



Feb 7, 2019  
Volume 3; Issue 16



# MedEdu Tabuk

Weekly Newsletter

Faculty of Medicine, University of Tabuk



The Rector of the University of Tabuk, His Excellency **Prof. Abdullah bin Mofarh Al-Thiabi** and Dean of Medicine, **Dr. Marai M. Alamri** taking a look at the Simulated Otoscope for Simulation Lab at the Faculty of Medicine, which will provide better ENT training for students. (*Archived Photo, Feb 2018*)

## Driving in the Rain

### Message from the Editor- Dr. Tanveer Raza

Tabuk and other cities in the northern and western part of Saudi Arabia experienced heavy rainfall leading to flooding recently. Rainfall is a major cause of weather-related accidents. Certain factors such as loss of friction



between the tire and road, and impaired visibility make driving dangerous. This in combination with the resulting strain on cognitive capacity leads to increased accident rates during rain

[Click to visit our webpage](#)

Phone: 0537251324  
Email: [mededutabuk@ut.edu.sa](mailto:mededutabuk@ut.edu.sa)

## Brief Communication

### HIGH NUMBER OF EAR, NOSE AND THROAT PATIENT REFERRALS TO SPECIALIZED CLINICS: DO GPs NEED REGULAR ENT TRAINING?

Mohammed Ahmed Alhejaily<sup>a, b</sup>, Md. Tanveer Raza<sup>c</sup>

- a. Department of ENT, Ohud Hospital, Medina, Kingdom of Saudi Arabia
- b. Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia
- c. Department of Surgery (ENT), Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia

Corresponding author: Dr Tanveer Raza, Faculty of Medicine, University of Tabuk. Email: traza@ut.edu.sa

[This article has been reviewed by Dr. Mohammad Mominul Islam, MPH, MSc. IC (Essex- In progress), Ex-Head and Consultant (privileged) for- Department of Public Health and Department of Infection Prevention & Control, King Fahad Specialist Hospital, Tabuk, KSA]



In General Practice (GP), a large number of patients, mostly children, present with Ear, Nose and Throat (ENT) complaints. Even though GPs successfully assess and treat majority of these cases [1], the number of patients that are referred to specialist hospital clinics, in certain estimates constitute the third largest group.

Overcrowding in Emergency Departments (EDs) is a major public health problem because of its consequences: degradation of the quality of care, increased costs and patients' dissatisfaction [2]. In tertiary level hospitals across Saudi Arabia, the large number of referrals create a rush of patients to ENT OPD. Our primary estimates in a specialized 24-hour ENT ER clinic in a major city of Saudi Arabia revealed that more than 50% of patients referred to the clinic are not emergency cases but rather are cold cases that can be treated by a general physician at primary health care.

“Ear, nose and throat (ENT) is the third largest surgical specialty with related problems frequently encountered in a range of other disciplines including general practice and emergency medicine. In general practice, for example, ENT accounts for 25% of adult and 50% of all paediatric consultations”

Ferguson et al. "Does current provision of undergraduate education prepare UK medical students in ENT? A systematic literature review." BMJ open 6.4 (2016): e010054.

A main reason behind overcrowding in (EDs) is by nonurgent problems. Numerous studies have demonstrated that 60%-75% patients referred to ENT ER clinic were non-urgent and could have waited till the following day [3-5]. One way to control the flow of patients is to be done in the triage area of the ED where nonurgent patients are reoriented to a Primary Care Unit. The health care workers in the triage area must assess the patients' needs for care and the severity of their health

problems in order to reorient them in a timely and adequate manner. Therefore, doctors and nurses who are working in the triage area must be familiar with ENT cases.

A study by Al-Qahtani and Imtiaz [6] reported that the pattern of referrals from primary care physicians to the specialty clinics in the Kingdom of Saudi Arabia has a significant impact on the cost and quality of health care delivery. Lack of proper ENT training may be the reason behind the large number of referrals to specialist ENT clinics. The ENT training received by GPs at undergraduate level is of very limited time duration and postgraduate training duration is also variable. GPs often complain of inadequate ENT training and feel the need of further training.



