



University of Tabuk  
Faculty of Medicine

MedEdu Tabuk

Volume 4, Issue 12

# MED EDU TABUK

Newsletter of the Faculty of Medicine, University of Tabuk

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مخبر بجامعتي



Since 2016

## ARAB NEWS

The Voice of a Changing Region



**KSA's first night under curfew**  
Everyone off the streets from 7 p.m. - 6 a.m. • Repeat curfew breakers face up to 20 days in jail

UNCERTAINTY  
**Olympics in Tokyo 'are off' until 2021**

Coronavirus checks have been carried out in Tokyo in July, but Olympic organizers have said the event will not be held until 2021.

**FAST FACT**  
The world's most polluted cities are in China, India, and Pakistan.



上海日报  
**Shanghai Daily**

Thursday 12 March 2020  
Rain 10/14°C

## WHO SAYS OUTBREAK NOW A PANDEMIC

- Chief of UN body expresses alarm over mounting global infections
- Italy weighs more tighter restrictions on daily life, hikes financial aid
- 14-day quarantine for all new arrivals from overseas as Beijing gets tough



**BOE cuts key interest rate over coronavirus**  
**Hubei nod for firms to restart**

Renew UAE car registration without paying fines from today  
North Korea fires two missiles as world grapples with virus

## Khaleej Times

SUNDAY | MARCH 22, 2020 • RAJAH 21,148 • VOL. 311 NO. 342 • ESTABLISHED 1978

Oil drops to below \$25, is it a good buy? Call: 04 3562800

**#StayHome StaySafe**

UAE ASKS RESIDENTS NOT TO STEP OUT UNLESS IT IS AN EMERGENCY

EXPONENTIAL RISE IN COVID-19 CASES

0-100k 100k-200k 200k-300k

3 MONTHS+ 12 DAYS 4 DAYS

Dear Readers,

## The Daily Star

FIGHTING CORONAVIRUS

### Govt shuts down offices from Mar 26

Public, private offices to remain closed till April 4; army to assist local admin from today

Govt shuts down offices from Mar 26

Public, private offices to remain closed till April 4; army to assist local admin from today

Govt shuts down offices from Mar 26

Public, private offices to remain closed till April 4; army to assist local admin from today

HJ

Corona

## The Daily Telegraph

### End of freedom

All public gatherings of more than two people to be outlawed with threat of fines

All non-essential shops to be closed as restrictions imposed for three-week period

Scientists told Prime Minister the face-to-face virus spreads via public transport

Disgraced Weinstein jailed for 23 years



## DESK OF THE EDITOR-IN-CHIEF

**Dr. Tanveer Raza**

Faculty of Medicine

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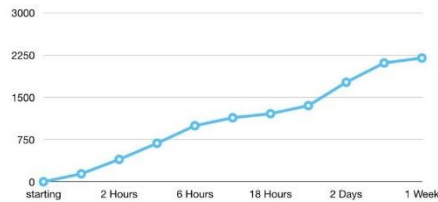
تعتمد فعالية الخطوات التي تتخذها الحكومة للسيطرة على انتشار فيروس كورونا الجديد COVID 19 على معرفة الناس ومواقفهم وممارساتهم (KAP) تجاه المرض. من المهم فهم وعي الناس بالفيروس COVID-19. نحن نجري بحثًا في مدينة تبوك وباقي مناطق المملكة العربية السعودية حول وعي الناس بفيروس كورونا الجديد COVID 19 في وقت قصير جدًا ، تلقينا استجابة كبيرة ونطلب منك الانضمام إلى البحث. نرجو منكم أن تطلبوا من أصدقائكم وأصدقائكم المشكلة. حفظنا الله وأهلنا ووطننا. شكرًا لكم.



