

# MedEdu Tabuk

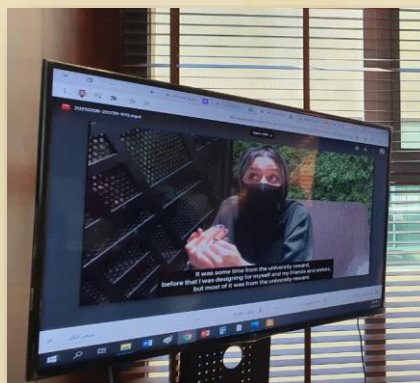
Since 2016

Official newsletter of the Faculty of Medicine, University of Tabuk

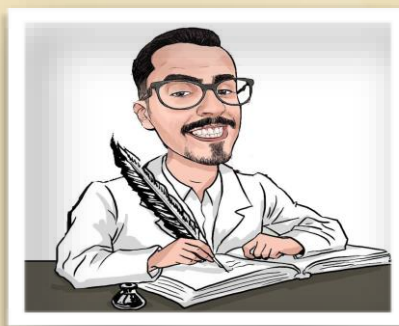
## SUCCESS STORIES OF UNIVERSITY OF TABUK



**Dr. Mansour A. Alanazi**  
Director  
University of Tabuk  
Medical Center



**Atheer Al Amri**  
Fashion Designer



**Majed Alshehri**  
Micro Together  
You Tube Channel



Volume 5 Issue 12  
February 17th, 2021

Cover page by : Sarah Alquayr,  
Faculty of medicine, 4th year



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Editor-in-Chief, Saudi Medical Journal  
for Students (SMJS) & MedEdu Tabuk

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## SHOWCASING UNIVERSITY OF TABUK ALUMNI

University of Tabuk aims to prepare students for life after school and therefore it is always exciting to hear what our students are going to do next. Engaging and inspiring alumni stories strengthens an institution's brand and reputation. It also encourages current students to study at their University and avail its resources. It helps them to dream of a rewarding future. MedEdu Tabuk is committed to showcase the success stories of the alumni from different faculties.

**Do you have a story of an alumnus of University of Tabuk to share?** Contact the following Editors, and they will get in touch with you.

هل انت خريج من جامعة تبوك ولديك قصة تود مشاركتها؟  
راسل المحررين التاليين ، وسيتواصلون معك .

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## Weekly Academic Activity

Continued Medical Education Unit



Faculty of Medicine

### "Dean's List and Administrative Issues"

**Dr. Mara M. Alamri**  
Dean of Medicine, University of Tabuk



[Click Here](#)



1 PM – 2 PM



17<sup>th</sup> of Feb - WED



For inquiries: Dr. Md. Tanveer Raza, Head, Continued Medical Education Committee,  
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دعوة



### New Article

### Volume 2 Issue 2



#### AWARENESS, PREVALENCE AND SELF-CONTROL OF HYPERTENSION COMPLICATIONS AMONG HYPERTENSIVE PATIENTS

Yazeed Saeed M Alqahtani<sup>1</sup>, Faris Faez R Alanazi,  
MshriDefallh Alzhrani<sup>1</sup>, Mohammed  
Abdulwahed H Alamri<sup>1</sup>, Yousuf Sultan A  
Alrashidi<sup>1</sup>, Abdulrahman Abdalaziz S  
Albalawi<sup>1</sup>, Ahmad Jamal R Ghabban<sup>2</sup>

<sup>1</sup>Medical student; University of Tabuk, <sup>2</sup>Medical  
intern; University of Tabuk.

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[WJDAN AHMED, Faculty of  
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كلية إدارة الأعمال

كلية الحاسبات و تقنية المعلومات

**DID YOU KNOW  
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MEDICAL JOURNAL  
FOR STUDENTS IS  
THE FIRST  
STUDENT MEDICAL  
JOURNAL IN THE  
GULF REGION?**

## UNIVERSITY OF TABUK ALUMNI

### Dr. Mansour A. Alanazi

Director  
University Medical Center  
University of Tabuk,  
Kingdom of Saudi Arabia

#### **Raghad Asiri**, Editor, SMJS

6<sup>th</sup> Year Student, Faculty of Medicine

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Our alumni this week is one of the most distinctive doctors of the University, Dr. Mansour Ahmed Alanazi, an alumnus of the Faculty of Medicine.

