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# MedEdu Tabuk

## Weekly Newsletter

Faculty of Medicine, University of Tabuk

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| <b>الإرشاد الأكاديمي- (الرعاية الطلابية)</b> - Dr. Marai M Alamri, Dean, Faculty of Medicine, University of Tabuk | Page 2 |
| <b>Message-</b> Dr. Hamad S. Al Amer, Dean of Faculty of Applied Medical Sciences, University of Tabuk            | Page 3 |

## FACULTY OF APPLIED MEDICAL SCIENCE

## FACULTY OF PHARMACY

### Message From the Editor- Dr. Tanveer Raza

Welcome to the new academic year. It also marks the beginning of the third volume of MedEdu Tabuk. This is the 44<sup>th</sup> issue of our newsletter. With the new year, our newsletter has achieved new milestones.



Thanks to efforts of the **Dr. Marai M. Alamri** Dean Faculty of Medicine, **Dr. Hamad Salem Al Amer**, Dean of Faculty of Applied Medical Science (FAMS), **Dr. Alaa Abdullah Bagalagel** Dean of Pharmacy and our dedicated Editorial team including students we are adding colleagues and students from the Faculty of Pharmacy and Faculty of Applied Medical Science. We look forward to their contributions. Thank you for your continuous support.

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## الإرشاد الأكاديمي (الرعاية الطلابية) - Academic Advising

**Dr. Marai M Alamri**

Dean of Medicine

Faculty of Medicine- University of Tabuk



يعد الإرشاد والتوجيه الأكاديمي (الرعاية الطلابية) من العمليات التربوية بالغة الأهمية وذات التأثير الفاعل وال مباشر على التحصيل العلمي والأكاديمي للطلاب حيث يتم الاعتماد عليها بقوه لتمكين الطلاب من التكيف النفسي والأكاديمي وتعزيز الإنتماء الإجتماعي للحياة الجامعية، ونظرًا للخصوصية التي تتمتع بها كلية الطب حيث تختلف نوعية الدراسة فيها كليةً عما اعتاده الطلاب في المراحل الدراسية السابقة فإن التوجيه والإرشاد متطلب وضروري ملحة. وتكمن أهمية التوجيه والإرشاد الأكاديمي في حاجة الطلاب الماسة للمعلومات الكافية والتوجيهات السليمة عن متطلبات الدراسة الجامعية وعن طرق الاستذكار ومصادر الحصول على المعلومات وأيضاً في حل وتنليل الصعوبات الأكاديمية والاجتماعية والنفسية التي يمكن أن تواجه الطالب أثناء مسيرتهم الأكاديمية، وهنا يمكن دور المرشد الأكاديمي إذ أنه مصدر المعلومة وأساس حل الصعوبات التي قد تواجه الطالب خلال مسيرتهم العلمية في الكلية.

وإذ تسعى الكلية من خلال وحدة الإرشاد الأكاديمي (الرعاية الطلابية) إلى تحقيق الأهداف التالية:

- تهيئة الطلاب المستجدين للحياة الجامعية من خلال أسبوع تمهيدي وبرامج توجيهية إرشادية للتعرف بالكلية وأقسامها وكيفية الحصول على الخدمات الطلابية فيها.
- زيادة وعي الطالب برؤية ورسالة وأهداف الكلية والجامعة وأهمية تبنيها والاستفادة من ما تظمنه لهم من دعم علمي ومادي ومعنوي كونهم مدار الاهتمام في العملية التعليمية.
- رفع مستوى الوعي داخل الكلية بما توفره الجامعة من موارد وخدمات لتحسين مستوى الطلبة.
- نشر الوعي باللواحة الأكاديمية وسط الطلاب وكيفية تطبيقها وما يترتب على الإخلال بها.
- توفير الدعم والرعاية والمساعدة الأكاديمية والنفسية الالزمة للطلاب لمساعدتهم على إنجاز دراستهم بكفاءة ومساعدتهم في التغلب على العقبات التي يمكن أن تواجههم.
- تزويد الطلاب بالخبرة والرأي العلمي حول تنظيم أوقاتهم وحسن استثمارها للحصول على أفضل الأساليب في الدراسة والتحصيل الجيد.
- اكتشاف المواهب العلمية والعملية الصاهرة أو الخفية والعمل على رعايتها وتنميتها بتقديم الدعم والارشاد والدورات التخصصية لتعزيزها وصقلها.
- متابعة الطلاب المتفوقين دراسياً وتوجيههم نحو استثمار قدراتهم وإمكاناتهم في المجالات التي تتناسب مع ميولهم واهتماماتهم العلمية.
- توجيه الطلاب المتعثرين دراسياً وإرشادهم والاهتمام بهم ومتابعتهم لرفع مستواهم العلمي ومساعدتهم في التغلب على ما يواجهونه من عقبات.
- مساعدة الطلاب على بناء علاقات اجتماعية إيجابية مع زملائهم وأعضاء هيئة التدريس ومنسوبي الجامعة.
- مساعدة الطلاب على اختيار التخصصات الطبية المناسبة وفقاً لإمكاناتهم واهتماماتهم العلمية واحتياجات سوق العمل.
- توسيعه الطالب بالمخاطر الفكرية والظواهر والسلوكيات السلبية التي قد تؤثر على مسيرته العلمية، واقتراح الحلول المناسبة لتجنبها وعلاجها.

