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Volume 3; Issue 2



MedEdu Tabuk

Weekly Newsletter

Faculty of Medicine, University of Tabuk

**Message from Dr. Alaa Abdullah Bagalagel,
Dean Faculty of Pharmacy, University of
Tabuk**

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Message from the Dean of Pharmacy Dr. Alaa Abdullah Bagalagel and our new section Conference Schedules

Message From the Editor- Dr. Tanveer Raza

Thanks to **Dr. Alaa Abdullah Bagalagel, Dean of Pharmacy** for his welcoming message. We also would like to thank our colleague at the Department of Nursing for their introduction. From this week, we plan to keep you informed on National and International Conferences. I like to appreciate the help from **Dr. Abdullah Miah**, Family Physician, Abu Shajera Primary Health Center in **Umluj, Tabuk** and **Dr. Zubair** of Faculty of Medicine for their support in providing conference schedules. We welcome information about National and International Conferences from all our colleagues.



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MESSAGE FROM THE DEAN – FACULTY OF PHARMACY

Dr. Alaa Abdullah Bagalagel

Dean – Faculty of Pharmacy,
University of Tabuk

Dear Friends,

Greetings.

I would like to congratulate all the administrators, faculty and students of University of Tabuk for the new academic year 1439/1440H.

I'm so happy to hear that MedEdu Tabuk weekly newsletter is an established medical newsletter published from the Faculty of Medicine, University of Tabuk for the past two years.

Now, it gives me an immense pleasure that Faculty of Pharmacy is also going to contribute to MedEdu Tabuk weekly Newsletter.

Faculty of Pharmacy established in the year of 2013 and strives to keep pace with other highly ranked pharmacy colleges in the national and international universities, in harmony with the Kingdom's Vision 2030. The most important of which is the preparation of Pharm. D graduates to contribute to the development of improved health services and high quality pharmaceutical industries in our beloved Kingdom.

Faculty of Pharmacy consisting Five distinguished departments including

- Department of Pharmacy Practice,
- Department of Pharmacology and Toxicology,
- Department of Pharmaceutics,
- Department of Pharmaceutical Chemistry,
- Department of Natural Products and Alternative medicine

I wish you Good luck for all the administrators and editorial team of MedEdu Tabuk Newsletter for their future endeavors.



MESSAGE FROM THE EDITOR – FACULTY OF PHARMACY

Dr. PALANISAMY AMIRTHALINGAM

Faculty of Pharmacy,
University of Tabuk

Foremost, my heartfelt congratulations to the editorial members of MedEdu Tabuk News Letter for their dedicated and timely work for the past two years. Certainly, MedEdu Tabuk News Letter nourishes the knowledge of the young students and Faculty in University of Tabuk.



Faculty of Pharmacy feels very happy to contribute MedEdu Tabuk News Letter and I hope our Faculty and students will publish the most interesting research and activities.

My sincere gratitude to MedEdu Tabuk Newsletter for giving an opportunity in their editorial team.

NURSING: Welcomes the New Academic Year

Luis Belocura

Faculty of Applied Medical Science
University of Tabuk



We at the Department of Nursing have welcomed the new academic year with open arms. It is at this point that we begin clammering up in preparing all the course specification and field specification for our respective subjects. Thanks to the guidance of the department's accreditation committee the new 2017 NCAAA forms were sent to our respective emails to be filled up.

As for the students, orientation of the different courses were already made during the first day of the class in order to make sure that all of the Universities rules and regulations are followed and classroom policies are respected.

The Department of Nursing is working hard to maintain quality education and attain the highest program outcome. So as always we will always aim to be grouped among the best in this endeavour.

It definitely is going to be a great academic year for faculty, staff and most specially the students who are the beneficiaries of this great institution.

Again we welcome this Academic Year!

ORIENTATION PROGRAM – NURSING DEPARTMENT

Dr. Mathar Mohideen

Assistant Professor

Faculty of Applied Medical Science

University of Tabuk

“The only source of knowledge is experience” - Albert Einstein

Nursing department had organized the general orientation program for the nursing students in September 4.9.2018 & 13.9.2018 for the new students to the program and clinical orientation for the students who will be posted in the clinical area newly. The program was organized by students activities committee, advisor ship, continuing education and committee clinical training committee.



