



MedEdu Tabuk

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Official newsletter of the Faculty of Medicine, University of Tabuk



**WEEKLY ACADEMIC ACTIVITY
FEEDBACK 2020**



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Cover page by : Sarah Alquayr,
Faculty of medicine, 4th year



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Are more Saudi students willing to be Doctors due to COVID-19?

Doctors and other healthcare workers around the globe have worked tirelessly to help those who are suffering from COVID-19. The “**Heroic male and female doctors**” of the Kingdom is no exception. The Association of American Medical Colleges (AAMC) has reported that in the United States of America, the number of students applying to enter medical school in 2021 is up 18% from this time last year. It would be interesting to determine if the same trend can be noticed among students across Saudi Arabia.



Cover photo by Shahad M. Babrish, Second year student,
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كن برقيك مساهما

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يواجه الأشخاص ذوي الإعاقة بعضا من التحديات التي تحول بينهم وبين اندماجهم في المجتمع ، والتي نستطيع نحن كأفراد أن نساهم في إزالتها و الحد منها ، و ذلك من خلال ثقافة راقية مفادها التعامل مع الاختلاف ومتطلباته على أساس من التكامل ، والتكافل لا بشيء من التمييز والتفضل و اللامبالاة ، ومن هنا يستوجب علينا القبول المطلق ، والاحترام الكامل للأشخاص ذوي الإعاقة كأشخاص لهم من الحقوق ما يكفل حق استقلاليتهم ، واندماجهم الكامل بالمجتمع - لكي يستطيعوا أن يساهموا في نهضة هذا البلد بأداء ما عليهم من واجبات ، ولا يحصل ذلك إلا بمراعاة لما فرضته إعاقاتهم عليهم من قيود ، والسعي جاهدين لإزالتها أو على أدنى تقدير الحد منها ، وإخضاع ذلك للمسائلة والمحاسبة ، ومن أبسط تلك الحقوق التي ربما يتعامل معها كثير من الناس بنوع من الغفلة أو حتى ببعض من

التساهل تلك المواقع المخصصة لهم بالقرب من الدوائر الحكومية ، أو المنتزهات والمحلات التجارية وغيرها ، فنجدهم يتسابقون عليها لا مبالين بحاجة الأشخاص ذوي الإعاقة إليها ، لما تمتاز به تلك المواقع من القرب للمقصد ، واتساعا يساعدهم على التعامل مع أجهزتهم المساعدة بكل حرية ، مما يشعدهم بأنهم أفرادا قادرين ومنتجين ، ولم يعيدوا حملا ثقيلًا على ذويهم ، ومن هذا الأساس الحقوقي لا يأتي بخلدك أيها القارئ الكريم ولو للحظة أن تعتد على موقف خصص للأشخاص ذوي الإعاقة - لأي عذر كان - فذلك الموقف الأكثر اتساعا من غيره والأقرب لمقصدهم يحررهم من بعض قيدهم ويساهم في استقلاليتهم واندماجهم ، فكن برقيك مساهما ولا تستهين بكونه " مجرد موقف



FEEDBACK 2020

WEEKLY ACADEMIC ACTIVITY FACULTY OF MEDICINE, UNIVERSITY OF TABUK

Faculty of Medicine

Dr. Abdullah Alatawi

Vice Dean of Quality and Development
Faculty of Medicine, University of Tabuk

Dr. Md. Tanveer Raza

Head, Continued Medical Education Unit
Faculty of Medicine, University of Tabuk

Link: <https://www.ut.edu.sa/web/college-of-medicine/cme-unit>

BACKGROUND

The vision of the Faculty of Medicine, University of Tabuk is “*A distinguished Faculty in education and research, both locally and regionally, that effectively contributes to community service*”. To achieve this vision educators, need to take on multiple additional roles, besides having skills in clinical practice and healthcare delivery. They need diverse proficiencies in areas such as education and leadership. Unfortunately, faculty members seldom develop competence in those areas during their formal training, and often have to rely on Faculty Development Programs.