### Link to our research:

[https://docs.google.com/forms/d/e/1FAIpQLSe\\_eYAn61LUJVpRkm50kP0xl8GNU3VaAXEMsLTdS2I530zD1g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe_eYAn61LUJVpRkm50kP0xl8GNU3VaAXEMsLTdS2I530zD1g/viewform)

The Rate of Data Collection with a Target Sample of 2250, Showing the Large Base of Followers to the SMJS



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## Web-Conferencing Faculty Meeting in lieu of Face-to-Face Meeting During COVID-19 Pandemic

# The Faculty Of Medicine Experience



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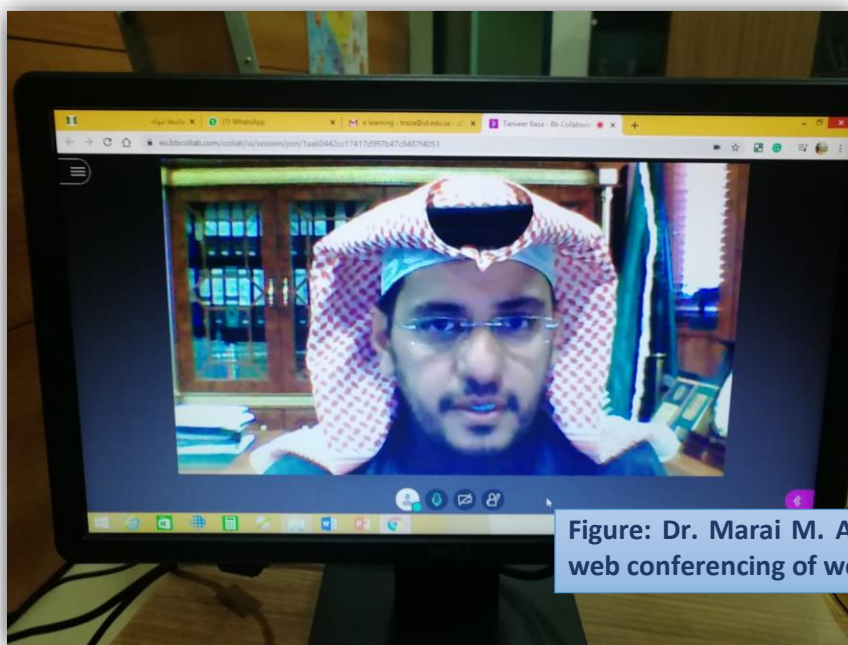


Figure: Dr. Marai M. Alamri using blackboard in web conferencing of weekly academic activity

Closing educational institution is a form of social distancing intervention to mitigate transmission during an infectious disease outbreak. It is often found in countries' pandemic

preparedness plans.

The Saudi government has taken unprecedented actions in controlling the spread of COVID-19, which included temporarily suspending all university activities on campus. To

ensure that students could complete their studies as scheduled, Universities across the kingdom including University of Tabuk (UT) were instructed to resort to e-learning. Like





**Table: Challenges of web conferencing**

Unfamiliarity
Varying Internet connection
Challenges with conference software
Poor audio and/or video quality
Lack of equipment by the participants
Absence of non-verbal cues
Lack of collegiality
Sharing of information online
Leaderless meetings



## Blackboard

other Faculties of UT, the Faculty of Medicine (FoM) turned to Blackboard's live streaming feature with an aim to conduct online teaching.

Social distancing is now considered to be the best way to slow the spread of COVID-19. Avoiding gatherings has worked for China in controlling the pandemic. Face-to-face faculty meetings have been cancelled and web conferencing encouraged. However sudden shifting from face-to-face to online meetings may face certain reported challenges [Table 1].

