

RAK Medical & Health Sciences University
CURRICULUM VITAE
Prof. Tarig Hakim Merghani Hakim
MBBS, MSc, MD, PhD, FCCP

1. PERSONAL DETAILS:

Name	Tarig Hakim Merghani Hakim
Nationality	Sudanese
Academic Status	Professor
Department	Physiology
College	Ras Al-Khaimah (RAK) College of Medicine (RAKCOMS)
University	RAK Medical & Health Sciences University (RAKMHSU), UAE
Current Designation	Associate Dean of Basic Sciences & Curriculum Development
E. mail	Email: tarig@rakmhsu.ac.ae

2. EDUCATIONAL QUALIFICATIONS:

Degree	Specialization	University	Major subject
MBBS (1996)	Medicine	University of Khartoum/ Sudan	Bachelor of Medicine & Surgery
MSc (2002)	Physiology	University of Khartoum/ Sudan	Physiology
MD (2005)	Respiratory Medicine	Sudan Medical Specialization Board	Respiratory Medicine
PhD (2010)	Physiology	University of Khartoum/ Sudan	Respiratory Physiology
FCCP (2010)	Fellowship in Chest Medicine	Fellowship- American College of Chest Physicians	Chest Medicine

3. TEACHING AND ACADEMIC EXPERIENCE:

Designation	College & University
Professor (2017- Date)	RAK College of Medical Sciences- RAKMHSU, UAE

Associate Professor (2012-2017)	Medicine and Pharmacy Colleges- University of Tabuk, KSA Medicine, Pharmacy, Dental and Nursing Colleges- University of Khartoum- Sudan
Assistant Professor (2005-2012)	Medicine, Pharmacy, Dental and Nursing Colleges- University of Khartoum- Sudan
Lecturer (2002-2005)	Medicine, Pharmacy, Dental and Nursing Colleges- University of Khartoum- Sudan
Teaching Assistant (1999-2002)	Medicine, Pharmacy, Dental and Nursing Colleges- University of Khartoum- Sudan

4. CLINICAL EXPERIENCE:

Designation	Hospital
Consultant Physician 2013- 2017	Yastabshiroon Hospital/ Private clinic- Sudan
Specialist Physician 2005-2011	Yastabshiroon Hospital, Almoalem Hospital/ Private Clinic- Sudan
Medical Registrar 2001-2005	Alshaab Hospital, Academy Hospital- Sudan
Medical Officer 1998-2001	Soba Hospital, Police Hospital, Alshaab Hospital, Police Hospital- Sudan
House officer 1996-2001	Soba Hospital, Turkish Hospital, Alshaab Hospital- Sudan

5. ADMINISTRATIVE EXPERIENCE:

Designation	University/ Country
Associate Dean of Basic Sciences & Curriculum Development (2023- Date)	RAKMHSU/ UAE
Associate Dean of Basic Sciences (2019- 2023)	RAKMHSU/ UAE
Chairperson of RAKMHSU- Research and Ethics Committee (2019- Date)	RAKMHSU/ UAE
Chairperson of Physiology Department (2017- 2023)	RAKMHSU/ UAE
Supervisor of Examination Control- Clinical Exams (2015- 2017)	University of Tabuk, KSA
Chairperson of Physiology Department (2010-2012)	University of Khartoum/ Sudan
Convener of Postgraduate Studies- Physiology Department (2010-2012)	University of Khartoum/ Sudan
Head and supervisor of Lung Function Lab (2005-2012)	University of Khartoum/ Sudan

6. SERVICE TO PROFESSION/ PROFESSIONAL CONTRIBUTIONS:

Category	Organization
Affiliations/ Memberships	Sudanese Physiological Society
	Sudanese Society of chest physicians
	American College of Chest Physicians
	European Respiratory Society
	African Physiological Society
Membership of Committees	Executive Council, RAKMHSU-REC, Examination Committee, Curriculum Committee, Disciplinary Committee, ...
	Examination Committee, Advisory Committee for Establishment of Pharmacy College, Accreditation Committee, ...
	University Senate, Faculty Board, Postgraduate Committee, Research Committee, ...

