



NEWSLETTER



FACULTY & STUDENTS
ACHIEVEMENTS



STUDENTS
REPRESENTATIVE



MSA IS BACK !



SUMMER ELECTIVES

Editor : Hiba Jawdat Barqawi

DEAN'S MESSAGE OF THE MONTH



Welcome back faculty, staff and students! I would like to welcome you all to a new academic year at the College of Medicine. I have had the pleasure to meet with all the students from Foundation Year to Year 5 and, as always, I am available to support you all. I would like to also take this opportunity to welcome the new members of faculty and staff who have joined our college; Prof. Michael, Dr. Ghada, Dr. Sarah and Mr. Haider.

These past few weeks have been busy with the White Coat Ceremony where the Year 1 students were welcomed to the College, and the visit of His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, to our campus for a tour of our new laboratories and facilities. As always, I am very proud of our College's achievements; this would have not been possible, if not for your efforts and dedication towards our continuous advancement. I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah and Prof. Hamid Al-Naimiy, Chancellor of University of Sharjah, for their continuous and tremendous support. I wish you all a successful academic new year!

COLLEGE NEWS

Uos Medical College In The News



Faculty & Staff Achievements, Awards and Special Recognition

Congratulations to our colleagues who recently had the following paper published

Dr. Eman Abu Gharbieh

Antihyperuricemic and xanthine oxidase inhibitory activities of Tribulus arabicus and its isolated compound, ursolic acid: In vitro and in vivo investigation and docking simulations. Abu-Gharbieh E, Shehab NG, Almasri IM, Bustanji Y. PLoS One. 2018 Aug 16;13(8):e0202572. doi: 10.1371/journal.pone.0202572. eCollection 2018.

Dr. Firdos Ahmad

Ahmad, F. (2018). TxA2 Receptor-Based Vaccination: A Novel Potential Therapeutic Approach to Limit Thrombosis. Journal of the American Heart Association: Cardiovascular and Cerebrovascular Disease, 7 (13), e009861. <http://doi.org/10.1161/JAHA.118.009861>

Hrsh Sheikh Sultan Al Qassimi Visits The New Laboratories And Facilities Of Com



His Highness Sheikh Dr. Sultan bin Muhammad Al Qassimi, Supreme Council Member and Ruler of Sharjah, and President of the University of Sharjah, UOS, visited on Monday morning a number of new laboratories and facilities at the campus of the medical & health colleges of the University of Sharjah (UOS).

His Highness the Ruler of Sharjah commenced his visit by touring the

Biomedical laboratory , where he was briefed on the latest laboratory technology and medical instruments. Reviewing the latest anatomical techniques, His Highness the Ruler of Sharjah was also briefed on the Anatomy lab, which was equipped with the latest technology. His Highness has also highlighted the importance of these various facilities that enhance the students' understanding and foster their in-depth study.

During the tour, His Highness stopped at the Pathology Museum, which is the first of its kind in the Emirate of Sharjah, with valuable surgical specimens that were collected over 15 years. During the visit, His Highness was also briefed on the ExamSoft , which is a secure testing solution that is used for high stakes exams in several medical and law schools. This software enables secure testing on computers by blocking access to programs, files and Internet usage during the test. His Highness the Ruler of Sharjah attended a lecture at the College of Medicine, where he was acquainted with the progress of teaching.

Praising the work mechanism of the University of Sharjah and the qualitative development of all its facilities and modern laboratories, His Highness urged the students to put in hard work and dedicated efforts to excel in their studies. His Highness also attended the inauguration of the second batch of the National Ambulance's Emirati Emergency Medical Technician (EMT). Including 30 local students, the year-long training program designed to provide UAE Nationals with the knowledge and skills to pursue careers in emergency health services.

White Coat Ceremony



The White Coat Ceremony was organized by the College of Medicine at the University of Sharjah to celebrate the beginning of the Year 1 students' journey in medical and dental schools. This initiative was orchestrated by the College of Medicine and the faculty members involved in planning this event were: Dr. Basema Saddik and Dr. Maha Guimei.



This event was held on Thursday 6th September 2018 at 3.30pm in Al Razi Hall in the presence of the Chancellor Prof. Hamid Al-Naimiy, the Vice- Chancellor of the Colleges of Medicine and Health Sciences and Dean of the College of Medicine Prof. Qutayba Hamid, Prof. Hien the Dean of the College Dentistry and all the members of faculty of the Colleges of Medicine and Dentistry. The parents and guardians of the Year 1 students in the Colleges of Medicine and Dentistry were all invited to attend and witness the students on this special day.

