



Goal 3 – Good Health and Well-Being

3 GOOD HEALTH AND WELL-BEING



Our Aim

SDG 3 aspires to ensure good health and promoting well-being for all. This goal addresses all major health priorities at all ages; reproductive, maternal, newborn, child and adolescent health. It focuses on key targets that boost the health of the country's overall population by achieving adequate health coverage, and providing access for all to safe, effective and affordable medicines and vaccines. SDG 3 is concerned with the eradication of pandemics, communicable and non-communicable diseases like; AIDS, tuberculosis, malaria. Supporting research and development in the health field is an essential part of this process as well as the investment in health financing and health risk reduction and management.

Last Year Recorded

Worldwide: 623

Arab Country: 62

Egypt: 19

Our Progress through 20/21

Teaching

Out of the 17 SDGs, SDG 3 is ranked the fifth where 7% of courses offered throughout all AASTMT colleges and campuses comply with this SDG. By nature, the courses offered by the medical hub at AASTMT are strongly related to the implementation of SDG 3. They increase the awareness of good health and well-being through different educational and professional techniques.

techniques. https://aast.edu/en/sdg/goals.php?menutab=3&unit_item=1203&page_id=120300006



Initiatives

Diabetes Awareness Campaign:

The World Health Organization announced that the death from diabetes is estimated to be three deaths per minute, or a staggering 4,300 every day. As part of the Academy's efforts to participate in its active role in achieving the Sustainable Development Goals, EPSF-AAST -under the supervision of the College of a Pharmacy- made an awareness campaign about Diabetes which had a supreme goal of raising awareness and education -especially at a very young age- which is pivotal to success in combating such menace to this global issue that needs our immediate attention. The awareness was conducted, with alignment with Egypt 2030 initiative, with the objective of aspiring to ensure health and well-being for all.

The campaign awareness took place in Smouha club and its main goal was to raise awareness to the public, and we have educated and raised awareness to more than 400 people.

Awareness message included:

- Diabetes: types, symptoms, diagnosis, treatment and side effects.
- Blood glucose (Testing blood glucose level, what do numbers means, high/low blood sugar symptoms, management, and monitoring).
- Diabetes with lifestyle (travelling, fasting, working, elderly, exercise).
- Foot care.
- Managing diabetes with diet (weight loss benefits) and exercise.
- Relation to other illnesses (infections, heart problems, risk of eye and kidney problems, heart attack and stroke, kidney dysfunction).
- Diabetes complications and how to avoid them.

https://aast.edu/en/sdg/goals.php?menutab=22&unit_item=1203&page_id=120300013

PHocus:

As part of the Academy's efforts to participate in its active role in achieving the Sustainable Development Goals, EPSF-AAST under the supervision of the College of a Pharmacy, to consolidate the idea of spreading awareness and education about oncology PHocus with the attendance of Dr. Mohamed Onsy, President of Alexandria pharmacy syndicate made PHocus to serve as a bridge linking students to one of their most important fields of work, which is clinical pharmacy. This Project works on three pillars first is The Pharmacy education by advancing the students' knowledge and skills and directing pharmacy students to providing direct patient care through giving sessions and workshops to the students. The second, is spreading the awareness of the pharmacist's role among the community. Third, the advocacy and policy about medication errors that would happen from a written prescription.

The education aspect is focused on Clinical Oncology especially lung & breast cancer and divided to three parts;



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Sessions & Workshops (lung and breast cancers, oncology pharmacist journey, etc.)

Local competition (case presentation and solving in AAST)

National competition (case presentation and solving between 38 universities in Egypt)

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World Heart Day:

As keeping on the celebration World Heart Day, the scientific foundation for Heart and Arteries, in cooperation with the Expand Company organized a session to raise the awareness of heart diseases. The session was held in AbuKir campus, AASTMT, under the patronage of H.E. Prof. Dr. Ismail Abdel Ghafar, AASTMT President and Prof. Dr. Mahmoud Al-Zalabany, Chairman of the Executive Council of AASTMT Medical Sector, and Prof. Dr. Mohamed Sobhy, Professor of Cardiology at Alexandria University.

https://aast.edu/en/news.php?language=1&view=1&unit_id=1&event=7196&get_event_type=1

Autism orientation day:

An awareness event was held on 5th June 2021 on El Alamein campus where the audience included the academy students from different faculties and the visitors of the branch on this day.

The activity included an oral presentation delivered by a first-year student and about 100 brochures distributed among the audience with the basic information about its diagnosis and social support for the affected persons. A Facebook page with detailed information was initiated to help the families and provide them with lines of contact with the specialized centers.

Research

Inauguration of Advances In Medical, Pharmaceutical and Dental Research Journal (AMPDR):

AMPDR journal is open-access with a liberal Creative Commons Attribution-Non-Commercial 4.0 International License which preserves the copyrights of published materials to the authors and protects it from unauthorized commercial use.

The AMPDR journal is free of charge for authors and readers, and operates an online submission with the peer review system allowing authors to submit articles online and track their progress via its web interface.

The journal is financially supported by the Arab Academy for Science, Technology and Maritime Transport AASTMT in order to maintain quality open-access source of research papers on Medical, Pharmaceutical and Dental research.



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The journal has an outstanding editorial and advisory board of eminent scientists, researchers and engineers who contribute and enrich the journal with their vast experience in different fields of interest to the journal.

