

Since 2016

MEDEDU TABUK

A Publication of the SMJS-MET Unit. Official Newsletter of the Faculty of Medicine, University of Tabuk



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

Editorial

Saudi Medical Journal for Students (SMJS) invites Research Posters

Dissemination of research work, projects, program evaluation, and other activities is often the challenging final step of years of work. Posters are an excellent approach to present work. They are a hybrid of a published paper and an oral presentation. Posters at conferences share findings in a relaxed and informal setting, enabling the presenters to interact with colleagues and other stakeholders. A clear, informative, visually appealing poster can only effectively convey its message.

A flawed poster design often limits a poster's value, making it less attractive and undermining the work it is presenting, ultimately drawing in less attention. Undergraduate students need the opportunity to design more posters. To give this opportunity, SMJS has decided to accept scientific posters from students. These posters will be reviewed and published, and feedback will be provided.

For further information, please feel free to contact us at

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We are very proud of our Editor, Sarah Alghrid and Danah Alharbi , Faculty of Pharmacy, for winning the 2nd place as the best poster and presentationin in the UT Research and Innovation Day (Second Edition)



يوم البحث والابتكار بالجامعة (النسخة الثانية)

UT RESEARCH & INNOVATION DAY (SECOND VERSION)



Photos by. Mr. Salem Al Atawi. Email: sms.alatawi@ut.edu.sa

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UT RESEARCH & INNOVATION DAY (SECOND VERSION)

الفائزون بجائزة معايير رئيس الجامعة للبحث والابتكار
مسار علمي للباحثين استشهاداً في الماجستير للباحث المنشورة لعام ٢٠٢٢م
أبحاث العلوم الطبيعية



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جائزة أفضل ملصق علمي بيوم البحث والابتكار
من طلبة البكالوريوس
المركز الأول



جائزة أفضل ملصق علمي بيوم البحث والابتكار
كلية الطب



جائزة أفضل ملصق علمي بيوم البحث والابتكار
كلية العلوم الطبية التطبيقية



جائزة أفضل ملصق علمي بيوم البحث والابتكار
الكلية التطبيقية



جائزة أفضل ملصق علمي بيوم البحث والابتكار
من طلبة الدراسات العليا
كلية العلوم



جائزة أفضل ملصق علمي بيوم البحث والابتكار
من طلبة الدراسات العليا
كلية الحاسوب وتقنية المعلومات



جائزة أفضل ملصق علمي بيوم البحث والابتكار
من طلبة الدراسات العليا
كلية الهندسة



يوم البحث والابتكار بالجامعة (النسخة الثانية)

UT RESEARCH & INNOVATION DAY (SECOND VERSION)

جائزه افضل ملصق علمي بيوم البحث و الابتكار
من طلبة الدراسات العليا
كلية إدارة الأعمال



جائزه افضل ملصق علمي بيوم البحث و الابتكار
الكلية الجامعية بأملج



جائزه افضل ملصق علمي بيوم البحث و الابتكار
الكلية الجامعية بضباء



جائزه افضل ملصق علمي بيوم البحث و الابتكار
الكلية الجامعية بتيماء



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الكلية الجامعية بالوجه



جائزه افضل ملصق علمي بيوم البحث و الابتكار
كلية التربية والآداب



جائزه افضل ملصق علمي بيوم البحث و الابتكار
كلية الشريعة والأنظمة



جائزه افضل ملصق علمي بيوم البحث و الابتكار
كلية الحاسوب وتقنية المعلومات



جائزه افضل ملصق علمي بيوم البحث و الابتكار
كلية الصيدلة



يوم البحث والابتكار بالجامعة (النسخة الثانية)

UT RESEARCH & INNOVATION DAY (SECOND VERSION)



Disclaimer: SMJS-MET is proud of the accomplishments of all the Faculty and students of University of Tabuk. If we have failed to publish your photo, it may be due to anyone of the following reasons, (1) We don't have the photo, (2) The resolution is not good and (3) Lack of space. We apologize for this. If you can send us your photo at mededutabuk@ut.edu.sa we will gladly publish it in our next issues. Thank you. MTR



Photos by, Mr. Salem Al Atawi. Email: smss.alatawi@ut.edu.sa



Aerospace Medicine Club

Faculty of Medicine
University of Tabuk
Amnah Raid Alhazmi,
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On May 24, 2023, the University of Tabuk hosted the Research and Innovation Day event at the Faculty of Medicine. The event focused on raising a platform for distinguished researchers, faculty members, and students to present their work. Among the research posters presented, student-led engagements played a substantial role in the event.

