

# Affordable and Healthy Food for All

## Nutrition Department

<https://www.iau.edu.sa/en/administration/deanships/deanship-of-student-affairs/services/nutrition-department>

It is the function of the departments of the Deanship of Student Affairs and supervising the food services that are provided on university events and student activities. The administration is keen to ensure that the health care is at a healthy and nutritional level of high quality.

### **Vision**

Leadership in providing food services.

### **Mission**

To provide high-quality, healthy food services to university students and its employees, with catering equipment in line with international standards.

### **Nutrition management services**

1. Restaurants: (Male Restaurant - Female Restaurant) Three meals are served daily (breakfast - lunch - dinner) in the university restaurants on weekdays.
2. "Cafeterias": follow up the work of "cafeterias" in all university faculties and departments.
3. Food services for student activities: The Nutrition Department participates in providing food service to support the success of student activities.

### **Functions of the Nutrition Department**

The Nutrition Department carries out many administrative, supervisory, and awareness-raising tasks in the field of food health, the most important of which are:

#### **Administrative tasks:**

1. Supervising the necessary procedures to start implementing the subsistence contract.
2. Supervising student nutrition services at the university.
3. Strive to provide healthy meals of high quality.
4. Developing and improving the nutritional services provided to students at the university.
5. Benefit from students' proposals in the field of providing better food service.
6. Following up students' problems related to food service and finding solutions to these problems.
7. Supervising the process of charging the prepaid smart card for students according to the approved financial systems.

#### **Supervisory functions**

1. Setting the conditions and specifications for the university's nutrition services and following up on their implementation.
2. Supervising the preparation and processing of meals.

3. Follow-up of workers working in the kitchen in terms of personal hygiene, and cleanliness of tools.
4. Supervising the cleanliness of food halls.
5. Supervising the distribution of meals in an appropriate manner.
6. Monitoring dry and fresh foodstuffs in terms of validity and quality.
7. Following up on "cafeterias" in terms of cleanliness, and the variety of items offered.
8. Follow-up to "cafeterias" in terms of adherence to the published prices.
9. Following up on the implementation of the conditions of nutrition and lifting the violations.
10. Following up the warehouses, knowing the needs, and the demands of the contractors to secure them.

#### **Educational tasks**



1. Working to spread food awareness by providing awareness and educational pamphlets.
2. Providing training courses for students specialized in the field of nutrition.
3. Receiving students to visit the restaurant and inform them of food supplies.

#### **Activities, events, and programs that the Nutrition Department participates in.**

1. Hosting of university employees and students.
2. Participation in the National Day ceremony.
3. Participate in the university's graduation ceremony.
4. Participation in all major activities of the Deanship of Student Affairs.
5. Offering the duty of hospitality to the participants in internal sports competitions.
6. Providing the duty of hospitality to university visitors.
7. Provide the duty of hospitality to participants with special needs in the gym.
8. Hosting female students of the Clinical Nutrition Department at the College of Applied Medical Sciences in the university's restaurant as part of the application part of the food services course.
9. Participating in providing snacks for teams participating in sports activities for sports gatherings in the Saudi Universities Sports Federation Championship.
10. Cooperating with the student clubs within the Deanship's activity (by keeping it lasting), whereby the leftovers and the extra quantity of lunch meals are collected, and the food is wrapped and divided, and then the mobile team distributed those meals to workers and the needy on the campus.
11. Hosting delegations of university forums.
12. Cooperating with the Itaam Charity Association by collecting leftovers and the extra quantity of meals and distributing them to the needy in the Eastern Region.

## Menu of the IAU university Restaurant



[https://www.iau.edu.sa/sites/default/files/resources/record\\_the\\_menu.pdf](https://www.iau.edu.sa/sites/default/files/resources/record_the_menu.pdf)

 جامعة الإمام عبد الرحمن بن فيصل IMAM ABDULRAHMAN BIN FASAL UNIVERSITY	فريق تنفيذ نظام إدارة سلامة الأغذية (FSMS) iso 22000:2018 في المطعم الجامعي - فريق الهاسب HACCP	 ممادة الجودة والاعتماد الأكاديمي Deanship of Quality and Academic Accreditation
عمادة شؤون الطلبة/ إدارة التغذية / وحدة الموارد البشرية والتشغيل	<b>سجل قائمة الطعام – المطعم الجامعي</b>	
الإجراء: سجل قائمة الطعام – المطعم الجامعي	اسم العملية: سجل قائمة الطعام – المطعم الجامعي	الرمز: IAU-SA-02-03-01-06-R10
يلغي الإصدار السابق: لا يوجد	تاريخ الإصدار: 1444/2/1 هـ	رقم الإصدار: 1/1
	عدد الصفحات: 3	تاريخ التفعيل: 1444/2/1 هـ

