

# Curriculum Vitae



**Dr Turkey Hamad Almigbal** MBBS, SBFM, ABFM, CFDM, CFCDM

Assistant Professor and Consultant

Family Medicine, Diabetes and Chronic Disease Management at King Saud University, Riyadh, Saudi Arabia.

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## **Personal Information**

- Nationality : Saudi
- Date of Birth : 16 Aug 1982
- Place of Birth : Riyadh
- Marital status : Married with four children
- Languages : Arabic and English

## **Education**

- 1 July 2014 - 30 June 2016  
**Clinical Fellowship in Diabetes and Chronic Disease Management (CFPDM-CDM)**  
Monash University, Melbourne, Australia.
- 1 October 2009 - 30 September 2013  
**Saudi Board of Family Medicine (SBFM)**

- Saudi Commission for Health Specialties, Riyadh, Saudi Arabia.
  - 1 October 2009 - 30 September 2013  
**Arab Board of Family Medicine (ABFM)**  
The Arab Board of Health Specialization, Damascus, Syrian Arab Republic.
  - 1 July 2006 - 31 August 2007  
**Internship**  
College of Medicine, King Saud University, Riyadh, Saudi Arabia.  
**Evaluation - Excellent**
  - 1 April 2000 - 31 March 2006  
**Bachelor of Medicine and Bachelor of Surgery (MBBS)**  
College of Medicine, King Saud University, Riyadh, Saudi Arabia.  
**Excellent GPA (4.52 out of 5) and Honors Degree.**

### **Academic Awards and Honors**

- 2013  
**Chief resident** - Saudi Board of Family Medicine. Saudi Commission for Health Specialties, Riyadh, Saudi Arabia.
- 2013  
**Best resident** - Saudi Board of Family Medicine, King Saud University, Riyadh, Saudi Arabia.
- 2006  
**Honors degree** - College of Medicine, Riyadh, Saudi Arabia.

### **Appointments**

- 1 July 2016 - Present  
**Assistant Professor**, Family and Community Medicine Department, College of Medicine, King Saud University, Riyadh Saudi Arabia.
- 1 July 2014 - 30 June 2016  
**Fellow** in Diabetes and Chronic Disease Management at Monash University, Melbourne, Australia.
- 1 May 2008 - 30 June 2014  
**Teaching Assistant**, Family and Community Medicine Department, College of Medicine, King Saud University, Riyadh Saudi Arabia.

## **Leadership and Management Experience**

- 1 September 2018- present  
**Vice Dean for Academic Affairs**, College of Medicine, Alfarabi Colleges, Riyadh Saudi Arabia
- 1 March 2018- present  
**Member**, Diabetes Medicine Fellowship Training Committee, King Saud University Medical City, Riyadh Saudi Arabia
- 1 January 2018- 1 September 2018  
**Deputy Head**, Academic Committee for Undergraduate Study, Family and Community Medicine Department, King Saud University, Riyadh Saudi Arabia
- 1 October 2017- 1 September 2018  
**Member**, Family Medicine Residency Training Committee, King Saud University Medical City, Riyadh Saudi Arabia
- 1 September 2017- 1 September 2018  
**Organizer**, Family Medicine Course, Family and Community Medicine Department, King Saud University Medical City, Riyadh Saudi Arabia
- 1 January 2017- Present  
**Head**, Operational Team for University Family Medicine Center, King Saud University Medical City, Riyadh Saudi Arabia

## **Professional Experience**

- Under-graduate teaching in medical colleges at both King Saud and Monash Universities.
- Providing comprehensive and patient-centered care as part of my training as a family physician.
- Managing all diabetes cases which include Type 1 Diabetes, Type 2 Diabetes, Gestational Diabetes, Diabetes in Pregnancy, and Monogenic Diabetes.
- Prevent and treat all diabetes related complications including microvascular and macrovascular complications.
- Well-trained in diabetes related technologies such as continuous glucose monitoring (CGM) and insulin pump.
- Managing primary and secondary hypertension. Expert in dealing with resistant cases of hypertension.
- Managing all spectrum of lipid disorders such as familial hypercholesterolemia.

