohamed Al Omran, Saud Al-Babtan Cardiac Centre, Dammam

A key mission of the Saud Al-Babtan Cardiac Centre (SBCC) is to promote high quality cardiac care and optimal patient outcomes by enhancing the knowledge and skills of health-care professionals through continuing medical education, training and research.

SBCC is involved in many multicentre research projects and is in the process of creating its own research centre. The Centre disseminates its scientific materials on its website, in respected national and international medical journals, and through national and international conferences. It organizes an international cardiac congress for medical students and primary health care physicians and an international cardiovascular nursing conference.

The medical staff of SBCC has unique experience in the management and follow-up of cardiovascular disease among the many different nationalities attending the Centre. This allows comparative study of trends in cardiovascular disease and its risk factors among the various nationalities, reflecting genetic and cultural differences. The Centre can provide evidence-based data for use in developing and updating guidelines, such as hypertension guidelines, and in assessing the applicability of international guidelines in the Region.

SBCC conducts various community-based activities, including participation in international health days (World Diabetes Day, World Hypertension Day, World No Tobacco Day, etc.) and in regional and national public health education programmes. It runs an online clinic and does public education through leaflets, talks, counselling, newsletters, an awareness survey and social media.

As a WHO collaborating centre, SBCC will be collaborating with the Regional Office in implementing cardiovascular disease prevention and control programmes. This includes: national surveillance programmes for cardiovascular disease risk factors and community-based prevention programmes; national and international workshops to increase awareness and educate health professionals about the cardiovascular disease epidemic; healthy lifestyles and health education programmes; and the development of national clinical guidelines for cost-effective management of hypertension, with an emphasis on primary care.

2.7 WHO Collaborating Centre for Chronic Respiratory Diseases and Co-Morbidities

Dr Youssef Mohamed, Tishreen University

The Centre was recently designated a WHO collaborating centre. It has successfully implemented the WHO Global Alliance against Chronic Respiratory Disease (GARD) survey, to track the prevalence of chronic respiratory diseases, risk factors and co-morbidities in patients treated in primary health care centres and emergency rooms. The GARD survey is a multicenter survey composed of a questionnaire and spirometry test. Its steps include: one day training for primary care doctors and postgraduate students on spirometry; data collection for one week; then data analysis by SPSS.

In March 2009, the Centre hosted a workshop on the first package of essential noncommunicable disease interventions for primary health care (PEN) in Damascus and Lattakia. The workshop looked at the essential knowledge needed about chronic respiratory diseases, co-morbidities and spirometry at the primary care level.

Another meeting was organized by the Regional Office at the Ministry of Health in Damascus on 20 April 2010. The meeting recommended that the results of WHO/GARD nationwide survey on chronic respiratory diseases prevalence, risk factors and co-morbidities be taken into consideration in future national strategies in noncommunicable disease. This was followed on December 2010 by the first national meeting for chronic respiratory diseases and co-morbidities in noncommunicable diseases, organized in collaboration with the Regional Office and WHO/GARD, which focused on the use of the GARD survey in developing evidence-based plans at national and regional level, such as those for training on chronic respiratory diseases, spirometry and research.

2.8 National Programme for Control of Diabetes, Ministry of Health, United Arab Emirates

Dr Salah El Badawi, Director, National Programme for Control of Diabetes

The Ministry of Health in collaboration with Abu Dhabi and Dubai health authorities and the National Bureau of Statistics, has undertaken research activities with the technical support of WHO, United Arab Emirates University and Sharjah University. Research activities include: the National Diabetes Epidemiology Study (2011–2012), to obtain prevalence data on diabetes, cardiovascular diseases and associated risk factors; the National Nutrition Survey, 2010–2012, to provide representative estimates of the nutritional status of 0–19 year olds and women of childbearing age, and on infant feeding; and the Global School Health Survey, undertaken in 2005 and 2010, in cooperation with WHO and the Centers for Disease Control, Atlanta, to provide updated, standardized and comparable data on the health-related behaviour of school students in the 13–15 age group.

