

# **ADAMU AHMAD RUFA'I, PT, PhD**

## **Curriculum Vitae**

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**Professor of Community Physiotherapy & Health Promotion  
Dean/Chair, Faculty of Allied Health Sciences,  
College of Medicine, Kaduna State University, Kaduna, Nigeria  
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## **PERSONAL PROFILE**

Name: Adamu Ahmad Rufa'i  
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Email: adamu.rufai@kasu.edu.ng; adamuarufai@gmail.com  
Current Academic Rank: Professor  
Primary Department: Physiotherapy  
Institution: Kaduna State University, Kaduna, Nigeria

## **EDUCATION AND ACADEMIC QUALIFICATION**

Ph.D. Universiti Sains Malaysia, Malaysia October 2016

M.Sc. Universiti Sains Malaysia, Malaysia August 2009

B.Sc. (Hons) (Physiotherapy) Bayero University Kano, Kano, Nigeria November 2001

## **EMPLOYMENT AND PROFESSIONAL EXPERIENCE**

Present Position; **Professor**

University Lecturer; **2005 – Date**

Honorary (Specialist) Physiotherapist; **2006 – Date**

## **PERSONAL SKILLS AND COMPETENCES**

**Computer skills;** Computer appreciation of Microsoft word, power point and excel

**Statistical skills;** Knowledge and application of basic & intermediate statistics. Ability to select appropriate statistics and analyze data using SPSS, STATA etc.

### **Languages spoken;**

Hausa/Fulani; Mother tongue

English; Excellent reading, writing and verbal communication skills

Bahasa Malaysia; Basic reading, writing and verbal communication skills

**Social skills;** Live, interact and network with people of different culture and environment, in a situation where sound communication is very vital and where teamwork and/or collaboration is of imminent importance

**Organizational skills;** Ability to organize, coordinate and administer people, programs/projects and budgets at work and in voluntary activities like sports, cultural activities and community development services

## **SERVICE AND ACADEMIC/PROFESSIONAL CONTRIBUTIONS**

### **A. Service and Responsibilities within University**

2021-Date; **Substantive Dean**, Faculty of Allied Health Sciences, College of Medicine, Kaduna State University.

2019-2021; **Substantive Head**, Department of Medical Rehabilitation (Physiotherapy), Faculty of Allied Sciences, College of Medical Sciences, University of Maiduguri, Maiduguri, Nigeria.

2017-2019; **Acting Head**, Department of Medical Rehabilitation (Physiotherapy), Faculty of Allied Sciences, College of Medical Sciences, University of Maiduguri, Maiduguri, Nigeria.

2018-Date; **Chairman**, Various Boards and Committees at University, Faculty and Department levels

2017-Date **Member**, Various Boards and Committees at University, Faculty and Department levels

2017-Date; **Member**, University Senate

## **B. Community (External) Service and Responsibilities**

**Resource Person**, to the Nigerian Universities Commission (NUC) for the resource verification exercises to:

- i. The proposed Doctor of Physical Therapy (DPT) Program of the Coal City University, Enugu, Nigeria, September, 2022
- ii. The proposed Doctor of Physical Therapy (DPT) Program of the Thomas Adewumi University, Ilorin, Nigeria, September, 2022
- iii. The proposed Doctor of Physical Therapy (DPT) Program of the Bayelsa Medical University, Yenagoa, Nigeria, October, 2021
- iv. The proposed Doctor of Physical Therapy (DPT) Program of the Skyline University, Kano, Nigeria, September, 2021

**Resource Person**, to the Nigeria Society of Physiotherapy

- i. Kaduna State Chapter on "Safe rehabilitation for people living with long COVID: Emphasizing physical activity including exercise and sport" at the 2021 World Physical Therapy Day celebration, September, 2021
- ii. National body for the Combined Specialty Session on "Lymphedema and Axillary Web Syndrome in cancer patients: Assessment and evidence-based management" at the 2021 Ordinary General Meeting (OGM), August, 2021
- iii. National body for the first ever virtual plenary sessions on "Health promotion: the untapped opportunity for integration of Physiotherapy practice in primary health care" at

the 60<sup>th</sup> Annual Scientific Conference and Annual General Meeting themed “The 2020 Pandemic: a critical juncture for reversing Health Tourism” at the National Orthopedics Hospital Igbobi, Lagos, Nigeria, November, 2020

- iv. for a workshop on “developing and implementing clinical practice guidelines: a paradigm shift for better patient care” at the Conference Hall, Trauma and Surgical Centre, University of Medical Sciences Teaching Hospital, Ondo, Nigeria, February, 2019
- v. for a workshop on “developing and implementing clinical practice guidelines: a paradigm shift for better patient care” at the Nurses House, University of Ilorin Teaching Hospital, Ilorin, Nigeria, August, 2018

**External Examiner (Undergraduate)** to the Department of Physiotherapy, Faculty of Allied Health Sciences, College of Medicine, Bayero University Kano, Nigeria, 2018 – 2020