من هذا المنطلق فإن الكلية وعميدتها وكافة أساتذتها ومسنوباتها وإذ يسرهم تقديم هذه الخدمات ويسعون لتحقيق هذه الأهداف ليستحثون أبناءهم وبناتهم طلاب وطالبات الكلية على الاستفادة من خدمات الرعاية والتوجيه والإرشاد الأكاديمي سائلين الله لهم علمًا نافعاً وعملاً متقلاً ومزيداً من التوفيق والتفوق.

### Message from the Dean of the Faculty of Applied Medical Science

#### Dr. Hamad S. Al Amer

Dean of Faculty of Applied Medical Sciences  
University of Tabuk



Dear all

It gives me a great pleasure to welcome you in the first contribution of the Faculty of Applied Medical Sciences (FAMS) in this issue of MedEdu Tabuk. Fortunately, this contribution comes with the beginning the new academic year of 2018/2019.

Therefore, I hope both beginnings to be successful and fruitful, leading to achieve our goal of excellence in medical education. I also take this opportunity to congratulate and welcome all students who have been newly admitted into our university. The Faculty of Applied Medical Sciences (FAMS) was established in 2007. It currently has three different academic departments: Medical Laboratory Technology, Physical Therapy and Nursing. FAMS is looking to be a regional pioneer faculty in education and research. Currently, the faculty is thriving to meet the quality standards of international education in the health professions. Also, the faculty has extensive partnership with local, regional, and international institutions.

We look for MedEdu Tabuk to be a premiere academic journal in medical education and research. We anticipate MedEdu Tabuk, with its related website, to be a unique journal and as dynamic as the work going on in our discipline. With great pride, enthusiasm, and expectation I invite you to read and follow MedEdu Tabuk, and I hope FAMS contributions will be beneficial and interesting to all of readers.

### With Dr. Alaa Abdullah Bagalagel Dean, Faculty of Pharmacy



### Outdoor courtyard for female students of Faculty of Medicine



## MESSAGE FROM FAMS EDITOR

### **Dr. Eltayib Hassan Ahmed**

Faculty of Applied Medical Science  
University of Tabuk



Frist of all happy Aid and new academic year for all; staff members, students and workers.

It is our pleasure to be part of the MedEdu Tabuk newsletter, the different departments of our faculty (medical laboratory technology , nursing and physiotherapy) will participate in issuing this newsletter in alternatively pattern i.e in each week one department will represent the faculty.

The editorial board of MedEdu Tabuk newsletter in FAM involves Dr. Eltayib H Ahmed, Dr. Ali Ahmed, Dr. Mthan and Dr. Mohamed Tariq, We considered MedEdu Tabuk newsletter as corner stone for establishing Tabuk medical Science journal and it is possible with our collaborations.

Let us start .....

## MESSAGE OF THE SUPERVISOR OF PREPARATORY YEAR IN FAMS

### **Dr. Mlik Al Tayar**

Faculty of Applied Medical Science  
University of Tabuk



It is my honor to congratulate the admitted students in Applied Medical Sciences for this academic year 1439/`1440 H, in this year the number of admitted students has increased to be more than 100 students (in male section) compare to about 70 last year.

I hope a fruitful academic life for all with great effort and success.