## Reference

1. Clamp, P. J., et al. "ENT in general practice: training, experience and referral rates." *The Journal of Laryngology & Otology* 121.6 (2007): 580-583.
2. Gentile, Stéphanie, et al. "Nonurgent patients in the emergency department? A French formula to prevent misuse." *BMC Health Services Research* 10.1 (2010): 66.
3. Granick MS, Obeiter RD (1983) Patient profile of an otolaryngologic emergency department. *JAMA* 250:933–935.
4. Pothier DD, Repanos C, Awad Z (2006) How we do it: analyzing GP referral priorities: the unforeseen effect of 'Choose and Book'. *Clin Otolaryngol* 31:327–330
5. Rivero V, Ruiz G, Palomino G, Romero P, Hernandez C, Garcia M, Yanez K, Huelva B (2005) Considerations about ENT emergencies. Analysis of 30000 patients assisted in 10 years. *Acta Otorhinolaryngol* 56:198–201.
6. Al-Qahtani, Dhafer A., and Mohammed L. Imtiaz. "An analysis of referrals from primary care." *Saudi medical journal* 25.5 (2004): 671-672.

## WEBPAGE UPDATE

<https://www.ut.edu.sa/en/web/mededu-tabuk/home>

- All Volume 3 issues have been uploaded
- Editor-in-Chief Message Uploaded
- Link of Faculty of Medicine webpage included in MedEdu webpage

## ACADEMIC AFFAIRS ARRANGEMENT FOR FACULTY OF MEDICINE

**Prof Magdy M. ElShamy**  
Faculty of Medicine



### This Week:

#### For Female Section:

- **Endocrine System Module:** 3<sup>rd</sup> year, Announcing results of the Final Module Exam
- **Abnormal Human Morphology I (AHM I) Module (Micro & Pharma):** 2<sup>nd</sup> Year, Announcing results of the First Mid Module Exam.
- **Abnormal Human Morphology II (AHM II) Module (Pathol & Biochem):** 2<sup>nd</sup> Year, Announcing the Results of the First Mid Module Exam.

#### For Male Section:

- **Endocrine System Module:** 3<sup>rd</sup> year, Announcing results of the Final Module Exam
- **Abnormal Human Morphology I (AHM I) Module (Micro & Pharma):** 2<sup>nd</sup> Year, Announcing results of the First Mid Module Exam.
- **Abnormal Human Morphology II (AHM II) Module (Pathol & Biochem):** 2<sup>nd</sup> Year, Announcing results of the First Mid Module Exam.

For submissions  
Editorial Office, Faculty of Medicine, University of Tabuk. Email:  
[mededutabuk@ut.edu.sa](mailto:mededutabuk@ut.edu.sa)

Also, for Faculty of Applied Medical Science, University of Tabuk ([eosman@ut.edu.sa](mailto:eosman@ut.edu.sa))

And Faculty of Pharmacy, University of Tabuk ([pchettiar@ut.edu.sa](mailto:pchettiar@ut.edu.sa))



