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Editorial

Dr. Md. Tanveer Raza

Editor-in-Chief, Saudi Medical Journal for Students and
MedEdu Tabuk, Faculty of Medicine, University of Tabuk
Tel: +966 53 725 1324, Email: traza@ut.edu.sa



“Equal Opportunity, SMJS-MET and Saudi Vision 2030”

“Saudi Vision 2030” is built around three themes: a vibrant society, a thriving economy and an ambitious nation. For a thriving economy, there should be equal opportunity for everyone, men and women, young and old. At SMJS-MET, we believe in equal opportunity for all of our student editors, male and female students editors from any faculty and university across the kingdom. A congenial work environment has been created through a virtual workspace and separate but adjacent editorial offices. The Editors work under supervision and receive continuous training. Professionalism and high performance is encouraged and rewarded. Students get the opportunity to develop their talents and capabilities. SMJS-MET provides facilities and opportunities to students with disabilities to be part of the editorial team and be an effective member of the editorial staff.



Eid Illustration by Ishtiyahq Abdullah Abuzayied, 5th Year, Faculty of Medicine, Editorial Manager (Peer Review), Faculty of Medicine, University of Tabuk. Tel: +966 50 397 1132, Email: 381007066@stu.ut.edu.sa



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SMGS-MET Congratulates its Editors



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Dr. Raghad Asiri
General Pediatrics

تهانينا

Student Poster Exhibition



The Event: This academic year has seen many special events by the Medical Faculty at the University of Tabuk, but perhaps the most memorable will be this event which was held in the second semester. It was an event in which distinguished students were able to present in front of His Excellency, Professor Abdullah Mufreh Al-Dhayabi, President of the University of Tabuk, and other notable guests – including the Dean of the Medical Faculty, Dr. Marai Al-Amri and the Dean of the Institute of Languages, Prof. Abdurahman Alfahadi. This spectacular show gave stage to a sample of medical students from year 1 to 6, and allowed them to use their mastery of English to communicate ideas and their new-found knowledge to the aforementioned honorable guests.



Year 1 Students

Wearing their gowns of confidence, standing on pillars of diligence, and ready to educate the world about their passion, first year male and female medical students delivered performances which challenged the notion that they are novices. They looked at home and were unfazed by the presence of so many people in positions of authority. They married their passion with their language mastery and did so in expert fashion.



The students sought to engage the audience by luring them into question-answer discussions which was appreciated by those in attendance. Of course, a lot of practice went into preparations and the results were crystal clear – they took complex concepts and simplified them for the audience with non-medical backgrounds, and yet, they were able to answer questions posed by experts in the field. It was captivating to witness such performances, and a testament of this was how fast the time flew by. His Excellency, Professor Al-Dhayabi, spent no less than 4 hours – systematically moving from student to student and more often than not, he would engage the students in conversation.

In fact, the closing act of the events were performed by first year medical students who delivered performances which left the president heaping praise after praise upon the students and those involved in cultivating them. Any attendee on that day would say that these students have bright futures, however, lest we forget the role of the faculty's dean and his distinguished team of staff in creating a culture of true learning. Students are not only acquiring knowledge in their field, rather – they are going beyond that by learning presentation skills, engaging with the community, and challenging themselves to break barriers that most cannot hurdle over. Ladies and gentlemen, you are witnessing change in progress - this is a new culture for a new generation of doctors and medical professionals





Special thanks to our honorable guests who attended the event, and a special thank you to our students who not only participated, but made us all so proud. – too many to mention by name so a big THANK YOU TO ALL!



Author, Mr. Mike Simbule (IL English Instructor & EMD
Faculties Coordinator: Email: msimbule@ut.edu.sa)



Photos by, Mr. Ahmed Abuqwini Al-Atawi. Email:
alatwi252a@gmail.com



المتلقى السنوي الأول للصيادلة والارشاد الوظيفي

ANNUAL PHARMACY GRADUATE GATHERING

The Faculty of Pharmacy has established the first Annual pharmacy graduate gathering that targets to meet and follow up with the graduates and open career opportunities for current students and graduates. In addition to increase their job awareness through courses offered by experts in pharmacy. The event was launched by the Vice President of University of Tabuk, Dr.Salih Alharbi, the dean of Pharmacy college Dr.Ahmed Aljabri, the vice dean for female students Dr.Reem Alshaman, the Vice President of students affairs, and the Vice President of postgraduate studies and scientific research and other deans from different colleges.

In this event, the College of Pharmacy has signed an agreement with Sundos Pharmacy to provide immediate career opportunities to the college's students.

