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# MedEdu Tabuk

## Weekly Newsletter

Faculty of Medicine, University of Tabuk



Inauguration of the Clinical Simulation Center, University of Tabuk by His Excellency Dr. Hamad bin Mohammed Al Al-Sheikh, Minister of Education, Kingdom of Saudi Arabia in the presence of His Excellency Prof. Abdullah bin Mofarh Al-Thiabi the Rector of University of Tabuk, Dr. Faisel Mohammed Abu-Duhier, Vice Rector for Academic Affairs, Dr. Marai M. Alamri, Dean of Medicine, Dr. Badr Alsayed, Supervisor of Clinical Simulation Center and other distinguished guests

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## MESSAGE FROM THE EDITOR-IN-CHIEF

### Dr. Tanveer Raza

Faculty of Medicine  
Editor-in-Chief, Saudi Medical Journal for Students (SMJS) & MedEdu Tabuk  
Tel: +966537251324  
Email: [traza@ut.edu.sa](mailto:traza@ut.edu.sa)



Simulation-based medical teaching and learning is considered as a significant development in health care. Through simulation, medical students and trainees can acquire competency through practice, making mistakes and learning from these mistakes, without causing any harm to the patients. This is the **74<sup>th</sup> issue** of MedEdu Tabuk and we hope you continue enjoying our weekly newsletter



### What do we publish?

**Reports on Health related Faculty Activities**

**Opinions and commentaries on teaching, learning, student advising and Research**

**Articles on Health related topics and issues.**

Health related topics include **Basic and Clinical Science, Preventive Medicine, Technological advancement, Historical articles, health policy, Ethical issues etc.**

**Announcements and reports of Health related activities, campaigns, Seminars, Workshops**

**Images, work of art, photos related to health issues**

**Professional achievements**

**And many more.....**

### Where to send?

**Call us at: +966537251324**

**Email us at:**  
[mededutabuk@ut.edu.sa](mailto:mededutabuk@ut.edu.sa)

**Contact one of our dedicated student editors:**

<https://www.ut.edu.sa/web/mededu-tabuk/editors>



## STUDENT APPRECIATION PINS

### Dr. Marai M. Alamri

Dean of Medicine

Email: [malamri@ut.edu.sa](mailto:malamri@ut.edu.sa)



The Faculty of Medicine believes in a culture of recognition of good work done by Faculty members and students. We value their effort and would like to motivate them to improve their good work so that the Faculty of Medicine becomes one of the top medical institution in the Kingdom. Student work is valued in three major areas, (1) Education, (2) Research and (3) Community Service. Five students from 2<sup>nd</sup> Year of Faculty of Medicine were awarded with specially made pins so that their colleagues can appreciate them. We hope this will encourage others towards excellence. A same initiative will be done for the Female students.



### The Distinguished Students

- 1-Muath Mohammed Alsubhi
- 2-Fahad Hamoud Alatawi
- 3-Abdulgaged Musa Alghithy
- 4-Faisal Aydhe Albogami
- 5-Mohammed Mahdi Alqhtan



تحت رعاية معالي وزير التعليم الدكتور محمد بن محمد آل الشيخ تم بحمد الله افتتاح وحدة المحاكاة الإكلينيكية للتدريب السريري والمهارات التخصصية بجامعة تبوك، والتي تم إنشاؤها بقرار معالي مدير الجامعة في السابع من محرم لعام ١٤٤٠ هـ .

**مشرف وحدة المحاكاة الإكلينيكية للتدريب السريري والمهارات التخصصية**  
**د/ بدر بن عبدالمحسن السيد**

Email: [balsayed@ut.edu.sa](mailto:balsayed@ut.edu.sa)

وتهدف الوحدة لتقديم أنموذجًا متميzaً في التدريب السريري من خلال مفهوم المحاكاة في الرعاية الصحية لتخريج كفاءات متميزة من طلبة الكليات الصحية بالجامعة إضافة إلى كونها مقرًا ذا جاهزية عالية لتقديم التدريب السريري بالمحاكاة للكوادر الصحية من التمريض والأطباء في المستشفيات الحكومية بالمنطقة من خلال توقيع إتفاقيات تعاون مع الجهات المستهدفة .

