



MACHS NEWSLETTER

**MOHAMMED
AL-MANA
COLLEGE FOR MEDICAL
SCIENCES
NEWSLETTER**

VOL 3 ISSUE NO. 1
AUGUST 2020

MESSAGE FROM THE GENERAL SUPERVISOR

Dr. Aisha Al-Mana

With the beginning of every academic year, I must convey my sincere gratitude and thanks to the our faculty members, from the previous years and the newly joined ones. I wish everyone a very active, diligent and excellent academic year.

My thanks go also to all College administrators and staff from each department, headed by the College Dean, Prof. Emad Al Shwaimi for all their efforts and dedication.

For our dear students, I would like to tell you that for us you are the pivotal role of the education process and you are the ultimate goal for every effort we make for the advancement of the medical education and its outcomes. In our college, our goal is that you become on a high level of efficiency that empowers you to go through your practical life after you graduate and makes you proud of your College. We are proud that you are our students and eventually be among our graduates, enjoying your successful career.

I wish you all a great and meaningful academic year.

“In our college, our goal is that you become on a high level of efficiency that empowers you to go through your practical life after you graduate and makes you proud of your college. We are proud that you are our students and eventually be among our graduates, enjoying your successful career .”

ACCREDITATION NEWS

CEA ACCREDITATION

The **Mohammed Al-Mana College for Medical Sciences Foundation Year Department, Foundation English Language Program** is accredited by the Commission on English Language Program Accreditation for the period August 2020 through August 2025 and agrees to uphold the CEA Standards for English Language Programs and Institutions. CEA is recognized by the U.S. Secretary of Education as a nationally recognized accrediting agency for English language programs and institutions in the U.S. For further information about this accreditation, please contact CEA, 1001 N. Fairfax Street, Suite 630, Alexandria, VA 22314, (703) 665-3400, www.cea-accredit.org.

كلية محمد المانع للعلوم الطبية
Mohammed Al-Mana College for Medical Sciences



CEA Standards:

<http://cea-accredit.org/about-cea/standards>

CEA Complaint Policy:

<http://cea-accredit.org/about-cea/complaints>

HEALTH AND SAFETY BULLETIN

MACHS urges all to activate Tabaud, Tawakalna apps Safety protocols issued via social distancing memos

Employees of Mohammed Al-Mana College for Medical Sciences downloaded and activated Tawakalna and Tabaud applications to their respective mobile phones to take heed of the management's call as one of its preventive measures in spreading Covid-19 virus.

The mandate was announced through the Human Resource Department (HRD). In the memorandum, it was stipulated that activation of the mentioned applications is a mandatory to all and subject to verification upon entry to all building premises in the campus, aside from the usual body temperature check.

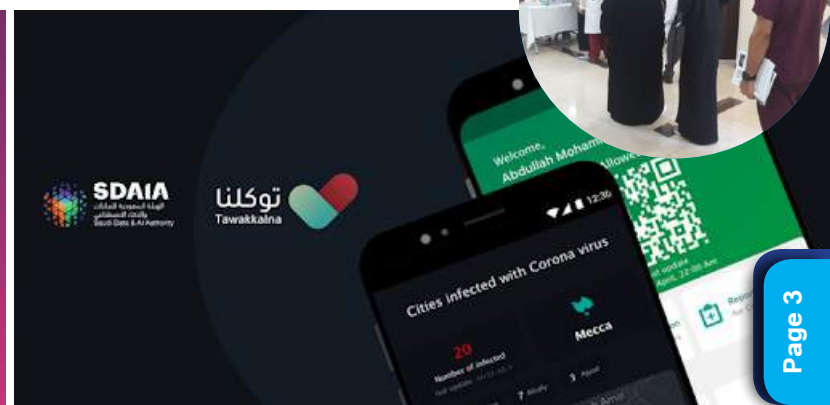
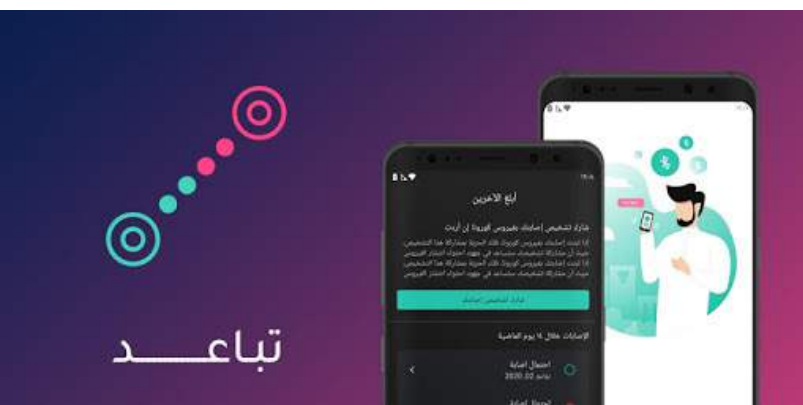
Tabaud application is one of the recent government efforts to contain and combat Covid-19 pandemic with purpose of notifying users if they had contacted with infected person; providing them the support from Ministry of Health based on a health form submitted; and enabling them to share test results with people they had contact with during the past 14 days.

