



Sahira Al Nahari

Physician | UN Young Leader | Founder of Shifā Art

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SUMMARY

Emergency medicine physician at King Faisal Specialist Hospital & Research Centre with a Master's in Health Law & Strategy (NYU) and a strong focus on **global health, disaster response, and healthcare systems transformation**.

Selected as a **United Nations Young Leader for the SDGs**, with demonstrated leadership in clinical care, policy, and innovation. **Founder of Shifā Art**, integrating creative interventions into healthcare to improve wellbeing and patient experience.

Combines **clinical excellence, systems thinking, and human-centered design** to drive impact across healthcare, policy, and consulting environments.

EXPERIENCE

Oct 2021 – Current

Emergency Medicine Resident, King Faisal Specialist Hospital & Research Centre (KFSH&RC), Riyadh, Saudi Arabia

- **Emergency Medicine Department:** Manage high-acuity emergency and trauma cases in a tertiary referral center, and supervise and mentor junior residents and medical students
- **Project Lead, Structured Wellness Program:** Led a quality improvement initiative targeting physician burnout, achieving a **20% reduction in burnout levels** within a 6-month pilot in the Emergency Department
- **Community & Volunteering Lead - Trainee Council:** Lead trainee engagement and community initiatives, strengthening program culture and resident involvement
- **Revenue Cycle Management (RCM) Representative:** Bridged clinical and administrative functions, contributing to improved understanding of healthcare operations, efficiency, and resource utilization

Oct 2025 – Current

UN Young Leader for the Sustainable Development Goals, United Nations Youth Office, New York City, USA

- **Global Leadership & Youth Impact:** Contributing to international dialogue on global health, equity, and sustainable development
- **MGF "Unscripted" Session:** Facilitated a high-level session engaging **10+ senior leaders and 50+ young leaders** in dialogue on *People, Planet, and Peace*

Jul 2024 – Current

Founder & CEO, Shifā Art, Riyadh, Saudi Arabia

- **Program Design & Impact:** Designed and led art-based programs in healthcare settings, achieving **90% positive wellbeing feedback** among participants
- **Workshops & Reach:** Delivered **25+ workshops**, engaging **1,000+ participants** across healthcare and community environments
- **Partnerships & Growth:** Established **10+ partnerships** with hospitals, schools, and cultural organizations to scale impact

Sep 2024 – Oct 2024

Visiting Trainee, Emergency Medicine Global Learning Exchange, Chicago, USA

- **Global Clinical Exposure:** Participated in an international emergency medicine exchange focused on healthcare systems in countries with emerging or developing EM specialties
- **Systems & Practice Insight:** Rotated across academic and community hospitals, with exposure to EMS, toxicology services, and trauma centers within the US healthcare system
- **Cross-Cultural Collaboration:** Lived and trained alongside emergency physicians from diverse countries, exchanging clinical experiences, perspectives, and global best practices

Jul 2016 – Aug 2016

Clinical Training - Global Health Exposure, Tosamaganga Hospital, Iringa, Tanzania

- **Clinical Exposure:** Shadowed pediatrics and obstetrics/gynecology in a resource-limited healthcare setting
- **Community Engagement:** Volunteered at a local orphanage and supported resource donation efforts
- **Cultural & Systems Insight:** Gained exposure to healthcare delivery and research in low-resource environments while adapting to a new cultural context

EDUCATION

2024 – 2025

New York University (NYU), Master of Science (MSc), Health Law & Strategy, New York City, USA

2014 – 2020

Batterjee Medical College (BMC), Bachelor of Medicine, Bachelor of Surgery (MBBS), Medicine, Jeddah, Saudi Arabia

- Dean's List Award Recipient
- BMC Volunteer Club Founder & President

ACHIEVEMENTS

- Misk 20 Under 30 initiative ([Awarded during Misk Global Forum](#))
- UN Young Leader for SDGs ([Top 17 selected from 33,000 applicants](#))
- Misk 10X Leader Program ([SME winning project](#))
- TEDx BMC Speaker ([When Art & Medicine Meet](#))
- Qimam Fellowship Program ([Top 50 selected from 18,000 applicants](#))
- Duke of Edinburgh Bronze Award
- Junior Umpire Award by the English Table Tennis Association
- High Jump 2nd Place on Carr Manor Community School and Specialist Sports College Sports Day

CERTIFICATIONS AND LICENSES

Leadership

- Edad Program, McKinsey & Company
- Forward Program, McKinsey & Company
- Foundational Primer on the 2030 Agenda for Sustainable Development, and Engaging Safely at the UN, United Nations System Staff College

Medicine

- Basic Life Support (BLS), American Heart Association
- Advance Cardiovascular Life Support (ACLS), American Heart Association
- Advanced Trauma Management, Harvard Medical School
- Emergency Department Quality Improvement Professional (EQUIP), Harvard Medical School
- Safety & Quality Enrichment program (SAGE), King Faisal Specialist Hospital & Research Centre
- MESH Core Healthcare Innovation Bootcamp, Mass General Brigham
- Diploma in Sports Medicine, International Olympic Committee
- Diploma in Football Medicine, FIFA
- Medicines in Space - Executive Space Course, International Space University
- Medical Ethics, Imperial College London

Art

- Health and Wellbeing through Art Making, University of the Arts London
- Introduction to Curating, Sotheby's Institute of Art
- The Market for Contemporary and Modern Art, Sotheby's Institute of Art

Others

- Luxury Brand Management and Product Design, University of the Arts London
- User Experience Design Program, General Assembly
- Behind the Camera: An Introduction to Directing, MBC
- AlWadi Stables Trainer & Jump Masterclass with Ms Anne Thirt, SEPF
- Open Water Diver, PADI

RESEARCH AND VOLUNTEERING

Research

- Diabetic Ketoacidosis Approach in the Emergency Department (Co-author), Journal of Biochemical Technology
- Endoscopic Sinus Surgery for Nasal Polyps: A Literature Review (Co-author), Indo American Journal of Pharmaceutical Sciences
- Food Groups that Exacerbate Sinusitis: Cross-Sectional Study (Co-author), International Journal of Advanced Research
- Equestrian Injuries in the Emergency Department: A Systematic Review (First author), poster presentation at ICEM 2023
- Evaluation of Art Installations in Emergency Departments: Effects on Patient Satisfaction and Staff Morale (Ongoing)

Volunteering

- Ambassador, International Student Congress Of (bio)Medical Sciences
- First Aid Paramedic at Jeddah Season, Saudi Red Crescent Authority
- Cashier & Customer Service, Oxfam Charity Shop
- Community Volunteer, Young Initiative Group
- Media coverage of Leeds Young Filmmakers Golden Owl Awards, Leeds City Council

SKILLS

- Leadership
- Creative Thinking
- Self-motivation
- Communication
- Human Care
- Respectfulness

LANGUAGES

- Arabic 
- English 
- French 

HOBBIES AND INTERESTS

- Arts & Film
- Equestrian (Horse Owner & Rider)
- Scuba Diving
- Traveling

WEBSITES AND SOCIAL LINKS

Website: www.sahiranahari.com

LinkedIn: www.linkedin.com/in/sahiranahari/

Instagram: <https://www.instagram.com/sahiranahari/>

REFERENCES

Reference available upon request