## The Weekly Academic Activity


The "Weekly Academic Activity" is a platform for the members of the teaching community of FoM to exchange ideas, provide updates and commentary, solicit feedback, deliver announcements and take part in the decision making process of the Medical School. For the past three years the FoM under the supervision of the Dean of Medicine has been holding the weekly meeting of the teaching staff every Wednesday from 1pm to 3pm. To facilitate the attendance of staff, a decision has been taken to free faculty from teaching responsibilities during that period. The academic activity sessions are usually held at the 2<sup>nd</sup> Floor auditorium of the Faculty unless otherwise stated

## Shifting to Web-conferencing

The closure of the University of Tabuk due to COVID-19 meant that face-to-face "Weekly Academic Activity" meeting had to be

**Figure: Dr. Badr Alsayed taking part in web conferencing maintaining social distancing**





suspended. To maintain continuity, the faculty shifted to web conferencing using Blackboard's live streaming feature. The decision to have an online meeting met an overwhelming response from faculty members. More than 60% of faculty took part in the meeting. The time and date of the event remain unchanged. All faculty members were informed about the link to log in ahead of time. The Dean of Medicine, **Dr. Marai M. Alamri** moderated the meeting. All "Video" "Audio" and "Chat" channels were kept open and participants used their method of choice. Blackboard facilitated sharing of documents on the screen and the session was recorded facilitating review of comments. The feedback received from the faculty was highly encouraging.

### Tips for successful web-conferencing

It is not the first time that web conferencing has been used in the meeting. The Faculty had invited international speakers who connected remotely. But the challenge this time was that not only the speakers, but also the participants were connecting remotely from multiple locations. Based on our successful hosting of "Weekly Academic Activity" through web conferencing, we would like to propose the following tips in Table 1 for a successful online faculty meeting.

## TIPS FOR SUCCESSFUL WEB-CONFERENCING

### Tip#1: Moderator

The moderator plays a central part in a successful web conference. The moderator must be able to keep the audience engaged and on track. S/he should make sure that all agenda of the meeting has been covered and time is managed properly

### Tip#2: Time management

It is essential that time is properly managed. Meeting should start and end on time. The virtual meeting room should be opened ahead of time allowing participants to log in and get accustomed.

### Tip#3: Agenda

The meeting agenda should be well planned and circulated beforehand. Participants should be aware of the agenda and it should be relevant for everyone.

### Tip#4: Multiple channels of expressions

There should be multiple channels for expressions. Some participants feel comfortable with video while others prefer audio or chat messages.

### Tip#5: Familiarity with technology

Participants need to be familiar with the technology. Blackboard is a technology that most staff at UT are familiar with and have received some form of training.

### Tip#6: Varying Internet connection

Not all participant may have access to good internet connection. The moderator must keep this in mind. Some participants will therefore prefer to interact via chat messages.

### Tip#7: Perfect location

It is important for participants to choose a suitable location. Noisy background noise can be distracting. Attendees using video should ensure that there is proper lighting.

### Tip#8: Time for all

Every participant should be given the chance to talk or participate. Participants should not take too much time in expressing their opinion.

### Tip#9: Differing perspectives and opinions

All participants' opinions should be welcomed and treated with respect and consideration. Unlike conventional face-to-face meetings, in an online meeting the opportunity for a participant to speak depends on the moderator granting access. In online meetings the moderator must permit everyone to express their opinion. On the other hand the participants should ensure that they maintain professional courtesies towards their colleagues.

We at FoM think that web conferencing is a good alternate to face-to-face faculty meeting



in emergency cases. Our successful experience suggests that by using Blackboard and other web conferencing tools remote meetings can be organized between participants having varying internet connections and different devices such

