



**KAFGP**  
الرابطة الكويتية لطب العائلة  
KUWAIT ASSOCIATION FAMILY  
AND GENERAL PRACTITIONERS



Under the patronage of  
His Excellency Minister of Health  
Dr. Ahmad Abdulwahab Al-Awadhi



UP TO  
**28**  
CME



**3<sup>RD</sup> KIFMC**

**3<sup>RD</sup> KUWAIT INTERNATIONAL  
FAMILY MEDICINE CONFERENCE**



APRIL 24-27,  
2025



WALDORF ASTORIA  
KUWAIT





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## CHAIRMAN'S MESSAGE

The Kuwait International Family Medicine Conference (KIFMC) has firmly established itself as a premier event for advancing family medicine practices and fostering collaboration among healthcare professionals in the Gulf and beyond. The 3<sup>rd</sup> KIFMC, scheduled for April 24–27, 2025, at the Waldorf Astoria in Kuwait City, builds upon this legacy by offering a cutting-edge platform to explore the latest advancements in family medicine, promote sustainable healthcare practices, and elevate the quality of primary healthcare services.

The conference's overarching theme, "Excellence in Care" aims to enhance healthcare delivery in primary care and family medicine by addressing contemporary challenges, including the integration of technology, sustainable practices, and interdisciplinary collaboration.

This year, the conference's mission is to empower family physicians and general practitioners to become leaders of change in the healthcare system and to serve as the foundation of excellence in health for the communities they serve. To achieve this, the conference delivers sessions targeting daily clinical practice by offering up-to-date knowledge on the latest guidelines and best practices regarding chronic non-communicable diseases and obesity, as well as elevating clinical practice by incorporating artificial intelligence in decision-making and monitoring trends in practice. It also provides significant opportunities for professional growth by familiarizing general practitioners with the professional diploma program—an initiative endorsed by the World Health Organization to improve the proficiency of general practitioners in supporting the healthcare system. In addition, the conference offers workshops and training on home visits, wound care, motivational interviewing, and the management of diabetic foot, among many others, while also familiarizing physicians with other services that enhance care and quality of life, such as those provided by speech and language pathologists and physical medicine and rehabilitation specialists.

In terms of their administrative role, the conference offers lectures that empower physicians to become national and international leaders of organization-based initiatives by working in cooperation with multidisciplinary teams and decision-makers. These sessions discuss critical aspects such as risk management and psychological safety for both patients and medical staff. The conference also features pioneers in





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their respective fields who discuss the critical role of family medicine in enhancing patient safety and public health. Moreover, it highlights how access to primary healthcare and the unique relationship between patients and family physicians enable them to be vital players in implementing strategies that promote health, screen for diseases, and monitor new epidemiological trends and emerging diseases.

Lastly, the conference emphasizes raising awareness among family physicians regarding community-centered care. Physicians are introduced to concepts such as health diplomacy, health in all policies, and disaster medicine. The program also underscores their role in the Healthy City initiative and how they can help achieve the United Nations Sustainable Development Goals by embracing sustainable, clean practices, offering better healthcare, and raising awareness about healthy living and environmental issues that affect health and infectious diseases.

By creating a multiple-tier program that covers all aspects of family medicine's practice, the conference aims to provide excellence in care by empowering physicians at the clinical, administrative, and community levels, while fostering continuous growth and innovation through research activities, including poster competitions, quality improvement projects, and audit competitions.

Warm Regards,



**Dr. Mohammad Al-Azemi**

*Chairperson, Kuwait International  
Family Medicine Conference*





## MISSION

To promote the principle of “**Excellence in Care**” by developing a comprehensive healthcare system centered on the family physician. This system will serve both individuals and communities to achieve the ultimate goals of healthcare and well-being. The conference is structured around three pillars, as reflected in the attached scientific program: excellence among healthcare providers, excellence within healthcare systems, and excellence at the community level.