On the other hand, Tawakalna was developed to facilitate issuance of permits online to individuals who are traveling from one place to another during curfew hours to reduce the spread of the virus.

Both applications were developed and launched by Saudi Data and Artificial Intelligence Authority (SDAIA).

Meanwhile, HRD in collaboration with Safety and Health as well as Infection Control Committee is regularly issuing memoranda (Social Distance Letters) to all employees on the various protocols being implemented to ensure that the campus stays safe not only for them but ultimately for the welfare of the students

Banners and infographics are displayed in strategic areas inside the buildings as information campaign and awareness on the protocols being implemented in the College. In general, the chart on the next page outlines the overview of MACHS' protocols as safety and precautionary measures during Covid-19 pandemic.



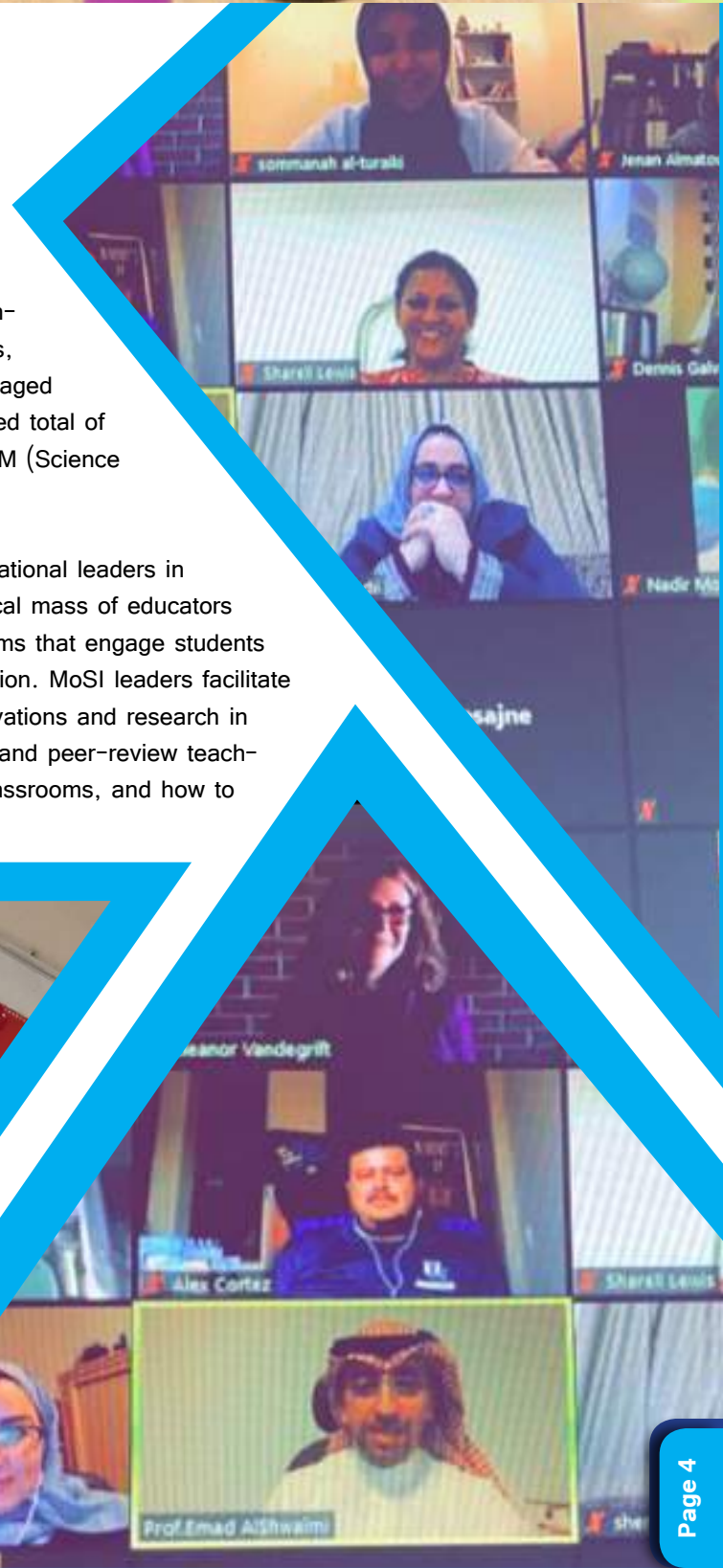
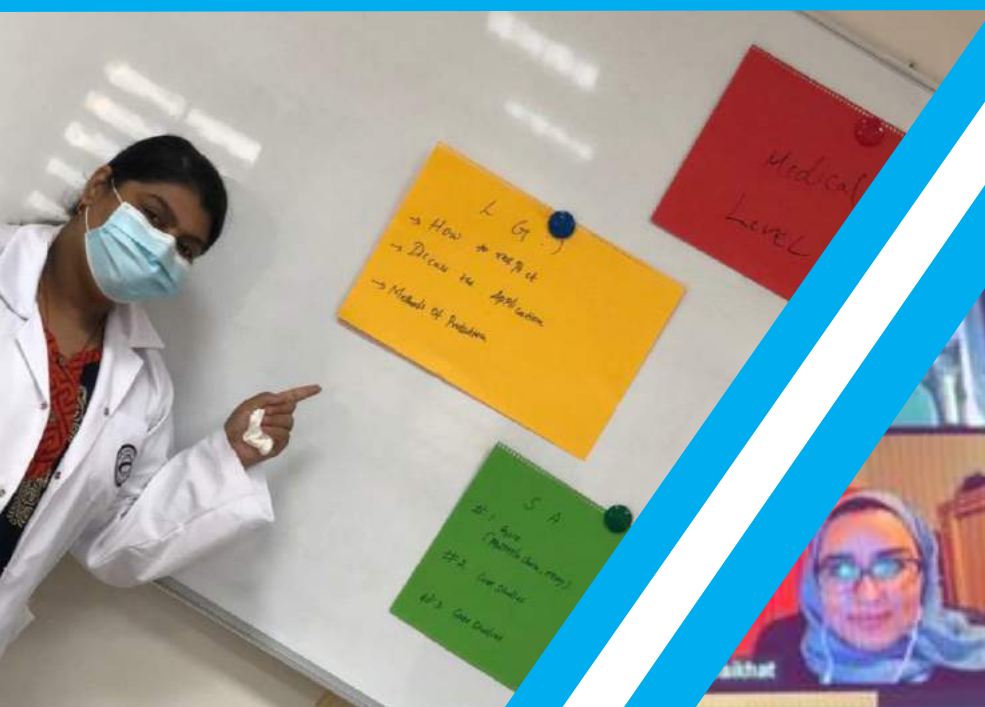
FACULTY SPOTLIGHTS

MACHS spearheads MOSI workshop 2020

by: **Dr. Fatima Ali Alabdulazziz**
Center of Excellence

Mohammed Al-Mana College for Medical Sciences, in cooperation with the University of Oregon spearheaded the Mobile Summer Institutes (MOSI) for Scientific Teaching. With 15 facilitators, the workshop was delivered based on hybrid learning model which engaged faculty in campus sessions and remotely. This five-day workshop trained total of 36 faculty members on scientific teaching to address challenges in STEM (Science and Technology, Engineering and Mathematics) education.

