

PROF. MOHAMMED OTHMAN ALRUKBAN

MD, Diploma (PHC), SBFM, ABFM.

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PERSONAL PROFILE..

Date of birth: Safer, 1393- April, 1973.

Place of birth: Riyadh, KSA.

Nationality: Saudi.

Marital status: Married.

Sex: Male.

QUALIFICATION..

- ✚ **High School, 1989.** Al-Olia Secondary School, Grad: Excellent.
- ✚ **MBBS, 1997.** College of Medicine, King Saud University (KSU), Grade: V. Good
- ✚ **Passed Canadian Evaluation Examination; 2000.** Medical Council of Canada.
- ✚ **Diploma Program in Primary Health Care (Diploma (PHC), 2001.** College of Medicine, King Saud University.
- ✚ **Arab Board in Family Medicine (ABFM); 2002.**
- ✚ **Saudi Board in Family Medicine (SBFM); 2002.**

EMPLOYMENT HISTORY..

- **Vice Rector For Academic Affairs, Majmaah University, 2013- 2015.**
- **Dean, College of Medicine, Majmaah University, 2010-2013.**
- **Vice Dean For Academic Affairs, College of Medicine, Imam University, 2008-2010.**
- **Vice Dean For Academic Affairs, Faculty of Medicine, King Fahad Medical City, 2007-2008.**
- **Head, Quality Assurance and Accreditation Center, Faculty of Medicine, King Fahad Medical City, Ministry of Health, 2007- 2008.**
- **Head, Family Medicine Unit, Department of Family and Community Medicine, College of Medicine- King Saud University, 20/1/2007-30/9/2007.**
- **Educational Consultant, Faculty of Medicine, King Fahad Medical City, Ministry of Health, 12/3/2005-1/8/2007.**
- **Consultant of Family Medicine, King Khalid University Hospital, 25/10/2005.**
- **Professor, Department of Family and Community Medicine, College of Medicine- King Saud University, 11/3/2013.**

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- Associate Professor, Department of Family and Community Medicine, College of Medicine- King Saud University, 9/6/2007-10/3/2013.
 - Assistant Professor, Department of Family and Community Medicine, College of Medicine, King Saud University, 15/6/2003.
 - Demonstrator, Department of Family and Community Medicine, College of Medicine- King Saud University, 6/2/1999.
 - Pediatric Resident, Sulimaniah Children Hospital, 30/3/1998.

SPECIALTY..

Family Medicine.

LANGUAGES..

Arabic and English: Fluent reading, writing, listening and speaking.

CURRENT JOB TITLE..

Professor and Consultant of Family Medicine. College of Medicine, King Saud University

Rector's Consultant for Quality Assurance and University Hospital, Majmmah University (Part time)

Chairman of Scientific Council of Family Medicine. Saudi Commission of Health Specialties.

AWARDS..

- ✚ The Resident of the year (2001) in the Medical College, KSU.
- ✚ The best oral presentation. International Conference in Medical Education, ICME2010. Abu Dhabi, UAE, 4-7/12/2010.
- ✚ The best trainer, Saudi Board of Family Medicine, 2015.

LICENSES..

- ✚ Saudi Commission for health specialties registration No. 05-R-M-41950
- ✚ Family Medicine Trainer, Since 2008- now.

PROFESSIONAL MEMBERSHIPS..

- ✚ *Faculty Development Program.* Medical Education Center, College of Medicine - King Saud University, 20/1/2003-13/8/2007.
 - ✚ *Students' Academic Orientation (Mentors) Committee.* Third year Advisor, Academic Affairs, College of Medicine - King Saud University, 20/8/2003-9/9/2005.
 - ✚ *Head, Students Academic Orientation (Mentors) Committee.* Academic Affairs, College of Medicine - King Saud University, 10/9/2005- 13/8/2007.
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✚ **Examination Supervising Committee.** College of Medicine - King Saud University, Years (2003, 2004 & 2005).

✚ **Students' Evaluation and Admission Committee.** College of Medicine - King Saud University, Years (2003, 2004, 2005 & 2006).

✚ **Health Education Committee.** College of Medicine - King Saud University, 1/2006- 13/8/2007.