The students were oriented about the Curriculum, Committees, Students supporting system, evaluation system and the clinical area. The level orientation was started with the opening remarks. The opening remarks was given by Dr.Ali Algamdi in male section and Ms. Nuha Alatawi in the female section. The faculty members were introduced by Dr. Murad Alkhalaileh in the male section and Dr. Analita Gonzales in the female section. The program was started with presenting the Vision, Mission and Goal of the department and the introduction of the faculty members. The first part of the program covered with presentation of curriculum. The students were explained about the evaluation system for the theoretical and clinical courses. The students were oriented with the registration procedure for the courses. The speakers focused on the uniform, discipline and attendance to the classes, clinical, student complaint, semestral dropping and withdrawing, and disqualification and termination. Exam policies were oriented to the students.



The clinical orientation was organized separately by the clinical training committee (CTC). The importance of the clinical experience in the nursing course was explained to the students. Students were presented with the relevant AV aids. The speakers elaborated on the facilities and rules, policies and guidelines in the clinical area. The students were presented with the Objective Structured Clinical Examination (OSCE) format for the evaluation. The student were explained with the clinical attendance monitoring, grading, communication, uniform and evaluation check list. The program was ended with closing remarks. This orientation program gave great idea about the course and clinical to the new students.

Reader's Corner:

WHY COLISTIN SHOULD NOT BE TESTED WITH DISC DIFFUSION METHODS?.

Dr. Mohammad Zubair

Assistant Professor

Department of Medical Microbiology

Faculty of Medicine

University of Tabuk



A question for post graduates in clinical microbiology.

Colistin continues to be the final resource to treat the people with septic, immunosuppressed and bloodstream infections.

The rise of SUPERBUGS CONTINUES TO BE A CHALLENGE. The increasing occurrence of infections due to multidrug-resistant (MDR) *Acinetobacter baumannii*, *Pseudomonas aeruginosa*, and *Enterobacteriaceae* led to the revival of old and neglected antibiotics that may remain active, such as polymyxins (polymyxin B and colistin) Colistin is increasingly being used as a last-resort treatment option for infections caused by MDR organisms as matter of fact we are isolating many gram-negative bacteria with Carbapenem resistance in people with long-term catheterized patients, majority of the laboratories still continue

to use disc diffusion method with limited resources in our laboratories, however it is best we can do, Colistin has re-emerged as an important antimicrobial in recent times owing to limited therapeutic options against carbapenem-resistant gram-negative bacteria.

Current guidelines (BSAC, CLSI and EUCAST) recommend routine colistin susceptibility testing by estimation of MIC because the disc diffusion test does not reliably detect low-level resistance, Disk diffusion, commonly used in many clinical laboratories, yielded high error rates compared to MIC-based methods and is considered unreliable for the detection of colistin resistance if we talk the reality most of us are doing a disc diffusion method for detection of colistin resistance the zone size of 11 mm is difficult to measure with a naked eye and certainly it is advised to measure with a scale or calliper, it is all the best we can do in practice. The elevated MIC of colistin has been noted worldwide growing the demand for an accurate result by susceptibility results. It also suggests for the other optimal methods that are been used for colistin MIC estimation in Europe and the USA (not been formulated by the CLSI Broth microdilution (BMD)). Therefore, it is very critical for diagnostic laboratories for these discrepancies and to apply for the reference method for colistin ST, especially when colistin administration is necessary.

Susceptibility testing has been fraught with difficulties for colistin. A joint CLSI and EUCAST subcommittee recently issued recommendations for broth microdilution (BMD), which is the only available valid method and that disk diffusion does not work because of the large molecule of colistin is very poor.

Disk diffusion cannot be used at present for susceptibility testing of colistin. Currently, available gradient tests underestimate colistin MIC values and under call resistance, and should be avoided. The broth microdilution tests we have managed to evaluate all seem to give correct results both for susceptible and non-susceptible isolates (2)

The best conclusion is that all colistin susceptibility testing should be quality-controlled by the inclusion of a sensitive and a resistant QC strain. It just means we have not perfected methods to detect the precision in establishing the true resistance in colistin, however, MIC continues to be the only option which is possible with Vitec many times only resource available in better laboratories in developing countries current resources for practising Clinical Microbiologists.

References

- 1 Comparative Evaluation of Colistin Susceptibility Testing Methods among Carbapenem-Non susceptible *Klebsiella pneumoniae* and *Acinetobacter baumannii* Clinical Isolates Konstantina Dafopoulou, et al, *Antimicrob. Agents Chemother.* August 2015 vol. 59 no. 8 4625-4630.
- 2 EUCAST warnings concerning antimicrobial susceptibility testing products or procedures. EUCAST 4 MAY 2017.

