

OpenWHO.org

Access essential knowledge for managing public health emergencies

Open to all,
anytime, from anywhere



The COVID-19 Course Series

Real-time training during global emergencies is critical for effective preparedness and response. The COVID-19 channel provides learning resources for health professionals, decision-makers and the public for the outbreak of coronavirus disease (COVID-19). [Open Who site]

Link to OpenWHO: <https://openwho.org/channels/covid-19#channel-info>

DESK OF THE EDITOR-IN-CHIEF

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**Virtual Weekly Faculty Meeting with
the Dean, Dr. Marai M. Alamri**

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Saudi Medical Journal for Students (SMJS) & MedEdu Tabuk



Virtual Office Hours

Month of April (Starting from April 12th, 2020)



Link to Office (Please click on Black board icon):

<https://eu.bbcollab.com/guest/00ca65fcf8284a93b18b1d860f073af9>

Blackboard

EDITORS

Link to Editor profile:

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

Time: 12noon-2pm

Sunday	Dr. Md. Tanveer Raza	Khalid Alqarni
Monday	Dr. Lamis M. Altoairqi	
Tuesday	Dr. Munirah H Alkhrisi	Hanan M Aljammaz
Wednesday	Dr. Abdullah M. Zahi	Abdulaziz A Bedaiwi
Thursday	Dr. Amjad Altunusi	

Facilitator: Dr. Md. Tanveer Raza
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Myths regarding COVID-19

خرافات مرتبطة في فيروس كوفيد-19 الجديد

Higher temperature WILL NOT prevent the COVID-19 :

Since summer is close in KSA, exposing yourself to higher temperature will not stop the disease, countries with hot climate (MORE THAN 25C) also reported cases of COVID-19, keeping a clean hand and avoiding nose, mouth & eyes touching is highly recommended .(1)

العرض للشمس و درجات الحرارة العالية لا يمنع فيروس كوفيد-19 الجديد :

فترة الصيف قادمة إلى المملكة العربية السعودية و هنالك اعتقاد شائع أن الفيروس لا ينتشر في المناطق الحارة و هذا غير صحيح ، هنالك حالات سجلت في فيروس كوفيد-19 الجديد في بلدان ذات درجة حرارة مرتفعة (أكثر من 25 درجة مئوية) ، لذلك لا تعرض نفسك بهذا الاعتقاد ، الحرص على نظافة اليدين و تجنب لمس الأنف و الفم و العين في غاية الأهمية .(1)

Anti-biotics CAN'T be used against COVID-19:

Anti-biotics only work against bacteria but not against virus's (1)

المضادات الحيوية لا يمكن استعمالها ضد كوفيد-19 :

المضادات الحيوية تؤثر على نمو و تكاثر البكتيريا وليس الفيروسات (1)

COVID-19 NOT ONLY affects older people or young children:

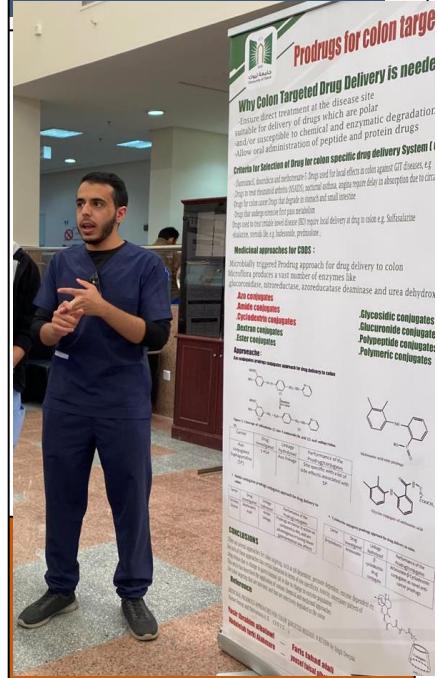
All group ages can be infected with COVID-19 NOT only older or younger people, but COVID-19 puts patient with (asthma , heart disease , diabetes) at higher vulnerability, but that is not an excuse to be less careful regarding hand washing and hygiene.(1)

كوفيد-19 لا يصيب كبار أو صغار السن فقط :

جميع الفئات السنية قد تصاب في فيروس كورونا الجديد وليس حسرا على كبار أو صغار السن ولكن الفيروس يضع مرضى (الربو ، القلب ، السكري) في خطر أكبر ، ولكن هذا ليس عذر لكي لا تهتم في غسل اليدين و تطهيرها .(1)

REFERENCES:

- 1- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>





Dr. Othman Alzahrani

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Research at Faculty of Science

A training course for Students at The Genome and Biotechnology Unit, Faculty of Science, "DNA extraction and Polymerase Chain Reaction (PCR), 2nd - 3rd March 2020



