



Oct 9, 2019  
Volume 4; Issue 2



Past Issues



SMJS

Phone: 0537251324  
Email:  
[mededutabuk@ut.edu.sa](mailto:mededutabuk@ut.edu.sa)



# MedEdu Tabuk

## Weekly Newsletter

Faculty of Medicine, University of Tabuk



Meeting on MedEdu Tabuk and Saudi Medical Journal for Students with Dr. Marai. M. Alamri, Dean of Medicine, Dr. Fahad Mohamed Al Rabae, Dean of Science and Colleagues at the Faculty of Science

### Message from the Dean, Community College, Dr. Manssour Habbash

The launch of the Saudi Medical Journal for Students (SMJS) comes as an innovative endeavour engineered by students currently majored in medicine, applied medical science, and assistant medical science. SMJS is aimed at enriching students research experiences starting from stating research problem, aims and objectives, research design and data collection, to the presentation of results and recommendations.



As importantly, the journal is geared toward raising students' awareness about their learning process so as they become responsible for their learning and encourage them to be long-life learners.

Through dissemination of research and shared practices, SMJS is sought to have a wide spread in research and educational arenas in order to attract interested research fellows in this field in Saudi Arabia and further afield.

I sincerely wish the best for the SMJS editorial team and its contributors.

**Dr. Manssour Habbash (Exon)**  
**Dean, Community College**  
**University of Tabuk**  
[m\\_habbash@ut.edu.sa](mailto:m_habbash@ut.edu.sa)

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

Welcome to the Community Colleges of University of Tabuk. We are grateful to **Dr. Manssour Habbash**, Dean of Community College and **Dr Marai M. Alamri** Dean of Medicine, University of Tabuk to make this happen. With



the advent of yet another Health related college in our team, MedEdu Tabuk is proud to have the Faculty of Medicine, Faculty of Applied Medical Sciences, Faculty of Pharmacy, Ministry of Health Tabuk region and the Community Colleges of University of Tabuk. I like to welcome **Mr. Murad Abdul Raheem Younis** from the Community Colleges in the Editorial Team.

This is the second issue of Volume 4 and our 65<sup>th</sup> issue. Please feel free to contact us any time with your advice and suggestions, my contact is Tel: 0537251324 and email: [traza@ut.edu.sa](mailto:traza@ut.edu.sa)

## Message from the Editor, Community College, Mr. Murad Abdul raheem Younis

It is indeed a great honour to be part of the MedEdu Tabuk Newsletter and Saudi Medical Journal for Students (SMJS). It is an immense pleasure to launch this edition for 2019 with contribution from community college students.

In this issue, we will recount for the various activities and projects by students of community college. Furthermore, community college students are encouraged to do hard work, dedication and collaboration between each other.

Hopefully, we will reach our goals in terms of successful publications of both the Newsletter and Journal.



### **Murad Abdul Raheem Younis**

MedEdu Tabuk Newsletter Editor

Community College- University of Tabuk

Lecturer, Department Of Assistant Medical Science (Student Affairs Unit Supervisor)

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



## دعوة

ضمن فعاليات اليوم العالمي للسمنة  
يسر كلية العلوم بالتعاون مع كلية الطب وكلية العلوم  
الطبية التطبيقية والإدارة الطبية  
دعوتكم لحضور

### ماراثون المشي والركن التثقيفي المصاحب

يوم الجمعة ١٤٤١/٢/١٢ هـ الموافق ٢٠١٩/١٠/١١ م

الساعة الخامسة عصراً

ممشي منتزه الأمير فهد بن سلطان



[www.ut.edu.sa](http://www.ut.edu.sa)  
Public Relations and Media

## كلية المجتمع تلتقي وتستقبل طلابها المستجدين وتعقد لقائها التعريفي الأول Community College Holds its First Orientation Day for New Students

**Murad Abdul Raheem Younis**

Community College- University of Tabuk

بتوجيهات وتشجيع من سعادة عميد كلية المجتمع الدكتور/ منصور بن محمد هباش، وبالتنسيق والتعاون مع عمادة شؤون الطلاب ، وبحضور رؤساء ومشرفي الاقسام العلمية والوحدات المساعدة والهيئة الادارية، حيث إقيم لقاء تعريفي للطلاب المستجدين عن الخدمات التي تقدمها الكلية والتعرف على الاقسام العلمية ،حيث عقد اللقاء على مسرح كلية العلوم الطبية التطبيقية ،وتضمن اللقاء عرض مختصر من مشرفي ورؤساء الاقسام العلمية والوحدات المساندة و ممثلين لعمادة شؤون الطلاب في الجامعة.

