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# MedEdu Tabuk

## Weekly Newsletter

Faculty of Medicine, University of Tabuk

### Welcoming the New Academic Year

**Dr. Marai M, Alamri**  
**Dean of Medicine**



Salam, It is my great pleasure to welcome you on behalf of the faculty, administrative staff and students to the Faculty of Medicine, University of Tabuk. The Faculty of Medicine is a new generation medical school in the Kingdom of Saudi Arabia that is committed towards achieving Saudi Arabia's Vision 2030 ambitions and objectives.

The vision of our faculty is "*to be a distinguished faculty in education and research, both locally and regionally, that effectively contributes to community service*". According to the recommendations of the Joint Committee meeting between the National Center for Academic Accreditation & Evaluation (NCAAA) and the Committee of Deans of the Colleges of Medicine, we have embraced the 'Saudi Medical Education Directives Framework' (**SaudiMED Framework**) of competencies as the minimum requirement of learning outcomes for our graduates.

The Faculty of Medicine has undertaken many ambitious projects and developments since its formation. The **Cyber Anatomy Lab** and the newly established **Clinical Simulation Center** provides state-of-art medical training facility to our students. On the academic front, major reform has taken place



Past Issues



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in our curriculum moving from traditional teaching to a student centered, integrated, system based learning. We have incorporated Team Based Learning, Problem Based Learning and Flipped Classroom in our curriculum addressing the academic requirements of physicians for future medical practice. The introduction of supervised **Peer-to-Peer Student Teaching** has generated great enthusiasm among students.

The Faculty of Medicine encourages its students to participate in research by developing a **Student Research Group** and seeking collaboration with tertiary hospitals. The Faculty of Medicine has taken the unique step of establishing the first peer-reviewed international student medical journal in the Gulf region, **Saudi Medical Journal for Students**. The Faculty newsletter, **MedEdu Tabuk** is a platform to bring all the healthcare workers of Tabuk region together so that they can serve the community better. Today the subscribers of the newsletter exceeds 10,000, which includes doctors, nurses, paramedics, pharmacists and students. Our Academic Advising program is strengthened by the supervised **Peer-to-Peer Student Advising** where senior students are involved in helping their junior peers

The students of the Faculty of Medicine have undertaken a number of community based projects and have arranged many public awareness campaigns successfully.

Thanks to the efforts of our faculty and administrative and to our collaborators, the Faculty of Medicine at University of Tabuk has taken a leading role in the education and training of doctors. Thank you for your support and encouragement.



Promoting SMJS and MedEdu Tabuk at Dept. of Medicine, King Fahad Specialist Hospital (KFSH), Tabuk with Dr. Badr Alsayed, Dept. of Internal Medicine, Faculty of Medicine & Head of Internal Medicine, KFSH

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

Welcome This week we have been busy promoting our Journal Saudi Medical Journal for Students and our newsletter MedEdu Tabuk to our colleagues at King Fahad Specialist (KFSH) Hospital Tabuk. Our colleagues at KFSH have been our partners in various academic activities, so it is appropriate to update them on our Journal and Newsletter



This is the third issue of Volume 4 and our 66<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)

## Scientific Research Club- Student Activity Unit Faculty of Medicine, University of Tabuk

**Alanuad Ibrahim Albazei**

6<sup>th</sup> year, Faculty of Medicine

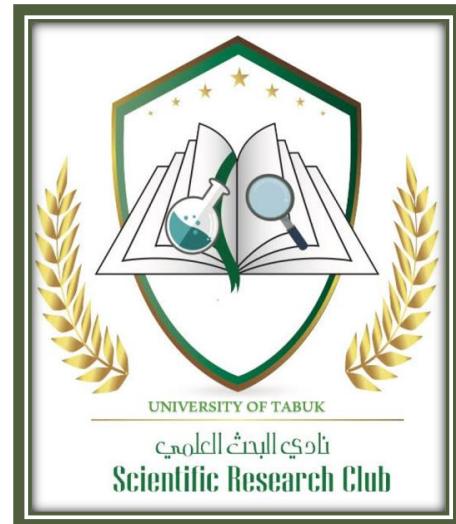
### Introduction

This club aims to provide medical college students in University of Tabuk the important and basic skills in scientific clinical research by organizing workshops paying attention to the student's needs.

The program contains workshops some of the can be attended online and some of them attended in classroom.

Membership in this club subjected to the regulations that organized by club and related committees.

The club supervised by scientific research committee with student's activity unit.



### Scientific research club

#### Vision

Medical students of Tabuk University excellence and leadership regionally and globally in field of submitting and publishing clinical research that contribute to the local community health issues.

## Message

Making medical students of Tabuk university clinical researchers pioneer in clinical research field having important skills to pursue special integrated research projects.

## General goal

“Design integrated project to prepare students to be researchers having the capacity to do whole research and publish it”

## Specific goals

- 1- Organizing basic research skills workshops
- 2- Discover students' talents in clinical research field and provide them supervisor.
- 3- Educate students how to formulate applicable research question or idea.
- 4- Encourage students and help them to do clinical research that serve the local community by suggesting subjects from experienced doctors in clinical research field.
- 5- Educate students how to interpret data and writing results.
- 6- Educate students about manuscript writing skills.
- 7- Educate students research ethics.
- 8- Collaboration with SMJS for publishing students research.

## Club organization committee

The club organized by student's activity units.

## Supervision and follow up

Scientific research committee in cooperation with student's activity units.