7. A. RESEARCH INTERESTS, SKILLS AND EXPERIENCE:

Interests:	- Lung function tests & Respiratory diseases - Smoking & its related complications - Metabolic rate measurements - Medical Education - Public Health
Skills and Experience:	- Measurement of lung function using Spirometry/ Body Plethysmography - Measurement of metabolic rate using Gas Analyzers - Study design and Statistical analysis - Scientific writing

8. AWARDS, GRANTS AND FELLOWSHIPS

Category	Granting Organization
- RAKMHSU Research Grant (Assistant investigator)	RAKMHSU, UAE
- RAKMHSU Research Grant (Assistant investigator)	RAKMHSU, UAE
- Deanship of Scientific Research (1437-183) Grant. (Chief investigator)	University of Tabuk, Saudi Arabia
- Deanship of Scientific Research (1436-198) Grant. (Assistant investigator)	University of Tabuk, Saudi Arabia
- Deanship of Scientific Research (1435-176) Grant. (Chief investigator)	University of Tabuk, Saudi Arabia

- Deanship of Scientific Research (1435-160) Grant. (Assistant investigator)	University of Tabuk, Saudi Arabia
- DAAD- In-country program Grant / Section 413, Code No.: 334400109	University of Tabuk, Germany

9. PUBLICATIONS/

<https://orcid.org/0000-0003-4827-8338>

Original articles

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1. Elfaky IO, Merghani TH, Elmubarak IA, Ahmed AH. Nutritional status and patterns of anemia in Sudanese adult patients with active pulmonary tuberculosis: A cross-sectional study. *Int J Mycobacteriol* 2023;12:73-6
 2. Narayanan SN, Merghani TH. Real-life scenario blended teaching approach for nurturing inquisitive learning of central nervous system in medical students. *Adv Physiol Educ* 2023; 47: 124–138
 3. Malay J, Kassab SE, Merghani TH, Rathan R, Sreejith A. Faculty and Students' Perceptions About Online Teaching Styles of Faculty in Large Group Lectures. *Advances in Medical Education and Practice* 2022; :13 1261–1266
 4. Omar MM, Merghani TH, Qurashi MO, Ahmed SM. Associated factors of Anemia among pregnant women attending Banadir hospital in Somalia. *Bioscience Research* 2022; 19(2): 1192-1196
 5. Narayanan SN, Shivappa P, Padiyath S, Bhaskar A, Li YW and Merghani TH (2022) The Prevalence and Pathophysiology of Chemical Sense Disorder Caused by the Novel Coronavirus. *Front. Public Health* 10:839182. doi: 10.3389/fpubh.2022.839182
 6. Ashraf O Yousif, Tarig H Merghani, Azza O Alawad (2022). Body Mass Index and Body Fat Percentage for the Assessment of Obesity-Induced Abnormalities in Dynamic Lung Volumes. *Saudi J Nurs Health Care*, 5(2): 32-35
 7. Walid M, Mohammed A, Narayanan SN, Merghani TH. The Impact of Body Mass Index on Spirometric Parameters of Late Adolescents. *International Journal of Medical Research & Health Sciences*, 2021, 10(6): 139-147.
 8. Goud MBK, Merghani TH, Kumar JB, Bairy LK. Effect of Stress due to COVID-19 Pandemic on Time Management Skills among University Professionals. *Journal of Clinical and Diagnostic Research*. 2021; 15(8): JC01-JC03.
 9. Narayanan SN, Ahmed I, Saherawala B, Foud F, Merghani TH. Appraisal of a novel pedagogical approach to demonstrating neuromuscular transmission to medical students. *Adv Physiol Educ* 2021;45:580–588.

