

## Activities Report of the Obstetrics and Gynecology Nursing Department (2024–2025)

### Community Outreach Campaign: "Monitoring Pregnant Women's Health"

As part of the community service activities organized by the Obstetrics and Gynecology Nursing Department, Faculty of Nursing – Helwan University, and under the patronage of Prof. Dr. Elsayed Kandil (President of Helwan University), and led by Prof. Dr. Safaa Salah Ismail (Dean of the Faculty), with the supervision of Prof. Dr. Shaimaa Hassan Mohamedy (Head of the Department), a nursing caravan was launched in the Arab Rashid area on October 8, 2024.

The caravan aimed to monitor the health of pregnant women through measuring blood pressure, blood sugar, and weight to evaluate their general health status. Additionally, educational sessions were held to raise awareness on self-care during pregnancy and how to maintain fetal health.

This activity reflects the department's commitment to enhancing public health awareness and supporting the community through field-based health services.





## Educational Seminar: "Your Health is in Your Hands"

As part of the department's student activities and under the patronage of Prof. Dr. Elsayed Kandil and Prof. Dr. Safaa Salah Ismail, and with the supervision of Prof. Dr. Zeinab Hussein Ali (Vice Dean for Community Service), a seminar entitled "Your Health is in Your Hands" was held for deaf and mute girls at Al-Amal School, Helwan.

The seminar covered essential topics such as healthy nutrition during adolescence, breast self-examination, awareness about HPV vaccination, and early detection methods for breast cancer.

The event aimed to empower the girls through health education relevant to their age and needs, including a practical session on how to perform breast self-exams.









## **Scientific Day: "Maternity Nursing at the Crossroads of Care"**

Under the auspices of:

- Prof. Dr. Elsayed Ibrahim Kandil – President of Helwan University
- Prof. Dr. Emad Mohamed Abou El-Dahab – Vice President for Postgraduate Studies
- Prof. Dr. Safaa Salah Ismail – Dean of the Faculty of Nursing
- Prof. Dr. Afaf Salah – Vice Dean for Postgraduate Studies
- Prof. Dr. Shaimaa Hassan Mohamedy – Head of Maternal and Newborn Health Nursing

A Scientific Day was held on November 25, 2024, under the title: **"Maternity Nursing at the Crossroads of Care: Challenges, Innovations, and Solutions"**. This day focused on modern research methods, advanced technologies in maternal care, and was marked by effective participation of faculty members and distinguished postgraduate students.

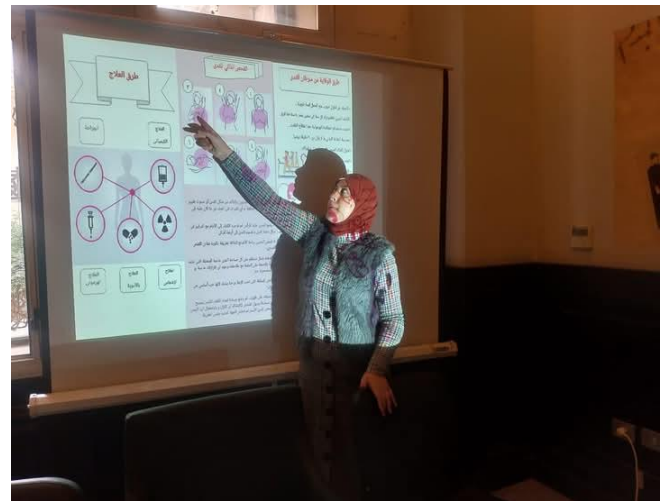




## Awareness Workshops: Observance of International Days

Under the direction of Helwan University's leadership, the Social Problems Monitoring Center hosted multiple awareness workshops on February 16, 2025, with the participation of various faculties and Cairo-based institutions. These workshops coincided with global observances such as: - World Cancer Day- International Day of Zero Tolerance for Female Genital Mutilation- World Day of Social Justice

The Faculty of Nursing, represented by the Department of Obstetrics and Gynecology and Dr. Sahar Ali Othman, delivered an awareness lecture titled: "How to Perform a Breast Self-Examination and Warning Signs."



## **Seminar: “Combating Violence Against Women”**

Organized by the department under the leadership of Prof. Dr. Shaimaa Hassan Mohamedy, Prof. Dr. Safaa Salah (Dean), and Prof. Dr. Zeinab Hussein (Vice Dean for Community Service), a seminar titled “Combating Violence Against Women” was held.

The seminar aimed to educate students about the consequences of violence against women and its impact on families and society. Dr. Shaimaa Mahmoud Abdel Maksoud (Assistant Professor at the Faculty of Social Work and Director of the Social Treatment Center) discussed the psychological and social dimensions of violence, methods of prevention, and the importance of promoting a culture of respect and equality.

The event witnessed wide participation from students, including postgraduates and faculty members, and featured open discussions on the challenges women face and ways to protect their rights.









## **Campus Caravan: Women's Health Day**

On April 15, 2025, a women's health awareness caravan was organized inside the university campus by the department under the patronage of:

- Prof. Dr. Safaa Salah Ismail – Dean
- Prof. Dr. Zeinab Hussein – Vice Dean for Community Service
- Prof. Dr. Shaimaa Hassan Mohamedy – Head of Department

The caravan included vital medical checks such as blood pressure, blood sugar, and weight monitoring, along with health education on the importance of breast self-examination for early detection of breast cancer.

The event saw strong engagement from students, employees, and faculty members, especially third-year students who participated in the field experience to strengthen their community engagement skills. Prof. Dr. Shaimaa praised the students' and team's efforts, highlighting the department's ongoing mission to connect academic knowledge with real-world application.













## **Ninth Scientific Conference: “Multidisciplinary Views of Women’s Health”**

Held on Sunday, May 4, 2025 at Prof. Dr. Aisha Awad Hall, this conference was organized by the Maternal and Newborn Health Nursing Department under the title: “Multidisciplinary Views of the Women’s Health.”

Sponsored by:

- Prof. Dr. Elsayed Kandil – President of Helwan University
- Prof. Dr. Emad Abou El-Dahab – Vice President for Postgraduate Studies
- Prof. Dr. Safaa Salah Ismail – Dean
- Prof. Dr. Afaf Salah – Vice Dean
- Prof. Dr. Shaimaa Hassan Mohamedy – Department Head and Conference Chair

The conference hosted distinguished professors and experts across various disciplines to discuss advancements in: Reproductive health- Chronic diseases among women- Mental health and nutrition.

- The role of artificial intelligence in supporting women’s health

This reflects the faculty’s commitment to integrating medical, nursing, and social sciences to improve the well-being of Egyptian women.

The conference was highly praised by attendees for its organization and contribution to enhancing healthcare quality for women.











