



Since 2016

# MEDEDU TABUK

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

معالي أ.د. فهد السملري المستشر في الديوان الملكي، الأمين العام لدارة الملك عبد العزيز



Green University Initiative (GUI), University of Tabuk

جامعة عبدالحميد بن قاديس - الجزائر

Deanship of Quality and Development

Smell Retraining Therapy

DUPHAT, Dubai, UAE

Imam Mohammad bin Saud Islamic University





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

## Editorial

### Community Outreach Programs of SMJS-MET

SMJS-MET is committed to achieving the Mission and Goals of University of Tabuk of social responsibility. As part of our Social responsibility, SMJS-MET initiates Community Outreach Programs. School students in their final years must find out as much as possible about their future career options to choose the right career track according to their hopes and aspirations. Ergo, we encourage activities that will allow the students to interact with faculty members, students, and staff of University of Tabuk. We have organized multiple visits of students from different faculties talking about their profession



**Dr. Md. Tanveer Raza**  
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### Tabuk International School Students visit Faculty of Medicine



**Editors from Faculty of Pharmacy in APGG**



**Faculty of Pharmacy Editors visit to King Abdulaziz School Tabuk**



**Department of Nursing Editors visit to Tabuk International School**



ألقى معالي أ.د. فهد السملري المستشر في الديوان الملكي، الأمين العام لدارة الملك عبد العزيز محاضرتة في جامعة تبوك العمق التاريخي للمملكة العربية السعودية، بحضور معالي رئيس الجامعة والوكلاء والعمداء وأعضاء هيئة التدريس وطلاب الجامعة وطالباتها.



## وفي وقت لاحق ، قام معالي أ.د.فهد بن عبدالله السملري بزيارة مرافق الجامعة و مراكز الأبحاث



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## Green University Initiative (GUI), at University of Tabuk

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Dr Imdadullah Hedayetur Rahman  
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The term 'Green' has been applied to different fields of life including energy, production, technology, and finance. The history of diffusion of 'Green' is going back to the early 1990s when the concept of 'Greening of the Universities' was coined. In 2000s, the terms 'Green University', 'Green Campus', and 'Green Curriculum' evolved. It resulted in more awareness about sustainable environmental protection. The universities are working on sustainable environmental protection not only through research but by implementing through environmental friendly infrastructure. Presently, more than 300 universities worldwide are working on 'Green Campus Initiatives'.

They are not only interested in educational quality but also they are concerned about competitive advantage. Investing on 'Green Campus Initiatives' is not only helping sustainable environment but it can lead to considerable reduction in energy costs.

Keeping in view the importance of sustainable environment and green campus, the University of Tabuk (UT) initiated 'Green University Initiatives (GUI)' mission since 12<sup>th</sup> February 2023. For this purpose, the first meeting was held which was presided by His-Excellency, the Vice-Rector Dr Saleh Al Harbi, the Dean of Business School Dr Majed Alsolamy, Dr Mohammad Nurul Alam, Dr Imdadullah, Dr Omaimah, Dr Emad, Dr. Wael Alrashed, and Dr Abderrahim Lakhout.

The GUI started with seven initial objectives such as OBJ-01: Energy Use and Conservation (EUC), OBJ-02: Waste Reduction and Recycling (WRR), OBJ-03: Water Management (WM), OBJ-04: Travel and Transport Management (TTM), OBJ-05: Site for Promoting Biodiversity (SPB), OBJ-06: UT as a Centre for Climate Justice (CCJ), and OBJ-07: Using Green Chemistry at UT (UGC). Today (14.03.2023) during the second follow-up meeting, the participants have been requested to submit their proposals with revised objectives and action plan so that a framework can be develop underneath of that the whole program can be executed. After implementation and completion of this project, the University of Tabuk will be reputed worldwide for green campus initiatives, biodiversity, and environmental justice.