The “**Weekly Academic Activity**” (WAA) is one of the major Faculty Development Programs of the Faculty of Medicine directed towards promoting the development of all faculty members. Organized by the **Continued Medical Education** (CME) Unit, it consists of seminars, workshops, and lectures rendered by expert presenters. Effective feedback has been identified as a key strategy for improving the skills of presenters. However, even valid, reliable and effectively given feedback is useless when not well received. When feedback is provided by peers, questions need to be directed towards identifying best practices, improve relationships and engage mutually-beneficial conversations. The feedback is not about the presenter as a person so words have to be chosen wisely.

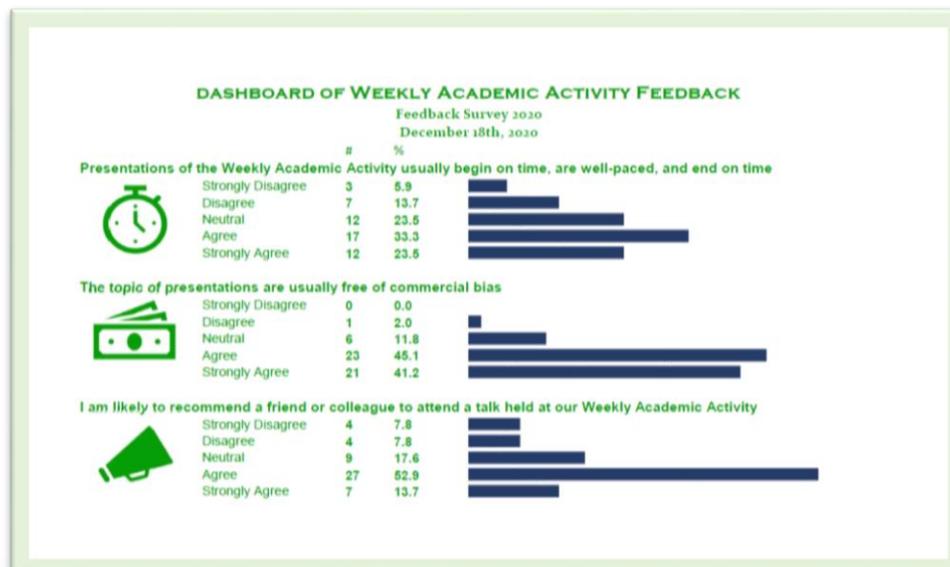
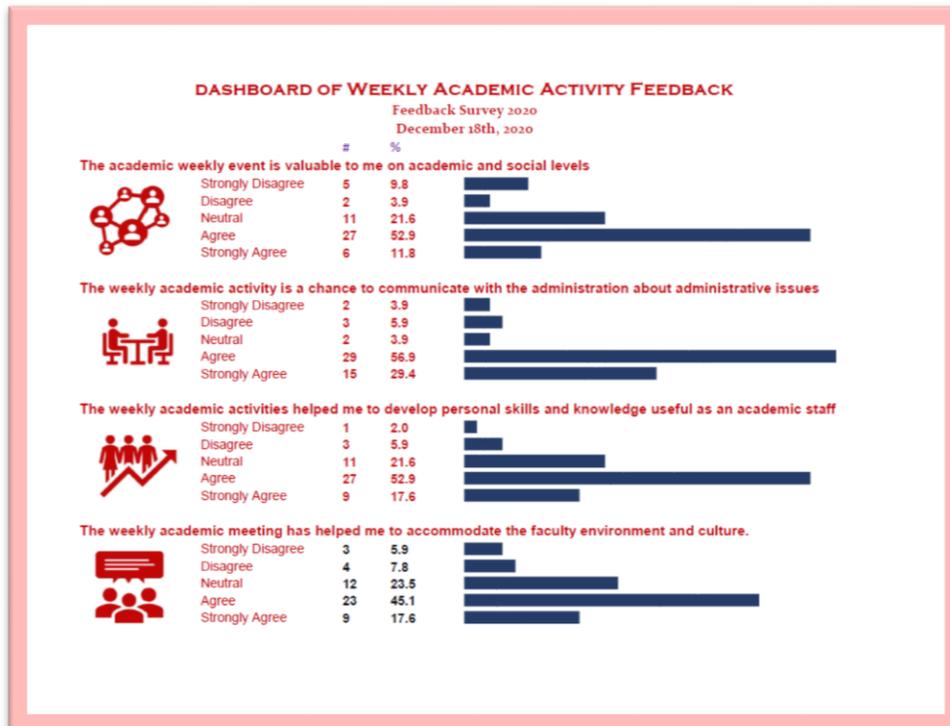
The WAA has been going on for over 4 years. The **CME Unit** has been working with the **Vice Deanship of Quality and Development** and the **Deanship** in improving the WAA based on feedbacks, suggestions, expert opinion and literature review. The “Growth mindset” approach is undertaken, believing that intelligence and talent are just a starting point and that there is always scope for improvement.

