HEALTH SCIENCES

FINAL SUMMARY EXAM



TEARM (2)
GRADE (12)

(Boys)

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UNIT 5

Disease prevention

Word	Definition
Disease	a disorder of a structure تركيب of function وظيفة that produces specific symptoms اعراض محددة or that affects a specific location of the body
Illness	a disease or period of sickness affecting the body
Prevention وقاية	to stop something from happening
Infectious	capable of being easily spread to other people
Communicable disease مرض معدي	an infectious disease that can be passed from one person to another
Risk factor عامل الخطر	something that makes a person more likely to get a disease
Modifiable قابل للتعديل	can be changed
Non-modifiable غير قابل للتعديل	cannot be changed
Body mass index مؤشر كتلة الجسم	(BMI) A measure of weight for height to identify if a person is a healthy weight
Percentage body fat نسبة الدهون فى الجسم	The total mass of fat on the body divided by the total mass of the body
Calorie السعر الحراري	The energy needed to raise the temperature of water by 1 degree Celsius
Diet حمية	The collection of the foods and drinks regularly consumed by a person
Energy طاقة	Often referred to as calories in dietary term
Ethnicity العرق	a large group of people with the same customs or origin
Genetics علم الوراثة	the science of heredity; how characteristics are passed from parents to children
Behavior سلوك	the way a person acts or behaves
Blood Pressure ضغط الدم	how hard the blood is pushing against the walls of the arteries
Hygiene النظافة	keeping yourself and your surroundings clean
Intensity – كثافة	how much energy is used when exercising
Moderate – معتدل	average or normal
Endorphins – اندورفين (هرمون السعادة)	a group of hormones which are released by the brain and nervous system to reduce pain and raise pleasure and well-being

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Recommendation – توصية	an idea or plan of what should be done
Sedentary – غير نشط	having an inactive lifestyle
Cholesterol الكوليسترول	a fat that your body needs to work properly, there is good and bad cholesterol.
Antibodies – الاجسام المضادة	a protein in your body that fights of diseases and illness
Immunisation التحصين	the process whereby a person is made resistant to an infectious disease
Vaccine اللقاح	it is injected into a person to protect them from a disease
Screening الفحص	doing tests on people's blood, skin, brain or urine to check for signs of diseases and illness
Diagnose التشخيص	to recognise a disease or illness in someone
Cervical – متعلقة بعنق الرحم	relating to the cervix
Pap smear – مسحة عنق الرحم	a test carried out on a sample of cells from the cervix

There are many reasons why people might develop a disease for example :

- Genetics وراثي
- environmental factors عوامل بيئية
- Lifestyle نمط الحياة

The best way that people can lower their risk of disease is by:

- Having a healthy lifestyle. اتباع أسلوب حياة صحي.
- Having good hygiene. التمتع بنظافة جيدة
- Having regular medical check-ups. إجراء فحوصات طبية منتظمة

The cause of diseases can be split into two categories: تنقسم مسببات الامراض الى فئتين

Diseases which enter a person's body Via : الأمراض التي تدخل جسم الإنسان من خلال	person's lifestyle choices خيارات نمط حياة الشخص
bacteria بكتيريا	Environment Factors العوامل البيئية
Viruses فيروس	family history تاريخ العائلة
Parasites الطفيليات	

Communicable diseases are caused by: الأمراض المعدية تنتقل بواسطة

(Which can be passed or spread from one person to another) تنتقل من شخص الى اخر

- Viruses
- Bacteria
- Parasites

They can be spread through: تنتقل من خلال

- Contact with an infected person الاتصال بشخص مصاب •
- Through contaminated food or drinks من خلال الأطعمة أو المشروبات الملوثة •
- Through insect bites or the air عن طريق لدغات الحشرات أو الهواء •

You can help to prevent them by: يمكن الوقاية منها عن طريق

- Practising good personal hygiene. ممارسة النظافة الشخصية الجيدة. •
- Cleaning and disinfecting shared area. تنظيف وتعقيم المنطقة المشتركة. •
- Staying a safe distance from people who are sick. البقاء على مسافة آمنة من المرضى.

Non-Communicable diseases are caused by: الأمراض غير المعدية تنتقل بواسطة

(Which cannot be passed or spread from one person to another) لا تنتقل من شخص الى اخر

Four of the most common non-communicable diseases are: أكثر الأمراض الغير معدية شيوعاً

- Cardiovascular disease أمراض القلب والاوعية الدموية
- Cancer السرطان
- respiratory disease أمراض الجهاز التنفسي
- Diabetes السكري

Modifiable risk factors	Non-modifiable risk factors
factors that you can change	factors that you cannot change
• Sedentary lifestyle (lack of exercise) • Being overweight or obese • Type 2 diabetes • Smoking • High blood pressure (hypertension) • High blood cholesterol الكوليسترول • High stress levels	• Gender: male or female. • Age • Family history • Ethnicity العرق

Personal health behaviors are lifestyle habits that can affect a person's health. They can be positive or negative behaviors which can positively or negatively affect health.

Positive health behaviors	Negative health behaviors
• Having a healthy diet and drinking enough water • Getting enough sleep • Having good personal hygiene • Being Physically Active • Getting regular medical check-ups	• Eating unhealthy food • Smoking • Sedentary lifestyle نمط حياة كسول (يخلو من الرياضة)

Healthy balanced diet:

A healthy diet can help prevent diseases. Here are some ways that having a healthy balanced diet can reduce the risk of certain diseases:

- It helps to maintain a healthy weight يساعد في الحفاظ على وزن صحي •
- It ensures you consume enough nutrients يضمن لك استهلاك ما يكفي من العناصر الغذائية •
- It helps to control cholesterol يساعد على السيطرة على الكوليسترول •
- It can benefit mental health and lower stress يمكن أن يفيد الصحة العقلية ويقلل من التوتر •

Getting enough sleep

Sleep is one of the most important things that the body needs to:

- Maintain health and wellbeing.
- Helps the body to repair إصلاح itself and be ready for the next day.

Tips on how to get enough sleep include:

- Aiming to get between 7-9 hrs of sleep a day
- Going to bed at the same time every night
- Do not eat large meals or drinking caffeine before bed
- Not using televisions or phones in the bedroom

Personal Hygiene

- Killing bacteria (germs)
- Keeping the body clean and healthy
- Stopping the spread of illness and infection.

You should wash your hands:

- Before, during and after preparing food.
- Before eating.
- After using the bathroom.
- After blowing your nose, coughing, or sneezing.
- After touching someone who is sick.
- Before and after giving first aid.
- After touching any animals.



Physical activity

The World Health Organization defines physical activity as:
"Any bodily movement produced by skeletal muscles that require energy and expenditure." أي حركة جسدية تنتجها عضلات الهيكل العظمي وتتطلب استهلاك طاقة

What does this mean?

Physical activity is anything that gets you moving and increases your heart rate from resting can be classed as physical activity.



Physical benefits of exercise

- Helping to control body weight
- Reducing the risk of certain diseases
- Improving bone and muscular strength
- Improving lung function

Mental and emotional benefits of exercise

- Improving energy levels.. تحسين مستويات الطاقة •
- Improving emotional well-being.
- Raising brain function by improving motor skills, problem-solving, and increasing attention span.

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Social health benefits of exercise



- Increase confidence. زيادة الثقة.
- Learn leadership skills. تعلم مهارات القيادة
- Make new friends. تكوين صداقات جديدة.
- Increase motivation to exercise. زيادة الدافع لممارسة الرياضة

Recommendations for exercise:

The World Health Organization (WHO) recommends the following guidelines for exercise:

Age	Recommended time	Recommended activity
Children and teenagers aged 5-17 years old	At least 60 minutes of moderate to high-intensity activity every day.	Activities that strengthen muscles and bones at least three times a week.
Adults aged 18-64 years old	• At least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity activity each week should be done. • For further health benefits, adults should do 300 minutes of moderate-intensity physical activity or more each week.	• Aerobic activities such as running, or swimming should last for at least 10 minutes at a time. • Activities that strengthen the muscles such as weight training should be done at least two times each week.

Exercise intensity



- Exercise intensity is how hard body works While doing physical activity.
- The exact intensity of exercises will vary between different people.
- كثافة التمارين بالضبط سوف تختلف بين مختلف الناس.
- It will depend on your level of fitness and the effort that you put into exercises.
- سوف يعتمد على مستوى لياقتك والجهد الذي تبذله في التدريبات.

