



Since 2016

# MEDEDU TABUK

A Publication of the SMJS-MET Unit. Official Newsletter of the Faculty of Medicine, University of Tabuk





**H.E. Prof. Dr. Abdullah bin Mofarh Al-Thiabi, President, University of Tabuk giving his speech in the Research Partnership Day 2022 of University of Tabuk**





All praise is due to Allah who bestows His favors and  
bounties upon His servants abundantly

## Editorial

# Anthropocene, Climatic Change and Future of Medical Education



**Dr. Md. Tanveer Raza**

Editor-in-Chief, SMJS-MET

Faculty of Medicine

University of Tabuk, KSA

Tel: +966 53 725 1324

Email: traza@ut.edu.sa

The Anthropocene is the most recent geologic time period in the history of the Earth during which human activity is having a significant impact on Earth's geology and ecosystem. Human-driven activity such as climate change, urbanization, and deforestation has resulted in the retreat and disappearance of mountain glaciers around the world and the extinction of species at an increased rate. These disruptions in the atmosphere, oceans, and land surface is giving rise to emerging threats to human health. Future healthcare workers need to be prepared for these emerging threats. Medical Education needs to train health care workers for clinical practice in a climate-changing world and be ready to promote eco-health literacy.



# RESEARCH PARTNERSHIP DAY 2022

Vice Rectorate for Postgraduate and Scientific Research Team

Email: [O-alzahrani@ut.edu.sa](mailto:O-alzahrani@ut.edu.sa)







**Dr. Saad Bin Mutlaq Al-Mutairi, Vice-Rector for Graduate Studies and Scientific Research signing partnership agreements**

The main objective of the Research Partnership Day is to that the university's scientific research and graduate studies programs be given priority, and that they be of investment feasibility that yields economic and financial benefits that support the university's academic, scientific and research activity. Therefore, it was necessary, for the university to transfer its research activities to the applied projects by using the university's resources (e.g. laboratories, policies, centers and research units, and distinguished researchers). Furthermore, to enhance the application of knowledge economy concepts by encouraging convergence between the public and private sectors and transforming scientific innovations into economic products.

## Importance of event :

- 1 • Linking the university's strategic plan for scientific research to the companies needs
- 2 • Alignment of university outcomes with the markets needs
- 3 • Developing partnerships between the university and the local community in the light 2030 vision
- 4 • Investing in the research and scientific projects and their outcomes
- 5 • Orienting the scientific production of researchers and graduate students to serve the purposes of society and achieve the requirements of Vision 2030
- 6 • Increasing the investment in the field of strategic partnerships, which will bring financial revenues to the university
- 7 • Connecting the university with the community on a large scale through continuous communication with the industrial and government sectors

### Exhibition

Highlight existing successful partnerships  
View of selected existing research products and current projects  
Presenting selected patents compatible with the research orientation of the University of Tabuk

### Enabling Partnerships

Inauguration of DA'AM platform  
Launching SHARIK initiative

### Specialized Workshops

Holding workshops with different sectors in the priority areas of Tabuk University's research directions  
Identify current needs for research and innovation  
Identify opportunities for cooperation between the university and the productive sectors





**Dr. Marai M. Alamri** Dean of Medicine and Chairman University Advisory Board SMJS-MET receiving an SMJS-MET plaque from the Editorial board as a token of appreciation for his continuous support.



**Autism Spectrum Disorder Awareness Campaign.** **Date:** 21-10-2021, **Place:** Tabuk Park Mall, Tabuk, **Name of Supervisor:** Dr. Mohammed Sheikh. **Name of Main Organizer:** Lena Alzahrani, **Names of Organizers:** Khaled Alasmari, Abdullah Altidlawi, Ziad Albalwi, Mjd Alanazi, Lama Bedaiwi. **Reported by:** Nawaf Melfi Alenazi, Specialist at Students' Affairs-at University, Supervisor for students' activities unit - Medicine Faculty, University of Tabuk. Email: [nmalenazi@ut.edu.sa](mailto:nmalenazi@ut.edu.sa)