Two international courses to train medical doctors in diabetes management have been held in cooperation with the American Association of Clinical Endocrinologists: in 2009–2010, attended by 500 primary health care doctors; and in 2010–2011, attended by 160 primary health care doctors. Another two courses were held in 2010–2011 for nurses,

nutritionists, health educators and medical doctors on diabetes education and weight management.

2.9 WHO Collaborating Centre for Diabetes, Karachi, Pakistan

Professor Samad Shera, International Diabetes Federation

There will be 7.1 million diabetic patients in Pakistan in 2010, increasing to 13.8 million by 2030. The education of policy-makers, physicians and allied health professionals, diabetic patients and the public is the cheapest and most effective treatment of diabetes. The International Diabetes Federation, in collaboration with the Baqai Institute of Diabetology and Endocrinology, provides courses to medical students, physicians and nurses on diabetic foot care, national survey training and training of trainers in diabetes education for nurses.

3. GROUP WORK SESSIONS

Participants held two working group sessions. In the first working group, they discussed noncommunicable diseases research priorities, while in the second working group, they focused on capacity-building and noncommunicable diseases training. Each working group developed a presentation on the main noncommunicable diseases (cancer, diabetes and cardiovascular disease) addressing research priorities, collaboration and networking, mobilizing resources, and standards and quality.

4. PANEL DISCUSSIONS

A panel discussion was held on the UN High Level Meeting on Noncommunicable Diseases, taking place in September 2011. The meeting provided an opportunity to brief participants on preparation for the High Level Meeting and to discuss their views and regional contributions.

The proposed activities related to noncommunicable diseases training and research were discussed with the directors of the WHO collaborating centres and research institutions and a draft plan for the coming two years developed (see Annex 3).

5. RECOMMENDATIONS

On noncommunicable diseases training

1. The Regional Office and WHO collaborating centres and regional research institutions should collaborate to develop regional noncommunicable diseases training programmes (short and long courses) based on the priority research agenda and resources.
2. A database of regional centres of excellence with the expertise to deliver the training programmes should be developed and disseminated at regional level.

3. Details of the type of courses and modalities offered should be provided by the regional WHO collaborating centres.
4. The courses outlined in the suggested plan for training and research by regional WHO collaborating centres and research institutions (see Annex 3) should be reviewed on annual basis, depending on needs and resources.
5. A networking mechanism should be established by the Regional Office and WHO collaborating centres to facilitate the implementation of training programmes.
6. The WHO collaborating centres should be encouraged to mobilize resources to support noncommunicable diseases training.
7. The Regional Office should develop networking and collaboration mechanisms between different WHO collaborating centres and research institutions.

On noncommunicable diseases research

8. National teams should be assisted by WHO collaborating centres to develop a country-specific priority research agenda for noncommunicable diseases and their risk factors, guided by the WHO prioritized research agenda.
9. WHO collaborating centres should work in collaboration with national and regional research centres on conducting relevant research.
10. Multicentre research projects and networking should be promoted.
11. A regional database of noncommunicable diseases research centres and activities should be developed and disseminated.
12. The Regional Office and WHO collaborating centres should collaborate to establish norms and guidelines for research, where appropriate.
13. Appropriate action should be taken by WHO collaborating centres and research institutions to ensure that adequate research facilities and infrastructure are available and the development of a priority research agenda.
14. The Regional Office should support WHO collaborating centres in developing and updating noncommunicable diseases research priorities and to encourage involvement of all relevant stakeholders in national research plans.
15. Universities and other academic institutions should play a key role in the implementation of the regional noncommunicable diseases priority research agenda.

16. A technical advisory group should be created to advise and assist the Regional Office and Member States in all stages of implementation of the noncommunicable diseases research agenda.
17. A tracking system, supported by a timeline, should be developed in collaboration with WHO collaborating centres to facilitate implementation of the noncommunicable diseases research agenda.