### قائمة الإفطار:

الوصف	الأحد	الاثنين	الثلاثاء	الأربعاء	الخميس
<b>اللحوم</b>	لحم بولونيز	كبد	دجاج فاهيتا	لحم مفروم بالبصل	دجاج ماكسيكان
<b>البقوليات</b>	عدس / فول بالخلطة	عدس / فاصوليا	عدس / فلفل	عدس / فول قلابة	عدس / فلفل
<b>البيض</b>	مسلق / شكشوكة	مسلق / اسكرابل	مسلق / اومليت خضار	مسلق / مقلي	مسلق / اومليت جبن
<b>الأجبان</b>	مشكل / ابيض	مشكل / قشطة	مشكل / لبن زعتر	مشكل / فيتا بالخضار	مشكل / حلوم
<b>السكريات</b>	مرقي / عسل / حلاوة طحينية	مرقي / عسل / حلاوة طحينية	مرقي / عسل / حلاوة طحينية	مرقي / عسل / حلاوة طحينية	مرقي / عسل / حلاوة طحينية
<b>الحلا</b>	كعك كيك	كوكيز	بان كيك	راني	كورن فليكس
<b>السلطة</b>	خس + طماطم + خيار + جزر + زيتون أسود / أخضر	خس + طماطم + خيار + جزر + زيتون أسود / أخضر	خس + طماطم + خيار + جزر + زيتون أسود / أخضر	خس + طماطم + خيار + جزر + زيتون أسود / أخضر	خس + طماطم + خيار + جزر + زيتون أسود / أخضر
<b>منتجات الألبان</b>	زبادي + لبن	زبادي + لبن	زبادي + لبن	زبادي + لبن	زبادي + لبن
<b>الحيز</b>	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع
<b>المشروبات</b>	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)

### إدارة التغذية

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	عدد الصفحات: 3	تاريخ التفعيل: 1444/2/1 هـ

### قائمة الغداء:

الوصف	الأحد	الاثنين	الثلاثاء	الأربعاء	الخميس
<b>الوجبة الرئيسية (1) لحم</b>	كباب	استيك	نهي	داوود باشا	استرجانوف
<b>الوجبة الرئيسية (2) دجاج</b>	فرن	بروستد	كباب	تشكن ليسو	مندي
<b>الوجبة الرئيسية (3) سمك</b>	سلمون جريل	كعد مقلي	سلمون جريل	كعد بالصوص	سلمون بالكريمة
<b>المكرونة</b>	باستا ريجيا توني	باستا بستو	لا زانيا	فيتوتشيني	كالا نوئي
<b>الأرز (1)</b>	اصفر	كبسة	بخاري	برياني	كبسة
<b>الأرز (2)</b>	برياني	غوزي	صيادية	ابيض	مندي
<b>الخضار</b>	ملوخية	بامية	كرات بطاطس بالكريمة	خضار مشكل	مسقعه
<b>السلطة (1)</b>	تبولة	حمص	خيار باللبن	يوانني	حمص
<b>السلطة (2)</b>	شمندر	جرير	متبل	خيار باللبن	فاصوليا
<b>السلطة (3)</b>	سلطة خضراء	سلطة خضراء	فتوش	سلطة خضراء	سيزر
<b>الحلى</b>	كيك براوني	ام علي	كيك مشكل	كنافة	بلع الشام
<b>الفاكهة</b>	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة
<b>الحيز</b>	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع
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	عدد الصفحات: 3	تاريخ التفعيل: 1444/2/1 هـ

#### قائمة العشاء:

الوصف	الأحد	الاثنين	الثلاثاء	الأربعاء	الخميس
الوجبة (1) لحم	كفتة بالصوص الأحمر	كباب	استرجانوف	استيك	فاهيتا
الوجبة (2) دجاج	مندي	شواية	فرن	شيش طاووق	بروسند
الوجبة (3) سمك	كعبد مقل	سلمون جريل	كعبد مقل	سلمون جريل	كعبد مقل
المكرونة	فوتشني	باستا بالصلصة	بينتا رايتا	برونيز	الفاريدو
الأرز	بخاري	اصفر	كبسة	كاهلي	برياني
الشورية	ذرة	مشروم	دجاج بالكريمة	شوفان	عدس
البطاطس	مقلية	وديجز	مقلية	كرات بطاطس	وديجز
السلطة (1)	خيار باللبن	فتوش	جرجير	حمص	متبل
السلطة (2)	سلطة خضراء	سلطة سيزر	سلطة خضراء	فتوش	سلطة خضراء
الفاكهة	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة	فواكه متنوعة
الخبز	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع	خبز عربي متنوع
المشروبات	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)	مشروبات (باردة ساخنة)

إدارة التغذية



## Policy of the Food Safety Management System for the University Restaurant at the Deanship of Student Affairs

[https://www.iau.edu.sa/sites/default/files/resources/food\\_safety\\_policy\\_22000.pdf](https://www.iau.edu.sa/sites/default/files/resources/food_safety_policy_22000.pdf)

In light of the decision to establish and implement a Food Safety Management System at the university restaurant affiliated with the Deanship of Student Affairs in accordance with ISO 22000:2018 "Food Safety Management Systems – Requirements for any organization in the food chain," and in line with the directives of His Excellency the President of Imam Abdulrahman Bin Faisal University, Dr. Abdulrahman bin Ibrahim Al-Muammar, and as part of the efforts of the

General Department of Nutrition to ensure safe and healthy food for all beneficiaries of university restaurant services,

And based on the university administration's belief in providing the best possible food service to students and other beneficiaries, in alignment with sustainable methodological principles, it is committed to the following:

- Establishing and maintaining a Food Safety Management System that complies with all requirements of the international standard ISO 22000:2018, in adherence with all relevant laws and regulations applicable to the operations of the Deanship.
- Identifying the needs of students and beneficiaries, working to meet their requirements and expectations, and ensuring the provision of food services that comply with food safety standards.
- Continuously improving the Food Safety Management System through regular follow-up and periodic review in accordance with ISO 22000:2018 requirements to ensure effective implementation.
- Developing the competencies of nutrition and technical staff at the university restaurant by providing appropriate training and ensuring that they are qualified to meet the requirements of the ISO 22000:2018 Food Safety Management System.
- Commitment to defining regulatory and organizational roles and responsibilities in line with food safety requirements.

