



مؤسسة حمد الطبية  
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

# 2<sup>nd</sup> Mental Health Research Symposium

2025  
February  
Tuesday  
4

🕒 9am to 3pm

📍 Itqan Clinical Simulation and Innovation Center

Event Program

Earn up to  
**4.5**  
CPD hours



This activity is an Accredited Group Learning Activity **(Category 1)** as defined by the Ministry of Public Health's Department of Healthcare Professions – Accreditation Section and is approved for a maximum of **4.5 hours**.

**Overall Learning Objective:**

- Analyze the evidence-driven by local mental health research and compare it to the international research evidence.
- Apply some of the local research evidence into their clinical environments.
- Reflect on the value of interprofessional research collaborations.

Time	Activity	Topic and Learning Objective	Category	Speaker
8:30am to 9am	Registration	N/A	NA	N/A
9am to 9:10am	Welcome	Welcome speech	NA	<b>Dr. Majid Al-Abdulla</b> Chair of Mental Health Services  <b>Mr. Iain Tulley</b> Chief Executive Officer- Mental Health Services  <b>Prof. Ovais Wadoo</b> Chair of the Middle East Division- Royal College of Psychiatrists-UK
9:10am to 9:20am	Speech	<b>Implementing the National Strategy in the Region</b> <ul style="list-style-type: none"> <li>• Explain the Royal College of Psychiatrist's efforts to support collaborative local mental health research</li> </ul>	NA	<b>Prof Mohammed Al-Uzri</b> President of the International Affairs of the Royal College of Psychiatrists, UK

**Session 1****Moderators:** Dr Humayun Malik & Ms. Sara Rashid Al-Jehani

9:20am to 9:30am	Presentation 1	<b>Al Wakra Perinatal Mental Health Clinic Project: Screening for a better pregnancy and children's future</b> <ul style="list-style-type: none"> <li>• Reflect on the outcomes of screening for mental health illness on the overall health of mothers-to-be.</li> </ul>	1	<b>Ms. Jussara Da Silva Brito</b> Advanced Clinical nurse specialist Al Wakra Hospital
9:30am to 9:40am	Presentation 2	<b>Gender-Specific Assessment in Women with Acute Mental Illness: Insights from Acute Inpatient and Outpatient Mental Health Services in Qatar</b> <ul style="list-style-type: none"> <li>• Reflect on gender-tailored interventions in enhancing mental health recovery.</li> </ul>	1	<b>Ms. Divya Cecilia Dsouza</b> Advanced clinical nurse specialist Mental Health Services

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9:40am to 9:50am	Presentation 3	<b>Sodium Valproate Prescribing in Female Psychiatry in Patients of Hamad General Hospital</b> <ul style="list-style-type: none"><li>Examine the local prescribing practice of sodium valproate and compare it to the clinical guidelines.</li></ul>	1	<b>Dr. Ahmad Maaen Alater</b> Psychiatry resident Mental Health Services
9:50am to 10am	Presentation 4	<b>Improving nursing responsiveness through timely hourly rounding for Acute female psychiatric patients, Mesaieed Hospital</b> <ul style="list-style-type: none"><li>Evaluate innovative models of interventions in acute mental health care.</li></ul>	1	<b>Ms. Rebecca Foster</b> Head nurse Mental Health Services
10am to 10:10am	Presentation 5	<b>Digital Horizons: Empowering Skills for Reintegration</b> <ul style="list-style-type: none"><li>Comment on the impact of computer literacy programs on functional recovery and community integration.</li></ul>	1	<b>Mr. Jayakumar Vamanan</b> Occupational therapy specialist Mental Health Services
10:10am to 10:20am	Presentation 6	<b>Mobile Health Application Use in Older Adults: Surveying Current Use Patterns and Feasibility</b> <ul style="list-style-type: none"><li>Analyze the perception of the use of mobile phone applications among older people.</li></ul>	1	<b>Dr. Rana Emam</b> Psychiatry specialist Mental Health Services
10:20am to 10:30am	Panel discussion			
10:30am to 10:45am	Coffee break			
Session 2				
Moderators: Dr. Wesam Smidi and Dr. James Currie				
10:45am to 10:55am	Presentation 7	<b>Evaluating COVID-19 disease outcomes in patients receiving clozapine versus other antipsychotics: A national study in Qatar</b> <ul style="list-style-type: none"><li>Examine the health outcomes of patients with mental illness and COVID-19 infection on clozapine and compare them to outcomes of other antipsychotic medications.</li></ul>	1	<b>Dr. Dalia Albahari</b> Psychiatry specialist Mental Health Services

