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Weekly Newsletter

University of Tabuk



Dr. Marai M. Alamri, Dean of Medicine encouraging school students on a career in Medicine in International Children's Day

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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



Welcome to our new colleagues at University of Tabuk who have started receiving MedEdu Tabuk from last week. We invite you to share your work with us. This is our 71st issue and we are going strong. MedEdu Tabuk reaches out to our colleagues beyond University of Tabuk. Through this platform, we aim to have a significant impact on healthcare delivery to the community. Healthcare now goes beyond doctors, nurses and paramedics. One such example is the use of sensors in medical science. Next week in the "Weekly Academic Activity" at the Faculty of Medicine we are happy to invite Professor el-Hadi M. Aggoune, Director of SNCS and an Electrical Engineer to talk about Sensors in Medicine

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

Contact one of our dedicated student editors:

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

INTERNATIONAL CHILDREN'S DAY CELEBRATION AT FACULTY OF MEDICINE

Mr. Moneef Alfaqir

Faculty of Medicine

University of Tabuk

Email: malfageer@ut.edu.sa



The International Children's Day is celebrated on November 20. To commemorate this special day in honor of children, the Faculty of Medicine Tabuk University held an awareness campaign on children's health. Fifty Medical Students participated in this event under the supervision of Mr. Moneef Alfaqir. This campaign targeted the Students of Khaled Ibn Zaid primary school, Tabuk. The event involved an



awareness show in the class. A total of 777, students were candidates for this campaign. After one week the students with their teachers came to visit the Faculty of Medicine, UNiversity fo Tabuk and met with the **Dean of Medicine, Dr. Marai M. Alamri**. The leader of the school **Mr. Satam Alenazi** thanked the Dean for the activity and showed his grtatitdue by handing over certificate of appreciation to the Dean and Mr. Alfaqir. The Dean talked with the school children about a career in Medicine.



Dr. Marai M. Alamri, Dean of Medicine
invites you to attend the

WEEKLY ACADEMIC ACTIVITY

Faculty of Medicine, University of Tabuk



Topic: Sensors in Medicine

Time and Date: 1 pm - 3 pm, Wednesday 11th of December 2019

Venue: Academic Activity Room, 2nd Floor, Faculty of Medicine

Speaker: Dr. el Hadi M. Aggoune

Professor of Electrical Engineering
Director of SNCS Research Center, University of Tabuk

Contact Person: Dr. Tanveer Raza. Tel: 0537251324. Email: traza@ut.edu.sa

www.ut.edu.sa

BEHAVIORAL CHECKLIST GRADUATES: REFLECTIONS AND FUTURE DIRECTIONS

Speaker:

Dr. Badr Alsayed

Consultant Pulmonologist

Assistant Professor of Internal Medicine,

University of Tabuk

Head of Internal Medicine, King Fahad Specialist

Hospital, Tabuk

Email: balsayed@ut.edu.sa

Weekly Academic Activity
November 6th, 2019



لا بد من التعليم بالقوة في المجال الصحي، ففي بيئة العمل بين أقسام التنويم والصيدلية والعيادات المختلفة يكتسب المتعلم المهنية ومهارات التواصل الفعال بين أعضاء الفريق الطبي وكيفية التعامل مع المواقف الحرجة. نظريات التعلم المختلفة أثرت بشكل كبير في تصميم وسائل التعليم وآليات التقييم، وقطاع التعليم يقف اليوم أمام تحدٍ كبير عند محاولة تفعيل نظرية التعلم الاجتماعي لأنها تتطلب ممارسة ميدانية في بيئة عمل حقيقية يشترك فيها المعلم والمتعلم للوصول للكفايات التي تتطلع لها الكليات الصحية والمجتمع على حدٍ سواء.



Playing a role model in clinical setting is indispensable for learners of health-related fields. Understanding of theoretical background of our teaching activities is critical to graduate professionally competent healthcare providers.

