



February 27, 2018
Volume 2; Issue 13

In and Around Tabuk

Park Mall, Tabuk
The Park Mall, Tabuk is located at the edge of Al Morouj District with a parking space of 2000 cars is going to be the largest mall in Tabuk. The Food Court is schedule dot open on the 28th of this month. It is only 26 km from Tabuk University

Dr. Tanveer Raza
Dr. M. Mominul Islam
Dr. M. Zubair
Prof. M. Ihab Mostafa
Phone: 0537251324
Email:
mededutabuk@u.tedu.sa



MedEdu Tabuk

Weekly Newsletter

Department of Medical Education, Faculty of
Medicine, University of Tabuk

Canadian Medical Education Journal

Message From the Editor

Canadian Medical Education Journal has agreed to work with us to cooperate with our Medical Education and Journal activities. I have been made Associate Editor



of the Journal to facilitate this. Creating a collaborative educational environment with international institutions of repute can help us achieve our one common goal, increasing level of medical education of our institution. Ergo, I like to request all of your support and feedback. Looking forward to a successful collaboration.



12 TIPS TO OVERCOME DISAPPOINTMENT AT JOB ENVIRONMENT

Dr. Badr Al-Sayed

Dr. Badr Al-Sayed is the Ex-Dean of Faculty of Medicine, University of Tabuk. He is Assistant Professor and Consultant Chest Physician. He can be contacted by email: **balsayed@ut.edu.sa**



Disappointment is a fact that all academicians have faced at one stage or another. Nevertheless, at early phases of academic professionals, handling disappointment is a decisive challenge. Active, enthusiastic faculty member applies for a grant, but failed to get approval! Submits manuscript to an average medical journal and got rejected! Pulled into unexplainable dispute with close colleagues! Demanding work versus salary cuts! How to get out of such disappointing situations?!

Tip #1: We overcome disappointment when we first and foremost, realize that it is normal to come across disapproval, rejection, and conflict situations in the job environment! In fact, it is not unique to academic environment, but it is there in all professions and careers.

Tip #2: As soon as you feel disappointed, look for the main underlying cause. If your grant proposal for instance below expectations, look into rejection as a chance to improve.

Tip #3: Avoid being isolated and living in an island.

Tip #4: Taking negative people's thoughts and advices are far worse than isolation! Hence, to get out of that bad feeling go and circle with positive people, they are everywhere.

Tip #5: Reach out those in need and provide voluntary medical service! You will stimulate positive energy and miss most of the negative one.

Tip #6: Think outside the box and surprise your colleagues and administration by international networking! You know how it feels when you receive an invitation as a speaker at international conferences or panel discussion to present your research and experience in Tabuk region.

Tip #7: Engage yourself in university initiatives and development projects. As you keep yourself busy, you are going to overcome disappointment.

Tip #8: Explore new fields (public health, Biostatistics, medical education, etc.), learn a new language, or spend time doing your hopes with people you like.

Tip #9: Take advantage of your mentor. It is never late to learn from a senior eminent professor who most likely had faced the same if not even more.

Tip #10: Forgive everyone every night and don't hold on those negative feelings till the next morning! Thinking about revenge or hate is time and energy consuming without positive outcomes in your career future.

Tip #11: Take a short vacation- it could be scientific conference at nice destination - and enjoy your fourth dimension.

Tip #12: Let it go! And maintain your internal peace.

Finally, as we get more senior, we realize that most of our disappointment was due to lack of experience and wasn't worth thinking about it at all.

SIMEC 2018

The Saudi International Medical Conference (SIMEC) 2018 is going to be held at The College of Medicine at Al-Imam Mohammad Ibn Saud Islamic University in Riyadh, Saudi Arabia from 1-5 April 2018. Recent developments and research in Medical Education will be discussed in the conference. The official website for the conference is: **SIMEC 2018**

The Saudi International
Medical Education Conference
المؤتمر السعودي الدولي للتعليم الطبي

1 - 5 April 2018

Best Practices in Medical Education



Conference Venue :
Burj Rafal Hotel
Kempinski Riyadh

Target Audience :

- > Medical school deans
- > Faculty of Medicine department heads
- > Postgraduate educators
- > Medical education program directors & program administrators
- > Clinical educators and clinical teachers
- > Medical education accreditation surveyors
- > Medical licensing and credentialing authorities
- > Healthcare decision makers
- > Government decision makers
- > Representatives from national medical specialty societies
- > Teachers in medicine & the healthcare professions
- > Program directors & administrators
- > Medical residents
- > Students of medicine & the healthcare professions
- > Licensing & credentialing authority representatives



Distinguished :

- > International and National Speakers
- > Specialized Workshops
- > GCC Meeting of The Deans of Faculties of medicine



Early bird registration 15 February 2018
Deadline for abstract submissions 20 February 2018

www.simec2018.com

Academic Affairs arrangement for Next Week

Prof Magdy M. ElShamy

For Female Section:

