



MedEdu Tabuk Since 2016

Official newsletter of the Faculty of Medicine, University of Tabuk



Health Worker Safety: A Priority for Patient Safety-WHO
MedEdu Tabuk supports Health Worker Safety by going orange
نعود مجدداً بالاصدار الخامس العدد ٧٨ للدورية الأسبوعية **MedEdu Tabuk**



Safe health workers

Safe patients



MedEdu Tabuk

نعود بحذر



شعارنا والغلاف الجديد

A New Logo
and
Cover Page



Volume 5 Issue 1
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"All praise is due to Allah who bestows His favors and bounties upon His servants abundantly"

We are happy to unveil the **fifth volume** of MedEdu Tabuk, since the official launch in 2016. Five years is enough time for a newsletter to emerge and establish itself to the community it is meant to represent, and that is what I aim to reflect on here. What started for the Faculty of Medicine, the weekly newsletter has since evolved to represent something much more. With over 10,000 readers, MedEdu Tabuk plans to reach out further. In 2016, the first issue contained a single article by a single person. Today MedEdu Tabuk team consists of Faculty along with a team of brilliant Student Editors publishing a variety of contents. The Student Editorial team drawn from different faculties of University of Tabuk are having an increasing role in the publication of the newsletter.

We have been able to publish almost every week during the academic year for the past four years, including a number of special issues. Today's issue will be the 79th issue of MedEdu Tabuk. We tend to bring something new every year. This year **a new logo** and **a new look** are some of the features that will create extra enthusiasm to our readers.

The MedEdu Tabuk team is grateful to **HE Professor Dr. Abdullah bin Mofarh Al-Thiabi**, Rector of the University of Tabuk for his continuous support. The newsletter would not have been possible without the patronage of the Dean of Medicine, **Dr. Marai M. Alamri**. We truly appreciate the effort and commitment that we have received from the **Deans and Vice Deans** of different faculties. Thanks to our colleagues four your unflinching support. MedEdu Tabuk stands on the shoulders of the students who are at its core. **Thank you.**

This disclaimer informs readers that the views, thoughts, and opinions expressed in MedEdu Tabuk belong solely to the author, and not necessarily to MedEdu Tabuk or the Faculty of Medicine, University of Tabuk.

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Distinguished Alumni

Our first alumnus for this week is Doctor Faisal Mohammed Abuammah Alharbi .

Doctor Fasial graduated in 2014 within the first batch of the medical school of Tabuk , he recently finished his training as a pediatric resident at King Salman military hospital in Tabuk .

Dr. Faisal Mohammed Abuammah Alharbi
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As he said , he didn't initially intend to become a pediatrician , but once he started his career he enjoyed dealing with children and found himself in this position. And as any other job His job required a lot of patience and that was the hardest part of it .His dream is to start his new career as a pediatric rheumatologist . He finished his word by saying to our new students “ Have fun with what you are doing now and don't think about the future because every step of your life has its own difficulties and you will pass it with your great effort ”.

Edited by: Raghad Asiri.



Meet A MedEdu Tabuk Editor

اشتياق عبد الله عبد العزيز أبو زايد

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Proud to be a member in MedEdu Tabuk

Aims to be a special addition to the team and have a great impact by encouraging and inspiring others .so let's put our hands together and work by team spirit



MET
MedEdu Tabuk

Edited by: Lena Alzahrani





What did we learn from COVID-19 Pandemic? And how to empower ourselves

Badr Alsayed, MBBS MPH
Pulmonary Consultant, Assistant Professor,
Department of Internal Medicine

1

Uncertainty leads to confusion
Stick to your basics & practice what you know

2

Preparedness minimizes damage
Prepare & work to achieve the best

3

Challenge blooms innovation
Keep trying and don't give up!

4

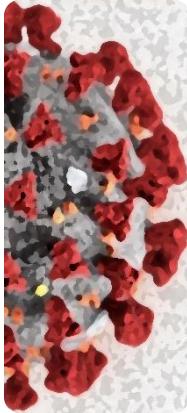
Customs & habits are not written in a stone
Change your "bad" habits to healthy ones

5

Human is social beings
Invest in your relationships!

Genome and Biotechnology unit Faculty of Science

Faculty of Science



Dr. Othman Alzahrani

**Vice Dean,
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خطوات الفحص المخبري لفيروس كورونا المستجد



يتم إجراء الفحص المخبري لفيروس كورونا المستجد (كوفيد ١٩)
باستخدام تقنية البلمرة الجزيئية (RT-PCR)

يتم أخذ مسحة من الأنف أو الحلق للمرضى، وترسل العينة للمختبر.



