



FACULTY FULL NAME: Shoug Y. Al Humoud

POSITION: Assistant Professor

### Personal Data

Nationality | Saudi

Department | Respiratory Care

Official IAU Email | salhumoud@iau.edu.sa

Office Phone No. | 0133338801

### Language Proficiency

Language	Read	Write	Speak
Arabic	✓	✓	✓
English	✓	✓	✓
Others			

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2019	PhD in Rehabilitation Sciences	University of Birmingham	Birmingham, UK
2006	Master of Science in Respiratory Therapy	Northeastern University	Boston, MA, USA
2003	BS. in Respiratory Therapy	Imam Abdulrahman bin Faisal University (former King Faisal University)	Dammam, Saudi Arabia

### PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Neural Plasticity in Obstructive Sleep Apnea and In Memory Formation
Master	-The Evidence for the use of NIPPV with COPD and Acute Respiratory Failure -High Frequency Ventilation for Management of ALI and ARDS in Adults
Fellowship	NA



**Professional Record: (Beginning with the most recent)**

Job Rank	Place and Address of Work		Date
Consultant	Saudi Commission for Health Specialist	KSA	October 2024 - Present
Senior Specialist	Saudi Commission for Health Specialist	KSA	July 2021 – October 2024
Assistant Professor	Imam Abdulrahman Bin Faisal University	Dammam, KSA	February 2020 - Present
Lecturer	Imam Abdulrahman Bin Faisal University (former University of Dammam)	Dammam, KSA	March 2009 - February 2020
Demonstrator	Imam Abdulrahman Bin Faisal University (former King Faisal University)	Dammam, KSA	August 2003 - March 2009

**Administrative Positions Held: (Beginning with the most recent)**

Administrative Position	Office	Date
Acting Vice Dean for Academic Affairs	College of Applied Medical Sciences in Jubail, Imam Abdulrahman Bin Faisal University	October 2025- Current
Acting Vice Dean for Academic Affairs	College of Applied Medical Sciences in Jubail, Imam Abdulrahman Bin Faisal University	May 2024-October 2024
Chairperson of Respiratory Care Department	College of Applied Medical Sciences in Dammam, Imam Abdulrahman Bin Faisal University	May 2023-August 2025
Vice Dean for Academic Affairs	College of Applied Medical Sciences in Jubail, Imam Abdulrahman Bin Faisal University	May 2022-May 2023
Vice Dean for Postgraduate Studies and Scientific Research	College of Applied Medical Sciences in Jubail, Imam Abdulrahman Bin Faisal University	July 2020 – May 2023
Chairperson of Respiratory Care Department	College of Applied Medical Sciences in Jubail, Imam Abdulrahman Bin Faisal University	December 2019 – November 2025



## Scientific Achievements

### Published Refereed Scientific Research

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
	Harry S Griffin, Shoug Al Humoud, Joshua G Benson, Brendan G Cooper, Kristian Coomaraswamy, George M Balanos.	An acute exposure to intermittent negative airway pressure elicits respiratory long-term facilitation in awake humans	Elsevier, 06 June 2019
	Abdullah A AlQatari, Jawad A Alturki, Komail A Abdulali, Dawood A Alhumud, Mohammed A Alibrahim, Yaser A Alarab, Ayad M Salem, Talay Yar, Yousef D Alqurashi, Ahmed A Alsunni, and Shoug Al Humoud	Changes in Heart Rate Variability and Baroreflex Sensitivity during Daytime Naps	Nature and Science of Sleep journal 2020 Sep 23
	BI Alzghoul, S Al Humoud	Patient-related Barriers to Effective Pain Management: A Cross-sectional Survey of Jordanian Nurses	2022
	Fazil Ahmad1*, Balu Kamaraj2, Jamal Moideen Muthu Mohamed3, Doaa Ebrahim4, Shoug Yousif Al Humoud4, Aida Mohammed El-Sagheer2, Amina Sabry Abdalghaffar Emam2	Ethnopharmacological and Phytochemical Study of Major Species from Labiatae Family in Saudi Arabia: A Systematic Review	2022
	Swathi Gurajala1, Rawan Khalid Alzowayed, Alya T Ashoor, Maha Ibrahim AL Zahrani, Ghuiudh Abdulrahman AL Qahtani, Sufana Mohammed Ahmed Alsafad, Gayathri Panduranagam, Shoug Yousef Al Humoud, Sally Yusef Abdulrahman Abed	The role of bed partners in recognizing obstructive sleep apnoea: A cross-sectional analysis from Eastern Saudi Arabia	2025
	Gayathri Pandurangam, Swathi Gurajala, Laila Almarhoon, Leenah Hassan, Talah Aljaloud, Rahaf Aljadani, Walaa Alshahrani, Shoug Y Al Humoud, Sally Yusef Abdulrahman Abed	Acceptance of Pulmonary Telerehabilitation Among Healthcare Practitioners	2025



