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Faculty of Medicine, University of Tabuk

Academic and Professional Excellence

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PEER TO PEER ACADEMIC ADVISING

Message From the Editor- Dr. Tanveer Raza

Academic Advising could be defined as the intentional interactions between students and higher education representatives that support students' growth and success.



Recognizing the benefits of advising, the Faculty of Medicine, University of Tabuk is committed to improve its Academic Advising activity. Traditionally faculty would be involved in providing advising sessions. From this year "Peer to Peer" Academic Advising has been introduced in our Faculty. In addition to faculty, senior students will be involved in the advising process. The Dean, Dr. Marai M. Alamri thinks that senior students are uniquely positioned to address certain issues based on their recent experience.

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TOWARD ACADEMIC AND PROFESSIONAL EXCELLENCE IN HEALTHCARE

Dr. Badr Al-Sayed

Assistant Professor of Internal Medicine
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Professional excellence is an ultimate goal for academicians and healthcare providers. When you are a well-known figure in your field regionally or nationally, you would easily achieve other important professional goals if haven't already been done! Your self-confidence and strong influence will paint every move you do at your institution and community. But, what do refrain us from diving deep into that great ocean?! I strongly believe that most of us are busy trying to answer "How" question when we supposed to answer the "Why" one!

During undergraduate studies and postgraduate degrees, the primary focus to learn how to take care of patients. Even when we think about why we do an intervention, we think from the patient point of view in most scenarios. Rarely, seniors teach juniors to self-reflect and think big beyond successfully finish an on-call, passing board exams or earning academic degrees.

Self-awareness is a fundamental step toward academic and professional distinction. Why am I doing this? What are my major drives? What does make me happy? Ask trusted friend to give an informal, honest view regarding you! Let's keep our religious beliefs as great personal values, but not strategic planning tools! Many colleagues and students, when they are asked, why you persuade this career in healthcare? The common universal answer is to help people and get rewards "Ajer" from God. It is a great and fundamental fact, but how do you know if you get "Ajer" or not?! Of course, all what we do in our lives, should have good intentions to be rewarded in the hereafter, but why it is not an





enough drive for some of us when it posted this way? If I discovered a cure for cancer or I smiled to you, in both we are promised to get rewards if we have the right intentions. Although, they are unequal, but, no good action passes without rewards. I believe, when we use such genetic terms in our planning we make it harder on ourselves to focus the plan and to track our progress. This argument is beyond the scope of my short article, but worth thinking about. Therefore, Let's select more specific and measurable great "why" that hopefully leads to God's reward! Back to the fundamental question, why we tend to avoid exploring our major drives?! In my humble opinion, it could fear of failure or fear of moving out of our comfort zones.

Situational-awareness is another crucial exercise toward academic and professional outstanding achievements. On department, faculty, hospital, university, and community levels, what do I need to know about other circles around me to achieve

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professional excellence? What are the rules of this game? If you do not know the rules, no way to score! Even if you have the required skills. Another dimension, what are the expectations of my director and institution leadership? What does our nation expect from us as physicians, pharmacists, and nurses?!

When we become self-aware and situational aware, we are ready to draw our vision and outline our strategic plan. "How" part will be much easier when we have clear, great and amazing "Why". Believe in yourself, set your deadlines and cruise toward exciting academic healthcare career

Academic Affairs Arrangement for Next Week, Faculty of Medicine

Prof Magdy M. ElShamy

Faculty of Medicine



In the Next Week:

For Female Section:

- **Professionalism & Medical Ethics** : 4th Year, **Final-Module Exam** on Sunday 21/10/2018
- **Community Medicine Module**: 4th Year, **starts** on Monday 22/10/2018
- **Basing Imaging Module**: 4th Year, **starts** on Monday 22/10/2018
- **Laboratory Medicine Module** : 4th Year, **starts** on Monday 22/10/2018

For Male Section:

- **Professionalism & Medical Ethics** : 4th Year, **Final-Module Exam** on Sunday 21/10/2018
- **Community Medicine Module**: 4th Year, **starts** on Monday 22/10/2018
- **Basing Imaging Module**: 4th Year, **starts** on Monday 22/10/2018
- **Laboratory Medicine Module** : 4th Year, **starts** on Monday 22/10/2018

Health awareness campaign by the students

Dr. PALANISAMY AMIRTHALINGAM

Faculty of Pharmacy,
University of Tabuk



Under the supervision of **Dr. Alaa Bagalagel**, Dean-Faculty of Pharmacy, University of Tabuk. Our fifth year students conducted social health awareness campaign on 5th and 6th October 2018, on **"Your life style protects you from Cancer"** held at AlMakan Super market. The campaign aimed to raise awareness among citizens about the impact of different lifestyles on prevention of cancer disease and factors that increase the likelihood of infection such as smoking, malnutrition and lack of exercise.