During the ceremony, students wore their white coats with the help of the faculty members and took an oath to represent their commitment as students to the medical profession and helping others.



CTC NEWS

VAAFT - Video Assisted Anal Fistula Treatment/EPsiT TEO - Transanal Endoscopic Operation Workshop

Prepared by: Lou Ann Tesado



The Clinical and Surgical Training Center (CSTC) with the collaboration of Karl Storz Endoskope conducted a workshop on 'VAAFT - VIDEO ASSISTED ANAL FISTULA TREATMENT/EPsiT TEO - TRANSANAL ENDOSCOPIC OPERATION'. The 1st day (07th September 2018) of the workshop includes a

live surgery at Mediclinic City Hospital in Dubai and the 2nd day (08th September 2018) is a combination of didactic lectures and hands-on at CSTC state of the art wet-lab. The highlight of this workshop is that it presents new possibilities in Transanal Rectal Surgery. Participants from the Gulf, Middle East, Pakistan and Africa learned on new and latest trends this field. Theoretical updates on the most recent development in VAAFT - Video Assisted Anal Fistula Treatment/EPsiT TEO - Transanal Endoscopic Operation. The workshop was headed by Prof. Ahmed Shokry Hafez, Consultant General Surgeon, School of Laparoscopy - Surgical Oncology, Madinat Nasr Hospital, Cairo, Egypt and Dr. Valentina Giaccaglia, Consultant General Surgery, Mediclinic City Hospital, Dubai, UAE. Both experts shared their expertise and experience to this course on this very advanced course. Our Vice Chancellor of Colleges of Medicine and Health Sciences, Prof. Qutayba Hamid and Director of the Clinical & Surgical Training Center, Prof. Nabil Sulaiman are both supportive of this workshop which is kindly supported by the Training and Compliance Director at KARL STORZ SE & Co.KG, Mr. Johnny Kassab and its mission to foster and expand the network of health care professionals in education and clinical training to achieve more effective patient care and higher level of patient's safety worldwide.

VIRAL NEWS

Eating a Mediterranean Diet May Help Prevent Depression, Research Suggests.

But an expert in metabolic medicine says more rigorous, targeted trials are needed to confirm evidence of the potential link. The findings, in *Molecular Psychiatry*, come from a review of 41 studies published within the last eight years. A plant-based diet of fruit, veg, grains, fish, nuts and olive oil - but not too much meat or dairy - appeared to have benefits in terms of mood. Experts say trials are now needed to test the theory and to learn whether depression can be treated with diet.

Why are Mediterranean diets so healthy?

Dr Camille Lasalle, who carried out the analysis with colleagues at University College London, said the evidence so far pointed to the idea that the foods we eat can make a difference in lowering our risk of depression, even though there is no solid clinical proof yet.

Explaining the link between mood and food is tricky. There are lots of other factors that may be involved.

- Being depressed can cause loss of appetite, and someone who is feeling low might not look after themselves so well
- Happy people may be more likely to lead healthier lifestyles (not drinking too much alcohol - a known mood depressant)
- It might be that eating bad foods - lots of sugar and highly processed foods - increases the risk of depression, meaning eliminating these from your diet is important

Without tightly controlled trials, it is unclear how big an impact following a Mediterranean diet might have. Prof Naveed Sattar, professor of metabolic medicine at the University of Glasgow, recommended "a heavy dose of caution. Whilst eating healthier is good for many reasons, we need more evidence before we can say plant-rich diets can improve mental health. The only way to prove whether the links are genuine is to conduct large randomized trials in people at risk of depression. Such trials would take considerable effort but seem worthwhile to conduct." Stephen Buckley, from mental-health charity Mind, said it was good advice to eat a healthy diet, get regular physical activity and cut down on "mood-altering products, such as sugar, caffeine and alcohol". "It's widely accepted that there's a strong connection between what we eat and how we feel, with blood-sugar levels affecting our mood and energy. If you are experiencing depression or anxiety, it might be hard to focus on your health, or you may resort to unhelpful coping strategies, such as drugs or alcohol. If this is the case, you might benefit from other forms of treatment such as medication or talking therapies."

Research into the traditional Mediterranean diet has shown it may reduce our risk of developing conditions like type 2 diabetes, high blood pressure and raised cholesterol, which are all risk factors for heart disease. Researchers have also found that people who closely follow a Mediterranean diet may live a longer life and be less likely to put on weight. A typical Mediterranean diet includes lots of vegetables, fruits, beans, cereals and cereal products, for example wholegrain bread, pasta and brown rice. It also contains moderate amounts of fish, white meat and some dairy produce. It is the combination of all these elements that seems to bring health benefits, but one of the key aspects is the inclusion of healthy fats. If you're worried about your mental health, speak to your family doctor.