# MedEdu Tabuk Cover Page for Volume 7

## Designed Team

Anfal Alhawiti, 5<sup>th</sup> yr (Chief Designer)

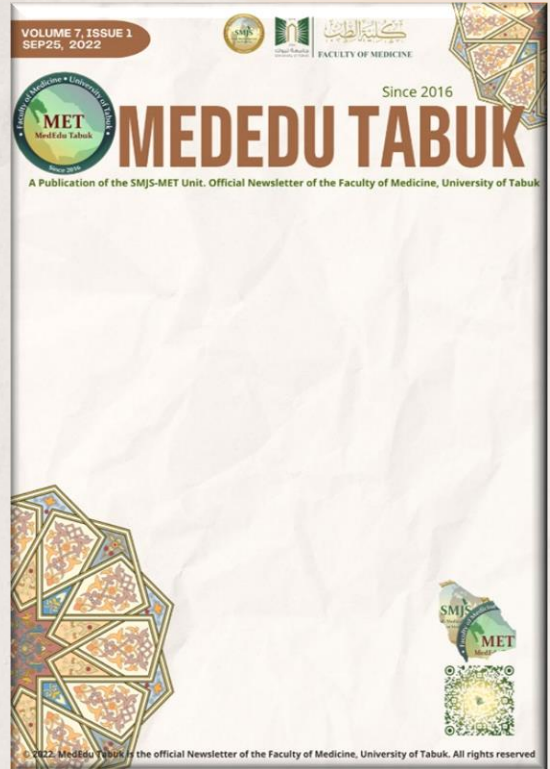
Manar Alfaqiri, 4<sup>th</sup> yr

Lama Al Masoudi, 2<sup>nd</sup> yr

Joud Al-qurashi, 2<sup>nd</sup> yr

Nawaf Alqahtani, 4<sup>th</sup> yr

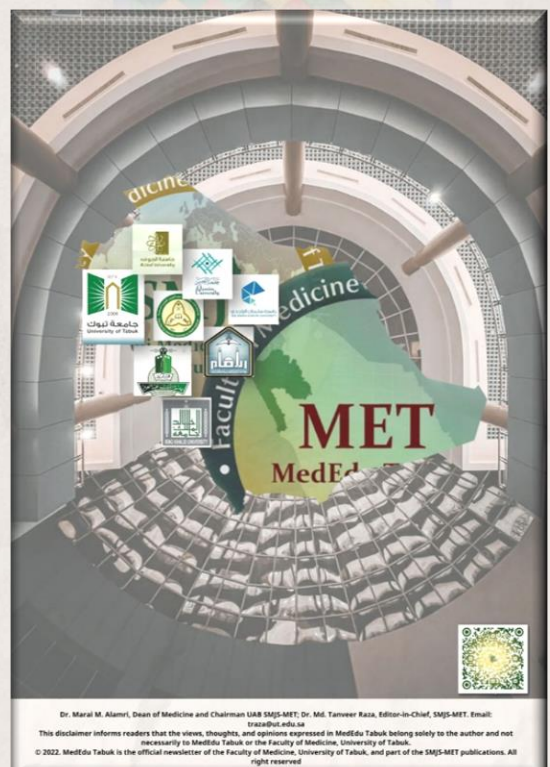
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Medicine, University of Tabuk



**Front Cover**



**Inside Page**



**Back Cover**





**Aishah Hamed Albuhayri.** Editor, SMJS-MET, Faculty of Pharmacy, University of Tabuk.  
Email: 381006853@stu.ut.edu.sa

خمس سنوات انقضت بحلولها ومرها ، وماكانت لتنتضي لولا توفيق الله وتيسيره و دعم الحمد لله الذي بارك لنا الخطى وتمم المسير  
شكرا ل امي وابوي واخواني واخواتي على دعمكم وتشجيعكم وتحفيزكم لي. عائلتي



