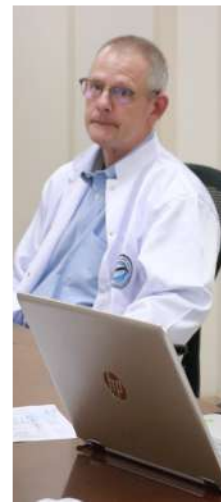




Monthly eNewsletter

Volume 1 - Issue 1

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The MACHS Newsletter

THE OFFICIAL COLLEGE NEWSLETTER OF MOHAMMED AL MANA COLLEGE FOR MEDICAL SCIENCES



Official's Viewpoint:

Welcome message

A cordial welcome to the **MACHS Newsletter**, the official college newsletter of Mohammed Al Mana College for Medical Sciences.

With our great desire of serving as a source of and providing platform for forum on information and updates, we are launching the college newsletter's maiden issue. It is my hope that you will be kept informed and updated on the accomplishments and events of the college through this publication.

The **MACHS Newsletter**, is an electronic newsletter published monthly covering campus events, achievements, students' campus life experiences, community service, quality assurance, research, staff and faculty development, among others.

The Al Mana college leadership has been striving hard to evolve the students experience here at MACHS, which gears towards achieving ultimate student satisfaction. It aims to penetrate the Saudi Labor market as a source of competitive professionals in the areas of applied medical sciences. We recently approved new degree offerings in the fields of Respiratory Care, Health Coding Management and Physical Therapy. Our strategy of ensuring that the college remains well-positioned compared to our counterparts includes hiring competitive teaching and non-teaching staff, upgrading college facilities, strong quality assurance and research culture and continuously refining our curriculum. Our robust preparation is underway towards Commission on English Language Program Accreditation (CEA) under Foundation Year department. Meanwhile, the college's strong tie-up with the Oregon University and American University in Beirut reflects our initiative of seeking for best practices and integrate them into our teaching and learning process.

Our various undertakings are clearly defined by our college mission, "provide high quality education and training that prepares competent health care professionals who will be recognized nationally and internationally. MACHS is dedicated to community services and research activities". With so much dedication and commitment, the management highly supports our future standpoint of becoming a leading and high-ranking university.

Together, let us keep aiming for an innovative energy and renewed commitment to our mission.

Dr. Aisha Al Mana

General Supervisor

Chair of the Board of Trustees

Acknowledgement

The **MACHS Newsletter** would like to extend its greatest appreciation to the following contributors and coordinators for this month's issue:

Mr. Sayed Hamdy Elshamy
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Mr. Aftab Alam

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Ms. Ayat Al Ismaeel
Ms. Suzy Said Al Najjar

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Mrs. Hamida Al Sinan
Ms. Zahra Ali Al Mosajen

Campus News

SHA awards Al Mana's GTC, hailed best training center

The Group Training Center (GTC) of Mohammed Al Mana College for medical Sciences was hailed as the Best GTC for the year 2018 held during the 30th Annual Meeting of Saudi Heart Association (SHA) at Crowne Plaza, March 7.

Besting other GTCs in the Kingdom, Al Mana's GTC was recognized pulling off the training standards of the association particularly having the highest number of candidates trained in the resuscitation courses.

Receiving the plaque and certificate of recognition in behalf of the institution were Mr. Aftab Alam, GTC Coordinator/Lead Instructor, together with Ms. Balqees Al Ameer, GTC unit Secretary.



Know your way out: Al Mana college holds mock fire drill



A mock fire and evacuation drill involving students, staff and college officials was conducted on Tuesday, March 19 at Mohammed Al Mana College for Medical Sciences.

This was aimed at creating awareness among students, staff and the entire community on fire-fighting techniques and how to respond immediately in times of fire.

Prior to the mock fire drill, Engr. Hussein Alali, Safety Director of Al Mana General Hospital assisted by Mr. Niel Baquial, Safety Officer imparted insights on Fire Safety and Prevention as well as demonstrated the proper use of fire extinguisher held at the Pharmacy building auditorium.

A follow-up fire drill was conducted Sunday, March 24 to re-assess the preparedness of the college in times of emergency particularly in fire fighting and rescue operations. Time for evacuation was reduced from 13 minutes in the last fire drill to 5 minutes and 36 seconds which demonstrated the effectiveness of the workshop.