وحضر وفد من جامعة عبد الحميد بن قاديس - الجزائر - كلية الطب و مركز  
المحاكاة السريرية وايضا مكتب المجلة السعودية الطلابية البحثية (SMJS-MET)  
في جامعة تبوك

A delegation from Abdel Hamid Ben Badis,  
Algeria visits the Clinical Simulation Center,  
Faculty of Medicine, and SMJS-MET Office at  
University of Tabuk

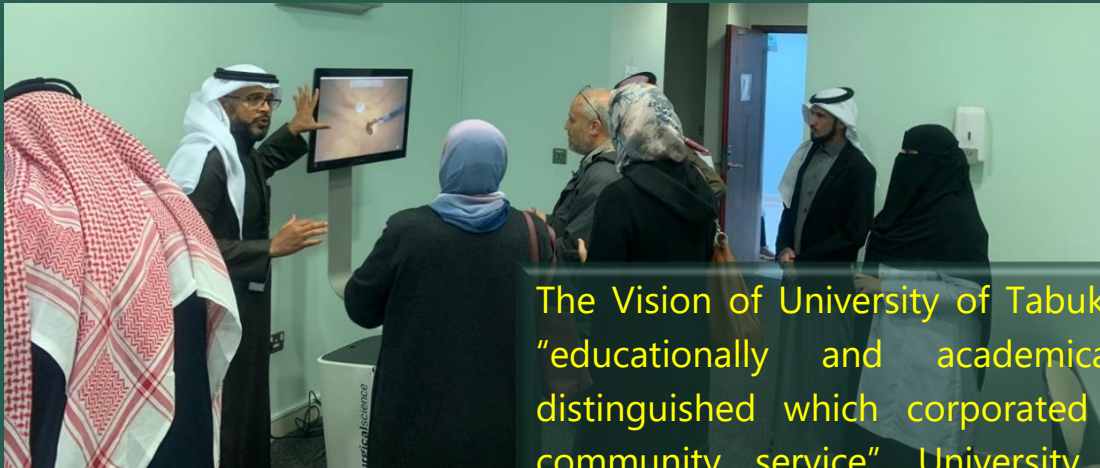
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A delegation from **Abdel Hamid Ben Badis University** comprising of **Prof. Fawzia Kambouch**, Deputy Dean of Scientific Research and **Prof. Mohammed Riad**, Head of the Clinical Simulation Centre visited University of Tabuk on the invitation of **Associate Prof. Dr. Badr Alsayed**, Director of the Clinical Simulation Center (CSC), University of Tabuk on December 25-26<sup>th</sup>, 2022.

During their visit, the delegates received a tour of the CSC at University Tabuk. They were apprised about the state-of-the-art facilities at the Simulation Center. The delegates were impressed about the advanced technology.





The Vision of University of Tabuk is "educationally and academically distinguished which corporated in community service". University of Tabuk seeks to be a beacon in the fields of education and development, and is committed to serve the people of the region. At par with the University's commitment, Dr. Badr assured them of all possible cooperation from the Clinical Simulation Center.

The delegates later visited Dr. Marai M. Alamri, Dean of Medicine. He looked forward in developing a successful cooperation with Abdel Hamid Ben Badis University.

The visitors left with an impression of a very successful trip and looked forward to future collaborations



The delegates later visited the Saudi Medical Journal for Students & MedEdu Tabuk (SMJS-MET). **Dr. Tanveer Raza**, Editor-in-Chief, informed them about the Journal and invited students from the visitors University to join SMJS-MET.



## Events at Deanship of Quality and Development

د. عمر سالم باحطاب

وكيل عمادة التطوير والجودة للتطوير

Dr. Omar S Bahattab

Vice Dean of Development, Deanship of Quality and Development

Email: Obahattab@ut.edu.sa

جامعة تبوك  
وكالة الجامعة للتطوير والجودة  
عمادة التطوير والجودة

رمضان مبارك  
RAMADAN MUBARAK

دعواكم عمادة التطوير والجودة إلى  
السلسلة الرمضانية من الورش التدريبية

الأولى: دور عضو هيئة التدريس، ومنسق مقرر، ومنسق برنامج في أعمال تقارير البرنامج الأكاديمي الفصلية والسنوية  
الإثنين: 1444 / 9 / 5 هـ

