

## Curriculum Vitae of Rasha Babiker



### Personal Details

Dr. Rasha Babiker, MBBS, MSc, PhD

Title: Assistant Professor in Human Physiology

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**RAK College of Medical Sciences -RAKMHSU-UAE**

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Research Gate [www.researchgate.net/profile/Rasha\\_Babiker](http://www.researchgate.net/profile/Rasha_Babiker)

LinkedIn [www.linkedin.com/in/rasha-babiker](http://www.linkedin.com/in/rasha-babiker)

Researcher ID <http://publons.com/researcher/AAP-3054-2020/>

- **More than eight years' experience** in teaching physiology.
- **Coordinating and contributing** to the development, facilitation, delivery and evaluation of the undergraduate teaching programs in Human Physiology for faculties of medicine, dentistry, pharmacy, nursing, radiology, anesthesia, laboratory and biomedical engineering.
- **PhD with OWSD-TWAS award and UMST scholarship.**
- **Deputy Dean, Faculty of Medicine** from October 2016 up to April 2018.
- **Director of Academic affairs** at UMST University from April 2018 up to April 2019.
- **Assistant professor and academic affairs counselor** at NUSU from June 2019 up to date.
- **Ministry of Health (MOHAP)-General practitioner license -UAE**
- **BLS instructor -UAE**

### Employment History

Date	Position
Nov. 2021-up to date	RAK College of Medical Sciences -UAE
June 2019 up-to-date	Assistant Professor of Physiology-NUSU
April 2019 to Nov. 2019	Head of Physiology Department, Medicine-UMST
April 2018 – April 2019	Director of Academic Affairs -UMST
May 2018 to date	Assistant Professor of Physiology
Oct 2016 – April 2018	Deputy Dean, Faculty of Medicine-UMST
March 2011 – June 2019	Physiology Lecturer and Coordinator-UMST
March 2006 – March 2010	Teaching Assistant in Physiology department-UMST
Nov 2002 – Aug. 2005	Medical House-Officer-Ministry of Health, Sudan

### Education and training

- **2021 Basic Molecular Biology** (DNA, RNA extraction, PCR, Gel electrophoresis, Bioinformatics)
- **2018 PhD** in Human Physiology. University of Medical Sciences & Technology Khartoum-Sudan
- **2018** Certificate of training of ADInstrument- **PowerLab** in Physiology- Rwanda
- **2015 ELISA, Western plot** course (PhD training programme)- RCSI and Jawhara Center- Bahrain
- **2014** Awarded **OWSD (TWAS)** sandwich fellowship programme for PhD- Italy
- **2012** Certificate in Clinical Skills in Neurology course - Sudanese neuroscience society-Sudan
- **2011 Master degree** in Human Physiology – Faculty of Medicine – University of Khartoum-Sudan
- **2009** Certificate in integrated **Neurological** course – Sudan
- **2008** Certificate in Promoting **Education** Excellence course – Sudan
- **2007** Certificate in Academic staff and **professional** development course - Sudan
- **2002 MBBS** Bachelor of Medicine & Surgery. UMST University Khartoum – Sudan
- **1996** Secondary School Certificate - **Khawla Secondary School**. Manama – Bahrain

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**Relevant Work Experience**