**The English Open Day, May 2022**



# EFFECTIVE WAYS FOR IMPROVING YOUR MEDICAL ENGLISH

Written by SMJS English unit (AED) :

Meshal Ibrahim Alharbi -4th year (faculty of medicine) 411000458@stu.ut.edu.sa

Ali Hussine Alqahtani -4th year (faculty of medicine) 411003108@stu.ut.edu.sa

Maram Saleh Alsayed -5th year (faculty of medicine) 391001713@stu.ut.edu.sa

supervised by: Nawras Ibrahim Alharbi -> alharbi.nawras@gmail.com

## MEDICAL DOCUMENTS

MOST OF US, WHEN WE ENCOUNTER A NEW TOPIC OR CANNOT UNDERSTAND AND IT, WE GOOGLE IT. THERE ARE SITES THAT GIVE YOU INFORMATION OR RESEARCH RELATED TO THAT TOPIC, SUCH AS (PUBMED) OR YOU CAN GO THROUGH YOUTUBE AND WATCH SHORT DOCUMENTARIES, SUCH AS (OSMOSIS) OR (NATIONAL LIBRARY OF MEDICINE). THESE CHANNELS PROVIDE YOU WITH MANY USEFUL INFORMATION THAT WILL HELP YOU THROUGHOUT YOUR STUDY, WHETHER AS A MEDICAL STUDENT OR A DOCTOR. THEY ARE ALSO CHARACTERIZED BY SHORTNESS, SIMPLICITY, CLARITY OF SOUND AND IMAGE, AND HELP YOU TO MEMORIZE INFORMATION IN A SIMPLER AND FASTER WAY.

## LEARN THE AFFIXES

TERMINOLOGY MIGHT BE DIFFICULT OR COMPLICATED FOR SOME PEOPLE, BUT ONCE YOU UNDERSTAND THE MEANING BEHIND THE WORDS AND HOW THEY WERE FORMED, IT WILL BE MUCH EASIER. A PERSON HAS TO LEARN THE MEANING OF SUFFIXES AND PREFIXES BECAUSE IT IS THE KEY IN FORMING MEDICAL WORDS. A WORD LIKE PANCREATITIS IS MADE UP OF TWO PARTS, THE FIRST BEING THE PANCREAS, AND THE OTHER PART BEING ITIS, WHICH IS A SUFFIX THAT MEANS INFLAMMATION AND THE SAME THING GOES FOR MOST MEDICAL WORDS. TRY AS MUCH AS POSSIBLE TO UNDERSTAND THE MEANING BEHIND EACH AFFIX TO SIMPLIFY THE WAY YOU STUDY, AND AS THEY SAY (WORK SMART, NOT HARD)

## LINKING WITH IMAGES



REMEMBERING IS AN IMPORTANT SKILL FOR MEDICAL STUDENTS, SO ONE SHOULD LOOK FOR WAYS TO ENHANCE THAT SKILL. ONE OF THE BEST WAYS TO REMEMBER IS TO ASSOCIATE THE INFORMATION WITH A NAME THAT IS SIMPLER TO REMEMBER, OR WITH A PICTURE SO THAT IT SIMPLIFIES THE PROCESS OF REMEMBERING. ALEX MULLEN, ONE OF THE FORMER CHAMPIONS OF THE WORLD MEMORY CONTEST, USES THIS METHOD. WHEN YOU TAKE AN ORGAN IN THE BODY, TRY TO IMAGINE THE SHAPE OF THE ORGAN AND TRY TO VISUALIZE IT. FOR EXAMPLE, THE WEBSITE SKETCHY IS BASED ON THIS IDEA IN WHICH IT LINKS EVERYTHING RELATED TO MEDICINE IN A SINGLE PICTURE FULL OF COLORS AND INFORMATION.

## PRACTICE MAKES PERFECT



THE TRUTH IS PRACTICE DOESN'T MAKE PERFECT, IT MAKES IMPROVEMENT. YOU NEED TO HAVE THE CONSTANT DESIRE AND PASSION TO MAKE THIS ONGOING PROGRESS. IT DEFINITELY NEEDS PATIENCE AND COMMITMENT TO YOUR GOAL.



