

Strategic Plan for the Department of Woman's Health for Physical Therapy

(2021–2025)

Vision

Our vision is to be the provider of choice for health care and health information in field of women health and Leadership at the local and regional level, valuable study of women's health in order to excel academically and research and in community service

Mission:

Department of Women's Health is designed to prepare and teach students to study the health problems of women during adolescence, the reproductive and postmenopausal period and graduation creative students in conducting scientific research and to contribute effectively to the healthy and development of society

Core Values

- Excellence
- Leadership
- Diversity, cultural competence, and inclusivity
- Social responsibility
- Collaboration and communication
- Respect, professional ethics, integrity

Strategic Goals and Objectives (2021–2025)

Goal 1: Achieve national and international excellence through professional collaborations and women's health-focused partnerships

Objective A:

Establish a Center of Excellence in Pelvic Health and Women's Wellness focusing on pelvic floor dysfunction, pregnancy-related conditions, postpartum rehabilitation, and healthy aging in women.

Objective B:

Develop advanced clinical training programs in women's health, including pelvic floor rehabilitation, prenatal/postnatal physical therapy, urogynecologic rehabilitation, and menopausal care.

Objective C:

Expand interprofessional partnerships with obstetrics & gynecology, urology, endocrinology, nursing, and community women's organizations to enhance integrated care.

Goal 2: Strengthen human and physical resources to support efficient, advanced, and innovative operations

Objective A:

Create a comprehensive postgraduate development plan that ensures high-quality academic, research, and clinical performance within the department.

Objective B:

Develop recruitment and retention plans for qualified and diverse faculty, clinical specialists, researchers, and postgraduate students.

Objective C:

Implement advanced technologies to support education, research, and service in women's health—such as EMG biofeedback, ultrasound imaging, pelvic floor stimulation, digital rehabilitation tools, and telehealth platforms.

Goal 3: Expand research productivity addressing emerging issues in Women's Health Physical Therapy

Objective A:

Promote research on the new generation of pelvic floor rehabilitation technologies, including electrotherapy, magnetic stimulation, and biofeedback applications.

Objective B:

Utilize advanced tools to improve quantitative assessment of pelvic floor muscle activity, abdominal pressure, hormonal changes, gait alterations during pregnancy, and other biomechanical factors affecting women.

Objective C:

Develop innovative therapeutic techniques addressing pregnancy-related low back pain, diastasis recti, urinary incontinence, pelvic organ prolapse, menopausal symptoms, and osteoporosis.

Objective D:

Enhance research on the role of hydrotherapy in postpartum recovery, pelvic pain, musculoskeletal rehabilitation, and women's general wellness.

Objective E:

Conduct double-blind clinical trials to evaluate the effectiveness of emerging women's health interventions and technologies.

Objective F:

Integrate artificial intelligence and digital health into assessment, rehabilitation, and prediction models related to women's health function.

Goal 4: Ensure financial stability, sustainability, and growth of the Department of Women's Health**Objective A:**

Maximize available financial resources and establish financial contingency plans for long-term sustainability.

Objective B:

Develop and secure new funding sources through research grants, partnerships with women's wellness organizations, and clinical program revenues.

Objective C:

Increase endowments, foundation contributions, and fundraising initiatives to support departmental education, research, and clinical innovation.

Prof Dr. Fayiz Elshamy

Chairman Of Woman's Health Department

Prof Dr. Mahmoud Ewidea

Dean Faculty Of Physical Therapy