

Curriculum Vitae – Heba R. Ghaiad

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Links

Google Scholar <https://scholar.google.com/citations?user=qOnS5SoAAAAJ&hl=en>
CU scholar <https://scholar.cu.edu.eg/?q=hebarghaiad/>
LinkedIn <https://www.linkedin.com/in/heba-ghaiad-628284a8/>
Research gate <https://www.researchgate.net/profile/Heba-Ghaiad>

Personal Data

Date of birth: 12/12/1988

Work Address: 23 Kasr Al-Aini Street, Cairo, Egypt.

Home Address: Street 14 B - Maadi

Education

- **PhD degree in Pharmaceutical Sciences (Biochemistry), Faculty of Pharmacy, Cairo University (April 2020).**

Thesis title: “Importance of Apoprotein A-I and Sphingosine Kinase in Multiple Sclerosis Activity and Progression in Egyptian Patients Association with a Number of Long non-coding RNAs Expression”

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- **Master’s degree in Pharmaceutical Sciences (Biochemistry), Faculty of Pharmacy, Cairo University (August 2016).**

Thesis title: “Role of Resveratrol in ameliorating the biochemical changes in an experimental model of demyelinating disease in mice”

- **Pre-requisite courses for the master’s degree in Pharmaceutical Sciences (Biochemistry), Faculty of Pharmacy, Cairo University (February 2012) with an overall grade of “Excellent”.**
- **Bachelor’s degree in Pharmaceutical Sciences, Faculty of Pharmacy, Cairo University (May 2010) with an overall grade of “Excellent with honors”.**

Academic and Work Experience:

- Lecturer of Biochemistry, Biochemistry Department, Faculty of Pharmacy, Cairo University (*December 2020 till now*).
- Assistant lecturer of Biochemistry, Biochemistry Department, Faculty of Pharmacy, Cairo University (*December 2016 to December 2020*).
- Teaching Assistant of Biochemistry, Biochemistry Department, Faculty of Pharmacy, Cairo University (*April 2011 to August 2016*).

Teaching

Undergraduate

- A teaching member of *Biochemistry-1, Biochemistry-2, Clinical Biochemistry and Molecular Biology and Clinical Nutrition* courses for the students of the General and Clinical Pharmacy Programs at Faculty of Pharmacy, Cairo University (*from 2020 till now*).

Postgraduate

- A teaching member for the *postgraduate clinical nutrition diploma* students at Faculty of Pharmacy, Cairo University (*from 2020 till now*).

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Online Teaching

- Make interactive online sessions for undergraduate and postgraduate students using Blackboard, ZOOM, Google Meet and Microsoft Teams.

Administrative Activities:

- *Assistant of the Vice Dean of education and students' affairs*, Faculty of Pharmacy, Cairo University (from February 2020 till December 2022).
- *Director of Central Lab – Faculty of Pharmacy – Cairo university* (from October 2021 till February 2023).
- *Deputy Director of Faculty of Pharmacy Career center (FOPCC)* (from September 2019 till July 2023).
- *Deputy Director of International Student Support Office (ISSO)* (from October 2021 till July 2022).
- *Academic Advisor for PharmD students - Clinical Pharmacy Program* students, Faculty of Pharmacy, Cairo University (from February 2020 till December 2022).
- *Academic Advisor for PharmD students*, Faculty of Pharmacy, Cairo University (from February 2020 till now).
- Member of the *Academic Support Committee* in the Faculty of Pharmacy, Cairo University (from October 2018 till December 2022).
- Member of the *Glassware Committee* in Biochemistry Department, Faculty of Pharmacy, Cairo University (from September 2011 till December 2020).
- Member of the *Equipment's Committee* in Biochemistry Department, Faculty of Pharmacy, Cairo University (from January 2021 till December 2022).
- Member of the *Chemicals' Committee* in Biochemistry Department, Faculty of Pharmacy, Cairo University (from January 2023 till now).

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- Participation in the *duties of examination and Clinical Pharmacy Program* Exam Control in Faculty of Pharmacy, Cairo University.
- Participation in the *processing of quality files for clinical Biochemistry* and Clinical nutrition courses for Performance Appraisal and Quality Assurance unit in Faculty of Pharmacy, Cairo University (PAQU).

