

كلية محمد المانع للعلوم الطبية  
MOHAMMED AL-MANA COLLEGE FOR MEDICAL SCIENCES

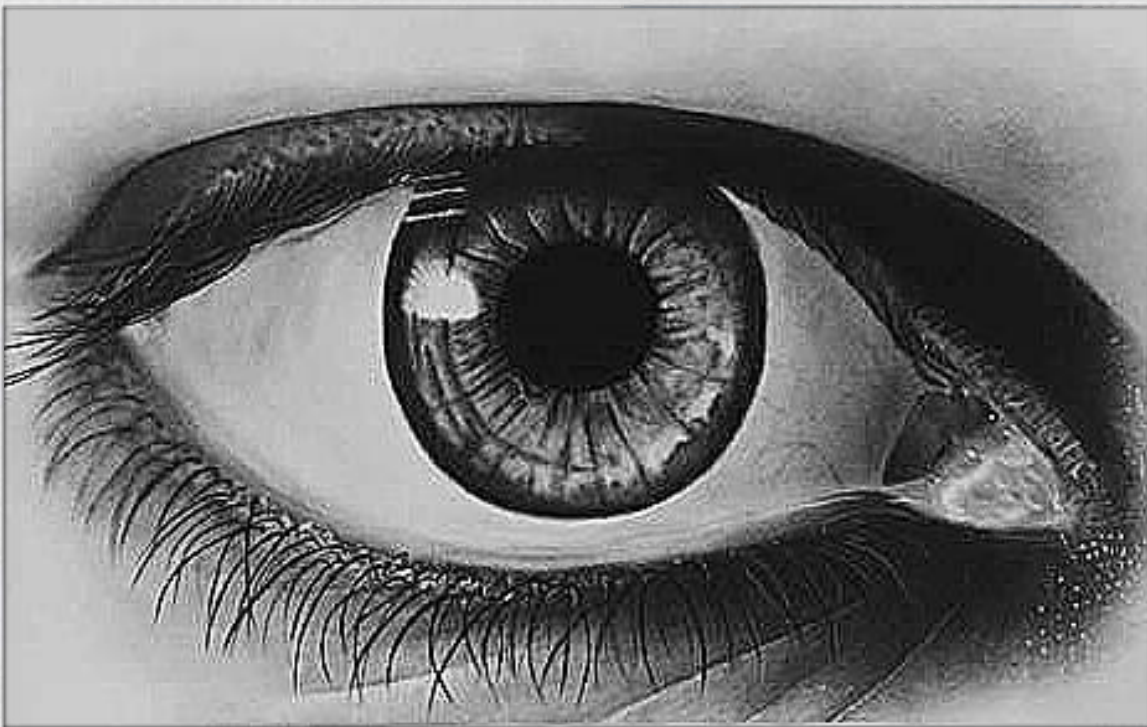


# MACHS NEWSLETTER

## VOLUME 3, ISSUE 5

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

PUBLIC RELATIONS & MARKETING UNIT



### MACHS GOT TALENT

### WINNERS

كلية محمد المانع للعلوم الطبية  
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## GENERAL SUPERVISOR MESSAGE

In the Name of Allah, the Most Beneficent, the Most Merciful Certainly when citizens' health and safety are threatened, the healthcare sector with all its institutions must be mobilized to protect the health security of the citizens and residents as well.

Keep in mind, my dear students, the responsibility entrusted to you as healthcare practitioners studying at a college for Health Sciences to confront this pandemic by spreading health awareness in the community and acting ethically in dealing with it.



From our side, we will put all our efforts, God willing, into developing this educational edifice and providing all that you may need to improve your scientific and practical skills. May God help you achieve your goals, guide your steps, and make success your ally. We wish you safety and wellness, and lasting excellence.



Dear students: We, the administration of Mohammed Al-Mana College for Medical Sciences, are very proud of you and take pride in your educational and academic level that you have come to with research, study and diligence. You should know that you are the pioneers in spreading health awareness and carrying the health message in the society.

This can be achieved by fully adhering to public precautionary measures, and communicating their importance to others, in addition to raising awareness of the need to take the vaccine in order to achieve herd immunity against COVID-19. It is your duty to clarify the mechanism of such vaccines and explain them to anyone who still has doubts or promotes their uselessness and risks.