**Chairman**, Education Committee, Nigeria Society of Physiotherapy (NSP), 2016– 2020

**Secretary**, Nigeria Society of Physiotherapy, Maiduguri Chapter, Maiduguri, Nigeria, 2006-2007, 2010-2012

**Sports Director**, National Association of Physiotherapy Students, Bayero University Kano Chapter, Kano, Nigeria, 1999-2000

**Member**

- i. **Board of Trustees**, Nwuga Physiotherapy Foundation, 2021 –Date
- ii. **3-Man Committee** for Lobbying at National Assembly to actualize passage of the NPPCN bill. Appointed by the National Postgraduate Physiotherapy College of Nigeria. 2020-Date
- iii. **ENEC** (Extended National Executive Council), Nigeria Society of Physiotherapy (NSP), 2016 – 2020

**Coordinated:**

- i. First ever virtual pre-conference workshop on “Telehealth/Telerehabilitation: preparing for the ‘New Normal” and “Novel management practices of Brachial Plexus Injuries” at the National Orthopedics Hospital Igbobi, Lagos, Nigeria, November, 2020
- ii. The pre-conference workshop on “Wheel chair measurement and 24-hour postural management” and “Introduction to acupuncture” at the National Sports Commission VIP Lounge, Moshood Abiola National Stadium, Abuja, FCT, Nigeria, October, 2019
- iii. The pre-conference workshop on “pain management: a better understanding of pain and pain control” at the Somitel Hotel, Peter Odili Road, Port Harcourt, Nigeria, October, 2018

- iv. The pre-conference workshop on “clinical decision making from radiological evaluation: relevance in Physiotherapy evidence-based practice” at the Akanu Ibiam International Conference center, Abakaliki, Nigeria, October, 2017
- v. A workshop on “developing and implementing clinical practice guidelines: a paradigm shift for better patient care” at the National Trauma Center, National Hospital, Abuja, FCT, Nigeria, April, 2018
- vi. A workshop on “emergency care from the scene to discharge” at the Package B, National Stadium Abuja, FCT, Nigeria, August, 2017

### **Monitored**

- i. The first ever virtual scientific sessions of the 60<sup>th</sup> Annual Scientific Conference and Annual General Meeting of the Nigeria Society of Physiotherapy (NSP) themed “The 2020 Pandemic: a critical juncture for reversing Health Tourism” at the National Orthopedics Hospital Igbobi, Lagos, Nigeria, November, 2020
- ii. The scientific sessions of the 59<sup>th</sup> Annual Scientific Conference and Annual General Meeting of the Nigeria Society of Physiotherapy (NSP) themed “Reversing health tourism: calling Physiotherapists to action as stakeholders” at the National Sports Commission Media package A, Moshood Abila National Stadium, Abuja, FCT, Nigeria, October, 2019
- iii. The scientific sessions of the 58<sup>th</sup> Annual Scientific Conference and Annual General Meeting of the Nigeria Society of Physiotherapy (NSP) themed “exploring barriers to accessing primary healthcare: a framework for integration of the Physiotherapists” at the Hogo Heights, Peter Odili Road, Port Harcourt, Nigeria, October, 2018
- iv. The scientific sessions of the 57<sup>th</sup> Annual Scientific Conference and Annual General Meeting of the Nigeria Society of Physiotherapy (NSP) themed “Challenges of Universal Health Coverage: The Physiotherapist as a primary health care provider” at the Akanu Ibiam International Conference centre, Abakaliki, Nigeria, October, 2017

**Participated (as Observer)** in a panel of experts on curriculum harmonization for the Doctor of Physical Therapy (DPT) Program at the Nigerian Universities Commission (NUC) Head Quarters, Abuja, FCT, Nigeria, May, 2018

### **Participated in various community outreaches such as;**

- i. **Mega Specialist Camp**, at Taman Puspa Jaya, Kok Lanang, Kelantan, Malaysia; where community members were attended to their various ailments including rehabilitation
- ii. **Rural Medical Outreach**, to Dung Village in Jos North LGA, Jos, Nigeria; covering Health Promotion lectures, providing general medical checkup, treatment of minor ailments to the community members including children de-worming

- iii. **HIV/AIDS Awareness Campaign**, among Secondary school students both in Jos and Maiduguri, Nigeria, where some selected schools were visited and campaign to create awareness about menace and stigmatization were carried out at various times
- iv. **Health Promotion Campaigns**, at Motor Parks and Market places also in Jos as well as in Maiduguri, Nigeria, to encourage healthy lifestyle behaviors. Also, investigation of undiagnosed hypertension, blood grouping and obesity was conducted at varying times
- v. **De-worming Exercise**, done among pupils (in Jos, Nigeria) of some selected primary schools both also, at different times.
- vi. **Visitation to Orphanage Homes and Correctional centers**, (Maiduguri and Jos respectively) where assistance was provided and health talk was delivered with the aim to encourage healthy behaviors

### **PROFESSIONAL MEMBERSHIP**

Member of many professional bodies including NSP, ISoGH etc.