10. Merghani TH, Alawad AO. Evaluation of small airway reversibility among asthmatic patients with non-obstructive patterns of spirometry. *International Journal of Medical and Biomedical Studies* 2021; 5(3): 163-166.
11. Merghani TH. The predictive values of bronchodilator reversibility indicators in asthmatic patients with non-obstructive patterns of spirometry. *European Respiratory Journal* 2019; 54 (suppl 63) PA1126.
DOI: 10.1183/13993003.congress-2019.PA1126
12. Abdelgader EA, Eltayeb NH, Eltahir TA, Altayeb OA, Fadul EA, Abdel-Rahman EM, Merghani TH. Evaluation of CD38 expression in Sudanese patients with chronic lymphocytic leukemia. *BMC research notes* 2018; 11:815.
DOI:10.1186/s13104-018-3926-0
13. Abdel-Gader EA, Eltayeb NH, Eltahir TA, Altayeb OA, Fadul EA, Abdel-Rahman EM, Merghani TH. ZAP-70 Expression in B-Chronic Lymphocytic Leukemia in Sudanese Patients. *Sudan Journal of Medical Sciences* 2018; 13(4): 230–239. DOI: 10.18502/sjms.v13i4.3593
14. Antony T, Merghani TH, Binoy S. Patterns of analgesic use and extent of pain relief in home-based palliative care cancer patients under the primary care centers. *Indian Journal of Basic and Applied Medical Research* 2018; 7(2):411-416.
15. Mohammed Ahmed Alhejaili, Saleh Hammad Alhawiti, Mohammed Hamad Alrashedi, Meshari Faisal Alenezi, Khalid Awad Albalawi, Tarig H Merghani. Evaluation of Knowledge, Risk Factors, Perceived Barriers, Attitude and Screening Practice of Colorectal Cancer among Tabuk Population, Saudi Arabia-2017. *Int J Med Res Prof.* 2018 Jan; 4(1):104-08.
DOI:10.21276/ijmrp.2018.4.1.020
16. Waleed Esam Saleh, Saleh Hammad, Omar Atallah Alatawi, Fwaz Hasn Alamri, Ali Meteeb Albalawi, Tarig H Merghani. Evaluation of Vaccine Hesitancy in Tabuk Population, Saudi Arabia. *Int J Med Res Prof.* 2017 Nov; 3(6):22-25. DOI:10.21276/ijmrp.2017.3.6.005
17. Muhannad N Alanazi, Abdulhadi T Aalsubaie,
Saeed A Aalkhozym, Ghadah B Alanazi, Shrooq S Alyami, Amjad A Zuiran, Tarig H Merghani. Food Allergy Experience and Perception of Parents in Tabuk City, Kingdom of Saudi Arabia. *Int J Med Res Prof.* 2017 Sept; 3(5):26-29.
DOI:10.21276/ijmrp.2017.3.5.006
18. Merghani TH, Alawad AO. Indicators of Asthma Control in Asthmatic Patients: Are they related to Depression? *Open Access Maced J Med Sci.* 2017 Aug 15; 5(5):673-676. Doi.org/10.3889/oamjms.2017.091

19. Merghani TH, Alawad AO. Evaluation of the Metabolic Indicators in Obese Diabetic Patients: A Case-Control Study. *Anatomy, Physiology & Biochemistry International Journal* 2017; 2(3):1-5. DOI: 10.19080/APBIJ.2017.02.555587
20. Merghani TH. Mild respiratory symptoms in asthmatic patients might not be due to bronchoconstriction. *J Fam Community Med* 2017;24:102-5
21. Altemani AH, Merghani TH. The quality of the educational environment in a medical college in Saudi Arabia. *International Journal of Medical Education* 2017; 8:128-132. DOI: 10.5116/ijme.58ce.55d2
22. Thaniyan A, Ayman FFA, Mirghani HO, Al-Sayed BA, Merghani TH. Histopathological Features of Methotrexate Induced Pulmonary Lesions in Rheumatoid Arthritis Patients: A Systematic Review of Case Reports. *Open Access Maced J Med Sci.* 2017; 15; 5(2):266-270.
<https://doi.org/10.3889/oamjms.2017.049>
23. Merghani TH. Patterns of spirometry in asthmatic patients presenting with respiratory symptoms. *Int J Med Sci Public Health* 2017;6:337-340
doi:10.5455/ijmsph.2017.27082016618
24. Antony T, Merghani TH. The influence of demographic and psychosocial factors on the intensity of pain among chronic patients receiving home-based nursing care. *Indian J Palliat Care* 2016; 22(3):362-5.
25. Mirghani HO, Merghani TH, Saadalla AM, Al-sayed BA. Daytime sleepiness and chronic sleep deprivation in patients with type II diabetes mellitus and their relation to diabetic control. *Basic Research Journal of Medicine and Clinical Sciences* 2016; 5(1):12-16.
26. Merghani TH. The association between illiteracy of parents and regular exposure of their children to environmental tobacco smoke at home. *European J of Biomedical and Pharmaceutical Sciences* 2016; 3(3);133-136.
27. Antomny T, Merghani TH. The influence of demographic factors on social affections among chronic patients under home-based nursing care. *Asian Academic Research Journal of Social Sciences and Humanities* 2015; 2(7):166-175.
28. Antomny T, Merghani TH. The Effectiveness of Transcutaneous Electric Nerve Stimulation (TENS) in The Management of Painful Diabetic Peripheral Neuropathy(DPN)- A critiquing. *IOSR Journal of Dental and Medical Sciences* 2015;14(10):85-90.
29. Rihab M Ibrahim, Tarig H Merghani, Ismail O Khalid, Sawsan A Mohammed. Histopathological patterns of cutaneous malignant melanoma in Sudan. *IOSR Journal of Dental and Medical Sciences* 2015; 14(11): 133-136.