Dr. Mansour graduated in 2014 from University of Tabuk in the 2<sup>nd</sup> batch. He finished his training as a Family Medicine resident at King Salman Military Hospital, Tabuk in 2019. He joined his dear University but this time as an Assistant Professor of Family Medicine. **How wonderful!!!!**

Dr. Mansour chose to be in this position for many reasons. Firstly, he felt that this place is his preferred place to be in; it beckoned him. Furthermore, he was enthusiastic about experiencing academic life despite all the challenges he faced in his career. It seems to him that life will be more interesting if he tried to work in many different fields as it is a part of his personality to adapt to various places. In the light of these facts, he chose Family Medicine.

Dr. Mansour thinks that the most challenging part of his job is the diversity, since it demands him as a doctor to be updated all the time, and it takes effort and time.

However, he still believes that it worth it as long as he provides a good service for his patients. Dr. Mansuor was always passionate about learning, so he believes that you will learn a lot in a short period when you involve yourself in different tasks. Moreover, you must train yourself to be open, discuss, and ask, and sometimes in areas where there is no black and white, you have to try and expect to fail, as he said.







And as a doctor who passes through all the difficulties that the students face nowadays, he said that the students might have clinical, research, and administrative duties in universities, which they enjoy doing. Yet, they have to be aware that it needs good time management skills and planning. They have to critique their steps, be proactive, stay internally motivated, put a review, and evaluate their work. Those techniques will help them to remain effective.

His current goal is to assist in establishing a well-recognized specialized University Medical Center. And in the future, he aspires to have a healthy influence on the world's people.

Vision 2030 is part of our future and our country's development, and in view of that, dr. Mansour highlights Family doctors' rule in the development by

saying that Family doctors are essential playmakers in 2030 vision. The stronger primary care, the better health and health system, the holistic approach of family medicine gives it uniqueness among other specialties. It allows it to have the most significant share in the 40 initiatives that 2030 vision owns; more than 80% of them are closely related to family medicine.

Dr. Mansour continued by saying that the prevention, treatment, health promotion all are in one doctor! This concept becomes highly important in our busy daily life, in timely and cost-effective way majority of people will have full medical services in one site, the transformation which will happen to Primary Health Care Centers PHCC will be unprecedented, every citizen will have a team taking care of him, and the leader will be a family doctor.

He said to all the students who want to be in his specialty, "family doctor is a broad thinker, generalist, most of the time socially active, and multi-talented. If you have this nature, you will eventually be a good family doctor". He finished his words in comprehensive by saying that continuing and coordinated care in family medicine will work as a cornerstone of our future health system.

تخرج سعادة الدكتور منصور أحمد العنزي من كلية الطب بجامعة تبوك لعام ٢٠١٤ ، وقد كان من أميز طلاب الدفعة الثانية في الكلية ، ومن ثم أنهى خدمته سعادة الدكتور منصور كطبيب مقيم في طب الأسرة بمستشفى الملك سلمان بمدينة تبوك ؛ ليعود أستاذا مساعدا إلى أحضان تلك الجامعة التي احضنته طالبا في يوم ما . سعادة الدكتور منصور كم تفتخر بسعادتك جامعة تبوك

**Arabic Summary by:**

بشائر فهد البلوي , طالبة ماجستير تربية خاصة



**Atheer Al Amri**  
Clothing and Textiles  
College of Economics  
University of Tabuk



**Safa Mohammad Babrish,**  
Faculty of Science (Biology), University of Tabuk  
Email: [sguer555@gmail.com](mailto:sguer555@gmail.com)

هذه قصة عن مصممة الأزياء الطموحة والشغوفة أثير العمري من خريجي كلية الاقتصاد بجامعة تبوك تخصص الملابس والنسيج. كانت السيدة أثير شغوفة بالتصميم منذ صغرها واكتشفت مواهبها في سن المراهقة.

ساعدتها دراستها في جامعة تبوك على تنمية شغفها وتنمية مهاراتها. إنها ممتنة لجامعتها لمساعدتها على تحقيق أحلامها. الآن تعرض أثير تصاميمها في مركز سندريلا ومخيلة السجادة الحمراء في تبوك. يمكنك رؤيتها على حساب Instagram الخاص بها: اضغط هنا [Press here](#).