READER'S CORNER

Direct Molecular Detection of multidrug-resistant *Mycobacterium tuberculosis* from sputum samples collected from tuberculosis patients in Tabuk city, Saudi Arabia

Dr. Eltayib H Ahmed and Dr. Tarig M Elnour

Department of medical laboratory technology

Faculty of applied medical science

University of Tabuk

Introduction: The Kingdom of Saudi Arabia is the largest and most populated country of the Arabian Peninsula. In addition to its resident population, Saudi Arabia is annually a host for more than 2 million Muslim pilgrims in the Hajj and Umra seasons. These two seasons represent an extraordinary infection control challenge unique to Saudi Arabia. TB is particularly relevant in Saudi Arabia because of its population dynamics. Moreover throughout history, TB has been spread by travel and the movement of human populations.

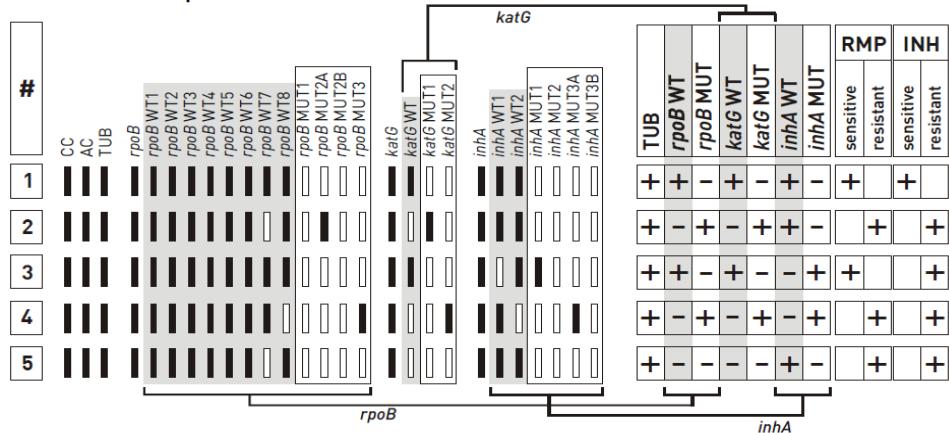
Early detection of drug-resistant tuberculosis (TB) is essential for prevention and control of TB transmission. Therefore this study aimed to detect multidrug-resistant *Mycobacterium tuberculosis* strains isolated in Tabuk city, Saudi Arabia using molecular techniques.

Material and Methods: all the steps were done according to *Geno type MTBDR plus* ver. 2 (Hain Life science- Germany)

Study population were patient suspected Tuberclousis with positive ZN smear sputa specimen subjected to ZN stain were used for DNA extraction Genolyse kit was used for DNA extraction. The extracted DNA was subjected to amplification Using PCR. The PCR amplicons were subjected to hyperdization.

Evaluation and interpretation of the results

Evaluation Examples



Results & discussion: the present study showed hetero-resistant of 18 % which were in alignment with previous studies conducted in Saudi Arabia and reported that proportions of resistance to any first-line drugs were in the range of 14% to 20%, and for MDR-TB were in the range of 1% to 44%.

This study has provided valuable data on multidrug-resistant *Mycobacterium tuberculosis* strains isolated in Tabuk city and it suspect to help in TB control and prevention programs.

STUDENT SECTION: Models made by a Medical Student

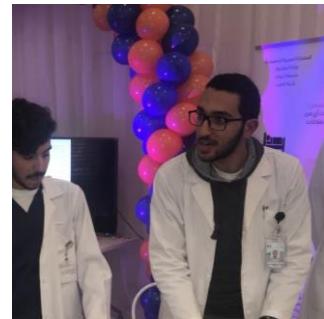
Abdulaziz Abdulrahman Abdulqader bedaiwi

