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MedEdu Tabuk

Weekly Newsletter

Faculty of Medicine, University of Tabuk



Past Issues



SMJS

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Figure: Orientation of New Students by the Dean of Medicine, Dr. Marai M. Alamri

Message from the Editor-in-Chief- Dr. Tanveer Raza

Welcome to the first issue of Volume 4. As we begin our Fourth year and 65th issue of the Newsletter, from the team of MedEdu Tabuk I would like to thank all our colleagues, students and Editors for their support. We like to thank **Dr. Marai M. Alamri**,



Dean of Medicine, **Dr. Alaa Abdullah Bagalagel** Dean of Pharmacy and **Dr. Hamad Salem Al Amer**, Dean of Applied Medical Science for their support. This year we look forward to include our colleagues and students from Faculty and Science and the Community Colleges from University of Tabuk. Please feel free to contact us any time with your advice and suggestions, my contact is Tel: 0537251324 and email: traza@ut.edu.sa

Message from the Editor, Faculty Of Pharmacy, Dr. Palanisamy Amirthalingam

On behalf of Faculty of Pharmacy, I wish you "**Happy New Year**" to all our colleagues and students in University of Tabuk. It was a great experience for us to be the part of the MedEdu Tabuk News Letter. In this context, I would like to thank all the contributors for the successful publication of MedEdu Tabuk



Newsletter in the previous academic year. I look forward the same support for Saudi Medical Journal for Students (SMJS) from the Faculty and students. Hopefully, we will reach our goals in terms of successful publications of both the Newsletter and Journal. Email: pchettiar@ut.edu.sa

Orientation to The Preparatory Year Students

DR. PALANISAMY AMIRTHALINGAM

Faculty of Pharmacy
University of Tabuk



It is a great pleasure for the Faculty of Pharmacy to welcome the preparatory year students for the academic year 1441-1442H. We have conducted the orientation program to them in order to provide knowledge on University of Tabuk and Faculty of Pharmacy. Dean Faculty of Pharmacy, Dr. Alaa Abdullah Bagalagel, Vice Dean Faculty of Pharmacy, Dr. Abdullah Al Attar gave the welcome message to the students. Faculty members explained about the various departments in the Faculty including rules and regulations for various aspects to the young students. We wish them all the best for their successful completion of Pharm.D program.



Research Day at King Salman Armed Forces Hospital, Tabuk

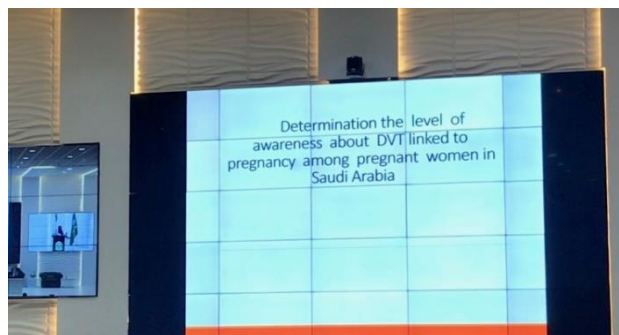
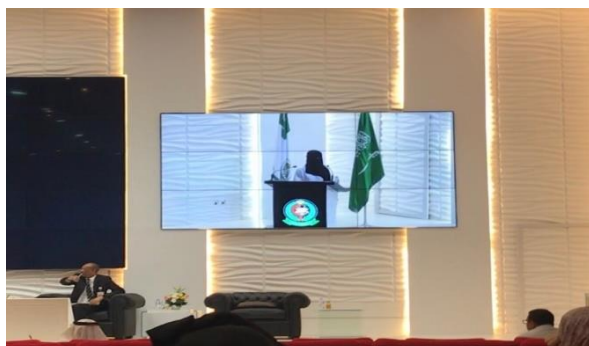
NAWAL ALI ALHARHI

6th Year Student
Faculty of Medicine
University of Tabuk



Figure: Award Giving Ceremony. Photo Credit Dr. Amjad Tuunisi

The First Medical Research Conference was held at King Salman Armed Forces Hospital, Tabuk on September 19th 2019. A large number of Students presented posters in the conference. **Badriah AlShammari**, a 6th year student made an oral presentation along with residents and consultants.

