



**UNIVERSITY OF SHARJAH**

where civilizations meet

College of Medicine

College of  
Medicine  
Newsletter

January 2016

## Dean's message of the month

By Professor Qutabya Hamid

I would like to congratulate you for the new year and hope that we are opening a new chapter in the development of our College in terms of education, research and clinical training.

I am expecting 2016 to be a distinguished year in the pathway of our achievements. We are working hard to continue recruiting renowned faculty, who will help to achieve our goals. A number of potential candidates have recently visited us and presented excellent seminars. I would like to thank the faculty for attending those seminars and encourage them to support clinical presentations and future research.

We have just advertised for 9 new faculty jobs, which are supported by the Chancellor Professor Hamid Al Nuaimy and his administration and we are expecting to start interviews very soon.

In the last month, the visibility of our college has been enhanced by a number of functions and meetings, which are illustrated in this newsletter. We have signed an MOU with the University of McGill, which will be implemented shortly. I have also visited the Armed Forces College of Medicine (AFCM) in Egypt (see internal report) to review our existing MOU. A group of students from our college visited AFCM and we are expecting their delegates to visit us in the near future.

This month has been a month of examinations. I wish the students the best in all their efforts and I hope to see them all graduate soon. I would like to thank the faculty and supporting staff for their efforts in preparing and conducting the examinations.

**Professor Qutayba Hamid**  
MD, PhD, FRCP, FRS

Dean College of Medicine

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## COLLEGE NEWS

- Prof. Mohamed Al Hajjaj has been working hard on setting up an Asthma Clinic in the University Hospital Sharjah. This specialized clinic will serve in the planned translational research project which is one of the many functions of the 'Asthma Research Centre'.
- Under the Patronage of Professor Hamid Al- Nuaimy, the Chancellor of the University of Sharjah, The Highly Qualified Physicians Retreat was held at the University of Sharjah where the College of Medicine hosted more than 20 highly qualified Emirati physicians from various specialities for networking; to discuss possible collaborations, student training opportunities, support and contribution towards the setting up of new medical research facilities, and to improve ties with important members of the healthcare system in the UAE.



## Egypt Visit to AFCM

Professors Qutayba and Randa visited the Armed Forces College of Medicine in Cairo, Egypt last month to discuss and review our existing memorandum of understanding (MOU) with our College of Medicine at the University of Sharjah.

During this visit a general tour of the facilities was given to our faculty including a visit to the plastinated anatomy laboratory and the library. During this trip, Professor Randa conducted a workshop, within the theme of faculty development program at the college, entitled 'How to write a clinical scenario'. She has been running a series of workshops at AFCM on faculty development since 2015.

Professors Qutayba and Randa also met with Egypt's Minister of Defence who presented them with shields and praised the collaboration between the two colleges and sent his appreciation and regards to His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah.

It was decided and agreed to review some of the articles of the MOU in order to develop further collaborative areas in the field of student research, video conferences and faculty research and development. This will be further discussed during the visit of the director of AFCM Dr. Ayman Shafei to our college in February 2016.



Prof Qutayba Hamid Dean of College of Medicine and Prof Randa Mostafa, Head of Basic Medical Sciences Department and coordinator of MOU between University of Sharjah , College of Medicine and the Armed Forces College of Medicine ,Cairo Egypt during their official visit to AFCM on the 29<sup>th</sup> November 2015



Dr. Khalid Amer (former director of AFCM) and Dr. Ayman Shafie (current director of AFCM) presenting Prof. Qutayba a shield of Armed Forces



Prof Randa Mostafa, conducting a workshop entitled "Constructing Clinical Scenarios" at the Armed Forces College of Medicine in Egypt