Scientific Publications:

- 1- Resveratrol Promotes Remyelination in Cuprizone Model of Multiple Sclerosis: Biochemical and Histological Study - *Molecular Neurobiology*, (2017). Heba R Ghaiad, Mohammed M Nooh, Maha M El-Sawalhi, Amira A Shaheen.
- 2- Long Noncoding RNAs APOA1-AS, IFNG-AS1, RMRP and Their Related Biomolecules in Egyptian Patients with Relapsing-Remitting Multiple Sclerosis: Relation to Disease Activity and Patient Disability - *Journal of Advanced Research* (2020). Heba R Ghaiad, Alaa N Elmazny, Mohammed M Nooh, Maha M El-Sawalhi, Amira A Shaheen.
- 3- LncRNA MEG3 regulates the interplay between Th17 and Treg cells in Behçet's disease and systemic lupus erythematosus – *Life Sciences* (2022). Noha A Mehana, Heba R Ghaiad, Mariam Hassan, Yumn A Elsabagh, Safa Labib, Mai A Abd-Elmawla.
- 4- New quinazolinone-based derivatives as DHFR/EGFR-TK inhibitors: Synthesis, molecular modeling simulations, and anticancer activity - *Archiv der Pharmazie* (2023). Yomna I El-Gazzar, Heba R Ghaiad, Ahmed M El Kerdawy, Riham F George, Hanan H Georgey, Khairia M Youssef, Hussein I El-Subbagh.
- 5- Suppression of NLRP3 inflammasome by ivermectin ameliorates bleomycin-induced pulmonary fibrosis - *Journal of Zhejiang University-SCIENCE B* (2023). Mai A Abd-Elmawla, Heba R Ghaiad, Enas S Gad, Kawkab A Ahmed, Maha Abdelmonem.

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- 6- Regulation of PKC/TLR-4/NF-kB signaling by sulbutiamine improves diabetic nephropathy in rats - *Chemico-Biological Interactions* (2023). Heba R Ghaiad, Shimaa O Ali, Asmaa K Al-Mokaddem, Maha Abdelmonem.
- 7- Ubiquinol preserves immune cells in gamma-irradiated rats: Role of autophagy and apoptosis in splenic tissue - *International Immunopharmacology* (2023). Nora Mohamed Elkenawy, Heba Ramadan Ghaiad, Sherehan Mohamed Ibrahim, Ramy Karam Aziz, Eman Rashad, Walaa Ahmed Eraqi.
- 8- Modulating miR-146a expression by hydrogen sulfide ameliorates motor dysfunction and axonal demyelination in cuprizone-induced multiple sclerosis - *ACS Chemical Neuroscience* (2023). Heba R. Ghaiad, Mai A Abd-Elmawla, Enas S Gad, Kawkab A Ahmed, Maha Abdelmonem.

Master and PhD Theses Supervision:

I am currently supervising the theses of **7 master** students and **5 PhD** students.

Rewards

- Certificates of Appreciation from Cairo University for publishing distinguished research in international scientific journals in 2017 & 2020.
- Best Master Thesis in Biochemistry– Faculty of Pharmacy – Cairo University (2020).
- Best Master Thesis in Biochemistry– Faculty of Pharmacy – Cairo University (2016).

Reviewing Scientific Manuscripts

Served as a reviewer for international scientific journals including *Metabolic brain disease* and *Journal of physiology and biochemistry*.

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Conferences

- Participated with a poster in *13th National Conference of Biochemistry and Molecular Biology on "Advances in Biochemistry and Molecular Biology in Diagnosis and Treatment"*.
- Attended the *8th International Scientific Conference of the Faculty of Pharmacy - Cairo University under the title: "Pharmacy in Egypt: Ensuring Access to Health"*.
- Attended the *10th international scientific conference of the Faculty of Pharmacy - Cairo University under the title: "Reshaping Pharma sustainability and innovation for better pandemic response"*.