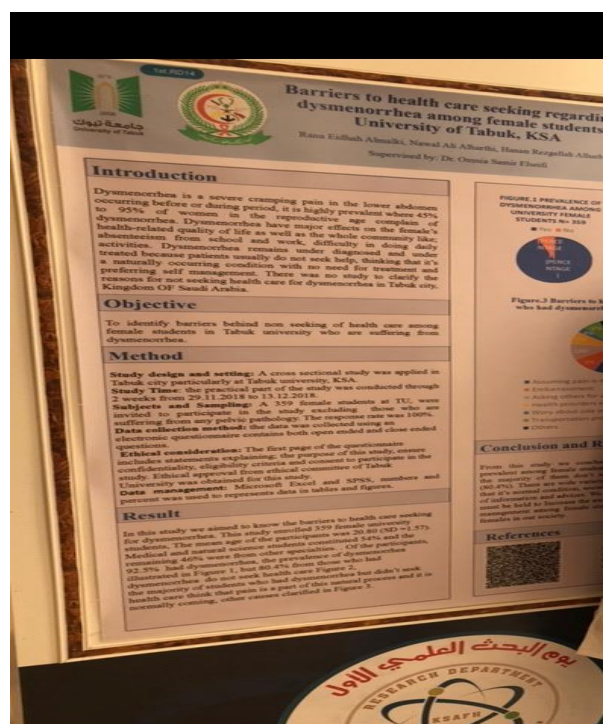
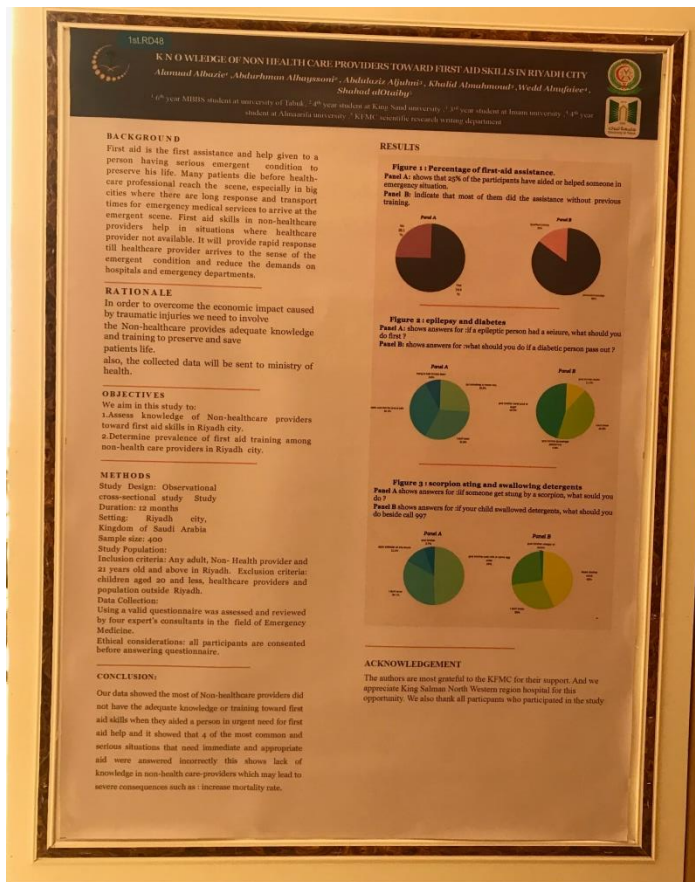
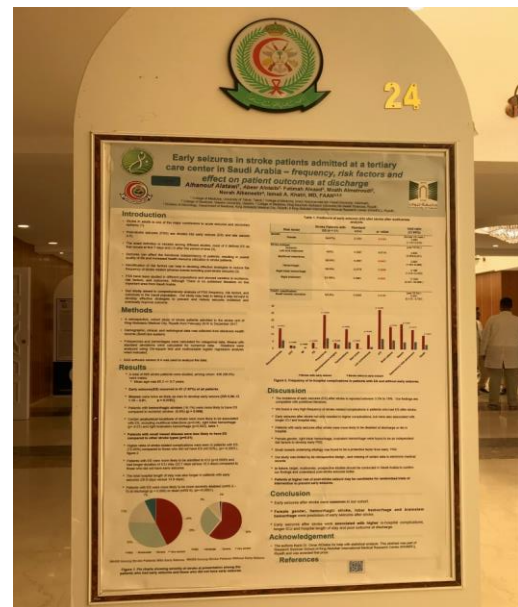
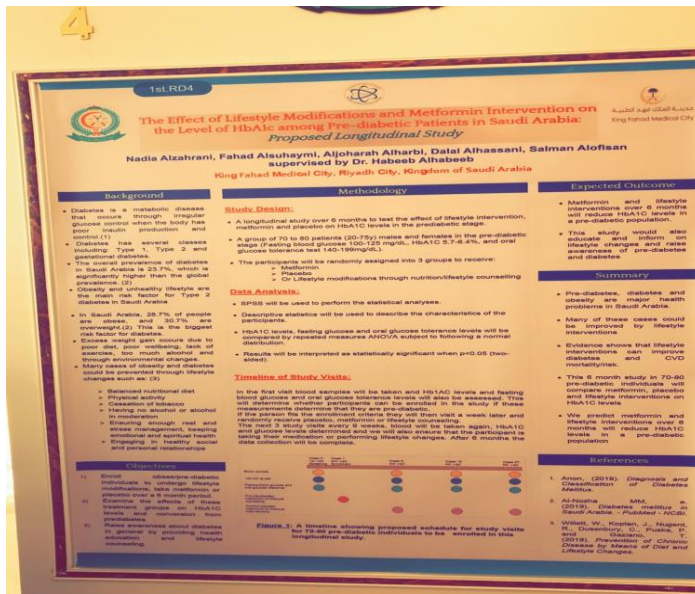