### **SCHOLARSHIPS, AWARDS AND HONOURS**

1. Fellow Nigeria Society of Physiotherapy (**FNSP**), 2022
2. Nigeria Society of Physiotherapy (**NSP**) Rising Star Award, 2017.
3. Malaysian International Scholarship (**MIS**) Award, 2014
4. University of Maiduguri PhD Study Fellowship Award, 2012.
5. Certificate of Merit in Good Clinical Practice, jointly awarded by IPPT, USM and Kementarian Kesihatan Malaysia, 2009
6. Certificate of Best Presenter, awarded as best presented thesis at the 3<sup>rd</sup> AMDI postgraduate scientific seminar, 2009
7. University of Maiduguri Master's Study Fellowship Award, 2008
8. Gombe State Government Undergraduate Scholarship Award, 1999

### **COURSES TAUGHT AND RESEARCH SUPERVISED AT POSTGRADUATE LEVEL (Since 2016)**

- A. **Taught several courses such as**; Physiology of Exercise, Tests and Measures in Physiotherapy and Rehabilitation, Research Methods in Physiotherapy, Cardio-respiratory Disorders and Rehabilitation etc.

**B. Supervised several postgraduate students at MSc level as below;**

1. "Cardiovascular response to incremental tilting in the Head-down inverted prone position among apparently healthy Physiotherapy Clinical students at University of Maiduguri Teaching Hospital". Mr. Jibril Abdullahi Mustapha (No: PGA/16/01/03/08811), Department of Physiotherapy, University of Maiduguri, Nigeria, 2017- 2021. (Graduated)
2. "Comparison of physical activity level and cardiovascular response to exercise testing between adolescents living at internally displaced persons camps and community residents in Maiduguri". Mrs. Zainab Abdulkadir Jidda (No: PGA/16/01/03/08801), Department of Physiotherapy, University of Maiduguri, Nigeria, 2017- 2021. (Graduated)
3. "Effects of ergometry and treadmill aerobic exercise training programs on some selected cardiorespiratory parameters among stroke survivors". Mr. Nasir Musa Hassan (No: PGA/17/01/03/08801), Department of Physiotherapy, University of Maiduguri, Nigeria, 2018- present. (Awaiting post field seminar)
4. "Cardiovascular response to incremental load carriage on the head and shoulder among apparently healthy students of University of Maiduguri". Mrs. Maimuna Umar (No: PGA/16/01/03/08800), Department of Physiotherapy, University of Maiduguri, Nigeria, 2017- present. (Awaiting post field seminar)
5. "Functional disability and quality of life of older adults in the community and internally displaced persons camps in Maiduguri". Mrs. Aisha Muhammad Ali (No. PGA/16/01/03/08805), Department of Physiotherapy, University of Maiduguri, Nigeria, 2017- present. (Awaiting post field seminar)

**COURSES TAUGHT AT UNDERGRADUATE LEVEL**

- A. **Taught several courses such as;** Ergonomic and Community Physiotherapy, Pain and Palliative Care in Terminal Illness, Issues in Health Care, Outcome Assessment and Clinical Measurements, Research Methods and Biostatistics, Physiotherapy in Cardiovascular Disorders, Exercise Therapy III (Specialized Techniques), Introduction to Medical Rehabilitation, Exercise Physiology, Biomechanics, Exercise Therapy I, Exercise Therapy II, Practical Exercise Therapy etc.
- B. **Supervised** over thirty five undergraduate students projects

**AREA OF SPECIALIZATION**

Community Physiotherapy and Health Promotion

**PEER-REVIEWED PUBLICATIONS**

Over forty publications

## **SCIENTIFIC PRESENTATIONS AND CONFERENCES**

Attended (and presented papers) over 10 conferences at both local and international for a.

## **SEMINARS/WORKSHOPS/COURSES ATTENDED**

Attended over twenty (20) as Panelist, Facilitator, Resource person and/or Participant

## **REFEREES**

1. Dr. Adetoyeje Yunoos Oyeyemi, Professor of Geriatric Physiotherapy, Department of Physiotherapy, Faculty of Allied Health Sciences, College of Medical Sciences, University of Maiduguri, Nigeria.  
E-Mail: adeoyeyemi@aol.com  
Phone: +234-816-257-6445
2. Dr. Rufai Ahmad Yusuf, Professor of Neurophysiotherapy & Mental Health, Department of Physiotherapy, Faculty of Allied Health Sciences, College of Medicine, Bayero University Kano, Nigeria.  
E-Mail: raysalim2001@yahoo.com  
Phone: +234-803-637-0098
3. Dr. Wan Abdul Manan Wan Muda, Professor of Public Health Nutrition and Health Promotion, Khazanah Research Institute, Level 25, Mercu UEM, Jalan Stesen Sentral 5, Kuala Lumpur Sentral 50470, Kuala Lumpur, Malaysia.  
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4. Dr. Yen Siew Hwa, Reader in Public Health Education, Center for Distance Education, Universiti Sains Malaysia, Pulau Pinang 1800, Penang, Malaysia.  
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