The Aerospace Medicine Club (AMC) was one of the numerous clubs that participated in the Research and Innovation Day, sponsored and greatly supported by the Dean of the Faculty of Medicine, Dr. Marai Alamri. The Aerospace Medicine Club members including Amnah Alhazmi, Rilan Alimani, Manar Alrashidi, Abdulrahman Alharbi, and Yara Alshamari showcased the significance of Aviation and Space Medicine and how it contributes to the advancement of aviation, space exploration, and technology.

The Aerospace Medicine Club aims to create a platform for students and professionals interested in Aerospace Medicine to engage and share knowledge about the field. AMC will provide members with opportunities to learn about the latest developments in the specialty, attend workshops and seminars, and network with professionals in the industry.

Saudi Arabia demonstrated their investment in the field of Aviation and Space medicine as well as the space sector with the launch of the Axiom 2 space mission earlier that week. The mission's objective was to conduct over 20 scientific experiments with 14 being conducted by Saudi astronauts. Among the 14 experiments, 10 will be in the field of medicine. With the expected increasing demand for Aviation and Space physicians, the club will play a vital role in promoting the specialty.

The Aerospace Medicine Club's participation in the Research and Innovation Day event was a great success and was well-received by the audience. The President of the University of Tabuk, H.E. Prof. Abdullah M. Althiabi, attended the event and showed great interest in the various research projects and presentations that were showcased. During his appearance, he paid a visit to the Aerospace Medicine Club, where he was highly impressed by the vision of the club and became a strong supporter. The president's visit to the Research and Innovation Day event and the Aerospace Medicine Club was highly productive and paved the way for greater collaboration and innovation at the University of Tabuk.

SMJS-MET POSTER EXHIBIT

يوم البحث والابتكار بالجامعة (النسخة الثانية)

UT RESEARCH & INNOVATION DAY (SECOND VERSION)



Presenters

Dr. Md. Tanveer Raza
Editor-in-Chief, SMJS-MET
Ibrahim Abdullah S Albalawi
Faculty of Medicine
Jana Akram A Alanazi
Faculty of Medicine
Omniyyah Mohammed S Alatawi
Faculty of Medicine
Mohammed Akram Ali Alanazi
Faculty of Medicine

Presenters

Alshaymaa Akram A Alanazi
Faculty of Medicine
Ibrahim Tarik Munir Al Joudi
Faculty of Science
Rana Awadh Albalawi
SMJS-MET Administration
Ghadeer Mohammed Albarqi
SMJS-MET Administration
Nouf Dakheelallah K Al-Johani
SMJS-MET Administration





يسعدني أن أبلغكم أن المحرر وليد سلمان والمحرر سلمان عبدالرحمن من كلية الصيدلة حصل على جائزة أفضل بروزنتيشن في مناقشة بحث التخرج.

نحن فخورون جداً بهم وبالنيابة عننا جميعاً في المجلة الطبية الطلابية نتمنى لهم كل التوفيق

Congratulation تهانينا

You have been matched to the following center:

General Directorate of Health Affairs in
Aseer Region

Internal Medicine - Abha



Matching Notes

نبارك لكم قبولكم في برنامج التدريب للدراسات العليا الصحية لهذا العام ونفيكم بأنه يمكنكم استكمال إجراءات القبول ابتداءً من يوم الأحد القادم

التاريخ 21/5/2023

Complete your application

Withdraw Application



يسعدني أن أبلغكم أن محررنا المتميز خالد عبدالوهاب عامر من كلية الطب بجامعة الملك خالد بأبها حصل على القبول في برنامج الطب الباطني بأبها. نحن فخورون جداً به وبالنيابة عننا جميعاً في المجلة الطبية الطلابية نتمنى له كل التوفيق. وفقه الله تعالى

السكتة الدماغية

ما هي السكتة الدماغية؟

- هو مرض يؤثر في شرايين الدماغ، ويحدث نتيجة خلل مفاجئ في إمداد الدماغ بالدم، فعندما يتوقف أو يقل تدفق الدم إلى الدماغ يؤدي هذا الخلل إلى تلف خلاياه
- تحتل السكتة الدماغية المرتبة الثالثة كأكثر أسباب الوفاة شيوعاً في المملكة العربية السعودية