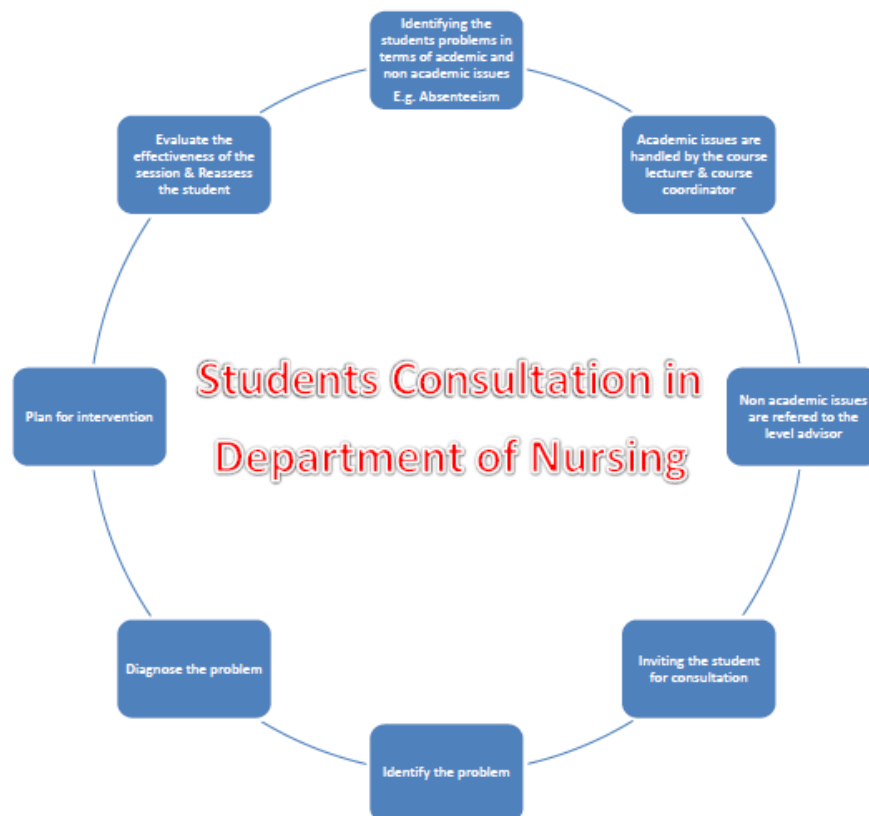
## WHEN STRESS STRIKES

### Department of Nursing

Faculty of Applied Medical Science

University of Tabuk

The 2<sup>nd</sup> semester for Academic year 2018-2019G/1439-1440 already started few weeks ago and as time goes by students will encounter different struggles especially for those who are graduating. Workload, requirements in each subject (theoretical and clinical), quizzes, major examinations, thesis, family issues, financial difficulties and among others are some contributing factors to their stress. A person is considered stress if he/she has difficulty of dealing with life situations, problems, and goals and this will lead in development of mental illness if there is maladaptive response to stressors from the internal and external environment as evidenced by thoughts, feelings, and behavior that are incongruent with the local and cultural and interfere with the individual's social, occupational, and/physical functioning (Townsend, Mary C.,2011).



Most of the common stressors specially for Nursing students in Saudi Arabia that were identified thru research studies are assignments and workload (Alsaqri S.H.,2017) in addition, the study of Hamaideh S. H., Al-Omari H., & Al-Modallal H.,2016 included "teachers and nursing staff" as stressors. These factors may lead to poor performance of

the students and could result also to failure to some of the subjects that identified that the students are experiencing stress.

Regular consultation should be done to those students who have poor performance and most especially to those students who always repeat courses and stayed in the University for more than 6 years. These students are prone in developing coping problems because of their stress that they are suffering. With this, the institution could frame-up programs to help overcome their difficulties and prevent from developing psychological problems among the students.

### References:

1. Townsend, Mary C.. (2011) Essential of Psychiatric mental health nursing :concepts of care in evidence-based practice Philadelphia : F.A. Davis Co.
2. Alsaqri S.H.,(2017) Stressors and Coping Strategies of the Saudi Nursing Students in the Clinical Training: A Cross-Sectional Study available at <https://www.hindawi.com/journals/edri/2017/4018470/>.
3. Hamaideh S. H., Al-Omari H., & Al-Modallal H.,(2016),Nursing students' perceived stress and coping behaviors in clinical training in Saudi Arabia available at <https://www.tandfonline.com/doi/abs/10.3109/09638237.2016.1139067>.

