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Weekly Newsletter

Faculty of Medicine, University of Tabuk

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Video Telecommunication

Message From the Editor- Dr. Tanveer Raza

Video telecommunication services, like SKYPE, has made meetings with time-constrained experts spread out over the globe easier and cheaper. Such meetings now can be scheduled quickly and with just a few mouse clicks no matter if they are in Tabuk, Riyadh, Dhaka or Timbuktu working from home, or in the office. Video conferencing has become affordable and accessible. Our recent successful teleconference with **Prof. Mohi Eldin Magzoub** in Riyadh proved that there was no reason for the busy expert in Medical Education to reschedule his appointments to fly here in Tabuk to discuss about PBL with our experts. Prof Magzoub is Chairman, Department of Medical Education, King Saud Bin Abdulaziz University for Health Science. Video telecommunication made us feel as if he was in the room with us.



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Wednesday Academic Activity: TEACHING IN CLINICAL ENVIRONMENT

Dr. Badr Al-Sayed

Assistant Professor of Internal Medicine
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Faculty of Medicine
University of Tabuk



Professional teachers considered the cornerstone of the successful educational process. Teaching in hospital environment has many challenging aspects for clinical teachers and learners. Scholarship in education is a continuum of achievements rather than delivering successful teaching sessions. Framework of clinical assessment, by Miller et. al considers the knowledge assessment as a base of the clinical assessment pyramid. Knowledge is important, but not sufficient to produce the future physicians that we are looking for. What matter in fact is translation of knowledge into practice. Clinical teachers have to have motivation, visualization, anticipation and teach relevant content in order to deliver a scholarly educational activity. The key issue toward outstanding clinical teaching is our commitment as teachers to this great profession. We have the opportunity to teach and make a difference in the lives of our students and

Take Home Message

- **We have the opportunity to teach and make a difference in the lives of students and their future patients**
- **The key issue is our commitment toward achieving outstanding clinical teaching**
- **One step from each one of us will create the desirable positive environment**

Dr. Badr Al-Sayed

Visit by Delegates from Saudi Commission For Health Specialties (SCFHS)

Dr. Abdullah Alatawi
Vice Dean for Development and Quality
Faculty of Medicine
University of Tabuk

A team from the Saudi Commission For Health Specialties (SCFHS) visited the Faculty of Medicine University of Tabuk. They discussed various issues regarding training of undergraduate and postgraduate medical students. The team members gave importance to the role of the Faculty members of University of Tabuk in developing Tabuk as a training hub. Healthcare training programs are in demand and not all institutions have the resources and work force to facilitate quality training. The Faculty of Medicine, University of Tabuk and tertiary level hospitals in Tabuk region can provide more and quality training to both undergraduate and postgraduate medical programs by working together.





Erratum: Part of the article titled "*Nanoparticles: The very tiny particles that could change the future of medicine*" by Dr. Ghareb Soliman was inadvertently omitted in our last issue. We are republishing his article.

Reader's Corner: Nanoparticles: The very tiny particles that could change the future of medicine

Dr. Ghareb Soliman

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The term nanoparticles refers to particles having diameter in the range of 1-1000 nanometers. Due to this very small size, nanoparticles can be visualized only by powerful electron microscopes. What is very interesting about these very tiny particles is that their properties are significantly different from their larger counterparts. Thus, nanomaterials have different properties such as melting point, fluorescence, electrical conductivity, magnetic permeability, and chemical reactivity. These different properties lay the groundwork for very exciting applications in all aspects of our modern life. One of these interesting applications is the so-called "nanomedicine".

Nanomedicine takes advantage of nanotechnological advances for the diagnosis, prevention and treatment and diseases. It involves the utilization of biocompatible nanoparticles and nanorobots for the diagnosis of human diseases, as well as delivery of therapeutics. In terms of drug delivery inside the human body, nanotechnology offers a great potential to enhance drug efficacy and minimize its side effects/toxicity (**Figure**). In this regard, nanoparticles offer better drug absorption and penetration through tissues due to their very small size, which results in increased drug bioavailability. This very small size also results in another very exciting application where it allows the entrapped drugs to be delivered specifically to tumor tissues in case of cancer, based on the so-called "enhanced permeability and retention effect". Specific drug delivery to tumor tissues greatly limits the cytotoxic drugs side effects, which result from drug delivery to healthy

tissue. Currently there are 50 approved drug formulations based on nanoparticles and many other formulations are under development. It is expected that the near future will witness significant contribution of nanotechnology in the diagnosis and therapy of several diseases.