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Moderate-intensity activity نشاط متوسط الشدة	High-intensity activity نشاط عالي الكثافة
Moderate-intensity activity is when you are working at 70-80% of your maximum heart rate (MHR).	**A high-intensity activity is an exercise that creates a big increase in your heart and breathing rate. You should be working at 80-85% of MHR.**
• Moderate walking (around 5km per hour) • Cycling (less than 16km per hour) • Swimming slowly • Gardening/heavy housework • Golf	• Running • Cycling (over 16km per hour) • Swimming fast laps • Playing sports such as football • Hiking in the mountains • High-intensity aerobics

Immunisation التحصين

Immunisation is where people are made immune or resistant to an infectious disease, usually by the injection of a vaccine.



How do vaccines work? كيف يعمل اللقاح ؟

- Vaccinations work by injecting a very small amount of the virus or bacteria that causes a certain disease into the body. تعمل اللقاحات عن طريق حقن كمية صغيرة جدًا من الفيروس أو البكتيريا المسببة لمرض معين في الجسم.
- This makes the body's immune system create antibodies to fight off the injected disease. If the disease enters your body again in the future, your immune system knows what it is and already has the antibodies to fight it. هذا يجعل جهاز المناعة في الجسم يخلق أجسامًا مضادة لمحاربة المرض المحقون. إذا دخل المرض إلى جسمك مرة أخرى في المستقبل ، فإن جهازك المناعي يعرف ماهيته ولديه بالفعل الأجسام المضادة لمكافحته.This is called immunity . وهذا ما يسمى بالمناعة
- Vaccines are being developed to protect against coronavirus (COVID-19). يتم تطوير لقاحات للحماية من فيروس كورونا (كوفيد -19)
- The virus spreads easily, and anybody can catch it.A vaccine would provide protection by training people's immune systems to fight the virus, so they don't become sick.

ينتشر الفيروس بسهولة ويمكن لأي شخص أن يصاب به. يوفر اللقاح الحماية من خلال تدريب أجهزة المناعة لدى الأشخاص على محاربة الفيروس ، حتى لا يمرضوا

Importance of vaccines

- Vaccinations save an estimated 2.5 million lives every year.
- Vaccines reduce the risk of getting a disease by working with the body's natural defenses to build protection.
- Vaccines are available to prevent more than 20 life-threatening مهددة للحياة diseases.
- Vaccinations are important for the prevention and control of infectious disease outbreaks.تفشي

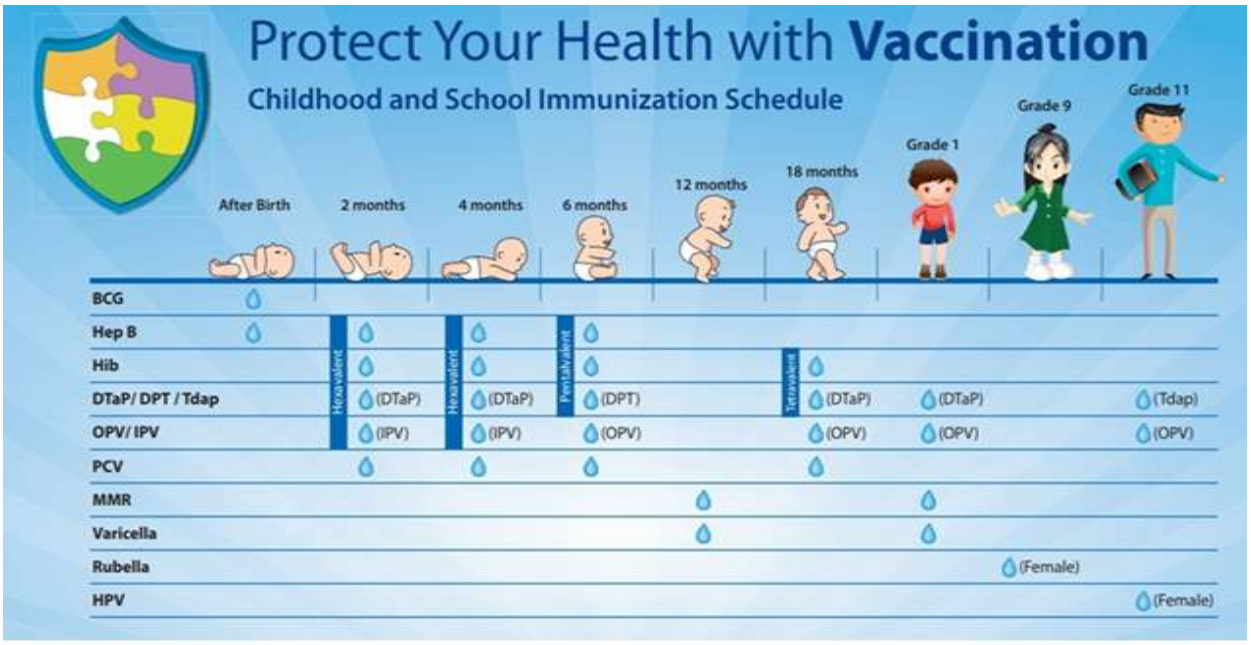
UAE National Immunisation programmer

- In the United Arab Emirates, there is an immunisation schedule to vaccinate children against many different diseases.
- The vaccination schedule starts when a child is born and usually continues until the child is in grade 11.
- If you miss some injections when you are a child, you can still have them as an adult.

UAE vaccines

The UAE vaccinates children against diseases such as:

- Tuberculosis السل **(BCG)**
- Measles ,الحصبة mumps,النكاف rubella الحصبة الالمانية**(MMR)**
- Hepatitis B الالتهاب الكبدي الوبائي **(Hep B)**
- Varicella الجدري **(chickenpox)**
- Polio شلل الاطفال **(OPV/IPV)**
- Influenza **(Hib)**



Difference between screening and diagnostic tests:

Screening فحص	Diagnostic tests فحوصات تشخيصية
• To check for early signs of disease	• To confirm تأكيد the presence وجود (or absence) of a disease
• For large numbers of people	• For one person who has signs or symptoms of a disease, or has had a positive screening result
• One simple test, such as a blood test	• More in-depth أكثر تعمقاً testing which may include lots of different tests
• Low cost, to be able to afford testing for large numbers of people	• Higher costsأكثر تكلفةً because of the need for accurate testing

Screening tests at different ages

In your 20s and 30s	In your 40s	In your 50s and 60s
Blood pressure	Cardiovascular disease risk assessment	Osteoporosis risk assessment هشاشة العظام
Cholesterol and glucose levels	Eye checks for glaucoma المياة الزرقاء – الزرق	Bowel cancer سرطان الامعاء screening (To find blood in stool or colonoscopy تنظير القولون
BMI, waist, and hip measurements	Breast screening (females only) فحص الثدي (mammogram) جهاز الكشف عن سرطان الثدي	Sight and hearing tests
Dental check and cleaning	Prostate screening (males only فحص البروستاتا	
Skin cancer checks		
Cervical screening فحص عنق الرحم(females only)		

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How infections spread

• An infection occurs when germs enter the body and multiply

تحدث العدوى عندما تدخل الجراثيم إلى الجسم وتتكاثر

Three things are needed for an infection to spread:

• A Source: مصدر This is where germs are found and can include surfaces in the home or public places and on the skin.

• A person: شخص with a way for the germs to enter their body

• Transmission: ناقل the way germs are moved to a person

What is infection prevention and control?

Infection prevention and control is an approach that aims to prevent patients and healthcare workers being harmed by avoidable infections.

Infections can lead to:

- more time spent in hospital قضاء وقت أطول بالمستشفى
- Disability عجز
- Death. الموت

It is not only patients that can be affected, healthcare workers are at risk of infection too.

The most common types of healthcare infections are:

- Surgical infections, in the area a person has been operated on
- التهابات جراحية في المنطقة التي خضع فيها المريض لعملية جراحية
- Bloodstream infections. التهابات مجرى الدم
- Meningitis, an infection of the brain and spinal cord.
- التهاب السحايا ، وهو التهاب يصيب الدماغ والنخاع الشوكي
- Pneumonia, an infection in one or both lungs الالتهاب الرئوي ، وهو التهاب في إحدى الرئتين أو كليهما
- A urinary tract infection (UTI), which affects the kidneys and bladder.
- التهاب المسالك البولية الذي يصيب الكلى والمثانة.

