3 GOOD HEALTH AND WELL-BEING

3. Good Health and Well-being

3.1. Sustainability Graduate Enhancement - Health Professions.

(Graduate Tracking in Health Professions)

Palestine Ahliya University (PAU) is committed to equipping health profession graduates with the skills and knowledge to integrate sustainability into their practices. By incorporating environmental and social responsibility into health curricula, PAU ensures that students are well-versed in the importance of sustainable healthcare practices. Hands-on training and workshops enhance their understanding and application of these principles, preparing them to contribute meaningfully to sustainable health initiatives. Collaborations with local and international health institutions provide specialized training opportunities, reinforcing PAU's role in producing competent professionals dedicated to advancing sustainability in the health sector.

3.2. Sustainable Health Services Delivery

(Sexual and Reproductive Health Services, Sexual Health Education, Health Education, Student Mental Health Counseling, Staff Mental Health Support, Providing various health services to the university community)

PAU prioritizes the delivery of sustainable and inclusive health services to support the well-being of its community. A wide range of services, including mental health counseling, sexual and reproductive health education, and general health education, aim to foster a healthier campus environment. PAU collaborates with health organizations to enhance the quality of these services and raise awareness on critical health topics such as stress management and sexual health. Additional resources have been allocated to mental health support, ensuring that both students and staff have access to necessary psychological care, contributing to a thriving academic and work environment.

3.3 Health Collaboration

(Health Collaborations, Health Sustainability Internship Program, Community Health Outreach, Sports Facilities Access, Postgraduate Scholarship - Health Specialties)

PAU is dedicated to promoting public health and well-being through robust collaborations with health institutions at the local and international levels. These partnerships facilitate knowledge exchange, enhance health services, and support both campus and community health. Key initiatives include signing new collaboration agreements, developing a sustainability-focused health internship program, and conducting outreach programs to increase health awareness in the broader community. Additionally, PAU promotes physical well-being by providing access to sports facilities and offers postgraduate scholarships in health specialties to nurture expertise in sustainable health practices, shaping a healthier and more resilient society.

3.4. Smoke-Free

(Smoke-Free Policy Implementation)

PAU is committed to maintaining a smoke-free campus to promote the health and well-being of its students, staff, and visitors. A comprehensive smoke-free policy is enforced across all university buildings and outdoor spaces, fostering a safe and healthy environment. Awareness campaigns emphasize the harmful effects of smoking and the benefits of a smoke-free lifestyle. Counseling services are available to support individuals who wish to quit smoking. To ensure

compliance, PAU has established an effective monitoring and reporting system, reflecting its dedication to cultivating a clean, health-conscious campus environment.

3.5. Strategic Key Performance Indicators (KPIs)

SN	KPI	2021/2022	2022/2023	2023/2024
1	Health Professions Graduates	93%	95%	98%
2	Health Education Participants	89%	91%	94%
3	Sustainable Health Beneficiaries	91%	93%	96%
4	Health Cooperation Agreements	92%	94%	97%
5	Healthcare Outreach Programs	89%	91%	94%
6	Smoke-Free Policy Compliance	93%	95%	98%

3.6. Activities and initiatives achieved (2023/2024)

SN	Activities / Initiatives	Link
1.	Breast Cancer Awareness	GO
2.	Diabetes Awareness	GO
3.	Pink October	GO

3.7. SDG Scientific Research (2023)

SN	Article Name	Link
1.	Abufara, A., Amro, A., & Ahmad, M. S. (2024). The effect of physiotherapy intervention on functional outcomes among COVID-19 patients: Clinical experimental study. Physiotherapy Research International, 29(4), e2136.	Click
2.	Dwaib, H., & Michel, M. C. (2024). Adrenoceptor Expression and Function in the Endocrine Pancreas. Adrenoceptors, 639-664.	Click
3.	Abutrabi, I. H., Ayed, A., Malak, M. Z., & Batran, A. (2024). Knowledge, Attitudes, and Practices Toward Retinopathy of Prematurity Among Neonatal Intensive Care Nurses: A Cross-sectional Study. INQUIRY: The Journal of Health Care Organization, Provision, and Financing, 61, 00469580241249431.	Click
4.	Ahmad, M. S., & Mohammad, H. (2024, February). Statistical calculation of beta radiotherapy dose using I-131: analysis and simulation method. In Journal of Physics: Conference Series (Vol. 2701, No. 1, p. 012026). IOP Publishing.	Click
5.	Dwaib, H. S., & Michel, M. C. (2023). Is the β3-Adrenoceptor a Valid Target for the Treatment of Obesity and/or Type 2 Diabetes?. Biomolecules, 13(12), 1714.	Click
6.	Ahmad, M. S., & Hjouj, M. (2023, November). Efficacy of 18F-FDG-PETCT Scanning in Accurately Detecting Metastases in Patients with Undetected Primary Cancer. In Proceedings of the 2023 6th International Conference on Digital Medicine and Image Processing (pp. 94-97).	Click
7.	Shatat, M., Ahmad, M. S., & Hjouj, M. (2023, November). The Role of Cardiac MRI and Echocardiography in the Treatment of Cardiac Disorders in the Palestinian Health System. In Proceedings of the 2023 6th	Click

	International Conference on Digital Medicine and Image Processing (pp. 130-135).	
8.	Tamimi, Q., S. Ahmad, M., & Hjouj, M. (2023, November). Mastering Patient Preparation for Precise Balancing of Bladder and Rectal Radiation during Prostate Radiotherapy. In Proceedings of the 2023 6th International Conference on Digital Medicine and Image Processing (pp. 117-123).	Click
9.	Khlaif, Z. N., Sanmugam, M., Hattab, M. K., Bensalem, E., Ayyoub, A., Sharma, R. C., ... & Bsharat, T. R. (2023). Mobile technology features and technostress in mandatory online teaching during the COVID-19 crisis. Heliyon, 9(8).	Click
10.	Ahmad, M. S., Iyad, N., Felat, J. W., Jabari, J., Aljabari, S., & Mohammad, H. (2023, December). Radiation Dose Assessment in PET ICT Imaging: A Comparative Analysis of CT-Expo and VirtualDose™ CT Software's Across Diverse Body Mass Indexes in Oncologic Patients. In 2023 2nd International Engineering Conference on Electrical, Energy, and Artificial Intelligence (EICEEAI) (pp. 1-7). IEEE.	Click