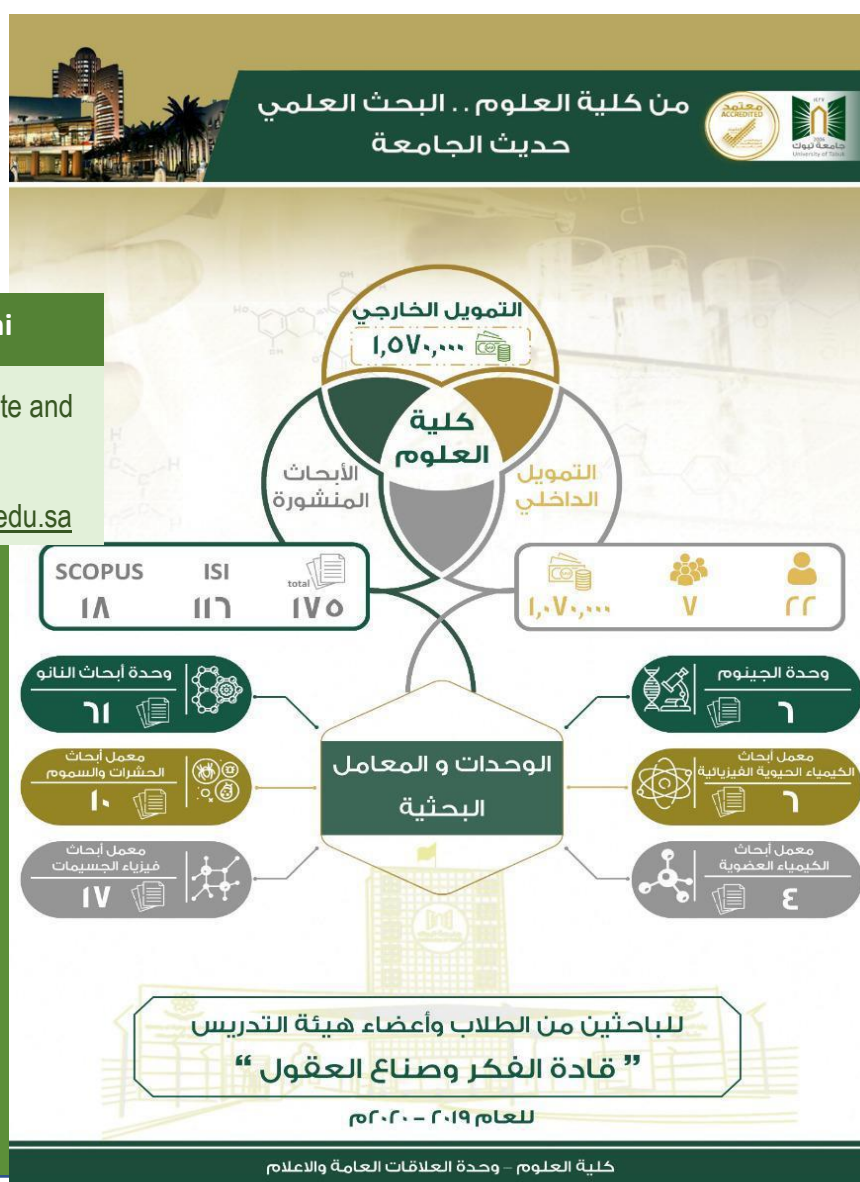
as desktops, mobile phones, laptops and tablets. The staff at the FoM can have regular virtual meetings with colleagues from other faculties, institutions, health care workers, policy makers and emergency responders.

## Research at Faculty of Science



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# es!!!! ow it is a Pandemic

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## What is pandemic disease?

Pandemic word comes from the Greek *pan*dem<sup>os</sup>. *pan* refer to "all". To that, *demos* meaning "people". Define as "**all people**" (1)

A pandemic disease means an epidemic disease all over the world, which is sudden rise number of affected cases in community above expected level. Moreover, Pandemic disease means disease start to affect large number of people with unexpected rate and spread over various nation, regions or continents. (2)

For instance, nowadays there are more than 118,000 affected cases with Coronavirus disease (COVID-19) in 114 countries.