Preventing hospital infections

Key points to consider:

- Infection control program
- Screening
- Hand washing
- Having good hygiene and regular cleaning of facilities
- Quarantine الحجر الصحي
- Procedures for the decontamination إزالة التلوث of people and the environment
- Personal protective equipment (PPE) معدات الحماية الشخصية

Personal protective equipment (PPE) can include:

- Gloves قفازات
- Masks كمامات
- Gowns ثوب طبي
- Overalls ثوب طبي كامل
- eye protection واقي العيون

Infection control in day-to-day life السيطرة على العدوى في الحياة اليومية

- Wash hands regularly and properly
- Prepare and handle food properly (you will learn more about this in term 3)
- Properly clean and disinfect surfaces in the home, especially kitchens and bathrooms
- Cough or sneeze into a tissue السعال أو العطس في منديل ورقي
- Don't share personal items with others
- Stay at home when you are sick
- Avoid touching wild animals تجنب لمس الحيوانات البرية
- Get vaccinated against communicable diseases such as COVID-19

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UNIT 6

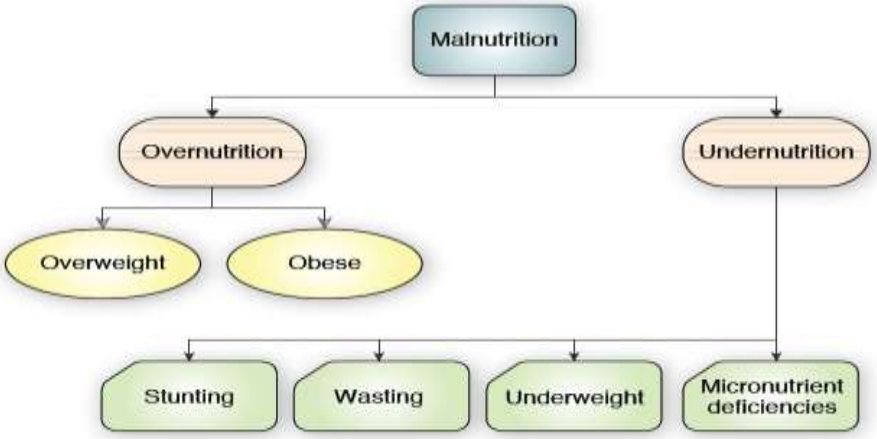
Assessment of nutritional status

Word	Definition
Anthropometry	الأنثروبومترية (القياسات البشرية) the study of measurements of the human body.
Circumference	محيط the distance around something
Technique – تقنية	a way of carrying out a task
analysis	تحليل detailed examination of something
interpret	to understand something in a particular way
plot	a point that shows the relationship between two things on a graph
Body mass index (BMI)	مؤشر كتلة الجسمthe measurement of a person's weight for their height
Body fat percentage – نسبة الدهون في الجسم	the percentage of the body that is made up of fatty tissue
Biochemistry	A branch of science that explores the chemistry of living things.
Clinical – سريري	Relates to medical work done and treatment of patients.
Rickets –الكساح	A disease that causes the bones of children to become soft and not grow or develop properly.
Deficient – ناقص	Not having enough of something that is important or necessary.
Open-ended – مفتوح	Allows people to answer in a way that is not limited or controlled.
Nutritional status:	is the state of a person's health depending on his or her diet.
Dietician اختصاصي التغذية	A medical professional normally measures the nutritional status of a patient.
Malnutrition	سوء تغذية lack of proper nutrition
malnourished person شخص يعاني من سوء التغذية	someone who has the poor nutritional status
Undernutrition نقص التغذية	Used to describe the result of a person who does not eat enough food or get enough energy from the food they consume.
Wasting – الهزال	When someone is a low weight for their height
Stunting – التقزم	When a child is a low height for their age

Dietician role دور اختصاصي التغذية

- Measure the nutritional status of a patient. قياس الحالة الغذائية للمريض
- Understand and interpret the results. فهم وتفسير يفسر النتائج
- Advise them on how to improve their diet and overall nutritional status.

إرشادهم حول كيفية تحسين نظامهم الغذائي والحالة التغذوية العامة



The purpose of nutritional assessment

- Identify people who are malnourished or at risk of malnourishment.
- Identify underlying issues or diseases which may be present.
- Develop healthcare programs to meet the needs of the community.
- Measure the effectiveness of nutritional programs and interventions once they are carried out.

الغرض من التقييم الغذائي

- تحديد الأشخاص الذين يعانون من سوء التغذية أو المعرضين لخطر سوء التغذية.
- تحديد القضايا الأساسية أو الأمراض التي قد تكون موجودة.
- تطوير برامج الرعاية الصحية لتلبية احتياجات المجتمع.
- قياس فعالية برامج التغذية والتدخلات بمجرد تنفيذها.

Nutritional assessments techniques:

- Nutritional assessments techniques allow health professionals to assess a patient's nutritional status.

Measuring a person's nutritional status will help the health professional to:

- Provide accurate advice and recommendations
- Help the health professional to understand if a patient's is nourished or malnourished

The ABCDE's of nutritional assessments includes a range of assessments that health professionals can use.

- Anthropometric methods طرق القياسات البشرية
- Biochemical methods (laboratory) (المختبر) طرق الكيمياء الحيوية
- Clinical methods الطرق السريرية
- Dietary assessmentالتقييم الغذائي
- Environmental factors العوامل البيئية

Anthropometric

It is the study of the physical measurements of the human body. Includes measuring the height, weight, as well as measuring proportions of the hips, waist, legs, arms, and skinfolds.

❖ **Waist circumference**: is the total distance around the waist. The larger it is = more abdominal fat around the middle of the body, which is associated with many non-communicable diseases (Diabetes, Cardiovascular disease, Cancer, etc..)

	Desirable	High Risk	Very High Risk
Males	Less than 94 cm	94-102 cm	More than 102 cm
Females	Less than 80 cm	80-88 cm	More than 88 cm

❖ To measure the waist circumference:

- Place the tape at the mid-point between the top of the hip bone and the lower ribs, this can be done over the clothes.
- The tape shouldn't be too tight nor too loose.
- Abdominal muscles should be relaxed.
- The measurements should be taken after breathing out.



❖ To measure weight:

- Make sure the weighing scale is accurate and measured in kilograms (kg).
- Remove heavy items from pockets and stand with arms by the sides.

❖ To measure height:

- Make sure the measure is straight and measure in centimeters (cm).
- Remove shoes, and make sure the person is standing straight with their heels, back, and head touching the measure while looking straight ahead.
- Lower the reading bar to the top of the head so a measurement. Can be taken.

❖ The WHO has put growth charts to compare the height and weight of children of the same age and gender, those charts can be used for children up to the age of 19 years to follow a child's growth and identify medical problems at an early age.

❖ There are charts for different age groups: 0-2 years, 2-5 years, 5-19 years, as well as charts for males and others for females.

❖ What is needed to use a height growth chart for a child?

- The person's gender (male or female) جنس الشخص (ذكر أو أنثى)
- The person's age (usually in years) عمر الشخص (عادة بالسنوات)
- The person's height (in centimeters) طول الشخص (بالسنتيمتر)





- Percentiles are the colored lines in the chart, they show how many other people are taller, shorter and of the same- height.
- 50th percentile is the average and means that 50% of people of the same age and gender are the same height or taller.
- 97th percentile means that only 3% are at the same height or taller.
- 3nd percentile means that 97% are at the same height or taller.

- النسب المئوية هي الخطوط الملونة في الرسم البياني ، وهي توضح عدد الأشخاص الآخرين الذين هم أطول وأقصر ومن نفس الطول .
- النسبة المئوية الخمسون هي المتوسط وتعني أن 50٪ من الأشخاص من نفس العمر والجنس لهم نفس الطول أو أطول.
- النسبة المئوية 97 تعني أن 3٪ فقط لها نفس الطول أو أطول.
- النسبة المئوية الثالثة تعني أن 97٪ لها نفس الطول أو أطول

- Growth charts can be used by health care professionals to identify if there is a growth problem that can be related to malnutrition.