### In and Around Tabuk

#### Nawaf Alenazi

Faculty of Medicine  
University of Tabuk



## STUDENT SECTION: CAT EYE SYNDROME

Image drawn by

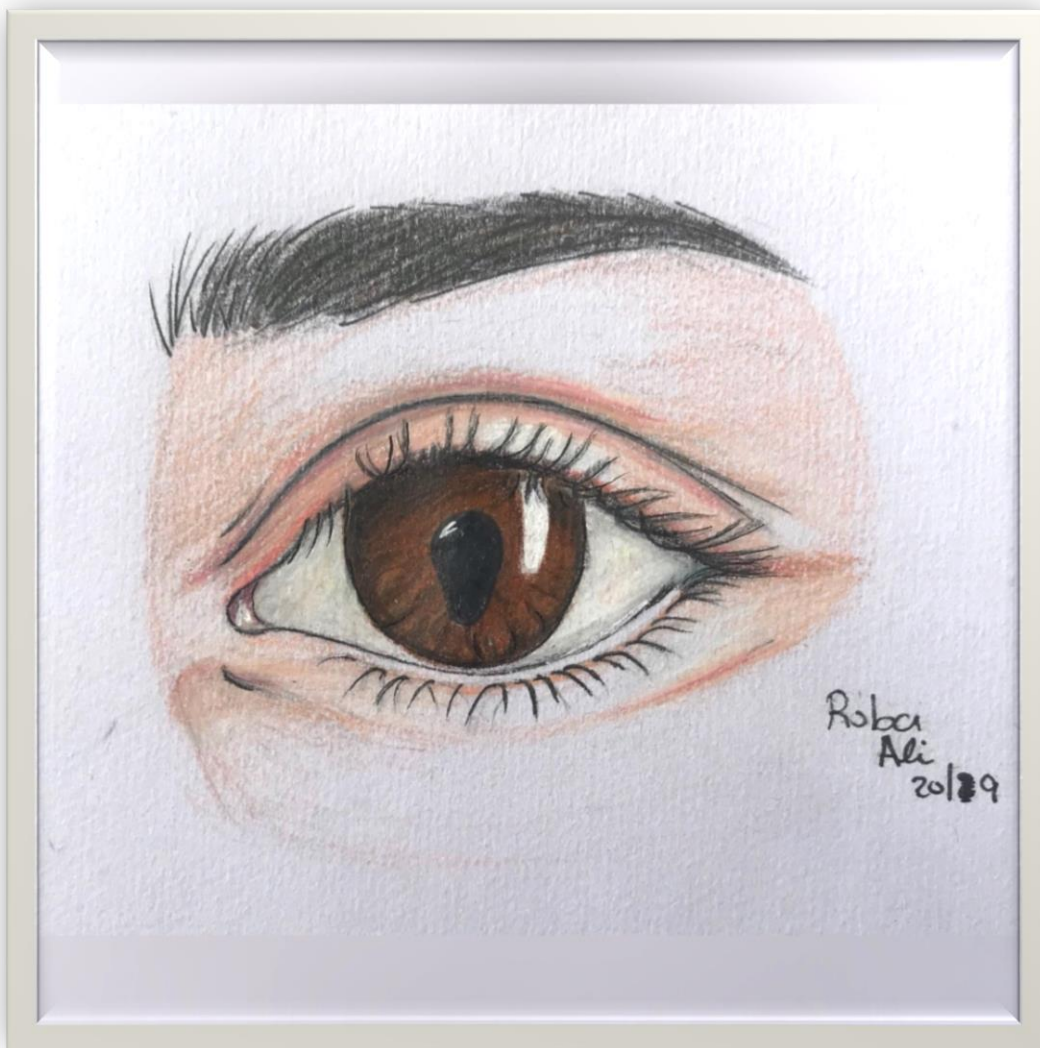
**Roba Ali**

Student

Medical Laboratory Technology

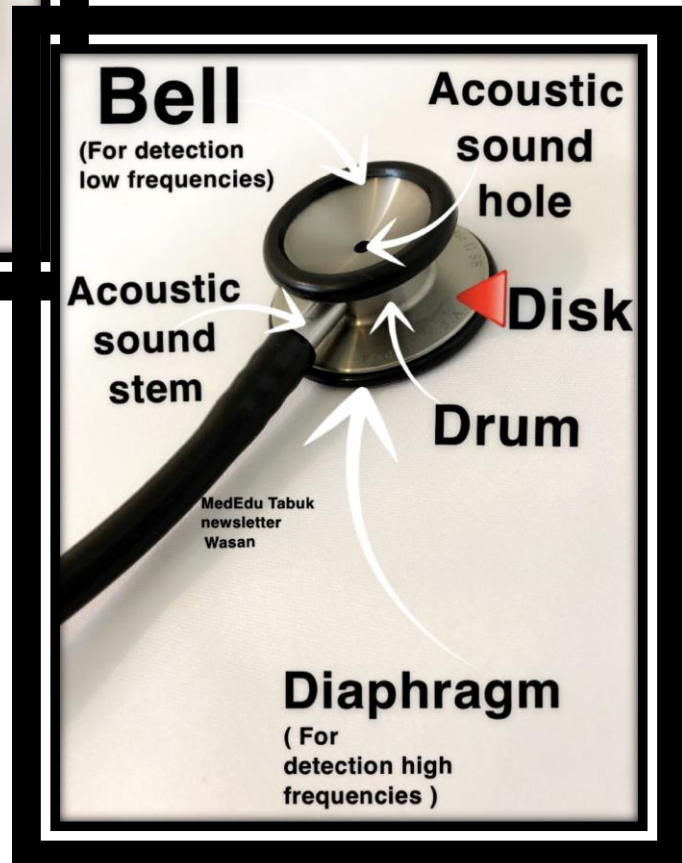
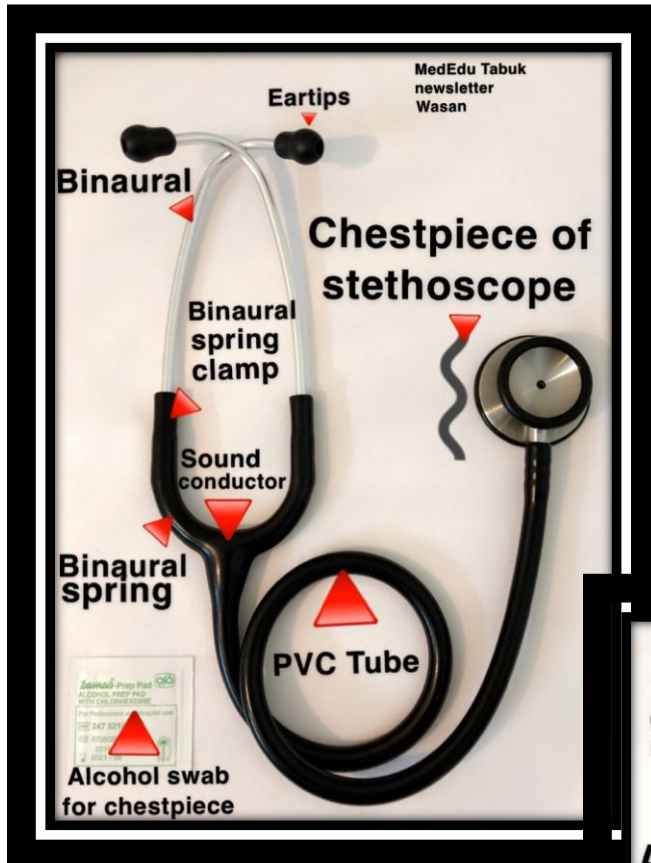
Faculty of Applied Medical Science

**Cat eye syndrome is a rare chromosomal disorder with extra chromosome 22**



## STUDENT SECTION: ANATOMY OF A STETHOSCOPE

Images by **Wasan Suwailem S. Albalawi**  
5<sup>th</sup> Year Medical Student  
Faculty of Medicine  
University of Tabuk





## Awareness campaign on "Misuse of power and energetic drinks and their health hazards among the school students"

**DR. MOHAMMED SAMIR,**

Faculty of Pharmacy,  
University of Tabuk.

Under supervision of the dean of faculty of Pharmacy, Dr. Alaa Bagalagel, the faculty of pharmacy organized on Sunday, 20 January 2019, an awareness campaign about "Misuse of power and energetic drinks and their health hazards" in a number of secondary schools, because this age range being the category most targeted by the manufacturers of those products.

The campaign included presenting the students to a lecture about the components of energetic drinks and the side effects resulting from the consumption of large amounts of them such as insomnia, headache, osteoporosis, increased heart rate and blood sugar level, in addition to its long-term negative impact on the learning performance of students and sports performance, and at the end of the lecture a questionnaire was done to measure the understanding of school students to that information.



## CLEFT LIP PROGRAM

**Mohammad A. Shawir**

Faculty of Medicine  
University of Tabuk



On Saturday 26/03/2019 the students from varied academic years in our college of medicine launched the awareness campaign on cleft lip and palate at the Park mall in Almoorj, Tabuk. Some of participating students were Rawabi, Shooq, Sultan Al Sharief, Abdul Aziz Al Balawi , Ahmed , Sarah, Wigdan, and many others including myself as supervisor .

