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MedEdu Tabuk

Weekly Newsletter

Faculty of Medicine, University of Tabuk



Past Issues



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Figure: Orientation of New Students by the Dean of Medicine, Dr. Marai M. Alamri

Message from the Editor-in-Chief- Dr. Tanveer Raza

Welcome to the first issue of Volume 4. As we begin our Fourth year and 65th issue of the Newsletter, from the team of MedEdu Tabuk I would like to thank all our colleagues, students and Editors for their support. We like to thank **Dr. Marai M. Alamri**,



Dean of Medicine, **Dr. Alaa Abdullah Bagalagel** Dean of Pharmacy and **Dr. Hamad Salem Al Amer**, Dean of Applied Medical Science for their support. This year we look forward to include our colleagues and students from Faculty and Science and the Community Colleges from University of Tabuk. Please feel free to contact us any time with your advice and suggestions, my contact is Tel: 0537251324 and email: traza@ut.edu.sa

Message from the Editor, Faculty Of Pharmacy, Dr. Palanisamy Amirthalingam

On behalf of Faculty of Pharmacy, I wish you “**Happy New Year**” to all our colleagues and students in University of Tabuk. It was a great experience for us to be the part of the MedEdu Tabuk News Letter. In this context, I would like to thank all the contributors for the successful publication of MedEdu Tabuk Newsletter in the previous academic year. I look forward the same support for Saudi Medical Journal for Students (SMJS) from the Faculty and students. Hopefully, we will reach our goals in terms of successful publications of both the Newsletter and Journal. Email: pchettiar@ut.edu.sa



Orientation to The Preparatory Year Students

DR. PALANISAMY AMIRTHALINGAM

Faculty of Pharmacy
University of Tabuk



It is a great pleasure for the Faculty of Pharmacy to welcome the preparatory year students for the academic year 1441-1442H. We have conducted the orientation program to them in order to provide knowledge on University of Tabuk and Faculty of Pharmacy. Dean Faculty of Pharmacy, Dr. Alaa Abdullah Bagalagel, Vice Dean Faculty of Pharmacy, Dr. Abdullah Al Attar gave the welcome message to the students. Faculty members explained about the various departments in the Faculty including rules and regulations for various aspects to the young students. We wish them all the best for their successful completion of Pharm.D program.



Research Day at King Salman Armed Forces Hospital, Tabuk

NAWAL ALI ALHARHI

6th Year Student

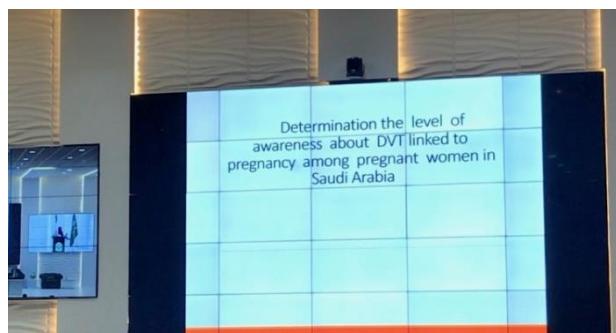
Faculty of Medicine

University of Tabuk



Figure: Award Giving Ceremony. Photo Credit Dr. Amjad Tuunisi

The First Medical Research Conference was held at King Salman Armed Forces Hospital, Tabuk on September 19th 2019. A large number of Students presented posters in the conference. **Badriah AlShammari**, a 6th year student made an oral presentation along with residents and consultants.