References

- Soliman GM. (2017). Nanoparticles as safe and effective delivery systems of antifungal agents: Achievements and challenges. *Int J Pharm* 523: 15-32.
- Ventola CL. (2017). Progress in Nanomedicine: Approved and Investigational Nanodrugs. *Pharmacy and Therapeutics* 42: 742-755.

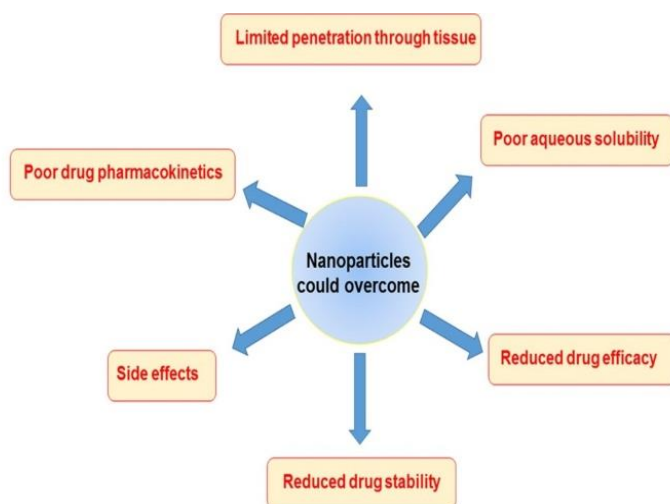


Figure: Advantages of nanoparticles to achieve drug efficacy with minimum side effects

For submissions

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Academic Affairs arrangement for FACULTY OF MEDICINE

Prof Magdy M. ElShamy
Faculty of Medicine



In the Next Week:

For Female Section:

- **Behavior Science Module:** : 4th Year, Announcing the **Final Results** of the module
- **Medical Genetics Module:** 4th Year, Announcing the **Final Results** of the module
- **Respiratory System Module:** 3rd Year, continuing the second week of the module.
- **Normal Human Morphology II (NHM II) Module (Biochemistry):** 2nd Year, **Second Mid-Module Exam** on Sunday, 4/11/2018

For Male Section:

- **Behavior Science Module:** : 4th Year, Announcing the **Final Results** of the module
- **Medical Genetics Module:** 4th Year, Announcing the **Final Results** of the module
- **Respiratory System Module:** 3rd Year, continuing the second week of the module.
- **Normal Human Morphology II (NHM II) Module (Biochemistry):** 2nd Year, **Second Mid-Module Exam** on Sunday, 4/11/2018

Skype Discussion with Prof. Mohi Eldin Magzoub at The Faculty Of Medicine

Dr. Tanveer Raza
Faculty of Medicine
University of Tabuk



A discussion on Problem Based Learning (PBL) with **Prof. Mohi Eldin Magzoub** was held at the Faculty of Medicine, University of Tabuk on October 17th in the weekly academic activity. Prof Magzoub is **Chairman, Department of Medical Education, King Saud Bin Abdulaziz University for Health Science, Riyadh**. The meeting was conducted via SKYPE with Prof. Magzoub in Riyadh. It was organized by the Dean of Medicine, Dr. Marai M. Alamri, who thinks that using information technology we can now easily exchange ideas with our colleagues in different cities and countries. . All faculty members, both Males and Females attended. Initially Prof. Magzoub talked about PBL and it was followed by exchange of views with faculty.