تقدر التكلفة المالية للوحدة في مرحلتها الأولى بتسعة ملايين ريال سعودي وبطاقة استيعابية تقدر ٣٠٠ طالب وطالبة في جميع أقسام وهي عبارة عن أقسام تحاكي المستشفيات (باطنية، جراحة عامة، أطفال، نساء وولادة) .

بكل قسم عشر غرف إضافةً إلى أستراحة لمرتادي المركز. وخلال هذا العام سوف يتم مضاعفة المساحة لاستيعاب المتدربين من داخل وخارج الجامعة إضافةً إلى عقد الاختبارات السريرية OSCE لطلبة مرحلة البكالوريوس وبرامج الدراسات العليا .

المناهج التكاملية في المحاكاة السريرية Interprofessional curricula تعد من التوجهات الحديثة في مجال المحاكاة السريرية وبنووصيات من منظمة الصحة العالمية لتمكين خريجي الكليات الصحية

من العمل بصورة أكثر فاعلية في البيئات المستشفيات المختلفة، وتعمل الوحدة على إعداد هذا المنهج بتعاون كلية الطب وكلية العلوم الطبية التطبيقية وكلية الصيدلة .

لا تزال الوحدة تخطو خطواتها الأولى نحو تحقيق رؤيتها وبدعم إدارة الجامعة سوف تتحققها بإذن الله في المستقبل القريب المنظور .



## QR code for MedEdu Tabuk

### Dr. Abdullah Alatawi

Vice Dean of Quality and Development

Faculty of Medicine

Email: [as.alatawi@ut.edu.sa](mailto:as.alatawi@ut.edu.sa)



QR Codes are becoming more popular than ever. Most smartphones come with a native QR Code scanner in their cameras making it easy to use by people of all demography. They are used in all kinds of businesses such as tickets, social media (Ex: Facebook, Twitter and Snapchat), official documents and newsletters. Eye-catching customized colored QR codes boost customer engagement and product effectively. We hope the newly created QR code of MedEdu Tabuk with its logo, will increase its brand awareness and accessibility.

## RESEARCH FROM FACULTY OF SCIENCE

<https://www.ut.edu.sa/ar/web/faculty-of-science>

For further information: **Dr. Othman Alzahrani**, Vice Dean for Postgraduate and Scientific Research, Faculty of Science. Tel: +966505507387; Email: [O-alzahrani@ut.edu.sa](mailto:O-alzahrani@ut.edu.sa)



نبات الشيخ كمصدر لمبيدات حشرية

ثانوية آمنة وصديقة للبيئة

إشرافات بحثية



### تفاصيل الدراسة



تعتمد الوسائل الشائعة لمكافحة الحشرات الناقلة للأمراض على مركبات كيميائية ذات آثار سلبية على البيئة والصحة العامة. أحد أهم الاستراتيجيات الحديثة لمكافحة تواجد الأمراض هو إيجاد مبيدات حشرية آمنة وصديقة للبيئة.

تنسب الأمراض المتنقلة بواسطة البعوض في العديد من الوفيات وتهدد حياة الكثير حول العالم.



### الهدف من الدراسة

تقييم فعالية نبات الشيخ الصحراوي الطبي (*Artemisia herba-alba*) المستخلص من البيئة المحلية باستخدام تقنية النانو للسيطرة على الآفات الحشرية بالإضافة إلى دراسة تأثيره كمثبط نمو لأنواع مختلفة من البكتيريا الممرضة.

### نتائج الدراسة



- أوضحت الدراسة فاعلية مستخلص نبات الشيخ وجسيمات الفضة النانوية المعطرة منه كمبيد حيوي بديل للمركبات الكيميائية المستخدمة في مكافحة البعوض.
- ثبتت النتائج أن هذا المستخلص فعال كمضاد حيوي لبعض أنواع البكتيريا المسببة لالتهاب مجرى الدم.

