



تحت رعاية وتشريف صاحب السمو الملكي

الإمير سعود بن نايف بن عبدالعزيز آل سعود

أمير المنطقة الشرقية

يدعوكم تجمع الشرقية الصحي لحضور

مؤتمر الرعاية الصحية الأولية
PRIMARY HEALTHCARE CONFERENCE



IGNITE

25-26 JAN, 2026

> REGISTRATION



25-26 JAN, 2026



**Sheraton Hotel
Dammam**

12 
CME HOURS
ACA-20250003829



Dr. Abdulaziz Al Ghamdi CEO of Eastern Health Cluster

Welcome message from the CEO

In the name of God, the Most Compassionate, the Most Merciful.

It is with great pride and sincere anticipation that I welcome you all to the Opening Ceremony of our Primary Health Care Conference. Today marks not only the launch of an important program, but the beginning of a stronger, more connected, and more people-centered era of healthcare.

Primary health care stands at the heart of our national health transformation. It reflects our commitment to a system that is accessible, preventive, patient-centered, and driven by quality and innovation. Vision 2030 calls on us to strengthen preventive care, enhance the patient experience, and ensure that every individual receives timely, effective, and compassionate services within their community. This conference represents a vital step forward in realizing that vision.

Today, we come together to reaffirm this foundation—and to elevate it. We are investing in integrated care models that ensure continuity and coordination at every step of the patient journey; digital health tools that extend care beyond traditional boundaries; preventive programs that shift our focus from treating illness to sustaining wellness; and highly trained, empowered healthcare teams who form the true backbone of this mission. Through these pillars, we seek to transform primary health care from a first point of contact into a lifelong partner in well-being.

We gather here as leaders, professionals, innovators, and advocates, united by a shared mission: to strengthen the foundation of our healthcare system and enhance the quality of care delivered to every community. This conference provides a valuable platform to exchange knowledge, learn from successful models, and explore new approaches that will shape the future of primary care.

I encourage each of you to engage deeply, collaborate openly, and contribute your insights generously. Together, we can develop strategies that expand access, elevate quality, and ensure that primary health care continues to evolve to meet the needs of our nation—today and for generations to come.

Thank you, and I wish you all a productive and inspiring conference.





Dr. Huda Mohaini

Conference Chairperson

Group Director , Primary Health Care Eastern Health Cluster

Welcome message from The Chairperson of conference

In the name of the God, the most compassionate, the most merciful
It gives me great pleasure to welcome you to the opening of the “Primary Health Care Ignite” conference — a valuable opportunity to share knowledge, exchange expertise, and explore the latest practices and directions in healthcare.

Today, primary health care is no longer just a starting point in a patient’s journey; it has become the beating heart of any modern health system. In alignment with Saudi Vision 2030 and the National Transformation Program, primary care now plays a central role in achieving sustainability, promoting prevention, improving quality of life, and optimizing the use of healthcare resources.

This conference is not only about showcasing the daily practices of family physicians, but also serves as a practical extension of our national strategic vision — aiming to build a connected, proactive, and patient-centered health system that puts people first.

We strongly believe that continuous professional development is the cornerstone of quality care, and that staying current with clinical knowledge and skills is both a professional and ethical responsibility.

That is why the scientific program of this conference was carefully designed to reflect the real needs of practitioners and to stay aligned with the evolving healthcare landscape — and more importantly, to act as a key enabler of health transformation by empowering frontline providers to deliver proactive, integrated care aligned with the new Model of Care and Vision 2030.





Goals

for the conference :

By the end of the conference the learners will be able to:



- Evaluate future trends and innovations in primary healthcare.



- Bridge the gap between clinic and community to improve population health.



- Apply preventive health strategies, including immunization, lifestyle medicine, and management of sexually transmitted infections.



- Manage common acute and chronic conditions in primary care (asthma, hyperglycemia, chest pain, diabetes, obesity, osteoporosis)



- Recognize and address mental health issues, cognitive decline, and developmental delays in pediatric.



- Manage hair disorders with UpToDate diagnosis and treatment protocols.