Annex 1

PROGRAMME

Saturday, 9 April 2011

- 09:00–09:30 Registration
- 09:30–10:30 Opening session: introduction of attendees, election of officers, adoption of Agenda, opening remarks
- 10:30–10:45 Background, objectives and expected outcomes, *Dr Haifa Madi*
- 10:45–11:00 Regional noncommunicable diseases research priorities, *Dr Ibtihal Fadhil*
- 11:00–15:00 WHO Collaborating Centre for Research and Education on Management of Osteoporosis and Diabetes, *Dr Bagher Larijani*
WHO Collaborating Centre for Diabetes Research, Education and Primary Health Care, *Prof. Mohammed El Khateeb*
WHO Collaborating Centre for Research and Training on Endocrine Science, *Prof. Saleh Zahedi*
- 15:00–16:00 WHO Collaborating Centre for Cancer Education, Training and Research, *Dr Mahmoud M. Sarhan*
WHO Collaborating Centre for Research and Training in Cardiovascular Diseases Control, Prevention and Rehabilitation for Cardiac Patients, *Dr Nizal Sarrafzadegan*
WHO Collaborating Centre for Cardiac Diseases, *Dr Hamed Mohamed Al Omran*
- 16:00–16:30 Conclusions and recommendations

Sunday, 10 April 2011

- 09:00–10:30 WHO Collaborating Centre for Research and Training on Chronic Respiratory Disease and Co-morbidities, *Dr Youssef Mohamed*
National Programme for Control of Diabetes, Health Promotion Department, Ministry of Health, United Arab Emirates, *Dr Salah El Bedawi*
WHO Collaborating Centre on Diabetes, *Prof. A. Samad Shera*
- 10:30–12:30 Group work 1: Noncommunicable disease research priorities
- 12:30–14:30 Group work presentations and discussion
- 14:30–16:00 Group work 2: Noncommunicable disease capacity-building and training
- 16:00–16:30 Group work presentations and discussion

Monday, 11 April 2011

- 09:00–10:30 Panel discussion 1: Moscow ministerial meeting and the UN High Level Meeting on Noncommunicable Diseases, September 2011
- 10:30–12:30 Group work: Developing an action plan for noncommunicable disease research and training for the coming two years
- 12:30–13:30 Conclusions and recommendations
- 13:30–14:00 Closing session

Annex 2

LIST OF PARTICIPANTS

Directors of WHO collaborating centres

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Annex 3**SUGGESTED PLAN FOR TRAINING AND RESEARCH BY REGIONAL WHO COLLABORATING CENTRES AND RESEARCH INSTITUTIONS**

Centre	Course	Trainees
National Cancer Control Institute, Cairo University, Egypt	• Urogenital • Hepatic surgery • Use of equipment • Radiation physicists • Pain management intervention • Cancer registry	
Digestive Disease Research Centre, Tehran University of Medical Sciences, Islamic Republic of Iran <i>WHO Collaborating Centre for Research on Gastrointestinal Cancers</i>	• Practical epidemiology for cohort study (enrolment, follow-up) of chronic diseases • Training for randomized controlled trial • Screening study for colon and upper GI cancers	Nurses, primary health care physicians Medical students Under- and postgraduate
Teheran University of Medical Sciences, Islamic Republic of Iran <i>WHO Collaborating Centre for Research and Education on Management of Osteoporosis and Diabetes</i>	• Fellowship endocrinology • New approach • New technology • Operational research	Diabetes educators, podiatrists, general practitioners, diabetologists
Diabetic Association of Pakistan, Karachi, Pakistan	• Diabetic foot care • National survey training • Training of trainer for nurses on diabetes education	Medical students Physicians Nurses
Baqai Institute of Diabetology and Endocrinology (BIDE), IDF Centre of Education, Pakistan	• Diabetes foot care • National survey training • Training of trainers of nurses on diabetes education	Diabetes Foot Care Assistance (DFCA) Physicians Nurses
King Hussein Cancer Centre, Jordan <i>WHO Collaborating Centre for Cancer Education, Training and Research</i>	• Palliative care • Oncology • Medical pharmacy • Radiation oncology	Nurses and doctors Clinical pharmacists and nurses Medical pharmacists Residents