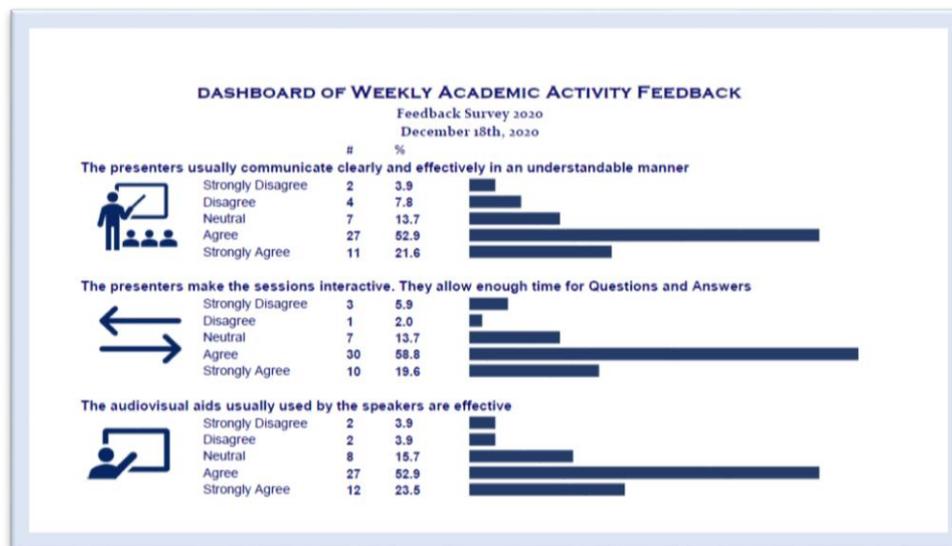
FEEDBACK 2020

The WAA Feedback 2020 was conducted online using google forms. The link to the form was sent by email on December 9th to all Faculty members. They were also informed in

the WAA on December 9th, 2020. A second and final reminder was sent on December 12th by WhatsApp and email. Anonymity of the participants was maintained

A total of 51(58.6%) Faculty members responded to the survey. A 5-point Likert scale was used to specify the level of agreement to a set of 10 statements. The five points were: (1) Strongly Disagree; (2) Disagree; (3) Neutral; (4) Agree; (5) Strongly Agree.





Weekly Academic Activity
Continued Medical Education Unit

" The Use of Face Mask: Merits & Demerits"

Dr. Thomas Antony Thaniyath
Assistant Professor
Department of Pharmacology
Faculty of Medicine, University of Tabuk

[Click Here](#) 1 PM – 2 PM 23rd of Dec- WED

For inquiries: Dr. Md. Tanveer Raza, Head, Continued Medical Education Committee,
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Designed by: Khalid Alomari-Editor, MedEdu, Tabuk

Faculty of Medicine

دعوة

Weekly Academic Activity
Continued Medical Education Unit

" The use of virtual pathology lab in teaching medical students"

Dr. Walid Shaaban
Associate professor
Supervisor of Pathology Department)

[Click Here](#) 1 PM – 2 PM 23rd of Dec- WED

For inquiries: Dr. Md. Tanveer Raza, Head, Continued Medical Education Committee,
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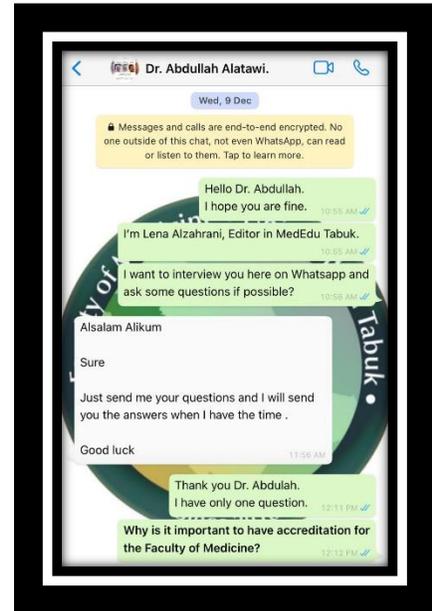
Designed by: Khalid Alomari-Editor, MedEdu, Tabuk