# EFFECTIVE WAYS FOR IMPROVING YOUR MEDICAL ENGLISH

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Meshal Ibrahim Alharbi -4th year (faculty of medicine) 411000458@stu.ut.edu.sa

Ali Hussine Alqahtani -4th year (faculty of medicine) 411003108@stu.ut.edu.sa

Maram Saleh Alsayed -5th year (faculty of medicine) 391001713@stu.ut.edu.sa

supervised by: Nawras Ibrahim Alharbi -> alharbi.nawras@gmail.com

## IDENTIFY THE WEAKNESS

TO IMPROVE SOMETHING IN YOUR LIFE, YOU NEED TO DETERMINE WHICH CERTAIN ASPECT IS YOUR WEAKNESS IN ORDER TO WORK ON IT. LET'S TAKE MEDICAL ENGLISH AS OUR TOPIC, YOUR WEAKNESS MIGHT BE IN SPEAKING, WRITING OR LISTENING. EACH ONE IS IMPROVED DIFFERENTLY USING A VARIETY OF TECHNIQUES FROM WATCHING MEDICAL VIDEOS TO LISTENING TO PODCASTS.

## WRITE MORE LEARN MORE

EACH PERSON HAS THEIR FAVORITE WAY OF LEARNING, AND ONE OF THE BEST WAYS TO LEARN AND MEMORIZE THINGS IS BY WRITING. STUDY WHILE YOU ARE WRITING WORDS AND READING THEM LOUDLY INCREASES THE AMOUNT THAT YOU CAN RECALL FROM YOUR STUDIES.

## TRANSLATE IMMEDIATELY

TO IMPROVE YOUR MEDICAL KNOWLEDGE AND SCIENTIFIC LANGUAGE, WHENEVER YOU FACE A DIFFICULT WORD WHETHER IT'S WHILE STUDYING OR DURING THE LECTURE, TRY AS MUCH AS POSSIBLE TO ASK OR SEARCH THE MEANING OF THE UNFAMILIAR WORDS AT THE SAME MOMENT INSTEAD OF HIGHLIGHTING OR DRAWING CIRCLES TO COME BACK TO THEM LATER. IT HELPS WITH UNDERSTANDING THE WHOLE IDEA AND MOST OFTEN YOU WOULDN'T REMEMBER TO TRANSLATE THE HIGHLIGHTED WORDS.