Centre	Course	Trainees
Isfahan Cardiovascular Research Institute, Isfahan University of Medical Sciences, Islamic Republic of Iran <i>WHO Collaborating Centre for Research and Training in Cardiovascular Diseases Control, Prevention and Rehabilitation for Cardiac Patients</i>	• Short-term training course on noncommunicable disease prevention and health promotion • Preventive cardiology (primary, secondary and tertiary) • Fellowship programme on secondary prevention and rehabilitation • Coronary events and stroke registry • Evaluation and monitoring of noncommunicable disease comprehensive community preventive programmes	Policy-makers, physicians, nutritionists, public health professionals Cardiologists, internists, family physicians, general physicians Cardiologists, internists nurses, physiotherapists, exercise physiologists Nurses, physicians Epidemiologists, physicians, public health specialists
Saud Al-Babtan Cardiac Centre, Dammam, Saudi Arabia <i>WHO Collaborating Centre for Cardiac Diseases</i>	• Short courses on cardiovascular disease	Physicians and nurses
National Centre for Diabetes, Endocrine and Genetics, Amman, Jordan <i>WHO Collaborating Centre for Diabetes Research, Education and Primary Health Care</i>	• Master and diploma for physicians and nurses • Short courses for nurses and physicians • Molecular biology	
Lebanese Health Care Management Association and Centre for Studies on Ageing, Lebanon	• Courses, seminars, workshops and conferences on all issues related to noncommunicable disease, especially those related to the older population, health care, pension plans, palliative care	

Centre	Course	Trainees
Research Institute for Endocrine Science, Shaheed Beheshti University of Medical Sciences, Tehran, Islamic Republic of Iran <i>WHO Collaborating Centre for Research and Training on Endocrine Science</i>	• Endocrinology • Diabetes foot care • Diabetes management • Diabetes • Risk factors of surveillance • Iodine deficiency survey • Operational research • Childhood obesity	Internships Nurses Medical doctors, internships Noncommunicable disease academics in the field of endocrinology Medical doctors Medical doctors, nutritionists Academics, medical doctors Academics, medical doctors, nutritionists
Centre for Diabetes Education, Cairo, Egypt	• Diabetes foot care • Diabetes short courses	Primary care physicians Nurses
Department of Family and Community Medicine and Behavioural Sciences, Sharjah University, United Arab of Emirates	• Noncommunicable disease related short courses in: • Clinical research methods • Statistics for non-statisticians • Training of trainers in learning, teaching and assessment • Training of trainers in ambulatory care learning, teaching and assessment • Short courses in patient safety	
Arabian Gulf University, Manama, Bahrain	• Capacity building in noncommunicable disease • Research methodology • Short courses in epidemiology • Short courses in biostatistics	Health professionals dealing with noncommunicable disease
Gulf Medical University, Ajman, United Arab of Emirates	• Short courses on biostatistics • Short courses on epidemiology	

Centre	Course	Trainees
Tishreen University, Lattakia, Syrian Arab Republic <i>WHO Collaborating Centre for Research and Training on Chronic Respiratory Disease and Co-morbidities</i>	• Basic knowledge on asthma, COPD and co-morbidities, and practical training on peak-flow, spirometry, oxymetry, inhaler use and essential use of oxygen therapy (with case presentation and patient plan elaboration) • Training for the launch of the GARD-WHO survey on Chronic Respiratory Diseases and Co-morbidities at country or regional level, • Training on basic biostatistics and research methodology • Patient self-management plan	Nurses, primary health care physicians, under- and postgraduate medical students Patient groups and/or educators
American University of Beirut (AUB) <i>WHO Collaborating Centre for Metabolic Bone Disorders</i>	• ISCD-WHO Collaborating Centre joint Osteoporosis Academy course • ISCD densitometry training course • Endocrine fellows: One year in calcium and bone metabolism training • Ethics training in research (AUB)	Residents and fellows Physicians and technicians in charge of densitometry Undergraduates, postgraduates, fellows Undergraduates, postgraduates, fellows
King Faisal Specialist Hospital and Research Centre <i>WHO Collaborating Centre for Oncology</i>	• Training in palliative care for cancer • Training in multidisciplinary care of the breast cancer patient • Training in bone marrow transplantation	Physicians
Department of Paediatric Haematology/Oncology, King Fahad National Centre for Children's Cancer <i>WHO Collaborating Centre for Paediatric Cancer and Blood Disorders Prevention and Control</i>	• PHO fellowship programme	Physicians



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