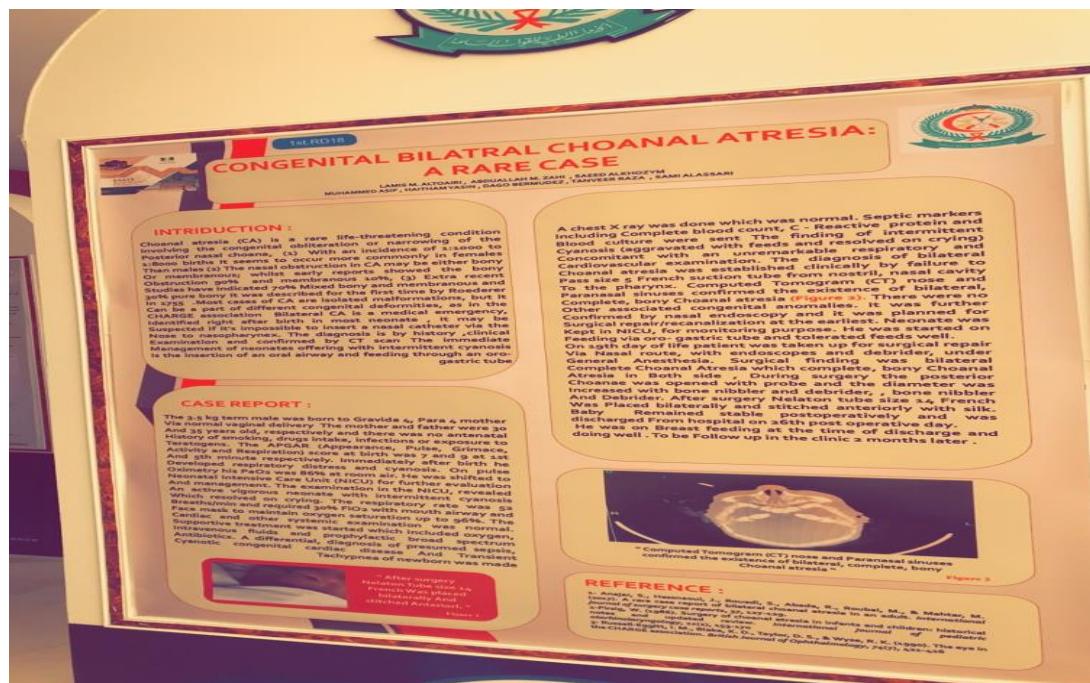


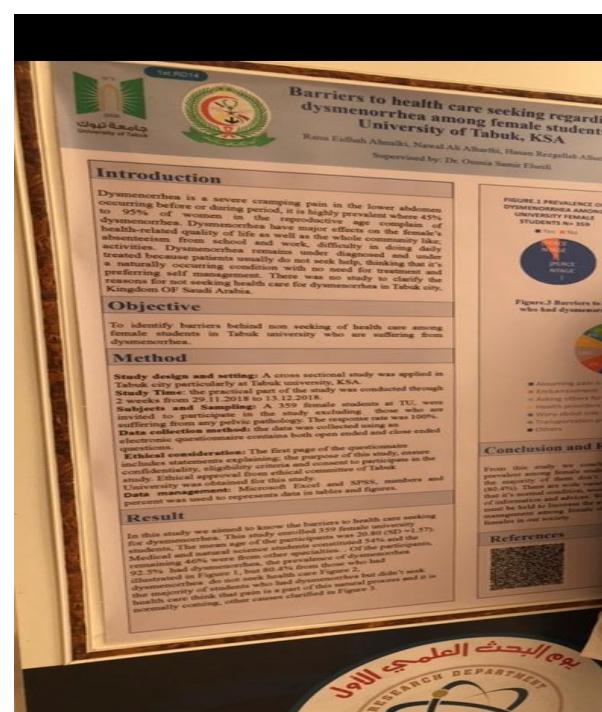
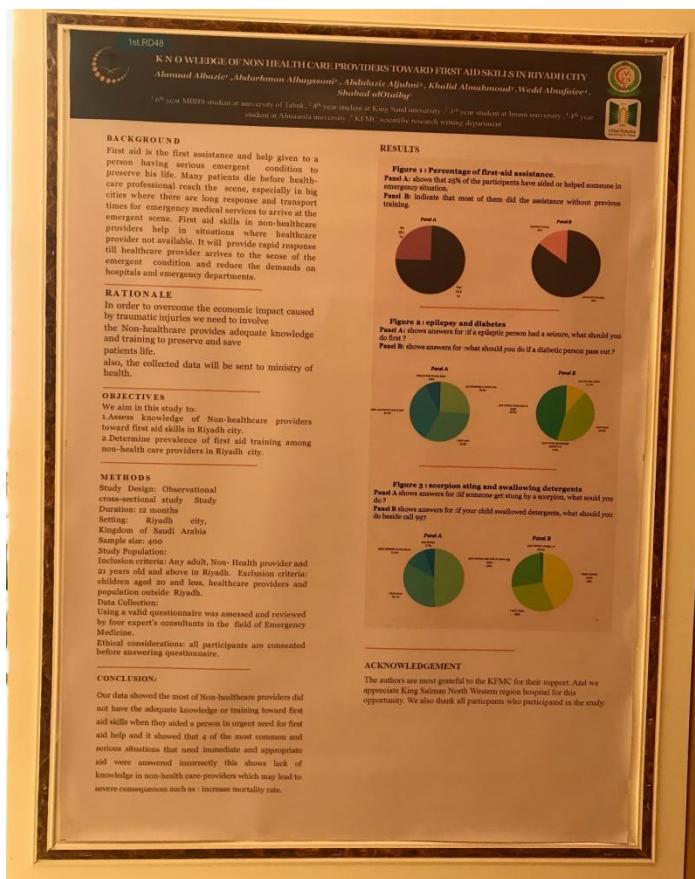
Nadia Alzahrani, 6th year student won the second best poster.



