



جامعة الشارقة
UNIVERSITY OF SHARJAH

COLLEGE OF MEDICINE NEWSLETTER

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IN THIS ISSUE

COLLEGE NEWS

STUDENTS' NEWS

MEDICAL STUDENT
ASSOCIATION (MSA)

PEER ADVISORY
COMMITTEE (PAC)

THROUGH THE LENS

POTENTIAL
DIFFERENTIAL

BASED ON A TRUE STORY
(BOTS)

STUDENTS' CORNER

DEAN'S MESSAGE OF THE MONTH



I would like to congratulate everyone for the New Year and hope we are writing a new chapter in the development of our college in terms of education, research, and clinical training. I am expecting 2023 to be a distinguished year in our achievements.

I would like to welcome everyone back after the exams, I wish the students the best in all their efforts. I would like to thank the faculty and supporting staff for their efforts in preparing and conducting the examinations.

There are some excellent events lined up in the next few months and I look forward to seeing participation from students, staff, and faculty to ensure we keep our college dynamic and active.

COLLEGE

NEWS

TAGHEER Award

The College of Medicine received the TAGHEER Award for Strategic Performance at the 4th Strategic Conference, held on the 8th December 2022, under the patronage of H.H. Sheikh Sultan Bin Ahmed Al Qasimi, Deputy Ruler of Sharjah and the President of the University of Sharjah. Congratulations to the College of Medicine faculty and administrative, technical, and support staff, as well as the students.

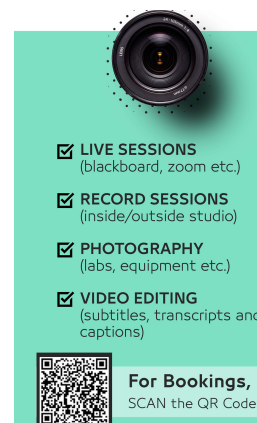


MOU with Al-Farabi Kazakhstan National University

The University of Sharjah is honored to announce the signing of a Memorandum of Understanding with Al-Farabi Kazakhstan National University based on work carried out by Prof. Qutayba Hamid and Prof. Rifat Hamoudi. This progression involves the undertaking of collaborative research in neuroscience and neurogenomics between the two institutions in addition to the development of joint postgraduate degree programs in the same fields, drawing on the expertise of faculties from both institutions.

E-Learning Studio

The Medical Education Center has launched the "E-Learning Studio" with the support of Prof. Qutayba Hamid. The studio is equipped with state-of-the-art equipment to support faculty from Medical and Health Sciences colleges in the production of e-learning material. Faculty can scan the QR code to book the studio.



TUFH Academy

In an exciting new opportunity, students can register to join a TUFH Academy. This chance is presented to TUFH individual members for free as a benefit of their membership. Students can choose from four different academies to sign up for: Social Accountability in Health Professions Education, Leadership in Healthcare, Building Resilient Health Systems, Interprofessional Education and Team-based Learning.



TUFH Conference 2023

The Network: Towards Unity for Health (TUFH) and the University of Sharjah look forward to welcoming you to TUFH 2023. This conference will take place virtually and in person in Sharjah from 23th to 26th October. The theme for this year's conference is 'Beyond Boundaries: Health Equity through a Culture of Learning' and has many interesting subthemes. The submission deadline for oral presentations, TUFH talks, workshops, and TUFH documentaries is on 30th April 2023.

CALLING ALL TUFH MEMBERS!
SIGN UP FOR ONE FREE TUFH ACADEMY IN 2023!

TUFH ACADEMIES

AS A TUFH INDIVIDUAL MEMBER YOU CAN SELECT ONE OF THE FOUR TUFH ACADEMIES BELOW TO REGISTER FOR FREE, AS A BENEFIT OF YOUR MEMBERSHIP.

NON-MEMBERS, CHECK OUT [THENETWORKTUFH.ORG/TUFH-ACADEMIES/](https://thenetworktufh.org/tufh-academies/) FOR COSTING.