✚ **Academic Counselor (Part time Consultant).** Faculty of Medicine - King Fahad Medical City, (February, 2005- 13/8/2007.).

✚ **Chief editor;**

Majmaah Journal for health sciences, 2013-2016.

✚ **Peer Reviewer.**

- **Saudi Medical Journal;** Since 2003 until now (Editorial Board Member " Jan, 2006- December, 2010" Advisory Board Member since Jan, 2011 till now).
- **British Journal of Sports Medicine;** since May, 2007 till now.
- **Annals of Saudi Medicine;** since April, 2008 till now.
- **Journal of Family and Community Medicine;** Editorial Board Member, since 2008 until now.
- **Sultan Qaboos University Medical Journal;** since December, 2010 till now.

✚ **Family Medicine Program Admission Committee.** Saudi Council for Health Specialties, Year: 2005, 2006.

✚ **Strategic Plan Committee.** College of Medicine - King Saud University, 3/2007- 13/8/2007.

✚ **Family Medicine Board Trainer.** Family Medicine Board, Saudi Commission for Health Specialties, 14/3/2007-present

✚ **Member of Family Medicine Board Examination Committee..** Family Medicine Board, Saudi Commission for Health Specialties, 5/2007- 5/2010. *And* from 2/2014- now.

✚ **Member of Family Medicine Board Training Committee..** Family Medicine Board, Saudi Commission for Health Specialties, 10/2010- 2014.

✚ **Member of Administrative Board.** Saudi Society of Family and Community Medicine, 6/2007- 2013. Saudi Society for Medical Education, Riyadh Branch, 4/2008.

✚ **Member of Scientific Council..** Imam University, from Jan, 2009 to Feb, 2010.

✚ **Member of Scientific Council..** Majmaah University, since December, 2010 -2015.

✚ **Chairman, SaudiMED committee,** The project of Development of Competences and Learning Outcomes for graduate of Medical schools in Saudi Arabia, 2012-2015.

✚ **Chairman, Strategic plan committee,** Majmmah 2020 project, the second strategic plan of the University, 2015-2016.

✚ **Chairman, Steering Committee,** Developmental Project for the Qualification of the University for Academic Accreditation, Majmmah University, 2013-2016.

PROFESSIONAL DEVELOPMENT..

Principles of Epidemiology and Biostatistics Course, King Saud University, Faculty of Medicine, Riyadh 22/1/2000-4/3/2000. (Attendance)



3rd Family Medicine Essentials Workshop, King Saud University, Faculty of Medicine, Riyadh 17-20/3/2002.

(Attendance)

Computing Skills Workshop, King Saud University, Faculty of Medicine, Riyadh 19/1/2003. (Organizer)

Skills of Instructional Methods Workshop, King Saud University, Faculty of Medicine, Riyadh 9/3/2003. (Organizer)

The Medical Ethics in Islam, How Different? Symposium, King Faisal Specialist Hospital & Research Center, Riyadh 10-12/3/2003. (Attendance)

Assessment Methods Workshop, King Saud University, Faculty of Medicine, Riyadh 20/4/2003. (Attendance)

4th Family Medicine Essentials Workshop, King Saud University, Faculty of Medicine, Riyadh 4-7/5/2003. (Organizer)

Uses of Computer in Medical Education Workshop, King Saud University, Faculty of Medicine, Riyadh 11/5/2003.

(Organizer)

Basic Live Support Course, Saudi Heart Association, Riyadh 20/5/2003. (Attendance)

The power Point Course, King Saud University, Faculty of Medicine, Riyadh 7/6/2003. (Organizer)

Searching Literature Using Internet Course, King Saud University, Faculty of Medicine, Riyadh 10/6/2003. (Organizer)

Preparatory Course for Saudi Council Admission Exam, Saudi Center For Health Training, Riyadh 3-4/9/2003. (Lecturer)

Skills of Instructional Methods Workshop, King Saud University, Faculty of Medicine, Riyadh 5/10/2003. (Organizer & Lecturer)

Clinical Skills Assessment Workshop, Saudi Council for Health Specialties, Riyadh 20-21/10/2003 (Attendance)

Internal Medicine Update Symposium, King Saud University, Faculty of Medicine, Riyadh 16-17/3/2004 (Attendance).