**DR. AISHA MOHAMMED AL-MANA - GENERAL SUPERVISOR**

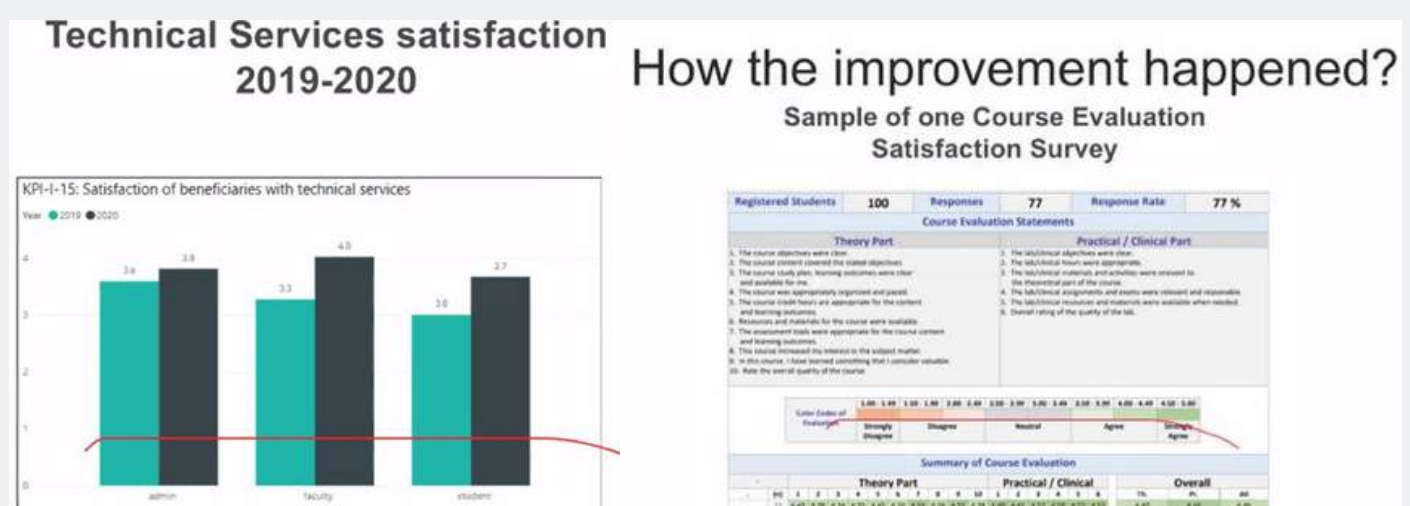
# COLLEGE NEWS

## AMERICAN COUNCIL MEETING



The administration of Mohammed Al-Mana College for Medical Sciences met a delegation from the American Council on March 8th 2021 at the College Campus where Academic collaboration were negotiated. Together, they also discussed the College Academic programs as well as its research and community services.

## CENTER OF EXCELLENCE, QUALITY AFFAIRS



The center of excellence conducted an introductory meeting on March 23rd to follow up with the improvements that happened. They were looking into the students suggestions and opinions. The meeting was mainly focused on the importance of the student voice throughout the years.

# HEALTH AND SAFETY BULLETIN

## COVID-19 PRECAUTIONS CONTINUES



With the lift of further COVID-19 restrictions in Saudi Arabia, Mohammed Al-Mana College for Medical Sciences made sure that the needed precautions continues to prevent the virus from spreading among its students and faculty members. The college still encourages everyone to maintain a social distanced environment and urges all affiliates to apply for vaccines.