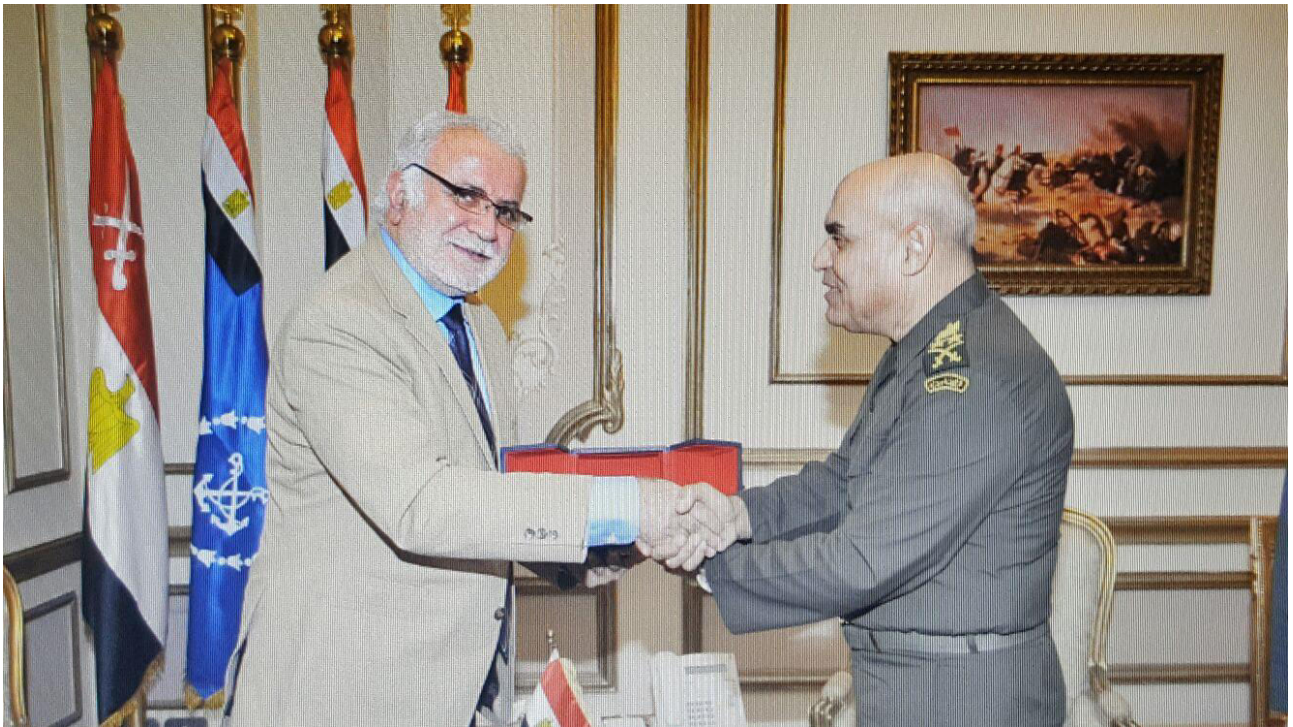
Prof Qutayba Hamid inaugurated the workshop together with the Director of Armed Forces College of Medicine

About 30 faculty attended this workshop



During the tour through the plastinated anatomy lab at AFCM





Prof. Qutayba and Prof. Randa with Egypt's Minister of Defense Sedki Sobhi



## Student's Visit to AFCM

In the period between 26<sup>th</sup> and 31<sup>st</sup> of December 2015, eight of our top students in Years two and three accompanied by Dr. Mohamed Eladl visited the Armed Forces College of Medicine (AFCM) in Cairo, Egypt. The visit came as a part of the agreement between AFCM and College of Medicine, University of Sharjah.

The students enjoyed the scientific and the entertainment program that was arranged by the AFCM. They spent four complete days. On one of these days, they lived a full day with military students, starting at 5 am early morning with the fitness training and gym, passing through their classes and their assigned studying hours. The students attended an enjoyable two day workshop in Aerospace Medicine, and they received certificates of attendance and appreciation from the Dean of the AFCM.

As for entertainment, the students visited the Egyptian Museum in Tahrir Square in the middle of Cairo, The 6<sup>th</sup> of October War Panorama, which is a museum and memorial to the 1973 October war, located in Heliopolis, Cairo as well as the Pyramids and the Sphinx in Giza.