As published in the MOSI website, "the MoSI team, composed of international leaders in education reform, works to post-secondary institutions and trains a critical mass of educators within whole departments to create inclusive, student-centered classrooms that engage students to learn - as scientists do - through active problem solving and discussion. MoSI leaders facilitate workshops, group work, and presentations, to train participants on innovations and research in undergraduate education. By the end of the MoSI, participants develop and peer-review teaching materials, plus learn how to implement scientific teaching in their classrooms, and how to evaluate their peers in order to develop as reflective practitioners".



FACULTY SPOTLIGHTS

MACHS conducts faculty orientation for AY 2020-2021

The Centre of Excellence headed by Dr. Fatima Alabdulazziz, in cooperation with the Dean's Office conducted the two-part annual faculty orientation held at Princess Mashael bint Faisal bin Turki bin Abdulaziz Alsaud Seminar Room - Second Floor, Admin Building, August 20. The new faculty orientation focuses on three key success factors for new faculty: introduction to critical information; socialization with MACHS culture; and network building within and across colleges and disciplines. Messages from administrators and department heads/units had been arranged as illustrated in the following schedule:



Date/ time	Topic	Presenter
01:00 PM-1:10 PM	Welcome	Dr. Aisha Almana Dean: Prof. Emad AISHwaimi
01:10 Pm-01:30 PM	Academic Departments - HODs	Vice Dean of Academic Affairs
01:30 PM-01:40 PM	HR Director	Mrs. Amal Kolaghassi
01:40 PM-01:50 PM	Information Technology Services	Ms. Fatima Al Masoud
01:50 PM-02:00 PM	Infirmery	Dr. Silas Mangi
Faculty Session		
02:10 PM-02:20 PM	Vice Deanship Of Academic Affairs	Dr. Jenan Al Matouq
02:20 PM-02:30 PM	LMS	Mr. Mohamed Abdulghany
02:30 PM-02:40 PM	Examination Center	Dr. Eman Hassan
02:40 PM-02:50 PM	Vice Deanship Of Quality Affairs	Dr. Yousef Al Hashem
02:50 PM-03:00 PM	Students Affairs	Mrs. Nohad Azoury
03:10 PM-03:20 PM	Library And Resource Center	Mr. Shoaib
03:20 PM-03:30 PM	Scientific Research Unit	Dr. Ayaz Ahmed
03:30 PM-03:40 PM	Questions & Answers	

HUMAN RESOURCE BULLETIN

Employee Name			Position
SHOAIB	AHMAD	QURAIISHI	LIBRARIAN
HESHAM	IBRAHIM	MANDAHAWI	BUDGET CONTROLLER / PUR- CHASING OFFICER
VICTOR	POUL	BANJAMEN	A/C TECHNICIAN
MURAD	ABDELMAJID	ALDMOUR	ENGLISH LANGUAGE LECTURER
SAIMA	NAEEM	AHMAD	ENGLISH LANGUAGE LECTURER
BASHIR	AHMED	KARIM	ENGLISH LANGUAGE LECTURER
MUHAMMAD	SARWAR	SAEED	ASSISTANT PROFESSOR
ISLAM	FARHAN	ALKASSASBEH	ENGLISH LANGUAGE LECTURER
AHMED	MOHAMED	ALMOSABEH	LAB INSTRUCTOR
LUMA	RASHAD	AMEER	LECTURER
ABDULLAH	AWDA	ALATAR	ASSISTANT PROFESSOR
TURKI	ABDUALAZIZ	ALHAGBANI	ASSISTANT PROFESSOR
ALAA	MOHAMMED	ALMARZOOQ	LECTURER
HALLA	SAEED	BARZON	LECTURER
NABA	SADEG	ALALQAM	LAB INSTRUCTOR
QUAZI	MANJURUL- HAQUE	TALUKDAR	ASSOCIATE PROFESSOR
SAJA	SAEED	ALKHAWHER	LAB INSTRUCTOR
SHERIN	NASHAAT	ALI	LECTURER
FATIMA	HASSAN	AL DABIL	CLINICAL INSTRUCTOR
RAZAN	ZAID	ALSARI	CLINICAL INSTRUCTOR
FATIMAH	MOHAMMED	ALHADDAD	CLINICAL INSTRUCTOR
SAJEDAH	ABDELRB RA- SOOL	ALMEQABQEB	INFIRMARY
ALASAAD	ABDEL RAHIM	OMAR	ASSOCIATE PROFESSOR
UBAIDULLAH	BARAKAT	KHAN	LECTURER
SARAH	NASSER	ALNUWAY- SSER	LECTURER
WALAA	ABDULMONEIM	ALBAZROON	LECTURER
FATIMAH	ADEL	ALKHAMEYS	LECTURER

Welcome aboard new employees!