- Promote women's through early detection, screening, and counseling.





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Eastern Health Cluster
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Organizing Committee



Dr. Nourah Alshehri

Organizing Committee Chairperson
Family Medicine Consultant
Educational unit lead - Primary healthcare services line
Manager of Academic Affairs Training and Research Al Khobar Health Network



Dr. Zahra Aljishi

Family Medicine Consultant and PD Lead in QHN



Dr. Rasha Alawwad

Group Manager, Medical Education
Family Medicine Consultant



Ms. Mai Alharsan

RN, BSN, Master in Nursing Education
Researcher/Al khobar Health Network



Mr. Assad Alquria

Group director - Public relation,
Eastern Health Cluster



Ms. Rawiah Budrees

Senior Specialist /Master of Science in
Nursing Education and Leadership



Dr. Abdullah Alshamrani

Family Medicine Consultant
Group manager of Primary healthcare services EHC



Ms. Samira Fallatah

Nursing Technician, KHN





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Scientific Committee



Dr. Huda Mohaini

Scientific Committee Chairperson
Group director , primary health care eastern
health cluster



Dr. Roaa Almousa

Family Medicine Consultant
Chairperson primary health care
Director academic affairs training
and research- Jubail health
network



Dr. Nourah Alshehri

Scientific Committee Co-Chairperson
Family Medicine Consultant Educational
unit lead - Primary healthcare services line
Manager of Academic Affairs Training and
Research Al Khobar Health Network



Dr. Ghadeer AlDuhileb

Family Medicine Consultant
Trainer at FMA The lead of
FMA CPD Committee



Dr. Abdullah Alshamrani

Family Medicine Consultant
Group manager of Primary
healthcare services EHC



Dr. Horeia Alfaraj

Family Medicine Consultant
Qatif Health Network



Dr- Areej AlElaiw

Family Medicine consultant
Clinical trainer, FMA
Professional Development Supervisor, KHN





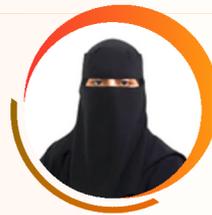
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Research Scientific Committee for Abstract Submission



Dr. Mohammed Al Mahrous

Chairperson, Scientific Committee for Abstract Submission
Consultant Clinical Research Scientist/ Research Development and Innovation, Clinical Trials/ Molecular Pathologist



Ms. Mai Alharsan

RN, BSN, Master in Nursing Education /Researcher/Al khobar Health Network



Dr. Hani Almohanna

Consultant Public Health/Cancer prevention and control/Oncology research
Consultant/Clinical Trials



Ms. Rawiah Budrees

Senior Specialist /Master of Science in Nursing Education and Leadership



Dr. Fahad Almsned

Consultant, Bioinformatics/Ethic Committees (IRB, HRPP)



Ms. Reem Qaw

Senior Research Informatics / Clinical Trials





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Academic Oversight committee



Dr. Rasha Alawwad

Group Manager, Medical Education
Family Medicine Consultant, Eastern
Health Cluster



Mr. Essa Alali

CME Senior Specialist





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Moderators



Dr. Rasha Al-Awwad

Group Manager, Medical Education
Family Medicine Consultant, Eastern
Health Cluster



Dr. Ammar Abu Zuhairah

Family Medicine Consultant
Urgent Care Director, QHN
Deputy Director, Urgent Care Training
Program, Eastern Healthcare Cluster



Dr. Horeia Alfaraj

Family Medicine Consultant, QHN



Dr. Mohammed Alsumaili

Consultant family medicine and
diabetology, DHN



Dr. Nasser Bukhamseen

Family Medicine Consultant, KHN
Trainer at FMA



Dr. Aisha Al-Essa

Family Medicine Senior Registrar
Saudi and Jordanian board certified ,DHN



Dr. Wejdan Manah

Consultant family medicine and
diabetology, KHN



Dr. Nourah Alshehri

Family Medicine Consultant
Educational unit lead - Primary healthcare
services line
Manager of Academic Affairs Training and
Research Al Khobar Health Network