## Leader of the club

### **Alanuad Ibrahim Albazei**

6<sup>th</sup> year student

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## Subleader in female section

### **Raghad Sheeraz Alharthy**

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## Subleader in male section

### **Ahmed Alshahrani**

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## Workshop on research by the Faculty of Pharmacy in Ministry of Health

**Dr. Palanisamy Amirthalingam**

## Assistant Professor

## Faculty of Pharmacy

University of Tabuk

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Faculty of Pharmacy, University of Tabuk, partnering with Ministry of Health and conducting workshop periodically to enhance the skills and knowledge of licensed pharmacists in publishing pharmaceutical scientific research findings in the peer reviewed journals. In this connection, numerous workshops have already been conducted by our Faculty members in King Fahad Hospital to the pharmacy professionals.



The details as follows

No.	Date(s)	Title of the workshop	Speakers form the Faculty of Pharmacy
1	From 14 <sup>th</sup> to 16 <sup>th</sup> July 2019	Pharmaceutical Research overview	Dr. Ahmed Mohsen Hamdan & Dr. Mohammed Samir
2	From 20 <sup>th</sup> to 22 <sup>nd</sup> August 2019	Study Design	Dr. Mostafa Ali & Dr. Palanisamy Amirthalingam
3	From 2 <sup>nd</sup> to 3 <sup>rd</sup> October 2019	Data collection process	Dr. Nehal Mohsen Elsherbiny & Dr. Mohammed Samir

### Peer to Peer Student Advising at the Faculty of Medicine

#### **Jumanah Faisal Algoufi**

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Reviewed and edited by:

**Dr. Ruqaiyah I.Bedaiwi**, Faculty of Applied Medical Science and

**Dr.Roaa Khan**, Faculty of Medicine

Peer to Peer Student Advising is a process where allows students to maximize their educational potential through information exchange. This process can be accomplished by qualified faculty members or by peer advising <sup>(1)</sup>.

Peer to Peer Student Advising empowers the student to develop their skills as independent learners at the university level, supports students in their academic path and is enabling the student to access several tools. Advising helps the student to focus on the goals and needs, discovers the interconnectedness of their academic programs, community experience and the richness of the natural environment <sup>(2)</sup>.

In the University of Tabuk, Faculty of Medicine, a peer advising has been applied between the senior (fifth and sixth year) students and the junior (second and third year) students. Advising by the senior student is aimed to provide guidance on learning difficulties and

to solve some of the problems faced by junior students through the senior students who experienced the same situation, offer scientific opinions and tips on time management to improve their educational achievement.

### **Goals of Student Advising:**

Advising by the senior student could help the junior student in their academic path, proceed in their study and encourage them to participate in community activities. These goals are achieved through the following objectives:

- Guiding the junior student to succeed and develop in their academic life.
- Helping the junior student in coping with difficulties and stressed time.
- Directing the junior students to communicate with their academic advisor.
- Encouraging them to participate in university activity that is related to their field.

### **Advantages of Student advising:**

- Accessibility and flexibility of the peer advisors <sup>(4)</sup>.
- The convergence of ideas and easy sharing of experiences.
- Having a part of comfort in negotiating and sharing ideas, faced challenges and problems between the junior and senior students.

### **Disadvantages of Student advising:**

- Lack of time and difficulty of communication due to the high responsibilities.
- Eliminated communication from advising students due to pursuing education or graduation.

These issues can be solved through having a mandatory meeting between the peer advisors (senior students) and junior students.

### **References:**

- (1): "Definitions of Academic Advising." *NACADA* > Home, <https://nacada.ksu.edu/Resources/Clearinghouse/View-Articles/Definitions-of-academic-advising.aspx>.
- (2): Academic Advising. (n.d.). Retrieved from <https://machias.edu/academics/academic-advising/>.
- (3): Academic Advising - Definition. (n.d.). Retrieved from <https://machias.edu/academics/faculty-handbook/section-iv-academic-pol/academic-adv-def/>.
- (4): Migden, Joseph. "The Professional Advisor." *NACADA Journal*, vol. 9, no. 1, 1989, pp. 63–68., doi:10.12930/0271-9517-9.1.63.

## An Oath to be Better Researchers

### First Workshop of The Scientific Research Club, University of Tabuk

#### Ahmed Alshahrani

Co-leader of the SRC, 6<sup>th</sup> year student  
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At the beginning of your career as a physician, you start by an oath that reminds you that " This is only the Start of your Journey ". You will feel that this reminder is forcing you to go forward, accelerating your steps to be a better Doctor, a lifelong learner, and a lifelong researcher.

This was one of the main Reason to Start the Scientific Research Club (SRC). It is what pushed us forward every day. We arrange those Workshops to learn and help our friends in the Faculty of Medicine to know how to write scientific research that answers our questions as members of a scientific community and as a Doctor who cares for his patients.

We started by the First Workshop with many Great Speakers from our respected staff. The first session was on Saturday 14-09-19. It showed us all that many students are interested in scientific research and eager for publication with attendance more than 140 students plus and about 12 students from the College of Pharmacy.



**Alanoud** the Founder of the SRC started by thanking our host the **Dean Dr.Marai Alamri** who supported us from the beginning in every way possible. She also thanked our speakers and Guests for making everything possible and donating their time.

Then The Editor in Chief of **The Saudi Medical Journal for Students (SMJS)**, **Dr. Tanveer Raza** started to talk about the importance of the research and the advantages of the students to publish in the SMJS with amazing examples from our colleges who participated as a student's editors in the journal.



After that our respected Club Supervisor **Dr. Hyder Osman** presented and introduced the sessions of our respected speakers which separated into two parts by a coffee break and breakfast hosted by our Dean and ending the sessions by discussions and questions.

The next workshop inshallah is titled "How to write a Research Question? " and to lead by example, it will be better inshallah.

فن إدارة الوقت " ورشة عمل في كلية المجتمع  
Images from Marathon on the occasion of World Obesity Day

Prof Shereen Fawzy Hafez  
Faculty of Medicine