## **Conferences and Workshops**

- **Symposium on Acute Coronary Syndrome**,  
College of Medicine, Riyadh, KSA 15-16 March 2006.
- **International Symposium on Emergency Medicine, Critical Care and Neurological Emergencies** (Course and Workshop), King Faisal Specialist Hospital and Research Centre, Riyadh, KSA 21-23 November 2006.
- **The 6th Intensive Course: Towards Evidence Based Surgery**,  
College of Medicine, KCUH, Riyadh, KSA 18th January 2007.
- **Internal Medicine Update 2007**,  
College of Medicine, KCUH, Riyadh, KSA 6-8 March 2007.
- **The First Women's Health Conference: What Makes the Difference?**  
29-31 March 2010, Riyadh, Saudi Arabia.
- **The first WONCA EMR Family Medicine Congress**,  
17-19 December 2011, Dubai, United Arab Emirates.
- **EBM Foundation Course**, Riyadh, Saudi Arabia, 10-12 December 2012.
- **Medical Communication Skills**, The Lecture Hall of Alhammadi Hospital,  
Riyadh, Saudi Arabia, 3 March 2013.
- **The 1st SCHS International Conference 2013** (Postgraduate Education),  
Riyadh, Saudi Arabia, 9-11 March, 2013.
- **Leadership Skills for Family Medicine and General Practice Workshop**  
(during the 1st SCHS International Conference 2013, Riyadh, 9-13 March, 2013).
- **Role of Portfolio in Competency Based Curricula Workshop** (during the 1st  
SCHS International Conference 2013), Riyadh, 9-13 March, 2013.
- **Vitamin D Workshop**, Holiday Inn, Riyadh, Saudi Arabia,  
10 April, 2013.
- **Advanced Trauma Life Support (ATLS) Course**, approved by American  
College of Surgeons' Committee on Trauma, King Fahad Medical City, Riyadh,  
KSA 23-25 April 2013.
- **Australian Diabetes Society and the Australian Diabetes Educators'  
Association** Annual Scientific Meeting, 25-29 August 2014, Melbourne,  
Australia.
- **Biostatistics for Public Health and Clinical Researchers**, 20-24 October 2014,  
Melbourne, Australia.
- **Introduction to Data Analysis: SPSS without Tears**, 30 October 2014,  
Melbourne, Australia.
- **The 36th John Murtagh Annual Update Course for General Practitioners**,  
5-7 November 2014, Melbourne, Australia.
- **Animas Vibe Insulin Pump Training Session**, 29 January 2015, Melbourne,  
Australia.
- **Healthcare Professional Education Day on the Animas Vibe Insulin Pump**,  
Dexcom & Diasend system, 14 March 2015, Melbourne, Australia.

- **MiniMed 640G Insulin Pump System Training**, 23 March 2015, Melbourne, Australia.
- **Oz DAFNE (Dose Adjustment for Normal Eating) course**, 13-17 April 2015, Melbourne, Australia.
- **Master Insulin Pump Therapy and Challenging Cases in Diabetes Management**, 4-15 May 2015, Sydney, Australia.
- **Annual Health Professional Symposium Diabetes: Scratching Beneath the Surface**, 22 May 2015, Melbourne, Australia.
- **Basic Life Support (BLS) Course**, August 2015, Riyadh, Saudi Arabia.
- **Data Management and Analysis Using SPSS Syntax**, 29 October 2015, Melbourne, Australia.
- **The 37th John Murtagh Annual Update Course for General Practitioners**, 4-6 November 2015, Melbourne, Australia.
- **Qualitative Research Methods for Public Health**, 7, 8 and 19 December 2015, Melbourne, Australia.
- **Oz DAFNE (Dose Adjustment for Normal Eating) Health Professional Workshop**, 18 March 2016, Melbourne, Australia.
- **Flexible Insulin Therapy (FlexIT) Health Professional Program (Accredited Provider)**, 27-29 April 2016, Baker IDI Heart and Diabetes Institute, Melbourne, Australia.
- **Family Medicine Training of Training Course (TOT)**, 20-22 November, College of Medicine, King Saud University, Riyadh, Saudi Arabia.
- **Assessing Clinical Competence and Setting a Pass Score**, 25 February 2017, E Saudi Commission for Health Specialties, Riyadh, Saudi Arabia.
- **New Faculty Orientation and Preparation Programme**, November 2017, College of Medicine, King Saud University, Riyadh, Saudi Arabia.
- **Masterclass for Mid-Management Healthcare Leaders**, 6-9 May 2018, Deanship of Postgraduate Education at King Saud bin Abdulaziz University for Health Science and University of Cambridge, Riyadh, Saudi Arabia.