THE ACADEMIES TAKE PLACE FROM JAN - OCT 2023, ON WEDNESDAYS

TRACK A: 14:00 - 16:00 UTC
TRACK B: 7:00 - 9:00 UTC

Connect with global leaders in health education.
Sharpen your leadership skills in health education.
Get support in developing your institutional projects.
Learn how to kick start social accountability in your institution.
Develop an evidence-informed IPE strategy for your institution

**SOCIAL ACCOUNTABILITY
IN HEALTH PROFESSIONS
EDUCATION**

1

2

**LEADERSHIP IN
HEALTHCARE**

**BUILDING RESILIENT
HEALTH SYSTEMS**

3

4

**INTERPROFESSIONAL
EDUCATION AND TEAM-
BASED CARE**

Each Academy includes 6-7 weekly contact sessions via Zoom, pre-course work and a TUFH project.

TUFH MEMBERS: Email karessagovender@thenetworktufh.org with the name of the Academy you are registering for.
NON-MEMBERS: register on thenetworktufh.org/tufh-academies/

<https://thenetworktufh.org/tufh-academies/>



Faculty Achievements



DUPHAT 2023 Speakers



As the College of Medicine strives for continued excellence, Prof. Qutayba Hamid, Dean of the College of Medicine, and Vice Chancellor of the Medical & Health Sciences colleges recognizes and awards speakers during the DUPHAT 2023 Exhibition.



Prof. Qutayba Hamid

Update in the use of Biological Medicine in Respiratory Diseases.



Prof. Nabil Sulaiman

Patients' safety education and research based on real life encounters.



Prof. Eman Abu Gharbieh

A pharmacist-led inhaler technique training program for nurses: a case study from the United Arab Emirates.



Prof. Maha Saber-Ayad

Innovation and Challenges of Drug repurposing.



Prof. Iman Talaat

Genetic analysis of CFH and MCP in Egyptian patients with immuno-complex proliferative glomerulonephritis



Prof. Yasser Bustanji

Targeted Drug Delivery into Cancer Cells.



Dr. Waseem EL-Huneidi

Protective effect of natural terpenoids against STZ induced damage in pancreatic β -cells.



Dr. Jalal Taneera

Identification of biomarkers to predict diabetes in thalassemia patients.



Dr. Mohamed Saleh

Therapeutic Potential and Mechanism of Endothelin Receptor Antagonism in Chronic Kidney Diseases.



Dr. Mohamed Eladl

Insights on the Impact of Covid-19 on medical education: lessons learned, and experiences gained.



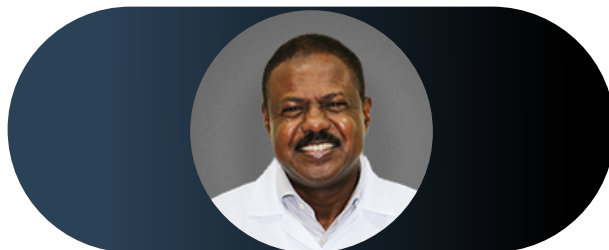
Dr. Khuloud Bajbouj

Lecture Potential role of IL-5 in Airway Remodeling in Asthma.

Faculty Promotion



Heartfelt congratulations to Dr. Ibrahim Eltayeb for his promotion to the title of Associate Professor.



Gene Variant Study



In a collaboration between the University of Sharjah and Liverpool John Moores University, Prof. Rifat Hamoudi was part of an investigating team conducting a neurocognitive development study that identified a gene associated with improved ability to excel at chess and higher functioning tasks.

<https://doi.org/10.3390/genes14010204>

Cytopathology UHS Workshop

As part of the Emirates Pathology Society, Prof. Iman Talaat held and organized a cytopathology workshop for members at the University Hospital of Sharjah.



International Medical Education Conference



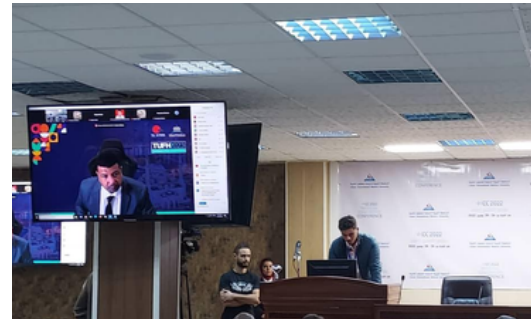
On 14th–16th October 2022, Dr. Mohammad Taha participated in the International Medical Education Conference by presenting a talk regarding online learning student engagement and its role in reshaping health professionals' education.