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<b>Assistant Professor/ Physiology</b> 2021-present	<b>Ras Al-Khaimah of Medical and Health Sciences University – UAE</b> Continuing to cover my teaching load and being a research supervisor for undergraduate students in the Physiology department. Teaching human physiology to medical and dental students. Also contributing to the students' academic supervision
<b>Clinical Skills Coordinator</b> 2022-present	<b>Ras Al-Khaimah of Medical and Health Sciences University – UAE</b> Coordinating , deliver and providing course specific advice to students and obtain student feedback. Develop a meaningful and connected topic sequence and schedule in consultation with other doctors involved in the course and the corresponding modules. Provide students with course syllabus that includes broad course learning outcome and objectives, course schedule, grading policy, expectations of academic integrity, policy for missed OSCE exams, etc. Organize OSCE exams and hold meetings of the course instructors to discuss issues affecting student learning, testing and other issues, evaluate student achievement, Monitor student progress. Preparing annual course portfolio as required by department.
<b>Assistant professor and academic affairs coordinator</b> 2019-present	<b>National University -Sudan</b> Contribute to teaching physiology for undergraduate medical, and pharmacy students, postgraduate students (MSc) in the anatomy and radiology department. Participate in the initial development of the physiology master syllabus under the postgraduate college guiding. Contribute to the establishment of the PowerLab development. Being academic affairs coordinator with the academic affair dean by coordinating and organizing meetings, academic planning, supervising employees, candidate's qualifications for promotion to associate professor or full professor, maintain the academic regulations, include the university in national and international ranking and the follow-up of it, follow up of the admission and examination offices.
<b>Director of Academic Affairs -UMST</b> 2018 – 2019	<b>University of Medical Sciences &amp; Technology Khartoum – Sudan</b> Planning the programs of the department in teaching, research, and other functions, keeps the curriculum of the department under review, and to maintain a climate that is hospitable to creativity and innovation. Planning of the Curriculum and teaching schedule with long range academic planning. Recruitment, selection, and evaluation of both the faculty and the staff personnel of the department. Assigning teaching to the faculty (both Academic Senate and non-Senate members), recruiting new faculty, conducting the interviews and choosing Candidates for the Position, Making the offer, Faculty as Supervisors of employees, candidate's qualifications for promotion to associate professor or full professor. Avoiding conflict of interest in selecting extramural referees, maintaining good faculty relations, departmental meetings, rewarding excellence in teaching, research, or service. interactions with departmental students, attaining a diverse student population and training teaching assistants (TAs)... etc
<b>Deputy Dean, Faculty of Medicine</b> 2016 – 2018	<b>University of Medical Sciences &amp; Technology Khartoum - Sudan</b> Having this responsibility and working with the university executive team by providing clear vision and leadership to guide the university activities and leadership in both student education and research. Developing research and academic strategy for the university and ensuring successful implementation of strategy. Ensure the delivery of an excellent student experience and participate in curriculum development. Ensure that clear objectives are set for all members of staff and students. Developing communication skills with the ability to build and maintain effective and productive working relationships. A member of the University Senate committee.
<b>Assistant Professor/ Physiology</b> 2017-2018	<b>University of Medical Sciences &amp; Technology Khartoum – Sudan</b> Continuing to cover my teaching load and being a research supervisor for more than ten students in the Physiology department. A member of the Faculty Teaching and Learning Committee.

<b>Physiology Course Coordinator</b> 2007 – 2018	<b>University of Medical Sciences &amp; Technology Khartoum - Sudan</b> Providing course specific advice to students and organize periodic meetings with the class representatives for the course to obtain student feedback. Overseeing administration of student progress. Develop a meaningful and connected topic sequence and schedule in consultation with other doctors involved in the course. Provide students with course syllabus that includes broad course objectives, course schedule, grading policy, expectations of academic integrity, policy for missed exams, etc. Organize and hold meetings of the course instructors to discuss issues affecting student learning, testing and other issues, Evaluate student achievement, Monitor student progress. Preparing annual course reports as required by faculties Grade assignments, quizzes, and tests, e.g. multiple choice tests.
<b>Human Physiology Lecturer</b> 2011 – 2017	<b>University of Medical Sciences &amp; Technology Khartoum - Sudan</b> Covering and Teaching college-level students about human Physiology ,body parts, cell structure, tissues and organs in term of: Introduction to Human Physiology, Body fluids, Body Temperature, Hematology, Autonomic nervous system, Musculoskeletal system, Metabolism, Nutrition and Vitamins, Homeostasis, Cardiovascular system, Respiratory system, Gastrointestinal system, Urinary system, Endocrine system, Reproductive system and Central nervous system. Guiding lab assignments that can include animal dissection in term of : blood tests, lung function test, cardiovascular systems test, ECG, BP, isolated frog heart, ANS tests, and other tests) also including systemic clinical examination and endocrine/neurology problem base medicine. Choose instructional materials and evaluate each student required skills.
<b>Teaching Assistant in Physiology</b> 2006 - 2010	<b>University of Medical Sciences &amp; Technology (Academy of Medical Sciences &amp; Technology) Khartoum – Sudan</b> Involved in teaching program of physiology practical sessions. Organize and evaluate in quizzes, tests and oral exams.