RESEARCH PUBLICATION UPDATES

Journal Name: Oncotarget
Title: Targeting 14-3-3E-CDC25A interactions to trigger apoptotic cell death in skin cancer
Impact Factor: 3.7
Journal Category: Scimago Q1
Indexing: Scopus, Web of Science, PubMed
Author: Thomas R. Holmes, **Jenan Al-Matouq**, Matti Holmes, Lauren Nicola, Justin C. Rudd, Sándor Lovas, and Laura A. Hansen
Article Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7476737/>
Journal Link: <https://www.oncotarget.com/>

Journal Name: INTERNATIONAL JOURNAL OF PHARMACEUTICAL INVESTIGATION
Title: Treatment Pattern and Awareness of Migraine in Eastern Provinces, Saudi Arabia: A Descriptive Cross Sectional Study.
Journal Category: NA
Indexing: Web of Science
Author: **Ayaz Ahmad**, **Mohammad Daud Ali**, **Yousif Amin Mohamed Hassan**, **Reemah Shabak Al Dheairy**, **Samar Thamer Al Saad**, **Rahmah Jassim Al Khalifa**.
Journal Link: <https://www.jpionline.org/index.php/ijpi/issue/view/38>
Article Link: <https://www.jpionline.org/index.php/ijpi/article/view/506/455>

Journal Name: Saudi Pharmaceutical Journal (SPJ)
Title: Determination of isoniazid acetylation patterns in tuberculosis patients receiving DOT therapy under the Revised National tuberculosis Control Program (RNTCP) in India
Impact Factor: 2.879
Journal Category: Q2
Indexing: ScienceDirect, Scopus, Web of Science, PubMed
Author: Faisal Imam, Manju Sharma, Khalid Umer Khayyam, Mohammad Rashid Khan, **Mohammad Daud Ali**, Wajhul Qamare
Journal Link: <https://www.journals.elsevier.com/saudi-pharmaceutical-journal/>
Article Link: <https://www.sciencedirect.com/science/article/pii/S1319016420300815>

Journal Name: Journal of Young Pharmacists
Title: Community Pharmacist's Knowledge, Practice and Barrier towards Reporting of Adverse Drug Reactions in Dammam, Saudi Arabia: A Cross-Sectional Survey Based Study
Journal Category: Scimago Q2
Indexing: Scopus, Web of Science
Author: **Mohammad Daud Ali**, **Ayaz Ahmad**, **Yousif Amin Mohamed Hassan**, **Sherihan Ahmed Ghosn**, **Nuzhat Banu**, **Mohammed Gharmullah Alzahrani**
Journal Link: <http://www.jyoungpharm.org/>
Article Link: <http://www.jyoungpharm.org/article/1425>

Journal Name: Journal of AOAC International
Title: Comparative Fingerprint Profiling of Unani Polyherbomineral (Safoof-e-Pathar Phori) Formulation by HPTLC, HPLC, and GC-MS
Impact Factor: 1.21
Journal Category: Q2
Indexing: Scopus, Web of Science, PubMed
Author: **Wasim Ahmad**, Rabea Parveen, Mohd Mujeeb, S M Arif Zaidi
Article Link: <https://academic.oup.com/jaoac/advance-article/doi/10.5740/jaoacint.19-0286/5718368>
Journal Link: <https://academic.oup.com/jaoac>

Journal Name: Journal of Young Pharmacists
Title: Assessment of Knowledge and Perception of Biological Medicines among Undergraduate Pharmacy Students in North India: A Multi-centric Study
Journal Category: Scimago Q2
Indexing: Scopus, Web of Science
Author: Zeenat Iqbal, Mohd. Aamir Mirza, **Mohammad Daud Ali**
Journal Link: <http://www.jyoungpharm.org/>
Article Link: <http://www.jyoungpharm.org/article/1434>