5th year medical student

Faculty of Medicine

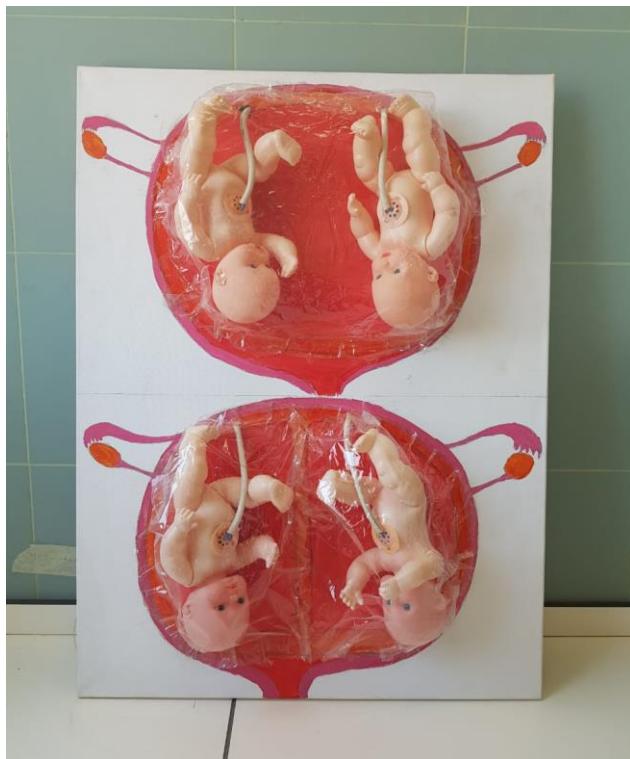
University of Tabuk

Bedaiwi.973@gmail.com



Above: Twins "Monozygotic": One sperm fertilize one ovum then it divides into two embryos

Below: Twins "Dizygotic": Two different sperms fertilize two different ova which gives us two different embryos.



Above: Twins "Monozygotic": The embryos have a common placenta, common amniotic cavity and a common chorionic cavity

Below: Twins "Dizygotic": Each embryo has its own amniotic , chorionic cavity and placenta

STUDENT SECTION: Great medical courses during vacation at the Faculty of Medicine, University of Tabuk for FREE

AlSubaie Rawabi

Faculty of Medicine
University of Tabuk

As we all know knowledge is infinite, and medicine is a long course, it is very much a marathon, not a sprint. A doctor never stops learning. You really owe it to your patients to offer them the best and latest technologies and therefore you will have to keep up with the latest information in your field of practice

So, aren't we lucky to have such events at our University? Lately, a workshop was conducted by Dr. Hesham Khairy on Electrocardiogram. After the good response to the courses by the students, two more free courses were held on Pharmacology. Each course took about 5 days.

Words cannot describe how helpful those courses were. All the great work and support by the Dean, Dr. Marai M. Alamri, the Doctors and even the student involvements are highly appreciated.

ACADEMIC affairs arrangement for FACULTY OF MEDICINE
Prof Magdy M. ElShamy



Week of 14th- 18th October, 2018

For Female Section:

- **Behavioral Sciences:** 4th Year, **Final-Module Exam** on Sunday 14/10/2018
- **Medical Genetics Module:** 4th Year, **Final MCQs Exam** on Thursday 18/10/2018
- **Medical Genetics Module:** 4th Year, **OSPE** on Thursday 18/10/2018
- **IBLS Module :** 3rd Year, Announcing the **Final Results** of the module
- **General Chemistry (CHEM 101): First Periodic Exam** for preparatory year on Sunday 14/10/2018
- **General Biology (BIO 101): First Periodic Exam** for preparatory year on Wednesday 17/10/2018
- **Islamic Studies Exam: Mid Term Exam**, Monday 15/10/2018
- **Surgery Mid Term Exam**

For Male Section:

- **Behavioral Sciences:** 4th Year, **Final-Module Exam** on Sunday 14/10/2018
- **Medical Genetics Module:** 4th Year, **Final MCQs Exam** on Thursday 18/10/2018
- **Medical Genetics Module:** 4th Year, **OSPE** on Thursday 18/10/2018
- **IBLS Module :** 3rd Year, Announcing the **Final Results** of the module
- **General Chemistry (CHEM 101): First Periodic Exam** for preparatory year on Sunday 14/10/2018
- **General Biology (BIO 101): First Periodic Exam** for preparatory year on Wednesday 17/10/2018
- **Islamic Studies Exam: Mid Term Exam**, Monday 15/10/2018
- **Medicine, Mid Term Exam**