Dr. Md. Tanveer Raza

**Editor-in-Chief,
SMJS**
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Make a Video Project

In the wake of the COVID-19 pandemic, SMJS with support from the Dean of Medicine, Dr. Marai M. Alamri has initiated an educational campaign titled "Make a Video", which targets school going children to raise their awareness concerning the proper way of hand hygiene, coughing, wearing a mask and wearing gloves. The campaign aims to raise awareness through entertainment



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اصنع مقطع فيديو

اقض على عرفة ١٩

المواضيع

- 1- كيف تغسل يديك
- 2- كيفية السعال
- 3- كيف تلبس الكمامات
- 4- كيف تلبس الفحازات

القوانين

- يجب ان تكون طالب في مدرسة
- اختر موضوع واحد في الفيديو
- يمكنك ان تصور اكتر من فيديو
- الفيديو لا يتجاوز اكتر من دقيقة واحدة
- يجب ان تقدم نفسك
- يجب ان تستمتع خلال قيامك بالفيديو

احصل على شهادة رسمية كبطل خارق ضد فيروس كورونا المستجد من كلية الطب

ارسل مشاركة الفيديو الخاصة بك عبر البريد

mededutabuk@ut.edu.sa

قبل ٩ ابريل ٢٠٢٠ الموافق ١٦ شعبان ١٤٤١

يسعدنا ويسعى
 د. هرمي العصري ، عميد كلية الطب في جامعة تبوك
 د. تقيير رازا ، رئيس التحرير (SMJS)

Saudi Medical Journal for Students (SMJS)