Journal Name: Indian Journal of Public Health Research & Development
Title: Bacterial Contamination of Kitchen Sponges and Cutting Surfaces and Disinfection Procedures
Impact Factor: NA
Journal Category: NA
Indexing: NA
Author: **Hayyan. I. Al-Taweil**, **Yahya Al Dawood**
Article Link: <http://medicopublication.com/index.php/ijphrd/article/view/10264>
Journal Link: <http://www.ijphrd.com/>

Journal Name: International Journal of Advanced Science and Technology
Title: Antibacterial Activities and Phytochemical Properties of Pomegranate Peels and Juice
Journal Category: Scimago Q4
Indexing: Scopus
Author: **Hayyan, I. Al-Taweil**, Ekhlass, Mohammad.Taha. Noura. Mohamed. Salih, **Yahya Al Dawood**
Article Link: <http://serisc.org/journals/index.php/IJAST/article/view/20736>
Journal Link: <http://serisc.org/journals/index.php/ijast>

Journal Name: Asian Journal of Pharmaceutical and Clinical Research
Title: Dysmenorrhea among female medical sciences students in MACHS: Prevalence, Predictors and outcome
Journal Category: NA
Indexing: NA
Author: **LATHA S KANNAN**, **HASSAN EG**, **SHARELL LEWIS**, **NISHA SIVAPALAN**, **BERNADETTE CASINGAL**, **PALANIVEL RM**
Article Link: <https://innovareacademics.in/journals/index.php/ajpcr/article/view/38190>
Journal Link: <https://innovareacademics.in/journals/index.php/ajpcr/index>

Journal Name: International Journal of Pharmaceutical Sciences and Research
Title: DESIGN AND SYNTHESIS OF NOVEL HYDRAZONES OF ETHYL3-AMINO-4-HYDROXY-BENZOATE AS PROMISING ANTICONVULSANT AGENTS
Journal Category: NA
Indexing: Web of Science
Author: Mohammad Taleuzzaman and **Wasim Ahmad**, Mohammad Sarafroz, Yasmin Khatoun, Niyaz Ahmad, Mohd. Amir, Salahuddin, Faheem Hyder Pottoo
Article Link: <https://innovareacademics.in/journals/index.php/ajpcr/article/view/38190>
Journal Link: <https://innovareacademics.in/journals/index.php/ajpcr/>

COMMUNITY SERVICE HIGHLIGHTS

Title of Episode 1: Healthcare practitioners at the frontline during COVID-19

Date: 20th May 2020 Time: 2-3pm

Location: Virtual meeting via Webinar

Attendees: 113 cademicians, students and health care practitioners

Organizer(s) & Moderator(s): Dr. Dalia Bajis & Manal Suroor

Episode 1 Speakers:

1. Dr. Hisham Bukhaseen- Senior Pharmacist, King Fahad Specialist Hospital, Dammam;
2. Mrs. Cynthia Jabbour- Director of Nursing, NMC-As Salama Hospital, Khobar;
3. Dr. Dina Kaddorura-Inpatient Pharmacy Supervisor, Al-Mana General Hospital, Dammam;
4. Dr. Shireen Nashaat- Lab Manager, Al-Mana Medical Centre, Dammam



Title of Episode 2: Public Health Advice During Covid 19: Between Lock down to Freedom.

Date: 17th June 2020 Time: 7-8pm

Location: Virtual meeting via Webinar

Attendees: 152 cademicians, students and health care practitioners

Organizer(s) & Moderator(s): Dr. Dalia Bajis & Manal Suroor

Other organizers: Magda Daifi & Manal Suroor

Episode 2 Speakers:

1. Dr. Mohammed Al Maznai; Director of Pharmaceutical care Eastern Health. MOH
2. Dr. Abdelrahim Alkhamis: Public Health Specialist, General Directorate of Infection Prevention and Control. Ministry of Health
3. Dr. Amjad AlRashed : Clinical Pharmacist SBCC / MPH Student. Epidemiology - IAU
4. Mrs. Dina Sirag (from a patient perspective).



CAMPUS BEAT

Life lessons learned during pandemic

by: **Zahra Mirza Al Bazron**

BS Pharmacy Level 7

Life challenges give tremendous lessons making us stronger, wiser, and capable of dealing with anything. Since challenges come up unexpectedly and with some out of anticipation, we must face them and learn from them instead of walking away. By doing so, we are giving the next generations a good example to learn from and we will live in a more productive society.