Source: **BBC News**

STUDENT CORNER

Committee Name	Phase	Student Name	Year
1. College Council:	Pre-clinical:	Hamam Aneis ID #: U16103028	Year 2
	Clinical:	Islam Adel Masadeh ID #: U00041271	Year 5
2. Curriculum Committee:	Pre-clinical:	Hiba Riad Ramzi ID #: U15100200	Year 3
	Clinical:	Ahmed Galal ID #: U00043103	Year 5
3. Student Affairs:	Pre-clinical:	Fadi Al Sayegh ID # U15100130	Year 3
	Clinical:	Zeina Saffarini ID # U00039424	Year 5
4. Research:	Pre-clinical:	Dua'a Al Nusairat ID #: U15104385	Year 3
	Clinical:	Mohammad Bakri Hammami ID #: U00041488	Year 5
5. Student Assessment:	Pre-clinical:	Yousaf Alabrash ID # U15101451	Year 3
	Clinical:	Fatima Mahmoud Taha ID #: U14120016	Year 4
6. Student Advising:	Pre-clinical:	Rushud Abdulsalam ID # U15102155	Year 3
	Clinical:	Rami Karkout ID #: U00043103	Year 5
7. Medical Education:	Pre-clinical:	Hussain Saber Aldaher ID #: U16103096	Year-2
	Clinical:	Enas Ayman ID # U00040985	Year 5
Year 1 - Representative:	Mahmood Haitham ID # U17100906		Year 1
Year 2 - Representative:	Ahmad Sawan ID #: U16103386		Year 2
Year 3 - Representative:	Saryia Farouk Adra ID # U15104133		Year 3
Year 4 - Representative:	Abdullah Amad Eddin Malek ID #: U14110324		Year 4
Year 5 - Representative:	Ziad Mahmoud Fouad Elmenawy ID #: U00040360		Year 5

The return of the Medical Student Association (MSA)



As the academic year came to a start, so did the MSA. On Tuesday September 25th 2018 the opening ceremony of the MSA announced the Heads of the four committees that will be arranging all kinds of events in the College of Medicine for the academic year 2018-2019. With the help of the Board Members, it was possible to revive the MSA for the new academic year. The members aim to ensure students from all years will have the best year by making the MSA what it is now.

The Medical Student Association or "MSA" is made by the students for the students. It offers them the opportunity to be members of the committee they desire to be in. The four committees are Social, Community, Scientific, and Innovation & Creation. Not only does it give students the opportunity to participate in the events but also create their own events with their brilliant ideas. It is really that simple, all you have to do is become a member! By becoming a member you get to share your ideas, thoughts, and ambitions with your colleagues in the committee. As a result, the team can implement your idea and this way a big and successful event can be the fruit of that idea.

So, why the MSA? This association can be one of the things that make a medical student "unique". We all know how tough it is keeping up with studies and other activities, especially in the college of Medicine. By joining us, your personal resume will have a "push-up" as most organizations in real life do not want "test-takers", they want "contributors". By becoming part of the Community committee, for example, you get the chance to draw smiles on people's faces. As for the Innovation committee, you get to show your skill whether it is writing, playing an instrument, the sky is the limit! Be a contributor and show that you can do much more than a typical medical student can.

Board Members	
President	Abdulla Nidal
Vice President	Fadi AlSayegh
Project Manager	Zeina Mashaal
General Secretary	Rafla Zaid
Media Director	Heba Soudan
Registerer	Hiba Ramzi
Treasurer	Mohammed El Khanzendar
Heads	
Social Committee	Homam Al Anis & Emad Dalla
Scientific Committee	Salma Mostafa & Yousef Al Abrasch
Community Committee	Satanay Mahmoud & Mohammed Mahdi
Innovation Committte	Menna Tollah Al-Emam

UOS SUMMER ELECTIVES

Electives have long been part of medical students' final stage of training and are invaluable opportunities to gain insight into healthcare in different social, cultural, economic and political environments. There are enormous benefits from a successful elective including improved communication skills, building confidence in working independently in unknown and difficult circumstances and observing diseases that are rare in UAE. However, the benefits of an elective can go far beyond improving a student's medical knowledge and interpersonal skill-set. The elective is a key to strengthening students' understanding of other cultures and a broadening of their world view – a vital preparation for working within an increasingly multicultural population in the UAE. It provides a unique opportunity for medical students to gain understanding of the complex interactions, barriers and opportunities within different health systems around the world, and the sharing of insight, for mutual learning and for advocacy for global health – both in the UAE and in the recipient countries.