<p>Aldossari, Hind Alshuael; Alsubaiei, Mohamme Essa; Al Humoud, Shoug Yousif; Aldossari, Hail Alshuael; Shanb, Alsayed Abdelhameed</p>	<p>Impact of Covid-19 on maximal oxygen uptake, physical activity, and fatigue in Saudi recreational athletes: A cross-sectional study</p>	<p>Acta Biomedica, 2025</p>
<p>Pandurangam, Gayathri; Radwan, Doaa Ebrahim; Gurajala, Swathi; Al Humoud, Shoug Yousuf</p>	<p>Plastinated Specimens versus Plastic Models of the Upper Limb: Performance, Outcomes, and Preferences in Anatomy Education</p>	<p>National Journal of Clinical Anatomy, 2025</p>
<p>Abdullah A. Almojaibel <sup>a</sup>, Assim M. AlAbdulKader <sup>b</sup>, Mohammad A. Al-Bsheish <sup>c d</sup>, Abdulelah M. Aldhahir <sup>e</sup>, Saeed M. Alghamdi <sup>f</sup>, Fatma I. Almaghlouth <sup>g</sup>, Abdullah S. Alqahtani <sup>h i</sup>, Jaber S. Alqahtani <sup>h</sup>, Yousef D. Alqurashi <sup>a</sup>, Mohammed E. Alsubaiei <sup>j</sup>, Abdulrahman M. Jabour <sup>k</sup>, Mu'taman K. Jarrar <sup>l</sup>, Jithin K. Sreedharan <sup>m</sup>, Shoug Y. Al Humoud <sup>a</sup></p>	<p>Acceptance of telehealth in the Kingdom of Saudi Arabia: an application of the UTAUT model</p>	<p>Clinical eHealth, 2025</p>
<p>Sally yussef abdulrahman abed, Nada sami hassan Sardidi, Sarah hassan abdullah alajmi, Mashael Mamdouh alrayes, Aya Khalid Ali Fayyomi, Fai ali Ibrahim albuainain, Shoug Al Humoud</p>	<p>High-Flow Nasal Cannula Therapy in Saudi Arabia: Current Practices and Guideline Support</p>	<p>IP Indian Journal of Immunology and Respiratory Medicine, January 2026</p>



### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date

### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
	Shoug Al Humoud, Abdulaziz Mubarak Almutairi, Khalifa Ahmad Albinali, Mohammed Ali Alzahrani, Mshari Khalaf AlHarbi	- Modified Medical Research Council (MMRC) Dyspnea Scale for Patients with Chronic Obstructive Pulmonary Disease (COPD): Translation and Validation into Arabic.	April 2025
	Shoug Al Humoud, Abdullah Al Mujaibel, Hashem Abualrahi, Abdullah Al Faris, Hassan AbdAlrazzaq Mubaireck, Faisal Alkhudhayri, Mohammed adil Alsafwani, Yaser Yassen Alelaiwi	- Effect of Multimedia-Based Learning Approach on the Efficiency of PFT - The Effect of gasoline exposure on respiratory symptoms and lung function among male gasoline pump station workers, cross-sectional study in the Eastern Province of Saudi Arabia.	April 2024
	Shoug Al Humoud Najla khalid alqahtani Renad Abdulrahman Alghamdi Maha mohammed aljouf Fatima Nasser AlHassen	- Barriers toward early rehabilitation and mobilization in critically ill patients in the Eastern Province, Saudi Arabia.	April 2023
	Zainab Al Afif Manar alsaffar Zahraa almilad Shoug alkhalfa Tahani alnuwaysir Dr. Shoug Al Humoud	- HBOT as a treatment option for COVID-19 patients; A Scoping Review	April 2022
	Moza Albuainain Maha alhajri Roba Alharbi Zainab almaslami Zahra albohrani Dr. Shoug Al Humoud	- A scoping Review of The Effect of Exposure to Blue Light Before Sleep on Healthy Individuals	April 2021
	Bedoor Ali Al-Zuwaid Mather Faker Al-Khalaf Qumasha Essa Al-Rushaid Raghad Abdulhakeem Al-Agal	- A Scoping Review of The Clinical Effect of Incentive Spirometry on Pulmonary Complications After Upper Abdominal and Thoracic Surgeries in Adult Patients	April 2020