❖ BMI (Body mass index) مؤشر كتلة الجسم

Is a measurement of a person's height in relation to their weight, which is used to identify the weight status.

Weight status categories:



$$BMI = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

Body Fat percentage نسبة الدهون في الجسم

Methods used for measuring body fat percentage:

- **DEXA scanner:** uses **x-ray** to show the body's fat mass, muscle mass, and bone density.
- **Skinfold thickness:** uses **calipers** to measure areas of skin that can fold when pinched (skinfolds) at various parts of the body.
- **Bioelectrical impedance analysis (BIA):** uses **weak electrical impulse** that the person doesn't feel.

You need three things for this:

- Total body weight (TBW) in kilograms (kg)
- Body fat in kilograms (kg)
- Age

$$\frac{\text{Body fat}}{\text{TBW}} \times 100$$

Four categories: blue, green, amber, and red.



Too little body fat | Normal body fat | above the healthy percentage of body fat | So much body fat

Biochemical Methods

They are the laboratory measurements of nutritional assessment, which involve testing blood and urine samples.

طرق الكيمياء الحيوية

إنها القياسات المختبرية للتقييم الغذائي ، والتي تشمل فحص عينات الدم والبول.

To understand the results of the biochemical measurements correctly, some things about the patient need to be known, which are:

- Previous medical history..التاريخ الطبي السابق
- Current medication. .الدواء الحالي
- A clinical examination report. .تقرير الفحص السريري

Some benefits of using biochemical methods:

- Reliable موثوق
- Fast result نتيجة سريعة
- Suitable for hospitals مناسب للمستشفيات
- Can show early deficiencies before they develop يمكن أن تظهر النواقص في وقت مبكر قبل أن تتطور
- Do not rely on the patient's to remember all of the foods they consumed.
  لا تعتمد على المريض لتذكر كل الأطعمة التي تناولها

Biochemical methods are the most accurate for assessing nutritional status, because they show exactly how much of a certain nutrient is present. It also shows if a nutrient is deficient by looking at their biochemical markers even before the patient develops symptoms.

Clinical methods

Are basically the physical examination done for the patient, looking for some physical clues related to health problems that result from malnutrition. These clues can be felt or seen.

Body parts to be examined are:

- Skin
- Eyes
- Nails may be indented due to iron deficiency anemia- Hair, may be pulled out very easily due to low protein
- Mouth and gums, maybe sore with bleeding due to vitamin and mineral deficiency
- Bones and joints, may have Rickets due to vitamin D deficiency

Before performing a physical examination, medical professionals should:

- obtain the patient's medical history — الحصول على التاريخ الطبي للمريض
- ask about previous and current medical conditions — اسأل عن الحالات الطبية السابقة والحالية
- ask the patient if he/she takes any medication or nutritional supplements
  اسأل المريض عما إذا كان يأخذ أي دواء أو مكملات غذائية
- ask the patient if he/she has diarrhea or other digestive issues
  اسأل المريض عما إذا كان يعاني من الإسهال أو مشاكل أخرى في الجهاز الهضمي
- ask about the patient's financial and social resources — اسأل عن موارد المريض المالية والاجتماعية

In the medical history and physical exam, the following will be checked:

- Malabsorption of nutrients — سوء امتصاص العناصر الغذائية
- Medications — الأدوية
- Other medical conditions — حالات طبية أخرى
- Physical appearance — مظهر جسماني
- Presence of infection — وجود عدوى
- Supplements use — استخدام المكملات الغذائية
- Questions about digestive issues — أسئلة حول مشاكل الجهاز الهضمي

Rickets الكساح

a disease typically caused by a lack of vitamin D and calcium in children. Bones become soft, and don't grow or develop properly.

مرض يحدث عادة بسبب نقص فيتامين (د) والكالسيوم عند الأطفال. تصبح العظام لينة و لا تنمو أو تتطور بشكل صحيح.



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Dietary methods

This is where the patient records their eating patterns or the food and drinks that they consumed in a given period of time.

The most common ways to measure dietary intake are:

	Definition	Advantages	Disadvantages
Twenty-four-hour dietary recall **open-ended** مفتوح	➢ Usually from midnight to midnight. ➢ The patient needs to: • Recall the ingredient used • the cooking method used • the time of day they had it • the amount of food they ate • Any leftovers.	➢ easy to recall and collect ➢ it doesn't take time ➢ The information provided can estimate regular food and nutrient intake.	➢ relies on memory ➢ If the patient ate in a restaurant, they may not know the cooking method or the ingredients. ➢ Doesn't show the patient's regular eating habits. ➢ Some patients may not give honest responses.
Three-day food diary **open-ended**	➢ 2 weekdays and one weekend day ➢ Should be recorded in real-time, not from memory. Also, the weights of foods should be measured by scales. Thus, its, more accurate than the 24-hour method.	➢ More details are recorded (three days, weights of meals). ➢ Do not rely on memory.	➢ Requires a high level of commitment (three days, weights of meals). ➢ People may not record some small meals or some ingredients. ➢ People may change their eating habits for these three days.
Food frequency questionnaire **NOT open - ended**	➢ This questionnaire has a set number of questions with multiple choice answers	➢ Used on large groups of people. ➢ Quick and easy to complete.	➢ Specific foods are listed. ➢ Sometimes people's eating patterns are not consistent. ➢ It requires a level of memory

Environmental factors



Socioeconomic status الوضع الاجتماعي والاقتصادي

A person's socioeconomic status can impact their eating habits and food choice.

- If someone has limited income, they may not be able to spend much money on food.
- Healthier foods are generally more expensive than unhealthy foods.
- Where someone lives can impact their ability to cook healthy meals, for example, if their home does not have suitable cooking facilities or if there is no access to healthy affordable food near their home.

- إذا كان شخص ما لديه دخل محدود ، فقد لا يتمكن من إنفاق الكثير من المال على الطعام.
- تعتبر الأطعمة الصحية أكثر تكلفة بشكل عام من الأطعمة غير الصحية.
- يمكن أن يؤثر مكان حياة شخص ما على قدرته على طهي وجبات صحية ، على سبيل المثال ، إذا لم يكن لدى منزله مرافق طهي مناسبة أو إذا لم يكن هناك إمكانية للحصول على طعام صحي ميسور التكلفة بالقرب من منزله.

Nutrients available العناصر الغذائية المتاحة

- In certain countries, food availability will depend on weather and seasons.
- There could be other reasons that good food is not able to get to certain areas, such as war or natural disasters.

- في بعض البلدان ، سيعتمد توافر الغذاء على الطقس والمواسم.
- قد تكون هناك أسباب أخرى لعدم تمكن الغذاء الجيد من الوصول إلى مناطق معينة ، مثل الحروب أو الكوارث الطبيعية.

Food deserts الصحارى الغذائية

Food deserts are areas where people don't have easy access to affordable, healthy food options. This is usually because there is no grocery store within convenient traveling distance.

صحارى الطعام هي مناطق لا يتمتع فيها الناس بسهولة الوصول إلى خيارات الأطعمة الصحية بتكلفة معقولة. هذا عادة بسبب عدم وجود محل بقالة على مسافة سفر مريحة.

Cultural factors العوامل الثقافية

People from different backgrounds and cultures consume different types of food. This is sometimes due to tradition and sometimes due to religion

يستهلك الأشخاص من خلفيات وثقافات مختلفة أنواعًا مختلفة من الطعام. هذا يرجع أحيانًا إلى التقاليد وأحيانًا بسبب الدين

- **Foods from certain cultures** ثقافات معينة **may not be very healthy, so it is important to consider the types of foods that people may be eating when assessing nutritional status.**
- **Religious practices** الممارسات الدينية **may have certain food rules or restrict certain foods, this should also be considered, especially if someone lives in an area where it is not easy to access certain foods.**

Vegan and vegetarian diet

The most common are related to animal welfare and environmental reasons.