Elective training at Sharjah

Medical students at the University of Sharjah are required to do six weeks elective training of their choice after completing Year 4. The elective can be used as an opportunity to learn more about oneself and to explore a particular area of medicine or even to explore different non-clinical skills such as teaching or research. Students are encouraged to do their electives in a different country to enrich their cultural experience, personality, confidence and diverse learning and teaching modalities and different health system. Many medical students take the opportunity to learn more about and experience medicine in a different setting within UAE, GCC, MENA region or anywhere else in the world.



UAE and UK – Suhaib Al Haj Ali:

The university's curriculum requires all 4th year medical students to do 6 weeks of medical elective training in any hospital(s) of their choice. After numerous applications, I ended up doing my elective training in two different places: Internal Medicine department at Al Qassimi Hospital for 3 weeks, and Gastroenterology department at St. Thomas Hospital (which is affiliated with King's College London) for 4 weeks. The result? One of the best summers I've ever had.

During the 3 weeks I spent in Al Qassimi Hospital, I was exposed to a huge variety of cases that cut across multiple disciplines, such as peripartum cardiomyopathy, allergic bronchopulmonary aspergillosis, and autoimmune hepatitis. I also went to the catheterization lab for the first time, where I observed the field of interventional cardiology in action; I was amazed to see diagnostic angiograms, thrombolysis and artificial pacemaker insertion happening before my eyes. The interns in the department also greatly contributed to my benefit and positive time. After Al Qassimi Hospital, I spent 4 incredible weeks in St. Thomas Hospital, and what a time it was! The hospital is located at the heart of London and is one of the city's busiest hospitals. It comprises 840 beds and has been providing healthcare since the 12th century. It is also the site where the first ever intraocular lens was implanted for the treatment of cataract. In my one-month period, I essentially became one of the department's team members, attending modern multidisciplinary sessions; seeing patients in the clinics; doing rounds and hand-over; documenting for patients; observing numerous procedures in the endoscopy unit; and doing lots of hands-on work. I never thought I'd be able to do a peritoneal drain all by myself, not once but twice! I also learned how to draw blood, insert a cannula, do an abdominal US and perform a fibroscan. The level of involvement that students are granted over there really impressed me, and the team in the department was extremely supportive and caring.

The other major benefit I gained from this elective was appreciating the importance of treating patients with respect, dignity and care; I've never seen doctors put so much effort into explaining things to patients, hearing out their concerns, and providing them with all options as I did over there. The entire system was different, and I hugely benefited from adapting to it and observing how it works in comparison to the UAE. It goes without saying that aside from the elective, I made sure I took advantage of my time in London, the city that truly never sleeps. There was so much to do! From famous touristic places to natural sites to museums to plays to bustling street life, every day was a new adventure. Because many of my friends also went to the UK for training, my time over there couldn't have been any better. I am forever grateful for this experience.



Lebanon– Mohammad Bakri Hammami:



The “Paris” of the Middle East, the city of love, and the city of “Sho Hayda?!”. Famous for its corniche, relics and *cough* beautiful people *cough*, Beirut stands in the middle of the line between the Arab and Western culture. A unique mixture of the eastern traditions, music and food, and western fashion, culture and building style.

I chose to do my elective in the General surgery department of the American University of Beirut. AUB (Founded in 1866) is long known as the top university in the Middle East region, and one of the best universities around the world in many fields including Medicine. Given its reputation, it was only natural that the competition was very high for an elective spot as hundreds apply every year to different departments in the Medical center. The university hospital is the largest in the region, a 10-floor hospital which connects to multiple buildings around the area in Hamra, with a capacity of 350 beds in the medical center alone. The departments are very



neatly organized. The Surgery department is divided into 8 different specialties where AUB students rotate monthly. The experience is stunning as I was allowed to participate directly in the management of in-patients, from writing admission notes to assisting in surgeries and discharging patients, all under supervision of well-known consultants and surgeons. Incidentally, midway through my rotation I realized that the consultant in my team was the previous

Minister of Health in the Lebanese government for 6 years! The spectrum of cases is huge as patients come all the way from Syria, Iraq, Jordan and Palestine to be managed in the AUB. The program is rich with lectures, grand rounds, conferences and case discussions updated every week. The students are very welcoming and supportive, as well as the doctors and professors.