يتم استخلاص وتنقية RNA الخاص بالفيروس، ثم تحويله إلى DNA بواسطة إنزيم النسخ العكسي.



يتم الكشف عن وجود الفيروس في العينة باستخدام تقنية البلمرة الجزيئية (RT-PCR)، حيث يتضاعف الحمض النووي للفيروس وترتبط به جزيئات صبغة الفلوريسنت.



عند مضاعفة الحمض النووي يؤدي هذا الارتباط إلى ظهور المزيد من الضوء ، والذي يستخدم لتأكيد وجود الفيروس في العينة.



- يستغرق الفحص المخبري من ٤ إلى ٦ ساعات تقرباً للحصول على النتائج.
- تعتبر الفحوصات الجزيئية الحالية مناسبة لتشخيص العدوى ولكن لا يمكنها إخبارنا إذا كان الشخص قد أصيب بالعدوى ثم تعافى.
- الفحوصات المناعية التي تبحث عن أجسام مضادة للفيروس قد تخبرنا بالإصابة السابقة بالعدوى.

For more information: The Worldwide Test For Covid-19 | Global Biotechnology Insights. [online]

كلية العلوم - وحدة الجينوم والتقنية الحيوية



A New Logo & Cover Page

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The logo is a symbol that makes our newsletter unique. Khaled Alasmari is a 4th year student and an editor at MedEdu Tabuk, who designed this logo with the help of other editors. He has a lot of designing experience and professionalism at work. MedEdu team is happy to have Khaled in it.



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Sarah Alquayr is a 4th year student and an editor at MedEdu Tabuk. Sarah has done the design of the cover page for Volume 5 with the help of other editors. Honestly, her work is very creative and beautiful. Our team is excited to see Sarah's upcoming works.



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Uncommon Off-Label Uses of Commonly Used Drugs

At first let's define the term " Off-Label " , Off-label drug usage mean the use of a certain medical drug in a condition other than its original indication to treat or prevent a disease , thus, we must not confuse Off-label using of a drug with drug abuse , which is known as the use of a drug or substance in a manner deviated from its accepted medical, legal, social pattern.

A lot of drugs shown to have other effects than its main intended need of usage , that can be very helpful in some conditions , there are some drugs commonly used in practice have a " secondary " indication and we have some examples to talk about:

Erythromycin

- The Macrolide Antibiotic Erythromycin seems to promote the gastric motility by stimulating gut Motilin receptors which can be helpful in postoperative gastroparesis

Domperidone

- The Cholinomimetic agent Domperidone is sometimes used to promote postpartum lactation by increasing the level of Prolactin , the original use of Domperidone as Anti-nausea & Vomiting drug

Valproic acid

- The Anti-convulsant Valproic acid can be used as a prophylactic agent against migraine , Valproic acid act by enhancing the (GABA) gamma-Aminobutyric acid neurotransmission thus, suppress the events that occurs in cortex that are of relation to migraine

Phentolamine

- Phentolamine is a nonselective alpha adrenoceptor blocking agent that has many uses but mostly as a Anti-hypertensive drug, the uncommon off-label use is it can be used for patients with (ED) erectile dysfunction orally or intra-cavernosally

Prazosin

- Prazosin is an alpha adrenoceptor blocking agent commonly known as Anti-hypertensive agent but it's also, it showed effectiveness in patients with (PTSD) post-traumatic stress disorder suffering from nightmares or sleep disturbance, it crosses the (BBB) and inhibits norepinephrine levels that are contributing for nightmares.

Finally, there are many off-label applications of other drugs some are known and others are yet to be explored , surely this has become handy in various situations by being an " Extra-option " for physicians and patients who benefit from this off-label usage of some drugs.

References :

- 1- modern pharmacology with clinical application 5th edition.
- 2- basic and clinical pharmacology 12th edition.



الإسعافات الأولية للتشنجات: SEIZURES- FIRST AID:

Ahmed Hamoud Alanazi

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متى يجب الاتصال بالإسعاف



- في حال تكرر حدوث النوبة مباشرة.
- في حال عدم عودة التنفس إلى الوضع الطبيعي بعد انتهاء النوبة أو تعرّض الأذى من جسم حاد.
- في حال استمرت النوبة أكثر من خمس دقائق.