The First Scientific Conference on the March of Medical Education in Saudi Arabia, King Saud University, Faculty of Medicine, Riyadh 23-24/3/2004 (Attendance).

Improving The Standards Of The Clinical Training Workshop, Saudi Council for Health Specialties, Riyadh 6/4/2004 (Attendance).

The Management of Cardiovascular Risks in Diabetics Symposium/ Workshop, King Abdulaziz Medical City, Riyadh 15/4/2004 (Attendance).

Psychotherapy For Common Psychiatric Illnesses Workshop, Security Forces Hospital, Riyadh 29/4/2004 (Attendance).

Improving The Standards of The Clinical Training Workshop, Saudi Council for Health Specialties, Dammam 2/6/2004, Abha, Gizan and Al-Qaseem 29/12/2004 (Facilitator & Speaker).

3rd International Symposium on Update in Clinical & Community Nutrition, Riyadh Armed Forces Hospital, Riyadh 3-5/10/2004 (Speaker)

4th GCC Medical Education Conference, Faculty of Medicine and Health Sciences, UAE University, Al-Ain; United Arab Emirates 28-30/11/2004 (Attendance).

“Dyspepsia” Workshop, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 1/12/2004 (Speaker).

“Care of Terminal Patients” Workshop, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 4/12/2004 (Speaker).

“Psychiatric Problems Among Elderly” Workshop, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 14/12/2004 (Speaker).

Postgraduate Assessment Workshop, Saudi Council for Health Specialties, Riyadh 27-28/2/2005 (*Attendance*)

2nd KSU Medical Education Workshop, King Saud University, Faculty of Medicine, Riyadh 1-3/3/2005. (*Organizer*)

New Approaches on The Management of Diabetes Mellitus, Ministry of Health, Riyadh 12-13/4/2005. (*Attendance*)

5th Family Medicine Essentials Workshop, King Saud University, Faculty of Medicine, Riyadh 24-27/4/2005. (*Attendance*)

Clinician-Patient Communication Workshop, Ministry of Health, King Fahad Medical City, Riyadh 25/4/2005. (*Attendance*)

The Fourth Symposium: Standards and Procedures for Quality Assurance and Accreditation. National Commission For Academic Accreditation and Assessment, King Faisal Hall, Riyadh 1-2/5/2005. (*Attendance*)

Globalization and Adolescence Health Challenges, King Abdulaziz Medical City, Riyadh 26/5/2005. (*Attendance*)

How to Teach Evidence Based Clinical Practice Workshop, McMaster University Medical Center, Hamilton, Canada- 5-10/6/2005. (*Attendance*)

"Communication Skills" Workshop, Saudi Council for Health Specialties, Riyadh 18-21/12/2005 (*Speaker*)

How to write proper MCQ questions? Workshop, King Saud University, Faculty of Medicine, Riyadh 26/12/2005 (*Organizer & Facilitator*)

Clinical Skills Assessment Workshop, King Saud University, Faculty of Medicine, Riyadh 1/2/2006 (*Organizer & Facilitator*)

Problem-Based Learning: The Innovative Method Of Medical Education, Ministry of Health, King Fahad Medical City, Riyadh 7-8/2/2006. (*Attendance*)

"Institutional Quality Assurance" workshop, National Commission For Academic Accreditation and Assessment, Riyadh 25-26/3/2006. (*Attendance*)

Third King Saud University Workshop on Medical Education, King Saud University, Faculty of Medicine, Riyadh 28-30/3/2006 (*Speaker*)

5th Family Medicine Refresher Course, North West Armed Forces Administration, Tabouk 6-10/5/2006. (*Speaker*)

6th Evidence Based Clinical Practice Workshop, King Saud University, Faculty of Medicine, Riyadh 14-17/5/2006 (*Speaker*)

1st Medical Education Workshop, Taibah University, Faculty of Medicine, Madinah 18-19/6/2006 (*Speaker*)

2nd Medical Education Workshop, Taibah University, Faculty of Medicine, Madinah 29-30/8/2006 (*Speaker*)

"Association of Medical Education in Europe (AMEE) 2006 Conference", Association of Medical Education in Europe, Genoa, Italy, 14-18/9/2006 (*Speaker*)

Simulation in Medical Training and Education Symposium, Ministry of Health, King Fahad Medical City, Riyadh 19/11/2006.