Libyan Medical Education Conference



Invited as a speaker in the Libyan Medical Education Conference, Dr. Mohammad Taha discussed designing curricula for doctors of the future and the developmental milestones for future trends. Held on 26th November 2022, the conference highlights the path forward to meet global needs.



Sharjah TV interview



During an interview with Sharjah TV discussing the University of Sharjah's Medical Education Center, Dr. Mohammad Taha highlighted the center's mission to foster a culture of scholarly thinking to transform health education. He also explored the center's focus on faculty development and the promotion of social accountability.



Noor Dubai Interview



Dr. Hamid Alhaj was hosted by Noor Dubai in a live interview held on Tuesday 18th January 2023. He discussed and answered queries regarding post-traumatic stress disorder, including techniques to manage stress and panic attacks.



Sharjah TV Interview



Released on Monday 16th January 2023, Prof. Eman Abu Gharbieh was invited by Sharjah TV to discuss the establishment of postgraduate programs in the University of Sharjah, the requirements for acceptance, and the support to be received in future employment opportunities.



THE COMMITTEES

THE COMMUNITY COMMITTEE



The Detox Project

The Community Committee used its platform to uplift spirits as it invited students to take part in collective activities. Held on 18th January 2023, the event consisted of students conducting and performing different forms of therapy in the Sharjah National Park. It included music, creating art, flying kites, deep talks, and spending time to reflect as members enjoyed an evening of relaxation.



THE SCIENTIFIC COMMITTEE



The Last Batch Standing

With the spirited and fueled competitive atmosphere accompanying the new year, the Scientific Committee hosted a thrilling trivia tournament between representative teams of batches and faculty alike. In head-to-head battles, teams competed for the illustrious trophy as challenges were placed in the form of genre questions. Winner takes all as students enjoyed the multi-layered spectacle!

Congratulations to Kamel Samara, Ahmad Fouad, and Ammar Agha as winners of the tournament, representing Year 5!





PAC GETS A NEW LOGO! AND A NEW LOOK FOR EACH TEAM!



Media



PACOreo



P2P



PACademia



R2R

ROAD TO RESIDENCY - UAE TALK WITH DR. FARAH

On Tuesday, 28th January, PAC's Road to Residency program gladly welcomed Dr Farah Soukieh, a second-year Internal Medicine resident at Al Qassimi hospital and a UOS alumnus, to host a session about UAE residency programs.

Details were provided on the residency application process for all three UAE health authorities (DHA, EHS and SEHA), as well as the EMREE exam. Furthermore, Dr Farah discussed the prospective Emirati Board and the future promise it holds for medical education and practice in the UAE.

You can watch the session via the Microsoft teams recording link below or access the recording on Road to Residency's Instagram page @pac_residency.

[CLICK HERE](#)



THROUGH THE LENS

The Little Red Shining Light

By: Ahmad Khazali

The medical journey can be daunting, and in my case, a spark of introspection arose upon being presented with a scenario, reassessing life-long beliefs. I invite you to examine yours as well.

Clinical ethicist Laura Lyn Hosford relays an unnamed male doctor's experience, in which he was presented (several years ago) with a patient admitted to the hospital for gastrointestinal bleeding. Upon analysis, you understand that the patient has been prescribed blood thinners as part of post-operative treatment following a recent heart valve replacement surgery, one which he felt compelled to have despite his reluctance.

The patient, now being regularly monitored, is visited by the unnamed doctor, who notices his intently disturbed stare through the room's window. As the doctor inquires about his state, the man explains he's been thinking about what has been done to him, as a metallic valve sits in his heart which binds him to a stagnant life on medications.

Aside from the troubling thoughts, he's been fixated on a pole on a hill with a little red shining light. He grows frustrated and describes the blinking of the light as being completely out of sync with the ticking of his mechanical heart valve, driving him "utterly insane."