### Objectives of the Food Safety Management System (FSMS)

[https://www.iau.edu.sa/sites/default/files/resources/objectives\\_of\\_the\\_food\\_safety\\_management\\_system\\_fsms.pdf](https://www.iau.edu.sa/sites/default/files/resources/objectives_of_the_food_safety_management_system_fsms.pdf)

- Ensuring food safety from physical, chemical, and biological hazards and allergens, in accordance with health regulations.
- Increasing the level of student and beneficiary satisfaction regarding food safety compared to the previous year.
- Fulfilling the university restaurant's legal, regulatory, and organizational requirements in accordance with the ISO 22000:2018 Food Safety Management System (FSMS).
- Commitment of suppliers to food material safety standards in accordance with university restaurant catering contract requirements.
- Staff commitment to personal hygiene policies and food hygiene procedures.
- Developing the expertise of technical and supervisory staff at the university restaurant through annual training sessions and workshops on food safety standards.
- Activating community partnerships with relevant authorities regarding food safety and public health regulations.

## Mental Health Care:

### University Counseling Center

<https://www.iau.edu.sa/en/administration/centers/university-counseling-center/about>

Per the importance of the role of counseling in the academic life of students, Imam Abdul Rahman bin Faisal University has taken care of this aspect and given it special care, so the establishment of the University Counseling Center came in support of the university's vision to ensure the provision of academic counseling, awareness, psychological, social, and educational services through the various units of the center across the university's colleges. The center has future visions that include university employees and their families and other community categories in pursuit of an integrated counseling center that enhances cohesion with the community, supports student scientific excellence, along with sponsoring for talent, creativity, and excellence.

#### Vision

To deliver comprehensive and high-quality services to all IAU students, faculty, staff, and the community to help them develop their abilities and lifelong learning skills.

#### Mission

The University Counseling Center (UCC) is dedicated to providing high-quality mental health services that support students' emotional, personal, social, developmental, and academic concerns. The UCC provides individual and group counseling, academic counseling, career counseling, crisis intervention/emergency services, awareness programs, psychological assessment, and consultation. UCC staff keeps up with the current counseling practice/outcome research and produces scholarly work that contributes to the improvement of the services provided by the UCC and to the counseling field as a whole.

#### Values

Healthy Organizational Climate: UCC staff commit themselves to sustain a healthy organizational climate characterized by honest, direct, and respectful communications and appropriate conflict resolutions. As such, we strive to create a sense of community that is supportive and respectful of individuals who are trying to find balance in their personal and professional lives.

- **Diversity:** The UCC seeks to provide a safe, welcoming, and supportive environment for all students, faculty members, and staff. We seek to foster a diverse campus community of safety, inclusiveness, and respect.
- **Confidentiality:** The UCC values students' right to privacy and holds their information in the highest confidence. Our procedures are in accordance with professional and ethical guidelines established in our policy manual.
- **Striving for Excellence:** The UCC endeavors to provide high-quality services. We adhere to the highest professional and ethical standards, engage in ongoing professional development, and strive to remain current with research and new developments related to the practice and outcomes of mental health.

- Collaboration: The UCC values collaboration within the institution, the Division of Students Affairs, the Division of Academic Affairs, and the community. We seek partnerships and opportunities for teamwork to provide enhanced services to students, faculty, and staff.

### Goals

- To deliver a comprehensive and high quality counseling services to IAU students, faculty members, and staff and help them develop their abilities and lifelong learning skills.
- To play a preventive role in assisting students in identifying and learning new skills which will assist them to effectively meet their educational and lifelong goals.
- To support and enhance the healthy growth and development of students through consultation.
- Provide a safe environment for students and play a role in contributing to campus safety.

### Counseling Center

<https://youtu.be/52OtzOlWMYo>



### Our Services

<https://www.iau.edu.sa/en/administration/centers/university-counseling-center/services>

All students can access the clinical services available at the University Counseling Center, which are:

#### Individual Counseling

##### **Psychological Counseling:**

We provide individual counseling services to all Imam Abdulrahman bin Faisal University students, faculty members, and employees on a variety of topics, including but not limited to anxiety, depression, stress, conflicts, grief, marriage problems, smoking and addiction problems, and life decision-making.

### **Academic Counseling:**

We provide one-by-one counseling for students who have academic problems. Our staff provides services to help students deal with exam anxiety, educational stress, learning difficulties, learning strategies, developing learning skills, time management, and teamwork skills.

### **Occupational Counseling:**

We apply a range of career orientation scales to help students determine their career orientation. We also provide a career guidance service by discussing with students about their interests related to current and future career orientation programs. The University Counseling Center also cooperates closely with Alumni and Career Development Center.