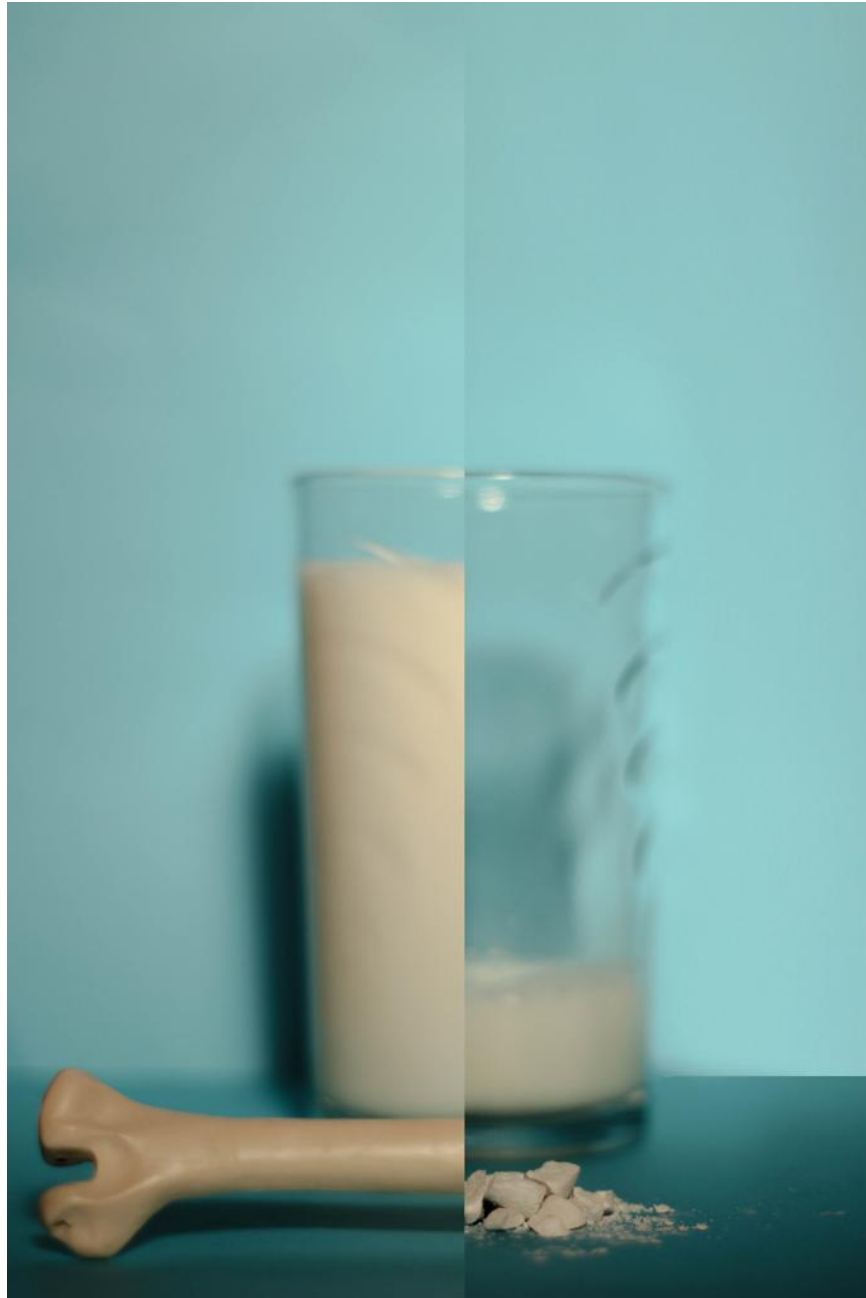
STUDENT SECTION: Protect your Bones

Rola Ali Alotabi

4th year

Faculty of Medicine

University of Tabuk



EXAM INVIGILATION, FACULTY OF MEDICINE**Dr. Zubair M. Hayat, Dr. Mohd. Ahmed Mesaik**

Date	Module	Invigilators	Exam Supervisors	Time	Venue
04/11/2018	NHM-2 (Mid Module)	Dr. Thomas Thanyath Dr. Atef Shabana Prof. Mohamed Ihab Mr. Mehdi Albalawi Dr. Mustafa Nosair Dr. Mahmoud Odemi	Dr. Tarek Hamdan	10:00AM- 10:45 AM	PBL rooms

CONFERENCE SCHEDULE**Dr. Abdullah Miah**, Family Physician, Abu Shajera Primary Health Center, Umluj**Dr. Zubair M. Hayat**, Faculty of Medicine, University of Tabuk

Name of the conference, Place	CME	Conference website	Date
12th International Conference of Jordan Society of Family Medicine, Amman	--	www.jsfm.jo	7-10 November 2018
Best of Emergency Medicine,		www.BestofEM.com	10 th Nov 2018
Surgical Knot Tying and Suturing Workshop, Jeddah		Email: maalsalim@pnu.edu.sa	24 th Nov 2018
Research Day (the 3 rd), Jeddah	√	http://goo.gl/5onKLL	24 th Nov 2018
Saudi International Pharma Expo, Riyadh	--	www.saudipharmaexpo.net	19 th -20 th Nov 2018
International Saudi Conference on Gynecology, Obstetrics and Reproductive Medicine, Riyadh	√	Email: info@topconferences.com	30 th Nov 2018
7 th Saudi Heart Failure Group Symposium	√	www.saudihf.com	21-22 nd Dec