أكثرها شيوعًا تتعلق بالرفق بالحيوان والأسباب البيئية

Vegan	vegetarian
excludes all meat and animal products (meat, poultry, fish, seafood, dairy and eggs) • يستثني جميع اللحوم (اللحوم والدواجن والأسماك والمأكولات البحرية) • المنتجات الحيوانية (منتجات الألبان والبيض)	**excludes meat, poultry, fish and seafood** يستثنى من ذلك اللحوم والدواجن والسمك والمأكولات البحرية
low in saturated fat, protein, iron, and B12	
ensure that they getting enough of certain nutrients يجب التأكد من حصولهم على ما يكفي من بعض العناصر الغذائية	

UNIT 7

Road and fire safety

Word	Definition
Dangerous – خطر	describes something that could cause accident or injury
Extinguish – إطفاء	to cause something to stop burning
Extinguisher – طفاية الحريق	a piece of equipment used to put out fires
Flammable – قابل للإشتعال	capable of being set on fire and of burning quickly
Fuel – وقود	something that can make a fire burn more strongly
Smother – إخماد	to cover something in order to keep it from growing or spreading
Accessible – يمكن الوصول اليه	able to be reached or approached
Assembly point – نقطة التجمع	A safe place to go in the event of an emergency
Emergency – طوارئ	an unexpected and usually dangerous situation that calls for immediate action
Evacuate – إخلاء	to remove yourself or someone from a dangerous place
Accident – حادث	a sudden event (such as a crash) that causes damage or injury
Awareness – توعية	knowing that something (such as a situation or problem) exists
Campaign – حملة	a series of planned events in which people work in an organised and active way towards achieving a goal
Pedestrian – المشاة	a person who is walking along a footpath or crossing a road
Distance – مسافة	the length of space between two points
Penalty – عقوبة	punishment for breaking a rule or law
Statistic – إحصائيات	a number that represents a piece of information (such as how common something is)
Infant – رضيع	a baby or very young child
Law – قانون	a set of rules made by the government

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Fire safety

Fire : is a chemical reaction that produces bright light, heat, and smoke. It is used for:

- **Cooking**
- **Warmth and light**
- **Engineering and manufacturing**
- **Powering vehicles**

Fire is very useful, but if not controlled properly it can also be very dangerous.

Fire can cause damage to buildings, nature and humans.

Oxygen

As well as heat and fuel, fires need oxygen to stay alight.

الأكسجين

بالإضافة إلى الحرارة والوقود ، تحتاج الحرائق إلى الأكسجين لتظل مشتعلة.



Heat

Heat increases the temperature of a material until a fire starts. Some sources of heat include the sun, ovens and sparks.

تزيد الحرارة من درجة حرارة المادة حتى يبدأ الحريق. تشمل بعض مصادر الحرارة الشمس والأفران والشرر

Fuel

The fuel for a fire may be a solid (coal, wood, paper or cloth); a liquid (gasoline, kerosene, paint or cooking oil); a gas (propane, natural gas or butane).

الوقود

قد يكون وقود النار صلبًا (الفحم أو الخشب أو الورق أو القماش) ؛ سائل (البنزين أو الكيروسين أو الطلاء أو زيت الطهي) ؛ غاز (البروبان أو الغاز الطبيعي أو البوتان)

Extinguishing a fire اطفاء حريق

Without each of the three elements, a fire cannot exist. Fires can be stopped by removing:

- **Heat: Using water on some fires will cool the heat and cause the fire to go out.**
- **Fuel: If a fire runs out of fuel, it will go out.**
- **Oxygen: If the oxygen is removed, it will smother the fire.**

بدون كل عنصر من العناصر الثلاثة ، لا يمكن أن توجد نار. يمكن وقف الحرائق بإزالة:

- **الحرارة: يؤدي استخدام الماء على بعض الحرائق إلى تبريد الحرارة وإخمادها.**
- **الوقود: إذا نفد الوقود من الحريق ، فسوف ينطفئ.**
- **الأكسجين: إذا تمت إزالة الأكسجين ، فسيؤدي ذلك إلى اختناق النار.**

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Fire extinguishers طفاية الحريق

are used to control small fires.

They will either control the heat or smother a fire. They can stop a fire from spreading and becoming bigger.

تستخدم للسيطرة على الحرائق الصغيرة. سوف يتحكمون في الحرارة أو يخمدون النار يمكنهم منع الحريق من الانتشار وكبر حجمه

There are four main types of fire extinguisher: أربعة أنواع رئيسية من طفايات الحريق

- **Water**
- **Foam**
- **Powder**
- **CO2 (carbon dioxide)**

Symbols found on fire extinguishers & what they mean	Water	Foam spray	ABC powder	Carbon dioxide	Wet chemical
Wood, paper & textiles (A)	✓	✓	✓	✗	✓
Flammable liquids (B)	✗	✓	✓	✓	✗
Flammable gases (C)	✗	✗	✓	✗	✗
Electrical contact	✗	✗	✓	✓	✗
Cooking oils & fats (F)	✗	✗	✗	✗	✓

The different types of fires أنواع الحرائق

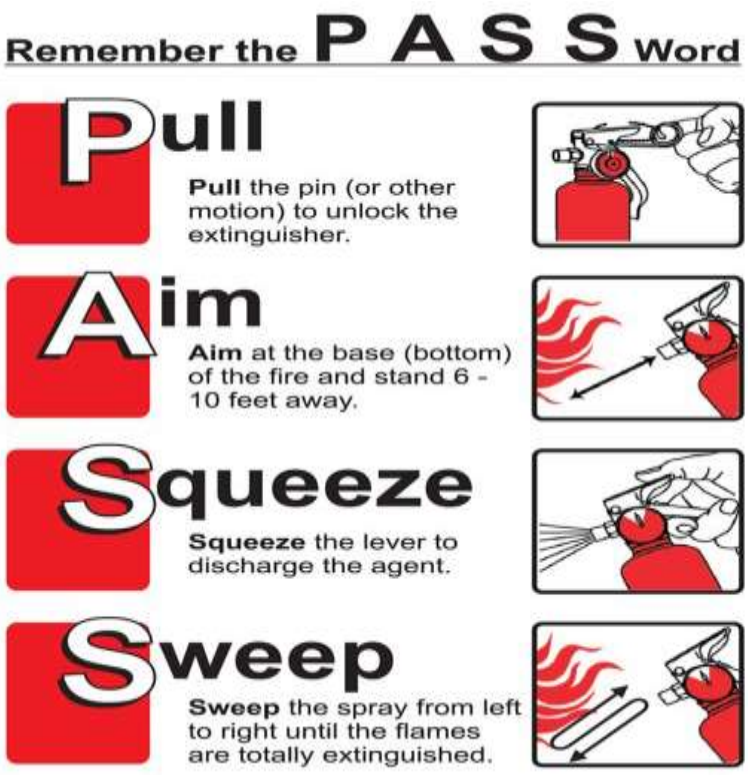
- **Electrical fire حريق كهربائي**
- **Oils and fats الزيوت والدهون**
- **Refuse fire (solid) صلبة**







How to use a fire extinguisher كيفية استخدام مطفأة الحريق



Emergency evacuation إخلاء الطوارئ

In the event of an emergency, such as a fire, it is important to evacuate a scene immediately.
في حالة الطوارئ ، مثل نشوب حريق ، من المهم إخلاء مكان الحادث على الفور.

Assembly points نقاط التجمع



Large buildings such as schools and office building all have assembly points.

An assembly point is a specially chosen place for people to go to in an emergency.

Having an assembly point means everyone will know exactly what to do and where to go in an emergency.

Things to think about when choosing an assembly point:

الأشياء التي يجب التفكير فيها عند اختيار نقطة التجمع

The location	**It needs to be in a safe place away from the building.** **يجب أن يكون في مكان آمن بعيدًا عن المبنى**
The size of the space	**It needs to be big enough for all the people in the building.** **يجب أن تكون كبيرة بما يكفي لجميع الأشخاص في المبنى**
Accessibility	**Emergency services need to be able to reach the area.** **يجب أن تكون خدمات الطوارئ قادرة على الوصول إلى المنطقة**

Evacuating a building safely إخلاء المبنى بأمان



Following some rules will help everyone get to the assembly point:

- **Don't use elevators . لا تستخدم المصاعد**
- **Help others where needed.ساعد الآخرين عند الحاجة**
- **Do not run. لا تركض**
- **If there is smoke, 'get low and get out . "انخفض واخرج" ، إذا كان هناك دخان**
- **Do as you are instructed. اتبع التعليمات**

Road traffic safety السلامة المرورية على الطرق

Road traffic safety aims to prevent road users being killed or seriously injured while traveling on public roads.

