



November 29, 2017  
Volume 2; Issue 2

## In an Around Tabuk



### Omar bin Al-Kattab Mosque

Dumah Al Jandal. (4hours drive from University of Tabuk).

The mosque built by the order of the eponymous caliph Omar, has one of the oldest minarets in Islamic history

#### Editors

Dr. Tanveer Raza.  
Prof. M. Ihab Eldin Mostafa  
Contact  
Phone: 0537251324  
Email: traza@ut.edu.sa



# MedEdu Tabuk

## Weekly Newsletter

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

### ACADEMIC ADVISING



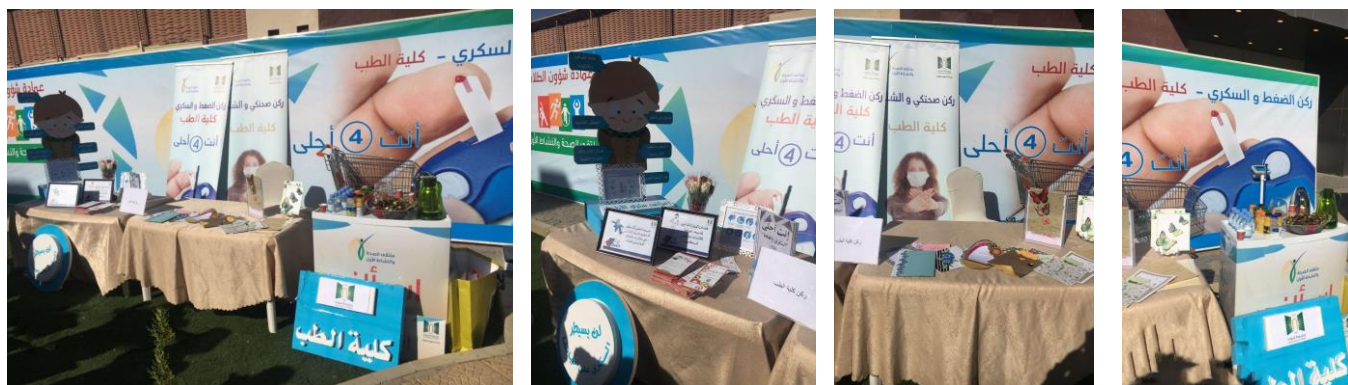
Sketch by Mohammad Saad, 4<sup>th</sup> Year

### Dr. Tanveer Raza

The Faculty of Medicine, University of Tabuk is committed to assist its' students in achieving their full potential. Excellent academic programs cannot accomplish their desired goals if the students are not properly guided and counseled. With this goal in mind, the Faculty of Medicine has the "Academic Advising" program. The primary goal is to assist the students in identifying and achieving their educational, personal, and career goals. It helps them develop as a self-directed learner, explore resources and assist in getting the most during their

stay at the University. In fact, students who frequently meet their advisors and go well prepared gain more. Advisors on the other hand obtain a sense of accomplishment from Advising. The relationship between an Advisor and the Advisee can take many forms. Academic Advising is a continuous and consistent process. The success of this program is based on a good working relationship between the Advisor (Faculty) and Advisee (Student). This requires frequent, accumulated personal contacts between advisor and advisee. Both the advisor and the student share the responsibility of actively participating in the process of academic advisement.

## The Commemorative Day of Diabetes



### Dr. Hyder Mirghani, Department of Internal Medicine

The Faculty of Medicine represented by the student's affairs in collaboration with the Health Colleges has participated in the Diabetes week organized by the Deanship of the students affairs. The honor of the week the Rector Prof. Abdullah Bin Meferih Alziyabi and the Dean of Academic Affairs. The activities were under the guidance and continuous supervision of the College Dean Dr. Mari Alamri. Medical students from different classes conducted health education (one-on- one interviews) to increase other students awareness of the highly prevalent diabetes mellitus. Information on a friendly healthier diet and the importance of lifestyle modifications including daily exercise and smoking quitting were given in order to prevent type 2 diabetes. Furthermore, the students measured the diabetes risk score under the supervision of Dr. Abdulmoneam Saleh, Assistant Prof. of Family Medicine, and Dr. Hyder Mirghani, Assistant Prof. of Internal Medicine, Endocrine, & Metabolism. Other services like blood glucose estimation and feedback with the advice for further investigations were also provided in case of high blood glucose. A lecture on diabetes updates was delivered by Dr. Mirghani during the endless educational activities of the College. The females medical students are to participate in the same this week. Feedback was given to the Dean and those concerned for a better service in this week and the future commemorative days.