## FEATURED FACULTY-

### **Dr. Mohamed El Hassan**



Dr. Mohamed Elhassan graduated with a MBBS from the University of Gezira, Sudan in 1999. He was selected as a teaching assistant of Paediatrics and Medical Education in his University. He completed his paediatrics training but in 2007, after he obtained his Master of Health Profession Education at the joint programme (Maastricht University/ Suez Canal University), he decided to shift to Medical Education only and obtained the title of 'Lecturer of Medical Education' at the Education, Development and Research Centre at the University of Gezira's College of Medicine. In 2012, he obtained his PhD in Health Profession Education from the University of Gezira where his thesis title was "Development of Standards to Measure Social Accountability of Medical Schools in the Accreditation Systems".

Currently, he is an Assistant Professor of Medical Education at the College of Medicine- University of Sharjah and the Coordinator of the Master of Leadership in Health Profession Education at the Institute of Leadership in Higher Education.

Dr. Mohamed Elhassan is the Chairperson of the Group on Social Accountability in the Association of Medical Education in the Eastern Mediterranean Region (AMEEMR) and Member of the International Reference Group on Social Accountability. He is one of the international experts who participated in the development of the Global Consensus for Social Accountability of Medical Schools endorsed by the WHO and the World Federation for Medical Education (WFME).

Social Accountability of Medical Schools has been defined by WHO in 1995 as "obligation of the medical schools to direct their education, research and service activities towards addressing the priority health concerns of the community, region, and/or nation they have a mandate to serve, The priority health concerns are to be identified jointly by governments, health care organisations health professionals and the public".

Dr. Mohamed Elhassan's current research projects are:

- Development of Social Accountability Framework for Medical Schools in the GCC
- Perception of Professionalism among Arab Medical Students (Country-based Studies)

We wish Dr. Mohamed Elhassan the best of luck and success in his research projects and hope to see publications of his findings soon.

## Faculty Achievements, Awards & Special Recognition

The International Diabetes Federation (IDF), Primary Care Diabetes Europe (PCDE) and AstraZeneca invited Professor Nabil Sulaiman to represent the UAE as one of a three member delegation to the “Global Diabetes Policy Summit: Making early action a political priority on Wednesday 18th – Thursday 19th November 2015 in Barcelona, Spain. This summit aimed to inspire members to take early actions in type 2 diabetes and make them a political priority. During this summit, the challenges facing health systems in taking early action, as well as share evidence and best practice examples in support of prevention, early diagnosis and initial management of the disease in UAE were discussed. Professor Nabil Sulaiman is a member of a Ministerial Committee- the National Diabetes Committee established to develop a strategy to reduce the prevalence of Diabetes in UAE from 19% in 2014 to 16% by 2020. The committee comprised of senior endocrinologists from MOH, DHA and HAAD.

To truly tackle the global burden of diabetes, IDF and PCDE know that long-term commitments and sustained action are required. As such, this event is not a one-off. Rather, it is a launch-pad for a collective approach to identifying, and implementing, a sustainable policy plan for change with the input and insights from all those committed to transforming patient outcomes. A forum is therefore being planned in Berlin towards the end of November 2016, where progress will be presented and next steps identified, maintaining the momentum for change in 2017 and beyond.



**Professor Randa Mostafa** received a certificate of appreciation from Professor Hamid Al-Nuaimy, the Chancellor of the University of Sharjah, for her participation in teaching Exercise Physiology in the Professional Diploma of Police Fitness Trainers.



Congratulations to our faculty members on their successes and achievements and we wish them the best of luck in all future endeavours.

# Visiting Academics

We welcome the following new faculty to our College:



**Prof. Abdelilah Soussi  
Gounni**

Professor in Immunology

Professor Gounni currently works at the Department of Immunology at the University of Manitoba in Winnipeg, Canada.

Professor Gounni had completed his undergraduate degree in Biochemistry in Toulouse, France and then went on to complete postgraduate degrees in Microbiology and Immunology. He later moved to Canada.