Photo Credit. Dr. Amjad Altuunisi

Dr. Amjad Tuunisi made an oral presentation on the Saudi Medical Journal for Students (SMJS). The posters and presentations were highly appreciated by the audiences.





1st RD47

A Cross-sectional study measuring awareness amongst Saudi females regarding complications of non-prescribed ophthalmic Bimatoprost use for eyelash growth

Background

- Bimatoprost is a synthetic prostamide F2a analog. It was approved by the US Food and Drug Administration (FDA) as a treatment for open-angle glaucoma and ocular hypertension. It is available in two different concentrations 0.01% and 0.03%.
- Eyelash hypertrichosis was noticed in some subjects as an adverse event that was associated with the use of Bimatoprost ophthalmic solution.
- Their usage might be associated with several ocular side effects: 1) conjunctival hyperemia and congestion, 2) eye pruritis, eye dryness, 3) burning sensation in the eye, 4) foreign body sensation, 5) eye pain, 6) visual disturbance 7) iris pigmentation.

Fig 1. Periorbital skin hyperpigmentation

Fig 2. conjunctival hyperemia

Objectives

- To measure the extent of knowledge amongst the Saudi female population about the complications that may arise from using Bimatoprost
- To check the prevalence of Bimatoprost use for the cosmetic purpose of eyelash growth
- To identify these complications and their commonness
- To correlate between the level of education and the level of awareness.

Methodology

- Study Design:** cross-sectional study.
- Setting:** Social media networks online , hardcopies in female populated areas, e.g. Universities , schools, malls, hospitals
- Subjects:** Saudi female participants, 18-50 years of age. Cosmetic use of Ophthalmic dosage form of non-prescribed Bimatoprost 0.03%
- Sampling Technique:** Sample size of 318 participants was estimated with following formula used to calculate sample size = $Z^2 \cdot \alpha/2 \cdot SD^2 / d^2$ where $Z1-\alpha/2$ is standard normal variate (5% type 1 error)
- Data Collection:** Data will be collected from the participants through a soft and hard copy of the survey that will be distributed through social networks on social media and also passed on to female populated areas; e.g. malls, universities, hospitals.

Expected Outcomes

- We expect that majority of the participants are using Bimatoprost as an un-prescribed medication without being fully aware about the possible complications of using it.
- We would like to explore signs of medication misuse in relation to the concentration , dosage, and/or proper application.
- This information might alert us to the need for proper awareness about medication misuse in general and initiate communication with Saudi FDA to limit its availability as an over counter drug.

References:
Fig1,Abdulwahab, P. S. Lufenz-induced Periorbital Skin Hyperpigmentation. Ann. Ophthalmol. 2010; 20(2):192-193.
Fig2,Abdulwahab, P. A. Case report of scleromalacia, blepharospasm, and hyperpigmentation in patients with Sjögren's syndrome. Ann. Ophthalmol. 2009; 20(2):194-195.

21

1st RD48

Maternal risk factors associated with Autism among children in Tabuk Autism Center

Background

Autism is a severe neuro developmental disorder the belongs to autism spectrum disorders (ASD) including autism, Asperger syndrome, and childhood disintegrative disorder. Children with autism have distinctive impairments in social interaction, associated with repetitive and stereotyped behaviors. These symptoms cause significant social and functional impairment, affect quality of life, and increase the risk of other health problems. The diagnostic process requires that symptoms become apparent before a child is three years old. The most prevalent clinical feature of autism are extreme stability in social and behavioral communication, language impairment, and strong interest in repetitive and repetitive patterns of behavior.

Objectives

With increasing autism prevalence worldwide, there is a need for more research to understand the disease, its factors, diagnosis, and management. The aim of this study is to identify risk factors associated with autism and help to prevent, early detection, and intervention.