During the titled talk, I discussed practical aspects of the Behavioral; Cognitive; and Social Learning Theory. Achieving mastery level in clinical and cognitive skills is attainable by bedside teaching, simulation, morning meeting, and other activities belong to both domains (i.e. Skills and Knowledge). In contrast, professionalism and team dynamics are primarily gained by engaging the learners in real-life clinical environments. The main message of the **"Behavioral Checklist Graduates"** talk, "Urging educators and academics for real clinical involvement in our local teaching hospitals to contribute in delivering patient-care as well as to improve communication and professionalism among our graduates of health-related colleges at the University of Tabuk".

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

تأثير المعالجة بفيتامين د مع الكالسيوم على الجهد التأكسدي للمصابين بداء السكري

إشراقات بحثية

تفاصيل الدراسة

يؤدي الارتفاع المزمن في مستوى السكر في الدم إلى تحفيز الجهد التأكسدي وزيادة إنتاج الشقوق الحرة في الجسم

يرتبط الجهد التأكسدي بمضاعفات صحية خطيرة لدى مرضى السكري كالإصابة بأمراض الاوعية الدموية وتلف الانسجة المكونة للأعصاب والكلى والعين مع ظهور تقرحات وصعوبة التئام الجروح

يهدف البحث إلى دراسة تأثير المعالجة بفيتامين د مع الكالسيوم على الجهد التأكسدي في مرض السكري

نتائج الدراسة

كشفت نتائج الدراسة أن المعالجة بفيتامين د مع الكالسيوم تؤدي إلى زيادة نشاط الانزيمات المضادة للأكسدة بدرجة ملحوظة، وهذا بدوره يقلل من الجهد التأكسدي المصاحب لمرض السكري

إن المعالجة بفيتامين د مع الكالسيوم تؤدي إلى خفض إنتاج الالدهيد النشط (MDA) بدرجة ملحوظة مما يساعد على حماية الخلايا والأنسجة من التلف الناتج عن الشقوق الحرة

Saudi Pharmaceutical Journal
<https://doi.org/10.1016/j.jsps.2018.07.012>

نشرت في

Alatawi Fatema , Faridi Uzma and Alatawi Mohsen

الباحثون



كلية العلوم - وحدة العلاقات العامة والإعلام

THE STUDENTS OF THE FACULTY OF PHARMACY, UNIVERSITY OF TABUK VISITED TABUK PHARMACEUTICAL MANUFACTURING COMPANY

Dr. Ayman Grawan,
Department of Pharmaceutics
Faculty of Pharmacy
University of Tabuk

In accordance with the care given to the development of the faculty students and the belief in the importance of qualifying the students to cope with the labor market needs and under the guidance of the Faculty Dean doctor Alaa Ben Abdullah Bagalagel, Pharmaceutics Department held a field trip for the fourth-year male and female students to Tabuk Pharmaceutical manufacturing company, which is the second biggest company for pharmaceutical industries in KSA. The purpose of the visit was to introduce our



students to the latest technology used in Pharmaceutical manufacturing and applying the theoretical study provided in the faculty.

The visit started by welcoming the students by the company employees and giving a brief introduction about the company and the size of its activity, the medicines produced by the company, the future plans and the ambitions of getting a share in the European markets.

Then, the students visited the production line and they experienced the different manufacturing stages of tablets and capsules and knew the devices used in each stage comparing them to what they studied. At the end of the visit, we expressed our gratitude for the company employees for their hospitality and well-organization.

From their side, the employees of the company praised the academic level of our students, their immediate cooperation with the production supervisors and the excellence in answering all the questions that were addressed to them. They also showed their willingness to hire our students to work in the company after they graduate stating that the Faculty of Pharmacy, Tabuk University will provide the company with highly-qualified pharmacists.

