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SMJS

Medical
for Students

Faculty of Medicine

MET

MedEd

MEDEDU TABUK

Official Newsletter of the Faculty of Medicine, University of Tabuk
Part of the SMJS-MET Publications

KINGDOM OF SAUDI ARABIA
Ministry of Education
University of Tabuk
Faculty of Medicine



Years



H.E. Prof Falleh R. M. Al-Solamy,
President King Khalid University visiting
SMJS-MET booth



Dr. Marai M. Alamri Dean of Medicine,
opening SMJS-MET International Quiz



Prof Ali Saeed AlQahtani, Dean, College
of Medicine, King Khalid University
receiving SMJS-MET crest



Healthcare Simulation in Saudi Arabia



SMJS-MET

**All praise is due to Allah who bestows His favors and
bounties upon His servants abundantly**

Editorial

MedEdu Tabuk (MET) has proven to be an effective means of communication for sharing knowledge, curricular and extracurricular activities, inspiring novelty, engaging work, providing information, and reaching out to the community. Established in 2016, MET, the official newsletter of the Faculty of Medicine, University of Tabuk, has published more than 100 issues and reaches to over 50,000 subscribers. This will be its 7th year.



MET is a part of SMJS-MET publications, which also includes the Saudi Medical Journal for Students (SMJS), the first peer-reviewed student medical journal in the Gulf region. The 82 Editorial Board members of SMJS-MET consists of students from 7 different Universities, supervised by a Faculty Advisory Staff. SMJS-MET Editorial team is divided into Editorial units responsible for well-defined tasks. Each unit is headed by the Unit Manager (Student). The Editor-in-Chief, a faculty member, is responsible for managing the Editorial Team. A University Advisory Board (UAB) made of Faculty Deans ensures quality. The Dean of Medicine is the Chairman of the UAB.

MET is actively involved with the community through organizing campaigns, publications, seminars, workshops, and discussions. The hand washing video for school students during the COVID-19 Pandemic, was instrumental in raising awareness for protective measures. The professional work culture at SMJS-MET, with continuous workshops and training sessions creates an atmosphere for editors to develop their soft skills. MET is a credible source of information through its archived online content, for the University, Faculty, and students.

The Editorial team highly appreciate the continuous support of **H.E. Prof. Dr. Abdullah bin Mofarh Al-Thiabi**, President, University of Tabuk. We like to thank **Dr. Saad Bin Mutlaq Al-Mutairi**, Vice-Rector for Graduate Studies and Scientific Research, **Dr Faisel Abu-Duhier**, Vice Rector Academic Affairs, **Dr. Saleh bin Hamed al-Harbi**, Vice-Rector, University Administration, and **Dr. Fatima Abdullah Obaidullah Al-Talhi**, Vice Rector, Female Affairs; the esteemed members of the University Advisory Board, **Dr. Majed Balola**, Dean, Student Affairs & Supervisor of Media And Relationship, **Dr. Ahmed Al-Jabri**, Dean of Pharmacy, **Dr. Fahad Mohammed Alrabae**, Dean, Faculty of Science, **Dr. Hamad S. Al Amer**, Dean of Faculty of Applied Medical Sciences, **Dr. Khaled Al-Mohammadi**, Dean of Information Technology, **Dr. Mana M. Alqahtani**, Dean, Research and **Dr. Manssour Habbash** (Exon), Dean, Community College for their leadership.

A special thanks to the Faculty Advisory Board members for their help in moving SMJS-MET forward. We like to thank **Mr. Abu Faisal AlBukhari**, Head of Administration, Faculty of Medicine, our colleagues, and the administrative and support staff. Thanks to our colleagues at the Ministry of Health and the Military hospital. We appreciate our readers and writers from the community. Our readers give MET the inspiration to operate, thrive and expand.