EXAM INVIGILATION, FACULTY OF MEDICINE

Dr. Zubair M. Hayat, Dr. Mohd. Ahmed Masaik

Date	Module	Invigilators	Exam Supervisors	Time	Venue
10/10/2018	Forensic Medicine MED404	Dr. M. Elnibras Dr. Abdalmoneim Saleh	Dr. Waleed Shaban	10AM- 12Noon	1st Floor PBL rooms
10/10/2018	Forensic Medicine- OSPE MED404	Dr. Muwafaq M. Klentan Dr. Khalid Funjan	Dr. Waleed Shaban	1PM- 3PM	Contact Module Coordinator
14/10/2018	Behavioral Science MED408	Dr. Ahmad Fallata Dr. Yazan Khasawneh	Dr. Tarig Almagrabi	10AM- 12Noon	1st Floor PBL rooms
18/10/2018	Medical Genetics MED405	Dr. Abdalatif Albadawi Mr. Mahmoud Alfifi	Dr. Ashraful Islam	10AM- 12Noon	1st Floor PBL rooms
18/10/2018	Medical Genetics OSPE MED405	Dr. Tarek Qabil Dr. Habis Khaled Bazour Dr. Hisham AlShadfan	Dr. Ashraful Islam	1PM- 3PM	Contact Module Coordinator

Date	Module	Invigilators	Time	Venue
7/10/2018	Pediatrics MED 501 (written)	Dr. Abdelwahab Hassan Dr. Tanveer Raza	10:00- 12:30	1 st floor PBL rooms
10/10/2018	Pediatrics MED 501 (Oral examination)	Dr. M. Muslim Alradadi Dr. Nahidh Alawneh	8:00- 12:00 pm	OSCE center
11/10/2018	Pediatrics MED 501 (OSCE)	Dr. Khaled Funjan Mr. Mohamed Tayser Mr. Ahmad Almutairi Mr. Abdalla alsaiq	8:30-1:00 pm	OSCE center

Exam schedule for Preparatory Year 2018-2019 (first exam)				
7/10/2018	Math 100	1. Mr. M. Tayseer 2. Mr. Mahdi Salim Albalaw	12:30 - 2:00	Preparatory Year class room
9/10/2018	Math 100	1. Mr. Hisham Alshadfan 2. Mr. Muneef Alfageer	12:30- 2:00	Preparatory Year class room
14/10/2018	CHEM 101	1. Dr. Khalid Funjan 2. Mr. Ahmed Almutairi	2:30 - 4:00	Preparatory Year class room
15/10/2018	CHEM 101	1. Dr. Habis Albazoor 2. Mr. Mahmood Alfaifi	2:30 - 4:00	Preparatory Year class room
17/10/2018	BIO 101	1. Dr. Nahid Alawneh 2. Mr. Adil M. Alatawi	12:30 - 2:00	Preparatory Year class room
17/10/2018	BIO 101	1. Mr. M. Tayseer 2. Mr. Mahmood Alfaifi	12:30 - 2:00	Preparatory Year class room

Conference Schedule

Dr. Abdullah Miah, Family Physician, Abu Shajera Primary Health Center, Umluj

Dr. Zubair M. Hayat, Faculty of Medicine, University of Tabuk

Name of the conference, Place	CME	Conference website	Date
Pediatric Critical Care Course 2018, Jeddah	✓	www.jcme-kfshrc.com/events	16 th -18 th Oct 2018
3 rd Internal Medicine Symposium, Riyadh	✓	www.sghgroup.com.sa	17 th -18 th Oct 2018
BinBang in Endodontics (Level 2), Jeddah	✓	www.ISDent.net	18 th -20 th Oct 2018
ECG Clinical Practical Skill,	✓	www.daralnoor.com/language/en/training/	19 th -20 th Oct 2018
4 th Spem Cells & Cellular Therapy Conferences, Riyadh	✓	www.events.ksau-hs.edu.sa	21 st - 25 th Oct 2018
Fluid and Electrolyte in Pediatric, Jeddah	✓	WhatsApp: 0560044565	22 nd Oct 2018
The Best Resident Course, Jeddah	✓	www.ssim.kau.edu.sa	27 th Oct 2018
Institute for Medical Simulation & Simulation Instructor Training, Riyadh	---	Email: Saudi.sim.ims@gmail.com	28 th - 31 st Oct 2018
ECHO for Pediatric Intensivist, Riyadh	✓	www.ksau-hs.edu.sa	30 th Oct 2018
Changing Health Behavior: An evidence based practical approach, Riyadh	--	www.ngcebm.org	31 st Oct 2018

For submissions

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