What made the experience even better was that I got to participate in medical teams sent to refugee camps and immigration clinics, acting as a volunteering physician involved in the medical care. Although, these opportunities were not particularly included in the elective schedule, the AUB team were very flexible and made it very easy for me to apply and participate as an international visitor. Tourism in Lebanon is a different story. I could write a book about every



place I visited, and I still wouldn't describe the feelings I had in every town, beach, church and mountain I climbed. But I would leave that for you to experience when you visit Lebanon. I would definitely recommend AUB to students interested in doing electives, although I would advise you to apply early with a strong CV as the spots are extremely limited.

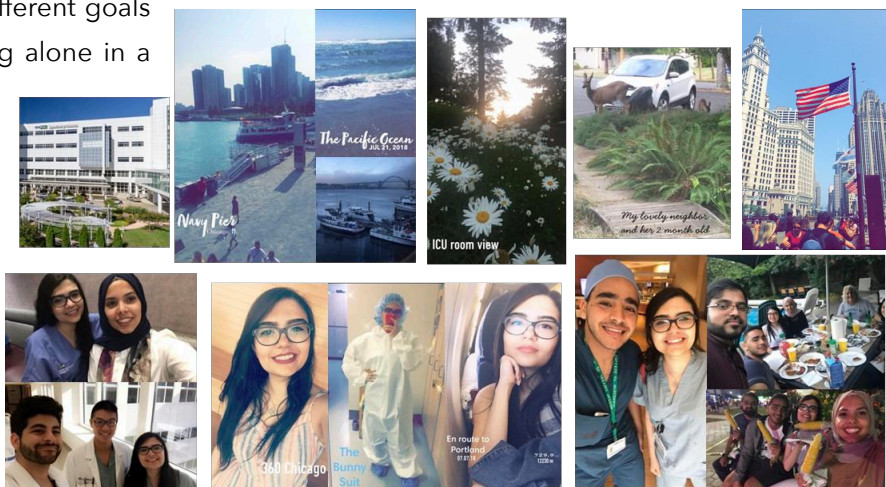


USA– Ranya Al Jumaily:

United States of America, the land of opportunities! This summer must have been one of the most memorable experiences I have had thus far. I planned to venture out on my own and experience two different sides of America. I did 7 weeks in the US including 3 weeks of rural Internal Medicine in a small coastal town in Oregon along with 4 weeks of General Surgery in Wisconsin in a much bigger setting, both as part of our minimum required 6-week elective clinical experience. I was a bit worried about starting my elective in Oregon. I was completely alone, in a place I knew no one, in a very secluded small town. It was, however, truly an unforgettable experience. Everyone was very welcoming and showing zero discrimination. Vegetarian food was my mainstay. Lonely nights meant exciting voyages. Staying alone without friends or family is an experience I urge everyone to have at least once in their lifetime. Just make sure you're home by 9 pm. Oh, and always tip when you're out!

From the medical aspect, the entire staff was very keen on integrating me in patient care. I was assigned patients to take care of from the start and facilitate their care, had full access to the patient records, wrote notes, presented patients during rounds to the entire care team, and performed and assisted in certain procedures such as arterial lines, lumbar punctures, and thoracotomies. I was astonished by the amount of workload the medical students are exposed to in the US, that for once, I felt like my presence mattered. I made friends with other students and got invited multiple times to dine with the doctors. The small 25-bed hospital in the small town was a good introduction to my US journey. I later moved on to a bigger hospital in a bigger city where General Surgery alone had 7 different wards. And at least, I knew a couple of friends over there. I chose to do two weeks in trauma surgery where I scrubbed in to multiple surgeries, participated in primary surveys, sutured in the ED, put in chest tubes and took them out, took out bullets, among many other things. Following that, I did two weeks in minimally invasive general surgery where I was exposed to the power of technology in medicine: robotic surgery! Trauma was, however, undoubtedly the most fun.

To anyone capable, travel. Experiencing medicine in a different environment has its perks. You come back as a different medical student with different goals and ideologies. Experiencing living alone in a place you've never been and being outside your comfort zone is even more rewarding. You get exposed to situations you've never dealt with before. I am forever grateful for this opportunity, and I hope more students are able to gain such an enriching international exposure in the future.



UAE and Germany– Abdulla Al Alool:

My elective experience in the United Kingdom was absolutely remarkable. I did 4 weeks of A&E at the Royal London Hospital, as well as 4 weeks of Gastroenterology at Kings College Hospital. A&E at the Royal London



Hospital drastically exceeded all my expectations. The hospital is brand new, opened only 5 years ago, with over 25 floors and 675 patient beds. It replaced the old Royal London Hospital which opened its doors back in 1740, and had so many memorable historical patients including Joseph Merrick, aka Elephant Man! He died in the hospital in 1890 and his skeleton is actually still preserved in the very same hospital.