"Update in Primary Health Care- Part 1" course, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 22/11/2006 (*Speaker*).

"9th Diabetes Mellitus Condensed" Course, National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 25-30/11/2006 (*Speaker*).

Prevention and Management of Coronary Heart Disease and its risk factors in PHC setting; Comprehensive course-first Course, Saudi Society of Family and Community Medicine, Al-Wazarat Health Center, Riyadh 16-21/12/2006 (*Organizer & Speaker*).

Clinical Skills Assessment Workshop, King Saud University, Faculty of Medicine, Medical Education Center, Riyadh 15/1/2007 (*Organizer & Facilitator*)

Medical Instruction Workshop, King Saud University, Faculty of Medicine, Medical Education Center, Riyadh 21/1/2007 (*Organizer & Speaker*)

“Gastroenterology disorders” Course- Part 2, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 20/1/2007 (*Speaker*).

Problem-Based Learning: The Innovative Method Of Medical Education, Ministry of Health, King Fahad Medical City, Riyadh 23-24/1/2007. (*Organizer*)

“Irritable bowel syndrome” Course, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 6/2/2007 (*Speaker*).

“Common Health Problems Among Adolescents” Course, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 10/2/2007 (*Speaker*).

First National Conference for Quality in Higher Education, National Commission For Academic Accreditation and Assessment, Riyadh 4-6/3/2007. (*Attendance*)

Fourth Internal Medicine Update Symposium, King Saud University, Faculty of Medicine, Riyadh 6-8/3/2007 (*Speaker*).

“10th Diabetes Mellitus Condensed” Course, National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 10-15/3/2007 (*Speaker*).

Fourth King Saud University Workshop on Medical Education, King Saud University, Faculty of Medicine, Riyadh 13-15/3/2007 (*Speaker*)

“Presentation Skills” Course, Ministry of Health, Training and Continuous Medical Education Center, Riyadh 21/3/2007 (*Speaker*).

“International Medical Education Conference 2007 (IMEC 2007)”, International Medical University, Kuala Lumpur, Malaysia 20-21/4/2007 (*Speaker*).

“Applying Qualitative Research Methodology to Medical Education” Workshop. International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

“Outcome-based Curriculum” Workshop. International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

“Teaching and Assessing Doctor-Patient Communication” Workshop. International Medical University, Kuala Lumpur, Malaysia 19/4/2007 (*Attendance*).

“11th Diabetes Mellitus Condensed” Course. National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 26-31/5/2007 (*Speaker*).

“1st Taif Forum for Enhancement of Medical Education”. Taif University, Taif, 27-29/5/2007 (*Attendance*).

“The 6th GCC Primary Health Care Conference & The 7th Scientific Meeting of The Saudi Society of Family and Community Medicine”. Ministry of Health & SSFCM, Riyadh, 4-6/6/2007 (*Speaker*).

"Introduction to Clinical Researches" Course. Ministry of Health, Training and Continuous Medical Education Center, Riyadh 10/6/2007 (*Speaker*).

"Advanced Topics in Problem-Based Learning" Course. University of Maastricht, School of Health Professions Education, Maastricht, Netherlands 11-22/6/2007 (*Attendance*).

"4th congress of Asian Medical Education Association". Chulalongkorn University, Faculty of Medicine, Bangkok, Thailand 23-26/10/2007 (*Speaker*).

6th GCC Medical Education Conference. Faculty of Medicine, King Abdulaziz University, Jeddah 6-7/11/2007 (*Speaker*).

"Prevention & Management of Heart Disease & its Risk Factors in Family Medicine Settings" Course. Postgraduate Training Center, King Abdulaziz Medical City- NGH, Marriott Hotel, Riyadh 26-29/11/2007 (*Speaker*).

"3rd Annual workshop on Problem-Based Learning". Ministry of Health, King Fahad Medical City, Riyadh 7-8/1/2008. (*Organizer and Speaker*)

"2nd Annual workshop on Research Methodology". Ministry of Health, King Fahad Medical City, Riyadh 2-3/3/2008. (*Attendance*)

"How to construct MCQ?" Workshop. Faculty of Medicine, King Abdulaziz University, Jeddah 17/2/2008 (*Speaker*).