Road users مستخدمي الطريق

- **car drivers** سائقي السيارات
- **pedestrians** المشاة
- **cyclists** راكبي الدرجات
- **motorcyclists** راكبي الدراجات النارية
- **vehicle passengers** راكبوا المركبات
- **horse riders** راكبوا الخيل
- **Passengers of public transport.** ركاب وسائل النقل العام

Some worldwide statistics on road traffic injuries:

- **Road traffic accidents cause the deaths of around 1.35 million people each year and injure up to 50 million more.**
- **Road traffic injuries are the leading cause of death for children and young adults aged between 5-29 years.**
- **Males under the age of 25 are 3 times more likely to be killed in a road traffic crash than females.**

Speed management إدارة السرعة

- **Speed limits that tell the driver the maximum speed for the road they are using.**
  - حدود السرعة التي تخبر السائق بالسرعة القصوى للطريق الذي يستخدمه.
- **Police patrols and speed cameras to catch drivers who are driving too fast.**
  - دوريات الشرطة وكاميرات السرعة للقبض على السائقين الذين يقودون بسرعة كبيرة.
- **Setting speed limits that suit the type of road (city road, motorway).**
  - وضع حدود للسرعة تتناسب مع نوع الطريق (طريق مدينة ، طريق سريع).

Educating road users توعية مستخدمي الطريق

- **In the UAE, drivers need to pass a driving test before they can drive on the roads.**
  في الإمارات العربية المتحدة ، يحتاج السائقون إلى اجتياز اختبار القيادة قبل أن يتمكنوا من القيادة على الطرق.
- **The minimum age for a driving license in the UAE is 18 years for cars and other light vehicles.**

الحد الأدنى لسن رخصة القيادة في دولة الإمارات العربية المتحدة هو 18 عامًا للسيارات والمركبات الخفيفة الأخرى.

- To prevent road accidents, the UAE has launched awareness campaigns to educate motorists and lessen the impact of traffic fatalities.

لمنع حوادث الطرق ، أطلقت دولة الإمارات العربية المتحدة حملات توعية لتثقيف سائقي السيارات وتقليل تأثير الوفيات الناجمة عن حوادث المرور.

Protecting pedestrians and cyclists حماية المشاة وراكبي الدراجات

- Reduced speed limits in built-up areas where there are more pedestrians and cyclists.
- حدود السرعة المنخفضة في المناطق المبنية حيث يوجد المزيد من المشاة وراكبي الدراجات.
- Created zebra crossings and pedestrian bridges.
- إنشاء معابر مخططة وجسور للمشاة.
- Created school safety zones. انشاء مناطق مدرسية آمنة
- Made more cycle paths and cycle-friendly areas. صنع المزيد من مسارات الدراجات .
- Made laws that cyclists must follow, such as wearing a helmet.
- وضع قوانين يجب على راكبي الدراجات اتباعها ، مثل ارتداء خوذة.

Laws to protect road users قوانين حماية مستخدمي الطريق

- Road traffic laws are in place so that they discourage drivers to do dangerous or risky things, such as speeding or not wearing a seatbelt.
- تم وضع قوانين المرور على الطرق بحيث لا تشجع السائقين على القيام بأشياء خطرة أو محفوفة بالمخاطر ، مثل السرعة أو عدم ارتداء حزام الأمان.
- They also cover other road users such as cyclists and pedestrians, for example, in the UAE pedestrians must cross the street at crossing areas, or they can receive a fine of AED400.
- كما أنها تغطي مستخدمي الطريق الآخرين مثل راكبي الدراجات والمشاة ، على سبيل المثال ، في الإمارات العربية المتحدة يجب على المشاة عبور الشارع عند مناطق العبور ، أو يمكنهم الحصول على غرامة قدرها 400 درهم.

Causes of road traffic accidents أسباب حوادث الطرق

Sudden swerving/lane changing الانحراف المفاجئ / تغيير الحارة	Moving without signal or checking if it's clear
Tailgating الذيل (تجاهل مسافة الامان)	If a car is following another too closely, there is not enough time to stop if the driver in front brakes Suddenly
Dangerous driving القيادة الخطرة	Includes speeding, running red lights, cutting people off or passing illegally
Entering a road without checking that it is clear دخول الطريق دون التأكد من خلوه	Can include joining a highway without checking for traffic, or turning into a street when there are cars coming
Lack of attention or judgment قلة الانتباه أو الحكم	Using a mobile phone or being distracted while driving
Not following the road lanes عدم اتباع حارات الطريق	Driving between two lanes or driving on the wrong side of the road
Reversing in a dangerous way الرجوع للخلف بطريقة خطيرة	Reversing without checking what is behind the car

UAE statistics on road traffic accidents احصاءات دولة الامارات حول حوادث الطرق







Who causes more accidents?

Males - 90%

Females - 10%

2 out of 3 people killed in road accidents in Abu Dhabi were not wearing seatbelts

- About 2 people are killed on the UAE roads each day.
- Around 18 people are injured each day.

Seat belt facts حقائق حول حزام الأمان

- Seat belts are designed to keep people in their seats during a crash.
- If people do not wear a seat belt, they might hit the steering wheel, dashboard or even go through the windscreen.
- This could cause serious injury or death.
- Wearing a seat belt reduces the risk of injury during a crash by up to 63%.
- It can reduce deaths by over 50%.

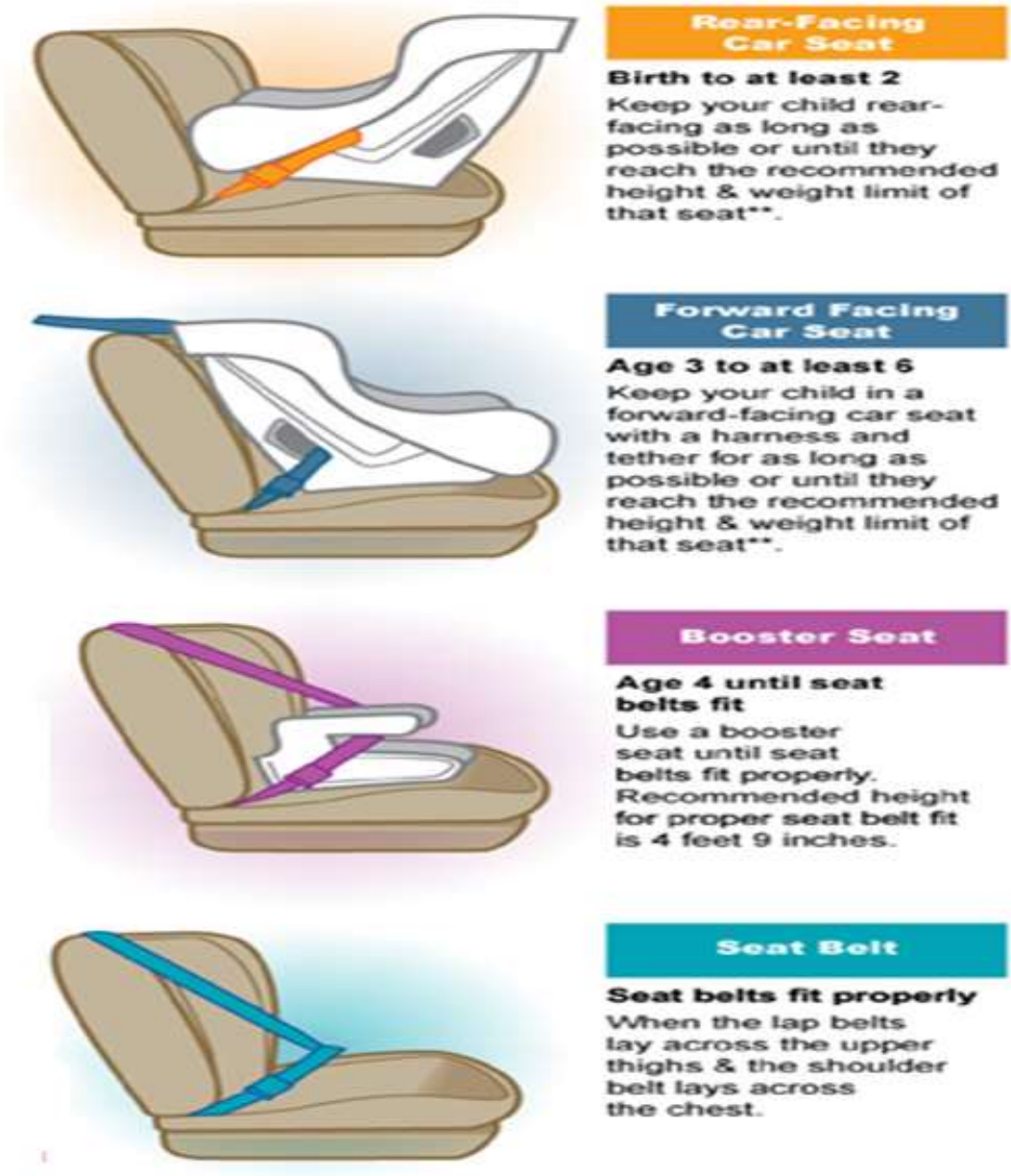
- أحزمة المقاعد مصممة لإبقاء الناس في مقاعدهم أثناء الاصطدام.
- إذا كان الناس لا يرتدون حزام الأمان ، فقد يصطدمون بعجلة القيادة أو لوحة القيادة أو حتى يمروا عبر الزجاج الأمامي.
- قد يتسبب هذا في إصابة خطيرة أو الوفاة.
- يقلل ارتداء حزام الأمان من خطر الإصابة أثناء التصادم بنسبة تصل إلى 63٪.
- يمكن أن تقلل الوفيات بنسبة تزيد عن 50٪.