Student Affairs' Bulletin

MACHS employees, students celebrate International Happiness Day

Mohammed Al Mana College for Medical Sciences hopes to encourage everyone to find ways of making themselves happier. Thus, on the 20th of March around 8am, employees and students were unexpectedly greeted by a an arch of yellow balloons stationed on the entrance areas of Pharmacy and Nursing buildings with a yellow cork shaped with the word "#BeHappy". Upon entering the building premises, yellow balloons with chocolates and happy messages were handed over to the students and staff heading to their classes and work, respectively.

These were all part of the college initiative in joining the world of commemorating the annual celebration of International Happiness Day. The event was carefully planned and organized by the Student Affairs Center, in cooperation with the Security Department, Transportation Department and some administrative staff.



Be a more confident public speaker: FY dep't hosts MACHSTALKS



Foundation Year (FY) department hosted a community service activity targeting students, faculty members and participants of becoming a confident public speaker through an activity dubbed, "MACKSTALKS" held at the Pharmacy Auditorium, March 12.

The half-day event showcased motivational speeches coming from various representatives starting from a student, a faculty, a leader and a guest.

Mr. Sajaad AlKhatir, an FY student explored on a topic called, "How to start a fruitful conversation" which lasted for about 15 minutes. On the other hand, Mr. Ahmed Al Darweesh, an English Language Instructor gave his insights on the "Role of Writing in the 21st Century" in about 10 to 15 minutes. Meanwhile, an estimated 10-15-minute talk regarding her experience with content was articulated by Dr. Reema Qaralleh, FY department head. Finally, the event's guest speaker Ms. Noorah Kareem delivered a powerful talk on "How to get out of your own way and go BIG".

The event was well participated by students and staff in the college who witnessed the importance of confidence in delivering public speeches.

Student Affairs' Bulletin

Nursing Department, Student Affairs organize Kidney Day



Nursing department in cooperation with the Student Affairs initiated a Kidney Day celebration held at the ground floor, Nursing building, March 26.

The activity was organized to provide Kidney health awareness and preventive measures in developing Kidney related diseases.

Students, with the supervision of faculty members run the show with various booths displaying informative posters, brochures and other paraphernalia related to the event.

The activity was well participated by the students, faculty members and college officials who recognized the importance of spearheading such a significant event.

Student Affairs' lecture explores on violence against women

Sense of safety and security among women was rekindled during the Violence Against Women celebration held at the Pharmacy building, March 5.

The event which was organized by Student Affairs committee was participated by the students and faculty members from different programs in the college.

It was highlighted by a lecture conducted by Mrs. Amal Alaqoul, Social Counselor at Alsalama Hospital. The speaker provided insights on the definition and types of violence, how to deal with them, and the personalities of the victim and the violator. Meanwhile, the National Family Safety Program also participated in the event to introduce the program and its services.

It was an enlightening two-hour affair with various activities showcasing multiple booths that talked about some women who faced violence, how they dealt with their cases, how powerful women are, the effects of violence against women on children, and a group of students who made sketches on their bodies to represent abused women.

Human Resource Corner

HR retools admin staff on effective "Minute Taking"



Administrative personnel from various work units attended a two-hour workshop on "Effective Minute Taking" held at the Multi-purpose Room, School of Pharmacy Building, March 11.

On this highly practical-workshop style, the participants were able to yield insights from the outlined contents such as preparing before, during and after the meeting; listening effectively while the meeting is ongoing; understanding the role and responsibilities of the minute-taker and creating concise but accurate salient points of the meeting.

Meanwhile, participants were given an opportunity to apply the techniques learned through a simulated meeting presented by the workshop speaker, Ms. Gerlie Bron; Mr. Sayed Mohamed Hamdy Elshamy, Associate Head of Libraries and Ms. Eiman Suroor, in-charge in library acquisition.

This well interacted workshop was organized by the Human Resource Department, in collaboration with the Library Affairs and Quality Assurance Unit.