تناول اللقاء جميع الجوانب الهامة للطلاب من نظام الدراسة و اللوائح الاكاديمية المنظمة للعملية التعليمية كما استمع سعادة العميد الى جميع اسئلة الطلاب فى حوار ابوى مميز حث فيه سعادة العميد الطلاب على بذل الجهد و الاجتهاد.

كما استعرض سعادة العميد فى الحديث الى اعضاء هيئة التدريس وشد على ايديهم لبذل كافة الجهود من اجل بناء جيل قادر على النهوض بالمنظومة التعليمية وان يكون خريجو الكلية من المميزين فى التخصصات كما اكد سعادة عميد الكلية على اهمية تفعيل النشاط الطلابى و اللجان الطلابية وشجع الطلاب على المشاركة بها حتى تتمكن الكلية من المشاركة بكافة النشاطات الجامعية.

وفى نهاية اللقاء شكر الطلاب سعادة العميد وتعهدوا بمضاعفة الجهد من اجل تحقيق أهداف اللقاء كما وعدهم العميد بان يكون لقاءه مع الطلاب بصورة دورية لمتابعة جميع اسئلة واستفسارات الطلاب و الوقوف على احدث التطورات فى العملية التعليمية بالكلية



Community College organized an orientation meeting for its new students in coordination with the Deanship of Students Affairs. The meeting was chaired by Dr. Manssour Habbash Dean of Community College, Vice Deans, Chairs of College Departments and Units and administrative staff. The meeting, which was held in the Faculty of Applied Medical Sciences Auditorium, tackled a number of issues such as the different services offered to students and the community in Tabuk.

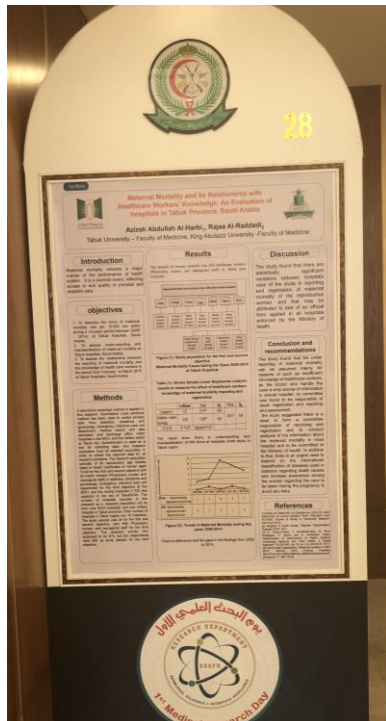
The meeting also raised many important issues for the students including the study and academic regulations and the audience was delighted to listen to the dean who answered all the students' questions in a very warm and fruitful interaction. The dean also urged the students to work hard in order to achieve their academic aspirations and life goals.

Dr. Habbash also addressed faculty members in the college and encouraged them to work hard and make every possible effort to build a strong generation who will contribute to advancing the Saudi nation and be the best graduates in their academic fields. Dr. Habbash stressed the importance of activating the different extracurricular activities offer and the University such as the students' guild and encouraged the students to participate in them actively. At the end of the meeting Dr. Habbash thanked the students who promised to work hard in order to achieve their goals.

## Research Day Poster

### Pharmacist/ Azizah Al-Harbi

Supervisor of student activity, Faculty of Medicine



## Student Activity on Community awareness program regarding obesity, type-2-diabetes mellitus and hypertension

**Dr. Palanisamy Amirthalingam**

**Assistant professor**

**Faculty of Pharmacy**

**Email: pchettiar@ut.edu.sa**

In connection to World Pharmacist Day, the Department of Pharmacy Practice, Faculty of Pharmacy, University of Tabuk organized the community awareness program on obesity, hypertension, and type-2-diabetes Mellitus held at Al Makhan Mall, Tabuk, KSA during 4<sup>th</sup> October 2019. All the faculty members in the department of pharmacy practice and fifth-year male and female students involved in the program. The primary aim of this program was to create awareness about the symptoms, risk factors and complications of the above-said diseases among the Tabuk population who visited Al-Makhan Mall on the day of the program. Also, to deliver health screening services on body mass index (BMI), blood pressure (BP) and blood sugar level. In addition to this, offering patient education according to their risk factors, BMI, BP, and Blood Sugar level.