فيديو عن قصة نجاحها من إنتاج صفاء بابريش. تم عرض الفيديو على الدكتور مرعي بن محمد العمري، عميد الطب، والدكتور تانفير رازا، رئيس تحرير SMJS و MET، ومحرري SMJS و MedEdu Tabuk. كلهم فخورون بإنجازات أثير!!!!

كما تود مجلة MedEdu Tabuk مشاركة قصة نجاح خريجها.

إذا كانت لديك قصة تود مشاركتها، فسي سعدنا نشرها. [Click Here](#)

This is a story about an ambitious and passionate fashion designer Atheer Al Amri an alumni of College of Economics, University of Tabuk majoring in Clothing and Textiles, Ms. Atheer Al Amri. Atheer had a passion for designing from a young age and discovered her talents during her teenage. Her study at University of Tabuk helped her nurture her passion and develop her skills. She is grateful to her University for helping her achieve her dreams. Now Atheer is show casing her designs at the Cinderella Center and Red Carpet Stitching in Tabuk. You can see her on her Instagram account: [Press here](#)

A video on her success story was made. The video was demonstrated to the Dr. Marai M. Alamri, Dean of Medicine, Dr. Md. Tanveer Raza, Editor in Chief, SMJS and MedEdu Tabuk, and to the Editors of SMJS and MedEdu Tabuk. All of them We are proud of you Atheer!!!!

MedEdu Tabuk would like to share the success story of its alumni. If you have a story to share, we will be happy to publish it.

A video Interview with Atheer Al Amari, [Click Here](#) or in the image



# Here We Go Again!

**By Dr. Aida Domantay**

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The second semester has started, and another clinical duty rotation has begun for most of the 3<sup>rd</sup> and 4<sup>th</sup> Year Nursing Students.

This semester, in Adult Health Nursing 2, my students are assigned to the Female Medical Ward (FMW), Female Surgical Ward (FSW), and the Diabetic Care Center.

Today, these students had their routine clinical orientation by the Nursing Director and the Nursing Education Unit of King Fahad Specialist Hospital. The Head Nurse and Quality Assurance Coordinator of the Diabetic Care Center also gave brief orientation of the Center, followed by a quick tour of the different assigned wards.

Right after the orientation, the students proceeded to their assigned units and began their routine related learning activities.

## New learnings experienced

Given a shortened stay in the unit for patient care, some student nurses didn't expect new learning experiences to happen today. They also knew that it's the same clinical area exposure they had last semester with routine initial patient activities such as health history taking and physical assessment.

*"Nothing new, just the things we normally do like observation of nursing procedure, taking vital signs, reviewing patient files, interviewing patients for our Nursing Care Plan (NCP) and the other requirements."*

But some students surprisingly experienced something new that day.

*"For the first time, I helped my patient position her nasal cannula, and I instructed her on proper breathing. It was a good experience, and I felt good applying what I learned." - Raghad*

*"I learned about infectious diseases and the Leishmanin Skin Test (LST). I also observed how the nurse takes the blood pressure and oxygen saturation (SaO2) of an old patient while the doctor auscultates the*





*patient's lungs. SaO<sub>2</sub> was abnormal, and we administered oxygen therapy per nasal cannula at 2L/min". - Shahad*

*"I learned today that for people with diabetes, properly cleaning the wound is very important to promote healing. This action is in addition to taking antibiotics to prevent infection."- Raedah*

*"Today, I was assigned in Diabetic Care Laboratory. I learned a lot seeing different cases how to take blood sample and test it for Hemoglobin A1c (HbA1c). It was an exciting experience! The staff were accommodating and kind. "- Ragghad*

The students were amazed how it could be possible to come across essential learning experiences when they least expected it.

### Impact on student nurses

Given a short period today, the students experienced many different patient cases. They appreciated the importance of knowledge and skills to provide quality nursing care to all types of clients. Realizing that patients depend on nurses providing bedside care and a simple task or nursing procedure made them feel responsible and motivated to learn more and do their best to become expert nurses in the future.

*"It meant a lot as a nursing student. When I am in these departments and participate and help patients, even if with something simple, it makes me feel responsible and gives me the motivation to do my best and learn more to become an expert and successful nurse in the future."*

The students acknowledge that the short time spent staying in the clinical area is not the basis for gaining new knowledge and skills. Recognizing the vital role of nurses makes them responsible student nurses in providing quality patient care.