Welcome to the **TEAM**

Say hello to **Dr. Fatima**, the new addition to the globally minded educators at MACHS. Dr. Fatima, a PhD holder with specialization on Physiotherapy from University of Southampton in UK, is now an Associate Professor in Physical Therapy department. If you believe that "who you are today is the reflection of what you have gone through in life", then you and Dr. Fatima are on the same page.



Make way for **Mr. Aqeel**, our newly hired Laboratory Instructor at Medical Laboratory Technology department. Mr. Aqeel is an alumnus of MACHS with a degree of Bachelor of Science in Clinical Laboratory Sciences. You can follow him and show some Snapchat and IG support via [Aqeel_44](#).

Say hi to **Ms. Sarah**, our new Admission and Marketing Officer. Ms. Sarah is a Master's holder with a degree on Economic Policy and Analysis from University of Westminster. Interested to check her tweets? You may follow her Twitter account via [Sarahalrabeh@hotmail.com](#).



Meet **Ms. Tomader**, the newest member in the Pharmacy department appointed as Secretary. Ms. Tomader is a Diploma degree holder major in Human Resource Management from Higher College of Technology, Muscat, Oman.

Be sure to introduce yourself to Dr. Fatima, Mr. Aqeel, Ms. Sarah and Ms. Tomader if you have not already and definitely show them the warmest MACHS welcome!!!

Library Highlights

Library unit conducts Drug Information workshop through SDL



The Library Affairs of Mohammed Al Mana College for Medical Sciences conducted a workshop on Drug Information Access held at the Library, March 14.

Mr. Sayed Mohamed Hamdy Elshamy, Associate Head of Libraries served as the resource speaker.

The program featured lectures elaborating the use of Clinical Key and Access Pharmacy features of the Saudi Digital Library (SDL) in accessing essential information on various drugs. Both search engines house drug portals which give users an instant access for referencing and learning purposes.

Dr. Manal Suoor, faculty member from Pharmacy department, together with her students attended the workshop.

E-resources: Finding articles through EBSCO tackled

A practice oriented seminar on EBSCO Training took place at Room F9, Nursing building, held March 12.

Giving emphasis on the features of EBSCO, a worldwide leading supplier of scientific and academic resources online, the lecture dealt on the EBSCO introduction, covered subjects, information resources and a live demonstration on how to use the said database portal.

The resource speaker was Mr. Mohammad Salahuddin, an Information Resources Specialist from Naseej Company.

The event hosted by the Library Affairs headed by Mr. Sayed Mohamed Hamdy Elshamy; gathered researchers, professors, students and admin employees who took part in the said workshop.

Mr. Sayed expressed gratitude to the speaker and attendees in a closing remark of the workshop.



Guarding a pulse on CSR:

This month's community service pursuits

Nursing students visit Al Qatif Private School for community service

The Nursing community class (NURS 406) under Mrs. Latha Kannan, course coordinator with Ms. Huda Abdullah Al Musa, clinical instructor visited Al Qatif Private School to perform screening and health education among the latter's teachers and students.

During the program, nursing students were able to gain critical clinical insights and practical experiences specifically on filling-out health cards, checking height and weight and other health education awareness.

The two-visit community service enables the students to be directly involved with many aspects of the program from planning up to the implementation, which was under the full guidance of Dr. Eman Hassan, Nursing department head.



A healthier kidney: MACHS spearheads kidney disease awareness



The Nursing department of MACHS conducted a community service focused on Kidney disease education held March 11 at Al Qatif General Hospital.

Beneficiaries of the program were outpatients in the hospital including the kids in 4th grade to 9th grade to increase their awareness on various topics related to kidney disease, which the activity aimed to attain.

During the event, booths were set-up showcasing educational materials and screening equipment for blood pressure and Random Blood Sugar (RBS) test. Level 6 and intern students, as supervised by the assigned instructors, conducted the screening to those visiting their booths and imparted knowledge about the disease to the outpatients while waiting for their doctor's appointments.

Meanwhile, the activity yielded with a positive feedback from the event's beneficiaries as well as the hospital's administrators. The same community service activity was organized March 25 held at the same hospital.

MACHS joins World TB Day celebration with information campaign

Mohammed Al Mana College for Medical Sciences recently joined the world in commemorating the World Tuberculosis

(TB) Day through a community service initiated by the Nursing department at Al Qatif Central Hospital, March 25.