Many of both male and female were volunteered to participate after knowing the above-said objectives. According to the need, they were advised to follow some aspects including life style modifications, smoking cessation, medication adherence, frequently monitoring the above-said parameters. Moreover, some patients who had high BP were advised to meet the physician immediately. Hopefully, our service benefits the community in terms of knowing their health status and also to improve their quality of life.

We would like to thank his Excellency, the president of the University of Tabuk and our beloved Dean, Faculty of Pharmacy for their permission and motivation to conduct the event. Also, our special thanks to the student activity unit of the Faculty of Pharmacy for their co-ordination towards the arrangement of the program.

## Meet Editors of Saudi Medical Journal for Students (SMJS)



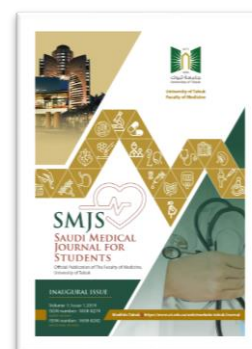
### Dr. Amjad Altunusi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk &

Medical Intern, King Salman Armed Forces Hospital (KSAFH), Tabuk

Email: [amtooni@hotmail.com](mailto:amtooni@hotmail.com)

Dr. Altunusi graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. He has been working for the SMJS Editorial Team since 2018 and the MedEdu team since 2017. Amjad is involved in editing and publication of the Journal. He helped design the Author Guideline of SMJS. In addition to his editorial work, Amjad is a supervisor of a volunteering group in Tabuk – **LabTest** doing many awareness campaigns throughout the year. He aims to be a well-known experienced and respected surgeon. Amjad enjoys working environments and supports team activities. He enjoys calligraphy, calligraphic arts and presenting scientific topics along with spreading health awareness through various possible means.



### Dr. Munirah Hamdan A Alkhrisi

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk &

Medical Intern, King Salman Armed Forces Hospital (KSAFH), Tabuk

Email: [munirah.alkhrisi@gmail.com](mailto:munirah.alkhrisi@gmail.com)

Dr. Alkhrisi, graduated from the Faculty of Medicine, University of Tabuk, Kingdom of Saudi Arabia in 2019. She has been working for the Editorial Team since 2018 and is involved in the peer review process and publication of the Journal. Munirah is responsible for coordinating with the Faculty editors and communicating with authors. In addition to her editorial work, she is involved in many volunteer foundations. Her mission in life is "to live a valuable life with clear soul and have a peaceful feeling by being helpful, honest, responsible about others in the community". She enjoys leadership, reading scientific articles and having yoga classes. Dr. Alkhrisi believes she is a very ambitious person who has a lot of worthy things to achieve!



### **Khalid Alqarni**

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk

&

6<sup>th</sup> year student

Faculty of Medicine, University of Tabuk

Email: [351000804@stu.ut.edu.sa](mailto:351000804@stu.ut.edu.sa) , [dkh.q5@hotmail.com](mailto:dkh.q5@hotmail.com)

Dr. Alqarni, a 6<sup>th</sup> year medical student in University of Tabuk, is a leader and student representative of Med35 since August 2018. He has been working for the Editorial Team of SMJS since 2019 and is involved in editing and review process of the Journal. Khaled has worked with the Faculty editors in preparing the ethical protocol of the Journal. In addition to his editorial work, he has also participated and organized many health-related community awareness programs. Khalid enjoys teaching and swimming.