Infant and Safety Seats الرضع ومقاعد الأمان

- Infants (babies) are one of the age ranges most at risk during a crash.
- A child in the back of a car, without a seat belt, has very little chance of surviving a crash.
- The most dangerous place in the middle of the back seat where the child will be thrown into the front window.
- Studies have shown that using child safety seats can reduce the risk of death in a crash by 70 to 80% for small children.

- الرضع (الأطفال) هم من الفئات العمرية الأكثر تعرضًا للخطر أثناء الاصطدام.
- الطفل في الجزء الخلفي من السيارة ، دون حزام الأمان ، لديه فرصة ضئيلة للغاية للنجاة من حادث.
- أخطر مكان هو منتصف المقعد الخلفي حيث سيتم إلقاء الطفل في النافذة الأمامية.
- أظهرت الدراسات أن استخدام مقاعد سلامة الأطفال يمكن أن يقلل من خطر الموت في حادث تصادم بنسبة 70 إلى 80٪ للأطفال الصغار.

Car seats



Seat belts حزام الآمان

In 2017, the UAE Ministry of Interior وزارة الداخلية الإماراتية announced seat belt laws to protect car drivers and their passengers.

The laws state that:

- **everyone travelling in the car must wear a seatbelt, regardless of their age and whether they are travelling in the front or the back of the car.**
- **children under 10 years of age are not allowed to sit in the front seat of a car.**
- **car seats must be used for children under 10.**
- **There are fines of AED 400 and 4 black licence points for failing to observe the laws.**

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How to practice safe driving

things that you can do to ensure that you, your passengers, and other road users stay safe and avoid accidents.

These include:

- **being aware of speed limits.**
- **leaving a safe distance between your car and the car in front.**
- **using your mirror and indicator مؤشر when changing lanes.**
- **being aware of weather conditions that can affect driving.**

Speed awareness

- **Fast-moving vehicles are more dangerous to all road users.**
- **Speeding increases the amount and seriousness of crashes.**
- **Speeding also reduces the time you have to make a decision and increases the braking distance required.**

The need for speed limits

Speed limits are set to control speeds in certain areas. This is done for many reasons, including the following:

- **Pedestrian safety سلامة المشاة**
- **The condition of the road حالة الطريق**
- **School zones مناطق المدارس**

Stopping distances at different speeds and conditions

مسافات التوقف بالسرعات والظروف المختلفة

A stopping distance depends on three factors:

- **Reaction time وقت رد الفعل**
- **Braking distance (الفرامل) مسافة الكبح**
- **True stopping distance مسافة توقف حقيقية**

Reaction time

This is the time it takes between your brain registering the events in front of you and you pressing the brakes. The distance increases the faster you are travelling.

هو الوقت الذي يستغرقه عقلك في تسجيل الأحداث أمامك والضغط على الفرامل. تزداد المسافة كلما زادت سرعتك

Braking distance

This is time it takes for the car's braking system to bring the car to a complete stop.

هذا هو الوقت الذي يستغرقه نظام الفرامل في السيارة لإيقاف السيارة تمامًا.

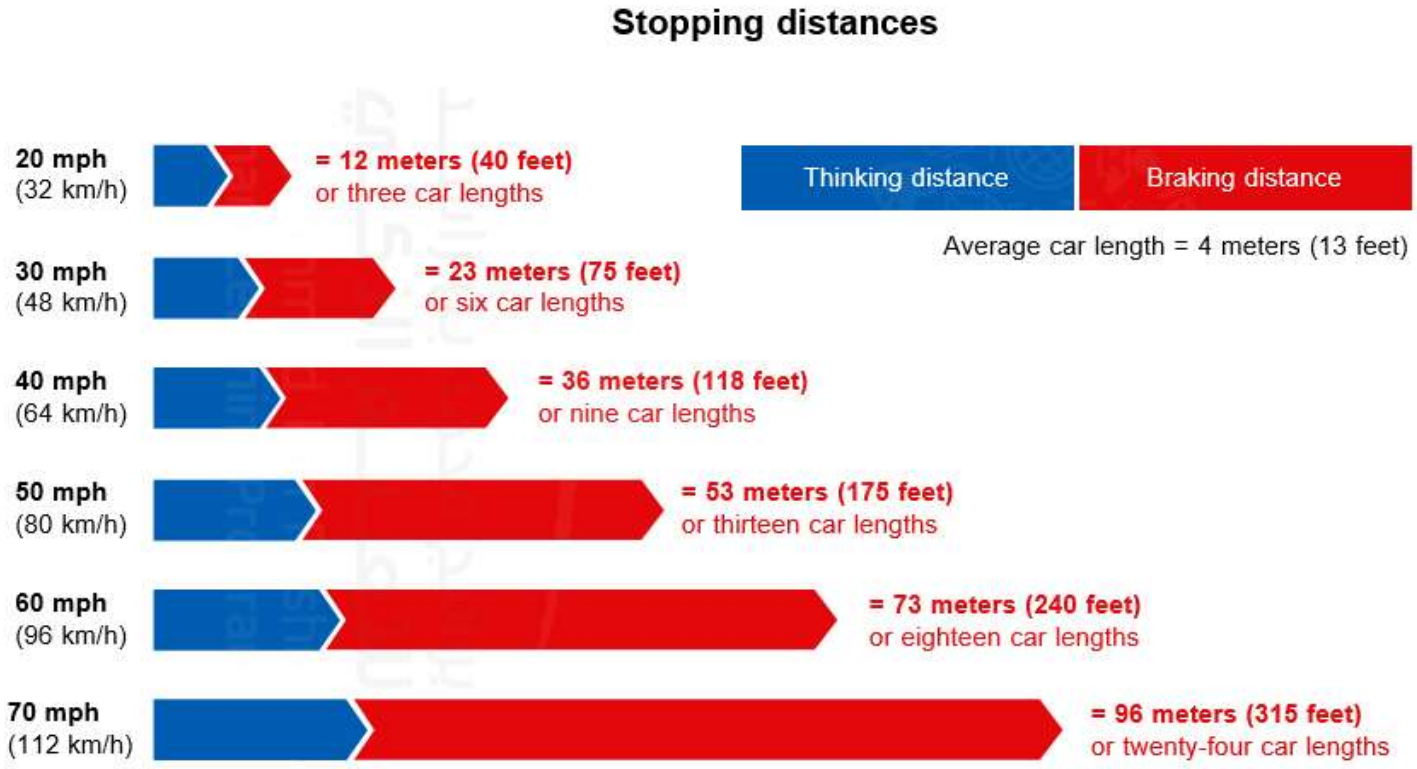
True stopping distance

This is the reaction time plus the braking distance.

The formula is:

Reaction time + Braking distance = True stopping distance

مسافة الفرامل = وقت رد الفعل + مسافة الفرامل



Changing lanes safely

You have already learned that sudden lane changes are the biggest cause of road traffic accidents in the UAE.