Professional Thriving:

Up-to-date faculty development events

FC, FY spearhead workshop on understanding learning styles



Faculty Professional Development Committee (FC) and the Foundation Year Department (FY) hosted a workshop themed "Everything you need to know about learning styles is wrong", held at Multipurpose room, Pharmacy building, March 25.

Faculty members, along with some administrative staff participated in this interactive workshop which anchored on the following objectives: a) examine current perspective of learning styles, b) clarify that a learning style is simply a preference to entering the learning cycle, c) explore the various learning style preferences via group participation; and d) consider how to incorporate another learning preference into teaching practice.

Mr. Warren Guscott, co-facilitated by Mr. Ahmed Q. Al Darweesh, started the activity by analyzing the participants' preferred learn

ing style using Kolb's Inventory Questionnaire prior to the workshop proper.

Meanwhile, culminating the event, participants were grouped according to the pre-workshop survey results. With similar learning styles, they examined their strengths and weaknesses of a recent learning experience from the cognitive perspective using a learning style poster. Participants then evaluated all the posters in a "gallery walk" exercise.

A second workshop will follow, examining all nine learning style preferences, within Kolb's Theory of Experiential Learning.

Faculty members, staff attend workshop on lesson planning

Faculty Professional Development Committee in collaboration with the Foundation Year Department hosted around 25-30 faculty members and staff from different departments for a workshop billed as, "Lesson Planning: Understanding the relevance of planning our lessons" held at the Multipurpose room, Pharmacy building.

The objective of the workshop was to develop an understanding of the relevance of lesson planning and to consider it as a mental process for the classroom.

Mr. Ahmed Al Darweesh, English Language Instructor, served as the resource speaker who facilitated the discussion, group activity, reflection and exchange of ideas in over one-hour workshop.

From page 8...MACHS joins World TB Day celeb



Level 8 students and Nursing faculty members participated in the activity which aimed at providing an awareness rally to end the globally epidemic TB disease.

Booths displaying brochures, posters and other paraphernalia were insightful for the students who performed the following as assigned by their instructors: a) Causes, signs, and symptoms of TB; b) Screening test for early detection of TB; and c) Awareness about prevention and treatment of TB.

With more than 75 beneficiaries who visited their respective booths, the organizers regarded the activity a huge success.

Research Highlights

2018-2019 Publications in highly-refereed journals

Safety and Efficacy of Three Treatment Regimens of R-Chop, E-Chop, and R-Choep in Non-Hodgkin Lymphoma Cancer Patients

By: **Ayaz Ahmad**, **Mohammad Daud Ali** & **Sana Almahmoud**

Asian Journal of Pharmaceutical and Clinical Research (IF: 0.22)

<https://innovareacademics.in/journals/index.php/ajpcr>

Knowledge, Practice and Attitudes Toward Pharmacovigilance and Adverse Drug Reactions Reporting Process Among Health Care Providers in Dammam, Saudi Arabia

By: **Mohammad Daud Ali**, **Yousif Amin Hassan**, **Ayaz Ahmad**, **Orjwan Alaqel**, **Hadeel Al-Harbi** and **Nada Mohammed Al-Suhaimi**

Current Drug Safety (IF: 0.35)

<http://www.currentdrugsafety.com/>

Inhibitory Effects on Tumor Necrosis Factor Alpha and Interleukin 12 Using Clobetasol Propionate Loaded Tea Tree Oil Nano emulsion Gel on Animal Model

By: **Sarfaraz Alam**, **Mohammad Daud Ali**, **MD Salahuddin Ansari** & **Pankaj Sharma**

Asian Journal of Pharmaceutical and Clinical Research (IF: 0.22)

<https://innovareacademics.in/journals/index.php/ajpcr>

Drug Utilization Based ADR's Detection of Antibiotics Prescribed for LRTI in Tertiary Care Teaching Hospital, New Delhi

By: **MD Shamimi**, **Mohammad Daud Ali**, **MD Sarfar Az Alam**, **MD Sajid Ali**, **Sarfaraz Ahmad**, **MD Salahuddin Ansari**