### **Group-Counseling**

It is a service for individuals with similar interests to support their emotional, behavioral, psychological, and social development. The service may include holding psychological, educational, and methodological sessions that take between 6-8 sessions, where one group includes 2-8 persons.

### **Psychological Evaluation**

The University Counseling Center provides psychological assessment for the abilities and characteristics of the students in the light of highly psychometric tests congruent with the Saudi environment. The tests are programmed electronically so that it is easy to reveal the results of the student after the completion of the assessment. The clinical psychologist also provides a psychological session at the center to discuss the test results to enable students to understand What the evaluation results indicate.

### **Awareness Services**

We make use of every opportunity possible to provide awareness. We are always present at the various events that take place throughout the university. We have expanded the scope of our services by providing the service through 23 units of counseling in the colleges, major headquarters, and other sub-units of the university by using awareness means such as e-messages, flyers, brochures, poster ads, and the screens located throughout the university.

### **Emergency Cases Intervention**

#### **Intervention protocol**

An intervention plan is a service provided to a student who suffers severe psychological pressures that may threaten the student's life.

We have a team capable of dealing with emergency cases, such as suicide attempts, threats of suicide, physical abuse, violence, self-harm, trauma, and other forms of such cases.



Those responsible for implementing the protocol deal only with the student, where intervention from any other party in the university is forbidden otherwise, the intervener will be subject to legal liability.

In case of such urgent cases, the student can visit the center or call during official work hours (from Sunday to Thursday, 8:00a.m -2:00p.m) 0133330802 (for males) and 0133330849 (for females).

You can also call 997 for emergency services (the Red Crescent).


## [King Fahd Hospital of the University on WhatsApp](https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/hospital-clinics-on-whatsapp)

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/hospital-clinics-on-whatsapp>

Patients' rights & relations	⊕	Pediatrics	⊕
OPD reception (Scheduling Appointments)	⊕	Neurology	⊕
Medical Reports	⊕	Neurosurgery	⊕
OPD pharmacy	⊕	Orthopedics	⊕
Internal medicine	⊕	ENT	⊕
General surgery (all subspecialties)	⊕	Maxillofacial surgery	⊕
Physiotherapy	⊕	Clinical Dietitian	⊕
Psychiatry- Psychology	⊕	Anesthesia/ Pain clinic	⊕
Medical Social Work	⊕		



**Psychiatry- Psychology** 












**Email:** Kfhu.dpsy@iau.edu.sa














[Go to WhatsApp](#) 

## Health Awareness

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/health-awareness>

Psychological and Behavioral Diseases	
Alzheimer's Disease	
Why mental health is important in diabetes	

Women Health	
Care During Pregnancy	
Baby Bath	
Baby Weaning	
Different Fetal Positions during Pregnancy	
Exercise During Pregnancy	
Cesarean Delivery	
Stages of Labour	
Breastfeeding	
Common Problems During Pregnancy	
Pre Eclampsia	
Postnatal Care	
Postnatal Exercises	
Nutrition and Pregnancy	
Breastfeeding Problems	

Breastfeeding Problems	
Intramuscular Needles	
Hormonal Pills	
Vaginal Ring	
Pregnancy Diabetes	
HPV Vaccine	
Occupational women's health	
PAP smear	
Antenatal care	
Menstrual challenges during puberty	
Contraception	
PCOS	
Postmenopause	

## IAU Counseling Center Activates "World Mental Health Day"

<https://www.iau.edu.sa/en/news/iau-counseling-center-activates-world-mental-health-day>



IAU Counseling Center activated "World Mental Health Day", to be on the 10th of October annually. The center provided several services to students and university employees in the lobby of the health colleges through an exhibition of awareness messages and media articles.

The Director of the Center, Dr. Abeer bint Ali Al-Rasheed, stated that the celebration of this World Day aims to raise awareness with the importance of mental health among individuals, because mental health goes beyond the issue of treating disorders seeking to achieve happiness, psychological well-being, and enjoyment with quality of life. From this point of view and per activating the role of the center as an academic psychological entity, this world day was activated today with an exhibition presents the services provided to the university's employees, including students, faculty members, and employees, including awareness services, tests, whether academic, psychological, or social, beside use of stress levels devices.

Dr. added. Al-Rasheed that when the student has a high awareness of the importance of mental health, will seek the services of the center, which will certainly provide the necessary service in top confidentiality by skilled specialists. Thus, the student quality of life will be raises along with academic performance too.

Dr. Abeer pointed out that "In many of the academic problems facing us, we find the main aspect is psychological, not academic, and more the student has a high awareness of mental health, the more aspects of his life, whether psychological, academic, social or family, will be straightened". This why she sees that mental health is not something to mention it one day per year, but it is an ongoing daily matter that deserves attention and follow-up. Adding that we must strengthen this day so that individuals are encouraged to seek the services of the center, as many of them are reluctant to do so believing that the center is only intended for those with severe mental disorder, and this perception is not true. The center provides psychological services at all levels, and for all students, university employees and their families. We wish everyone a good and to make use of the services provided by the center.