الثانية: دور ومسؤوليات القسم العلمي في أعمال تقارير البرنامج الأكاديمي الفصلية والسنوية  
الإثنين: 1444 / 9 / 12 هـ

الثالثة: دور ومسؤوليات قيادات الكلية في أعمال تقارير البرنامج الأكاديمي الفصلية والسنوية  
الإثنين: 1444 / 9 / 19 هـ

إغلاق دائرة أعمال الجودة

تثبيت الورشة  
عبر منصة ZOOM

من الساعة 11:00 مساءً إلى الساعة 12:00 صباحاً

شؤون جامعتي

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وكالة الجامعة للتطوير والجودة  
عمادة التطوير والجودة

رمضان مبارك  
RAMADAN MUBARAK

يسر عمادة التطوير والجودة دعوتكم لحضور ورشة تدريبية بعنوان  
دور ومسؤوليات قيادات الكلية في أعمال تقارير البرنامج الأكاديمي الفصلية والسنوية

“ ضمن السلسلة الرمضانية من الورش التدريبية لإغلاق دائرة أعمال الجودة ”

يوم: الإثنين  
1444 / 9 / 19 هـ

من الساعة 11:00 مساءً إلى الساعة 12:00 صباحاً

تثبيت الورشة  
عبر منصة ZOOM

الفئات المستهدفة  
• عمداء الكليات  
• وكلاء الكليات  
• أعضاء وحدة الجودة على مستوى الكليات

لحضور الورشة

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“ ضمن السلسلة الرمضانية من الورش التدريبية لإغلاق دائرة أعمال الجودة ”

يوم: الإثنين  
1444 / 9 / 12 هـ

من الساعة 11:00 مساءً إلى الساعة 12:00 صباحاً

تثبيت الورشة  
عبر منصة ZOOM

الفئات المستهدفة  
• رؤساء الأقسام العلمية  
• أعضاء لجنة الجودة في الأقسام العلمية  
• منسقي البرامج الأكاديمية

لحضور الورشة

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عمادة التطوير والجودة

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يسر عمادة التطوير والجودة دعوتكم لحضور ورشة تدريبية بعنوان  
دور ومسؤوليات عضو هيئة التدريس، ومنسق مقرر، ومنسق برنامج في أعمال تقارير البرنامج الأكاديمي الفصلية والسنوية

“ ضمن السلسلة الرمضانية من الورش التدريبية لإغلاق دائرة أعمال الجودة ”