Internal Medicine Update 2008 Symposium. King Saud University, Faculty of Medicine, Riyadh 4-6/3/2008 (*Speaker*).

The First International Forum of Patients Affairs. King Fahad Medical City, Patient affairs, Riyadh 24-26/3/2008 (*Speaker*).

Diabetic Mellitus Course. Shaqra Provincial Hospital, Ministry of Health, Shaqra 27/3/2008 (*Speaker*).

The First Clinical Teaching Workshop. King Fahad Medical City, Faculty of Medicine, Riyadh 2-3/5/2009 (*Speaker*).

Quality Assurance in Medical Education Symposium. Saudi Society of Family and Community Medicine, Jeddah 5-6/5/2009 (*Attendance*).

Quality Assurance Course. University of Wollongong, Dubai 5-7/7/2009 (*Attendance*).

13th Family Medicine Scientific Conference. Family Medicine Specialist Association of Malaysia, Langkawi 6-9/8/2009 (*Attendance*).

The Third International Conference on Medical Education . Friendship Hall, Khartoum 31/10-3/11/2009 (*Speaker*).

"Getting the best of students- Effective student support system" Workshop. Soba University Hospital, Sudan 30/10/2009 (*Attendance*).

Training of Family Medicine Trainers Course - Medical Ethics Module. Ministry of Health, Riyadh 20-24/3/2010. (*Speaker*)

EBM in Management of Obesity Symposium. Ministry of Health, Shaqra Provincial Hospital, Shaqra 4/3/2010. (*Speaker*)

Internal Medicine Update 2010 Conference. King Saud University, Faculty of Medicine, Riyadh 9-11/3/2010 (*Speaker*).

5th Problem Based Learning Course and Workshop. Ministry of Health, King Fahad Medical City, Riyadh 29-30/3/2010. (*Speaker*)

Saudi International Medical Education Conference (SIMEC2010). Faculty of Medicine, Jazan University, Jazan 6-8/4/2010 (*Organizer and Moderator*).

"Communication Skills" Course. North West Armed Forces Hospital, Tabuk 21-22/4/2010 (*Speaker*).

"1st Diabetes Mellitus Condensed Course for Dietitians. National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 24/4-3/5/2010 (*Speaker*).

Strategic Workshop for Health Colleges. King Saud University, Program of Teaching, Learning and Assessment in Health Colleges, Riyadh 1-2/5/2010 (*Attendance*).

The Second Clinical Teaching Workshop. King Fahad Medical City, Faculty of Medicine, Riyadh 4-5/5/2010 (*Speaker*).

Training of the Trainers Course. Ministry of Health, Riyadh 8-19/5/2010 (*Speaker*).

"17th Diabetes Mellitus Condensed" Course. National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 29/5-3/6/2010 (*Speaker*).

The 5th International Congress of the International Society for the History of Islamic Medicine. Istanbul University, Turkey, Istanbul 25-28/10/2010 (*Attendance*).

Simulation in Medical Education Meeting. Hacettepe University, Turkey, Ankara 31/10-2/11/2010 (*Attendance*).

International Conference in Medical Education, ICME2010. Abu Dhabi, UAE, 4-7/12/2010 (*Speaker/ The best oral presentation*).

Problem-based learning: what do we know about its effects on learning Workshop. Abu Dhabi, UAE, 6/12/2010 (*Attendance*).

"19th Diabetes Mellitus Condensed" Course. National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 25-30/12/2010 (*Speaker*).

Medical Professions as A Teacher Workshop. King Khalid Hospital, Majmaah 22/5/2011 (*Speaker*).

Operational Plan in Academic Setting Course. Zidny for training and development, Malaysia 8-17/7/2011 (*Attendance*).

Senior Management Project Management Course. Majmaah University, Majmaah 11/10/2011 (*Attendance*).

The 57th Annual St. Paul's Hospital Continuing Medical Education Conference for Primary Physicians. Vancouver Convention Center, Vancouver, Canada 15-18/11/2011 (*Attendance*).

Recruiting, Developing and Retaining a Faculty for The Twenty First Century" Workshop. Academic Leadership Center, Ministry of Higher Education, Majmaah, 15-16/10/2011 (*Attendance*).