For submissions

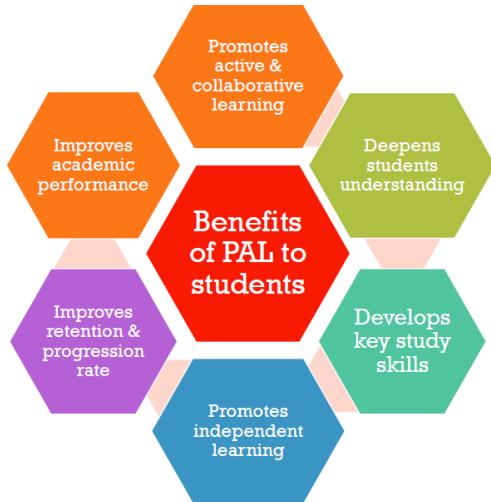
Editorial Office, Faculty of Medicine, University of Tabuk. Email:  
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And Faculty of Pharmacy, University of Tabuk ([pchettiar@ut.edu.sa](mailto:pchettiar@ut.edu.sa))

## Peer Assisted Learning

**Dr. Magdi A. El-Damarawi**  
Associate Professor of Physiology  
Faculty of Medicine  
University of Tabuk

Peer assisted learning (PAL) As Faculty members in college of Medicine we have to offer our students a high quality of education. We should provide them with appropriate knowledge, skills and attitude. To reach our goal we use one of two strategies; teacher centered learning by using traditional lecture or student centered learning by using many innovative strategies as problem based learning, team based learning, puzzle based learning, small group teaching and peer assisted learning (PAL). Peer assisted learning is a collaborative and cooperative learning strategy which offers variety of advantages such as close interaction between tutee and tutor. The tutor may be either a student from the year above or a high performance student while the tutee may be either student(s) from the year below or low performance student(s). The process is completely under the control of the class teacher who determines the groups and supervise them throughout the process. PAL has several key elements; Cooperative learning, highly structured interaction, focus on key grade-level skills and reinforcement of academic behaviors. In PAL, the relationship between the students could facilitate group discussion which may not easily happen in the presence of established faculty staff and formal teaching atmospheres



- In this photo we notice the difference in behavior and attitude of the students in presence (**back table**) and absence of Faculty member (**front table**). Of course they feel free and more comfortable and active in absence of faculty member and formal teaching atmosphere.



- Nowadays, PAL is considered a very effective strategy in many Universities as it has many benefits for the students as it promotes active & collaborative learning, develops key study skills and Improves academic performance.

### SAUDI NATIONAL DAY POEM

**Dr. Mohammed AlRaddadi,**  
MD, UEMS-EBDV, ABHS-DV, MRCP(UK)(SCE Dermatology), ABAMD  
Assistant Professor of Dermatology  
Faculty of Medicine  
University of Tabuk

### يوم الوطن

سُطِّرَتْ حَبَّاً فَنَعَمُ الْحَبَّ يَا وَطَنِي  
الْيَوْمَ تَحْتَفِلُ الدُّنْيَا وَقَدْ طَرِبَتِ  
يَا مَوْطَنِي أَنْتَ لِي كَالرُّوحُ مِنْ جَسْدِي  
يَا مَوْطَنِي أَنْتَ فِي الْعَلَيَاءِ تَسْكُنُهَا  
يَا مَوْطَنِي جَنَّتِي بِالْأَشْعَارِ أَكْتَبُهَا  
لَا شِعْرَ يَوْفِيكَ حَقَّاً أَنْتَ صَاحِبُهَا  
أَصْوَغَ فِيْكَ أَنْشِيْدَا يَرْدِدُهَا  
وَأَنْظَمَ الْحَبَّ فِيْ أَمْجَادِ مَمْلَكَةٍ

عَذْبَ الْقَوَافِيْ كَرِيمَ الْمَجَدِ وَالرَّتَبِ  
فَمَا عَسَى أَنْ سَأَلَتِ الْيَوْمَ أَنْ تُجْبِيْ  
وَأَنْتَ حَرِيْتِي مِنْ سَالِفِ الْحَقَبِ  
تَرَهُو وَتَسْمُو بِكَ الْعَلَيَاءِ فِي عَجَبِ  
بِالْقَلْبِ بِالرُّوحِ بِالشَّرِيْانِ وَالْعَصْبِ  
وَلَا الْكَتَابَاتِ مِنْ نَظَمِ وَمِنْ خَطَبِ  
فَمِنْ الزَّمَانِ بِلْحِنِ سَاحِرِ رَطَبِ  
أَرْضِ الْمَفَافِرِ وَالْتَّارِيْخِ لِلْعَرَبِ

د. محمد عليه مسلم الردادي  
كلية الطب - جامعة تبوك

## Congratulations to our colleague Dr. Mohammad Shawir !!!

### **Dr. Mohammad Abulqadir Khidir shawir**

Assistant Professor- Department of Surgery  
Faculty of Medicine, University of Tabuk

I have been selected as an international, external examiner for the Royal College of Surgeons (Ireland) participating in all international clinical examinations all around the world. The Royal College of Surgeons (Ireland) based in Dublin has been established in 1784 as reputed college concerned with training and educating surgeon all around the world. I would like to thank all those who supported his application to the Royal College of Surgeons in Ireland. Appreciation to:

- Dr Ibrahim Al Tedlawi Al blewi
- Dr. Marai M. Alamri
- Dr Al Bara Al Tewjerri
- Dr Mohammad Suliman Tayfour
- Dr Ezzat Ezzat Jaber



## **STUDENT SECTION: Pathophysiology of Coarctation of Aorta**

### **Abdulaziz Abdulrahman Abdulqader Bedaiwi**

5th year student

Faculty of Medicine, University of Tabuk

In this topic we will talk about pathophysiology of aortic coarctation and it is important role to understand the disease and how it make symptoms which help doctors to make correct diagnose.