Most of all we like to thank our conscientious Student Editorial Managers, Editors and Associate Editors, who have shown to be efficient, organized, and not shy away from their responsibilities. They have proven to be professionals willing to develop themselves constantly. MET is a teamwork



Dr. Marai. M. Alamri

Dean of Medicine,
Chairman, University Advisory
Board, SMJS-MET
University of Tabuk, KSA



Dr. Md. Tanveer Raza

Editor-in-Chief, SMJS-MET
Faculty of Medicine
University of Tabuk, KSA

VISION 2030
Saudi Vision 2030

SMJ-SMET Unit
Official Newsletter of the Faculty of Medicine, University of Tabuk

University of Tabuk

Qassim University

KING KHALID UNIVERSITY

جامعة سليمان الراجحي
SULAIMAN ALRAJHI UNIVERSITY

جامعة القصيم
QASSIM UNIVERSITY

جامعة الملك خالد
KING KHALID UNIVERSITY

جامعة الملك سعود
KING SAUD UNIVERSITY

6 ++
Years

7 ++
Universities

70 ++
Editors

100 ++
Issues

500 ++
Articles

1,000 ++
Photos

50,000 ++
Subscribers

SINCE 2016

MEDEDUTABUK

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Faculty of Medicine • University of Tabuk
MET
MedEdu Tabuk
Since 2016

EXPERIENCES
MOTIVATION
GOAL
ENVIRONMENT

SMJS-MET CONFERENCE REPORT

SECOND STUDENT FORUM FOR HEALTH RESEARCH

College of Medicine, King Khalid University (KKU), Abha



H.E. Prof Falleh R. M. Al-Solamy, President, King Khalid University receiving the SMJS-MET pin in the Forum in the presence of Prof Ali Saeed AlQahtani, Dean, College of Medicine, King Khalid University

The Medicine and Creativity Club at KKU, Abha organized the 2nd student forum for Health Research on 3rd – 4th September 2022. The objective of the forum, according to the organizers “to guide Health college students at Kingdom of Saudi Arabia and enrich their research knowledge and give them a chance to attend program that is similar to conference in order to acquire the research knowledge and experience.”

The Saudi Medical Journal for Students is the first peer-reviewed student medical journal in the Gulf region. Since its establishment in 2016, SMJS is playing a crucial role in promoting student research in the kingdom. Free publication charges, guidance in the publication process, prioritizing students, recognition by SCFHS, and workshops and seminars have made SMJS popular among students. Therefore, the organizers invited the journal to be set up a booth in the forum and make an introductory presentation for the participants.

SMJS-MET had a booth during the two days of the forum. H.E. Prof Falleh R. M. Al-Solamy, President, King Khalid University (KKU), and Prof Ali Saeed AlQahtani, Dean, College of Medicine, KKU, Abha and other dignitaries visited the booth. The delegates of the forum showed great interest towards the activities of SMJS-booth.



Prof Ali Saeed AlQahtani, Dean, College of Medicine, KKU, Abha received an SMJS-MET crest, pin and the 75th special issue of MET from Dr. Md. Tanveer Raza, Editor-in-Chief on behalf of Dr. Marai M. Alamri, Dean of Medicine and the Editorial board of SMJS-MET, as a token of appreciation for his support towards SMJS and MET since it was established.



SMJS-MET delegates: Lt to Rt: **Abdullah Al Madshush**, Manager Design Unit, SMJS-MET, & 6th yr, Faculty of Medicine (FoM), University of Tabuk (UT); **Seif Alomrani**, Manager MedEdu Tabuk Unit, SMJS-MET, & 3rd yr, FoM, UT, **Khaled Abdulwahab Amer**, Editor Estikshaf (Peer Review) Unit & 6th yr student, College of Medicine, KKU; **Dr. Md. Tanveer Raza**, Editor-in-Chief, SMJS-MET; **Amira Alkonani**, Manager Membership Unit, SMJS-MET, & 6th yr, FoM, UT; **Ishtiyag Abu Zayied**, Manager Estikshaf (Peer Review) Unit, SMJS-MET, & 6th yr, FoM, UT; **Rammas Abdullah Shawkhan**, Associate Editor, SMJS-MET & 5th yr, College of Medicine, KKU

Dr. Md. Tanveer Raza, Editor-in-Chief SMJS-MET, made a brief presentation to the delegates introducing the official publications of the Faculty of Medicine, University of Tabuk, (1) Saudi Medical Journal for Students (SMJS) and (2) MedEdu Tabuk (MET) to the delegates



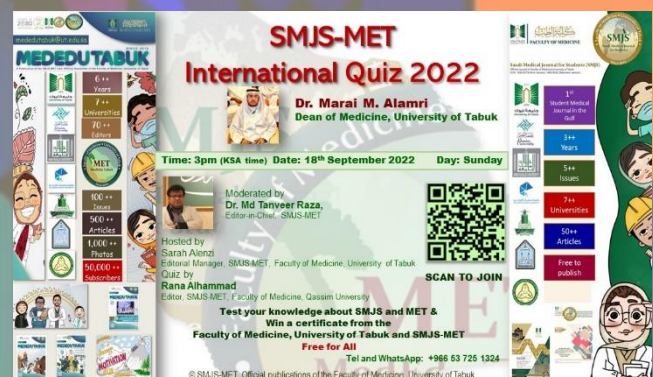
SMJS-MET COMMUNITY ENGAGEMENT PROGRAM SMJS-MET INTERNATIONAL QUIZ 2022 Faculty of Medicine, University of Tabuk