Al-Rasheed also explained that the center holds many interactive workshops and training courses to students where beneficiaries has reached large numbers that exceeded thousands. The center activities included workshops about smoking where the collective counseling became a contributor and motivator for them to get rid of this reprehensible behavioral habit.

Dr. Abeer Rashid praised the great role played by the Student Council of each college, as they were informed of the services provided, such as tests, measurements, and a relaxation chair. They transferred the services of the center to their colleagues in Rakah campus as well as in female students' departments at the University's branch in Al Rayyan.

## IAU Organizes the 4th International Virtual Forum for University Counseling Centers

<https://www.iau.edu.sa/en/news/iau-organizes-the-4th-international-virtual-forum-for-university-counseling-centers>

Represented by its counseling center, IAU organized the 4th international virtual-forum for gulf countries titled “Quality of university-Counseling Centers per Institutional Accreditation National and International Standards”, on 26-27/October.2022.

The mission of this forum is to promote the quality of services provide by such important centers over GCC per the national and international standards of the world-institutional accreditation as explained by Dr. Abeer Alarasheed, Director of IAU Counseling Center, who added “The major goals of the forum are; Reviewing IACS standards for counseling services, experiences exchange over Gulf Cooperation Council countries, enhancing of professional communication, raising the level of quality of counseling services provided by Gulf universities, collaboration for promoting mental health and its importance through university-counseling centers, in addition to presenting the experience of IAU Counseling Center accreditation along with indicators of improvement resulting from accreditation process and its reflection on the level of service satisfaction as well as the improvement that positively reflected on students’ academic performance”.

Dr. Abeer Alarasheed also added that topics of the forum included Policies and Procedures of International Accreditation for Counseling Centers, Quality Standards, Experiences of GCC Counseling Centers, Management of Counseling Centers per IACS Quality Standards, Compatibility of Accreditation National Standards with International Standards, in addition to Experiences of Encountering Psychological cases via university-counseling centers along with Use of Computerized Technologies in Assessing and Treatment.

## Sexual Reproductive Care

### Government Clinics

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/government-clinics>

#### Primary Health Care Clinic

The Primary Health Care Clinic was established in the Department of Family and Community Medicine in 1982 with the intent of training medical students, doctors and graduate students in the field of primary health care. The Clinic has become a center for business and research activities for graduate students enrolled in the Family Medicine and Community Health fellowship program and is the first of its kind.

In addition to providing training opportunities, this center provides comprehensive health care services that focus on the maternal and child health area. The clinic has 15 doctors on staff and is equipped with the latest equipment for study and research.

### Private Clinic

This clinic is dedicated to providing treatment and medical care to the employees of the Palace of His Royal Highness, the Emir of the Eastern Province as well as the Palace of His Highness, the Deputy Emir of the Eastern Province. There are two doctors dedicated to this clinic along with one nurse.

Clinic for Employees of the Imam Abdulrahman Bin Faisal University, Main Campus

This clinic provides free medical services to IAU employees and their families.

### Private Health Services Center

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/private-health-services-center>

### About Us

In line with the Saudi Vision 2030 and its goals of sustainable development, and the belief in investing in the health sector that will have a positive impact on the quality of services provided to citizens and residents in the Kingdom, the Imam Abdulrahman Bin Faisal University established its special health services center, which will provide the best medical services at suitable remuneration.

### Clinics

Ear, Nose & Throat	>	Radiology	>
General Surgery	>	Pediatrics	>
Ophthalmology	>	Nephrology	>
Orthopedics	>	Breast Surgery	>
Urology	>	Neurosurgery	>

### Breast Surgery

Dr. Hiyam Al-Haddad



Consultant Breast Surgery  
Saudi Board / Oncoplastic Fellowship

Prof. Maha Abdelhadi




Head of the Breast Division  
Fellow of Irish College of Surgeons FRCSI  
Fellow of the American College of Surgeons FACS  
Masters Degree in Healthcare Management  
Professor of Surgery \ Senior Consultant Breast Surgeon  
Chairperson of Intraoperative Therapy for Breast Cancer


## [King Fahd Hospital of the University on WhatsApp](https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/hospital-clinics-on-whatsapp)

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/hospital-clinics-on-whatsapp>

Patients' rights & relations	+	Pediatrics	+
OPD reception (Scheduling Appointments)	+	Neurology	+
Medical Reports	+	Neurosurgery	+
OPD pharmacy	+	Orthopedics	+
Internal medicine	+	ENT	+
General surgery (all subspecialties)	+	Maxillofacial surgery	+
Physiotherapy	+	Clinical Dietitian	+
Psychiatry- Psychology	+	Anesthesia/ Pain clinic	+
Medical Social Work	+		

General surgery (all subspecialties) 

- General surgery
- Colorectal surgery
- Hepatobiliary surgery
- Endocrine surgery
- Trauma surgery
- Breast surgery
- Cardiac surgery
- Vascular surgery
- Thoracic surgery
- Pediatric surgery
- Plastic surgery

Go to WhatsApp 

## [Obstetrics and Gynecology Department](https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/clinical-departments/obstetrics-and-gynecology-department)

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/clinical-departments/obstetrics-and-gynecology-department>