Training Courses and Workshops:

Credit hour System	Faculty and leadership Development center (FLDC) in Cairo university
Modern trends in teaching	
The use of technology in teaching	
Organizing scientific conferences	
Communication skills in different education trends	
Publishing in International scientific journals	
Examination systems and student evaluation	
Metrics of evaluation of Academic performance	Performance Appraisal and Quality Assurance Unit (PAQU)
Course Specification and Blueprint Writing	
An introduction to ISO 9001: 2015 system	
Do's and Don'ts in Publishing - Lessons from Being an Editor	
Microsoft Word in Thesis Writing	

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Financial and legal aspects of university business	Faculty and leadership Development center (FLDC) in Cairo university
Statistical analysis in biological experiments	
Intellectual property protection in pharmaceutical products	Performance Appraisal and Quality Assurance Unit (PAQU)
Maximize your scientific impact while keeping your integrity	
Google tools for teaching and education: google classrooms and others	
Problem-based learning	Faculty and leadership Development center (FLDC) in Cairo university
Quality in the teaching process	
Decision making and problem solving	
Fundamentals of Photoshop: towards designing a graphical abstract	Performance Appraisal and Quality Assurance Unit (PAQU)
Online training on interactive screens (ActiveInspire)	Electronic and knowledge services center (EKSC) of Cairo university
Brand new features in power point and office (online)	IT center - Faculty of Pharmacy Cairo University
H-index, impact factor and citation (online)	Performance Appraisal and Quality Assurance Unit (PAQU)
Methods of measurement and evaluation and construction of the test term - medical sector (online)	Measurement and Evaluation Unit at Cairo University
Awareness of course specification and NARS 2017	Performance Appraisal and Quality Assurance Unit (PAQU)

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Learning platform: Blackboard (Online)	Electronic and knowledge services center (EKSC) of Cairo university
An interactive training session on the full capabilities of Blackboard and how to interact with the platform (online)	
Placing questions on the Assessment Gourmet electronic testing platform and the comprehensive evaluation system (online)	Measurement and Evaluation Unit at Cairo University
Training session on exam platform (Online)	
Introduction to GraphPad Prism (online)	Performance Appraisal and Quality Assurance Unit (PAQU)
Critical Thinking	Faculty and leadership Development center (FLDC) in Cairo university
Study Design and Critical Appraisal: Finding a needle in a haystack	Performance Appraisal and Quality Assurance Unit (PAQU)
Essentials of blended learning	Faculty and leadership Development center (FLDC) in Cairo university
JoVE Webinar: Bringing Text to Life	Journal of Visualized Experiments (JoVE)
s 'Interprofessional Education Workshop - World Pharmacist Day (Online)	Children's Cancer Hospital Egypt 57357
Academic Advising System in the Bachelor of Pharmacy Program - PharmD	Performance Appraisal and Quality Assurance Unit (PAQU)
Writing Successful Research Proposal: Tips and Tricks	Faculty of Pharmacy – Cairo University (FOPCU)
Sustainable development in university education	Faculty and leadership Development center (FLDC) in Cairo university

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Laboratory experience:

Have a good experience in the following techniques:

- Extraction of DNA and RNA from cells/blood/serum.
- Reverse transcription.
- Real-time PCR and PCR data analysis.
- ELISA.
- Enzyme kinetics.
- Colorimetric and spectrophotometric techniques and other experimental procedures.
- Statistical analysis using GraphPad Prism.

Language Skills:

- **Arabic:** Mother tongue (Egyptian).
- **English:** Excellent.
- **TOEFL Test:** score 663, exam taken at Cairo University in 2011.

Computer Skills:

Completed ICDL courses on Information and Communication Technology, Windows, Internet use, and Microsoft office (word, excel, power point, and access) with excellent degree.

Job Skills:

- Communicate effectively, both orally and in writing.
- Develop and deliver presentations.
- Work effectively within a diverse community.
- Create, compose, and edit written materials.
- Have program planning and implementation skills.
- Have knowledge of computerized student information systems.

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Personal Skills:

- Quick-learner, studious, hard-worker, highly-committed, and conscientious.
- Trustworthy, reliable, and responsible.
- Ambitious, self-motivated, persistent, practical, and cooperative.
- Patient, cheerful, and optimistic.

References:

All references are available whenever required.