In the few coming days and weeks, **World Health Organization (WHO)** expect to discern

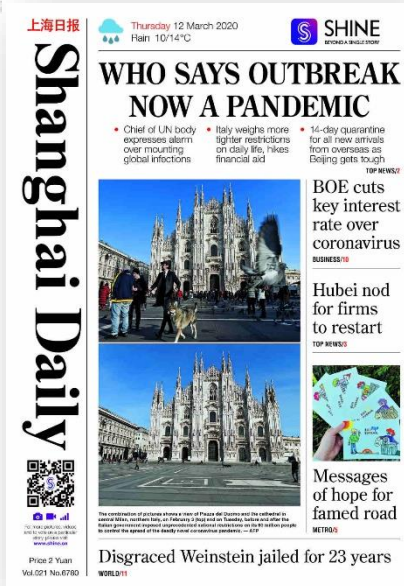
a rise the number of cases and the number of affected countries with COVID-19 all over the world. In accordance with that, Coronavirus disease (COVID-19) has been described as a pandemic. (3)

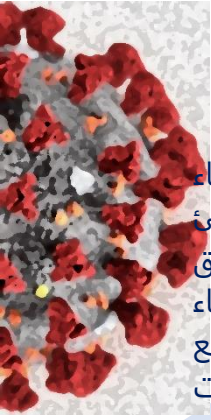
## What is difference between an epidemic and pandemic?

The main difference between epidemic and pandemic is that the epidemic is occurrence of a disease in excess of expected incidence in a limited population, region and period. (4)

For example: **Middle East respiratory syndrome corona virus (MERS- CoV)**, World Health Organization reports cases in Saudi Arabia regions. Also, WHO expects to see more cases will be affected with MERS-CoV in Middle East. (5)

Whereas the pandemic describes as an epidemic occurs of disease affect significant proportion of people in specific period but over unlimited geographical area or all over the world. (4)





### ما هو تعريف الوباء الجائح؟

وباء جائح (Pandemic) هو ان يكون الوباء متفشي عالميا وهو عبارة عن ارتفاع مفاجئ لعدد الحالات المصابة في المجتمع فوق المستوى المتوقع. علاوة على ذلك، يبدأ الوباء بإصابة عدد كبير من الأشخاص بالمجتمع بمعدل غير متوقع وينتشر في مناطق وقارات مختلفة.

على سبيل المثال، في الوقت الحاضر هناك أكثر من 118.000 حالة مصابة بفيروس كورونا في 114 دولة. في الأيام والاسباع المقبلة تتوقع منظمة الصحة العالمية ارتفاع عدد الحالات المصابة في عدد من البلدان. وفقا لذلك، تم وصف فايروس كورونا بأنه وباء عالمي.

### ما هو الفرق بين الوباء المتفشي والوباء الجائح؟

الفرق الرئيسي بين الوباء المتفشي (Epidemic disease) والوباء الجائح (Pandemic disease) هو ان الوباء المتفشي يكون بإصابة عدد من الأشخاص فوق المعدل المتوقع في منطقة محددة وفترة معينة. مثال على ذلك : المتلازمة التنفسية في الشرق الأوسط ( MERS-CoV )، سجلت منظمة الصحة العالمية عدد من الحالات المصابة بالمملكة العربية السعودية وتتوقع حدوث حالات أكثر في منطقة الشرق الأوسط. بينما الوباء الجائح هو إصابة عدد كبير من الأشخاص في فترة معينة ولكن في منطقة جغرافية واسعة أو في جميع أنحاء العالم

WHO Director General Tedros Adhanom Ghebreyesus speaks in Geneva announcing that COVID-19 is a pandemic. (Fabrice Coffrini/AFP/Getty)



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- 1- Online etymology dictionary [ <https://www.etymonline.com/word/pandemic> ]
- 2- Center for Disease Control and Prevention [ <https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section11.html> ] and PubMed [ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3127276/> ]
- 3- World Health Organization Director-General's opening remarks at the media briefing on COVID-19 – 11 March 2020 [ <https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19---11-march-2020> ]
- 4- A) Park's Textbook of PREVENTIVE AND SOCIAL MEDICINE. B) Center for Disease Control and Prevention [ <https://www.cdc.gov/csels/dsepd/ss1978/lesson1/section11.html> ]
- 5-- World Health Organization- Middle East respiratory syndrome corona virus (MERS- CoV) <https://www.who.int/csr/don/24-february-2020-mers-saudi-arabia/en/>