Methods

Study Design: observational study

Sampling: convenience sample

Setting: The study sample was recruited from the Autism center in Tabuk (42-Neon) during period September 2018 to March 2019.

Sample size: 77 cases with autism and 77 non-autistic controls age and sex matched to autistic cases.

Study Population:

- Autistic cases: DSM-5 diagnosed autism patients.
- Non-autistic cases: 77 non-psychiatric autistic diagnosis participants, related to 2 controls.
- Non-psychiatric autistic diagnosis participants were collected by interviewing parents in either public school, The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is a psychiatric and medical reference, will be used as a tool for screening for the control group.
- Data analysis done analyzed by Statistical Package for Social Sciences (SPSS) version 21.

Editorial considerations: ethical approval from university of Tabuk ethical committee, informed consent obtained from participating parents.

Acknowledgment:

The authors are ever grateful to the faculty of medicine in University of Tabuk for their financial support and we appreciate all the staff and students for their cooperation. The authors would like to thank all the participants who participated in the study.

2

1st RD2

THE HIDDEN DANGER OF THE MARINE-FISH, A FISH STING INDUCED A DELAYED NEUROLOGICAL DEFICIT, A CASE REPORT.

Taif Nafif Alairwali, A. Abdelsadek Hassan, A. Esmael Abdelhady
Emergency Department, King Salman Armed Forces Hospital (KSAFH), Tabuk, KSA.

Introductions

Fish envenomation is a ubiquitous presence in the Emergency Departments (ED) of seashore cities. Scorpions family Stonefish (fig 1) and lionfish (fig 2) are the most venomous fish among habitats of the Red Sea. The venom apparatus of the Scorpionsidae family contains 13 dorsal spines, three spine and two pelvic spines. Stonefish has the probability of burying themselves in the sand that makes their notability and avoidability difficult. These species toxin has a myotoxic and neurotoxic effect when they sting human being.

Figure 1 Stonefish

Figure 2 Lionfish

Case Study

A 20 years old male presented to the ED of KSAFH with a history of a progressive left forearm and wrist numbness and weakness for the last 15 days. Five days beforehand, he had been stung by a fish in his left hand while fishing. Painful erythema and swelling to the site of the sting developed a few hours afterwards.

Upon examination, he had an apparent neurological deficit in the form of inability to extend the medial four fingers or to flex the ring finger. His grip power scale was 4/5 while sensation over the dorsal aspect of the forearm and hand was normal. The laboratory blood results were unremarkable when done. His vital signs remained normal after his course of management. The Neurology team was involved when they arranged an MRI for the Brain and the Cervical Spine which came back with no abnormalities detected. A follow-up was booked with a nerve conduction study as an outpatient.

Conclusion:

Scorpionsidae family are seen frequently in the Red Sea, when it may sting incautious swimmers and fishers. Its toxin may cause painful local swelling and erythema followed by neurological symptoms like numbness and weakness. Therefore, in addition to taking adequate preventive precautions, early recognition of patients with vague neurological deficit post unknown sting in the sea should raise the awareness about the marine-fish stings.

Research Department
KSAFH
Knowledge, Excellence & Scientific Excellence

1st Medical Research Day

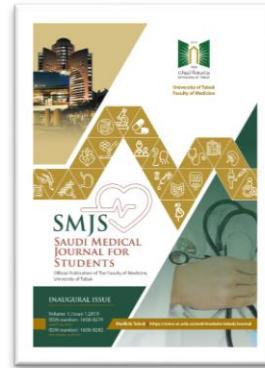
معرض البحث العلمي الأول
معرفة، اجتذاب، تعزيز عالم
Diligence & Scientific Excellence

Meet Editors of Saudi Medical Journal for Students (SMJS)



Dr. Lamis M. Altoairqi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk &
Medical Intern, University of Tabuk
Email: 341003305@stu.ut.edu.sa



Dr. Altoairqi graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. She has been working for the SMJS Editorial Team since 2018 and for MedEdu Tabuk since 2017. Lamis is involved in the Peer review process of the Journal. She is also responsible for coordinating newly appointed student editors. In addition to her editorial work, Lamis participated in different activities in the university and also regional health activities such as during Umrah and Hajj season. She believes that being in Makkah every year is a blessing and gift and the things that one can learn during this period is beyond imagination. A person finds themselves to be surrounded by many different cultures and there is lot to learn. Dr. Altoairqi likes surgical field and describes the surgeon to be an artist.



