

Curriculum Vitae

Dr Sondos Abderraheem Harfil

Lecturer- University of Sharjah
College of Health Sciences
Department of Medical Laboratories Sciences
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Academic Degrees

- **PhD. Biochemistry**
University Sains Malaysia- Malaysia, June 2022
- **MSc. Master of Science, Biology, 2000**
University of Jordan, Jordan, Jordan
- **Post Graduate Diploma, Biology, 1997**
Yarmouk University, Irbid, Jordan
- **BSc. Bachelor of Science, Biology, 1993**
Yarmouk University, Irbid, Jordan

Current Job:

Lecturer. Department of Medical Laboratories Sciences-College of Health Sciences- Univerity of Sharjah-UAE (starting from September 2008-present)

Current job responsibilities:

- Instructor of many theory and laboratory courses: Biology, Human Anatomy and Physiology, Biochemistry, General Microbiology, Medical Microbiology, and Endocrinology.
- Teaching evaluation by the students is excellent.
- Supervisor of many students' research projects (undergraduate level).
- Active participation in academic advising.
- Membership in many departments, college and university committees:
 - Activities, marketing and enrolment promotion committee
 - Faculty professional development committee
 - Students assessment and examination committee
 - Students affairs and academic advising committee
 - Students Enrollment committee(University level)
 - Workplace Health, Safety and Wellbeing Circle (University level)
 - Sustainability curriculum committee (University level)
 - Chair of students activities club (College level for three years)

- Chair of Public relations committee (College level for three years)
- I have a long experience in laboratories works, teaching and learning environments, updating laboratory orders, and updating the course syllabi.
- Active in online learning, adopted online platforms, excellent experience in course delivery through blackboard, Ms Teams and online exams with Web camera and monitoring.
- Interested in simulation methods in laboratory teaching and improving online learning methods.
- Attended many basic and advanced training workshops on teaching and learning development
- Working on research involvement in teaching laboratory sessions.
- Coordinated many activities at the college and department levels.
- Involved in research and scholarly activities during the last five years.
- Participated in many research laboratories during the postgraduate level (Microbiology, Biochemistry, Molecular Biology).Excellent experience in Biochemistry and microbiology research laboratories.
- Experiences in Tam-based learning (TBL).
- Very good experience in Microsoft Office applications, using literature search engines and EndNote.

Professional Work Experience

- **University of Sharjah-College of Health Sciences**, 17/08/2008 - Present
Role: Lecturer
- **The Canadian University of Dubai**, 01/09/2007 - 31/01/2008
Role: Lecturer
- **Dubai International School**, 30/08/2003 - 01/01/2007
Role: Science and Laboratories Coordinator
- **Al Ghurair University**, 06/09/2000 - 31/01/2003
Role: Lecturer

Professional Memberships

- 2014 - 2017, member of EOMSIG (Emirate Obesity and Metabolic Surgeons Interested Group).
- 2014 - 2016, member of IFSO (International Federation for the Surgery of Obesity and Metabolic Disorders., Member
- 2014 - Present, member of World Obesity Society-UK, Member
- 2016 - Present, member of the Malaysian Association for the Study of Obesity (MASO)
- 2016 - Present, member of Harvard Medical School Alumni Association, International training
- 2017 - Present, member of the International Scientific Association for Probiotics and Prebiotics.

- May 2022-present, European Society of Endocrinology. Early career member,

Awards and Honors

- **Dubai Harvard Foundation for Medical Research (DHFMR) Scholarship.** September 2015. Amount: 11,000 AED. (certified training program: International Clinical Research Training program).
- **3rd. Rank best oral presentation.** 10th Emirates Diabetes & Endocrinology Congress, Dubai, UAE (2020, February 27-29). Title: Circulating lipopolysaccharide-binding Protein (LBP) as a Marker of Inflammation and Metabolic syndrome related to Insulin Resistance.

Research Grants

- **Boehringer Ingelheim students research Grant (Co-PI). (2016) Amount:15,000 AED.** Shared research grant, awarded by Boehringer Ingelheim. Role (Co-PI). Title: Studying the Levels of hs-CRP in subjects with Metabolic Syndrome at the University of Sharjah Population."
- **TANITA Healthy Weight Community Trust-in-Aid (2016). Role (PI). Amount: 34,000 AED.** Title: Modulatory Effects of Lactobacillus on Obesity and Inflammation.
- **Shaikh Hamdan Bin Rashid Award for Medical Sciences (2017). Amount:163,000 AED.** Shared with Prof Raed Abu Odeh. Title: The Effect of Probiotics on Obesity, Metabolic Endotoxemia and Inflammation.
- **University of Sharjah Office of Vice-Chancellor of Research and Graduate Studies (2019).** Undergraduate students' project funding. Role (PI). **Amount: 5,000 AED.** Role: supervisor. Title: The correlation between Vitamin D and Metabolic Syndrome Components.