Although the surgery was a "success", and an expected complication happened to arise, his contemplation concludes it to be a disastrous and horrible failure. The patient's life, in a way that was inconceivable to him before, is now unlivable.

This begs the question, who determines what success means? Have you truly fulfilled your duty? Professor Nicolae Morar, director of ethics at the University of Oregon, argues that principles and ethics of medicine may be in conflict, and still struggle to philosophize the exact paths leading to desired outcomes.

Through the lens of time, Professor Morar has history on his side. It was not until 1803 that the term "medical ethics" was coined by Thomas Percival (1740-1804), an English physician responsible for the foundation of doctor-patient boundaries, and the introduction of physician guidelines in the workplace.

Revisions to Percival's work were modified through the 19th century, as the legitimacy of medical research turned into an industry priority.

Even as late as the 1960s, Dr. Henry Beecher (1904-1976), a well-known American anesthesiologist, pioneered a new wave of ethics as he published a damning article in June 1966. Received by the New England Journal of Medicine, he highlighted 22 violations, provoking agencies to legally introduce informed consent and standardization of clinical trials, which are used in procedure today.

Despite my awe of evolving modern-day medical practice, the purest intentions of pioneers, and the recognition of risk, we must accept the steady presence of every patient's little red shining light, out of sync, and beyond control.

References:

Page, K. (2012). The four principles: Do they predict ethical decision making? BMC Medical Ethics (13)1 <https://doi.org/10.1186/1472-6939-13-10>

Baker, R. B., & McCullough, L. B. (2008). What is the History of Medical Ethics? The Cambridge World History of Medical Ethics, 1-15. <https://doi.org/10.1017/cho19780521888790.002>

Kopp, V. J. (1999). Henry Knowles Beecher and the Development of Informed Consent in Anesthesia Research. Anesthesiology, 90(6), 1756-1765. <https://doi.org/10.1097/00000542-199906000-00034>

Potential Differential



Health Above Wealth



By: Leena Amir

Following one's dream is a phrase that is often used to inspire and encourage the youth to seek out what they truly want to do with their life– but at what point does chasing a dream become an obsession...?

DC, a 25-year-old college graduate was on his way back home after getting rejected from yet another job interview. He had always been less interested in studies and more into video games. He dreamt of being an internet video game streamer and today was the final straw– he was going to finally pursue his dream. DC used to live with his mom until she kicked him out after knowing his plans, and ever since, the internet café has been his place of residence. He gave up his personal hygiene and all his relationships– he even went as far as to sleep at his desk.

One weekend, DC played for 70 hours, nonstop. Glued to his seat, he barely ate or drank any water. He eventually had to use the bathroom and got up for the first time in days. He suddenly felt lightheaded, blacked out and instantly collapsed. At the front desk of the internet cafe, the owner was oblivious to the fact that someone had fainted and 30 minutes pass before DC was found unconscious and struggling to breathe. 911 is called and in the ambulance, DC suddenly flatlines.

Paramedics desperately begin CPR as he's brought to the emergency room and doctors continue chest compressions. An ultrasound quickly reveals that the right side of his heart is enlarged. This immediately tells the medical team that he's suffering from an acute massive pulmonary embolism causing sudden hemodynamic collapse. There is no longer an adequate oxygen supply in his body as his heart, while still trying to beat, can no longer function.

Although he came into the emergency room without a pulse, paramedics tell the medical team that DC was found gasping for air. He had a heartbeat when they found him, but it was fast due to the resultant hypoxemia. Despite his blood pressure being low from the hemodynamic compromise, all of this happened just minutes ago, meaning that it might not yet be too late for him. Immediate systemic fibrinolytic therapy is commenced, and chest compressions were continued. Minutes pass until finally, a detectable heartbeat is found– but despite this small victory, several hours pass and DC does not regain consciousness.

Admission into the intensive care unit finds that he is missing cognitive factors indicative of brain damage. The several minutes where DC's body was not receiving oxygen because of a clot blocking his pulmonary artery, caused this permanent anoxic ischemic damage. DC's loss of pupillary reflex, and absent extensor motor response days after admission were 100 percent specific factors to indicate poor outcome following anoxic injury, secondary to massive pulmonary embolism. Little could be done by the time he was found unresponsive at the internet café, as too much time had passed in a setting where minutes and seconds matter.