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Speakers

DAY 1



Mr. Sharif Omar

Group Executive Director, Strategy, Transformation and PMO
Eastern Health Cluster



Dr. Nezar Bahabri

Internal medicine and infectious disease, Canadian and American board-certified Director of the Saudi society of microbiology and infectious disease in Jeddah Community, influencer and healthcare related education



Dr. Mishary Almishary

Family medicine Consultant
General Director of primary healthcare centers - at health holding company (HHC)
Operations management of primary health care centers all over the Kingdom of Saudi Arabia



Dr. Abdullah AlBeirutty

Family Medicine Consultant
Saudi Board of Family Medicine and International Board of Lifestyle medicine
Member of Lifestyle committee in Public Health Authority System of Chronic care lead in J1 cluster



Dr. Rasha Alziyadi

Family medicine consultant
Project lead for virtual health care in primary care centre of MOH



Dr. Mohammed Almulhim

Consultant emergency medicine
Group chairperson of the emergency medicine service line EHC



Dr. Saad Alshahrani

Consultant Epidemiology
MD, MPH, Ph.D.
Chief of Population Health Management, Eastern Health Cluster, Saudi Arabia



Dr. Faisal Alotaibi

Consultant Family Medicine and Diabetes Management.
Chairman, Family and Community Medicine Department
Armed Forces Hospital, King Abdulaziz Naval Base - Jubail



Dr. Essra Aldawood

Public Health Epidemiologist



Dr. Maryam AlQaseer

Consultant cardiologist
King Fahad Specialist Hospital
Group Vice President of Quality at Performance
Eastern Health Cluster





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Speakers

DAY 2



Dr. Yousef Al Zahib

SBFM, ABFM, JBFM, KSUDF
Diabetes and Family Medicine Consultant



Dr. Mona Al-Shaikh

Family Medicine and Women's Health consultant
Clinical Trainer Family Medicine Academy, EHC



Dr. Waleed Albaker

Professor of internal medicine and endocrinology
Consultant of diabetes and endocrinology
C -vice dean of clinical affairs of college of medicine
Imam Abdulrahman bin Faisal university
X -program director of endocrinology fellowship at
KFHU



Dr. Jawharah Alosaimi

Consultant Family Medicine and Women's Health
Program Director of Women's Health Fellowship,
PSMMC.



Dr. Aisha Alwosaifer

Family Medicine Consultant
Trainer at Family Medicine Academy
Eastern Health Cluster



Dr. Wejdan Aljohani

Family Medicine, Mental health
consultant, Assistant Professor, Imam
Abdulrahman Bin Faisal University.



Dr. Najla Aldawsari

Consultant Dermatologist
American board of Dermatology
MD, FAAD



Dr. Faisal AlQurashi

Consultant Developmental-Behavioral
Pediatrician and Assistant Medical Director
of King Fahd Hospital of the University



Dr. Ghadah Alnosair

Consultant Pediatric Ophthalmology & Strabismus
Executive Director, Ophthalmology Service Line
Head of the Ophthalmology Department at MCH
Eastern Health Cluster



Dr. Shatha Alzuhair

Family Medicine Consultant
Group Director of Clinical Performance
Management at the Eastern Health
Cluster





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AGENDA



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SCIENTIFIC AGENDA

This conference lasts for two days, and the scientific sessions are described as follows

