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IN AND AROUND TABUK

1,700 feet above sea level in Al Ula, Tabuk. A drive up the mountain will give you a wonderful view of Al Ula and its adjacent areas - Dr. Tanveer Raza



MedEdu Tabuk

Weekly Newsletter

Department of Medical Education, Faculty of Medicine, University of Tabuk

We are only 43% human

Message From the Editor- Dr. Tanveer Raza

According to an article in BBC Health, Human cells make up only 43% of the body's total cell count. The rest – our microbiome - is made up of microscopic colonists that include bacteria, viruses, fungi and archaea. This can influence our understanding of diseases and treatment.



Today's article by Dr. Laila Ahmed Albishi may be cited like this: Albishi LA. (2018, April 11) The first year as a Doctor: The Opportunity to prove yourself. MedEdu Tabuk, 2(17). 2-3.

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THE FIRST YEAR AS A DOCTOR: THE OPPORTUNITY TO PROVE YOURSELF

Dr. Laila Ahmed Albishi

MMBS, DCH, CABP, PGD (Endocrinology, Obesity. UK)

Dr. Albishi is Vice Dean of The Faculty of Medicine. She is Assistant Professor Pediatric Endocrinologist and can be contacted by email: lalbishi@ut.edu.sa

Internship year is the transition from a medical student to a real physician stage where the decisions become yours to make and the actions are yours to take. The first year following graduation from medical school is ideally a hospital job that involves the interns as junior members of hierarchical medical teams. Their working status necessitates them to play multiple roles simultaneously, including a doctor, subordinate team member, learner, and hospital employee, most of such demands create life challenges.

In addition, it is an important period in a doctor's career in which many skills are learned and the acquired knowledge and skills are consolidated. During this period the interns apply promptly their communication and clinical skills. This requires time, patience and commitment, which are all essential ingredients for practical perfection.

Knowing the fact that the most exciting milestone after medical school is the moment you are officially called a "doctor" and irrespective to what would be your specialty choice, later on, an intern year is unanimously considered to be the toughest of your post-graduate training.

House-officers everywhere face daunting workloads, long hours, and the intimidating learning curve that comes with intern year training.

It is crucial 'in addition to medical knowledge' to follow the hospital policies and procedures (PPGs), learn medical recording systems, manage patients as safe as you can in the inpatient as well as out-patient setting, and involve yourself in teaching, presentations, and workshops. The aforementioned list should be highly selective to target your program goals and objectives. However, certain broad themes apply to prove yourself are always a good start.

Training physicians' journey is a long, effortful process; therefore, it is important to think deeply about your career choice to have the best opportunity for successful future. This further encourages our students to seek authentic

exposure to medicine before graduation. By doing so, some potential applicants may also pick their specialty choice even earlier.

Internship Hospital Rotations

Medicine	Surgery	Pediatrics	Obstetrics & Gynecology	Emergency	Elective
2 month	2 month	2 month	2 month	2 month	2 month

The Take-Home Message... Self-Experience

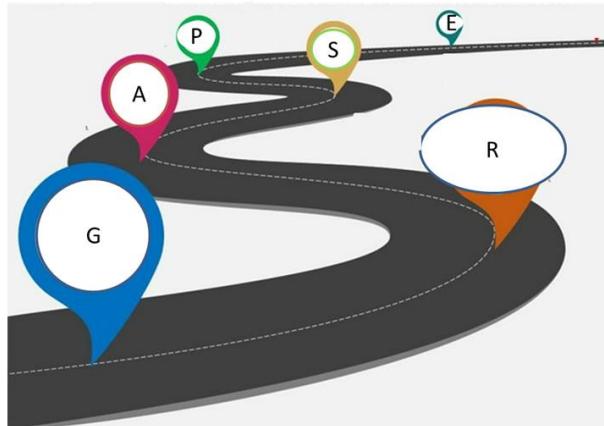
In spite that it was not an easy year, it was the most rewarding experience in my life.

With utmost respect, the routine works of patients' clerking's, taking medical histories; asking strangers the most critical questions and considering the privacy of each patient impacted my futures with uncounted positive rewards. Remember, among all the noise you live in the hospital, your patient is the most important person. In a moment you relive a patient's pain, suffer, or discomfort, it is a privilege. Besides the frequent clerking, running between serious cases, I found my-self enjoying other life activities such as eating, drinking, praying, sleeping, etc.

I believe in drawing a road-map at the back of your mind that may point out important principles required in this year. (Figure below).

THE "GRASPE" ROAD-MAP

- Get Help
- Respect Others
- Apply knowledge
- Share Teamwork
- Plan your Career
- Enjoy your Life.



Saudi Commission For Health Specialties Career program: Important Links

- The SMLE test.
<https://www.scfhs.org.sa/examinations/TrainingExams/OverallEntranceExam/Documents/SMLE%20%28Finalized%29.pdf>.
- The residency programs.
<http://www.scfhs.org.sa/en/Media/OtherPublications/Documents/Medical%20Specialty%20Selection%20Guide.pdf>.
- Professionalism and Ethics for Residents
<https://www.scfhs.org.sa/en/Media/OtherPublications/Documents/Professionalism%20and%20Ethics%20Handbook%20for%20Residents.pdf>