## VISION

We envision a sustainable and healthy future for Kuwait and the Gulf countries through the implementation of excellence in care. This will be achieved by empowering physicians to deliver sound therapeutic services to those in need, by supporting the health of individuals within their communities, and by encouraging them to take on leadership and pioneering roles to drive continuous prosperity, development, and education.

## OBJECTIVES

### 1. Regarding Excellence in Medical Care:

- **Highlight the Vital Role of Primary Care Physicians:** *Emphasize their critical position as the first line of defense in the development of healthcare systems and in supporting community health.*
- **Foster a Culture of Scientific Research:** *Recognize that research is the foundation for advancing clinical practice and achieving quality in healthcare services.*
- **Promote Evidence-Based Medical Practice:** *Showcase and share the latest medical advancements with contributions from local, regional, and international experts, encouraging a high level of medical and scientific competence.*
- **Update Healthcare Providers on Key Medical Developments:** *Provide the latest information on vital topics that affect both physicians and patients, such as the management of non-communicable chronic diseases, epidemic infectious diseases, and rehabilitative therapies.*
- **Address the Growing Challenge of Obesity:** *Given its emerging impact in Kuwait, focus on community-level prevention and early-stage treatment through effective guidance and distinguished care in obesity clinics within primary healthcare.*
- **Enhance Awareness of Medical Ethics and Professionalism:** *Reflect the evolving social dynamics that impact both patients and physicians.*

### 2. Regarding the Healthcare System:

- **Encourage Leadership in Primary Healthcare:** *Motivate providers to spearhead development and change by acquiring leadership and*





management skills, including risk management and the development of policies and protocols.

- **Promote Governance in Healthcare:** Urge primary care physicians and decision-makers to adopt robust governance principles within the healthcare system.
- **Raise Awareness of Medical Laws and Regulations:** Highlight the importance of legal frameworks that safeguard patient rights and support physicians in advocating for their patients.
- **Emphasize the Role of Medical Diplomacy:** Illustrate how fostering international and intersectoral collaborations can contribute to better community health.
- **Share Experiences on Digital Transformation:** Discuss challenges, solutions, and outcomes from the "Partnership for Better Care" initiative, particularly regarding the use of digital technology to achieve comprehensive care, efficient resource management, and improved patient safety.
- **Strengthen the Family Physician's Role in Public Health:** Encourage the monitoring of trends, data analysis, future forecasting, and strategic planning to address emerging health challenges.
- **Discuss the Vision for Public Health in the Gulf by 2030:** Explore the pivotal role of family physicians in achieving this visionary framework.
- **Provide an Inclusive Supportive Environment:** Ensure that physicians and the broader medical team are empowered to fully contribute to the healthcare system and to have their rights upheld at work.
- **Highlight the Importance of Governance:** Stress how effective governance is key to achieving the highest standards of healthcare service delivery.

### 3. Regarding the Community:

- **Reinforce Community-Centered Care:** Address the health challenges faced by communities and outline the role of the family physician in addressing these issues.
- **Utilize social media as a Tool for Health Education:** Discuss how platforms shape public perceptions of health, treatment, and disease, and demonstrate how family physicians can leverage these tools to educate patients and enhance health awareness.
- **Prepare Family Physicians for Crisis Response:** Equip them with the skills necessary to be effective members of rapid response teams during disasters, natural crises, wars, and other emergencies, in light of regional political and environmental changes.