# QUALITY AFFAIRS

## NEW POLICY UPDATES

### THE COLLEGE COUNCIL LATELY APPROVED FOUR POLICIES AND PROCEDURES THAT WERE SUBMITTED BY THE QUALITY UNIT

<b>Scientific Research Unit</b>	
<b>Policy (1): Intellectual Property Right</b>	
<p>The Intellectual Property Right Policy is intended to:</p> <ol style="list-style-type: none"> <li>1. encourage scientific research and effective management, protection and commercialization of intellectual property (IP) at MACHS;</li> <li>2. ensure that new knowledge and technology created at MACHS are effectively transferred for public benefit and for the economic development of the Kingdom of Saudi Arabia</li> <li>3. encourage, serve, promote, and strengthen the MACHS research and economic development missions</li> <li>4. foster the development of new and innovative business models and practices for effective transfer of MACHS IP to the private sector/Industry.</li> <li>5. set out clear requirements for determining the rights and obligations of MACHS, the MACHS researcher and third-party sponsors of research at MACHS</li> </ol>	
<b>Academic Affairs</b>	
<b>Policy (2): Academic Probation</b>	<b>Policy (3): Delegation of Authority</b>
<p>The Academic Probation Policy is intended to:</p> <ol style="list-style-type: none"> <li>1. establish a criteria and guideline in placing a student on academic probation.</li> <li>2. establish a criteria and guideline in dismissing a student after acquiring multiple academic probations.</li> </ol>	<p>The Delegation of Authority policy is intended to:</p> <ol style="list-style-type: none"> <li>1. ensure the efficient operation of MACHS while maintaining policy integrity through the careful delegation of authority.</li> <li>2. to identify the situations in which it is appropriate to use delegations of authority.</li> <li>3. to outline the procedures that should be followed to make such delegations.</li> </ol>
<b>Human Resources Department</b>	
<b>Policy (4): Conflict of Interest</b>	
<p>Personnel of the College must avoid conflicts of interest especially when it may potentially harm the integrity or mission of the College. The conflict-of-interest policy aims to:</p> <ol style="list-style-type: none"> <li>1. Enhance the integrity value of MACHS personnel.</li> <li>2. Ensure that MACHS personnel's conduct meets the highest ethical standards and it is aligned with the MACHS's values of respect, integrity, and excellence.</li> <li>3. Outline the process for identifying, declaring and managing a perceived, potential or actual Conflict of Interest.</li> <li>4. Prescribe a framework and regulations required to clarify the relationship of the MACHS employees with external bodies, and their association with it with regard to all financial and non-financial dealings.</li> </ol>	

For more details kindly refer to SMAX, Eservice Portal, and your College E-mail.

# QUALITY AFFAIRS

## CENTER OF EXCELLENCE

### PROFESSIONAL DEVELOPMENT PLAN 2020-2021 ACCREDITED BY THE SAUDI COMMISSION FOR HEALTH SPECIALITIES

NO#	Topics	Excepted Date
1.	Certified Healthcare Quality Officer (CHQO)	20-23/05/2021
2.	Conscious Sedation course	27/05/2021
3.	Writing Research Grant	8/6/2021
4.	Certified Professional in Infection Control (CPIC)	17-19/06/2021
5.	Research Methods for Health Care	22/06/2021
6.	Writing Case Reports	6/7/2021
7.	Leadership Skills	20/07/2021
8.	Evidence-Based research and clinical practice	27/07/2021
9.	Biostatistics for research and clinical practice	2/08/2021
10.	Medical management of COVID-19 patients	22/08/2021
11.	Preceptorship Course (Train of the Trainers - TOT)	26-28/08/2021
12.	Objective structured practical examination (OSPE) Objective structured clinical examination (OSCE)	14-15/09/2021
13.	Tele-Medicine	28/09/2021
14.	Medical Errors	5/10/2021
15.	Family Medicine and General Practice	12/10/2021
16.	Cancer therapies	19/10/2021
17.	Diagnostic Ultrasound	26/10/2021
18.	Preparation of Intravenous Fluids	2/11/2021
19.	Respiratory Therapy	9/11/2021
20.	Mobilization Techniques	16/11/2021
21.	Sport Rehabilitation	23/11/2021
22.	Preparation for the Saudi Pharmacist Licensure Examination (SPLE)	2/12/2021
23.	Preparation for the Saudi Nursing Licensing Exam (SNLE)	16/12/2021
24.	Dental Cosmetic	23/12/2021
25.	Preparation for the Saudi Laboratory Specialist Licensure Examination (SLLS)	30/12/2021

## STUDENT AFFAIRS BULLETIN

# MACHS Got Talent

Foundation year department  
Learning Resources Center Committee



The Student Affairs department recently organized the annual competition for MACHS students to raise the level of competition among themselves and promote their creativity, self-expression, and self-confidence.