To make a safe lane change while you are driving, follow these three steps:

1. Mirror

Check your mirror and blind spots. النقطة العمياء

2. Signal

Always make a signal when you are going to change lanes.

3. Move

When it is safe to do so, change lanes.

Weather conditions

Weather conditions are the state of the atmosphere, for example hot, cold, windy or raining. At certain times of the year, the United Arab Emirates experiences extreme weather such as heavy rainfall or fog. When this happens, it makes driving more dangerous as there can be flooding on the roads or low visibility.

When driving in heavy rain or fog, you should:

- **Slow down. Driving at normal speeds is dangerous as you cannot see what is in front of you.**
- **Turn on your lights. Use your headlights or fog lights so that other road users can see your car.**
- **Leave space. Leave extra space between you and the car in front of you.**
- **Stop. If you feel that it is not safe to continue, pull over and stop driving as soon as you can. Find a gas station or restaurant and wait until the weather improves.**

Things to remember when practicing safe driving

There are many other things that can be done to make driving safe for you and other road users.

You should:

- **Avoid driving aggressively, be patient with other road users.**
- **Do not use your mobile phone while driving, wait until you stop.**
- **Plan your journey and leave enough time so you don't need to drive too fast.**
- **Be aware of motorbikes and cyclists on the roads.**
- **Make sure that your car is well maintained and check your tyre pressures ضغوط الإطارات regularly.**

UNIT 8

Behavior change

Word	Definition
Behavior	the way someone acts or conducts themselves
Change	doing something different from how it is usually done
Environment	the conditions that surround someone or something
Influence – تأثير	something that affects the way a person behaves
Culture –	the beliefs and customs of a group of people
Social –	relating to people or society in general
Society –	a group of people living together in a community
Theory – نظرية	an idea or set of ideas that explain facts
Illness –	a disease or sickness
Life expectancy – العمر المتوقع	the average period that a person may expect to live
Risk factor –	something that makes a person more likely to get a particular disease or condition
Wellbeing –	the state of being happy or heathy
Achieve –	to reach something (such as a goal) by working hard
Goal –	something that you want to do or achieve
Method –	a procedure or process that helps people to do or achieve something such as a goal
Successful –	reaching a desired aim or result

Behavior change: when a person acts or does something differently from how they used to do it.

it is important that people:

- **understand why they behave the way they do.**
- **know that they need to change.**
- **know where to find the support to help them to change.**
-

What influences behavior? ما الذي يؤثر على السلوك؟

Social Cognitive theory نظرية الإدراك الإجتماعي can be used to explain why people behave the way that they do.

Social Cognitive Theory explains that our behavior is influenced by:

- **the natural and man-made environment.**
- **our social environment.**
- **personal factors.**

Factors influences on behaviour

1- The natural environment البيئة الطبيعية	The man-made environment بيئة من صنع الانسان
is everything that makes up the natural world around us, such as the air, land, water and weather.	**includes things that people have created such as cars, buildings, and roads.**
for example: • **If the weather is cool, more people go outside to run, walk or cycle.** • **When the weather is hot, people usually choose to stay indoors.**	**for example:** • **Without thinking, most people would use an escalator instead of the stairs.** • **People use their cars to travel short distances instead of walking.**

2 - The social environment includes:

- **our relationships with other people.**
- **the society we live in.**
- **our culture.**
- **The social environment effects people's behavior as they can be influenced by the people around them.**

Learning from other people

For example:

1. **communication skills such as :**
   - **talking**
   - **listening**
2. **practical skills such as :**
   - **cooking**
3. **how to behave in different situations**
4. **knowing right from wrong**

3 - Personal factors

Personal health behaviors

How a person behaves can affect their health in a positive or negative way.

Having more positive than negative health behaviors can help people to:

- **reduce their risk factors for disease.**
- **increase their life expectancy.**
- **increase their wellbeing.**

Personal factors

- **Self-efficacy – الكفاءة الذاتية a person's belief in their ability.**
- **Outcome expectations – توقع النتائج what people expect to happen if they do something.**
- **Goals – what a person want to do in their life.**

Behaviour changes interventions تدخلات تغيير السلوك

Behavior changes interventions encourage a person, a community, or a whole population to make a positive behavior change. تشجع تدخلات تغيير السلوك شخصًا أو مجتمعًا أو مجموعة سكانية بأكملها على إجراء تغيير سلوكي إيجابي.

The aims of a behavior change intervention are to: أهداف تدخل تغيير السلوك هي

- **promote health. تعزيزالصحة**
- **prevent illness and disease.الوقاية من المرض**
- **reduce healthcare costs. تقليل تكاليف الرعاية الصحية**

Three types of intervention

Education and communication – health advice for one or more people
التعليم والتواصل – نصائح صحية لشخص واحد أو أكثر

Interventions
التدخلات

Resources – when facilities are provided to help people make positive changes
الموارد – عندما يتم توفير المرافق لمساعدة الناس على إجراء تغييرات إيجابية

Policy – when measures are brought in to change something that affects many people
السياسة – عندما يتم اتخاذ التدابير لتغيير شيء يؤثر على الكثير من الناس

Steps of planning a behaviour change intervention

Identify the problem

What is the risk to health?

Does it affect an individual, a community or the whole population?

Find the cause

Is the problem caused by individual behaviour?

Is it influenced by society?

Is it influenced by the natural or man-made environment?

Take action

Decide which intervention to make:

An individual, community or population approach?

At an educational, resources or policy level?

حدد المشكلة	ابحث عن السبب	خذ إجراء
ما هو الخطر على الصحة؟ هل يؤثر على فرد أو مجتمع أو عامة الناس؟	هل المشكلة ناجمة عن سلوك فردي؟ وهل يتأثر بالمجتمع؟ وهل تتأثر بالبيئة الطبيعية أم الصناعية؟	قرر التدخل الذي يجب القيام به: نهج فردي أم مجتمعي أم سكاني؟ على المستوى التعليمي أو الموارد أو السياسات؟

SMART goal setting تحديد الأهداف الذكية

SMART is a goal-setting method that can help people to be more focussed and successful when trying to reach their goals. هي طريقة لتحديد الأهداف يمكن أن تساعد الأشخاص على أن يكونوا أكثر تركيزًا ونجاحًا عند محاولتهم الوصول إلى أهدافهم.

SMART:

- breaks goals down into simple steps. • تقسيم الأهداف إلى خطوات بسيطة
- makes goals easier to put into action • يجعل الأهداف أسهل في التنفيذ



Specific **محدد**	**Specific means to be clear.** When setting your goal, you should make it clear and add as much information as possible about what you want to do.
Measurable **قابلة للقياس**	**Measurable means that you can track your progress.** If you can track your progress, you know where you are in reaching your goal.
Achievable **قابل للتحقيق**	**means something that can be done.** Choose something that you are interested in, and something that you can find support to help you.
Realistic **حقيقي**	**means that the goal is practical and can be achieved.** A realistic goal is one that is possible to be done.
Timely **في الوقت المناسب**	**means setting a target date to reach a goal.** Setting at date when you want to reach a goal will give you something to work towards.

Steps of goal setting خطوات تحديد الأهداف

There are some extra steps that you can follow to make sure you are successful in reaching your goal:

1. **Set a goal that is important to you. If it is something you care about, it will be easier to achieve it.**
2. **Phrase your goal positively. Write your goal in a positive way, for example 'I will ... '. You should believe that you can reach your goal.**
3. **Plan your goal. Use SMART to plan how to reach your goal.**

هناك بعض الخطوات الإضافية التي يمكنك اتباعها للتأكد من نجاحك في الوصول إلى هدفك:

1. حدد هدفًا مهمًا بالنسبة لك. إذا كان هذا شيئًا تهتم به، فسيكون تحقيقه أسهل.
2. قم بصياغة هدفك بشكل إيجابي. اكتب هدفك بطريقة إيجابية، على سبيل المثال "سأفعل...". يجب أن تؤمن أنه يمكنك الوصول إلى هدفك.
3. خطط لهدفك. استخدم **SMART** للتخطيط لكيفية الوصول إلى هدفك.

My best wishes for success,
doctors of the future
Teacher: Amira Moustafa Gamea