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30. Merghani TH, Alawad AO, Ibrahim RM, Abdelmoniem AM. Prediction of basal metabolic rate in overweight/obese and non-obese subjects and its relation to pulmonary function tests. *BMC Research Notes* 2015;8:353. DOI 10.1186/s13104-015-1320-8.
 31. Al-Sayed B, Merghani TH, Alawad AO, Elbadawi A. Early development of pulmonary function impairment in healthy young adults: Impact of obesity and tobacco smoking. *Jokull J* 2015;65(6):205-214.
 32. Merghani TH, Marai Alamri. A preliminary plan for developing a summer course on practical research engagement for medical students at Tabuk University. *Journal of Taibah University Medical Sciences* 2015;10(1):79-81.
 33. Merghani TH, Sanaa GA. Premature discharge of asthmatic patients from hospital: a prompt action is needed. *SMJ* 2014;50(1):20-25.
 34. Elhadi AA, Mirghani HO, Merghani TH, Mohammed OS, Eltoum HA. Pattern of Endoscopic Findings of Upper Gastrointestinal Tract in Omdurman Teaching Hospital, Sudan. *Sudan JMS* 2014;9(2):71-74.
 35. Mirghani HO, Mohammed OS, Elhadi AA, Abdalla HA, Mergani TH. The spectra of selected functional gastrointestinal disorders in Sudanese university students according to the Rome III criteria. *SJMS* 2014; 9(1):21-26.
 36. Merghani TH, Alawad AO, Ballal MA. Plasma TNF- α in obese patients with diabetes and its relation to resting metabolic rate. *Diabetology J* 2014;1:3.
 37. Merghani TH, Haroun B, Elmubarak IA. Self-report of voluntary absenteeism from didactic lectures by medical students. *Universal Journal of Education and General Studies* 2013; 2(10):324-328.
 38. Merghani TH, Alawad AO, Ballal MA. Measured Versus Predicted Resting Metabolic Rate in Obese Diabetic and Obese Non-Diabetic Subjects. *IOSR Journal of Dental and Medical Sciences* 2013; 10(2):63-67.
 39. Alawad AO, Merghani TH, Ballal MA. Resting metabolic rate in obese diabetic and obese non-diabetic subjects and its relation to glycaemic control. *BMC Research Notes* 2013; 6:382.
 40. Alawad AO, Merghani TH, Ballal MA. Plasma TNF- α in obese diabetic and obese non-diabetic patients and its relation to glycaemic control. *NMJ* 2013; 3(10):6-19.
 41. Merghani TH, Saeed AM. The relationship between regular second-hand smoke exposure at home and indicators of lung function in healthy school boys in Khartoum. *Tobacco Control* 2013;22:315-318.
 42. Merghani TH, Alameen ME. Bronchodilator reversibility testing among overweight and obese asthmatic patients presenting with non-obstructive