MICROBIOLOGY

By Prof Shereen F. Hafez

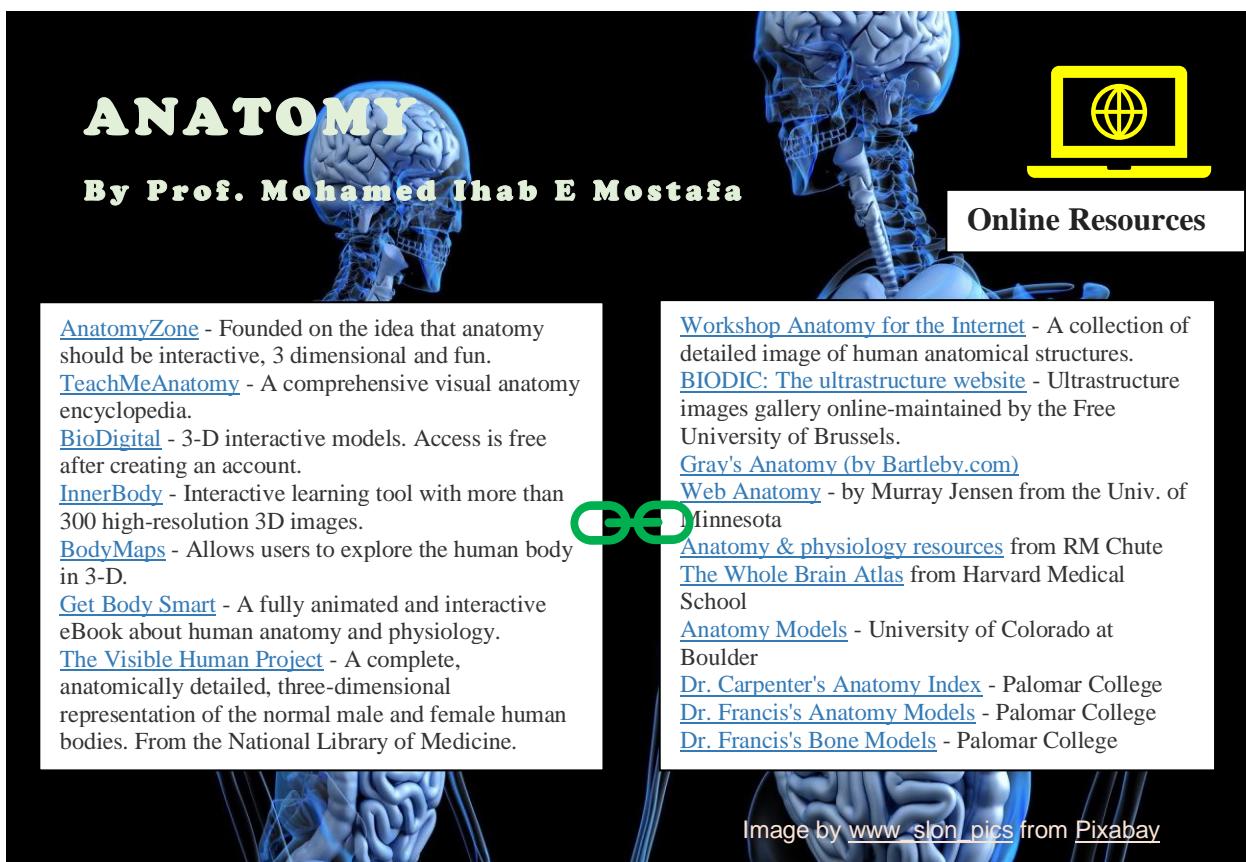
Online Resources

<https://www.microbiologybook.org/>

<https://sketchymedical.com>

<https://www.osmosis.org>

Image by Arek Socha from Pixabay



ANATOMY

By Prof. Mohamed Thab E Mostafa

Online Resources

[AnatomyZone](#) - Founded on the idea that anatomy should be interactive, 3 dimensional and fun.

[TeachMeAnatomy](#) - A comprehensive visual anatomy encyclopedia.

[BioDigital](#) - 3-D interactive models. Access is free after creating an account.

[InnerBody](#) - Interactive learning tool with more than 300 high-resolution 3D images.

[BodyMaps](#) - Allows users to explore the human body in 3-D.

[Get Body Smart](#) - A fully animated and interactive eBook about human anatomy and physiology.

[The Visible Human Project](#) - A complete, anatomically detailed, three-dimensional representation of the normal male and female human bodies. From the National Library of Medicine.

[Workshop Anatomy for the Internet](#) - A collection of detailed image of human anatomical structures.

[BIODIC: The ultrastructure website](#) - Ultrastructure images gallery online-maintained by the Free University of Brussels.

[Gray's Anatomy \(by Bartleby.com\)](#)

[Web Anatomy](#) - by Murray Jensen from the Univ. of Minnesota

[Anatomy & physiology resources](#) from RM Chute

[The Whole Brain Atlas](#) from Harvard Medical School

[Anatomy Models](#) - University of Colorado at Boulder

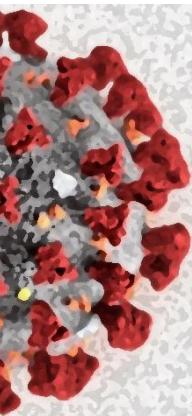
[Dr. Carpenter's Anatomy Index](#) - Palomar College

[Dr. Francis's Anatomy Models](#) - Palomar College

[Dr. Francis's Bone Models](#) - Palomar College

Image by [www.slon_pics](#) from Pixabay





5 Best apps to boost your Medical Knowledge During the Curfew and Also After

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This is an amazing time!!!!!! Even when the institutions are closed and our movement restricted, we are continuing our lectures and tutorials through Blackboard. We live at a time when you are able to carry in your bucket the best medical resources, articles and an actual life streaming lectures from the best universities in the world and best minds of Medicine. Today I would like to share with you the best apps and websites for all of this and more that I personally use then I will try to mention the down sides in these apps.

BMJ Best Practice

BMJ Best Practice is the app for the British Medical Journal, which provides the most recently updated knowledge. You just type in what you are looking for and you will find the best version of it . If you tried the website you will be able to have a printable pdf version of any title you want and also some videos to explain the most essential procedures in the field of medicine. The Down side of this the Cost of the Subscription which varies from around 900 -1700 SAR /year. Depending on the service you want. **But don't worry about it the university gives this service For Free** , Want to know how? Contact me or ask a senior student or ask your Advisor and they will help



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This app is for every medical student. It has short notes about all subjects in medicine which is updated ASAP. There is an update on the subject. They write guide lines in easier forms for reader and gives you mnemonics. They also test you in every subject after you finish . They also keep track of your knowledge and with there starting price line of \$10 / month you will be able to resist . I use it and I still discover new features in there website, use there trial week and let us know what do you think?



AMBOSS



SketchyMedical

This website for All Medical Students specially our friends in 2nd and 3rd years who study microbe and Drugs until they do not know which one is which. This app is for you to boost your knowledge and memory more than 300% ,You will be able to memorize all Microbiology and Pharmacology in better, fun way for longer duration and in short time using short Videos, Drawings and working books. Now they have Pathology, Pediatrics, Surgery and Internal Medicine . Check it out and tell us what do you think.

Questions, Do you know other Resources or Disagree with the list ? Please share with me on my Email or send me a message in whatsapp



Know your numbers event

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On 13th of December 2019, Reuof Alamri, Rawabi Al-Jeani, and Rama Abu Alez, the members of the Community Club with support from **Dr. Marai Alamri** Dean of Medicine, and In cooperation with Nem clinic lead and organized an awareness event about the importance of vital signs titled as "know your numbers".

The event intended to raise public awareness about the importance of vital signs, how to read it, what its value in overall health determinants. Besides that, there was a corner to measure blood pressure, blood glucose, and BMI for the public.