Exam Invigilation Schedule 15/04/2018 - 19/04/2018



Dr. Zubair Mohammad & Dr. Ahmed Masaik

Date	Module	Main Invigilators	Reserve Invigilators	Time	Venue
15/04/2018	Medical Terminology (Preparatory Year)	Dr. Ayman Faisal Mr. Mahmood Alfaifi	Dr. Tarek Kabil	11:30 AM-12:30 PM	PBL 2
		Dr. Tayseer Abdullah Mr. Muneef Alfageer			PBL 3
16/04/2018	Family Medicine (Final)	Dr. Tarek Maghrabi Dr. Habes Bazour	Dr. Majid Nashar	10:00AM – 12:00 Noon	PBL 2
		Dr. Saif Al Yazal Dr. Nahed Alawneh			PBL 3

STUDENT SECTION: MEET OUR FEMALE STUDENT EDITORS

Altoairqi Lamis Majed: 5th year medical student, Faculty of Medicine, University of Tabuk

I am Altoairqi Lamis Majed, a 5th year medical student at the University of Tabuk. Beside loving being a future Doctor, I am interested in being a professional writer. I have been working in a local newspaper and I like volunteer work, especially if it is related to handicapped people and children. I truly believe in woman's power and their capability to be a Role Model in various fields. I believe in women having all her rights in the community. Writing can help us to establish this. This is a perfect way to make our voice's heard

Al Johany Ohoud Sulaiman: 3rd year medical student, Faculty of Medicine, University of Tabuk

"I am Al Johany Ohoud Sulaiman, 3rd year medical student at University of Tabuk, Tabuk, Kingdom of Saudi Arabia .The world isn't always a happy place. I've been always the one who searched for things like happiness. I observe people, read messages and then I write about those special experiences in my life .I keep wondering, when people ask me about how writers feel when they express their feelings? Actually, I'm not an artist but I just close my eyes and then the words come falling down like rain, not knowing what and how it happened. After that I read all of it with my heart, bringing me immense joy and pleasure. This is how I feel .This is when the writing touches my soul .This is when I am happy."

Rawabi Naif AlSubaie: 2nd year medical student, Faculty of Medicine, University of Tabuk

"I am Rawabi Naif AlSubaie, a second year medical student at the University of Tabuk. I always intended to be an active, helpful member of the community that I am a part of. And what triggers me to be a part of the Editorial board is my faith in our University. I believe that our University have changed lately, and people need to see that effort. And everything can be even better by working together and believing in each other !!!"

Academic Affairs arrangement for Next Week



Prof Magdy M. ElShamy

For Female Section:

- ❖ **Family Medicine Module: 6th year, Final MCQs Exam** on Monday, 16/4/2018
- ❖ **Family Medicine Module: 4th year, OSPE** on Monday, 16/4/2018
- ❖ **Critical Care Module: 6th Year**, Starts on Tuesday, 17/4/2018
- ❖ **English 2 (ELS 007) Medical Terminology: Preparatory year, Second Periodic Exam** on Sunday 15/4/2018.

For Male Section:

- ❖ **Family Medicine Module: 6th year, Final MCQs Exam** on Monday, 16/4/2018
- ❖ **Family Medicine Module: 6th year, OSPE** on Monday, 16/4/2018
- ❖ **Critical Care Module: 6th Year**, Starts on Tuesday, 17/4/2018
- ❖ **English 2 (ELS 007) Medical Terminology: Preparatory year, Second Periodic Exam** on Sunday 15/4/2018.

UPCOMING ACTIVITY

Wednesday 18th April 1pm -3pm: [Weekly Academic Activity](#)

Ethical Priority in Public Health

Dr. Mohammad Mominul Islam

MPH, MSc. IC (Essex- In progress)
Ex-Head, and Consultant (privileged) for-
Department of Public Health (PH) and
Department of Infection Prevention & Control (IPC)
Chairperson, Infection Prevention and Control Committee
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According to Cambridge dictionary (Anon, 2018), ethics means, 'a system of accepted beliefs that control behaviour, especially such a system based on morals'. So in simple words, ethics means what is morally correct or not. Public health services are focused on people in the community. Its goals are collective in approach. So the ethical priority of public health aims at improving the health people in the community by restricting some individual autonomy which has paternalistic attributes (Buchanan, 2008: 15).

Public health ethics got its foundation in the ruling of 'Jacobson v Massachusetts (1905), where the defence noted, 'The liberty... not import an absolute right in each person to be at all times, and in all circumstances, wholly freed from restraint'. Vaccination had been enforced through this ruling. So, for the greater interest of the public health, State law may be enforced on individuals depriving their right to autonomy. Supplanting individual's decision at times have utilitarian benefits.

Examples of some unhealthy behaviour include- use of seat belt and helmet (Buchanan, 2008: 16). Enforcing law to use them is for the sake of the individuals. Increasing the autonomy of individual do promote health (Buchanan, 2008: 17). Over restriction is not always acceptable, so does the act of coercion. Thus the ethical question arises on autonomy and liberty (Buchanan, 2008: 17). Addressing social inequality is very important to prevent negative impact on health promotion (Buchanan, 2008: 19).

Reference:

Buchanan DR (2008) Autonomy, Paternalism, and Justice: Ethical Priorities in Public Health. *American Journal Of Public Health*, 98 (1): 15-21. Online at EBSCO via the Essex University elibrary at <http://0web.a.ebscohost.com.serlib0.essex.ac.uk/ehost/pdfviewer/pdfviewer?vid=12&sid=1f6d59b8-1375-4837-a6b9-1a9c4804908a%40sessionmgr4006> [Accessed 9 March 2018]

Cambridge dictionary (Anon, 2018) Meaning of ethic in the English Dictionary. Online at <https://dictionary.cambridge.org/dictionary/english/ethic> [Accessed 9 March 2018]

Jacobson v Massachusetts [1905] 197 U.S. 11. Online at <https://supreme.justia.com/cases/federal/us/197/11/case.html> [Accessed 9 March 2018]