### Medical Officer and House-officer

10/11/2002 - 1/8/2005

Assessment and management of patients' conditions under the supervision of the consultant in charge in the out patients. Attending the patient care unit, emergency admission and pre clerking patients. Daily ward rounds led by Specialist registrars and also consultant ward rounds. Attending and preparing the theater operations with post-operative management. Attending and conducting deliveries, assist in operations and clinical procedures. Teaching Ward Rounds as well as weekly academic meetings. Includes formal lecture teaching, discussion sessions, morbidity and mortality meeting

- **Medical-Officer in Ear, Nose and Throat (ENT) /Military Hospital- Omdurman – Sudan**  
15/3/2004 – 1/8/2005
- **House-Officer in Orthopedics /Police Hospital-Khartoum – Sudan**  
13/1/2004 – 15/3/2004
- **House-Officer in General Surgery /Ibrahim Malik Hospital-Khartoum – Sudan**  
13/10/2003 – 13/1/2004
- **House-Officer in OBGYN /Academy Charity Teaching Hospital- Khartoum – Sudan**  
13/5/2003 – 12/10/2003
- **House-Officer in Pediatrics /Academy Charity Teaching Hospital- Khartoum – Sudan**  
10/2/2003 – 10/5/2003
- **House-officer in Medicine /Academy Charity Teaching Hospital- Khartoum – Sudan**  
10/11/2002 – 10/2/2003

### Awards

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| <b>1999</b> | <b>Prize of Scientific English from University of Medical Science and Technology</b><br>I was awarded the prize for having the highest mark in Scientific English during the phase (1) examination of Batch (2) for academic year 1998/1999. |
| <b>2014</b> | <b>Awarded OWSD (TWAS) sandwich fellowship programme for PhD (2014-2016)</b>   |

### Student Teaching and Evaluation

- Working as lecturer at physiology department/Faculty of Medicine contribute in teaching of Medicine, Dentistry, Pharmacy, Nursing, Radiology, Anesthesia, Medical Laboratory and Biomedical Engineering
- Preparing and conducting physiology practical sessions in physiology lab, including (blood tests, lung function test, cardiovascular systems test, ECG, BP, isolated frog heart, ANS tests, environmental physiology and other tests.

- Systemic clinical examination and endocrine/neurology problem base medicine.
- Preparation of practical sessions and theory exams within the curriculum of each faculty.
- Providing course specific to students and organize periodic meetings to obtain student feedback. Develop a meaningful and connected topic sequence and schedule in consultation with other doctors involved in the course.
- Provide students with course syllabus that includes broad course objectives, course schedule, grading policy, expectations of academic integrity, etc.
- Organize and hold meetings of the course instructors to discuss issues affecting student learning, testing and other issues
- Evaluate student achievement, and monitor student progress
- Preparing annual course reports as required by Academic faculties
- Grade assignments, quizzes, portfolio and tests, e.g. multiple choice tests.