1ST Day 25 JANUARY 2026

TIME	TITLE	SPEAKERS
7:00-8:00	Registration	
8:00 - 10:25	Opening Ceremony and Award Recognition	
10:25-10:30	Conference welcome speech	Dr. Huda Mohaini
Panel:1	Healthcare at Crossroads: Transformation and Future Ahead	Moderator: Dr. Rasha Al-Awwad
10:30-10:45	Transforming in health care system: From Vision to Reality	Mr. Sharif Omar
10:45-11:05	Best Practices for Virtual Consultations in Primary Care	Dr. Rasha alziyadi
11:05-11:25	From Clinic to Community: Bridging the Gap in Population Health	Dr.Saad Alshahrani
11:25 – 12:00	Panel Discussion	
12:00- 1:00	Prayer time + Lunch break	
Panel:2	Prevention At the Core	Moderator: Dr. Horeia Taha Alfaraj
1:00 –1:20	Surveillance Systems for Communicable Diseases: From Data to Action	Dr.Esra Aldawood
1:20 – 1:45	Igniting Outcomes: Lifestyle Medicine that sticks in Family Practice	Dr. Abdullah Albeirutty
1:45 – 2:05	Panel Discussion	
2:05 -2:35	Early Detection of Pediatric Eye Disorders: A Primary Care Perspective	Dr.Ghada Alnosair
2:35 – 3:05	Shingles Burden in Older Adults & Importance of Vaccination	Dr. Ibrahim Al Zahrani
3:05 – 3:20	Unmasking the true burden of RSV in older adults and prevention strategies	Dr. Ibrahim Al Zahrani
Panel 3:	Frontline Care: Managing Urgent Cases in Primary Health Care _ Moderator: Dr. Ammar Abu zuhairah	
3:20 – 3:45	Managing Acute Asthma in Urgent Care Setting	Dr. Mohammed Almulhim
3:45 – 4:10	Hyperglycemia in PHC/Urgent Care: Safe and Effective Approaches	Dr. Faisal Alotaibi
4:10 – 4:35	Chest Pain in PHC: Identifying Red Flags and Making Confident Decisions	Dr. Maryam AlQaseer
4:35 – 5:00	Panel Discussion	
	Discussion + Close Remarks	



SCIENTIFIC AGENDA

This conference lasts for two days, and the scientific sessions are described as follows

2nd Day **26 JANUARY 2026**

TIME	TITLE	SPEAKERS
7:00-8:00	Registration	
Panel 4:	Metabolic Matters: Key Challenges in Primary Care Moderator: Dr. Nasser Bukhamseen	
8:00-8:30	Optimizing Diabetes Management in Chronic Kidney Disease	Dr. Yousef Alzahib
8:30-9:05	Obesity in Primary Care: Pharmacologic Options, Counseling Techniques, and Referral Pathways	Dr. Waleed Albaker
9:05 – 10:35	Osteoporosis in Primary Care: Early Detection, Risk Stratification, and Treatment	Dr. Aisha Alwosaifer
10:35 – 10:50	Panel Discussion	
10:50- 11:10	From Awareness to Elimination: The Role of Family Medicine in HPV-Related Cancer Prevention	Dr. Doaa Abbas
Panel 5:	Primary Healthcare Meets the Specialists: Integrating Subspecialty Care _ Moderator: Dr. Wejdan Saleh Manah	
11:10 - 11:45	Comprehensive Updates on Diagnosis, and Management of Hair Loss	Dr. Najla Aldawsari
11:45- 12:15	Diseases you don't like to treat	Dr. Nezar Bahabri
12:15 -1:15	Prayer time + Lunch break	
1:15- 1:45	Breast Health in Primary Care: Screening, Risk Assessment, and Counseling	Dr. Mona Al-Shaikh
1:45 - 2:15	Abnormal Uterine Bleeding: Evaluation and Initial Management in PHC	Dr. Jawharah Alosaimi
2:15- 2:30	A legacy of protection in pneumococcal vaccine	Dr. Ali Al Saeed
Panel 6:	Early signs to Late stages: Cognitive and Mental Health Across the Lifespan in Primary Care Moderator: Dr. Nourah Alshehri , Dr Aisha Al-Essa	
2:15- 2:30	Initiating Treatment for Depression and Anxiety in Primary Care	Dr. Wejdan Aljohani
3:00-3:30	Early Identification of Developmental Delays in Primary Care: What Every Family Physician Should Know	Dr. Faisal Al- Qurashi
3:30 - 4:00	Cognitive Decline and Dementia: Early Detection and Support Strategies in Family Practice	Dr. Shatha Alzuhair
	Discussion + Close Remarks	





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> REGISTRATION



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