Professor Gounni has more than 93 abstracts published and 62 papers publications as well as many conference participations and years of teaching and experience in research. He is a member of a number of professional organizations including American Thoracic Society, American Association of Immunologists, Canadian Society of Immunology, Canadian Thoracic Society, and Canadian Lung Association among others.

We met Professor Gounni when he gave a seminar at SIMR on December 15<sup>th</sup> 2015. We look forward to his visit at UOS.



**Dr. Rifat Hamoudi**

Associate Professor in Molecular  
and Computational Pathology

Dr. Hamoudi currently works at the Division of Surgery and Interventional Science at University College London (UCL) in the UK.

Dr. Hamoudi had completed his undergraduate degree in Computing in London, where his thesis focused on the development of Medical Expert System for diagnosing diseases. He then went onto the field of Molecular and Pathology where he combined his computing engineering background to the field of medical sciences and bioinformatics and is now heavily involved in research and teaching of computational and molecular pathology.

Dr. Hamoudi is a PI on breast cancer molecular mechanisms and has Wellcome Trust research excellence grants as well as being co-investigator on research grants totalling £1 million to date. He has 9 years postdoctoral research fellow experience and to date has 10051 citations with H-index of 40. He has been published in high impact journals including Cell, Science, Nature and Nature Genetics and co-authored more than 95 scientific and informatics publications.

We met Dr. Hamoudi when he gave a seminar at SIMR on December 23<sup>rd</sup> 2015. We look forward to his visit at UOS.

Professor Gounni and Dr. Hamoudi will be joining us during this year.

We look forward to welcoming them to our College!

# STUDENT CORNER

## Environmental Public Speech competition:

Five of our students participated in the 15<sup>th</sup> Intercollege Environmental Public Speech competition that was held on the 26<sup>th</sup> of November 2015, under the patronage of His Excellency Sheikh Hamdan Bin Mubarak Al Nahyan, Minister of Higher Education and Scientific Research. This competition involved 51 teams and around 370 students, teachers, experts and visitors from across the UAE, GCC and MENA region. Among 15 groups, our medical students were able to score 160 points, which put them in the 2<sup>nd</sup> runner up position. Their topic was “Overpopulation vs. Overconsumption: where should we focus?” Their performance was exceptional and we are proud that Leyan Abdullah Alotaibi-Year 2, Arab Musa Subhi Hammoudeh-Year 3, Mohammad Haytham Shayeb-Year 2, Islam Alsagheer –Year 3 and Ahmed Nugud –Year 4 represented the College of Medicine professionally and successfully. Thanks to the coordinator: Dr. Samrein Ahmed, who provided her support, time and efforts to the students throughout this competition.



## **Medical Student Association Activities:**

### **Anti-Obesity Day**

Anti- Obesity Day took place on 13<sup>th</sup> December 2015 and the aim was to raise awareness about a growing epidemic and an unfortunate trend among young adults and children, and how to prevent it. Nutritionists, students, and physical trainers shared their research and experience to help achieve the objective of the event. Afterwards, some physical activity games were held to remind people of the importance of exercise in preventing obesity.



### **Football League**

As sports are considered an important part of a healthy life style, and football is considered a great getaway for medical students to escape their daily stress and pressure, the Social Committee of the MSA organised an interactive tournament that included 10 teams from all batches of the College of Medicine. The teams were divided into 2 groups and the best 2 teams of each group qualified to play in the knockout stage. The competition was tough and only one team emerged as champions; Year 3, Team 1 fought their way to the title of best team of the tournament and deserved their win. Overall, it was a great experience for all students who participated. We hope the next MSA Football League will be as enjoyable and competitive.

## Movemeber

Prostate cancer is the second most common cancer in men worldwide, with more than 1.1 million cases recorded in 2012. Even when successful, treatment can take a toll on the physical and mental health of those affected. Last November, The MSA took a part in this fight, and celebrated this month in a fun and educational way. The event attracted many people from other colleges, such as dentistry, pharmacy and health sciences. This event involved stations for various scientific competitions on prostate cancer including clinical cases and radiological diagnosis stations, as well as booths for donation and fun, interactive games relating to "Movember".