يوم: الإثنين  
1444 / 9 / 5 هـ

من الساعة 11:00 مساءً إلى الساعة 12:00 صباحاً

تثبيت الورشة  
عبر منصة ZOOM

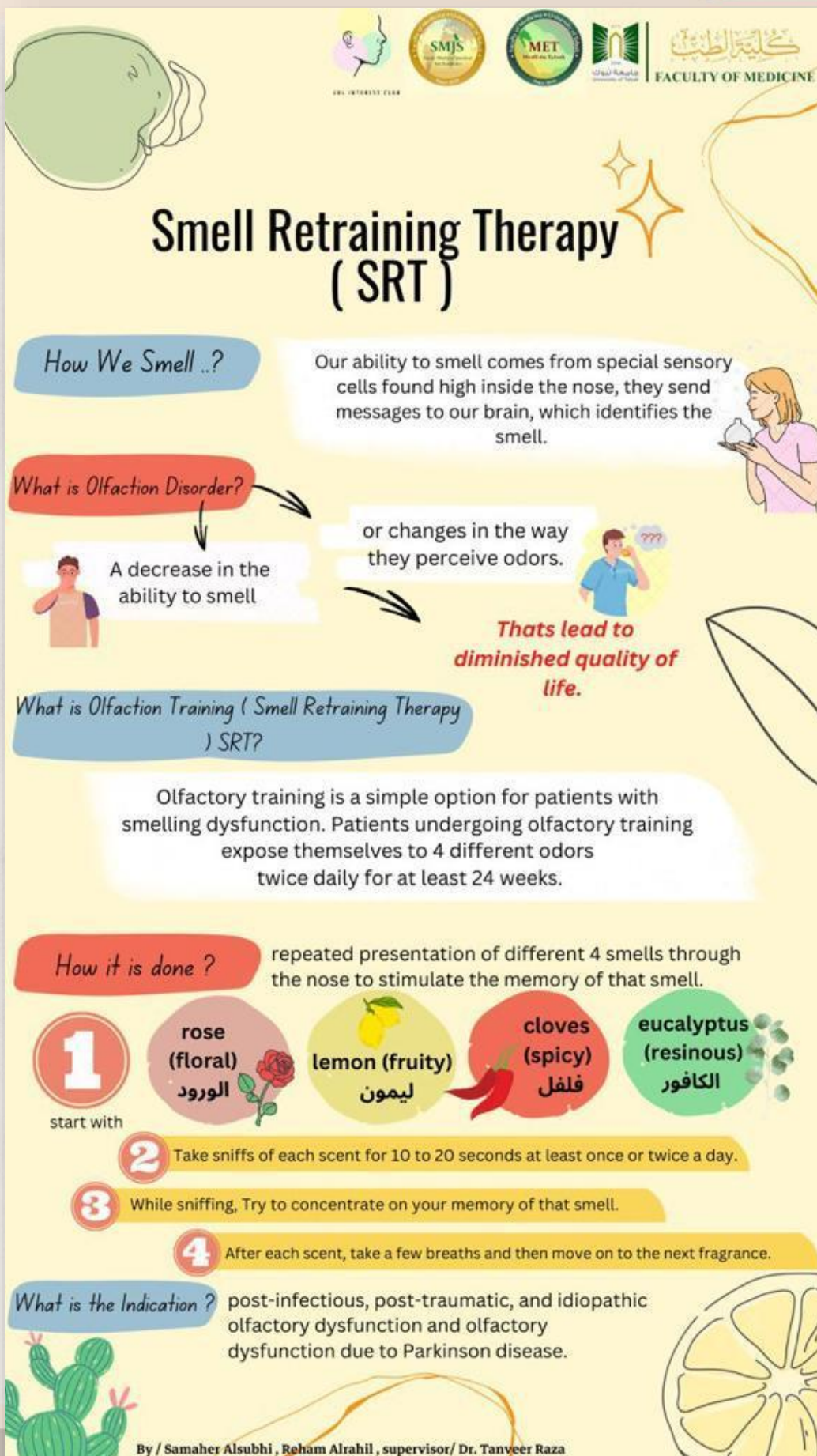
الفئات المستهدفة  
• منسقي البرامج الأكاديمية  
• منسقي المقررات الدراسية  
• أعضاء هيئة التدريس

لحضور الورشة

شؤون جامعتي

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# Smell Retraining Therapy (SRT)

**How We Smell ..?**

Our ability to smell comes from special sensory cells found high inside the nose, they send messages to our brain, which identifies the smell.

**What is Olfaction Disorder?**

A decrease in the ability to smell

or changes in the way they perceive odors.

**Thats lead to diminished quality of life.**

**What is Olfaction Training ( Smell Retraining Therapy ) SRT?**

Olfactory training is a simple option for patients with smelling dysfunction. Patients undergoing olfactory training expose themselves to 4 different odors twice daily for at least 24 weeks.

**How it is done ?**

repeated presentation of different 4 smells through the nose to stimulate the memory of that smell.

- 1** start with
  - rose (floral) الورود
  - lemon (fruity) ليمون
  - cloves (spicy) فلفل
  - eucalyptus (resinous) الكافور
- 2** Take sniffs of each scent for 10 to 20 seconds at least once or twice a day.
- 3** While sniffing, Try to concentrate on your memory of that smell.
- 4** After each scent, take a few breaths and then move on to the next fragrance.

**What is the Indication ?** post-infectious, post-traumatic, and idiopathic olfactory dysfunction and olfactory dysfunction due to Parkinson disease.