Normally, the blood goes from left ventricle to the ascending aorta through aortic valve then complete to aortic arch and its branches and to the descending thoracic aorta followed by the abdominal aorta to all parts of body .

Coarctation of aorta is a congenital condition where the aorta usually becomes narrow in the aortic arch. Normally it is in the area where the ductus arteriosus inserts.

In aortic coarctation, the blood goes from left ventricle to ascending aorta then to aortic arch and its branches "brachiocephalic artery, left common carotid artery, left subclavian artery " that supply upper part of body "arms and head ". When the blood complete its journey to the lower part of body , it become slower in the narrowing in the distal part of aortic arch that lead to slowing and delay the blood to reach the lower part of body .

This make the pressure high in upper part of body and low in the lower part.

On examination when we measure pulse in femoral artery and radial artery we find a femoral delay that is called "radiofemoral delay" sign.

This photo from " nicholas talley clinical systematic guide to physical diagnosis examination 7th edition "

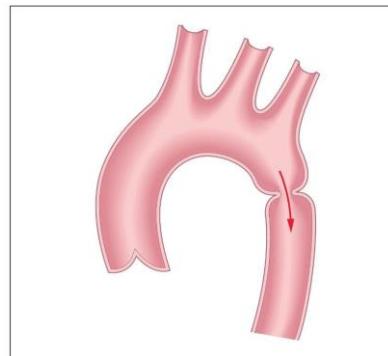
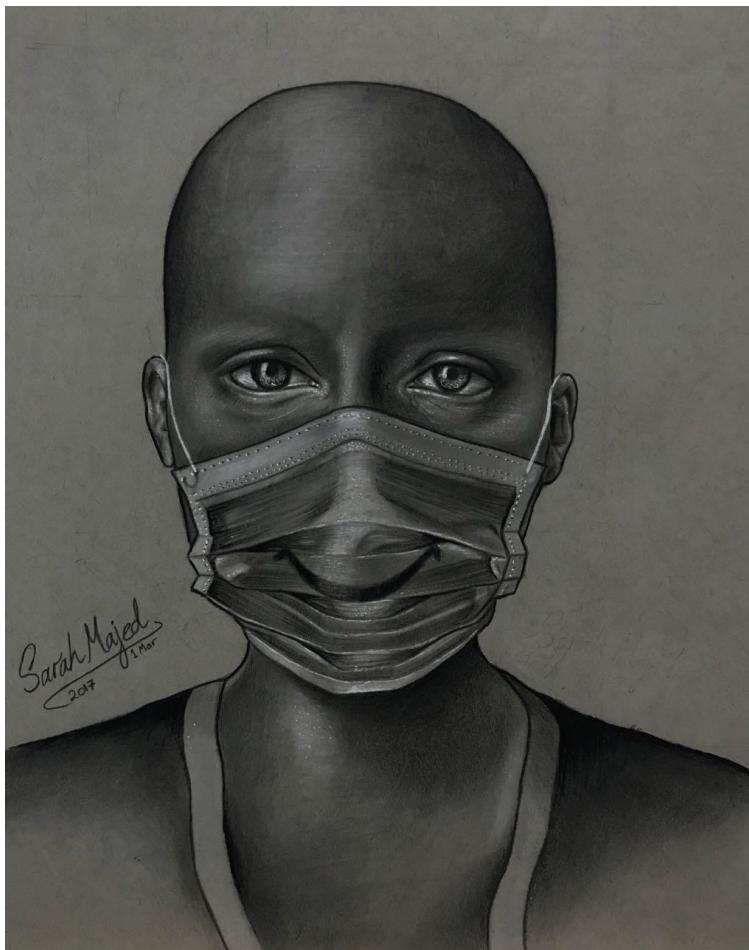


Figure 7.18 Coarctation of the aorta: anatomy

### STUDENT SECTION: STRONGER FIGHTER SPIRIT



An sketch by Sarah Majed  
AIQuayr  
2<sup>nd</sup> Year Student  
Faculty of Medicine  
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