### Improving the learning experience

It is not enough that the learning stops at knowledge acquisition. The students realize the importance of improving their skills to be able to render quality nursing care. They candidly shared that to improve their learning experience, they shall provide maximum help as possible as they can; manage their expectations to have a happy, instead of a weird feeling; read more about the patient cases so they can understand more about it and choose the appropriate nursing interventions for each; observe the nurses well when they do any procedure, including those they have learned before; and equally important is to ask questions.

### Conclusion

Nursing clinical education is patient-centered and interview specific. It's a three-part teaching-learning interaction between the clinical instructor, the students, and the patient. In the clinical setting, education is challenging, complex, and often overwhelming. In this setting, nursing students learn what real nursing means.



# Star Gazing in Tabuk: Orion Constellation

Dr. Badr Alsayed  
Faculty of Medicine  
University of Tabuk  
Email: balsayed@ut.edu.sa



The manner of finding the principal stars visible to Great Britain by means of lines or triangulation.

ish Nebula

Aldebaran

Betelgeuse

ORION

Rigel

LEPUS

CANIS MAJOR

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## نادي المايكروبايولوجي

## المايكرو سوياً - Micro Together



**Majed Mohammed Alshehri**  
Head of the Microbiology Club  
Faculty of Medicine - TU Universty

بعد هيكلة نادي المايكروبايولوجي وتجديد دماء اعضاءه (ماجد وعبدالعزیز وأريج)، قُمنّا بكتابة بدائل تعليميّة فاقت الـ 20 ملخّص، وشرح المنهج كاملاً فاقت الـ 11 ساعة على قناة اليوتيوب دعماً للمسيرة العلمية في كلية الطب وتحقيقاً لتطلعات عميد الكلية برفع مستوى الطلبة الطّبيّ علمياً.

وابتدأت الرحلة في تاريخ 15 سبتمبر من العام الآنف واستمرت قرابة الاربع اشهر حتى انتهت في مطلع فبراير الحالي، وقد حصلت (قناة المايكرو للجميع) على استحسان طلبة الطب في جامعة تبوك ووصلت القناة الى ابعد من ذلك لجامعات أخرى في المملكة، حتى ان احصائيات القناة تُفيد ان معدل مشاهدة القناة اليومي يفوق 20+ ساعة، إضافةً الى تفوّق الطلبة منهجياً في اختباراتهم المعقودة.



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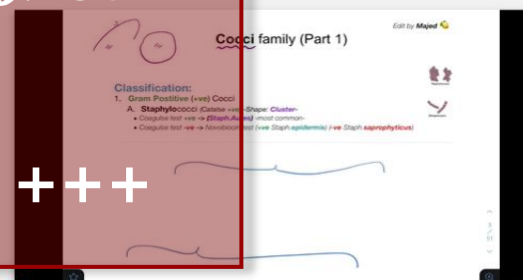


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(MicroT) 1 Staph family  
Bacteriology - Majed • 1 / 17



ولم يتوقف النادي على ذلك، بل قمنا بإقامة محاضرات اضافية في الاجازة النصفية وحضرها ما يقارب 40+ طالب، ومن مبدأ الاستفادة تم تنقيح الفيديوهات على منصة اليوتيوب لتُستدام الشروح في الدفقات السابقة، ومن مبدأ اريحة الطالب ومواكبة ظروف الجائحة فإن المنصة مكّنت الوصول لها في اي وقت.

وبتعاون ثلثي من اعضاء الفريق، كنّا دوماً متواجدين فيما يصعب على طلبة السنوات الاساسية لإرشادهم دراسياً ودعمهم معنوياً وتحديث المعلومات الطبية بشكل آن.

We started the micro club with three members. Our goal was to facilitate the most difficult subject in the Faculty of Medicine for new students in the basic years, so we began to summarize the scientific course of the subject in approximately 20+ scientific abstracts and 25+ video lectures on the YouTube platform, and it was met with approval of students of the basic years to facilitate the course in circumstances Corona pandemic and the provision of scientific alternatives.

We had the honor of seeing the Dean of the College of Medicine for the channel and its official approval. He recommended that we continue our work, and he gave us full support and thanks

We were overwhelmed with letters of thanks from the students after they performed their first Midterm last January, and they gave us a moral boost to move forward.

*Visit our Channel Here*



CLICK  
HERE