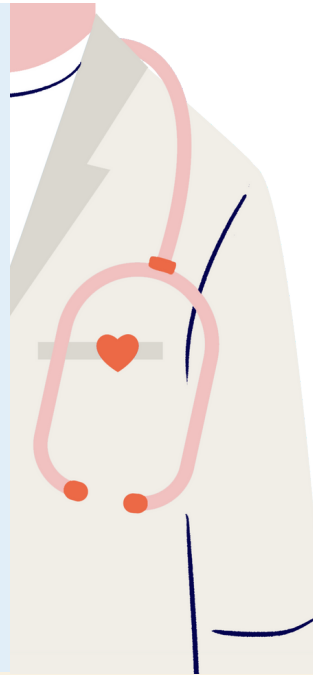
What was the cascade of events that lead to DC's unfortunate prognosis?

Answer the questions and check if you are right by filling out the form!

[CLICK HERE](#)

BASED ON A TRUE STORY

While on my Internal Medicine rotation, I was asked by the attending doctor to take history and perform a cranial nerve exam on a patient with a rare, one-in-a-million chance disorder. Despite my complete lack of knowledge about this disorder, I went in and took a long, extensive history from the patient, where she informed me that she suffers from vision problems and has lost sight in one eye. Soon after, I assessed her optic nerve by confidently shining a light in her eye and asking, "Can you see this?", only to be met with an awkward silence and the reply, "No, I told you I am blind in this eye..."



As medical students, we build our knowledge on basics, but DOCEE has a magical way of making me throw all those basics out the window. When the doctor asked me to perform an abdominal exam on a patient taking corticosteroids, I thought I hit the DOCEE jackpot - I had done so many of these by now. I knew that the patient had undergone a splenectomy, so when I noticed scarring on their abdomen, I confidently remarked, "Ah, this is the scar from your surgery, correct?", to which they nodded along. After the exam, the doctor informed me that I did well, except for one thing: the "surgical scar" I pointed out was actually abdominal striae, which I soon realized made sense since the spleen is on the right side of the body, while her scar was on the left.



STUDENTS' CORNER



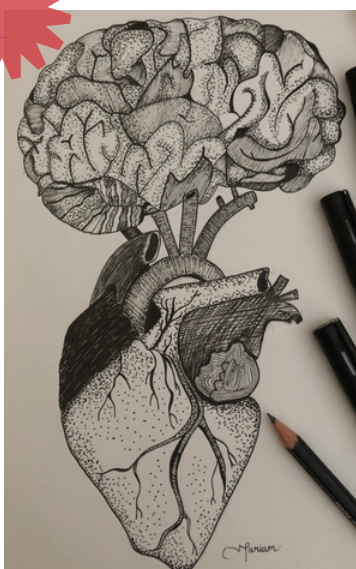
Shahed Hamdan
Year 1

((وَقَدْ
أَحْيَاهَا
فَكَأَنَّمَا أَحْيَا
النَّاسَ
جَمِيعًا))



Mohamed Elshafey
Year 1

The Blue
Mosque in
Istanbul,
a marvel of
Islamic
architecture!



Mariam Wehbe
Year 1

The art of
medicine
has its roots
in the heart.