A number of graduates participated in representing pharmacies, hospitals, residence programs, factories, and companies. There was also a turnout from students for having a biographical review chance offered by Dr. Saleh Al-Qafari in order to suit the requirements of the labour market, and the College Club had an imprint in introducing its role and how to join it. This will be an annual forum for the College to achieve its objectives.



Amyal Albalawi

Intern ,Faculty of Pharmacy,
University of Tabuk.
Tel: +966 501713892 ,Email:
371003878@stu.ut.edu.sa

Fatimah Alharthi,

Intern , Faculty of Pharmacy ,
University of Tabuk
Tel: +966 531970938 Email:
371000493@stu.ut.edu.sa



"أقامت كلية الصيدلة ملتقى الخريجين الأول والذي يهدف إلى الالتقاء بالخريجين والمتابعة معهم وفتح فرص وظيفية لطلبة الكلية وخريجها، بالإضافة إلى رفع الوعي الوظيفي لديهم من خلال عدد من ورش العمل المختلفة والتي قدمها عدد من المختصين في مجالات الصيدلة، حيث دشّن الملتقى سعادة وكيل جامعة تبوك د. صالح الحربي وسعادة عميد كلية الصيدلة د. أحمد الجابري وسعادة وكالة الكلية د. ريم الشامان بحضور كل من سعادة وكالة الكلية الجامعة لشؤون الطالبات وسعادة وكيل الجامعة للدراسات العليا والبحث العلمي، وعدد من اصحاب السعادة عمداء الكليات والعمادات المساندة تخلل هذا الحدث توقيع اتفاقية مع صيدليات سندس للتوظيف الفوري لطلاب كلية الصيدلة. وشارك عدد من الخريجين في تمثيل بعض الجهات مثل صيدليات المجتمع والمستشفيات وبرامج الإقامة والمصانع والشركات والمجال الأكاديمي كما كان هناك اقبال من الطلبة على ركن مراجعة السيرة الذاتية من قبل الدكتور صالح القفاري بما يتلائم مع متطلبات سوق العمل، وكان لنادي الكلية بصمة في التعريف بدوره وكيفية الانضمام اليه . وسيكون هذا الملتقى عادة سنوية للكلية من أجل تحقيق الأهداف المرجوة منه".



SIMULATED PATIENT PIONEERS VISIT THE SMJS-MET EDITORIAL OFFICE

Dr. Salwa Bukhari

Faculty Editorial Supervisor, SMJS-MET
Faculty of Medicine, University of Tabuk
Tel: +966 50 334 8151
Email: s.bukhari@ut.edu.sa



The SMJS-MET editorial team was pleased to have pioneers of simulated patients programs **Dr. Reem Alajmi** and **Dr. Badr Alsayed** visit the Editorial office. Dr Reem Alajmi is Healthcare Simulation Consultant and Founder of the Standardized Patient Program. She is a Member of the International Committee of Association of SP Educators (ASPE) America and Member of Saudi Society for Simulation in Health Care (SSSH KSA) and Saudi Society for Health Administration (SSHA). One of the many accolades that Dr. Alajmi has is winning the first place in the Innovation Simulation Project Competition, KSA of 2021. **Dr. Badr Alsayed** is the Head of the Clinical Skills Center and Simulation Unit of University of Tabuk and a member of SSSH KSA. He was accompanied by **Mr. Rami Altuwaylie** and **Ms. Mona Ablowi** from the Simulation Team of University of Tabuk.



The distinguished visitors were appraised of the activities of SMJS, the first student medical journal of the Gulf region and MET, the newsletter with more than 50,000 subscribers. Dr. Alajmi showed keen interest hoped that her organization would work closely with SMJS-MET in the future. She was presented with an SMJS-MET souvenir pin and some issues of MET by **Dr. Md. Tanveer Raza**, Editor-in-Chief, SMJS-MET

SMJS-MET was represented by Dr. Md. Tanveer Raza, Editor-in-Chief; **Dr. Salwa Bukhari**, Faculty Editorial Supervisor, **Ishtiyag Abdullah Abuzayied**, 5th Year, Faculty of Medicine, Editorial Manager, **Modallah Abdalhafiz a. Alghannam**, 4th Year, Business Administration, Editor, SMJS, and **Amnah Raid Alhazmi**, 2nd Year, Faculty of Medicine, Editor.