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## Publications,

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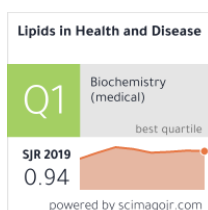
1. **Babiker R**, Merghani TH, Elmusharaf K, Badi RM, Lang F, Saeed AM. Effects of Gum Arabic ingestion on body mass index and body fat percentage in healthy adult females: two-arm randomized, placebo controlled, double-blind trial. Nutrition journal. 2012 Dec 15;11(1):111. DOI:10.1186/1475-2891-11-111 <http://www.nutritionj.com/content/11/1/111>



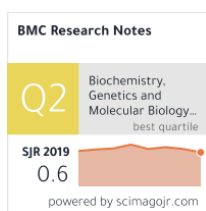
2. **Babiker R.**, Elmusharaf K., Keogh M.B., Banaga A.S.I., Saeed A.M. Metabolic effects of Gum Arabic (Acacia Senegal) in patients with Type 2 Diabetes Mellitus (T2DM): Randomized, placebo controlled double blind trial. Functional Foods in Health and Disease2017; 7(3): 219-231. <https://ffhdj.com/index.php/ffhd/article/view/325>



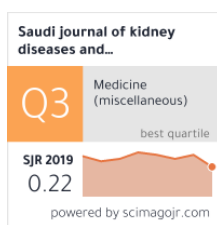
3. **Babiker R**, Elmusharaf K, Keogh MB, Saeed AM. Effect of Gum Arabic (Acacia Senegal) supplementation on visceral adiposity index (VAI) and blood pressure in patients with type 2 diabetes mellitus as indicators of cardiovascular disease (CVD): a randomized and placebo-controlled clinical trial. Lipids in health and disease. 2018 Dec; 17(1):56. DOI: 10.1186/s12944-018-0711-y. <http://www.ncbi.nlm.nih.gov/m/pubmed/29558953/>



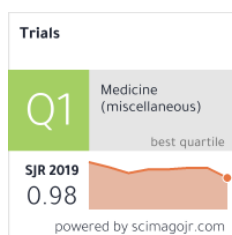
4. Amin S I Banaga, Elaf B. Mohammed, Rania M. Siddig, Diana E. Salama, Sara B. Elbashir, Mohamed O. Khojali, **Rasha A. Babiker**, Khalifa Elmusharaf, Mamoun M Homeida: Causes of end stage renal failure among haemodialysis patients in Khartoum State/Sudan. BMC Research Notes 09/2015; 8(1)., DOI:10.1186/s13104-015-1509-x <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4589074/>



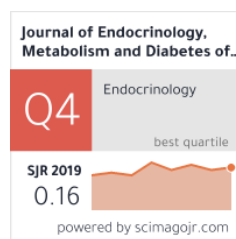
5. Amin S. Banaga, Elaf B. Mohammed, Rania M. Siddig, Diana E. Salama, Sara B. Elbashir, Mohamed O. Khojali, **Rasha A. Babiker**, Khalifa Elmusharaf, Mamoun M. Homeida: Why Did Sudanese End Stage Renal Failure Patients Refuse Renal Transplantation?. Open Journal of Nephrology 06/2015; 5(5)., DOI:10.4236/ojneph.2015.52005 34  
<http://www.scirp.org/journal/PaperInformation.aspx?paperID=56913>
6. Banaga AS, Siddiq NK, Alsayed RT, **Babiker R**, Elmusharaf K. Prevalence and presentation of tuberculosis among hemodialysis patients in Khartoum, Sudan. Saudi Journal of Kidney Diseases and Transplantation. 2016 Sep 1;27(5):992.  
<http://www.sjkdt.org/article.asp?issn=1319-2442;year=2016;volume=27;issue=5;spage=992;epage=996;aulast=Banaga>



7. Kaddam, L., **Babiker, R.**, Ali, S. et al. Potential Role of Acacia Senegal (Gum Arabic) as Immunomodulatory Agent among newly diagnosed COVID 19 Patients: A structured summary of a protocol for a randomised, controlled, clinical trial. Trials 21, 766 (2020).  
<https://doi.org/10.1186/s13063-020-04707-2>



8. Hamid WS, Ahmed HS, Osman MA, **Babiker R**. Nerve conduction and its correlations with duration of diabetes mellitus and glycosylated haemoglobin in type 2 diabetes mellitus (T2DM). Journal of Endocrinology, Metabolism and Diabetes of South Africa. 2021 Feb 4:1-6.  
<https://www.tandfonline.com/doi/full/10.1080/16089677.2021.1877444>