Clinical Research Training Program:

- **Introduction to Clinical Research Training Program.** Dubai-Harvard Medical School, Harvard Medical School-Dubai, UAE, **Date: December 2015-May 2016:** Six months certified intensive training program in clinical research practice, methodology, biostatistics and epidemiology. Experts from Harvard medical school provided the program. The program was delivered through face-to-face workshops in Dubai, accompanied by webinars, online exams, assignments and presentations.
- Participated in several clinical research training programs, research ethics and methodology and clinical trials management.

Publications

- **Harfil, S.** Proceedings of the 5th. Asian Obesity Specialists & Endocrinologists Annual Meeting. Gut Microbiota Interactions and Human Obesity, 11-12 July 2016. Proceedings
- Bani-Issa W, Eldeirawi K, **Harfil S**, Fakhry R. Vitamin D Deficiency and Its Determinants in Adults: A Sample from Community-Based Settings in the United Arab Emirates. *Int J Endocrinol.* 2017;2017:3906306. doi: 10.1155/2017/3906306. Epub 2017 Mar 2. PMID: 28352281; PMCID: PMC5352966.
- **Harfil, S.**, AbuOdeh, R., Hassan, H., W. K. N. S. Sirajudeen, Hamid Jan Jan Mohamed (02-06/11/2020), Prevalence of Metabolic Syndrome Associated Factors in the Adult Population in UAE: Effect of Gender and Age. Abstracts of Obesity Week-Interactive-Obesity Society. *Obesity*, Vol 28, Supplement S2, November 2020.
- **Sondos Harfil**, Ra'ed AbuOdeh, Wael M Abdel-Rahman, Hayder Abbas Hasan, K.N.S. Sirajudeen, Hamid Jan Jan Mohamed...et.al. Circulating Lipopolysaccharide-Binding Protein (LBP) as a Marker of Inflammation and Metabolic Syndrome – Related to Insulin Resistance. In: Proceedings of the 10th Emirates Diabetes and Endocrine Congress, February 27–29, 2020, Dubai, UAE. *Dubai Diabetes Endocrinol J*:1–17. DOI: 10.1159/000514044
- **Sondos Harfil**, Ra'ed AbuOdeh, Wael M Abdel-Rahman, K. N. S. Sirajudeen, Hamid Jan Jan Mohamed. Metabolic Syndrome Associated Factors: A Cross-Sectional Study in Sharjah, UAE, Abstracts of Obesity Week-Interactive-Obesity Society. *Obesity*, Supplement S2, November 2022.
- Harfil, S., Abuodeh, R., Adel Rahman, W. M., Sirajudeen, K. N. S. & Mohamad, H. J. 2023. Age and Sex Association with Metabolic Syndrome among Adults in Sharjah, UAE. *Hamdan Medical Journal*, 16, 79-86.

Presentations

- **Harfil, S.** (01/06/2014). *Dietary supplements Benefits and Disadvantages.* مؤتمر الغذاء و الدواء في ضوء المستجدات من منظور الفقه الإسلامي
- **Harfil, S.** (13/10/2015). *Modulating effect of probiotics on the gut microbiota interactions with metabolic syndrome.* 1st Dubai Health Authority Int. Clinical & Community Nutrition Conference
- **Harfil, S.** (18/11/2016). *Regulation of Adiposity and Inflammation by Lactobacillus in Adults: Views on Randomized Controlled Clinical Trials..* 2nd. Dubai Nutrition Conference.

- **Harfil, S.** (12/07/2018). *Gut Microbiota Interactions and Human Obesity*. Asian Obesity Specialists & Endocrinologists Annual Meeting.-Kuala Lumpur-Malaysia
- **Harfil, S.** (28/11/2018). *Role of Probiotics to prevent obesity*. My Health 7th conference. Organized by Supreme Council for Family Affairs-Sharjah-UAE
- **Harfil, S.** (26/09/2019). *Gut Microbiota and Health: Principles and Practice*. Nutrition & Health Symposium (NHS) September 26, 2019- Dubai-UAE.
- **Harfil, S.,** AbuOdeh, R., Hassan, W., Sirajudeen, K. N. S., Jan, H. (2020, February 27-29). *Circulating lipopolysaccharide-binding Protein (LBP) as a Marker of Inflammation and Metabolic syndrome-related to Insulin Resistance*. 10th Emirates Diabetes & Endocrinology Congress, Dubai, UAE.
- **Harfil, S.,** AbuOdeh, R., Hassan, H., W. K. N. S. Sirajudeen, Hamid Jan Jan Mohamed (2020, November 02-06). *Prevalence of Metabolic Syndrome Associated Factors in the Adult Population in UAE: Effect of Gender and Age*. Obesity Week-Interactive-Obesity Society, MD, USA.(Virtual conference).
- **Harfil,S.** (2021, March 10), *Facts about Healthy Gut and Probiotics*. Health Education Program, Supreme Council for Family Affairs, Sharjah-UAE.
- **Harfil,S** (2022,March 17), Gut and Brain Communication. Health Education Program, Supreme Council for Family Affairs, Sharjah-UAE.
- **Sondos Harfil,** Ra'ed AbuOdeh, Wael M Abdel-Rahman, K. N. S. Sirajudeen ,Hamid Jan Jan Mohamed, Association of Age and Sex with Metabolic Syndrome among Adults in Sharjah, UAE, 1st Emirates Clinical Nutrition Conference, 28-29 May 2022, Dubai-UAE.
- **Sondos Harfil,** Gut microbiota and obesity: Interactions with host genetics, 2nd Emirates Clinical Nutrition Conference, 7-8 May 2023, Dubai-UAE.