أعراض السكتة الدماغية

	صعوبة في المشي وفقدان التوازن		صداع شديد مصاحب بغثيان في جانب واحد من الجسم		صعوبة في الرؤية في أحد العينين أو كلاهما		صعوبة في التحدث أو الفهم
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عوامل الخطورة

	ارتفاع ضغط الدم غير المنتظم		السمنة وارتفاع الكوليسترول		التاريخ العائلي للإصابة بالسكتة		التقدم في العمر
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طرق الوقاية

	متابعة ضغط الدم والسكر والكوليسترول مع الطبيب		الانقطاع عن التدخين		المحافظة على الوزن المثالي		النشاط البدني		الأكل الصحي
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DRUG ABUSE AND ADDICTION AWARENESS PROGRAMM

Venue: Faculty of Business Adminsitration

Organized by students of Faculty of Pharmacy and SMJS-MET Editors

Drug abuse and addiction are serious public health issues that affect millions of people worldwide. As future healthcare professionals, pharmacy students have an important role to play in preventing and treating drug abuse and addiction.

Pharmacy students are uniquely positioned to play a critical role in preventing and treating drug abuse and addiction. As part of their education, they learn about the pharmacology and toxicology of drugs, which allows them to identify and address potential drug abuse and addiction issues in patients.

This is why the Pharmacology and Toxicology Department, under the supervision of Dr Sawsan Zaitone, has launched a unique campaign for 4th-year Pharmacy students in collaboration with the Faculty of Business Administration, Female Section.

The event is aimed at creating awareness and providing information about drug abuse and addiction among female students in the faculty. Through this initiative, the department aims to equip the students with the knowledge to identify the risk factors associated with drug abuse and addiction, how to prevent and manage these risks, and the available resources and support mechanisms.

The campaign will feature a range of interactive activities, including presentations, discussions, and practical exercises, all geared towards strengthening the knowledge and skills of the participating students. During the event, students will have the opportunity to learn from experienced professionals in the field of pharmacology, toxicology, and addiction medicine and will gain insights into the various factors that contribute to drug abuse and addiction.

In conclusion, drug abuse and addiction pose significant risks to both individuals and society. Pharmacy students are taking proactive measures to mitigate these risks and promote responsible drug use

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Augmented reality Versus virtual reality



Comparison:

- Augmented reality reflects realistic environments while virtual reality is completely made up.
- Augmented reality users have the ultimate control in the real world while virtual reality users have a limited control due to the system.
- Augmented reality is much easier in the access process than virtual reality.
- Augmented reality expresses both the fictional and real world while virtual reality only enhances a made up setting.

❖ Advantages of VR:

- Virtual reality is almost realistic.
- It has multiple functions.
- It has a great resolution with a wide range of view.



❖ Disadvantages of VR:

- Extremely expensive compared to AR.
- The extensive need for a big cloud storage.

❖ Advantages of AR:

- AR provides flexibility and much easier to use.
- Its growing rate in the market standards is much more promising than VR.



❖ Disadvantages of AR:

- It has a limited production of 3D view.
- It adapts slower to daily usage and less flexible.

Augmented reality Versus virtual reality



❖ Augmented Reality benefits for medical education:

- More realistic experiences without risks.
- AR is used to recreate sensitive situations and gives a realistic experience without harming actual patients.
- Teachers are able to assess their students by testing their strong and weak skills and giving them a report of the final evaluation.
- Optimized cost-effectiveness. It's much affordable than investing in anatomy theaters, cadavers, and mannequins for practice.

❖ Virtual reality benefits for medical education:

- Using VR means that students have exposure to unique medical conditions including rare cases.
- During pandemics such as COVID-19, this method of teaching works as a great alternative solution where it can be seen At Case Western Reserve University School of Medicine, "81% of students who used the technology said that the remote anatomy sessions were equivalent to or better than the in-person equivalent; and 58% of students actually preferred the VR learning environment to the in-person classes."
- It enables medical students with many medical cases that boosts their confidence and trust in their abilities to face the challenges that may lie ahead in their career.

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