Nadia Alzahrani, 6th year student won the second best poster.



Dr. Amjad Tuunisi made an oral presentation on the **Saudi Medical Journal for Students (SMJS)**. The posters and presentations were highly appreciated by the audiences.





1st RD47

A Cross-sectional study measuring awareness amongst Saudi females regarding complications of non-prescribed ophthalmic Bimatoprost use for eyelash growth

Background

- Bimatoprost is a synthetic prostamide F2a analog. It was approved by the US Food and Drug Administration (FDA) as a treatment for open-angle glaucoma and ocular hypertension. It is available in two different concentrations 0.01% and 0.03%.
- Eyelash hypertrichosis was noticed in some subjects as an adverse event that was associated with the use of Bimatoprost ophthalmic solution.
- Their usage might be associated with several ocular side effects: 1) conjunctival hyperemia and congestion, 2) eye pruritus, eye dryness, 3) burning sensation in the eye, 4) foreign body sensation, 5) eye pain, 6) visual disturbance 7) iris pigmentation.




Fig 1. Periocular skin hyperpigmentation




Fig 2. conjunctival hyperemia

Objectives

- To measure the extent of knowledge amongst the Saudi female population about the complications that may arise from using Bimatoprost
- To check the prevalence of Bimatoprost use for the cosmetic purpose of eyelash growth
- To identify these complications and their commonness
- To correlate between the level of education and the level of awareness.

Expected Outcomes

- We expect that majority of the participants are using Bimatoprost as an un-prescribed medication without being fully aware about the possible complications of using it.
- We would like to explore signs of medication misuse in relation to the concentration, dosage, and/or proper application.
- This information might alert us to the need for proper awareness about medication misuse in general and initiate communication with Saudi FDA to limit its availability as an over counter drug.

Methodology

- Study Design:** cross-sectional study.
- Setting:** Social media networks online, hardcopies in female populated areas, e.g. Universities, schools, malls, hospitals
- Subjects:** Saudi female participants, 18-50 years of age, Cosmetic use of Ophthalmic dosage form of non-prescribed Bimatoprost 0.03%
- Sampling Technique:** Sample size of 318 participants was estimated with following formula used to calculate sample size $= Z^2 \cdot p \cdot q / d^2$, where $Z_{1-\alpha/2}$ is standard normal variate (5% type 1 error)
- Data Collection:** Data will be collected from the participants through a soft and hard copy of the survey that will be distributed through social networks on social media and also passed on to female populated areas, e.g. malls, universities, hospitals.

References

Fig 1. Periocular skin hyperpigmentation. Arch Ophthalmol. 2013;131(12):1705-1706.
Fig 2. conjunctival hyperemia. Arch Ophthalmol. 2013;131(12):1705-1706.

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Maternal risk factors associated with Autism among children in Tabuk Autism Center

Background

Autism is a severe neurodevelopmental disorder that belongs to autism spectrum disorders (ASDs) including autism, Asperger syndrome, high functioning, mild/moderate developmental disability, and childhood disintegrative disorder. Therefore, maternal risk factors for autism spectrum disorders have shown a steady increase over the past few decades. Autism spectrum disorders affect approximately 1% of population. The diagnosis criteria require that symptoms become apparent before a child is three years old. The most prominent clinical features of autism are impaired socialization, communication, language impairment, and strong tendency towards restricted and repetitive patterns of behavior.