نشرت في 234 Journal of Photochemistry & Photobiology, B: Biology 180 (2018) 225–234  
الباحثون Al Thabiani A, Alshehri M, Panneerselvam Ch, Murugan K, Trivedi S, Mahyoubd J, Hassan M, Maggi F, Sut S, Dall'Acqua S, Canale A, Benelli G



كلية العلوم - وحدة العلاقات العامة والاعلام

## SIR FAZLE HASAN ABED and BRAC

**Dr. Tanveer Raza**

Editor-in-Chief, MedEdu Tabuk

Email: [traza@ut.edu.sa](mailto:traza@ut.edu.sa)



Sir Fazle Hasan Abed, the founder of BRAC International, based in Bangladesh, died at the age of 83 as reported in the [Washington Post](#) on 20 December 2019. BRAC, founded in 1972 by Sir Abed at the age of 36, grew to be the **largest global development organization** and one of the most important international NGOs that work on health globally (Skolnik, Richard. *Global health 101*, 2015). It currently operates in 11 countries touching the lives of an estimated 138 million people.



### Martha, The Doctor who never went to school



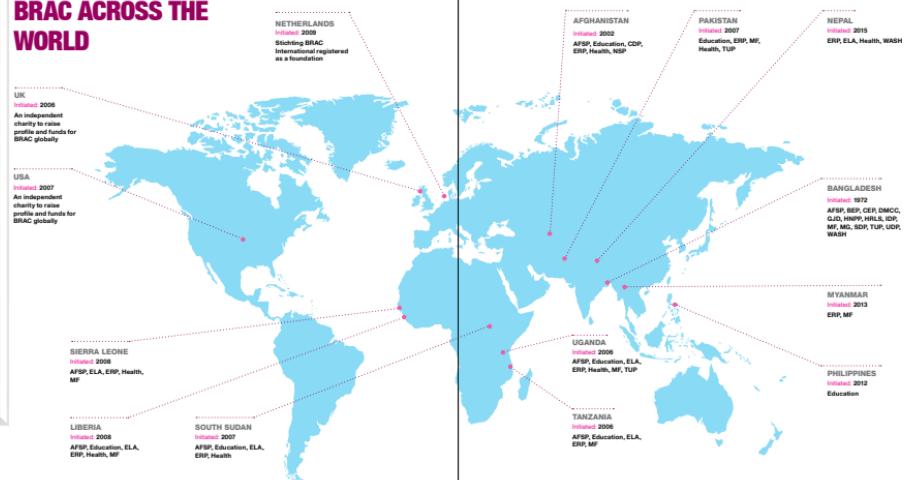
"Our integrated services ensure reproductive, maternal and child wellbeing, primary healthcare, disability care, and treatment of communicable and noncommunicable diseases for the most marginalised communities. We collaborate with the community, government, and private stakeholders to complement overall health system strengthening. Improving access, lifestyle, and health-seeking behaviour is the core of our work."

<http://www.brac.net/publications/annual-report/2018/>

Martha, is a community based drug distributor in South Sudan, known as "the doctor" by locals. She has been trained through quarterly refresher courses by BRAC to identify and give treatment as per protocol to symptomatic diseases like malaria, diarrhea and pneumonia. She is also trained to screen severely acutely malnourished children, in situations where she feels necessary Martha refers her patients to nearby primary healthcare units.

<http://www.brac.net/images/reports/2016/AR16-South%20Sudan.pdf>

### BRAC ACROSS THE WORLD



## BLS TRAINING AT UTLSU

**Dr. Aida A. Domantay**

Department of Nursing

Faculty of Applied Medical Science

The first batch of UT female students undergoes American Heart Association Basic Life Support. Fourth Year Nursing students completed a one-day training of the American Heart Association (AHA) Basic Life Support (BLS) as required for the Internship Program.



The BLS Training was participated in by eight graduating Nursing students and two Faculty Staff, facilitated by BLS Instructors, Dr. Bernard Silvala and Dr. Jay Qais Ablao, held last December 3, 2019 at the Clinical Skills & Simulation Center of the University of Tabuk. In an interview with these students, they shared their experiences during the BLS Training:

**What is your personal purpose why you took the Basic Life Support Training?**

*'It is important to me and to the field of Nursing. I need to know the correct way of doing CPR to confidently save people's lives when confronted with an emergency situation.'*

**What were your expectations before the day of the BLS Training?**

*'At first, I thought it will be just like the usual lecture-demo-return demo without practicing, and that it is difficult. I had high expectations and I was a little scared, I didn't want to fail the skills test. But I knew it will be fun!'*