The emergency department was humungous; it's divided into multiple departments dealing with different kinds of emergencies, and they're all so busy housing up to 120 patients at any given moment of time! I would go to Emergency Assessment in the morning and stay there till noon; I'd help the doctor in charge by clerking patients, and then helping out with minor procedures that most patients would need. I was integrated as an active member of the team composed of consultants, registrars (Senior Specialists), nurses, clinical practitioners, and fellow elective medical students from Australia, Ireland, and Canada; every- one was super-friendly, and we all benefited each other in one way or another.

In the afternoon I'd usually go to resuscitation; there was a red phone with a very classical old ringer that would sound whenever a land or air ambulance would be on their way to the hospital carrying a distressed case. The entire department would go silent, and everyone would stare at the person taking the call in utter anxiety and concern, as they await to see what case will be coming in. The person would then know what kind of emergency call to put out; a Trauma call, Advanced Trauma Call, Code Red, or Code Black. Soon enough, pagers would start buzzing and doctors would stream into Resuscitation, awaiting the patient in need. I assisted in many procedures including applying back-slabs, suturing, and chest tube insertions; as well as help out with trauma calls themselves through assisting in primary and secondary surveys.

I found this elective experience to be so beneficial not only in terms of academics, but also because of the emotional aspects of medicine that I feel like I got to better develop. Dealing with so many patients from the nice ones, to the aggressive ones, to the ones high on all kinds of drugs, and to the ones with overt mental health issues, has honestly made so much more confident when it comes to approaching patients, and dealing with their needs.



UAE and Germany– Farah Ghassan:

I consider myself very lucky since I was able to do my summer clinical training elective in two great places. I completed 9 weeks of clinical training; 5 weeks in the neurosurgery department in Cleveland Clinic- Abu Dhabi and 4 weeks in the University of Lubeck in Germany.

During my stay in Cleveland Clinic, I spent a lot of time in the outpatient department and in the operation theater. The neurosurgery team was one of the best I have ever worked with. They were so enthusiastic and happy to have me on board. They spent



hours talking to me about all the interesting cases they've seen during their working years. I acquired so many new skills such as the proper scrubbing technique as well as suturing different wounds. I also mastered the art of focused history and neurological examination. I also got the chance to fig burr holes during a hematoma evacuation surgery which was very exciting.

During my stay in Germany, I did 2 weeks in general surgery and 2 weeks in traumatology/orthopedics. I had the chance to learn more about the health care system in Germany which was quite different to what we're used to hear in the UAE. I had the opportunity to attend a large number of surgeries and I also scrubbed in many of those surgeries. Additionally, I spent a lot of time in the emergency department. Although the language barrier was a big problem, I still managed to take history from some patients. I had many colleagues with me on this trip to Germany, and on most days, we would meet after work to explore Germany. There were some amazing places and



breath- taking views in the city of Lubeck! We also visited other cities on week- ends like Hamburg and Berlin. Overall, the experience was one of a kind and I hope to visit and practice in more countries in the near future.

UAE and Germany– Abdulla Maged:



I did 6 weeks of my elective in Al Kuwait Hospital in the department of General Surgery. Being one of two students there, I had a lot of attention focused on me. Between rounds, OPD's and surgeries, I was always kept busy! I had the chance to attend Dr.Ibrahim's crazy OPD's on Monday where he sees over 25 patients in just a few hours. On Mondays time used to fly by so fast. Furthermore, I scrubbed in many operations including, bariatric surgeries, amputations, hemorrhoids, pilonidal sinus, appendectomies, cholecystectomies and modified radical mastectomy.

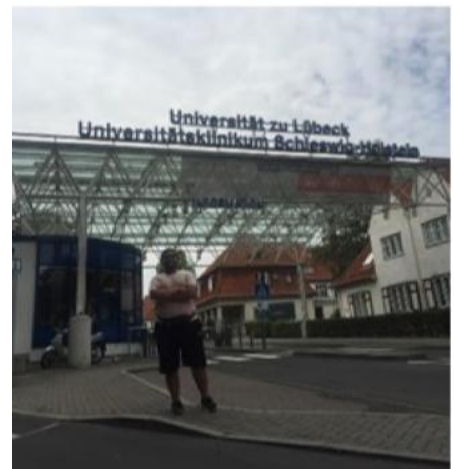
To addition to that, I did 4 more weeks in Universitätsklinikum Schleswig-Holstein (UKSH) - Germany, department of neurosurgery. During my training, I took part in conducting morning rounds and giving handovers. I trained in the neurosurgery intensive care unit (NSICU) which gave me an opportunity to deal with urgent and critical cases allowing me to practice thinking on my feet. I had several visits to the OPD every week where he took histories from patients and actively helped to carry on the next step of management of patient care. Furthermore, I attended many surgeries, including spinal surgeries such as vertebral re- placement, spinal stabilization and external fixation of broken vertebrae and I assisted in other surgeries including disc prolapse.