Faculty of Medicine

دعوة



Lena Alzahrani, Editor MedEdu Tabuks' WhatsApp Chat with Dr. Abdullah Alatawi, Vice Dean Quality and Development, Faculty of Medicine, University of Tabuk



QUESTION: WHY IS THE FACULTY OF MEDICINE WORKING TOWARDS OBTAINING ACADEMIC ACCREDITATION?

Accreditation is the action or process of officially recognizing someone as having a particular status or being qualified to perform a particular activity "definition". Philosophically, the need of recognition of one's status has been impeded in the instinct of mankind throughout history, the need to be recognized and accepted on so many different aspects of our lives. We as individuals go through life seeking accreditation by approval of others and progress to further milestones carrying degrees that are recognized by the world we live in. A medical student for example, is someone who gained scientific accreditation as growing up passing through primary, intermediate and then high schools that are recognized and accredited by the Saudi universities, under the umbrella of the ministry of education, in order to be allowed to register as a university student. If a student who has finished a school education outside the kingdom of Saudi Arabia wants to apply for a Saudi University, then a step must be taken to match the certificates of the student with the national requirement to be credited as acceptable or non-acceptable according to the Saudi standards of education designed by the ministry of education. The process of accreditation continues in a similar manner after university life where graduates seek employment or higher education in their field of specialty. The globe has become an open opportunity for scholarships and employment beyond our borders, so in order to be scientifically recognized and professionally approved the scientific degree must meet the international standards of quality and



recognized as similar to other degrees obtained from similar educational institutions in the world. So we can see clearly how important accreditation is and how it can affect our future and personal growth. The faculty of medicine at the university of Tabuk realized this significant aspect of its MBBS program and out of responsibility towards its students and its community it has started the process of obtaining the academic accreditation from the National Commission for Academic Accreditation and Assessment (NCAAA) which is recognized internationally as an accrediting body for higher education in the kingdom of Saudi Arabia and therefore its accreditation is considered valuable and essential for graduates of Saudi universities seeking higher education abroad. For instance, in the United States of America, The World Federation for Medical Education (WFME) is an agency that play a major role in evaluation of international programs for MBBS degree and sets the internationally-accepted criteria for accreditation. For physicians seeking higher education in the USA their MBBS degree must be from an accredited faculty that meets the requirements of the WFME.

In addition to the benefit of having an accredited degree for graduates, the accreditation process itself improves the overall experience for undergraduate students as here are some examples of the benefits that leads to improvement of the teaching process:

- Better identify the strengths and weaknesses of the faculty and determine areas for improvement.
- Document the capacity to deliver the 3 core functions of the program as stated in the vision of the faculty (medical education, scientific medical research and community service)
- Promote transparency
- Improve the management processes
- Stimulate quality improvement and performance management
- Increase the accountability to community members, stakeholders, and policymakers
- Be more competitive in funding opportunities.

The faculty of medicine in Tabuk university has written a contract with its students to obtain academic accreditation in form of an initiative in its strategic plan that is set for achievement with the help of its students, faculty members, graduates and their employers from allies in teaching from local hospitals, sister faculties from the university of Tabuk and from the local community, all of you are partners in success and stakeholders in the future of our faculty and its accreditation.



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«ريح الأيام»

وصل بي الحال أن أضيع عن بعضي
وأتوه عن تفاصيلي..
لأنني أعيش داخل سجن أنيق
على تصدعات جدرانها أحوال متقلبة
عن ريح الأيام
أحوال جعلتني
بلا تاريخ..
بلا حضارة..
بلا كيان..
أحوال جعلت مني
كأم تبحث عن ابن فقدته
بلا أمل اللقاء..