The Department of Obstetrics and Gynecology was established in 1981 and is involved in the teaching and training of undergraduate and postgraduate medical students as well as providing routine and tertiary care for all patients. The Department is equipped with a full-fledged delivery room suite that includes first stage rooms, labor rooms and an operating theatre for obstetric cases. The hospital receives normal and high-risk cases through different channels. There are 12 Obstetrics and Gynecology clinics per week. Consultants, senior registrars and residents are involved in the running of these clinics. The Department runs an active Obstetrics and Gynecology emergency room, providing around-the-clock service. In addition to training the medical students from IAU's own College of Medicine, the Department regularly trains interns and resident doctors from the Department of Family Medicine, the community and students of the Faculty of Nursing, Imam Abdulrahman Bin Faisal University as well as training graduate students enrolled in the fellowship program of the Saudi Board as well as the fellowship of the Council of Arab Medical Specialties in the specialty of obstetrics and gynecology.

The Department encourages its staff to conduct, write, present and publish their research within the Kingdom and abroad.

## KFHU Organizes an Awareness Campaign about Breast Cancer in Al-Khobar

<https://www.iau.edu.sa/en/news/kfhu-organizes-an-awareness-campaign-about-breast-cancer-in-al-khobar>



Under the patronage of His Excellency the President of Imam Abdulrahman bin Faisal University, Prof. Abdullah bin Muhammad Al-Rubaish, King Fahad Hospital of the University (KFHU) organized a breast cancer awareness campaign entitled “Your awareness protects .. your examination prevents” at Khobar City Walk. It was arranged by the Hospital’s Surgery Department, in cooperation with the Health Awareness Unit, the Family and Community Medicine Department, the Medical Laboratory Department, and the Radiology Department. The campaign was launched by the hospital Director General, Prof. Muhammad Al-Shahrani, on Friday, October 27, 2023, and it was attended by the Director of Medical Services at the hospital, Dr. Majid Al-Abdali, the Director General of the Public Relations and Media, Dr. Tufail Al-Yousef, the Head of the breast cancer awareness campaign, Dr. Iman Al-Shammari, and a group of departments Heads and employees of the University Hospital in Al-Khobar.

Dr. Al-Shahrani stressed on the importance of October as it is the breast cancer awareness month worldwide, and he added that international studies have proven that breast cancer is the most common cancer among females around the world, and in the Kingdom of Saudi Arabia the number

of women suffering from breast cancer makes it occupy the first place among other types of cancers. From this standpoint, we work at KFHU, in cooperation with community agencies, to implement many activities and events that aim at encouraging women to undergo mammogram breast cancer screening to be able to detect tumors at early stages before the appearance of the symptoms and to provide all the necessary support to raise awareness of its danger.

For her part, Dr. Iman Al-Shammari explained that the annual breast cancer early detection campaign, launched this year with the slogan “Your awareness protects .. your examination prevents,” stressed on the importance of spreading community awareness of breast cancer early detection in the Eastern province. Thus, the awareness campaign included educational booths arranged with the participation of several departments from KFHU as well as the Family and Community Medicine Center with the participation of 50 doctors, and several volunteers.

They introduced the elements that can reduce the incidence of breast cancer and prevent it and they also introduced facts about early detection of breast cancer, and its importance in helping to treat the disease and deal with it, in addition to providing a mammogram screening car for women. We work in cooperation with all the departments in the hospitals on early detection with the mammogram and the cases that were discovered from the Center for Family and Community Medicine or in the university hospital clinics during this year reached around 300 cases of cancerous tumors, excluding benign tumors which are followed up with a treatment plan and an annual follow up in cooperation with the Department of Surgery and the Center for Family and Community Medicine. Finally, Dr. Al-Shammari mentioned that they received 500 cases for mammogram breast cancer screening during this October.

### Raising Awareness Exhibition about Breast Cancer

<https://www.iau.edu.sa/en/news/raising-awareness-exhibition-about-breast-cancer>



The College Vice-dean for Development and Community Partnership opened the Breast Cancer Awareness Exhibition in the Blue Hall of the College of Sciences and Humanities, Jubail, on Tuesday, 4/9/1445, corresponding to October 24, 2023.

The exhibition was supervised by the Community Service Unit and in cooperation with the academic departments of the college. The exhibition included intellectual corners and free consultations by specialists in the field from Jubail General Hospital and the Royal Commission Hospital in Jubail that answered visitors' questions and raise their awareness of the necessity of breast cancer screening. The specialists also provided enriching advises about breast cancer.



Moreover, the exhibition hosted an expert nutritionist to speak and educate visitors about the relationship between food and disease in three stages: prevention stage, treatment stage, post-treatment stage and recovery. Healthy freebies, such as nuts and antioxidant fruits, were given to the audience in the right quantities. The exhibition presented statistical questionnaires, enriching information, and a visual nutrition corner for visitors by displaying plastic paintings about the campaign with the participation of the Jubail GESFT Association.

On the sidelines of the exhibition, the Women in Health volunteer team, in cooperation with the Mathematics Department, participated in the walking marathon to enhance awareness about the importance of following healthy lifestyles.

## Free Sexual & Reproductive Health Care Services for Students

### PURPOSES:

2.1 For students to succeed academically, it is crucial that they have access to the resources, care, and guidance they need to look after their sexual and reproductive health.