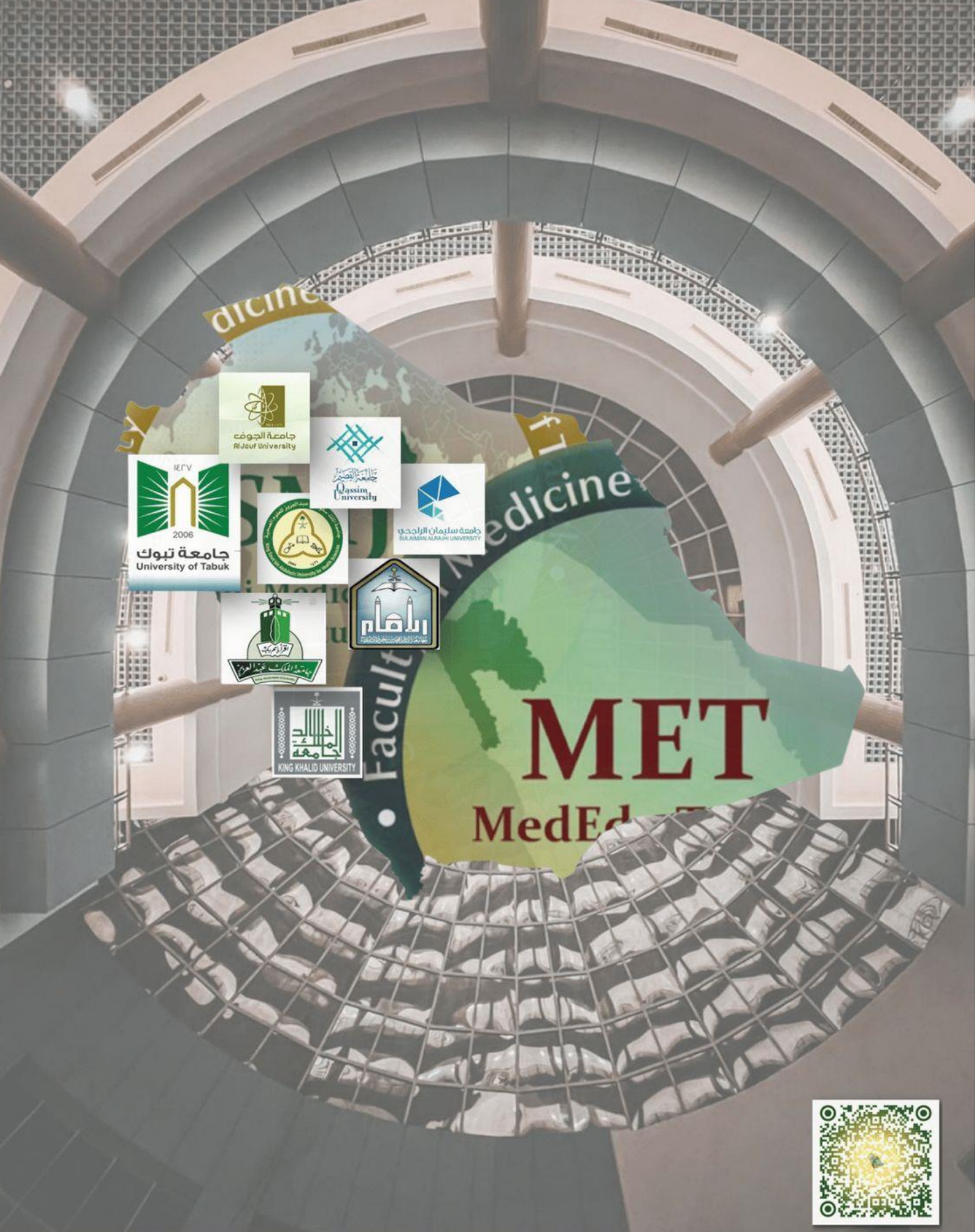
## MEDICAL TERMINOLOGY E- BOOKS

READING E-BOOKS ON MEDICAL TOPICS FOR ONE HOUR PER WEEK WILL IMPROVE YOUR MEDICAL KNOWLEDGE AND LANGUAGE. THE TIMING IS FLEXIBLE TO YOUR OWN DAILY SCHEDULE. KEEP IN YOUR MIND THAT IT MAKES A HUGE DIFFERENCE IN THE LONG-RUN.

## GROUP STUDY

GROUP STUDY IS A POPULAR WAY TO STUDY BECAUSE OF THE ADVANTAGES IT PROVIDES. IT INCREASES THE FEELING OF COMPETITION. STUDYING AS A GROUP REDUCES THE PERCENTAGE OF ERRORS THAT EXIST DURING THE UNDERSTANDING OF A CERTAIN TEXT. YOU CAN ALSO BENEFIT FROM YOUR GROUP COLLEAGUES IF SOMEONE HAS USEFUL INFORMATION ABOUT A CONTENT OR TO EXPLAIN TO YOU A SPECIFIC CONCEPT. ALSO, THE GROUP STUDY ENABLES YOU TO DIVIDE THE WORK AMONG THE GROUP. GROUP STUDY ALSO GIVES YOU COMMUNICATION SKILLS.





Dr. Marai M. Alamri, Dean of Medicine and Chairman UAB SMJS-MET; Dr. Md. Tanveer Raza, Editor-in-Chief, SMJS-MET. Email: traza@ut.edu.sa

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