



## د. أحمد بن إبراهيم الخروصي

أستاذ مساعد

التأهيل و العلوم الطبية

كلية العلوم الصحية

جامعة نزوى، سلطنة عمان

هاتف: (+968)25446628

محول: 628

البريد الإلكتروني: alkharusi@unizwa.edu.om

موقع المكتب: 22-33

يعمل في الجامعة: منذ 2021

الحالة الاجتماعية: .....

### المؤهلات الأكاديمية

Professional Doctorate in Allied Health, Glasgow Caledonian University , 2015, The effectiveness of McKenzie Extension program on herniated disc: AN Exploratory Study

Master in Musculoskeletal and Sport Physiotherapy, University of South Australia , 2006, The effectiveness of exercise on knee osteoarthritis: Systematic Review

Post Graduate Diploma, Institute of Health Sciences , 2002, The effect of elbow degree on hand grip strength

Diploma in Physiotherapy, Institute of Health Sciences , 1999

### أنشطة التدريس

Research Methods

Research epidemiology

Musculoskeletal Physiotherapy

Psychosocial Aspects of patient care

Professional Issues and Ethics

Manual Therapy

Physiotherapy in musculoskeletal  
Orthopedic Physiotherapy  
Hydrotherapy  
Physical Therapy applications  
Graduation Projects  
Kinesiology  
Biomechanics  
Clinical Education  
clinical Decision Making  
Investigating Effective Practice  
Physiotherapy in Sport  
Introduction to Physical Therapy Profession

*الأنشطة البحثية  
الاهتمامات البحثية -*

Musculoskeletal disorders  
Manual Therapy  
Spine disorders  
Sport injuries  
Neurology  
Exercise Therapies  
Virtual and Augmented Reality  
Electrotherapy

*العرض في المؤتمرات -*

Artificial Intelligence in Rehabilitation , Artificial Intelligence in Healthcare and Rehabilitation,  
Novotel Hotel Muscat , 14/02/2024

Ergonomics and Work Related Musculoskeletal Disorders, The First Virtual International  
Conference on Allied Health Sciences, 25/10/2023

Rheumatology Management and Treatment Physiotherapy Forum 2023, Avani Hotel, Muscat, -  
14/09/2023

The different Theories Explaining Disc Herniation Resorption and the Impact on Physiotherapy,  
23rd Seminar in Specific Spinal Physical Therapy, University of Social Welfare and Rehabilitation  
Sciences, Tehran, Iran, 31/05/2023 - 01/6/2023

Work Related musculoskeletal disorders , A safe and health Working Environment Workshop,  
Nizwa Hospital, 08/05/2023

Systematic Critical Appraising Skills of Clinical Evidences , Towards Leadership in Education,  
University of Nizwa, 04/05/2023

Innovative technologies in Rehabilitation Field, Pharmacy and Nursing Scientific Day , University

حضور المؤتمرات -

- Astonishing Drug Delivery System: The past, present and future , University of Nizwa , 14/03/2024
- 23rd Seminar in Specific Spinal Physical Therapy , University of Social Welfare and Rehabilitation Sciences, Tehran, Iran, 31/05/2023 - 01/6/2023
- Item Construction and Analysis Certificates, Sultan Qaboos University , 27/02/2022
- Code of Ethics and Professionalism at work Environment Course. Omani Physiotherapy and Rehabilitation Association, Oman, 29-30/05/2008
- Evidence-Based Practice in Cardiopulmonary Physiotherapy, Dubai, UAE, 24/04/2008
- The pelvis - An Integrated Approach for Facilitating Change, Dubai, UAE, 23/04/2008
- The 2nd Emirates Physiotherapy Conference, Dubai, UAE, 22/04/2008
- Emirates Physiotherapy Post-Conference, Harvard Medical School Dubai Center, UAE, 21/04/2008
- Emirates Physiotherapy Conference, Harvard Medical School Dubai Center, UAE, 20/04/2008
- Measurement and Evaluation for Health Profession's Educators Workshop, Crown Plaza Hotel, Muscat, Oman, 22-24/03/2008
- First Physical Medicine Symposium, The Law College Auditorium , Oman, 18/11/2007
- 2nd OPRA Symposium Management of Common Musculoskeletal Disorders , Institute of Health Sciences, Muscat, Oman, 21/06/2007
- Workshop on Introduction to Research Methodology , IHS auditorium, 12/04/2007
- Advanced First Aid Emergency Asthma Management Sports Trauma Course, Australia, 28/02/2006
- Third Asian Conference (Science with Foot Medicine), Muscat, Oman, 19-22/05/2005
- XXVIII FIMS World Congress, Al Bustan Hotel, Muscat, Oman, 26/01/2004
- FIMS Sports Rehabilitation Course, Al Bustan Hotel, Muscat, UAE, 25/01/2004
- ISAKOS Arthroscopy Workshop, Al Bustan Hotel, Muscat, Oman, 24/01/2004
- Nizwa Orthopedic Conference, Nizwa Hospital, 25/09/2003
- week clinical placement. Glasgow, UK, 24/06/2002-16/08/2002-8
- Third Asian Federation of Sports Medicine Congress, Al Bustan Hotel, Muscat, Oman, 30/01/2002-02/02/2000
- Sports Medicine and Rehabilitation Course, Al Bustan Hotel, Muscat, Oman, 29/01/2000
- year internship course , Institute of Health Sciences, 11/9/1999-1

المنشورات -

مقال:

- [The effectiveness of physical rehabilitations on spirometric indicators in the community](#) 2021 .1  
-acquired pneumonia during recuperation. Introduction: Coronavirus 19 (Covid 19) was first discovered clinically in china in November 2019. Covid 19 causes lungs secondary complications such as pneumonia and in most severe cases, acute respiratory distress syndrome. During the 2009 influenza pandemic, H1N1 virus caused substantial morbidity in patients with cystic fibrosis, and in a subgroup with severe lung disease. H1N1 infection was associated with respiratory deterioration, mechanical ventilation, and even death. People with cystic fibrosis have a

phenotypic spectrum ranging from excellent respiratory health to chronic airways disease with productive cough and respiratory compromise. The common known clinical features of Covid 19 such as dry cough, myalgia and fever are quite distinct from the symptoms of cystic fibrosis. Endotracheal intubation might be required when respiratory distress or airway integrity cannot be achieved or maintained for any reason. Objectives: To highlight the effectiveness of intensive chest physiotherapy intervention in preventing intubation in Covid 19 patient with cystic fibrosis. Methods: Chest physiotherapy was performed in postural drainage position which included active cycle of breathing three times a day. The outcome was measured by the quantity of the sputum, mode of oxygen support and arterial blood gas analysis pre and post physiotherapy procedures. Conclusion: The chest physiotherapy aided to prevent intubation through mechanism of clearing retention of secretions in cystic fibrosis patient with Covid 19. These findings highlight the importance of intensive chest physiotherapy in preventing deterioration in respiratory systems in .patients with pre-existing chest condition and Covid 19

#### الخبرة الإدارية

Associate Dean for Rehabilitation and Medical Sciences - Colleges of Health Sciences :الآن - 2022

Associate Dean for Health Sciences Programs - Oman College of Health Sciences :4 - 2018

Acting Dean - Institute of Health Sciences :2018 - 2017

Head of physiotherapy - Institute of health Sciences :8 - 2009

#### خدمة المجتمع

Disability Day :22/12/2023

Attended Development of Al Wafa Center Nizwa :01/06/2002

#### العضوية في الهيئات المهنية

Oman Physical Therapy Association :الآن-2005

المرجع: <https://www.unizwa.edu.om/staff/chs/alkharusi>