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- patterns on spirometry. *International Journal of Respiratory Care* 2013; Spring/Summer: 19-22.
43. 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. *Nutr J*. 2012 Dec 15;11(1):111.
 44. Merghani TH, Alameen ME. Non obstructive patterns of spirometry among obese patients presenting with symptoms and signs of mild to moderate asthma. *Sudan Journal of Medical Sciences* 2012; 7(3):141-146.
 45. Merghani TH, Ibn-Aof AH, Alawad AO. Knowledge, Attitude and Practice of Tobacco consumption among Khartoum University Medical Students in the Year 2010. *Sudan Med Journal* 2012; 48(1):37-43.
 46. Bello AM, Merghani TH, Mohammed EJ, Hassaballa A, Karrar RH, Elsiddig NA. Low birth weight and risk factors among neonates delivered in Khartoum Teaching Hospital in January- February 2007. *SMLJ* 2012; 1(2): 126-132.
 47. Merghani TH, Saeed AM, Alawad AO. Changes in plasma IL4, TNF α and CRP in response to regular passive smoking at home among healthy school children in Khartoum, Sudan. *African Health Sciences* 2012; 12(1):41-47.
 48. Ahmed A , Merghani TH, Mohammed EJ, Adam HH, Karrar RH, Elsiddig NA. Low Birth Weight and Risk Factors among Neonates Delivered in Khartoum Teaching Hospital in January – February 2007. *Sud Med Lab J* 2012; 1(2):126-132.
 49. Merghani TH, Alawad AO, Khalil AK, Saeed AM. Impact of regular passive smoking in home on health and academic performance of school-pupils in Khartoum. *Al Neelain Medical Journal* 2011; 1(3):56-64.
 50. Merghani TH, Alawad AO, Khalil A.KH.H., Saeed AM. Impact of Regular Passive Smoking in Home on Health and Academic Performance of School-Pupils in Khartoum. *Al Neelain Medical Journal* 2011; 1(3):65-75.
 51. Alawad AO, Khalil A.KH.H., Merghani TH. Prevalence of asthma among university students and workers in Khartoum state, Sudan. *Al Neelain Medical journal* 2011;1(3):32-37.
 52. Khalil A.KH.H., Hamdan HZ, Bakheit KH.H., Nauyor KB, Alawad AO, Merghani TH, Ismail EM. The differences in essential fatty acids composition of plasma phosphatidyl choline of pregnant and non-pregnant Sudanese women. *Al Neelain Medical Journal* 2011; 1(3):38-43.
 53. Elamin SA, Merghani TH, Alawad AO. Adequacy of Asthma Management among Patients Attending Referred Clinics in Khartoum. *Khartoum Medical Journal* 2011; 4(1):532 – 538.

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54. Merghani TH, Zaki AM, Mubarak A, Toum IM. Knowledge, attitude and behavior of asthmatic patients towards asthma in Khartoum State. Khartoum Medical Journal 2011; 4(1): 524 – 531.
 55. Ahmed AH, Bilal IE, Merghani TH. Effects of exposure to flour dust on respiratory symptom and lung function of bakery workers: A case control study. Sudanese Journal of Public Health 2009; 4(1):210-213.

Books

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1. Author of: The Core of Medical Physiology- Volume 1
- Khartoum University printing press, (ISBN: 99942-840-8-8)
- 1st edition 2006, 2nd edition 2008, 3rd edition 2010, 4th edition 2013, 5th edition 2021
 2. Author of: The Core of Medical Physiology- Volume 2
- Khartoum University printing press, (ISBN: 978-99942-880-6-5)
- 1st edition 2008, 2nd edition 2011, 3rd edition 2013, 4th edition 2021
 3. Author of: Basic Human Physiology for students of Allied Medical Sciences
- Khartoum University printing press, (ISBN: 978-99942-842-9-0)
- 1st edition 2007
 4. First Author of: أساسيات علم وظائف الأعضاء
- Khartoum University printing press, (ISBN:978-99942-904-0-6)
- 1st edition 2008
 5. First Author of: Adverse Health Effects of Passive Smoking
- LAP LAMBERT Academic Publishing GmbH & Co. KG (Germany)
(ISBN: 978-3-659-15723-3), - 1st edition 2012

Conference papers (abstracts/ posters)