### **The objectives of this activity are as follows:**

- To better students creative skills
- To nourish their abilities and capabilities to unveil their hidden qualities to engage them in positive activities.
- To encourage students to express themselves and overcome shyness.
- To encourage students' creativity." Participants may show their talents in:

Poem writing, Poem reciting, Short story writing, Stand-up comedy, Music composition, Music play, Drawing and painting, Singing, Sport shows, Acting, Photography

### **MANY THANKS GOES TO:**

Ms. Elham, Mrs. Mehroz, Mrs. Kawthar, Mr. Sajed and Mr. Boushaib for organizing the contest.



# STUDENT AFFAIRS BULLETIN

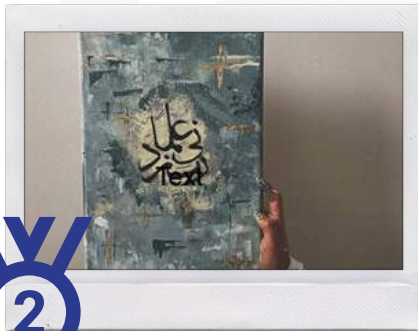
## MACHS Got Talent

Foundation year department  
Learning Resources Center Committee

### MACHS GOT TALENT WINNERS



**LAYLA ALHABEEB**



**DANIYA ALALI**



**MOHAMMED ABDULJABBAR**

# STUDENT ADVISORY COUNCIL

## A VOICE FOR STUDENTS

Mohammed Almana College for Medical Sciences welcomes the new Students Advisory Council members and wish them good fortune.

### RESPIRATORY CARE DEPARTMENT

Rahmah Al Juaibi  
Jasim Al Arbash  
Tabarak Al Meshwer  
Wadeeah Al Shwaikhat

### PHARMACY DEPARTMENT

Ahmad Al Sayegh  
Fatima Al Gassab

### CLS DEPARTMENT

Bedor Al Aboud  
Ghadeer Al Ragiyah

### NURSING DEPARTMENT

Amal Al Najar  
Fatima Al Tarouti

### PHYSICAL THERAPY DEPARTMENT

Hussain Al Saeed  
Hadeel Barnawi

## First Student Council Meeting of the Academic Year 2021-2022

The college new Student Advisory Council for the Dean has met on March 14th 2021. Some suggestions were discussed for the purpose of developing the student experience.

# HUMAN RESOURCE CORNER

New Employee Announcement




Ebrahem Jaber

**MIS Manager**

MIS OFFICE

E.Jaber@machs.edu.sa



Nahedh Alkhaldi

**Network & Communications Specialist**

MIS OFFICE

N.ALKhaldi@machs.edu.sa



Latifa Alawad

**Public Relations & Marketing Officer**

PUBLIC RELATION & MARKETING

L.Alawad@machs.edu.sa



Ahad Alkhalifa

**Cashier**

ACCOUNTING & FINANCE

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Raghad Alotaibi

**Administrative Assistant**

DEANSHIP OFFICE

R.Alotaibi@machs.edu.sa



Hussain Alzara

**Clinical Preceptor**

NURSING DEPARTMENT

H.Alzara@machs.edu.sa



Anan Qari

**Secretary**

PHARMACY DEPARTMENT

A.Qari@machs.edu.sa



Wadha Almarri

**Secretary**

RESPIRATORY CARE

W.ALMarri@machs.edu.sa

# COMMUNITY SERVICE

## STARS OF THE MONTH

Community service is proud to announce the Stars of March 2021



MRS. SHARELL LOUIS  
DEPARTMENT OF NURSING

42  
CASH



MRS. LATHA KANNAN  
DEPARTMENT OF NURSING

42  
CASH

Congratulation to our STARS and their departments. We would like to take this opportunity to thanks heads of departments for their encouragement and supports.



ABDULLAH ALMUTAHA  
DEPARTMENT OF NURSING

40  
CASH



MOHAMMED ALARBASH  
DEPARTMENT OF PHYSICAL THERAPY

40  
CASH

Join our community activities and collect CASH points to be a **STAR**

# COMMUNITY SERVICE

## DO YOU WANT TO BE A STAR?

Join our community activities and collect CASH points to be a **STAR**

For every participation to any of our community service activity, you earn a Community Activity Service Hour (CASH) and gets you the chance to be the next Community Star of the Month.