Results

Figure 1: Distribution of the studied groups according to developmental disorders



Table 1.2: Exposure to adverse conditions during prenatal period in both groups

Exposure	Autism (n=10)	Control (n=10)
Maternal age at delivery	25.00	25.00
Maternal age at conception	25.00	25.00
Maternal age at delivery	25.00	25.00
Maternal age at conception	25.00	25.00
Maternal age at delivery	25.00	25.00
Maternal age at conception	25.00	25.00
Maternal age at delivery	25.00	25.00
Maternal age at conception	25.00	25.00
Maternal age at delivery	25.00	25.00
Maternal age at conception	25.00	25.00

Conclusion

The study showed that the following are risk factors of autism in children, more specifically, but not limited to, prenatal factors: history of perinatal death and autism among family members, exposure of mother to psychological stress, maternal education, low birth weight, 10-20 delivery during pregnancy, maternal age at delivery, and maternal age at conception. These factors should be considered in future studies that are large population-based birth cohorts with precise assessment of exposure and prenatal conditions.

Recommendations

The authors are most grateful to the director of research in specialty of Tabuk for their financial support and to the staff of Tabuk Autism Center for their cooperation in data collection. The data of all children who participated in the study.

1st RD2

THE HIDDEN DANGER OF THE MARINE-FISH, A FISH STING INDUCED A DELAYED NEUROLOGICAL DEFICIT, A CASE REPORT.

Talif Naif Alruwaili, A. Abdelsadek Hassan, A. Esmail Abdelhady
Emergency Department, King Salman Armed Forces Hospital (KSAFH), Tabuk, KSA

Introduction

Fish envenomation is a ubiquitous presence in the Emergency Departments (ED) of seaside cities. Scorpaenidae family Stonefish (Fig 1) and lionfish (Fig 2) are the most venomous fish among habitats of the Red Sea. The venom apparatus of the Scorpaenidae family contains 13 dorsal spines, three anal spines and two pelvic spines. Stonefish has the probability of burying themselves in the sand that makes their noticeability and avoid-ability difficult. These species toxin has a myotoxic and neurotoxic effect when they sting human being.




Figure 1 Stonefish




Figure 2 Lionfish

Case Study

A 26 years old male presented to the ED at KSAFH with a history of a progressive left forearm and wrist numbness and weakness for the last 15 days. Five days beforehand, he had been stung by a fish in his left hand while fishing. Painful erythema and swelling to the site of the sting developed a few hours afterwards.

Upon examination, he had an apparent neurological defect in the form of inability to extend the medial four fingers or to flex the ring finger. His motor power scale was 4/5 while sensation over the dorsal aspect of the forearm and wrist was lost. The laboratory blood results were unremarkable when done. His vital signs remained normal above his course of management. The Neurology team was involved when they arranged an MRI for the Brain and the Cervical Spine which came back with no abnormalities detected. A follow-up was booked with a nerve conduction study as an outpatient.

Conclusion

Scorpaenidae family are seen frequently in the Red Sea where it may sting incautious swimmers and fishers. The toxin may cause painful local swelling and erythema followed by neurological symptoms like numbness and weakness. Therefore, in addition to taking adequate preventive precautions, early recognition of patients with vague neurological deficit post unknown sting in the sea should raise the awareness about the marine fish sting.

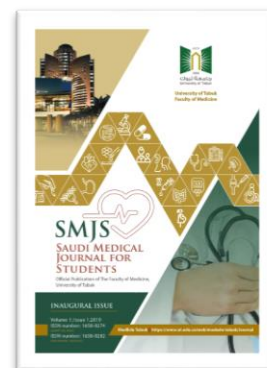
Research Department
KSAFH
7th Medical Research Day
معرفة. إتقان. تميز علمي
Diligence & Scientific Excellence

Meet Editors of Saudi Medical Journal for Students (SMJS)



Dr. Lamis M. Altoairqi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk
&
Medical Intern, University of Tabuk
Email: 341003305@stu.ut.edu.sa



Dr. Altoairqi graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. She has been working for the SMJS Editorial Team since 2018 and for MedEdu Tabuk since 2017. Lamis is involved in the Peer review process of the Journal. She is also responsible for coordinating newly appointed student editors. In addition to her editorial work, Lamis participated in different activities in the university and also regional health activities such as during Umrah and Hajj season. She believes that being in Makkah every year is a blessing and gift and the things that one can learn during this period is beyond imagination. A person finds themselves to be surrounded by many different cultures and there is lot to learn. Dr. Altoairqi likes surgical field and describes the surgeon to be an artist.