**Were your expectations met or achieved after the BLS Training? Why or why not?**

*'It was very good, actually it was great! I benefited a lot from the information and because of the repeated practice, my expectations were surely met.'*

**What is your unforgettable experience during the BLS Training?**

*'Everything was important to me. I will not forget the information and the practical skills I have learned—how to perform high quality CPR. Although I felt tired after 2 minutes of chest compressions, I felt good and fulfilled. Thanks to the Instructors who were very helpful to us in practicing the skill.'*

**What is your overall experience of the BLS Training?**

*'It's fantastic! It was a very nice and unforgettable experience, and I will retake the training to make sure I am always a certified BLS provider.'*

**How does BLS Training affect you as a Nursing Student?**

*'This training made me pay attention to everything. As a student nurse, I know I shall face situations like this inside and outside the hospital and with this learned skill and knowledge, I am ready to save lives.'*

**Would you recommend the BLS training to your classmates? to other students?**

*'100% Yes!!'*

**What suggestions could you give to improve the BLS Training?**

*'Everything was so clear and beautiful. I hope to increase awareness of the importance of the BLS course for students in all health colleges.'*

The American Heart Association (AHA) accredited University of Tabuk Life Support Unit UTLSU), headed by Dr. Faisel Abuduhier, Director of UTLSU, is the first international training center (ITC) in Tabuk Region, KSA. The UTLSU provides Basic Life Support (BLS), Heartcode BLS and Heartsavers courses. Eventually it will offer courses such as Advance Cardiac Life Supoort (ACLS), Pediatric Advance Life Support (PALS) and Pediatric Emergency Assessment, Recognition, and Stabilization (PEARS). The Unit has started offering its courses last November 30, 2018, transferring its office from the Faculty of Applied Medical Sciences to the newly established Clinical Skills & Simulation Center of the University of Tabuk.

Course schedules are set every Sundays and Thursdays for male candidates; and Tuesdays for female candidates, with 2 sessions from 8:00 AM - 1:00 PM and 2:00 – 7:00 PM. The successful candidate shall receive AHA completion card and course certificate with two years effectivity. The course is open to all graduating students, teachers, administrative staff and health professionals inside and outside the University.

For inquiries, send an email to [utslu@ut.edu.sa](mailto:utslu@ut.edu.sa), or contact the ITC Coordinator, Dr. Jay Ablao with email address: [jablao@ut.edu.sa](mailto:jablao@ut.edu.sa), mobile no. 0567247978, office no. 0144562747; or the ITC Coordinator, Dr. Zarlou Otamias with email address: [ZOtamias@ut.edu.sa](mailto:ZOtamias@ut.edu.sa), mobile no. 0538899894, office no. 0144562717.

## Employee of the Month, Faculty of Medicine

الموظف المثالي لشهر ربيع الثاني ١٤٤١

معايير اختيار الموظف المثالي

الأستاذ / محمد بن عايش الحربي

سكرتير وكالة كلية الطب للتطوير والجودة  
سكرتير قسم الطب الباطني



- الأداء والإنجاز
- المبادرة والإبداع
- التعاون والالتزام الوظيفي
- المشاركة وتحمّل المسؤولية
- المهارات الإشرافية
- القدرة على التعلم والتطور



Figure: Students performing Infant CPR



Figure: Nursing Students practicing 2-Rescuers CPR

## RTA EVENT

**Hanan Mohammad H AlJammaz**

6<sup>th</sup> Year medical student

Faculty of medicine , University of Tabuk

Email: [351003478@stu.ut.edu.sa](mailto:351003478@stu.ut.edu.sa)



On the occasion of International Volunteer Day on 6<sup>th</sup> of Dec 2019, Yazeed Saeed and Hanan AlJammaz leaders of the scientific Surgery Club and their club members, with support from Dr.Marai Alamri Dean of medicine, and King Fahad Specialist Hospital coordinate and Saudi Red Crescent Authority participation, held an awareness event about RTA titled "We Seek To Revive It".

The event intended to raise the public awareness of RTA and how common it is, its types, causes, how to deal with it and way of prevention.