2.2 IAU acknowledges that administration, staff, and students all have responsibility for protecting reproductive health of the students, staff and their families, and various workshops, events etc. should be organized to create awareness amongst the students, staff and community.

2.3 All the services informational, educational, emergency, consultancy etc. should be provided free of cost by the university volunteers.

### DEFINITION:

3.1 **Reproductive health** refers to a condition of physical, mental, and social wellbeing - and not only the absence of disease or infirmity.

3.2 **Sexual health** refers to a state of physical, emotional, mental and social wellbeing; it is not merely the absence of disease, dysfunction or infirmity.

### POLICY:

4.1 An affiliate hospital, the King Fahd Hospital of the University (KFHU), will provide all students, and staff with expert, sympathetic, and supportive care in line with the IAU's mission.

4.2 IAU will ensure that the medical staff at KFHU is dedicated to treating each student as a whole and offering them services for their reproductive health as well as medical advice.

4.3 In the course of an appointment, IAU students are encouraged to address their requirements, queries, and worries.

4.5 IAU and KFHU follow the rules of the Kingdom to safeguard a student's right to privacy.

4.6 All health services are confidential. All conversations are held in the strictest of confidence provided with support and without judgment.

4.7 Student's information is safe with IAU, and it will not be shared with anyone outside of the IAU community without the student's permission.

4.8 IAU & its affiliate provide comprehensive health services for sexual and reproductive health screenings which includes:

4.8.1 Breast exams

4.8.2 HIV screening / referral

4.8.3 HPV vaccine

4.8.4 Pregnancy testing / referral

4.8.5 STI screening / treatment

4.8.6 Well male & female (Pap) exams

4.9 At IAU, all medical records are private and confidential. They can only be transmitted to another institution upon the student's request and with a signed written release form sent to be sent to its affiliate hospital (KFHU).

4.10 IAU's policy is to respect students' right to privacy and will never divulge any information without proper authorization to anyone, including parents, friends, or teaching staff.

#### PROCEDURE:

5.1 IAU health services must be accessible to all students without requiring them to travel over a significant distance or for an extended period of time, and they must also offer information and services on prevention, diagnosis, counseling, treatment, and care.

5.2 All enrolled IAU students have access to a range of sexual and reproductive health services through IAU Student Health.

5.3 IAU Student Health Services will offer a wide range of preventative services through its affiliated hospital, including education, counseling, testing, and treatment for specific diseases as well as broad preventive measures including history taking and risk assessment.

5.4 IAU provide immediate and lifelong health by identifying health issues early and providing services.

5.4 IAU with its affiliate hospital will ensure that health issues are caught early to enable effective treatment.

5.5 IAU will make sure that every student has access to the student health services.

5.6 All IAU employees and their families have free access to all the health service provided by the university health center

#### RESPONSIBILITIES:

6.1 IAU administration

6.2 Human Resources Department

6.3 Registration and Admission

## Physical Health Care services

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<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/government-clinics>

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
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Patients' rights & relations ⊕	Pediatrics ⊕
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Internal medicine ⊕	ENT ⊕
General surgery (all subspecialties) ⊕	Maxillofacial surgery ⊕
Physiotherapy ⊕	Clinical Dietitian ⊕
Psychiatry- Psychology ⊕	Anesthesia/ Pain clinic ⊕
Medical Social Work ⊕	

General surgery (all subspecialties) ⊖

- General surgery
- Colorectal surgery
- Hepatobiliary surgery
- Endocrine surgery
- Trauma surgery
- Breast surgery
- Cardiac surgery
- Vascular surgery
- Thoracic surgery
- Pediatric surgery
- Plastic surgery

Go to WhatsApp 

## Obstetrics and Gynecology Department

<https://www.iau.edu.sa/en/university-hospitals/king-fahd-hospital-of-the-university/clinical-departments/obstetrics-and-gynecology-department>

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The Department encourages its staff to conduct, write, present and publish their research within the Kingdom and abroad.

## "Statement on Social Engagement in Sports Facilities"

[https://www.iau.edu.sa/sites/default/files/resources/statement\\_of\\_social\\_participation\\_in\\_iau\\_sports\\_facilities.pdf](https://www.iau.edu.sa/sites/default/files/resources/statement_of_social_participation_in_iau_sports_facilities.pdf)



م	البرنامج	مكان التنفيذ	الفئة المستهدفة	تاريخ التنفيذ
1	سباق الجري الخيري	الاستاد الرياضي / الحرم الشرقي	الفتيات و السيدات بالمنطقة الشرقية	20/11/24 م
2	سباق الدراجات للجامعة	الحرم الشرقي	منسوبي الجامعة و المنطقة الشرقية	202 /2 /16 م
3	سباق اختراق الضاحية	الحرم الشرقي	منسوبي الجامعة و المنطقة الشرقية	1440 /1 / 26 هـ
4	أكاديمية كرة القدم لأبناء منسوبي الجامعة السباحة	المسبح	لأبناء منسوبي الجامعة	لعام 41 /40 / 39 / 38/ 37 /36 /35
5	أكاديمية كرة القدم لأبناء منسوبي الجامعة كرة القدم	ملاعب الفهد	لأبناء منسوبي الجامعة	لعام 41 /40 / 39 / 38/ 37 /36 /35
6	بطولة المملكة 2020 للشطرنج السريع	الصالة الرياضية	تسفيات المنطقة الشرقية	2020 /12 / 22-16 م
7	بطولة المملكة لألعاب القوى لجميع الإعاقات	الاستاد الرياضي	عدد 160 فتاة ( اندية ذوي الإعاقات )	2021 /11 /19-18 م
8	تدريب نادي ذوي الإعاقة بالمنطقة الشرقية	الاستاد الرياضي	32 فتاة	2021 /11 / 17 -10 م
9	بطولة المنطقة الشرقية ( كرة القدم – كرة الطاولة ) للمدارس الثانوية	الاستاد الرياضي / الصالة الرياضية	350 طالب	1441 /6 /19-15 هـ
10	بطولة المنطقة الشرقية ( كرة القدم الصالات ) للمدارس الثانوية	الصالة الرياضية	192 طالب	20/2/21-18 م