## Blood donation

On the 6<sup>th</sup> of December 2015, a blood donation campaign was set up at the UOS College of Medicine, to celebrate Martyr's Day to help the soldiers of UAE, who are sacrificing their lives in war zones to defend their country and protect its people. Not everyone has to be a soldier or a medical doctor to save lives; donating blood to those in need is a humanitarian act and also has many benefits for the donor's health. All heroic donors received certificates of appreciation.



## Emirates Medical Students Society (EMSS) events:

### World AIDS Day Event

16th December 2015 marked EMSS - SCORA's annual "Project ZERO – AIDS Awareness Program". The Standing Committee on Reproductive & Sexual Health including HIV/AIDS (SCORA) celebrated this World AIDS Day at the University of Sharjah - Medical Campus, with a series fun and informative activities.

The event was inaugurated by Prof. Qutayba Hamid (Dean of the College of Medicine- UOS). During his talk he laid importance on the early detection and prevention of AIDS. This was followed by an informative lecture by Dr. Nihar, who spoke about the etiology of HIV and the latest breakthroughs in its treatment and scientific advances. Dr. Arpan, from Sharjah Preventive Medicine concluded this session by sharing with us the role his team plays in implementing Project ZERO in the region.

The informative scientific session and workshops were not the only highlight of the day; the attendees later participated in the other activities lined up for them. Pop quiz station, public health stand, UNICEF booth, food stalls and a photo booth are just to name a few. The organizers distributed informative brochures to the crowd, ensuring that no one missed out.

"Eradicating HIV-Related Stigma: A Discussion", marked the end of our day where students were provided with an open platform to express their opinions and attitudes regarding HIV. Their ideas were recorded before and after the session, and the change in responses was quite remarkable.

Changing the perception of the youth regarding this stigmatized disease is indeed one of the key components that SCORA was built upon. Project Zero which stands for zero stigma, zero discrimination, zero risk, zero ignorance, zero new cases, and zero deaths, is the current global campaign that HIV & AIDS advocates are using to promote awareness and action.



# EVENTS

## Sports First Aid & Injury Prevention Workshops-

**November & December 2015**

Our University's Clinical Training Centre (CTC) hosted a hands-on-workshop on Sports First Aid and Injury Prevention; offered by the Emergency Care and Safety Institute (ECSI) and brought by the American Academy of Orthopaedic Surgeons (AAOS) and the American College of Emergency Physicians (ACEP). The workshop enhanced participants' skills of saving lives, preventing injuries, reducing disability and hospitalization and accelerating return-to play-time. Strong benefit to participants was assured by interactive lectures, hands-on training, and scenario based practice. The centre will use the positive feedback of participants as a platform for series of future workshops in this field.

Three sessions were conducted of Sports First Aid and Injury prevention workshop, in which participants explored the following topics: 'How to recognize a sick or injured athlete', 'Caring for sports- related illnesses and injuries', 'The Injury Prevention Model', and 'CRP and AED'. The Clinical Training Centre will announce the future sessions.



# DOCTOR'S ORDERS

This Issue's "Doctor's orders" is submitted by Professor Mohamed Hajjaj.

## Routine Screening for medical illnesses for age $\geq$ 50:

### For Women:

1. Check and follow up your
  - Weight
  - Blood pressure
  - Cholesterol
  - Eye sight
2. Take necessary Vaccines e.g. yearly influenza vaccine
3. Breast examination
4. Pelvic examination and Cervix Pap smear

### For Men:

1. Check and follow up your
  - Weight
  - Blood pressure
  - Cholesterol
  - Eye sight
2. Take necessary Vaccines e.g. yearly influenza vaccine
3. Colonoscopy
4. Prostate examination

*For further details please visit this site:*

<http://www.hopkinsmedicine.org/healthlibrary/prevention/>

## Note from the Editor:

Dear Years 1, 2 and 3 students, as you are all sitting for your examinations this month; I would like to wish you all the best of luck on your exams!



For any comments regarding this newsletter or suggestions for improvement please contact the Editor

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