	Faculty	Staff	Student
Bronze	5-14	5-14	10-24
Silver	15-29	15-29	25-44
Gold	30+	30+	45+

## HOW CASH IA CALCULATED?

**01**  
HOUR  
Service provided during office hours on weekdays

**02**  
HOURS  
Service provided outside office hours on weekdays

**04**  
HOURS  
Service provided on weekdays

**04**  
HOURS  
Service provided on holidays

**05**  
HOURS  
Leading-organizing the event

AS APPLICABLE  
Others

# RESEARCH PUBLICATIONS AND RESEARCH ACTIVITIES

1. Mohammad Daud Ali, Ayaz Ahmad, Yousif Amin Hassan, Zainab Al Sulaiman, Zainab Al Abdrabalnabi, Fatimah Al Manasif. Public Knowledge, attitude and practice of in-home medication disposal in Eastern province, Saudi Arabia: A cross sectional study. Journal of Research in Pharmaceutical Sciences **(Accepted).**

**Indexing Status: Scopus:** 

2. Suriya Rehman, Mohammad Azam Ansari, Hanan A. Al-Dossary, Zeeshan Fatima, Saif Hameed, Wasim Ahmad, Abuzar Ali. Current Perspectives on Mycosynthesis of Nanoparticles and Their Biomedical application. Modeling and Control of Drug Delivery Systems. 2021: 301-311 doi.org/10.1016/B978-0-12-821185-4.00005-1 **(Book Chapter)**

3. Mohammad Daud Ali, Nuzhat Banu, Munfis Patel, Ayaz Ahmad. Anticoagulants: Medical Uses, Interactions and Adverse Effects. Nova Science Publishers, Inc. (USA). **(Book Chapter, Abstract Accepted).**

4. Kamran Ashraf, Mohd Rafiul Haque, Mohd Amir, Niyaz Ahmad, Wasim Ahmad, Sadia Sultan, Syed Adnan Ali Shah, Ahmed Mahmoud Alafeefy, Mohd Mujeeb, Muhammad Fikriy Bin Shafie. An overview of phytochemical and biological activities: Ficus deltoidea Jack and other Ficus spp. J Pharm Bioall Sci. 2021; 13:11-25.

**Indexing Status: Scopus:**  **Web of Science:**  **PubMed:** 

# RESEARCH PUBLICATIONS AND RESEARCH ACTIVITIES

5. Fatimah Essa Al Mubarak, Baneen Al Baladi, Mohammad Daud Ali, Ayaz Ahmad, Yousif Amin. Knowledge, attitude, and the tendency of community pharmacists to dispense opioid-related and opioid-containing medications in eastern province Saudi Arabia.

**(Poster presentation in The Annual Meeting of SIPHA 2021, Held on February 9-11, 2021.)**

6. Khaled A A Alkadi, Kamran Ashraf, Aishah Adam, Syed Adnan Ali Shah, Muhammad Taha, Mizaton Hazizul Hasan, Cinimathew John, Razali Mohamed Salleh, Wasim Ahmad. In vitro cytotoxicity and anti-inflammatory cytokinine activity study of three isolated novel compounds of *Prismatomeris glabra*. J Pharm Bioall Sci. 2021; 13:116-22

**Indexing Status: Scopus:**  **Web of Science:**  **PubMed:** 

7. Wasim Ahmad, Nouf Tariq Al Ahmed, Faydah Maher Meer, Ayaz Ahmad, Mohammad Daud Ali and Yousif Amin Hassan. Herbal products use in Type II diabetic patients: A descriptive cross sectional study. Bioscience Research, 2021 18(1): 252-258.

**Indexing Status: Scopus:**  **Web of Science:** 

# HOW TO BEING FOCUS IN THE ERA OF MULTITASKING?

An article written by: Dr. Nousheen Hamid - Department of Pharmacy-MACHS

According to Dr. Paul Hammerness and Margaret Moore (authors of Harvard Publishing Book entitled *Organize Your Mind, Organize Your Life*) multitasking can result in mistakes and missing important information and clues. Multitaskers are also prone to retain less information in working memory, which can obstruct their ability to solve problems and being creative<sup>1</sup>.