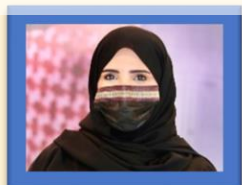
Dr. Marai M. Alamri Dean of Medicine, and Chairman of the University Advisory Board of SMJS-MET inaugurating the SMJS-MET International Quiz

SMJS-MET organized an online quiz for the community to inform them about the activities of the first peer-reviewed student medical journal in the Gulf region, Saudi Medical Journal for Students and MedEdu Tabuk, the official newsletter of the Faculty of Medicine. The self learning quiz was an interesting way to inform them on how they could participate in the activities.

SMJS-MET received an overwhelming response. More than 150 participants from different places participated in the quiz. Participants could take the quiz repeatedly to get a high score. Certificates were given to all participants. A "high scorer" certificate was given to those who good good results.



THE FUTURE VISION OF HEALTHCARE SIMULATION WITHIN THE HEALTHCARE CONTEXT IN SAUDI ARABIA



Dr. Reem Alajmi

Healthcare Simulation Consultant

Founder, Standardized Patient Program

Member, International Committee of Association of SP Educators (ASPE) America

Member, Saudi Society for Simulation in Health Care (SSSH KSA)

Member, Saudi Society for Health Administration (SSHA)

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It is the modern way to educate and train healthcare professionals to master cognitive, technical, and behavioral skill sets through technologically advanced crafted experiences. This style of experiential learning enables professionals and learners to practice and test their profession while building confidence in their abilities, prior to working in real world scenarios. Healthcare Simulation is also commonly referred to as Medical Simulation, or in specific circumstances Surgical Simulation and Nursing Simulation.



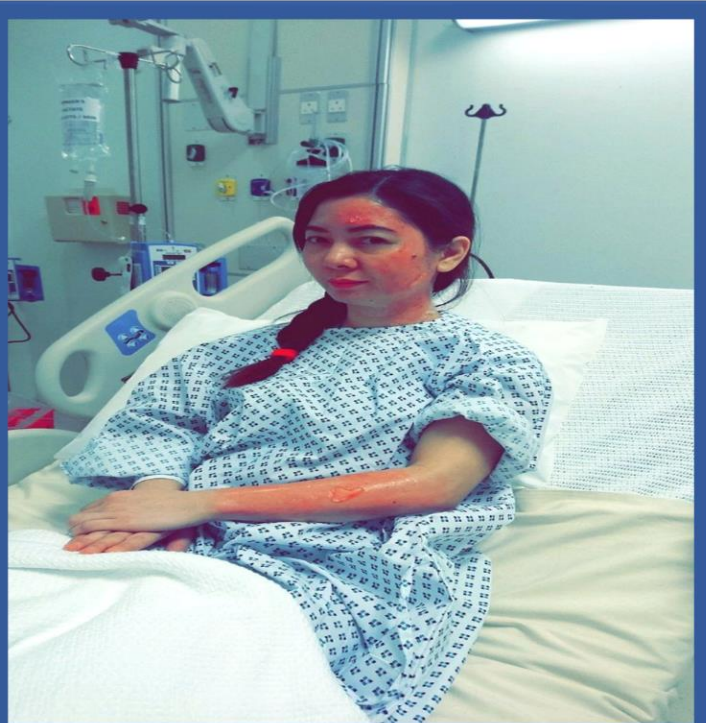


Standardized Patient Program (SPP):

It's a Program provides Students, Residents, and Physician's opportunities to explore the process of Patient-Doctor Communication, Learn Clinical and Physical Exam Skills, and gain valuable experiences with SPs in a safe environment

Standardized Patient:

Is a Person carefully recruited and trained to take on the characteristics of a real Patient thereby affording the Student an opportunity to learn and to be evaluated on learned skills in a Simulated Clinical Environment.





