



## **Professional Summary**

I am very passionate about preventing dental caries especially for children, evidence-based practice, minimal invasive dentistry and about correcting misconceptions and reducing variations among dental practitioners about dental caries prevention and oral health education.

## **Education**

### **MSc Dental Public Health – 2012 (Merit)**

University College London – UK

Thesis Topic (A Critique of Preventive Oral Health Strategies in Bahrain, and Recommendations for Improvement)

### **Diploma Of Membership in General Dental Surgery - 2005**

The Royal College of Surgeons in Edinburgh  
U.K

### **Bachelor of Dental Surgery - 1998**

M.S. Ramaiah Dental College

Bangalore-560054

Bangalore University

India

## Other Training Programs

**The National Oral Health Program in Kuwait (January 2006 – June 2006)**  
Ministry of Health, Kuwait

**Training Program for Dentists (January 2000 to December 2000)**  
Ministry of Health, Bahrain

**Rotary Internship (August 1998 to July 1999)**  
M.S. Ramaiah Dental College, Bangalore  
Bangalore University,  
India

## Clinical Work Experience

- I) Pediatric Dentistry Clinic (Uncooperative children) in Hamad Town Health Centre (March 2019 - to date)
- II) School Dental Health Clinics
  - a. Hamad Town Health centre (September 2015 – February 2019)
  - b. Yousif Engineer Health centre (October 2012 - September 2015)
- III) As A General Dentist in Primary Healthcare Centres (July 2001- August 2011)

## Committees Participation

- Member in Improvement of Oral & Dental Health Services Committee in Primary Health Care Centres, 2022
- Head of Education Media Committee (2014 – 2021)
- Member of Health Promotion Committee at Hamad Town Health Centre (2017- 2022)
- Member in Development of School Oral Health Program Committee, 2014
- Member in Development of Dental and Oral Health Services Committee, 2013
- Member in Excellence Program for Primary Health Care, 2013

## Publications

- Publication under review (Clinical recommendations to improve knowledge about and practice of fissure sealants among dental practitioners in primary healthcare centres in Kingdom of Bahrain)
- Author of (A Simplified Oral Health Prevention and Education Booklet Evidence-based Guidance for Dental Practitioners in Bahrain - 2021)
- Author of a published paper (Self-reported knowledge about dental caries at young age and variations between dental practitioners in the Ministry of Health in Bahrain. BDJ open. 7, 18 - 2021)
- Co-author of a Published paper (Single crowns versus conventional fillings for the restoration of root-filled teeth. Cochrane database of systematic reviews 2015, issue 9.)

## Other Research Related Projects

- Unpublished study on the amount of sugar consumed by children and recommendation to tackle the same - 2016
- Calibrated Examiner for a pilot study of oral health status in the Gulf Council Countries - 2014
- Prepared protocols for studies that were accepted by the Primary Care Research Committee: (A cross sectional study: Assessing the School-Linked Fissure Sealants Program in Bahrain, 2019) and (Assessing the Socio-Dental Need of Children and Adolescents aged 9-16 years waiting For Orthodontic Treatment Using Child-OIDP Index, 2014)

## Recommendations Made for Improving Preventive Services

Made multiple recommendations and proposals for programs that aim at improving prevention programs, policies and procedures for the Dental and Oral Health Services, some of which are:

- Recommendations for the development of oral and dental health services in primary healthcare centres in accordance with the new WHO global report and profile on Bahrain
- Fluoride varnish application program for preschool children
- Training on fissure sealants for dental hygienists and dentists
- Plans and recommendations to improve services at School Dental Clinics

- Recommendations to reduce variations in prevention, and education and services in school dental clinics and dental hygienists clinics
- Recommendations on sugary foods and drinks for improving foods at school canteens

## Lectures and Conference Presentations

- Caries prevention and control: easy, realistic and evidence-based. DLS7 Bahrain International Dental Conference 5/11/2022
- Misconceptions, what we got used to and updates. The 4<sup>th</sup> Saudi Bahraini Dental Symposims (Al Khobar- KSA) 10/6/2022
- Sugars as a common risk factor and how to reduce its consumption. Health and Wellness Seminar (Bahrain) 21/4/2022
- Lectures and workshops as part of the Continuous Dental Education Program for dental hygienists, dentists and dental trainees in Primary Healthcare Centres in Bahrain
- Presented multiple lectures to the public aimed at increasing oral health awareness and other related issues

## Awards

- “Bahraini Women” appreciation certificate for Bahraini women working in Primary Healthcare Centres for more than 22 years (2022)
- “Prince Salman bin Hamad Medical Merit” for front-line healthcare professionals and supporting staff in combatting the COVID-19 and preserving public health (2021)