Professional Development

Active in participation in many local and international conferences and events. Certificates are available upon request.

Research laboratory skills

- Conducting population research studies
- Conducting randomized clinical trials
- Good ethical and clinical research practice
- Research proposal and grant application writing
- Routine and advanced biochemistry laboratory
- DNA/RNA extraction

- Genotyping & Sanger Sequencing
- PCR and qPCR
- Trained on microarray, Affymetrix and SNPs profiling.
- Western Blot
- ELISA
- General and diagnostic microbiology lab techniques.

Important Professional Certifications

- **Heart Saver First Aid/CPR/ AED. Certified by the American Heart Association.** Clinical Training Center- University of Sharjah, Sharjah, UAE. **2015.**
- **Updates about pathology laboratory techniques:** ASCP Pathology Updates 2017 workshop, HMSS International, Dubai- UAE, Not Applicable
- **How to turn your question into research idea:** Full day intensive workshop presented by scholars from Harvard medical School Center in Dubai. 2018
- **How to Develop Research Protocol.** Full day, intensive workshop followed by hands-on training. Harvard Medical School-Dubai. Series of workshops.1, Harvard Medical School-Dubai, UAE, Dubai- UAE. 2018
- How to Develop Research Protocol., Harvard Medical School-Dubai, UAE, Dubai- UAE, **Title: How to turn your idea into a research project. CPD: 1.** Harvard Medical School Center for Global Health Delivery, Dubai-UAE.
- **ASCP committee and Ministry of Health-UAE. Credits: 8 CPD.** ASCP pathology update 2017, Dubai-UAE.
- **How to develop a research protocol. CPD: 6.25.** Harvard Medical School Center for Global Health Delivery, Dubai-UAE.
- **Applying research-based instructional approaches in courses you teach:** Institute of Leadership in Higher Education-UOS, Sharjah, UAE.
- **Ensemble workshop on genetic variation and gene regulation. Credit: UAE University for 5 CME accreditation: 171295.** Shaikh Hamdan bin Rashid Award or Medical Sciences, Dubai-UAE. 2018
- **Inverted flipped classroom techniques 10 training hours:** Institute of academic leadership in higher education-UOS, Sharjah, UAE.
- **UOS-Boehringer Ingelheim partnership workshop 2017:** University of Sharjah- Research Institute of Medical and Health Sciences, Sharjah, UAE.
- **Hands-on experience-on library literacy:** Library Information, University Sains Malaysia, Kelantan.
- **Hands-on workshop on EndNote:** EndNote workshop, University Sains Malaysia, Kelantan.
- **The Malay Language required course: 4 months course for PhD students. The exams were conducted on campus in Malaysia. :** University Sains Malaysia, Kelantan.

- **Laboratory Safety Certificate- Online course provided by Central Labs at the University of Sharjah:** Central Labs Online Safety course, UOS-Central Labs online safety course, Sharjah, UAE. (one year online 2020)
- **Hands-on training on CPR and first aid:** Reference no. UOS-SSI20190801-4, Basic Life Support, Sharjah, UAE. 2019.
- **Basic Certificate in Health Professions Education** (12 training sessions at the Medical Education Center- University of Sharjah). September- December 2020.
- **Python**, hands on training workshop. 22-27 May 2023. Center for Continuous Education and Professional Development-University of Sharjah.
- **Research visit and attachment program at University Medical Molecular Biology Institute (UMBI)** at University Kebangsaan Malaysia (UKM),01-28 July 2023, Kuala Lumpur, Malaysia.

Students Projects Supervision:

- 2015-2016: Predicting colon cancer risk in subjects with metabolic syndrome in Sharjah University Community
- 2017-2018: Correlation of TNF-alpha with The Metabolic syndrome Components.
- 2018-2019: Vitamin D and Metabolic syndrome: Prevalence and correlation
- 2021-2022: Safety Procedure in Clinical Laboratories of the Private Sector During COVID-19 Pandemic

[References:](#)

Available upon request