"2nd Diabetes Mellitus Condensed Course for Dietitians" . National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 18/4-2/5/2010 (*Speaker*).

Program and Course Learning Outcomes Based on NQF for Medical , Science, Eng, and Humanities" Workshop. National Commission for Academic Accreditation and Assessment, Riyadh, 12-13/11/2011 (*Attendance*).

"22nd Diabetes Mellitus Condensed Course for physician" . National Diabetes Center, Saudi Society of Family and Community Medicine. Riyadh 19-24/11/2010 (*Speaker*).

Faculty Evaluation and Peer Review" Workshop. National Commission for Academic Accreditation and Assessment, Jeddah, 11-12/12/2011 (*Attendance*).

The 1st Majmaah Symposium on Medical Education. College of Medicine, Majmaah University, Majmaah 12-13/3/2012 (*Speaker*).

Assessment: The Subject Matter Expert Workshop. Saudi Commission for Health Specialties, Riyadh 14-15/3/2012 (*Attendance*).


The Saudi International Medical Education Conference, SIMEC2012. King Faisal Conference Hall, Riyadh 24-26/4/2012
(Attendance).

Project Management for Functional Managers Seminar. Hotel Monaco Alexandria, Washington DC 25-27/6/2012
(Attendance).

... Other Professional Developmental Programs could be provided upon request.

PUBLISHED ARTICLES..

1. **Al-Rukban MO.** Obesity among Saudi male adolescents in Riyadh, Saudi Arabia. *Saudi Med J* 2003; 24 (1): 27-33.
http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=12590269&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum
2. **Al-Rukban MO.** Dietary Habits of Adolescents in Riyadh. *Arab J Food Nutr* 2004; 5(11): 56-70.
3. **Al-Rukban MO,** Al-Khayal A, Bin Obaid A, Al-Ismail B, Al-Otaibi N, Al-Jebreen O, Al-Habdan S, Al-Ghonaim Y. Prevalence of Anabolic Androgenic Steroid Use in Riyadh, Saudi Arabia. *Saudi J Sport Med* 2005; 8(2): 57-64.
4. Al- Faris EA, **Al-Rukban MO.** Community-Based Family Medicine Course: Does it have Impact on Students' Learning Achievements, Attitude and Career Choice? *J Fam Comm Med* 2004; 11(3):121-126.
http://www.ssfcm.org/ssfcm_en/index.php?fuseaction=content.fullcontent&mainsection=502&Pub=No&Num_of_articals=5&artical=000000885
5. **Al-Rukban MO,** Al-Migbal TH, Al-Mutlaq AA, Al-Marshady MA, Al-Salhi AH, Al-Rsheed AA, Al-Qahtani AA, Al-Thagafi SA. Characteristics of Immunization Providers in Riyadh and their Self-Perception of Competency. *J Fam Comm Med* 2005; 12(1): 35-41.
http://www.ssfcm.org/ssfcm_en/index.php?fuseaction=content.fullcontent&mainsection=375&artical=0000000533&Pub=No&Num_of_articals=5
6. Abdel-Hameed AA, Al-Faris EA, Alorainy IA, **Al-Rukban MO.** The criteria and analysis of good multiple choice questions in health professionals settings. *Saudi Med J* 2005; 26(10): 1505-1510.
http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16228046&ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum
7. **Al-Rukban MO.** Pattern of Physical activity Among Saudi Intermediate and Secondary School Students. *Arab J Food Nutr* 2005; 6(13): 153-167.
8. Al- Faris EA, Amin HS, **Al-Rukban MO.** Outpatient Management of Type 2 Diabetic Patients: A Review of Evidence-Based Literature. *J Fam Comm Med* 2006; 13(1): 3-13.
http://www.ssfcm.org/ssfcm_en/index.php?fuseaction=content.fullcontent&mainsection=420&Pub=No&Num_of_articals=5&artical=0000000618
9. Al-Tuwijri AA, **Al-Rukban MO.** Hypertension control & Co-morbidities in Primary Health Care centers in Riyadh. *Ann Saudi Med* 2006; 26(4): 266-271.
http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16883084&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum



10. **Al-Rukban MO**, Al-Sughair AM, Al-Bader BO, Al-Tolaihi BA. Management of Hypertensive Patients in Primary Health Care setting, Auditing the Practice. *Saudi Med J* 2007; 28 (1): 85-90.
http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17206296&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum
11. **Al-Rukban MO**. Guidelines for the Construction of Multiple Choice Questions Tests. *J Fam Comm Med* 2007; 14(1): 125- 133.
http://www.ssfcm.org/ssfcm_en/index.php?fuseaction=content.fullcontent&mainsection=753&Pub=No&Num_of_articles=5&artical=0000001211
12. Ba-Jaber A, El-Fares EA, **Al-Rukban MO**, Al-Qatani H, Dafalla A. Glycemic Index (GI) of Some Popular Saudi Dates And the Effect of their Composition on the GI. *Arab J Food Nutr* 2006; 7(15): 6-13.
13. Al-Khowaiter SS, Al-Maawi AM, Al-Obaidy MS, Al-Ali AS, **Al-Rukban MO**, Al-Sedrani YA, Abdo AA. Patients awareness of their medical conditions in multi-specialty outpatient clinics in Saudi Arabia. *Saudi Med J* 2008;29(12):1797-801.
http://www.ncbi.nlm.nih.gov/pubmed/19082236?ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
14. Abdulghani HM, **Al-Rukban MO**, Ahmad SS. Patient attitudes towards medical students in Riyadh, Saudi Arabia. *Educ Health (Abingdon)* 2008;21(2):69.
http://www.ncbi.nlm.nih.gov/pubmed/19039740?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
15. Bajammal S, Zaini R, Abuznadah W, **Al-Rukban M**, Aly SM, Boker A, Al-Zalabani A, Al-Omran M, Al-Habib A, Al-Sheikh M, Al-Sultan M, Fida N, Alzahrani K, Hamad B, Al Shehri M, Abdulrahman KB, Al-Damegh S, Al-Nozha MM, Donnon T. The need for national medical licensing examination in Saudi Arabia. *BMC Med Educ* 2008;8:53.
<http://www.biomedcentral.com/1472-6920/8/53>
16. Al-Faris EA, Al-Rowais N, Mohamed AG, **Al-Rukban MO**, Al-Kurdi A, Balla Al-Noor MA, Al-Harby S, Sheikh A. Prevalence and pattern of alternative medicine use: the results of a household survey. *Ann Saudi Med* 2008;28(1):4-10.
http://www.ncbi.nlm.nih.gov/pubmed/18299652?ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum
17. Mahmoud MS, **Al-Rukban MO**. A Midweek session in PBL: An effective problem based learning teaching. *Medical Teacher* 2009; 31(8):778.
[http://www.ncbi.nlm.nih.gov/pubmed/19241214?log\\$=activity](http://www.ncbi.nlm.nih.gov/pubmed/19241214?log$=activity)
18. Al-Rowais N, Al-Faris E, Mohammad AG, **Al-Rukban M**, Abdulghani HM. Traditional healers in Riyadh region: reasons and health problems for seeking their advice. A household survey. *J Altern Complement Med* 2010; 16(2): 199-204.
<http://www.ncbi.nlm.nih.gov/pubmed/20105037>
19. **Al-Rukban MO**, Mahmoud MS, Al-Zalabani A. Learning environment in medical schools adopting different educational strategies. *Educ. Res. Rev.* 2010; 5(3): 126-129.

http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ87331&ERICExtSearch_SearchType_0=no&accno=EJ887331

20. **Al-Rukban MO**, Munshi FM, Abdulghani HM, Al-Hoqail I. The ability of the preadmission criteria to predict performance in a medical school in Saudi Arabia. *Saudi Med J* 2010; 31 (5):179-182.
<http://www.ncbi.nlm.nih.gov/pubmed/20464048>
21. Mahmoud MS and **Al-Rukban MO**. The effect of extra small group session during PBL implementation on student's achievement. *Educ. Res. Rev.* 2010; 5 (5): 237-241.
http://www.eric.ed.gov/ERICWebPortal/search/detailmini.jsp?_nfpb=true&_ERICExtSearch_SearchValue_0=EJ87331&ERICExtSearch_SearchType_0=no&accno=EJ887331
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