## Academic Affairs arrangement for Next Week

**Prof Magdy M. ElShamy**

### For Female Section:

- **Surgery & Subspecialties:** Final MCQs Exam on Monday 4/12/2017 and OSCE on Thursday 7/12/2017
- **Obstetrics & Gynecology:** Final MCQs Exam and OSPE on Sunday (3/12/2017) and **OSCE** on Tuesday (5/12/2017)
- **Community Medicine:** Mid-Module Exam on Sunday 3/12/2017
- **Respiratory System Module:** Final MCQs Exam on Monday 4/12/2017
- **Respiratory System Module:** OSPE on Tuesday 5/12/2017
- **Urinary System Module :** Starts on Tuesday 5/12/2017
- **Normal Human Morphology I (NHM I) Module:** OSPE on Thursday 7/12/2017
- **English 1 (ELS 006):** Second Periodic Exam for preparatory year on Sunday (3/12/2017)
- **English 1 (ELS 006):** Second Periodic Exam for preparatory year on Monday (4/12/2017)
- **Biology (BIO 101):** Second Periodic Exam for preparatory year on Tuesday (4/12/2017)
- **Learning and Thinking Skills (LTS 001):** Second Periodic Exam for preparatory year on Wednesday (5/12/2017)

### For Male Section:

- **Medicine & Subspecialties:** Final MCQs Exam and OSPE on Sunday (3/12/2017) & OSCE from Monday to Thursday
- **Pediatrics:** Final MCQs Exam and OSPE on Sunday (3/12/2017) & OSCE on Wednesday
- **Community Medicine:** Mid-Module Exam on Sunday 3/12/2017
- **Respiratory System Module:** Final MCQs Exam on Monday 4/12/2017
- **Respiratory System Module: OSPE** on Tuesday 5/12/2017
- **Urinary System Module :** Starts on Tuesday 5/12/2017
- **Normal Human Morphology I (NHM I) Module:** OSPE on Thursday 7/12/2017
- **Biology (BIO 101):** Second Periodic Exam for preparatory year on Sunday (3/12/2017)

## **FACULTY DEVELOPMENT PROGRAM: Team Based Learning**

### **Referred by Dr. Badr Alsayed, Department of Internal Medicine**

There is increased interest towards teaching methodology that encourage higher-order thinking. The dramatic rise in studies on Team Based Learning (TBL) is likely indicative of the growing interest in moving health profession education away from strict memorization of didactic material and toward active learning and critical thinking. TBL is “a particular instructional strategy that is designed to (a) support the development of high performance learning teams and (b) provide opportunities for these teams to engage in significant learning tasks”. It is based on four essential principles: “Groups must be properly formed and managed; students must be made accountable for their individual and group work; group assignments must promote both learning and team development; and students must have frequent and timely performance feedback”. In practice, TBL consists of three distinct phases: (1) a preparation assignment prior to the in-person session, such as a reading or video, (2) individual and group readiness assurance tests (iRAT and gRAT, respectively) consisting of the same multiple choice questions that are aligned with the content in the preparation assignment, and (3) a group application activity that requires students to apply the material from the preparation assignment to a “real world” scenario. The purpose of this review is to summarize the published literature on team-based learning in health professions education (HPE) using Michaelsen’s conceptual framework in order to identify gaps that can guide future research on the TBL method. Link to article [Reimsschisel et al](#)

## **READER’S CORNER: Protective Effect of Cleome Viscosa In Elastase-Induced Copd In Albino Rats**

### **Dr. Badr Alsayed Department of Internal Medicine**

### **Dr. Mohamed Ehab Al-din Mostafa Department of Anatomy**

Chronic obstructive pulmonary disease (COPD) is a term that refers to a large group of lung diseases characterized by the obstruction of air flow that interferes with normal breathing. COPD is a major cause of morbidity and mortality worldwide. The main risk factor for the development and progression of COPD is cigarette smoking. Elastase-induced COPD is an interesting, low-cost approach, since a single administration may rapidly result in histological and morphological characteristics comparable with those of panacinar emphysema. Cleome viscosa (Cl V) is widely distributed throughout northern and southern Hijaz, Saudi Arabia, especially in Tabuk and is known as Om-Hanif. Traditionally, this plant is used in diarrhea, fever, inflammation, liver diseases, bronchitis, skin diseases, and malarial fever. To date, only few studies explored the cleome viscosa as a protective agent against COPD. The aim of the present work is to study the histological changes of the lung of rats after induced COPD. It is also aimed to detect the possible protective effect of CL V when given before onset of COPD by assessing its effects on the degree

of inflammation visualized by immunohistochemistry. In conclusion, CI V preserved the normal histological architecture of the lung and minimized the manifestations of COPD induced experimentally by administration of elastase. This beneficial effect of CI V was mostly related to its antioxidant and anti-inflammatory properties. Cleome Viscosa proved to be both effective and safe. The results of the present investigation may trigger an interest in using CI V to prevent COPD in high risk individuals. Link to article [CI V in COPD](#)