Shahad Mohammad Baragabah Dr. Shoug Al Humoud		
Naba Nafea Al-Mohammad Rihanh Yousif Al-Mahdi Sokainh Ahmed Al-Shaikh Zahraa Jawad Al-Musawi Dr. Shoug Al Humoud	- Assessment of Insomnia Symptoms in Relation to Different Work Shifts Among Respiratory Therapist in Saudi Arabia	May 2020

### Current Research

#	Research Title	Name of Investigator(s)

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
	Fundamental Respiratory Care Support Course	Al Faisal University in Riyadh, September 2024	Organizer, presentation, workshop
	2 <sup>nd</sup> Respiratory Care Course in ICU	Dammam Maternity Hospital, August 2024	Presentation
	8 <sup>th</sup> SSRC Conference	Dammam, February 2020	Poster Presentation
	Association for Respiratory Technology and Physiology ARTP Annual Conference	Belfast, November 2017	Poster Presentation

### Membership of Scientific and Professional Societies and Organizations

- SSRC

### Teaching Activities

#### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Medical Gas Therapy	RESP 216	Lectures and labs
	Patient Assessment	RESP 222	Lectures and labs
	Respiratory Care Therapeutics	RESP 224	Lectures and labs
	Introduction to Mechanical Ventilation	RESP 311	Lectures and labs
	Blood Gases	RESP 314	Lectures and labs
	Management of Mechanical Ventilation	RESP 321	Lectures and labs
	Pulmonary Rehabilitation	RESP 414	Lectures and labs
	Neonatal and Pediatrics Respiratory Care	RESP 411	Lectures



	Polysomnography and Sleep medicine	RESP407	Lectures and labs
	Clinical Practice I	RESP 225	Clinical rotation
	Clinical Practice II	RESP 315	Clinical rotation
	Clinical Practice III	RESP 325	Clinical rotation
	Clinical Practice IV	RESP 415	Clinical rotation
	Clinical Practice V	RESP 425	Clinical rotation

#### Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

Can be found in the RC program specification file

#### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Advanced Pediatric Nursing		Ventilator Settings and Modes

#### Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1

#### Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	To

#### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
	NEURT 408 - 1	Polysomnography and Sleep Disorders	CAMS-J, NS	2 <sup>nd</sup> Semester of Each Academic Year

#### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
	8	5 – 10 students yearly	2020	2023

#### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date

#### Ongoing Research Supervision



#	Degree Type	Title	Institution	Date
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**Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)**

### Administrative Responsibilities

#	From	To	Position	Organization
	2007	2014	RC Internship Coordinator	IAU
	2007	2014	Female Academic Coordinator for the RC Department	IAU

### Committee Membership

#	From	To	Position	Organization
	2025	Current	Member in the academic restructure of the university colleges and programs	IAU
	2025	Current	Member in the Double major/Minor initiative at VPAA	IAU
	2022	Current	Head of Curriculum Development Unit at CAMSJ	IAU
	2023	Current	Head of Quality Unit at RC Department CAMS	IAU
	2022	Current	Member in TebX Platform in behalf of CAMSJ	IAU
	2021	2025	Head of Quality Unit at RC Department CAMSJ	IAU
	2020	2024	Head of assessment unit, RC department in Jubail	IAU
	2010	2014	Member in CAMS assessment unit	IAU
	2010	Current	Member in RC curriculum committee	IAU

### Scientific Consultations

#	From	To	Institute	Full-time or Part-time
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### Volunteer Work

#	From	To	Type of Volunteer	Organization
	August 2024	Current	Smoking Cessation Clinic and Sleep Clinic	FCMC, IAU
	January 2015	January 2019	Organization and workshops	Saudi Club in Birmingham, which runs under the supervision of the Saudi Cultural Bureau in London
	2020	Present	RC Week organization (yearly)	IAU
	2020	Present	Sleep awareness campaign (yearly)	IAU
	2020	Present	World health day (yearly)	IAU

### Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

Microsoft Office
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	SPSS, Gpower, Endnote
	Sleep software's

Last Update

11-01-2026