STORIES OF OUR EDITORS

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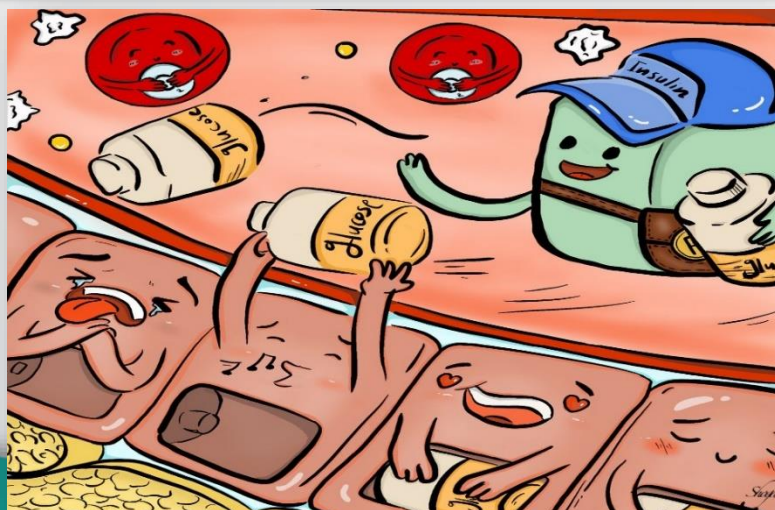
Ishtiyahq Abdullah Abuzayied

5th Year, Faculty of Medicine, Editorial Manager (Peer Review),
Faculty of Medicine, University of Tabuk.

Tel: +966 50 397 1132, Email: 381007066@stu.ut.edu.sa

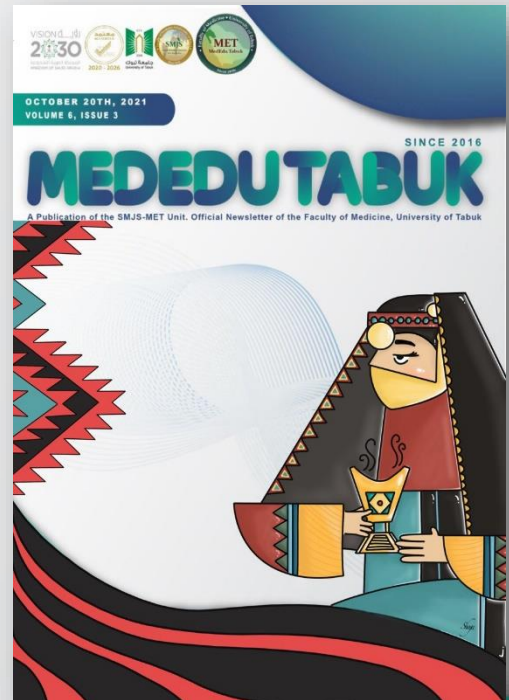


لطالما كان الرسم هواية احببتها منذ الصغر، لأملئ فيها اوقات فراغي وسرعان ما تحولت إلى شغفٍ يلزمني وبصمة من بصمات شخصيتي. تعلمت الرسم بنفسني ومع مرور الوقت اصبحت ماهرة فيه وقد شجعني دعم وثناء عائلتي واصدقائي على المواصلة. وبعد المرحلة الثانوية كنت ارسـم من حين لآخر حتى توقفت عن الرسم تماما، لكوني طالبة طب ولا املك الكثير من اوقات الفراغ، حتى تعلمت كيف اجمع بين شغفي في الرسم ودراستي للطب من خلال النادي الفني الطبي والذي يهدف الى تنمية واكتشاف موهبة الرسم لدى طلبة الطب وذلك بدعم من عميد كلية الطب الدكتور مرعي العمري.



- 01 السكري من النوع الأول
- 02 حموضة الدم السكري لدى الأطفال
- 03 مرحلة ما قبل السكري من النوع الثاني
- 04 السكري من النوع الثاني لدى الأطفال

وكان للمجلة الدورية الدور الكبير في دعمي تحت اشراف دكتور تنفير حيث اتاحت لي العديد من الفرص للرسم والتصميم حتى عدت الرسم من جديد بطاقة وشغف أكبر.



MEDU TABUK (MET) ARTICLE SUBMISSION GUIDELINES

Word count: 100-300. For longer articles, please contact us

Language: English, Arabic or Both

Font and Spacing: Times New Roman, Size 12pt, Double spacing

Title: Please include a title

Submission: By email at mededutabuk@ut.edu.sa. Include "MET newsletter submission" in the subject line of your submission email. Should be sent as an attachment, as Word (.doc or .docx). Please do not send in .pdf format. Pdf format articles will be rejected

Author: There can be a maximum of 3 student authors and one faculty author for each submission. If there are more than 3 student authors, each author's role must be justified. MET is most likely to reject articles with more than 3 authors. Include first name, last name, year, faculty, and institution, and a contact email address (must be university email) for all authors. Authors may add telephone number (optional) and photo (optional). We will work with the corresponding author via email to edit and proof the submission before publication

