

## Munerah Nasser Almulhem, MPH, PhD

Department of public health, College of applied medical sciences, King Feisal University  
Al-Ahsa, Saudi Arabia  
(0558922061)  
e-mail ([mnalmulhem@kfu.edu.sa](mailto:mnalmulhem@kfu.edu.sa))

### EDUCATION

---

2022 Ph.D Applied Health Research, University of Birmingham, Birmingham, UK  
2016 Master of Public Health, MPH, University of Birmingham, Birmingham, UK  
2011 Bachelor of Physical Therapy, University of Dammam, Dammam, Saudi Arabia

### EMPLOYMENT HISTORY/WORK EXPERIENCE/POSITIONS HELD

---

2020 to present Vice Dean of the College of Applied Medical Sciences for Female Sections  
2023 to 2024 Chairman of the Cooperative Training and Community Engagement  
Committee of the college  
2022 to present Assistant professor, Department of Public Health, College of Applied Medical  
Sciences, King Faisal University, Al-Ahsa, KSA  
2019 to 2022 Lecturer, Department of Public Health, College of Applied Medical Sciences,  
King Faisal University, Al-Ahsa, KSA  
2013-2019 Teaching Assistant, College of Applied Medical Sciences, King Faisal  
University, Al-Ahsa, KSA

### PUBLICATIONS

---

- Almulhem M, Susarla R, Alabdulaali L, et al. The effect of Ramadan fasting on cardiovascular events and risk factors in patients with type 2 diabetes: A systematic review. *Diabetes Research and Clinical Practice* 2019: 107918.
- Almulhem M, Chandan JS, Gokhale K, et al. Cardio-metabolic outcomes in South Asians compared to White Europeans in the United Kingdom: a matched controlled population-based cohort study. *BMC Cardiovascular Disorders* 2021; **21**(1): 320.
- Almulhem M, Thayakaran R, Hanif S, Gooden T, Thomas N, Hazlehurst J, Tahrani AA, Hanif W, Nirantharakumar K. Ramadan is not associated with increased infection risk in Pakistani and Bangladeshi populations: Findings from controlled interrupted time series analysis of UK primary care data. *PLoS One*. 2022 Jan 13;17(1):e0262530. doi: 10.1371/journal.pone.0262530. PMID: 35025960; PMCID: PMC8757987.
- AKIBOYE, Funke, et al. Impact of diabetes specialist nurses on inpatient care: A systematic review. *Diabetic Medicine*, 2021, 38.9: e14573.

### PRESENTATIONS

---

- Digital Burnout (speaker), KFU, college of applied medical science, September 20, 2022
- Volunteer work (speaker), KFU, college of Engineering, February 14, 2023
- Results and discussion section in a research paper (speaker), February 13, 2023

- Disaster Management: Los Angeles wildfire from public health prospective),KFU ,college of applied medical science,January 28, 2025.

### **Workshops**

---

- Effective University Education Strategies, October 8,2022
- New Starting Points for Leading Academic Departments, June 7,2022
- Digital Transformation, Innovation Management and Inspirational Leadership, February 18-19,2023
- Personal performance indicators and their positive impact on academic leaderships, December 22-23, 2024.