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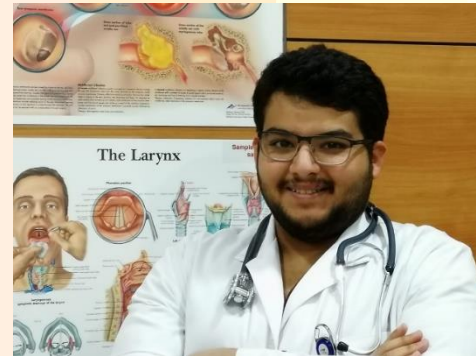
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## Peer to Peer student advising



هناك العديد من مزايا تقديم المشورة للطلاب من خلال نظرائهم في الصفوف العليا. توجيه الطلاب في المراحل الأولى تساعدهم على زيادة المعرفة باحتياجاتهم ، واختيار المراجع الصحيحة للفهم وبالتالي توسيع قدرتهم المعرفية (1). تقديم الإرشاد بواسطة طلاب المراحل العليا مفضل لدى طلاب المراحل الأولى بشكل عام وذلك نظرا لخوضهم بنفس التجربة (2).

## Students Advising Students

### تقديم المشورة فيما يتعلق المواد السابقة وما مدى صعوبتها؟

عادة ما يكون لدى طلاب المراحل الأولى مخاوف بشأن المواد الدراسية ومدى صعوبتها. هذه المخاوف غالبا ما تكون موضع سؤال لاقرائهم من الصفوف العليا. بشأن ذلك، ذكر الطالب عبد العزيز متعب ( كلية الطب) أن تقديم المشورة لطلاب السنة الأولى من خلال توضيح صعوبة المادة قد لا تكون الطريقة الصحيحة. وذلك

لارتباطه بعدة عوامل مثل الاختلاف في تلقي المعلومة وفهمها بين الطلاب وكذلك قد يسهم ذلك في بناء حاجز يعيق فهم المادة. لذلك ، إرشاد طلاب المراحل الأولى يكون من خلال توجيههم بالطرق الصحيحة لمواجهة الصعوبات إن وجدت وكذلك تشجيعهم للتواصل مع محاضر المادة وتزويدهم بالمراجع ومقاطع الفيديو والكتب والمواقع المفيدة.

أخيرا، تسهم هذه تجربة تقديم المشورة من قبل الصفوف العليا في إثراء مهاراتهم وتطويرها بالشكل الذي يساعدهم في توجيه الصفوف الأولى بشكل صحيح .

There are several advantages of peer student advising or upper class student advisors. Assisting the first-year student to increase the knowledge of their needs, choose the correct reference and broaden their understanding ability can be obtained by implementing peer advisory (1). Further, the first-year student is more likely to trust upper class student advisors because they went the same experience (2).



### Advising regard previous modules: How difficult are they?

First-year students usually have concerns about the modules and how difficult is going to be?. These concerns are frequently questionable to peer student advisors.

There are similar situations faced by peer advising students of medical school, Tabuk University. Abdulaziz Metab Alfaqirj mentioned that providing advice for first-year students by illustrating the course difficulty may not be the right answer. This is not only related to the variation in receiving the information between students (difficulty level) but also can build a barrier that resists understanding of the module. Therefore, peer student advising can support the first-year student by guiding them to the correct practice once they face difficulty, either by encouraging them to communicate with their instructor or updating them with the most relevant and useful references, videos, websites.. etc.

This experience promotes the peer student advisors to develop their skills in implementing the correct guidance for first-year students and how to assist them properly.

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2. The Mentor - Division of Undergraduate Studies - The Pennsylvania State University. (2019, May 19). The Mentor - An Academic Advising Journal. Retrieved from <https://journals.psu.edu/mentor/article/view/61291/60924>.