BY : MARMAH ALFAIFI

«طاعة الأيام»

لا أظن أن اليوم سيختلف عن الأمس كثيرا
ولا الغد سيكون خارجا عن طاعة الأيام
فالأيام بدت تظهر لي :
وكانها سلاسل خرز في إحدى عقود المؤلف
التي لا خروج فيها عن الاعتيادية
لا مفاجآت..
الا لحظات مصيرية
لا تجرؤ على محاولة المحاولة
الجميع مؤمنون بالمحاولة الأولى
ولا يريدون سوى إعادتها..



BY : MARMAH ALFAIFI

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سرمدِي

شاعرٌ في قصيدة ضائعة

لا أعرف طريقاً للكتابة ولا أعرف ظمي
ولا أعرف السكينة في الكتب ولا أعرف حروفي جيداً ... ولا أوراقي الضائعة
لا أعرف مكان اختبئي به وأكتب ... ولا أعرف نوع قهوتي حين أكتب
كل ما أعرفه إنني شاعر في قصيدة ضائعة .

غصّة

حين تتلصق ذكرياتك الجميلة دون أن تفعل شيئاً وتتألم من أجلها ، حينها تعلم كيف تخفي
مواجعك
عليك أن تخبيء خذلانك .. تعلم كيف تعيش لحظاتك المرة ..
عليك أن تصارع وجعك .. عليك أن تعيش دون ذلك الشخص الذي اعتدت عليه
عليك أن تتعلم أن التعم لاتدوم ... عليك أن تتعلم كيف لا تسقط ليلاً مكسوراً



زويداً

كُن أنت فرحها .. تلك الصغيرة تراك غيمة وسط السماء .. تراك نجمة تضيء في عينها
أنت أمانيتها وأحلامها وأمنياتها .. أنت نورها الصافي وظلها الدافئ
أنت لحنها الشادي وصوتها الناعم.

كذبة أبريل

رحل وعاش بموت بطيء .. أخفي وجعاً ألمه كثيراً .. حاول أن يتناسى
حاول أن يعيش بلا بكاء .. حاول أن يخبيء حياته البائسة
يعود إلى فراشه كي تمثليء وسادته بالدموع .. حاول أن ينام ليلاً
حين ينام يعيش في مدينة تكسوها الخيبات .. يسأل نفسه ايقال عني ويتم ؟
استيقظ في ساعة متأخرة من الليل يقول لعلها تكون كذبة أبريل .



PANDEMIC THOUGHTS

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There are a lot of reasons that we need to be concerned about during this COVID-19 crisis but safety of ourselves and love one's are our first inclination. As you can see it is not about us and our family it is about what we can do during this situation. Everyone has been affected by COVID-19 such as jobs, education, healthcare, lifestyle and prices. What did really happen during this past few months being in home quarantine with restrictions of movements limited only to acquiring personal needs to the confines of nearby grocery stores and pharmacy.

Given so much time in our hands during that period, what could we have done?

Definitely a lot of things have come in to mind and a lot have concepts have risen [Table]

All you have to do is choose which one would better suit you. But in these cases, most would choose entertainment thinking that these are stressful times. Because entertainment takes them away from reality and places them in a fantasy that promotes relaxation and stress-free feeling but, nonetheless a less productive stance. This situation happens because majority is not aware or in denial about the global impact COVID-19. It affected many people: many lost a family member/s; some lost their jobs; businesses have closed; stock markets have crashed. Whether we like it or not our lives have changed in many ways. It is all up to us how are we going to embrace these changes. Maybe some will say that we have to remain positive, some would say it's the way of life and others will remain unaffected. The main thought should be placed on how to adjust in this realistic situation?

In order to survive we need to make re-adjustment in our lifestyle. We need to be productive and contribute to the losses. We need to be creative to create jobs. We would need to re-educate ourselves with new courses and trainings to be competitive with the changing job markers and also to develop online businesses that could sustain us financially. Let us all remember this crisis; we should learn from it and rise above it. **Stay safe and be resilient.**

1. Online education
2. Online businesses
3. Online financial literacy
4. Online shopping
5. Online streaming
6. Online gaming