### **Professional Memberships**

- International American Academy of Family Physicians Membership, AAFP Member ID: 9097411.
- Member of Family Medicine Department Development Committee, King Saud University Medical Center.
- Accredited Provider for Flexible Insulin Therapy (FlexIT), Baker IDI Heart and Diabetes Institute, Melbourne, Australia.

### **Ongoing Research Activities**

- The barriers to asking about erectile dysfunction among Saudi patients who have diabetes: a mixed-methods study (**Principle Investigator: Turkey Almigbal**)
- Diabetes and driving in Saudi Arabia: A can of worms (**Principle Investigator: Turkey Almigbal**)
- Factors related to academic achievement among medical students in King Saud University (**Principle Investigator: Turkey Almigbal**)
- Assessment of health care providers' awareness, knowledge, and adherence to the recommendation of diabetes and safe driving (**Co-Investigator**)
- The relationship between stress and academic achievement of medical students in King Saud University (**Co-Investigator**)
- Attitudes and barriers towards husband's presence in the delivery room during wife's childbirth in Riyadh, Saudi Arabia (**Co-Investigator**)

### **Published Articles**

- Mohammad O Al-Rukban, **Turky H. Al-Migbal**, Abdullah A. Al-Mutlaq, Mishal A. Al-Marshady, Abdullah H. Al-Salhi, Abdullah A Al-Rsheed, Abdulaziz A. Al-Qahtani, Seef A. Al-Thagafi. **Characteristics of Immunization Providers in Riyadh and their Self-Perception of Competency**. Journal of Family and Community Medicine, April 2005; 12(1): 35-43.
- Fawaz S. Al-Harbi, Fahad B. Al-Bader, Ibrahim A. Al-Orainy, **Turky H. Al-Migbal**, Nael Al-Azway. **Role of Diffusion-Weighted MRI in Neuro-Behcet's Disease**. Neurosciences, October 2006; 11(4): 312-314.
- **Almigbal T H. Relationship between the learning style preferences of medical students and academic achievement**. Saudi Med J. 2015; 36(3): 349–355.
- AlMogbel TA, Amin HS, AlSaad SM, **AlMigbal TH. Prevalence of sexual dysfunction in saudi women with Type 2 diabetes: Is it affected by age, glycemc control or obesity?**. Pakistan journal of medical sciences. 2017 May;33(3):732.
- Alshehri, N. A., **Almigbal, TH.**, Alodhayani, A., & Batais, M. A. (2017). **Family and internal medicine resident's awareness of and adherence to the Joint National Committee 8 (JNC 8) hypertension guidelines: A crosssectional study**. *Biomedical Research*, 28(12).
- Batais MA, **Almigbal TH**, Abdulhak AA, Altaradi HB, AlHabib KF. **Assessment of physicians' awareness and knowledge of familial hypercholesterolemia in Saudi Arabia: Is there a gap?**. PloS one. 2017 Aug 17;12(8):e0183494.
- Alramadan MJ, Afroz A, Hussain SM, Batais MA, **Almigbal TH**, Al-Humrani HA, Albaloshi A, Romero L, Magliano DJ, Billah B. **Patient-Related Determinants of Glycaemic Control in People with Type 2 Diabetes in the**

- Gulf Cooperation Council Countries: A Systematic Review.** Journal of Diabetes Research. 2018;2018.
- Alsalhi AH, **Almigbal TH**, Alsalhi HH, Batais MA. **The Relationship between Stress and Academic Achievement of Medical Students in King Saud University: A Cross-Sectional Study.** KUWAIT MEDICAL JOURNAL. 2018 Mar;50(1):60-5.
  - Batais MA, Alamri AK, Alghammas MA, Alzamil OA, Almutairi BA, Al-Maflehi N, **Almigbal TH.** **Diabetes and driving recommendations among healthcare providers in Saudi Arabia. A significant gap that requires action.** Saudi medical journal. 2018 Apr 1;39(4):386-94.
  - **Almigbal TH**, Alfaifi AA, Aleid MA, Billah B, Alramadan MJ, Sheshah E, AlMogbel TA, Aldekhayel GA, Batais MA. **Safe driving practices and factors associated with motor-vehicle collisions among people with insulin-treated diabetes mellitus: Results from the Diabetes and Driving (DAD) study.** Journal of Safety Research. 2018 Jun 1;65:83-8.