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10:55am to 11:05am	Presentation 8	<b>Improving Compliance with Cardiac Monitoring During Clozapine Initiation in Inpatient Mental Health Services: Preliminary data</b> <ul style="list-style-type: none"> <li>Apply cardiac screening criteria for patients on clozapine in the local context.</li> </ul>	1	<b>Dr. Nowran Tarek Ahmed Mohammad Elkhatab</b> Pharmacist Mental Health Services
11:05am to 11:15am	Presentation 9	<b>The Association of COVID-19 Vaccines and White Blood Cell Changes in Patients Receiving Clozapine Therapy</b> <ul style="list-style-type: none"> <li>Analyze Recent Evidence of COVID-19 Vaccination in Clozapine-Treated Populations</li> </ul>	1	<b>Dr. Oraib Abdulla</b> Clinical pharmacist Mental Health Services
11:15am to 11:25am	Presentation 10	<b>Utilization of Clozapine and its Impact on Clinical and Functional Recovery in a Community Clozapine Clinic in Qatar.</b> <ul style="list-style-type: none"> <li>Comparing the local evidence of the effectiveness of clozapine on functional recovery to the international literature.</li> </ul>	1	<b>Mr. Ahmed Mohamed Younes Mohamed</b> Advanced clinical nurse specialist Mental Health Services
11:25am to 11:35am	Presentation 11	<b>A national study comparing psychiatric presentations among migrants and citizens in Qatar.</b> <ul style="list-style-type: none"> <li>Comment on the disparities in mental health prevalence among ethnicities and analyze the associated factors.</li> </ul>	1	<b>Dr. Faisal Gul Khan</b> Clinical fellow in psychiatry Mental Health Services
11:35am to 11:45am	Presentation 12	<b>Implementation of Positive Behavior Support (PBS) Intervention – QI Project</b> <ul style="list-style-type: none"> <li>Examine the necessary skill development for behavior Management.</li> </ul>	1	<b>Mr. Idris Fornah</b> Advanced clinical nurse specialist Mental Health Services
11:45am to 11:55am	Panel discussion			
11:55am to 12:25pm	Lunch / Prayer time			

Time	Activity	Topic and Learning Objective	Category	Speaker
Session 3				
<b>Moderators:</b> Dr. Yasser Saeed Khan & Mr. Niall Thomas Hurst				
12:25pm to 12:35pm	Presentation 13	<b>Engage &amp; Educate: Boosting health awareness and enhancing patient's experience.</b> <ul style="list-style-type: none"> <li>Reflect on the positive impact of structured group learning sessions on patient satisfaction and motivation.</li> </ul>	1	<b>Ms. Sreejitha Geetha Srikandan Nair</b> Occupational therapy specialist
12:35pm to 12:45pm	Presentation 14	<b>Enhancing Community Reintegration of Long-Term Patients in MHS- Male Psychiatry 5 through Structured Patient Outings</b> <ul style="list-style-type: none"> <li>Interpreting the links between structured outings and social skills improvement.</li> </ul>	1	<b>Mr. Julius Parungao</b> Charge Nurse Mental Health Services
12:45pm to 12:55pm	Presentation 15	<b>Supportive interventions for family caregivers of adults with mental illness: An integrative review</b> <ul style="list-style-type: none"> <li>Summarize the association between family support and recovery.</li> </ul>	1	<b>Ms. Mona Mohammad Saleem</b> Charge Nurse Mental Health Services
12:55pm to 1:05pm	Presentation 16	<b>Pack &amp; Go: The Discharge Pack Revolution</b> <ul style="list-style-type: none"> <li>Evaluate new care standards to facilitate the transition from inpatient admission back to society</li> </ul>	1	<b>Mr. John Delson</b> Carpio Molina Charge Nurse Mental Health Services
1:05pm to 1:15pm	Presentation 17	<b>Mandated Substance Use Disorder Treatment in Qatar: An Innovative Model of Care</b> <ul style="list-style-type: none"> <li>Analyze the positive impact of the innovative contingency management model on substance users' recovery.</li> </ul>	1	<b>Dr. Suhair Mohammed Yousuf</b> Physician Assistant Mental Health Services