By / Samaher Alsubhi , Reham Alrahlil , supervisor/ Dr. Tanveer Raza



## **DUPHAT: Experience of Undergrad Pharmacy Students to an international conference**

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DUPHAT is an international conference that takes place annually in Dubai, United Arab Emirates (UAE). It features world-renowned speakers, such as pharmaceutical industry leaders, policy makers, and physicians, as well as key information about the latest developments in medicine. From presentations about the latest pharmacological research and novel pharmaceutical solutions to informative seminars and interactive discussions, DUPHAT offers something for everyone.

Attending the DUPHAT Conference, the premier pharmaceuticals conference in the Middle East, is an experience that should not be missed by any aspiring pharmacy student. As one of the most prestigious and interactive conferences in the world, DUPHAT offers unparalleled opportunities to learn, network, and make important connections. Every year, pharmacy students from around the world flock to the conference in hopes of gaining insight on the ever-evolving medical landscape.

DUPHAT offers an exceptional opportunity for pharmacy students to participate in a scientific poster presentations. It begins by submitting an abstract of the topic to be presented, these abstracts are evaluated and then those who are accepted will receive an acceptance email with the details to complete the registration by paying the fees and the roles for the poster to be presented. The conference is held for 3 days in a row, for last year's DUPHAT it was held in Dubai from 10-12 of January. And each student will be evaluated for his/her poster at any day of these 3 days. At the end of day 3, the evaluators will decide the winners, 5 places in each category.



Educational conferences like DUPHAT are a great opportunity to know the traditions of other countries around the globe. Visiting Dubai was one of the most interesting experiences that we've ever done, the architecture there is eye-catching. Besides the architecture, the people there were so nice and generous. It is not only Dubai that we discovered. As we mentioned earlier there were students from all over the world, they gave us a glance at their countries and traditions.

Exposure to different scholars from around the world offers the chance to learn from a diverse worldwide group of specialists. This helps us comprehend various cultures and methods of learning better. For instance, we personally attend a presentation given by a professor from Florida's Nova Southeastern University about how to publish our research. A student's perspective will widen as a result of interacting with other students from different countries. They will learn to respect and comprehend various cultures through this. We come across a group of students from South Korea who've been participating in DUPHAT, this was helpful and contributes to our growing appreciation of the cultural variety and comprehension of different worldviews.





It is a great honor for any student to be on the Dean's honor list. We, the Editors of ( SMJS-MET) are very proud of our colleague, **Norah Abdullah Albdaya**, from the Faculty of Medicine, **Imam Mohammad bin Saud Islamic University (IMSIU)**, to be on the Dean's Honor list of her Faculty. We want to congratulate her on her great success. We are happy to have her in our team. May Allah grant her continuous successes

انه لفخر عظيم لأي طالب التواجد في قائمة العميد (SMJS-MET) الشرفية ولذا فنحن المحررون من مجلة فخورين جدًا بزميلتنا نورة بنت عبدالله البديع من كلية الطب بجامعة الامام محمد بن سعود الاسلامية لتواجدها في قائمة العميد الشرفية الخاصة بكليتها كما نود ان نبارك لها نجاحها الباهر كما نحن فخورون بتواجدها معنا سائلين الله التوفيق لها والتفوق الدائم.

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## قائمة العميد الشرفية

الدورة الأكاديمية 2022 - 2023 م

عبدالعزیز بن مشعل الجهني

نورة بنت عبدالله البديع

ريم بنت عبدالرحمن المهيني

عبدالله بن الحميدي المطيري

مها بنت حمود الراشد

طيف بنت فواز النجدي

وليد بن عبدالإله اللحيان

تركي بن إبراهيم العوده

سمر بنت محمد العنزي

ريما بنت مشعل آل درع





Dr. Marai M. Alamri, Dean of Medicine and Chairman UAB SMJS-MET; Dr. Md. Tanveer Raza, Editor-in-Chief, SMJS-MET. Email: traza@ut.edu.sa

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