Dr. Abdullah M. Zahi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk &
Medical Intern, University of Tabuk
Email: ab.zahi95@gmail.com

Dr. Zahi graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. He has been working for the Editorial Team since 2019 and for MedEdu Tabuk since 2018. Abdullah is involved in the Peer review process of the Journal and worked with Faculty editors in developing the review process of the Journal. In addition to his editorial work he participated in different activities in the university and also regional health activities. Dr. Zahi likes to describe himself by writing because words are everlasting.

Course in Medical Education in Harvard Medical School

Principles of Medical Education

Maximizing Your Teaching Skills

Fairmont Copley Plaza • March 25 - 27, 2020

Boston, MA



"Incorporating best practices, newer principles of adult learning, and widely available technologies into your teaching can significantly improve your ability to engage and inspire students, residents, fellows, and colleagues. This special program, ranked among Harvard Medical School's highest-rated CME courses, is a uniquely comprehensive exploration of best practices for teaching medicine at the bedside, in ambulatory settings, and in the classroom." Ref: <https://medicaleducators.hmscme.com/>

"I have attended this course "Principles of Medical Education" twice, 2015 and last year. I really found it inspiring for clinical educator. It is usually getting sold out very early. As a previous participant, I got this email to notify me that registration now is open." - Dr. Badr Alsayed

EXAM INVIGILATION, FACULTY OF MEDICINE

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

| Date | Module | Invigilators | Exam Supervisors | Students No | Time | Venue |
|------------|--------------------------|--|--|-------------|----------------|---------------------------------|
| 06/10/2019 | Paediatric MCQs MED 0501 | Dr. Mohammed Aboshaal Dr. Fares Hashim Dr. Abdulaziz Qurnma | Dr. Mohamed Sheikh M: 0555548300 O: 2535 | 27 | 10:00-11:15 AM | PBL 3 |
| 06/10/2019 | Paediatric OSPE MED 0501 | All faculty members the Paediatric department are requested to attend the OSPE exam | Dr. Mohamed Sheikh M: 0555548300 O: 2535 | 27 | From 01:00 PM | 5 th Year Auditorium |
| 09/10/2019 | Paediatric OSCE MED 0501 | Dr. Fakruddin Alfakhe Dr. Tanveer Raza Dr. Izzadine Dafalla Dr. Haider Mirghani | Dr. Mohamed Sheikh M: 0555548300 O: 2535 | 27 | 08:00-11:00AM | Simulation Centre |

Notes:

- Dr. Mohammed Sheikh is requested to inform all faculty of the Paediatric department to attend the OSPE exam.
- It is mandatory to provide a replacement for invigilation duty, in case you are unable to cover the assigned duty and also notify to the Vice-Dean 24 hours earlier. All invigilators are requested to report 15 minutes earlier before exam.

Copy to:

- Dr. Khalid Alhazmi, Vice Dean of Academic Affairs
- Dr. Ahmed M esaik, Exam committee Member
- Dr. Mohammad Zubair, Exam committee Member

A handwritten signature in blue ink.

Dr. Khalid Alhazmi

Vice Dean of Academic Affairs

How to Memorize Murmur

Wasan suwailem s albalawi

6th year medical student

Faculty of Medicine

University of Tabuk

This article has been reviewed by Dr. Mohammed Noor, Internal Medicine, University of Tabuk

If you detect murmur you should describe (location, time, duration, radiation, pitch , intensity and dynamic manoeuvres). Here I focus on time and duration.

NOTE:

S1: Occur when Closure of mitral and tricuspid valves.

S2: Occur when Closure of aortic and pulmonary valves.

*between S1 and S2 is systole, before S1 and after S2 is diastole

HEART MURMUR

| DURATION | TIME | | DURATION | TIME | |
|--------------------------|-----------------|----|------------------------|------------------|----|
| | SYSTOLIC MURMUR | | | DIASTOLIC MURMUR | |
| EJECTION SYSTOLIC MURMUR | AS | PS | EARLY DIASTOLIC MURMUR | AR | PR |
| PANSYSTOLIC MURMUR | MR | TR | MIDDIASTOLIC MURMUR | MS | TS |

A:AORTIC.

P:PULMONARY.

M:MITRAL.

T:TRICUSPID.

S:STENOSIS.

R:REGURGITATION.

Example:

AS: It is Aortic Stenosis.