The Faculty of Applied Medical Sciences at Tabuk University participates in the World Day of Physiotherapy

Dr. Eltayib Hassan Ahmed

Faculty of Applied Medical Science
University of Tabuk



The Faculty of Applied Medical Sciences, Tabuk University, represented by the Physiotherapy Department, participated in the exhibition accompanying the activities of the World Physiotherapy Day (08.09.2018), which was inaugurated by the Director of King Salman Hospital for the North West Armed Forces, Major General Attiyah bin Mohammed Al-Zahrani, In the presence of the vice rector of the University of Tabuk for Academic Affairs Dr. Faisal bin Mohammed Abu Dhahi Dahir, at the permanent exhibition premises in the hospital.

The exhibition aims to raise awareness about the importance of sport and physical activity in prevention and reduction of mental illness and chronic diseases such as heart disease, atherosclerosis, diabetes, and problems of joint pain, neck and lower back.



Reader's Corner: The Faculty of Pharmacy organizes a lecture about residency and fellowship programs

Dr. PALANISAMY AMIRTHALINGAM

Faculty of Pharmacy,
University of Tabuk

The Faculty of Pharmacy in cooperation with the Saudi Pharmacists Network, organized an orientation lecture for the students of the college entitled "Residency and Fellowship Programs" presented by the Dean of the College Dr. Alaa Bagalagel on Wednesday, 23 Muharram 1440 H.

The lecture dealt with the evolution of the pharmacy practice from the mid-19th century until the beginning of the nineties and how the pharmacist's role shifted from drug preparation to pharmaceutical care services. The later focus on the safe and effective use of medicines and thus improve the quality of life of



the patient. Dr. Alaa then defined residency programs, their importance to the pharmacist, the conditions of joining them, the period required for their completion, and the recognized places of study. Upon completion of the residency program, the pharmacist can join the fellowship program, which usually aims at enhancing the pharmacist research skills. At the end, the audience was

informed about some useful website and blogs to get more information about the residency and fellowship programs.

STUDENT SECTION: The dilemma of your true desire

Amjad Mustafa M Altunusi

6th Year medical student

Faculty of Medicine

University of Tabuk

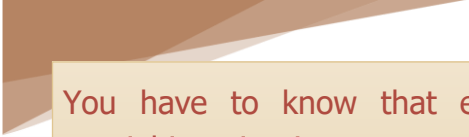
“When entering medical field as a student, there is a significant question of picking between medicine and surgery, or other specialties. To begin early on is the secret behind a successful choice. This article will discuss the means that will help any starting student in choosing his future specialty wisely”

As you enter the university in KSA with the overwhelming desire to learn and master the art of healing people many questions occur to you as you progress through the years. Many students don't comprehend the gravity of making the correct choice and working in the aim of achieving that choice. One of these problems, or should I say decisions, that you will eventually face is the choice between medicine and surgery. The real issue is that the layman in our country usually don't pick the difference between the two at first glance and perceive medicine and surgery as one entity while in reality, although their goal is to treat the ill, each is on a different balance of the scale. So why do you need to choose and preferably at the beginning of the road between the two of them and what will aid you in making that choice? That will be the subject of this article.

Let us start from the beginning of your life as a medical student, yes the period where you start adding the letters D & R before your name. If you are here in KSA carrying the Saudi nationality and achieving a good GPA in secondary school you will get the chance of trying your luck in med. Schools. You will start your first year by an orientation or as preparatory student where you mostly take general subjects and try to sharpen your skills in English and other subjects. Coming after that is your second year which count as your first year in medical studies where you generally take 2 years and a half studying basic medical courses then another 2 years and a half practicing your clinical courses. The ideal is to try and sit your goal to be clear from the first one or two years as a medical student. This will help you a lot mainly due to 2 reasons; first to read more about your specialty in your free time, which you will have in your first years, second to open your mind to try that specialty during the summer as an elective training. The choice between the two is not easy to make nor is it difficult. The difficulty of that choice is absolute if you choose your specialty in the last year and depend on the internship year to decide. Most will ask



themselves after the previous sentence "isn't that what they used to do before?". The answer is yes but they did not have as much competition as we do now. Consequently, you need to prove yourself from your first years to the consultants and the program directors as an eager to work and competent to learn early on to make applying for the specialty of your desire easy. But returning back a bit, how will you choose and based on what factors you will pursue your goal?



You have to know that each of these specialties is important and you are expected to work together in the hospital for the greater aim, which is to heal the ill.