Apart from medicine, my experience in Germany was beyond magnificent. Despite what is known, Germans are very nice and kind people, well maybe in Northern Germany at least, where my colleagues and I stayed.

The team responsible for the program in UKSH were very welcoming and treated us like one of their own.

They invited us to their home where we ate German food and sushi, played with their kids and talked about politics. It was quite exciting to experience such diversity in terms of culture and society.



UAE and Jordan– Zeina Saffarini:

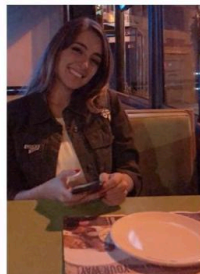
Writing about my elective experience in this format is going to represent a challenge, as there are a lot to talk about, but I'm going to do my best to summarize the great time I had this summer. To help me with this task, I'm going to focus on the 4 weeks I did in Japan and leave the 2 weeks I did in UAE for a later time.



I completed my summer elective training in both Dubai and Amman. The first part of my summer elective was spent in Rashid Hospital Emergency Department, along with my colleague Mashael Khamas. It was my first choice because I am planning to do my internship and residency here in the UAE. Honestly speaking, I would recommend everyone to go there if they want to have hands on experience and gain knowledge. The team over there are the best! They are willing to teach you skills, explain to you how to read x-rays, and often allow you to suture. The department in the hospital is super organized; they will provide you with a badge and a log book that you have to fill by the end of the program. Not only that, they will also ask you to present two topics in front of the interns and the rest of clinical attachments. Overall, Rashid Hospital was a great experience to the point that it made me consider ER as a future career.

The second part of my summer was in Amman-Jordan. I opted to go to Queen Rania Children Hospital along with two of my colleagues, Doha Smadi and Rand Jamal. I chose a hospital specialized in pediatrics specifically as I am very interested in this field. I spent 4 weeks in this hospital; the first week was in the Respiratory department, and the rest of the weeks were in the GI department. The doctors who work there are remarkable! They are ready to discuss with you different cases and are willing to listen to your opinion about a certain case. The great thing about this hospital is the fact that it is a military one, which means that you will be able to see all sort of cases from the most common ones to rare ones. However, one thing you have to put in mind before going there is that you need to apply ahead of time in order to get a military clearance, after that everything goes by smoothly. In general, my training in Jordan was an enlightening one; I got the chance to go to the hospital and at the same time had fun and toured the city!

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Jordan– Islam Masadeh:



It is a strange feeling being in your home country, yet feeling like a foreigner. When I started my clinical elective in King Abdullah's University Hospital, Irbid, Jordan, I was worried I would feel out of place. It was my first time practicing medi-

cine outside of the UAE so I did not know what to expect academically and socially.

I chose to do my clinical elective in the cardiology department, and fortunately, I was assigned to train under Dr. Kais Al Balbissi. Dr. Kais is a consultant interventional cardiologist that completed his fellowship at Mayo Clinic in the United States. On my first day, I talked to Dr. Kais and introduced myself as an elective student from the University of Sharjah. Together we headed to the outpatient clinic, where he assigned a few patients for me to interview and to present for him when said patients enter the clinic. On a normal clinic day, he would see at least 30 patients during the morning shift, and assigning patients for students was a quiet brilliant clinical practice considering the variety of cases. Even though it was my first day, I was surprised when he listened to my history and used it when assessing his patients. The trust he had in my ability made me want to work harder to live up to his expectations. On days spent in the ward, I was expected to arrive before the rounds, take history, examine the patient, and write SOAP note. During the rounds, the doctor would ask me to present my findings and he would give me feedback accordingly. After the rounds, he would give the students and residents a bedside teaching session regarding a particular case we saw or any topic that we hoped to discuss. During catheterization lab days, the students were supposed to follow a case pre-operatively, intra-operatively, and post-operatively then present it to Dr. Kais. After each case we would attend in the lab, the doctor would explain to us and answer our questions despite his busy schedule.