Pictures and Graphs: Pictures and graphs are highly encouraged to be submitted along with your article. It will increase the chance of acceptance. They must fall into one of these categories: [1] Your own work—i.e., you took the photograph; [2] freely licensed; [3] Public domain; [4] Fair use (Contact us with any questions)

Attach them separately in the same email as your article submission. Include a short (1 sentence) caption of each image. Article and Images should be socio-culturally acceptable

An expert must review informative articles (for example, an article on a disease)

This guideline applies to already submitted articles, and changes may be required

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Contact details and for further information

Saif Al-Amrany, Editorial Manager, MET Unit, SMJS-MET, Faculty of Medicine, University of Tabuk.
Tel: +966 58 16 61 701, Email: 411003383@stu.ut.edu.sa

Dr. Md. Tanveer Raza, Editor-in-Chief, SMJS-MET. Tel: +966 53 72 51 324, Email: traza@ut.edu.sa



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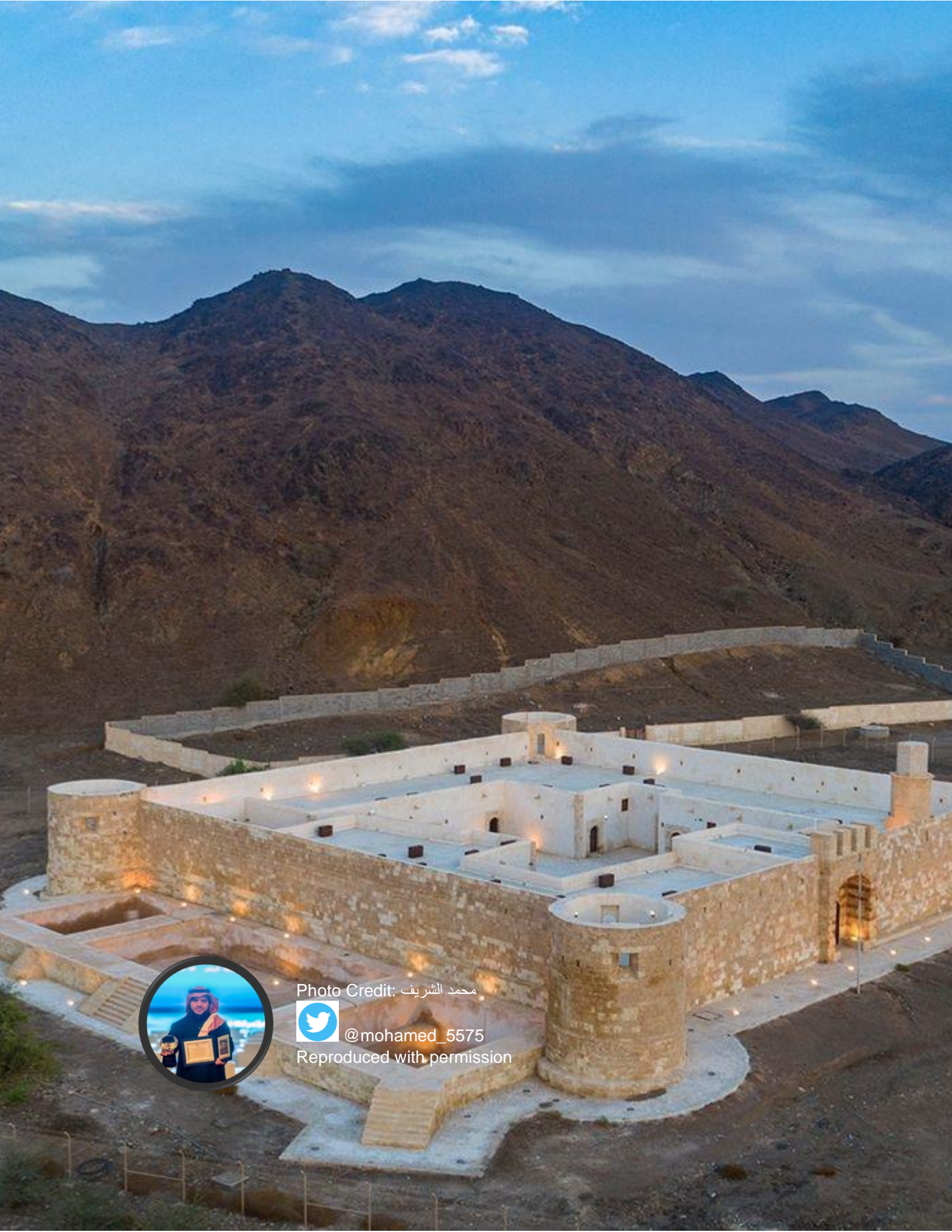


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@mohamed_5575

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