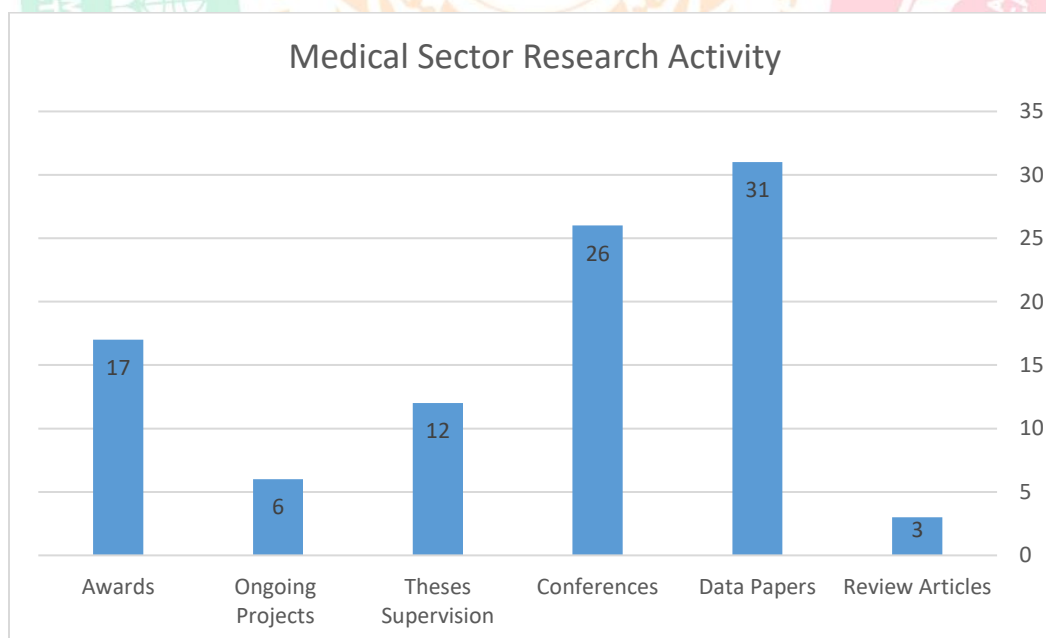
It is bi-annual journal where the first 2 issues were published in December 2021 and June 2022.

Research Publications:

College of Pharmacy, AASTMT, has a very active role in experiential training and research. Although it is relatively new, only 2 graduating cohorts, but its effective role in health care research cannot be neglected sharing a very good impact on AASTMT publications ranking. An inspiring example is Prof. Dr. Nazik Elguindy, College of Pharmacy staff member and expert in laboratories establishment, who was listed among the world's top 2% scientists according to Stanford University ranking for the year 2022.

College of Pharmacy has successful cooperations with different national and international prestigious institutes. National collaborations such as; Alexandria, Cairo, Ain Shams, Damanhour, Kafr Elsheikh and Zagazig universities. While international College of Pharmacy collaborators are; University of Basque Country (Spain), Université Sorbonne Paris Nord (France), Ryerson University and Memorial University (Canada) and University of Toyama (Japan).

AASTMT El-Alamein campus comprises the medical hub, with the new valuable additions; College of Dentistry and College of Medicine. The medical sector is growing bigger every day by giving special interest to research activities and community services.





Public Engagement

Full Medical Screening Day and Dental Health Convoys:

The college of Dentistry has sent 7 convoys over a year starting from August 2021 till September 2022. The convoys have provided minor dental treatment procedures that were carried out in the mobile dental clinic provided by the Faculty of Dentistry - Alexandria University (according to AASTMT-Alexandria University partnership agreement). This was in addition to a full oral screening and oral health education. The main aim of the convoys is to share dental health awareness among disadvantaged people as they covered: orphanages in Alexandria, Down's Syndrome patients' guest houses, Old Alamein City rural areas, in addition to the workers' camp in New Alamein City.

The screened patients were given "Patient's ID" cards with their medical and dental conditions that would give them access to the clinic back in our college to receive full treatment.

The college has also held a "Full Medical Screening Day" for all workers and personnel working at the AAST Alamein Campus, providing a full medical and dental screening within the campus in a joint work with the AAST Medical Administration. And the patients were again provided with cards to provide them with treatment in our clinics.

The overall number of patients screened and served during those events was 600 patients.

https://aast.edu/en/news.php?language=1&unit_id=656&event=431&get_event_type=1

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Case Study

Blood Donation Campaign:

Many people are afraid of donating blood, especially after the spread of Coronavirus, it is important to know that every bag of blood can save up to 3 people whose lives were in danger.

As part of the Academy's efforts to efficiently participate in achieving the Sustainable Development Goals, specifically SDG3, EPSF-AAST seeks under the supervision of the college of Pharmacy to consolidate the idea of permanent blood donation to fill the shortage of blood bags in Egypt and reach self-sufficiency according to Egypt's vision 2030.



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Over the past 2 years, EPSF-AAST have educated more than **2,000** people about the importance of blood donation and collected about **500** blood bags from people who are eligible to donate. The 2021 campaign lasted for three days and included raising awareness about the importance of blood donation and its benefits.

The campaign took place in both Abu Qir and Miami campuses, as well as the secondary school in Miami. Students of all levels highly welcomed and effectively participated in the campaign. Being a successful campaign

https://aast.edu/en/sdg/goals.php?menutab=22&unit_item=1203&page_id=120300010