- ❖ **Progress Test:** for All years, **MCQs Exam** on Wednesday, 7/3/2018
- ❖ **Medicine & Subspecialties: 6th year, Final MCQs Exam and OSPE** on Sunday, 4/3/2018
- ❖ **Medicine & Subspecialties: 6th year, Clinical Exam (long & short cases)** from Monday to Thursday (5-8/3/2018) in King Fahd Specialty Hospital and King Khalid Military Hospital
- ❖ **Pediatrics: 5th year, Final MCQs Exam and OSPE** on Sunday, 4/3/2018
- ❖ **Pediatrics: 5th year, OSCE** on Sunday, 11/3/2018
- ❖ **Reproduction System Module: 3rd year, Final MCQs Exam** on Sunday, 4/3/2018
- ❖ **Reproduction System Module: 3rd year, OSPE** on Monday, 5/3/2018
- ❖ **GIT System & Metabolism Module : 3rd year, Starts** on Tuesday, 6/3/2018
- ❖ **Islamic study (3) Module: 3rd year, Mid Module Exam,** on Tuesday 6/3/2018
- ❖ **Islamic study (1) Module: 2nd year, Mid Module Exam,** on Sunday 4/3/2018
- ❖ **Islamic study (2) Module: 2nd year, Mid Module Exam,** on Monday, 5/3/2018
- ❖ **Arabic Writing Skill Module: 2nd year, Mid Module Exam,** on Wednesday, 7/3/2018
- ❖ **Computer skills & Applications (CSC 001): Preparatory year, First Periodic Exam** on Sunday 4/3/2018
- ❖ **Communication skills (COMM 001): Preparatory year, First Periodic Exam** on Tuesday 6/3/2018
- ❖ **English 2 (ELS 007): Preparatory year, First Periodic Exam (Listening & Speaking)** on Wednesday, 7/3/2018
- ❖ **English 2 (ELS 007): Preparatory year, First Periodic Exam (Writing & Reading)** on Thursday 8/3/2018

Academic Affairs arrangement for Next Week

Prof Magdy M. ElShamy

For Male Section:

- **Progress Test:** for All years, **MCQs Exam** on Wednesday, 7/3/2018
- **Surgery &Subspecialties:** 6th year, **Final MCQs Exam** and **OSPE** on Monday, 5/3/2018
- **Surgery &Subspecialties:** 6th year, **OSCE** on Thursday, 8/3/2018
- **Obstetrics &Gynecology:** 5th year, **Final MCQs Exam** and **OSPE** on Sunday, 4/3/2018
- **Obstetrics &Gynecology:** 5th year, **OSCE** on Tuesday, 6/3/2018
- **Reproduction System Module:** 3rd year, **Final MCQs Exam** on Sunday, 4/3/2018
- **Reproduction System Module:** 3rd year, **OSPE** on Monday, 5/3/2018
- **Community Based Practice Module 2:** 3rd year, **Health Promotion & Health Education Project** for high secondary Schools on Tuesday 6/3/2018
- **GIT System & Metabolism Module :** 3rd year, Starts on Thursday 8/3/2018
- **Arabic Writing Skill Module:** 2nd year, **Mid Module Exam**, on Wednesday, 7/3/2018
- **Communication skills (COMM 001):** Preparatory year, **First Periodic Exam** on Sunday 4/3/2018
- **Computer skills & Applications (CSC 001):** Preparatory year, **First Periodic Exam** on Tuesday 6/3/2018
- **English 2 (ELS 007):** Preparatory year, **First Periodic Exam (Listening & Speaking)** on Wednesday, 7/3/2018
- **English 2 (ELS 007):** Preparatory year, **First Periodic Exam (Writing & Reading)** on Thursday 8/3/2018

Exam Invigilation Schedule 4/3/2018 - 8/3/2018

Dr. Zubair Mohammad & Dr. Ahmed Mesaik

Date	Module	Invigilators	Reserve (in case of emergency)	Time	Venue
04/03/2018	Reproductive Module	Dr. Basim Alsawi Mr. Ahmed Moawad Mutairi	Dr. Ashraf Islam	10:00AM- 12:00Noon	Central Exam Hall
04/03/2018	Obstetrics & Gynecology Written	Dr. Muwaffaq Kelanten Dr. Habes Khaled Bazour	Dr. Abdullatif Elbadawi	10:00AM- 12:00 Noon	Central Exam Hall
06/03/2018	Obstetrics & Gynecology OSCE	Dr. Tanveer Raza Dr. Hassan Mouria Dr. Nahid Alawneh Dr. Ahdulwahab Hassan	Dr. Khalid Funjan Mr. M. Tayseer Abdullah	9:00AM- 12:00Noon	OSCE Center

Polypharmacy and Diabetes Distress

Dr. Hyder Mirghani

Dr. Hyder Mirghani is Assistant Professor, Department of Internal Medicine and Endocrinologist at University of Tabuk. He can be contacted by email: h.mirghani@ut.edu.sa



Worldwide 6% of the population are affected by diabetes mellitus and the projection for the year 2030 is 438 million. Diabetes mellitus is emerging as a significant health problem in Sudan due to the adoption of obesogenic diet and work involving physical inactivity; this chronic morbid disease is on the rise in Sudan. By the year 2000, half million people were affected by diabetes mellitus and expected to reach one million in

the year 2030 according to the World Health Organization. Diabetes mellitus is a significant burden both emotionally and financially to the affected person and the whole community. The hyperglycemic complication of diabetes mellitus can be avoided by the rational use of antidiabetic medications and insulin. The sound use of drugs is defined as: the patients receive medications appropriate to their clinical needs, in doses that meet their individual requirements for an adequate period and at the lowest cost to them and their community.

Diabetes distress is the reaction (it captures concerns, worries and fear, not necessarily a co-morbid) to a demanding chronic disease like diabetes mellitus; it is content related, imply etiology and distinguish between different causes. The 2050 projection for people aged ≥ 65 years worldwide is 1.5 billion (nearly triple the number in 2010), the increasing number of aging population coupled with chronic diseases and polypharmacy is a global health burden physically, mentally and financially. Polypharmacy which is defined as administration of five or more drugs had been linked to unfavorable health outcomes including unwanted medications side effects, falls, increasing hospitalization, dementia and death with deleterious consequences on health authorities, the patients and the community as a whole. An optimal prescription to patients and particularly patients with diabetes is of paramount importance. To our best of knowledge, our survey is the first to study the relation of polypharmacy to diabetes distress among patient with type 2 diabetes mellitus in Sudan.