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In and Around Tabuk



AIDisah Valley, Tabuk

A good and nice place not far from Tabuk city, around one hour by car.

Dr. Abdulkoneam
Saleh

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MedEdu Tabuk

Weekly Newsletter

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

25 *issues later*

Message From the Editor

"**MedEdu Tabuk**" is the weekly newsletter from the Department of Medical Education, Faculty of Medicine, University of Tabuk. It has been and still a great pleasure and a rewarding experience to serve as the Founding Editor. Editorial obligations are not a simple task and is time consuming, particularly when it is being done weekly and yet today we have published 25 issues. I hope you have enjoyed and benefited from the newsletters at least as much as I did.



"**MedEdu Tabuk**" published in PDF format and distributed via email was first sent on 10th November 2016. Twenty-five issues later, it is now in the second year. The objective is to make it the cornerstone of our faculty communication tool. To achieve this, the newsletter had to be versatile, relevant, functional and reliable. The versatile attribute permitted ad-libbing to its contents and look making the newsletter more appealing for its targeted audience.

The objective of the newsletter is to celebrate the successes of the Faculty. It aims to inform about the initiatives, activities and accomplishments. As "**MedEdu Tabuk**" enters the next stage, we are in the process of developing an Editorial Board with dedicated individuals. Prof M. Ihab Mostafa has already joined the team from the beginning of this year bringing in much change.

I would like to express my gratitude to the **Dean, Dr. Marai M. Alamri** for his support and interest in making the newsletter a success. He has initiated certain measures that will help "**MedEdu Tabuk**" develop further. I would like to appreciate the erstwhile **Dean, Dr. Badr Alsayed** in supporting the newsletter at its early stages. Thanks to **Prof. Magdy ElShamy** for providing activities of the Academic Affairs every week. Finally, I would like to thank all my colleagues for their support and feedback in making "**MedEdu Tabuk**" what it is today.

With regards
Dr. Md. Tanveer Raza

The Commemorative Day of COPD: Highlights in the Epidemiology of Chronic Obstructive Pulmonary Disease

Dr. Ahmad AbdulAzeem Abdullah Omer

Dr Fakhralddin Abbas Mohammed Elfakki

Chronic Obstructive Pulmonary Disease (COPD) is a progressive life threatening lung disease characterized by breathlessness that caused by exposure to tobacco smoke and environmental and occupational pollution; clinically, emphysema and chronic bronchitis mainly represent COPD. There are 251 million reported cases globally in 2016 and 3.17 million deaths caused by the disease in 2015 (5% of global death rate) (WHO, 2017). Prevalence is higher in men; however, the incidence is rising among women due to increased exposure to tobacco smoking and indoor pollution.

Morbidity and mortality is overwhelming as there is 200 000 to 300 000 annual death rate worldwide. The global burden of the disease is escalating due to rising smoking habits and ageing population along with reduced awareness and funds to combat the disease. Comorbidities are frequent in patient with COPD, due to associated chronic inflammatory state. Unfortunately, it affect patient quality of life, increase exacerbations and might lead to death.

Although the exact figures are not known, in Saudi Arabia the prevalence ranged between 2.4 & 22% as stated by Wali, S. O., et. al (2014) and Al Ghobain, M, et. al (2011) respectively. In fact, patients are at an increase risk of hospitalization and death due to frequent use of corticosteroids.

COPD is preventable and treatable disease particularly at an early stage. Thus, a multi sectoral and inter sectoral collaboration to address the disease is crucial.

Academic Affairs arrangement for Next Week

Prof Magdy M. ElShamy

For Female Section:

- **Normal Human Morphology II (NHM II) Module:** Final Exam on Sunday 17/12/2017
- **Abnormal Human Morphology I (AHM I) Module (Microbiology & Pharmacology):** 2nd Year, Starts on Monday 18/12/2017
- **Abnormal Human Morphology II (AHM II) Module (Pathology & Biochemistry):** 2nd Year, Starts on Monday 18/12/2017

For Male Section:

- **Normal Human Morphology II (NHM II) Module:** Final Exam on Sunday 17/12/2017
- **Abnormal Human Morphology I (AHM I) Module (Microbiology & Pharmacology):** 2nd Year, Starts on Monday 18/12/2017
- **Abnormal Human Morphology II (AHM II) Module (Pathology & Biochemistry):** 2nd Year, Starts on Monday 18/12/2017

Exam Invigilation Schedule 17/12/2017-21/12/2017

Dr. Zubair Mohammed

| Date | Module | Invigilators | Time | Venue |
|------------|---------------|---|-------|-------------------|
| 17/12/2017 | NHM II | Dr. Hisham Khairy Dr. Tarek Kabil Mr. Muneef Alfageer | 10-12 | Central Exam Hall |

READER'S CORNER: Radiation awareness among sixth-year medical students and interns at University of Tabuk, Saudi_Arabia

Dr. Abdalmoneam Ahmad Jabir Saleh

Dr. Hyder Osman Mirghani

Our study demonstrated that medical students worldwide have a shortage of knowledge about ionizing radiation, radiation safety and protection, a fact that can also be seen in our research results. With relation to this, we can say that this gap in knowledge should be taken into consideration when designing undergraduate curriculum. The overall results revealed that the unexpected findings regarding student knowledge of many of the core principles of radiation protection were interpreted as being due to a lack of formal focused teaching/instruction in radiation protection. Consequently, our results recommended that radiological protection should be taught as a priority to improve students' knowledge and additional lecture in radiation protection and ionizing radiation must be provided for students to enhance their medical knowledge. [Link to article](#)