International Journal of Pharmacy and Pharmaceutical Sciences (IF: 0.22)

<https://innovareacademics.in/journals/index.php/ijpps>

Assessment of Attitudes and Practices of Young Saudi Adults about the Use of Antibiotics in Eastern Province, Saudi Arabia

By: **Mohammad Daud Ali**, **Ayaz Ahmad**, **Yousif Amin Hassan**, **Sara Ahmed Aldookhy**, **Jenan Wasfi Alsheyokh**

International Journal of Research in Pharmaceutical Sciences (IF: 0.12)

<https://www.scimagojr.com/journalsearch.php?q=19700175778&tip=sid&exact=no>

Pharmacognostical, Physicochemical Standardization and in vitro Antioxidant Activity of Punica granatum Linn fruit.

By: **Mohd Amir**, **Niyaz Ahmad**, **Md Sarfaraz**, **Wasim Ahmad**, **Sayed Ahmad**, **Mohd Mujeeb**

Pharmacognosy Journal (IF: 0.18)

<https://www.scimagojr.com/journalsearch.php?q=19700175778&tip=sid&exact=no>

Exploring the Multifaceted Neuroprotective Actions of Emblica Officinalis (Amla): a Review

By: **Ibraheem Husain**, **Saima Zameer**, **Tushar Madaan**, **Akram Minhaj**, **Wasim Ahmad**, **Asif Iqubal**, **Abuzer Ali**, **Abul Kalam Najmi**

Metabolic Brain Disease (IF: 2.6)

<https://www.ncbi.nlm.nih.gov/pubmed/30848470>

Wound Healing Activity of Alcoholic Extract of Tamarixaphylla L. on Animal Models

By: **MD Sajid Ali**, **MD Sarfaraz Alam**, **Sarfaraz Ahmad**, **Maksood Ali**, **Waqar Ahsan**, **Masoom Raza Siddiqui**, **MD Salahuddin Ansari**, **MD Shamim** and **Mohammad Daud Ali**

Biomedical & Pharmacology Journal (IF: 0.13)

<https://www.scimagojr.com/journalsearch.php?q=19700174924&tip=sid>

Quality Updates

Must-know QA policies, procedures and events

As of January 2019, Mohammed Al Mana College for Medical Sciences has implemented a new policy pertaining to drafting, approving and publishing college policies under policy name "[Developing College Policies](#)". The policy is a cyclical process which begins at identifying a need to develop a certain policy and ends with monitoring and reviewing for the purpose of updating the drafted policy. It involves three major units who play essential roles in drafting, implementing and reviewing the policy such as the policy owner, Quality Committee and the College Council/Board of Trustees.

There have been about six (6) new policies recently drafted, approved and published anchored within the above mentioned policy. These new policies were drafted to provide important guidelines for employees. The policies contained in this section have been approved by the College Council for implementation with effectivity date mentioned in respective policies. By clicking the link (policy title), you will be redirected to the actual policy for your information and guidance. Note that, the link only works for stations linked at MACHS shared folders.

[Academic Probation Policy V. 01](#)

Purpose:

- (1) To establish a criteria and guideline in placing a student on academic probation.
- (2) To establish a criteria and guideline in dismissing a student after acquiring multiple academic probations.

[Curriculum Development Policy V. 01](#)

Purpose:

Curriculum development involves the effort of all the College members to create, sustain and improve the effectiveness of the academic study programs. It ensures that the learning and skills development will lead to appropriate proficiency and achievement levels.

[Document Coding Policy V. 01](#)

Purpose:

To categorize and organize the quality assurance documents for easy retrieval, control, internal audit purposes, and corrective and preventive actions using a unified coding system.

[Exam Moderation Policy V. 01](#)

Purpose:

To ensure the accuracy of entering the grades into the final grade sheet.

[Student Attendance Policy V. 01](#)

Purpose:

This document sets out the college's policy and expectations with regard to student attendance, attendance monitoring and absence from the class. It provides guidance for faculty and students, in order to ensure a consistent and informed approach regarding student attendance across the college.

[Student Internal Transfer Policy V. 01](#)

Purpose:

To establish the criteria and guidelines in approving and disapproving an internal transfer request from one program to the other within the college.



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