Looking back at my summer, I cannot imagine a better clinical elective experience. The patients were quite supportive and helpful, the cardiology team's effort was admirable, and Dr. Kais's dedication to his job left me in awe. Not only is Dr. Kais a prominent doctor with a pronounced passion for teaching, but he is also a wonderful example of how a doctor should be. After observing his bedside mannerism, his thorough explanation skills, his respectful treatment of his peers, and his kind treatment towards his students, I now understand becoming a doctor that leaves a good trace in everyone's lives is not that farfetched.

UK and USA – Ziad El Menawy:

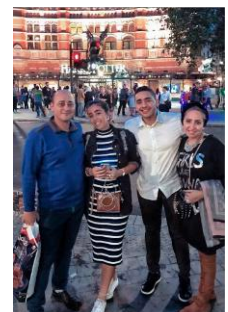


After starting clinical years, many of us starting wondering where they would like to settle in their profession, how good they dream to be and how to start exploring themselves. For myself, it was very much the same but I always had that voice in my head, that with dedication, instinct, patience and above all guidance from God, I will surely get what I want and will start getting answers and clarifications to what seemed to be confusing. Throughout Year 4, from one rota-

tion to the other, I always wanted to diversify my knowledge and experience in the different medical and social cultures. While doing my search, multiple opportunities started popping up; to go explore the world, providing me with what I always wanted to do, but I had some doubts that needed answering before starting with any of my application processes. Can I do it? Will it make me a better mentor, physician and a person? One month after the other I keep on waiting for replies on my applications, it was just taking too long, it made me furious, but then I remembered that patience is key for such a circumstance. All throughout my life and especially in medical school, I have been getting a lot of love and support from those I know and those I don't, countless number of times, it is very overwhelming that it brings me to tears every time I think of all the blessings I have in my life! A couple of weeks later, I didn't just get one opportunity, but 3 that were perfectly fitted one after the other for me. I couldn't be more pleased and thankful to God and everyone who supported me a long the way to help me get what I wanted, and definitely gave me lots of positive energy all along my experience.



The opportunities that I was offered were, Orthopedic Surgery Training Experiences in UK and USA, which were also my top 2 go to destinations in the future to pursue my profession. It was time for me to take off to the adventure of exploring medicine and myself. I started my journey in the Royal Infirmary of Edinburgh (RIE) in Scotland during the month of June. Scotland is certainly one of the prettiest countries that I have ever been to! I had a wonderful time, made some good friends, and played lots of football/soccer. Following that, during the month of July, I headed out to the cosmopolitan city of London. I trained at King's College Hospital, one of the top ranked hospitals in the world, and that surely was true, the hospital, the staff, and the experience as a whole was one unforgettable opportunity. London is a very interesting city, although this was my third time going there but I still enjoy my time every time I visit. London was where all events collided for me, I got to meet a lot of my relatives, friends from university (Hussein, Obaida, Mahmoud, Suhaib, Ahmad and Abdulla) and even my parents came over from Egypt to visit. London was a place I had an exhilarating time in, it will certainly be well remembered.



My last stop was USA, I couldn't wait to explore the health-care in this country, from all the praise and positive feedback about how developed they are in their medical care. Luckily, I stayed with a wonderful couple, probably one of the most if not the most welcoming and laid-back people I have ever met. Although they were retired, they still function to serve the society and recruit people from all across the world to give them a pleasant time and stay, that made me appreciate how nice they were. I trained at both Froedtert and Childrens' Hospital of Wisconsin. After being in the UK for the past 2 months, and getting used to things there, getting moored into a different lifestyle and culture was something I had to cope with at first, but then I actually adapted much faster than I thought, that I enjoyed my time and the culture in US much more. Other than that, I used to go back and forth between Wisconsin and Chicago to meet my cousins.



By the end of my summer, reflecting back on this journey within myself was something that had to happen at some point in time, and the newsletter served me a great platform to do so. I am truly and extremely thankful that God has granted me with this opportunity to get out of my comfort zone, to explore myself, to

learn, to prosper, and to guide in the future. This journey has indeed made me appreciate many things in life I didn't before, and certainly was a tremendous learning experience that made me come to a better understanding about how hospitals run in the outside world. I cannot wait to help those who need guidance to also pursue their elective somewhere next summer or in the future.





Features

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DOCTOR'S ORDERS



WHO Global Recommendations on Physical Activity for Health:

Regular physical activity is proven to help prevent and treat non-communicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. In order to improve cardio-respiratory and muscular fitness, bone health and reduce the risk of NCDs and depression the following is recommended by the WHO for adults:

1. At least 150 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity.
1. Aerobic activity should be performed in bouts of at least 10 minutes duration.
1. For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.
1. Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.
1. Adults with poor mobility should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
1. When adults who cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.

Source:

http://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979_eng.pdf?sequence=1

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