

Sarah Salah Abdelhafeez Mostafa, MB.BCh.

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Linkedin: [Sarah Mostafa](#)

Education

- Bachelor of Medicine & Surgery (MB.BCh), Excellent with Honors, Assiut University, Egypt-Feb 2024
- High school: IGCSE - Middle East School, Bahrain
- Urbana Middle School – Urbana, Illinois, USA
- Brandais Elementary (Magnet) School – Louisville, Kentucky, USA

Teaching and Academic Experience

- Teaching Assistant
Department of Medical Biochemistry, Faculty of Medicine, Assiut University, Egypt, 2024 – Present
 - Conduct laboratory sessions emphasizing biochemical laboratory techniques.
 - Lead clinical case discussions with focus on biochemical basis of diseases and metabolic pathways.
 - Evaluate student performance through structured practical exams, and continuous assessment.
 - Mentor students academically and professionally, supporting their career goals and participating in activities.
 - Collaborate with faculty in developing and updating lab manuals, instructional materials, teaching materials, workshops, and seminars.
 - Participate in design, planning, and execution of multiple clinical and biochemical research projects.

Clinical Experience

- Egyptian Medical license - 2024
- Internship at Assiut University Hospitals – Mar 2023 – Mar 2024
Completed a one-year clinical internship with rotations across core medical and surgical specialties. Gained hand-on experience in patient care, including history taking, physical examinations, investigations, and assisted in procedures under supervision. Engaged in ward rounds, outpatient clinics and emergency care shifts.

Received excellent feedback from supervising physicians and peers for professionalism, reliability and enthusiasm for learning and building meaningful patient connections.

Rotations:

- Obstetrics & Gynecology (2 months)
- General Surgery (2 months)
- Pediatrics (2 months)
- Internal Medicine (2 months)
- Emergency Medicine and Anesthesia (2 months)
- Neurology and Psychiatry (1 Month)
- ENT (1 Month)

Research Experience

- Investigating the efficacy of the disease-modifying therapy (DMT) for multiple sclerosis by evaluating the rate of non-adherence to the first DMT in Upper Egypt and identifying different contributing factors. Assessing adherence and satisfaction with the prescribed DMT is being studied to maximize DMT benefits.
- Additionally, I am working to study the changes occurring in the brain of some degenerative diseases, such as Alzheimer disease in animal models. The use of some drugs and natural herbs to ameliorate these effects is also being addressed.
- Epigenetic and Neurochemical Correlates of Bipolar Disorder: Investigating Key Biomarkers – Ongoing Research
Studying the role of IL-1 β methylation, serotonin receptors, and glutamic acid levels in the pathophysiology of bipolar disorder. Involved in data collection, biomarker analysis, literature review and statistical analysis. Aiming to identify neurochemical and epigenetic markers for diagnosis and treatment monitoring, and possible prevention.
- Research Course by ART Imedra – 2022

Publications

- Khedr EM, Mahmoud DM, Hussein HB, Malky IEL, **Mostafa SS**, & Gamea A. (2024). Treatment satisfaction with disease-modifying therapy is the only predictor of adherence among multiple sclerosis patients from Upper Egypt. *Scientific Reports*, 14, Article 7027. <https://doi.org/10.1038/s41598-024-57116-9>
- **Mostafa SS**, Mohammed RA, Abbas AY, Othman MA. The protective role of melatonin on the frontal cortex in a rat model of Alzheimer's disease. In process of publication.

Courses and Workshops

- PCR & Gel Electrophoresis - Assiut University Metabolic & Genetic Disorders Unit - 2025
- Basic Life Support (BLS) Course - Assiut University - 2024
- Incision academy: Surgical skills - 2024
- “Copywriting Intensive” Course by Jonathon Kendell - 2021

Conferences

- Upper Egypt Clinical Nutrition Conference - AAMCE - 2023
- 4th Annual SEDEA Diabetic Foot Conference - AAMCE - 2023

Leadership and Community Involvement

- TEDx Assiut University Supervisor of Coaching Committee – 2021-2025
Led a team responsible for coaching TEDx speakers on Presentation and Storytelling skills.
- Delegate at MOIC Assiut university – English Council 2019
- Charity with RESALA foundation- 2018
- Breast Cancer Awareness Fundraiser- Led fundraising and awareness events in Bahrain - 2016
- National Basketball Tournaments - Bahrain - 2015, 2016

Skills

- Laboratory: Colorimetry, DNA extraction, PCR, electrophoresis, ELISA
- Software: MS Excel, SPSS, PubMed, Reference manager Zotero
- Languages: Fluent in English and Arabic
- Soft Skills: Public speaking, Presentation, Academic writing, Student mentoring

Non-Medical Interests

- Sports: Basketball
- Specialty Coffee
- Writing
- Travelling