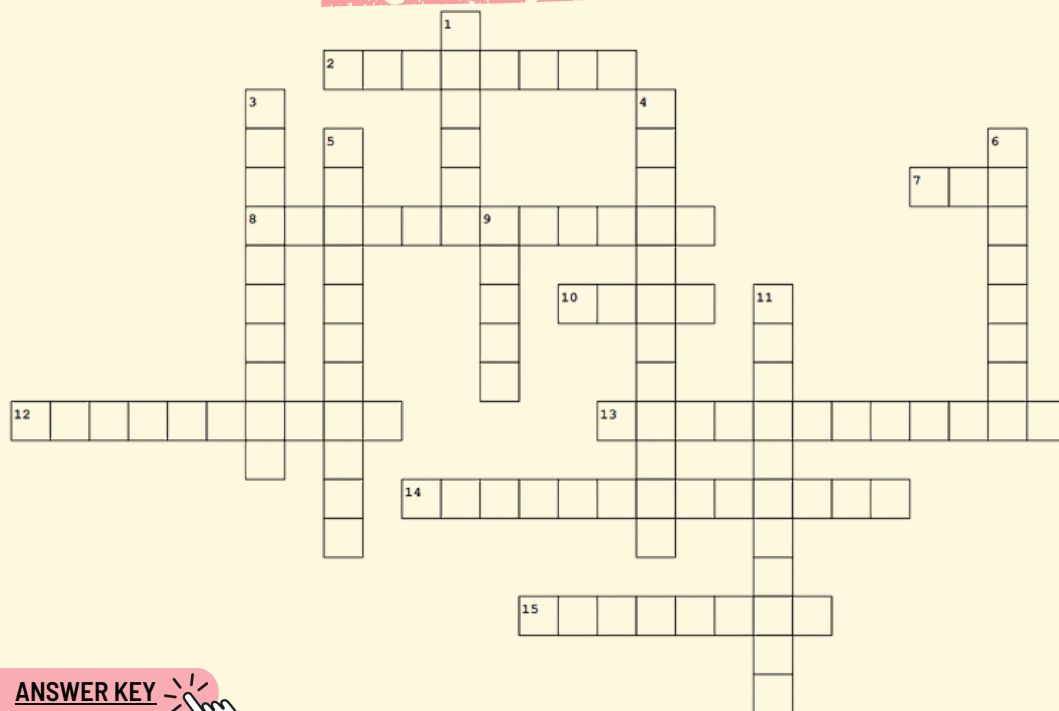
Hana Elbery
Foundation Year

A picture I took
of Zaanse
Schans's
windmills in
Zaandam,
Netherlands. I
can never
forget it's
stunning
scenery.

Cross Examination

Click on the icon to access an interactive version of the crossword. You can type in your answers and it will check if they are correct. Good luck!

CLICK HERE



ANSWER KEY

Across

2. Parkinson's disease is characterized by a deficiency in
7. Immunoglobulin present in the saliva
8. When the zygote attaches to the uterine wall
10. Oldest and most commonly used imaging technique
12. The most common benign brain tumor
13. Decrease the heart's oxygen demand by decreasing the heart rate.
14. Ligamentum venosum is derived from?
15. Abnormal forward curve of the spine

Down

1. Can combine with a specific antibody but lacks antigenicity of its own
3. Most common drug that causes allergies
4. Found at the midpoint of the inguinal ligament
5. Swimmer's shoulder is also called shoulder
5. The normal rhythm of the heart
6. Screening test for cervical cancer
9. Prime example of a saddle joint is at the base of the
11. Pathognomonic sign of ankylosing spondylitis in X-rays

STUDENT'S LETTERBOX

1440 RESOLUTIONS A DAY



It was never about Jan 1st, the numbers, or even the dates that give us the magic to start again or the motivation to open a new page. However, we humans hook ourselves on any excuse to rely on. It's a great and powerful idea to always begin again and put new goals, to always find hope in ourselves and the charm of new chances. Luckily, it can be any moment we choose.

This doesn't mean you can't stop in half of the road and retry in the middle of the line. A ruined morning doesn't mean a ruined day, a good day can start over whenever we want to reset it, whenever we feel we want to put a full stop to that negative energy and see the blessing that this day holds. A dead flower in a garden doesn't assure the death of the rest or the carelessness of the gardener. A bad week in a new semester doesn't reflect a new awful academic year. It is the ultimate desire to recharge again and start with a novel approach.

Let's not put barriers for ourselves, barriers for the opportunities that life holds us. If the new resolution didn't work this Jan, we are not waiting for Feb or the next Jan to start over. Tomorrow sounds like a good day yielding the floor for a new 1440 chances to take.

SHAHD FARIS ALQUDAH,
YEAR 1

CELEBRATING BIRTHDAYS AS A MEDICAL STUDENT

By: Rehab Jamali