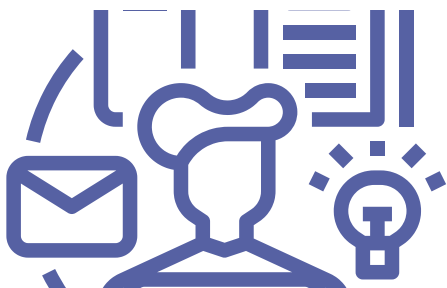
Paul Atchley-a Professor of Cognitive Psychology at the University of Kansas; has mentioned that the efficiency of work during multitasking drops by as much as 40% along with a long term consequences in the mental capabilities of creativity and memorization<sup>2</sup>.

Multitasking might help a person to get an appearance of doing several things at a time but in reality he is unable to complete either of these tasks. On the contrary, if the person stops it and finishes one task at a time, he shall accomplish his tasks faster.

According to Daniel Goleman (author and science journalist, Rutgers University), Focus is the hidden driver of excellence<sup>3</sup>. Therefore, this article highlights some keys to being focused in the present era of multitasking.

1. Practice mindfulness. Mindfulness is actually the ability of a person to focus on the present moment. Practicing mindfulness has been proved to help refreshing the brain so that the brain can attend to the daily tasks and challenges strongly<sup>4</sup>.
2. Make a list and prioritize your tasks. It shall help you to decide which task needs to be done first and which task can be delayed or delegated<sup>5</sup>.

3. When someone is talking to you, look at the person and listen closely. If you missed something that was said, ask the person to repeat it or to speak more slowly. Repeat or rephrase the information to make sure that you understand it and to reinforce the information (specifically for the students)<sup>6</sup>.
4. Try to figure out the distractions and interruptions and avoid them.
5. According to Dr. Salinas (Asst.Professor of Neurology, Harvard Medical School) one should be able to find a scale where his/he attention is at its highest. As the human attention tends to decline after a certain period, many researchers have recommended that working in small pieces of time, with rest periods in between, can help with focus. This resting time may vary from 10 minutes to 52 minutes depending upon individual's requirement. However, it is also suggested that one should experiment with a time frame that works for him/her<sup>7</sup>.
6. Depression or sleep disorders (such as sleep apnea) can emasculate your ability to concentrate. According to Dr. Daffner (founder and chief of the Division of Cognitive and Behavioral Neurology at the Brigham and Women's Hospital), a healthy lifestyle which includes exercise and sufficient sleeping hours can help in increasing attention due to a direct link with cognitive ability<sup>4</sup>.
7. Socialization also helps with focus, because one needs to listen to conversations and retain information<sup>3</sup>.  
***Focus and Simplicity ...once you get there, you can move mountains (Steve Jobs)***



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# RESEARCH PUBLICATIONS AND RESEARCH ACTIVITIES

## SYSTEMATIC REVIEW VIRTUAL WEBINAR REPORT

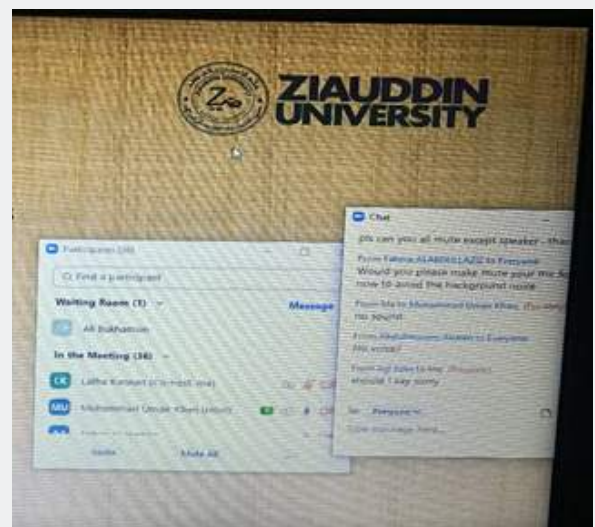
### WEBINAR OVERVIEW

A systematic review is defined as “a review of the evidence on a clearly formulated question that uses systematic and explicit methods to identify, select and critically appraise relevant primary research, and to extract and analyze data from the studies that are included in the review.” The methods used must be reproducible and transparent.

### OBJECTIVES OF THE WEBINAR

Provide the audience with a step by step on how to conduct systematic review and meta - analysis mainly following guidelines in the field of health care fields.

### WEBINAR SNIPPETS



# RELATIONS

# MARKETING

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