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1. The Pandemic Stress: Does Fear of Infection With Covid 19 Affect Faculty Duties & Time Management Skills? ISEC 2021. India
 2. Does Evaluation of Bronchodilator Reversibility Using the Forced Expiratory Flow Parameters Would be Helpful in Asthma Diagnosis? Gulf Thoracic Conference 2020- Dubai, UAE
 3. Students' Perceptions of the Educational Environment at RAK Medical & Health Sciences University, using the (DREEM) Inventory. RAKMHSU 9th Students' Scientific Conference- Poster Competition 2019; Ras Al Khaimah- UAE
 4. Sleep paralysis: Has th is ever happened to you? RAKMHSU 9th Students' Scientific Conference- Poster Competition 2019; Ras Al

Khaimah- UAE

5. The Predictive Values of Different Bronchodilator Reversibility Indicators in Asthmatic Patients Presenting with Non-Obstructive Patterns on Spirometry. The Gulf Thoracic Congress 2018; Dubai, Intercontinental Festival City. 14-17 March 2018, UAE
6. Problem-based learning versus traditional lectures in teaching basic clinical sciences: A comparison of students' and faculty preferences. The Saudi International Medical Education Conference (SIMEC 2016); Riyadh, Alfaisal University. 10-12 April 2016
7. Evaluation of medical students' perceptions regarding the joined teaching during the preparatory year. The Saudi International Medical Education Conference (SIMEC 2016); Riyadh, Alfaisal University. 10-12 April 2016
8. The Influence of Demographic and The Psycho-Social Factors on The Intensity of Pain Manifestation among Chronic Patients under Home Based Nursing Care. 23rd International Conference, Indian Association of Palliative Care, 12-14 Feb 2016, Pune, India
9. Appraising of Plausible Factors, knowledge, Attitudes and Practice among Diabetes Patients: Hospital-Based Study. 21st International Academic Conference. International Institute of Social and Economic Sciences (IISES), 9-12, Feb 2016 Miami, USA
10. Practical Research Experience Course for Medical Students. Saudi International Medical Education Conference (SIMEC); 24-27 Nov 2014, Qassim University, KSA
11. Plasma TNF- α in obese type 2 diabetic patients: Is it a cause or a result of hyperglycaemia. IUPS Congress; 21-26 July 2013 Birmingham, UK
12. Measured versus predicted resting metabolic rate in obese diabetic and obese non-diabetic subjects. IUPS Congress; 21-26 July 2013. Birmingham, UK
13. Bronchodilator reversibility among patients presenting with non-obstructive patterns of spirometry. IUPS Congress; 21-26 July 2013 Birmingham, UK
14. Evaluation of asthma management in the acute setting. (Abstract book- Sudanese Society of chest physicians. The 6h Scientific Conference on Respiratory Medicine- Corenthia Hotel/ Sudan; April 2012)
15. Patterns of spirometry among asthmatic patients presenting with respiratory symptoms. (Abstract book- Sudanese Society of chest

physicians. The 6h Scientific Conference on Respiratory Medicine- Corenthia Hotel/ Sudan; April 2012)

16. Asthma can present with non-obstructive pattern on spirometry. CHEST 2012;142. doi:10.1378/chest.1388359
17. Effects of passive smoking on spirometric values and plasma level of inflammatory markers in healthy school children in khartoum: a case control study. (Abstract book- Sudanese Society of chest physicians. The 5th Scientific Conference on Respiratory Medicine- Corenthia Hotel/ Sudan; April 2011)
18. Adequacy of asthma management among patients attending referred clinics in khartoum. (Abstract book- Sudanese Society of chest physicians. The 5th Scientific Conference on Respiratory Medicine- Corenthia Hotel/ Sudan; April 2011)
19. Effects of exposure to flour dust on respiratory symptom and lung function of bakery workers: A case control study (The Annual International conference- University of Khartoum- Postgraduate studies and scientific research/ February 2011)
20. Knowledge, attitude and behaviour of asthmatic patients towards asthma in Khartoum State (Abstract book- Sudanese Society of chest physicians. The Annual Scientific Conference on Respiratory Medicine- Khartoum Friendship Hall/ Sudan; February 2007)