## CONFERENCE POINTS

- Conference CME: **21 CME**
- Workshops of Day 2: **10 Workshops , each of them 3 CME**
- Utilizing Basic CBT Skills in Primary Care: **4 CME**





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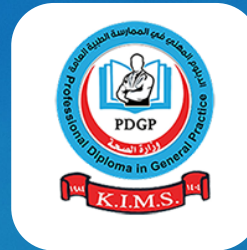
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## CONFERENCE CHAIRS AND ORGANIZERS



**Dr. Mohammad Al-Azemi**  
*Conference Chairperson*



**Dr. Meshari Faleh Oudah**  
*Chief Organizer*



**Dr. Hanan Alfadhala**  
*Head of Financial Committee*



**Dr. Fajer Ismail Dashti**  
*Head of Scientific Committee*



**Dr. Abrar AlKhazi**  
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Dr. Sherin Saber



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Dr. Adnan Alweqayyan



Dr. Rasha Al Senan



Dr. Maleka Serour



Dr. Yasmeen Yahya  
Ahmad



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Dr. Tahani Al Ansari





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## OUR SPEAKERS AND GUESTS



His Excellency Dr. Hamad  
Bin Abdullah Al-Manea



His Excellency Dr. Mohammed  
Bin Hamad AlThani



His Excellency Sheikh  
Dr. Salman Alsabah



His Excellency Prof. Dr.  
Ahmed Almandhari



Prof. Salman Rawaf



Prof. Tawfik Khoja



Prof. Nabil kurashi



Prof. Dr. Faisal Abdullatif  
Alnaser



Dr. Hisham Kelender



Dr. Ashraf Amir



Dr. Samya Al Abdulla



Dr. Shaimaa Alsfour



Dr. Asmaa AlShidhani



Dr. Malak Al Shammari



Dr. Sana Abdulkreem  
Al Sadrah





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Dr. Ali Alnasser



Dr. Saja Abdullah  
Alduraiei





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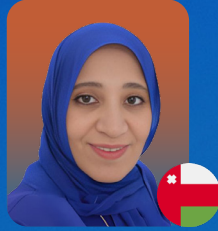
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El Kady



Dr. Hanan Al Mahrooqi



Dr. Mousa Abdulrasool



Dr. Amir Zourob



Dr. Ahmed Heghazi



Dr. Sara Alhammouri



Dr. Mohammad Albader



Lulwah Hajji



Natasha Hadeed



Natasha Hadeed





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Dr. Anwar BuHamra



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## DAY 1 – THURSDAY, APRIL 24, 2025

02:00 – 03:00PM	Registration	
03:00 – 03:20PM	Opening	
SESSION 1		
03:20 – 03:40PM	Management of chronic kidney disease <i>Moderator – Dr. Ohoud Alotaibi</i>	<i>Dr. Dalal Al-Hajeri</i>
03:40 – 04:10PM	Untapped Potential: understanding the gaps and opportunities in family planning ( <i>Panel discussion</i> ) <i>Moderator – Dr. Nahid Ebrahim</i>	Dr. Mohammad Alazmi Dr. Abeer Alyahya Dr Hanan Al Mahrooqi
04:10 – 04:40PM	Health Diplomacy – All for health, health for all <i>Moderator – Dr. Amani Alsaqbi</i>	<i>Dr. Hisham Kelender</i>
04:45 – 05:15PM	Medical Responsibility	<i>Sheikh Dr. Salman Alsabah</i>
05:15 – 05:35PM	Treatment Optimization in Asthma Management <i>Moderator – Dr. Ahmed Bahrouh</i>	<i>Dr. Abdullah Almutairi</i>
05:35 – 06:30PM	Opening ceremony	





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06:30 – 06:50PM

Prayer break

## SESSION 2

06:50 – 07:10PM

Shield with Shingrix: Shingles Protection  
*Moderator – Dr. Lulwa Alasousi*

*Dr. Hadeel Alothman*

07:10 – 08:10PM

Panel Discussion: Partnership for better care in era of digitalization  
*Moderator – Dr. Najat Alzadjali*

- His excellency Dr. Hamad Al.M ane'a
- His Excellency Sheikh Dr. Mohammed Bin Hamad AlThani
- Prof. Nabil kurashi
- Prof. Dr. Faisal Al.Nasser
- Dr. Samya Al Abdulla
- Dr. Mohammad Al.Azmi
- Dr. Ibtisam Bastaki