### **Abulaziz Abulrahman Bedaiwi**

Student Editor, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk

&

6<sup>th</sup> year student,

Faculty of Medicine, University of Tabuk

Email: [Bedaiwi.973@gmail.com](mailto:Bedaiwi.973@gmail.com)



Dr. Bedaiwi is a 6<sup>th</sup> year medical student at the Faculty of Medicine, University of Tabuk. He has been working for the Editorial Team since 2019 and in MedEdu Tabuk since 2018. He is involved in editing and web designing of SMJS and MedEdu Tabuk. Abdulaziz has participated and organized many health-related community awareness campaigns and medical education courses. He is the Supervisor of Pediatric club and microbiology club in Faculty of Medicine, University of Tabuk. Abdulaziz enjoys drawing and painting. Dr. Bedaiwi is an expert in making handmade medical art which has been used in many activities and as teaching aids.

## فن إدارة الوقت " ورشة عمل في كلية المجتمع Time Management Workshop at UT Community College


**Murad Abdul Raheem Younis**

Community College- University of Tabuk

في إطار سعيها نحو تنمية المهارات والقدرات الطلابية، أقيم في مقر كلية المجتمع بالتنسيق والتعاون مع وحدة الخريجين بالكلية، وبتشجيع من سعادة عميد الكلية الدكتور/ منصور بن محمد هباش ورشة عمل بعنوان "فن إدارة الوقت"، وذلك يوم الاربعاء الموافق 1441/02/10 هـ ، وتضمنت ورشة العمل التي قدمها سعادة المهندس ممدوح الشلال عضو هيئة الإدارية لوكالة الجامعة للدراسات العليا شرحاً تفصيلياً لمعنى إدارة الوقت و ما هي مضيعات الوقت وعناصر الرئيسية التي تحتاجها لعملية تنظيم الوقت، مع تقديم نبذة عن طبيعة العوامل الصحيحة للتخطيط الجيد وكيفية وضع خطة عملية لتنظيم الوقت وحصد النجاحات، وقد شارك في أعمال الورشة خمس وخمسون طالباً من مختلف التخصصات التي تمنحها الكلية، جدير بالذكر أن الطلاب الحضور قد تفاعلوا مع المدرب بطرح الأسئلة والمشاركة في المناقشة وإبداء الرأي، مع الرد على استفسارات المحاضر التي بينت مدى استيعابهم لموضوع الورشة، بما يؤكد على تحقيق الورشة أهدافها.

In the light of its persistent pursuit to enhance students' skills and capabilities, Community College conducted a workshop on time management. The workshop which was held on Wednesday 10/2/1441 AH tackled different issues such as the definition of time management and the reasons behind time wasting and the ways to make the best of one's time. The workshop was presented by Mr. Mamdouh Al-Shallal, also included an overview of the factors needed in time management and achieving success. Fifty five students attended the interactive workshop from the different majors in the college who actively engaged in the discussions of the tasks and topics introduced by the presenter. Students showed extreme interest and enjoyment in the workshop and its goals.





جامعة تبوك  
University of Tabuk

## SMJS

### Saudi Medical Journal For Students

- The First "Peer-Reviewed" Medical Journal for Students in the Kingdom of Saudi Arabia
- A Journal for the Students By The Students

### Are you a Student

Are you studying health care subjects (Medicine, Pharmacy, Applied Medical Science, Bio-Medical Sciences)?


Do you want to be a part of a team of the first Student Medical Journal in the Kingdom of Saudi Arabia?

Do you want to be a part of something new that has the potential of reaching new and unimaginable heights?

Do you envision yourself collaborating with Professors, Consultants, Doctors, Health Experts and students across the kingdom?

If so, then the Saudi Medical Journal for Students (SSMJ) is for you!


Applicants from ALL UNIVERSITIES in the Kingdom of Saudi Arabia are welcome.  
For application inquiries, please e-mail [mededutabuk@ut.edu.sa](mailto:mededutabuk@ut.edu.sa)



Official journal of the Faculty of Medicine, University of Tabuk,  
Kingdom of Saudi Arabia

### Our Partners

- University of Tabuk
  - Faculty of Medicine
  - Faculty of Applied Medical Science
  - Faculty of Pharmacy
  - Faculty of Science
  - Deanship of Research
  - Deanship of The Community College
- Ministry of Health, Tabuk region



```
graph TD; A[University Advisory Board] --> B[Faculty Editorial Board]; B --> C[Student Editorial Board];
```

[www.ut.edu.sa](http://www.ut.edu.sa)