الإسعافات الأولية

- إزالة ما قد يتسبّب بالضرر له (مثل النظارات).
- دفع رأس المصاب حتى انتهاء النوبة ضرب الأرض.
- طلب إسعاف في حال استمرار النوبة أكثر من 5 دقائق.
- تجنب إعطاء المصاب الطعام أو الشراب حتى يفيق تماماً.
- إزالء أي أجسام ضارة في المكان.
- القرب من المصاب.
- تجنب وضعه في جسم في المصاب حول المصاب.

بعد انتهاء النوبة:

- وضع المصاب بلطف في وضع الإفاقية عند انتهاء النوبة ومسح اللعاب الزائد: لمنع اللعاب من عرقلة مجرى التنفس.
- طمأنة المصاب بهدوء.
- ملازمة المصاب حتى يستعيد وعيه تماماً.
- التحقق بلطف من فم المصاب بعد انتهاء النوبة للتأكد من عدم وجود ما يمنع مجرى الهواء مثل الطعام أو الأسنان (سقوط الأسنان).
- إذا كان التنفس صعب بعد توقف النوبة يجب المسارعة في استدعاء سيارة الإسعاف.

[2]



First aid for any type of seizure [1]:

- Stay with the person until the seizure ends and he or she is fully awake.
- After it ends, help the person sit in a safe place.
- Once they are alert and able to communicate, tell them what happened in very simple terms.
- Comfort the person and speak calmly.
- Check to see if the person is wearing a medical bracelet or other emergency information.
- Keep yourself and other people calm.
- Offer to call a taxi or another person to make sure the person gets home safely.



First aid for generalized tonic-clonic (grand mal) seizures [1]:

- In this type of seizure, the person may cry out, fall, shake or jerk, and become unaware of what's going on around them.
- Ease the person to the floor.
- Turn the person gently onto one side. This will help the person breathe.
- Clear the area around the person of anything hard or sharp. This can prevent injury.
- Put something soft and flat, like a folded jacket, under his or her head.
- Remove eyeglasses.
- Loosen ties or anything around the neck that may make it hard to breathe.
- Time the seizure. Call 911 if the seizure lasts longer than 5 minutes.

Reference

1. Cdc.gov. (2019). Seizure First Aid | Epilepsy | CDC. [online] Available at: <https://www.cdc.gov/epilepsy/about/first-aid.htm> [Accessed 12 Dec. 2019]
2. Moh.gov.sa. (2019). الإسعافات التشنجات الأولية [online] Available at: <https://www.moh.gov.sa/awarenessplateform/FirstAid/Pages/Epilipsy.aspx> [Accessed 13 Dec. 2019].



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Upcoming Events

Raghad Alamri

Editor, MedEdu Tabuk

تتشرف مجلة MedEduTabuk بإتاحة الفرصة لكم بالإعلان عن أي نشاط ونسعد بخدمتكم: مؤتمرات، ندوات، ورش عمل، أنشطة مجتمعية، والكثير غير ذلك. وذلك من خلال التواصل مع المنسقة الطالبة رغد العمري

رقم الجوال: 0533473890

مع تحيات فريق عمل المجلة - كلية الطب

Saudi Medical Journal for Students (SMJS) & MedEdu Tabuk Virtual Office Hours

20th September- 24th September



<https://eu.bbcollab.com/guest/1c6f8801e25749d69642554aa49f2b44>



12noon – 1pm

Day	Date	Faculty Editor	Editor	
Sunday	20 th September	Dr. Abdullah Alhwetti	Dr. Lamis Altoairqi & Lena Alzahrani	
Monday	21 st September	SMJS- Mededu Editors Meeting (Closed Door Meeting)		
Tuesday	22 nd September	Dr. Shamina Begum	Dr. Khalid Alqarni & Maram Albalawi	
Wednesday	23 rd September	National Day Holiday		
Thursday	24 th September	Articles Status Update Meeting (Closed Door Meeting) Dr. Abdullah Zahi & Dr. Layan Alharbi		

SMJS Office is managed by Dr. Munirah Alkhrisi SMJS Editorial Office Manger (Tel. 0581113659, Email: munirah.alkhrisi@gmail.com) and Yosef Alenzi , Editor @SMJS (Tel: 0530041979 Email: 361000972@stu.ut.edu.sa)

MedEdu Tabuk Office is maintained by, Dr. Rawan Alzahrani , Editor @SMJS and Editorial Manager @MedEdu (Tel: 0501313122, Email: Irawan.Alzahrani@gmail.com)