ARTICLES THAT CHANGED PRACTICE SINCE 2000: DRAZEN'S DOZEN

Ahmed Hamoud Alanazi

6th year medical student

Faculty of medicine

University of Tabuk

Email: 351001701@stu.ut.edu.sa



PART 1:

"Here, we present Drazen's Dozen: My curated choice of practice-changing and lifesaving papers from the past 19 years. All present actionable information that you can use right now with your patients to address some of the most common diseases". **Jeffrey M. Drazen, M.D. Editor-in-Chief, The New England Journal of Medicine**

Study Number 1: Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy

Conclusions: The early introduction of peanuts significantly decreased the frequency of the development of peanut allergy among children at high risk for this allergy and modulated immune responses to peanuts.

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/nejmoa1414850>

Study Number 2: Apixaban versus Warfarin in Patients with Atrial Fibrillation

Conclusions: In patients with atrial fibrillation, apixaban was superior to warfarin in preventing stroke or systemic embolism, caused less bleeding, and resulted in lower mortality

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/nejmoa1107039>

Study Number 3: Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin

Conclusions: Lifestyle changes and treatment with metformin both reduced the incidence of diabetes in persons at high risk. The lifestyle intervention was more effective than metformin.

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/NEJMoa012512>

Study Number 4: Colonoscopic Polypectomy and Long-Term Prevention of Colorectal-Cancer Deaths

Conclusions: These findings support the hypothesis that colonoscopic removal of adenomatous polyps prevents death from colorectal cancer.

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/NEJMoa1100370>

Study Number 5: Sofosbuvir and Velpatasvir for HCV Genotype 1, 2, 4, 5, and 6 Infection

Conclusions: Once-daily sofosbuvir–velpatasvir for 12 weeks provided high rates of sustained virologic response among both previously treated and untreated patients infected with HCV genotype 1, 2, 4, 5, or 6, including those with compensated cirrhosis.

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/NEJMoa1512610>

Study Number 6: Hematologic and cytogenetic responses to imatinib mesylate in chronic myelogenous leukemia

Conclusions: Imatinib induced high rates of cyto-genetic and hematologic responses in patients with chronic-phase CML in whom previous interferon therapy had failed.

Read full article at NEJM: <https://www.nejm.org/doi/full/10.1056/NEJMoa011573>

**Part 2: Next
Issue**

SCIENTIFIC CLUB OF PEDIATRICS

(<https://www.ut.edu.sa/web/college-of-medicine/pediatric-club>)

Abdulaziz Abdulrahman Abdulqader Bedaiwi

Faculty of Medicine, University of Tabuk

Email: 351000295@stu.ut.edu.sa



INTRODUCTION

The Faculty of Medicine at the University of Tabuk has established a scientific club for pediatrics 1441H by the student Abdulaziz Abdulrahman Bedaiwi. Which aims to educate the community about the diseases affecting children and how to prevent them and ways of proper care for children and the pattern of healthy nutrition to grow up in a healthy

and integrated environment provides what the child requires to be one of the building blocks in society . The club consists of two main sections:



Health Awareness Campaigns which contributes to the establishment of voluntary awareness campaigns for the community, and the

Department of Medical Conferences which is concerned with the establishment of medical conferences in conjunction with other scientific clubs to develop health staff and raise the efficiency and conduct medical research related

to pediatrics in cooperation with the Scientific Research Club .

LIST OF ACHIEVEMENTS

Collect more than 130 members of the students

Celiac disease Awareness Campaign: Supervision of organization and awareness: Abdulaziz Abdulrahman Bedaiwi and Nadia Abdullah Alzahrani

The Faculty of Medicine at the University of Tabuk, represented by the Scientific Club of Pediatrics, initiated a campaign to raise awareness about celiac disease, and urge attention to the pattern of nutrition in the disease at Almakani mall in Tabuk city on Friday, 18th October, 2019 for five hours from 5 to 10 pm Under the supervision of Dr. Mohammad Hussain Sheikh.