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1:15pm to 1:25pm	Presentation 18	<b>Bridging the Gap: Enhancing Physical Health Management in Severe Mental Illness Through the Health Improvement Profile (HIP)”</b> <ul style="list-style-type: none"> <li>Identify physical health comorbidities in patients with mental illness and evaluate current nursing interventions to improve physical health.</li> </ul>	1	<b>Mr. Ananth Nazarene</b> Charge Nurse Mental Health Services
1:25pm to 1:35pm	Panel discussion			
1:35pm to 1:50pm	Coffee break			
<b>Session 4</b>				
Moderators: Dr. Mohamed El Tahir & Dr. May Muraisi				
1:50pm to 2pm	Presentation 19	<b>Clinical Pharmacist-Driven Medication Therapy Management Clinic (MTM) in a Mental Health Helpline: One-Year Insights from Qatar</b> <ul style="list-style-type: none"> <li>Evaluate the impact of the MTM clinic on patients' health and identify the role of clinical pharmacy in Mental Health Services.</li> </ul>	1	<b>Dr. Yassin Hassan El Torki</b> Clinical pharmacist Mental Health Services
2pm to 2:10pm	Presentation 20	<b>Evaluation of potentially significant drug-drug interactions among patients receiving psychotropic medications at outpatient Mental Health Services: A Real-world retrospective study from Qatar</b> <ul style="list-style-type: none"> <li>Highlight the prevalence and clinical impact of potentially significant drug-drug interactions in patients treated with psychotropic medication.</li> </ul>	1	<b>Dr. Rania A/Jawad I Abu-Kuhail</b> Pharmacy supervisor Mental Health Services
2:10pm to 2:20pm	Presentation 21	<b>Proper Identification and management of EPS episodes in an acute inpatient unit.</b> <ul style="list-style-type: none"> <li>Implement rapid and sensitive screening methods for EPS and manage accordingly.</li> </ul>	1	<b>Dr. Hissa Khalid</b> Psychiatry resident Mental Health Services

Time	Activity	Topic and Learning Objective	Category	Speaker
2:20pm to 2:30pm	Presentation 22	<b>Incidence of hyponatremia in Older Adults Taking Antidepressants in Qatar: A Retrospective study</b> <ul style="list-style-type: none"><li>Compare and contrast the hyponatremia monitoring guidelines during antidepressant therapy in the elderly.</li></ul>	1	<b>Dr. Shatha Mahmud Ismail Alqam</b> Clinical pharmacist Mental Health Services
2:30pm to 2:40pm	Presentation 23	<b>Inflammatory Biomarkers as Predictors for Unlocking Antidepressant Efficacy: Assessing Predictive Value and Risk Stratification in Major Depressive Disorder in a Prospective Cohort Study</b> <ul style="list-style-type: none"><li>Explore changes in inflammatory biomarkers against symptom improvement.</li></ul>	1	<b>Dr. Tarteel Hussain</b> Pharmacist Mental Health Services
2:40pm to 2:50pm	Presentation 24	<b>Psychosocial Wellness Intervention for Nurses: An Experimental Study on Empowerment, Self-esteem, and Assertiveness”</b> <ul style="list-style-type: none"><li>explore how psychosocial wellness programs enhance nurses’ empowerment, self-esteem, and assertiveness.</li></ul>	1	<b>Mr. George Vellaramcheril Joy</b> Staff Nurse Mental Health Services
2:50pm to 3pm	Panel discussion and closing remarks by Dr. Zerak Alsalihi			

**The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