8:10–9:00 PM

Dinner





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## DAY 2 – FRIDAY, APRIL 25, 2025

8:30 –11:30 AM	9 Workshops	
SESSION 3		
11:30–1:00 PM	Prayer+Lunch break	
1:00–1:30PM	Governance in PHC <i>Moderator – Dr. Amal AlJehadli</i>	Dr. Asmaa AlShidhani
1:30–2:00 PM	Primary Healthcare Disaster Preparedness: Why and How? <i>Moderator – Dr. Jaber Buhamad</i>	Dr. Farah S. Alzaabi
2:00–2:30 PM	Empowering the Role of family physicians in the healthcare System and their leadership role in the Community <i>Moderator – Dr. Anwar BuHamra</i>	Dr. Samya Al Abdulla
2:30–3:00 PM	Future of public health in GCC–2030 vision <i>Moderator – Dr. Nada Alamiri</i>	His Excellency Sheikh Dr. Mohammed Bin Hamad AlThani
03:00 – 03:20PM	Coffee Break	
SESSION 4		
03:20 – 03:25PM	The role of primary health care in preventing HIV infection	Dr. Sana Abdulkreem Al Sadrah
03:20 – 04:00PM	Closing the gap between PHC and public health <i>Moderator – Dr. Shaimaa Alfares</i>	Prof. Salman AlRawaf
04:00 – 04:20PM	Rise above the typical results in T2D <i>Moderator – Dr. Noura Alawadhi</i>	Dr. Waleed Aldahi





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04:20 – 04:50PM	Future vision of integrating public health in family medicine <i>Moderator – Dr. Fatma Fareh</i>	<i>Prof. Heba Mahmoud El Kady</i>
04:50– 05:20PM	Obesity-a call to action <i>Moderator – Dr. Mashaal Alhouli</i>	<i>Dr. Ahmad Esmaeel</i>
05:20 – 05:50PM	Nutrition and optimizing obesity clinic <i>Moderator – Dr. Abeer AlBahouh</i>	<i>Dr. Shaimaa Alsfour</i>
05:50 – 06:20PM	Closing Remarks	

## WORKSHOPS – FRIDAY, APRIL 25, 2025

08:30AM – 11:30AM

1	Ethics in PHC <i>Dr. Manal BuHamed</i>
2	Emergency <i>Dr. Sara Alhamouri</i>
3	Diabetic foot <i>Dr. Mousa Abdulrasool</i>
4	Comprehensive home visit <i>Dr. Abdulaziz al.hajri</i>
5	Motivational interviewing <i>Dr. Hussain Alshatti</i>
6	Writing research proposal <i>Prof. Dr. Fahad Almulla, Dr. Ebraheem Albazee</i>
7	Use of CGM in Diabetes management <i>Dr. Dalal Alhajri</i>
8	Wound care <i>Dr. Salma khuraibet, Dr. Ali AlNasser, Dr. Mahmood Ahmad , Dr. Ahmed Hegazi</i>





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## Clinical skills for residents Suturing

9

Suturing Techniques

*Dr. Wafaa Alshammiri*

NGT (Insertion Procedures)

*Dr. Sumana Aljazzaf*

Foley (Insertion Procedures)

*Dr. Abdulwahab Bojarwa*

Inhaler Techniques

*Dr. Saja Abdullah Alduraiei*

Safe Injection Practices

*Dr. Dalal Alkandari*

Phlebotomy/IV Line Skills

*Dr. Ahmad Jamal Alsahli*





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## DAY 3 – SATURDAY, APRIL 26, 2025