9. Tan BL, **Babiker R**, Neagu M, Constantin C, El-Kenawy AE. Protective and therapeutic potential of spices and herbs in Cancer. *BioScience Journal*. 2022; 19, 3  
[https://www.isisn.org/BR-19-3-2022/1441-1458-19\(3\)2022BR22-168.pdf](https://www.isisn.org/BR-19-3-2022/1441-1458-19(3)2022BR22-168.pdf)
10. **Babiker R**, Kaddam L, Mariod A. The role of gum Arabic as an anti-inflammatory, antioxidant, and immune modulator in the development of COVID-19: A review. *Functional Food Science*. 2022 Oct 31;2(10):242-57.  
<https://www.ffhdj.com/index.php/FunctionalFoodScience/article/view/1019>

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## Conferences,

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1. Speaker; at BIT's 1<sup>st</sup> Annual Congress of Nutrition & Health 2013 (WCNH-2013), in Dalian International Convention Center, China on October 12-14, 2013
2. Speaker; 'Hypotensive effect of Gum Arabic among Type 2 Diabetes Mellitus'. Sudanese Society of Hypertension, the 2<sup>nd</sup> International Conference, 28-29 November 2015, Corinthia Hotel-Khartoum.
3. Poster presentation – 6<sup>th</sup> Annual Post-graduate Conference -The Medical & Health Science Studies February 18-22, 2015.
4. Poster presentation 'Metabolic effect of Gum Arabic (*Acacia Senegal*) in patients with Type 2 Diabetes Mellitus (T2DM): Randomized, placebo controlled double blind trial'. – IUPS – physiology society and American physiology society Conference - Physiology 2016 (Dublin, Ireland) (2016) Proc Physiol Soc 37, PCB199
5. Speaker; 'Health Benefits of Gum Arabic (*Acacia Senegal*) as Dietary Fibers'. - Nutritional Science & Food Chemistry Conference- May 15-17, 2017 Kuala Lumpur, Malaysia.
6. Attended the 4<sup>th</sup> AAPS Physiology Education Conference: "Physiology Education in Africa and other Resource-Challenged Region: Reflections on Current Practice and Charting the Way Forward" 2-4 December 2018- University of Rwanda, Kigali, Rwanda
7. Poster presentation in Europhysiology 2022 -Copenhagen, Denmark, 16-18 September 2022

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### **Activities and workshops,**

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1. Attended the 4<sup>th</sup> AAPS Physiology Education Workshop: “Physiology Education in Africa and other Resource-Challenged Region: Reflections on Current Practice and Charting the Way Forward” 2-4 December 2018- University of Rwanda, Kigali, Rwanda
2. Attending Bioethics Workshop ‘Bioethics an interdisciplinary approach’ an overview. 11-March 2014. Al-Sharijah Hall, University of Khartoum
3. Attending and coordinating a workshop on Critical Appraisal of Scientific Papers and the Art of Scientific Writing. 1-8 April 2017. SEDI-UMST, Sudan.
4. Complications and Impact of Contraceptive Pills among Sudanese patients. It was the graduation thesis project. Highlighting the most common complications of contraceptive pills among Sudanese women.
5. A member of the Sudanese Physiological Society, Sudan.
6. A member of the Physiological Society
7. Member at E-Learning committee at National University-Sudan
8. Member and vice president of Ethical council at National University-Sudan
9. Participate in online course ‘systematic reviews and meta-analysis’ weeklong 40 hours of course work, lectures, analysis of case studies, and group projects. 25<sup>th</sup>-29<sup>th</sup> July, African science frontiers initiatives (ASFI).

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### **Publication supervision**

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I supervised more than 20 undergraduate theses and master theses in Faculty of Medicine and Graduate College at University of Medical Sciences & Technology (UMST), International University of Africa (IUA) and Al Gazira University.