Dr. Khaled Abdulwahab Amer, Editor Estikshaf (Peer Review) Unit and 6th year student, College of Medicine, KKU, Abha received his Editorial membership certificate from Prof Ali Saeed AlQahtani, Dean, College of Medicine, KKU. The Editor-in-Chief, Dr. Tanveer Raza, and other editors were present.



Rammas Abdullah Shawkhan, 5th year student, College of Medicine, KKU, Abha received her Associate Editor appointment letter from Prof Ali Saeed AlQahtani, Dean, College of Medicine, KKU. The Editor-in-Chief, Dr. Tanveer Raza, and other editors were present..



المجلة الطبية الطلابية MedEdu Tabuk الدورية

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المجلة الطبية الدورية الطلابية بجامعة تبوك هي مجلة تدعم الإبداع و تنشر المواهب و تسعى لتصدير الطاقات الشبابية لطلاب طالبات جامعة تبوك على وجه الخصوص و جميع طلاب جامعات المملكة العربية السعودية على وجه العموم و تطمح لإن توصل إبداعكم في جميع أنواعه من مقالات أدبية و علمية، كتابات ثرية و شعرية، صور و تغطيات ، تصاميم و رسومات لكافة القراء في كل الأماكن حيث أن المجلة تجاوز قرائها الخمسون ألف قارئاً.

لطالما سعت المجلة الطبية الطلابية في جامعة تبوك لدعم الطلاب فهي رسالتها من الطلاب وإليهم و هدفها إن تزدهو و تغلو بطلابها و بمنشوراتهم وإبداعات أقلامهم. فقد عملت المجلة الطبية الطلابية على الدعم و التحفيز بكافة السبل. للناشرين في المجلة الدورية الطبية الطلابية عدة مميزات أولها النقاط في برنامج اطباء التميز لطلاب كلية الطب بالإضافة لنقاط السجل المهاري و ذلك عوضاً عن التجربة التي سوف يحظى بها الطلاب في نشر ابداعهم و خوض هذه الممارسة الممتعة .

و في فريق المجلة الدورية الطبية الطلابية يتم العمل على المواد المنشورة من قبل محررين طلاب و يتم مراجعتها بطريقة عملية سلسلة و نشرها حسب الضوابط و القواعد التي تعمل عليها المجلة في كافة منشوراتها و تحظى المجلة الدورية الطلابية بدعم مشكور من معالي رئيس جامعة تبوك أ.د. عبدالله بن مفرح الذيابي في كل خطواتها و في كافة إنجازاتها .

و الشكر الموصول للداعمين في شتى الأماكن و على رأسهم الداعم الأول و المساند لها في أدق التفاصيل دكتور مرعي العمري عميد كلية الطب و الجراحة و لرئيس التحرير الدكتور تنفير رازا القائم على جميع منشوراتها.

Professionalism
In English
Writing

Tips & Tricks To
Help You Succeed
In Your Professional
Life

Presented By:
SMJS-MET
English Language
Unit

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Date: February 1
Time: 8:30 PM

https://eu.bbcollab.com/guest/acc19700d37e49cd?dd14d4097099ed1

Make A Video

Need info, Contact:
smad, @smad_raza_mw
Raza, @raza_mw
Dr. Youssef, @youssefsmjs

Topics:

- How to wash your hands
- How to Cough
- How to wear a Mask
- How to wear Gloves

RULES

- You must be a school student
- One video one topic
- You can make more than one video
- Video should not be more than 1 min
- You must introduce yourself
- You must ENJOY making the video

Get Official
Certificates on
Superheroes against
Corona Virus from
Faculty of Medicine

Email your videos to mededutabuk@ut.edu.sa
before April 9th, 2020

Organized by:
Dr. Mostafa Al-Azami, Dean Faculty of Medicine, University of Tabuk
Dr. Md. Tanveer Raza, Editor-in-Chief, Saudi Medical Journal for Students (SMJS)

SAUDI MEDICAL JOURNAL FOR STUDENTS
& MEDEDU TABUK PRESENT

What to know before
becoming a Gynecologist
Seminar

SPEAKER
DR. YAZEED ALBALAWI
ASSISTANT PROFESSOR & HEAD OF
OBSTETRICS AND GYNECOLOGY
DEPARTMENT
FACULTY OF MEDICINE
UNIVERSITY OF TABUK

ONLINE
VIA BLACKBOARD

QR CODE

12:00 - 1:00 PM
TUESDAY 25TH
JANUARY 2022
CERTIFICATES
WILL BE GIVEN

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