### SESSION 5

9:00 – 9:30 AM	AI in decision making <i>Moderator – Dr. Omar Alshammiri</i>	<i>His Excellency Prof. Ahmed Al Mandhari</i>
9:30–10:00 AM	RSV in Adults : Asilent contributor to respiratory disease burden	<i>Prof. Nasser Behbehani</i>
10:00–10:30 AM	How to deal with struggling residents <i>Moderator – Dr. Maram Jarkhi</i>	<i>Dr. Muna Taher Aseel</i>
10:30–11:00 AM	Impact of social media on knowledge <i>Moderator – Dr. Ahmed Nabeel</i>	<i>Dr. Ashraf Amir</i>
11:00–11:10 AM	Break	
11:10–11:40 AM	physical medicine and rehabilitation for PHC <i>Moderator – Dr. Meshari Naqi</i>	<i>Dr. jamal Mohammad</i>
11:40–12:10 AM	Managing multimorbid patients <i>Moderator – Dr. Nawras Ajaj</i>	<i>Dr. Malak Al Shammiri</i>
12:10–12:30 PM	Asthma Management <i>Moderator – Dr. Taiba Alhassan</i>	<i>Dr. Mohamed Albader</i>
12:30–1:30 PM	Prayer + lunch Break	
1:30 – 02:00PM	Psychological Safety <i>Moderator – Dr. Barjas Almutairi</i>	<i>Dr. Samia Almusallem</i>
2:00 – 02:20PM	Semaglutide transforming management of cardio-metabolic diseases <i>Moderator – Dr. Sara Alabdulhadi</i>	<i>Dr. Dalia AlSanea</i>





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2:20 – 02:40PM	Urgency in action: enhancing care for dyslipidemia in post MI patients <i>Moderator – Dr. Daila Almurjan</i>	<i>Dr. Ahmad Esmaeel</i>
2:40 – 03:00PM	Recommendations	<i>Recommendation Committee</i>
3:00 – 03:20PM	Coffee Station	
3:20 – 03:50PM	Empowering family medicine for best medical practice in GCC	<i>Prof. Nabil Al-Kurashi</i>
03:50 – 04:20PM	GP Diploma <i>Moderator – Dr. Anfal Abdulmalik</i>	Dr. Hanan Al-Fadhala
4:20 – 04:50PM	<i>Rethinking Regulatory Approaches for Disabled Medical Staff</i> <i>Moderator – Dr. Mai Alothman</i>	<i>Dr. Huda AlDuwaisan</i>
04:50 – 05:50PM	Poster competition + closing ceremony	





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## WORKSHOPS – SUNDAY, APRIL 27, 2025

4:00 – 08:00PM

### CBT WORKSHOP: UTILIZING BASIC CBT SKILLS IN PRIMARY CARE

Dr. Amir Zourob, Natasha Hadeed, Lulwah Hajji, Yara Alsager

45 Minutes	<b>Part 1: Introduction &amp; Relevance of CBT in Primary Care</b> <ul style="list-style-type: none"><li>• Brief intro of facilitators</li><li>• Why CBT is useful in family medicine</li><li>• Icebreaker: What mental health issues do you commonly see?</li></ul>
75 Minutes	<b>Part 2: Core CBT Techniques</b> <ul style="list-style-type: none"><li>• Cognitive Restructuring: Identifying and changing negative thoughts</li><li>• Behavioral Activation: Helping patients with low mood take small actions</li><li>• Mindfulness Easy breathing and grounding techniques</li><li>• Includes short role plays and practical exercises</li></ul>
45 Minutes	<b>Part 3: Case Practice in Small Groups</b> <ul style="list-style-type: none"><li>• Doctors work in small groups with case examples</li><li>• Choose a CBT technique and apply it to the case</li><li>• Share and discuss with the whole group</li></ul>
45 Minutes	<b>Part 4: When to Refer &amp; How to Collaborate</b> <ul style="list-style-type: none"><li>• Signs for referral to psychology/psychiatry</li><li>• How to use CBT skills while waiting for referral</li><li>• Tips for working together with mental health providers</li><li>• Final Q &amp; A and feedback</li></ul>





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