Dr. Abdullah M. Zahi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk
&
Medical Intern, University of Tabuk
Email: ab.zahi95@gmail.com

Dr. Zahi graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. He has been working for the Editorial Team since 2019 and for MedEdu Tabuk since 2018. Abdullah is involved in the Peer review process of the Journal and worked with Faculty editors in developing the review process of the Journal. In addition to his editorial work he participated in different activities in the university and also regional health activities. Dr. Zahi likes to describe himself by writing because words are everlasting.

Course in Medical Education in Harvard Medical School

Principles of Medical Education

Maximizing Your Teaching Skills

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"Incorporating best practices, newer principles of adult learning, and widely available technologies into your teaching can significantly improve your ability to engage and inspire students, residents, fellows, and colleagues. This special program, ranked among Harvard Medical School's highest-rated CME courses, is a uniquely comprehensive exploration of best practices for teaching medicine at the bedside, in ambulatory settings, and in the classroom." Ref: <https://medicaleducators.hmscme.com/>

"I have attended this course "Principles of Medical Education" twice, 2015 and last year. I really found it inspiring for clinical educator. It is usually getting sold out very early. As a previous participant, I got this email to notify me that registration now is open."- Dr. Badr Alsayed

EXAM INVIGILATION, FACULTY OF MEDICINE

Dr. Zubair M. Hayat, Dr. Mohd. Ahmed Mesaik

Date	Module	Invigilators	Exam Supervisors	Students No	Time	Venue
06/10/2019	Paediatric MCQs MED 0501	Dr. Mohammed Aboshaal Dr. Fares Hashim Dr. Abdulaziz Qurmla	Dr. Mohamed Sheikh M: 0555548300 O: 2535	27	10:00-11:15 AM	PBL 3
06/10/2019	Paediatric OSPE MED 0501	All faculty members the Paediatric department are requested to attend the OSPE exam	Dr. Mohamed Sheikh M: 0555548300 O: 2535	27	From 01:00 PM	5th Year Auditorium
09/10/2019	Paediatric OSCE MED 0501	Dr. Fakruddin Alfakhie Dr. Tanveer Raza Dr. Izzadine Dafalla Dr. Haider Mirghani	Dr. Mohamed Sheikh M: 0555548300 O: 2535	27	08:00-11:00AM	Simulation Centre

Notes:

- Dr. Mohammed Sheikh is requested to inform all faculty of the Paediatric department to attend the OSPE exam.
- It is mandatory to provide a replacement for invigilation duty, in case you are unable to cover the assigned duty and also notify to the Vice-Dean 24 hours earlier. All invigilators are requested to report 15 minutes earlier before exam.

Copy to:

- Dr. Khalid Alhazmi, Vice Dean of Academic Affairs
- Dr. Ahmed Mesaik, Exam committee Member
- Dr. Mohammad Zubair, Exam committee Member

Dr. Khalid Alhazmi

Vice Dean of Academic Affairs

How to Memorize Murmur

Wasan suwailem s albalawi

6th year medical student

Faculty of Medicine

University of Tabuk

This article has been reviewed by Dr. Mohammed Noor, Internal Medicine, University of Tabuk

If you detect murmur you should describe (location, time, duration, radiation, pitch , intensity and dynamic manoeuvres). Here I focus on time and duration.

NOTE:

S1: Occur when Closure of mitral and tricuspid valves.

S2: Occur when Closure of aortic and pulmonary valves.

*between S1 and S2 is systole, before S1 and after S2 is diastole

HEART MURMUR

DURATION	TIME		DURATION	TIME	
	Systolic Murmur			Diastolic Murmur	
Ejection Systolic Murmur	AS	PS	Early Diastolic Murmure	AR	PR
Pansystolic Murmur	MR	TR	Middiastolic Murmur	MS	TS

A:AORTIC.

P:PULMONARY.

M:MITRAL.

T:TRICUSPID.

S:STENOSIS.

R:REGURGITATION.

Example:

AS: It is Aortic Stenosis.