## Sport Activities

<https://www.iau.edu.sa/en/administration/deanships/deanship-of-student-affairs/sport-activities>

Building a society where its children enjoy a healthy lifestyle, and a positive, interactive social environment that allows living in a dynamic and attractive environment that provides a high level of quality of life and requires concerted efforts, cooperation and joint work to achieve the goals and vision of the Kingdom 2030, which aims to increase the number of practitioners of sporting activities on a regular basis and this is what it has sought The Department of Sports Activity at the Deanship of Student Affairs at the University in contributing to investing the energies of youth and developing their abilities in creativity and innovation. The practice of sports activity is to evaluate the negative trends of youth and adjust their path to become positive trends.

From this standpoint, the Deanship of Student Affairs represented in the Sports Activity Department gave more attention to sports activities, so it sought to establish many programs, and was keen to participate in various local and international championships. The Deanship of Student Affairs is to equip the various sports facilities in the university city to practice various sports activities of all kinds.

## Vision

Leadership in the field of sports activities at the level of Saudi universities.

## The message

Providing quality, purposeful, and planned sports activities in various fields that meet students' needs, tendencies and trends to contribute to preparing a mathematically creative generation that has the ability to develop itself and its talents, which contributes to the development of students behaviorally, cognitively, emotionally, and physically.

## Value

Honesty, respect, honesty, cooperation, responsibility, transparency

## Objectives

1. Create a fertile environment for students' sports creativity.
2. Satisfying students' desires and tendencies through practicing sports activities.
3. Spreading sports awareness at the university.
4. Discovering and developing students' athletic talents, refining them, and directing them in optimal ways.
5. Taking care of distinguished students in the various fields of sports (individual - collective).
6. To develop students' leadership skills to enable them to lead sports teams, and to encourage them to participate in sports competitions.
7. Integrating new students into sports activities, introducing them to sports facilities, and discovering new talents.
8. Forming good relationships between students through their participation in various sporting activities.
9. Instilling a spirit of competition among university students.
10. Cultivation of lofty values and traditions represented in accepting the results of sports competitions.

## Tasks

1. Preparing a plan for individual and group indoor sports activities in coordination with the coordinator of each activity.
2. Supervising the implementation of sports programs offered to students.
3. Preparing university national teams in various sports to participate in the Saudi Universities Sports Federation competitions.
4. Making sports facilities available for students to practice free sports.
5. Health education for university students and employees.
6. Organizing sports lectures, workshops, and seminars to educate students' sports.
7. Preparing and equipping all requirements for sports activities such as (sportswear - sports equipment ... etc.)
8. Preparing quarterly reports of sports activities submitted to students.
9. Supervising and following up on the periodic maintenance of sports facilities in all their facilities.

The Sports Activity Department provides services to university students by providing sports facilities to practice free sports activities, train university teams, and hold sports tournaments at various levels.

## Sports facilities

<https://www.iau.edu.sa/en/administration/deanships/deanship-of-student-affairs/sport-activities/sports-fctivity-facilities>

### 1- Sports stadium

The sports stadium contains (a football field - athletics track) on which football tournaments, internal strong games and matches of the Sports Federation of Saudi Universities are held

### 2- External playgrounds

It contains (3) playgrounds (five feet - basket - hand), (3) volleyball courts, (3) ground tennis courts, and (2) beach volleyball courts for free activity

For students.

### 3- Gym (gymnasium)

It contains (2) halls including (1) hall (five-a-side football - handball - basketball - volleyball) with public attendance and (1) hall (basketball - volleyball) in addition to recreational games, mini-football, hockey, and billiards, as well as a hall Table tennis for (3) tables.

### 4- Squash hall

It contains (3) squash courts.

### 5- Fitness hall



It includes the latest sports equipment and tools for strength and fitness training

#### 6- Bowling hall

It includes the latest sports equipment and tools for strength and fitness training

#### 7- The sports pool

A 25m swimming pool is closed and heated, and is used for swimming for university employees and students (free activity)

### Al Fahad Sports Stadium and Gym (Female Students)

#### 8- Al Fahad Stadium

An international certified football field contains (one football field - two five football fields)

#### 9- Cheetah gym

It contains (1) comprehensive hall (five-a-side football - handball - basketball - volleyball) - fitness hall.

#### 10- The sports pool

It contains a 20 m long swimming pool.