People are different when they face hardships; some of them panic and spend too much time thinking about the problem itself and the stress it caused to them instead of thinking about solutions and a way to cope. Others underestimate the situation when it really needs to be taken seriously. The last type of people tends to be moderate and try to adapt to the challenges as they are. What type are you?

Being moderate, flexible, and ready to change during difficult circumstances is absolutely the best way to have a balanced life. This greatly applies to the pandemic period that has affected our daily routines. So, let us be mindful and think of the opportunities and lessons that we can gain from the pandemic.

First, we have to be grateful to Allah, the almighty for all His graces that we were unaware of before the pandemic, which has changed our lives and restricted us from doing what we used to do. Second, being humble and knowing that we, human beings, are unable to protect ourselves even from an infinitesimal virus without Allah's care. Third, trying to spread good and forgive each other as we do not know when life would drive us away. Fourth, we should be more respectful for the efforts of health care providers who are willing to sacrifice their lives for our safety. Fifth, we had the opportunity to learn new things and improve our skills during quarantine. Finally, we had a great new experience of online learning as an alternative to physical attendance.

In summary, we all face difficulties in our lives and the way to combat them is knowing how to deal and cope up with. It is important that we stop for a moment to search for a solution or reflect about what we can learn from the situation in order to live a happier life. When it comes to such an exceptional situation that the whole world is facing like the present pandemic, it becomes an obligation to take the situation seriously because not doing so will harm us as well as others.

CAMPUS BEAT

Study habits to successful online learning

by: **Layan Sameer Almintakh**

BS Pharmacy Level 6

Online learning can be difficult for those who are used to traditional classrooms, but online learning can be fun, and effective. You can take those challenges and make them useful to you as a student. All you need to do is making things a habit! Good habits lead to success and you need to be committed to those habits to make things easier and fun for you.

1. Plan

In order to be a successful online learner, you need to start planning. Planning can keep you organized and on track with school work, while encourages commitment to achieve your goals. For example, you could start by making a calendar for all your classes, and organize the timing of when to study, and how long and what you need to achieve this week. Make planning a weekly habit by creating a to-do list of the things you need to get done weekly and mark them as a priority. Every week homework, quizzes and a like pop up. It's always better to be prepared by the time they are due, and planning can help you stay calm, organized and meet your goals.

2. Eliminate distraction!

This is an important strategy to successful online learning. This could be done by simply avoiding social media. Also, avoid grabbing your phone every time a message pops up! Otherwise, this drains your energy and demotivates you into finishing your school work. It's important to eliminate all distractions when it's time to focus on your studies, just like I said before make studying a priority.

3. Participate!

Participation in online classes can help you understand the given materials. It's important to participate to help you engage yourself into the course. Always ask questions when you need clarifications and don't be afraid to participate into discussions even if it's wrong, There is nothing to be ashamed of as we are all here to learn, not to always be right. Put in mind that mistakes are part of the learning process.

4. Make time for yourself!

As mentioned earlier, by making studies a priority does not mean forgetting other aspects of our being! It's important to have a positive energy to be successful, and you can't do that by not giving yourself time into something you love. Exercise, meditate, read, watch something you like, whatever you feel like doing but don't be too hard on yourself, have some fun! Invest in yourself and manage your time and energy into something you love doing, learn to be flexible with your time and invest it into something useful.

In conclusion, these are just few tips that might help you towards a successful online learning. Another key to remember, keeping a positive attitude during this difficult time can make it easier on you. Remember that happiness is a state of mind. Work hard, have fun, sleep with a peaceful mind and face the mornings with full of determination. Good luck!

our Vision:

To be a leading institute recognized for excellence in health-care education, community service and research.

our Mission:

To provide high quality education to graduate professional health-care providers primed to community needs and research.

our Values:

- Excellence
- Leadership
- Justice
- Integrity
- Loyalty

our Goals:

- Provide high-quality education
- Develop future expansion
- Maintain qualified and satisfied personnel
- Maintain financial stability
- Promote research
- Strengthen national and international partnership
- Promote community responsibility