Starting your basic years, you will study anatomy, physiology, pathology, biology, pathology, pharmacology and microbiology. These are the corner stone of your

choice and will help you a lot in your quest of choosing between surgery and medicine a walk in the park. For Anatomy you will start by dissection, you will learn the structure of the human body. In Physiology you will learn the function. In Pathology you will learn the diseases, in Pharmacology how to treat most of diseases and then the biochemistry you will learn chemical reactions inside your body. This will help you a lot to determine what will you choose between medicine and surgery, since if you feel attracted to a certain subject in this year more than the other, for instance, you feel that you are attracted to dissection then trying to pursue that. Go try to read more about surgery try to attend summer training as a General Surgeon and work towards being a surgeon. You will also find out if surgery is not the path for you and this will make it easier for you to early on shift between specialties and will not make it up to you as the people in the internship. The same could be said for internal medicine where if you are interested in Pharmacology and microbiology along with some of your pathology you will be more direct into internal medicine then you have to take training for that, you have to read more about that and direct yourself into that. This will facilitate you meeting more consultants more program directors of the specialty and to facilitate your career later on. Of course, we cannot leave the basic subjects alone. You could decide after a while that are more fit for basic studies, where you become a pathologist for example, this a topic for another time.

After that you have to see what does the market demand. This means you have to see which career is more suitable for your society, what does your society need? This occurs by Consulting your doctors because they have more experience in that matter and they will encourage you to pursue your go to do more researches on that regards and further sharpen your skills in that certain specialty. Listening to people who will say that his surgeons do without thinking or the internists think without doing is totally wrong. Of course, you could choose your specialty from day 1 of entering your medical school, which is not wrong, and in that case, you need to read more, sharpen your skill more and train more in the summers for that certain specialty.

STUDENT SECTION: Diabetes Awareness program

Shareefah Msable AL-Enezi

Faculty of Medicine
University of Tabuk

On Monday ,2 April-2018 The Faculty of Medicine at Tabuk University was represented by the Peadiatric Department in collaboration with the Tala'ae Alghad primary School, organized an awareness-raising campaign on diabetes Type I, which was a campaign under the supervision of "Dr. Laila Albishi, Dr. Asmaa soliman, Dr. Nagwa Gad and Dr. Azizah Alharbi and females students of the fifth year, Shareefah Msable AL-Enezi, Malak Hussain Asiri, Sumayah Abdulrahman Alzhrani, Malak Satam Alanzi and Amal Abdulrahman Alotaibi. The campaign included a workshop for mothers of children with diabetes and a programme for female students, including a video on Diabetes and children's competitions



STUDENT SECTION: Riyadh Albalawi student of Applied Medical Sciences at Tabuk University participates GLPBALINK Mitacs program in Canada

Dr. Eltayib Hassan Ahmed

Faculty of Applied Medical Science
University of Tabuk

GLPBALINK Mitacs program is a Canadian program that collects students from more than 9 countries all around the world. Collected students participate in different research projects with different professors in Canadian universities.

Riyadh Albalawi is a student in physical therapy department at Tabuk University. He was accepted in this program which considered a great opportunity to explore new skills, environment and knowledge. Physical therapy is an evidence based practice science and GLOBALINK research internship is a magnificent investment in undergraduate students to contribute to researches.

His project was “promoting independent mobility- related physical activity (IMPACT) in an inpatient stroke rehabilitation unit” under the supervision of Professor Vince DePaul in the rehabilitation department at Queen’s university Kingstone, Canada. Riyadh was involved in 4 other projects with other professors in the rehabilitation department.

Riyadh also got an offer to continue his master degree at Queen’s university and that was a great achievement.

This opportunity which had opened a new horizon to him as undergraduate student so he would like to thank my sponsor Tabuk university in Saudi Arabia and the people how supported me in the physical therapy department represented by the department head, Dr. Abdulaziz Albalawi and Dr. Ali bani Ahmed who were closely contacting me during and after my internship”.



CONFERENCE SCHEDULE

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

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

Dr. Abdulmoneam Saleh, Faculty of Medicine, University of Tabuk

Name of the conference, Place	CME	Conference website	Date
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
3 rd Pediatric Hematology Oncology Update 2018, Jeddah	✓	www.jcme-kfshrc.com/events	1 st -3 rd Nov 2018
12th International Conference of Jordan Society of Family Medicine, Amman	--	www.jsfm.jo	7-10 November 2018
Best of Emergency Medicine,		www.BestofEM.com	10 th Nov 2018

For submissions

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And Faculty of Pharmacy, University of Tabuk (pchettiar@ut.edu.sa)