

The MACHS Newsletter

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

VOL. 2 ISSUE NO. 3 NOVEMBER 2019



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UPCOMING EVENTS

ACKNOWLEDGMENT

Mrs. Amal Kolaghassi
Dr. Fatima Alabdulazziz
Mrs. Suzy Al Najjar
Dr. Manal Suroor
Ms. Latha Kannan
Dr. Hayyan Al Taweil

Ms. Gerlie Bron
Ms. Shainy Chellaouri
Dr. Hoda Ezzat
Ms. Ruby Abraham Anna
Mrs. Bernadette Casingal

*photo credits to:
Dr. Yahya Al Dawood*

We are always working to improve our College Newsletter, so we would love to hear your feedback and suggestions. Get in touch and email us at PR@MACHS.EDU.SA.

administrator's viewpoint

As we are approaching the year 2020, these words "dream big, work hard, and make it happen" have been constantly ringing at the back of my mind.

If 2020 is the year you want to make things happen, I would like to share with you all four steps to move forward and work towards those goals.

Think big picture: Dreaming big means having the mental freedom to think about what you really want out of life and forget about all the reasons why you can't make it a reality.

"Life is too short to talk about the small, unimportant things when you catch the bigger picture."- Mya

Leave your ego at the door: Your ego is in control when your main considerations are how you feel about yourself. It will mislead us, confuse us, and take us down slippery slopes. It blinds us from accepting responsibility to our mistakes.

"Leadership is not a popularity contest; it's about leaving your ego at the door. The name of the game is to lead without a title."- Robin S. Sharma

Never stop learning: If you never stop learning, you will remember that the journey is a series of new starts that make you wiser and stronger each time.

"The world is a university and everyone in it is a teacher. Make sure when you wake up in the morning, you go to school." -T. D. Jakes

Be proactive: Proactive people are constantly moving forward, looking to the future, and making things happen. They're actively engaged, not passively observing. Being proactive is a way of thinking and acting.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."-Albert Einstein

Wishing you all a very Happy and Prosperous New Year ahead.



Mrs. Amal Kolaghassi
HR Manager/CEO



توقيع اتفاقية

بين تمويل الأولى وكلية مناهج العلوم

التعليم

Dr. Aisha Alman, MACHS General Supervisor and Mr. Saleh Alafalig, Tamweel Aloula Managing Director during the signing of agreement for student financial loans.



MACHS officials led by Dr. Aisha Alman, General Supervisor meeting the delegates from American University of Beirut for collaborative discussions.

professional development



Dr. Yousef AlHashem, Vice Dean for Quality and Development, together with Dr. Fatima Alabdulazziz, Head of Center for Excellence attended the Bluenotes MENA Conference held in Zayed University Campus in Dubai, November 5 and 6.

Over 150 experts in international learning and development attended the conference which explored on Data Analytics and the possibilities of measuring progress for continuous learning.

The delegates from MACHS gained relevant insights in educational paradigm to integrate new methodologies and innovations. They saw the importance of developing new competencies for the students to adapt and succeed in a competitive working environment due to artificial intelligence evolving and replacing humans in the market.

This conference is an annual event hosted by Zayed University bringing experts to discuss matters related to student learning experience.

Library staff enrichment workshop

This Fall Semester 2019, a series of literature review workshops was conducted by the Library unit for students taking research courses such as Nursing Research, CLS 405 –Research Project and Phar 509- Student

Seminar I. With the aim of supporting and assisting the students effectively and efficiently, the unit saw the importance of upgrading its staff on this aspect. Therefore, a two-day enrichment workshop was held at the

Library on November 18 and 20 attended by Mrs. Gerlie Bron, Ms. Eiman Suroor and Mr. Mohamed Abdulghany. Meanwhile, Mr. Sayed ElShamy, head of the Library Unit served as the resource speaker of the said workshop.



Reviving life through CPR

A community service on Basic Principles of Cardiopulmonary Resuscitation (CPR) was conducted by the Nursing Department at Orbit International School held November 20.

The activity aimed at increasing the awareness about CPR, teaching CAB (Compression, Airway & Breathing) method for CPR training, and providing preventive measures to control emergency situation.

Level 7 students from the department participated in the activity. The training was conducted in two separate areas for males and females sections. It was conducted using a seminar-workshop approach where organizers delivered the topics through a forum followed by the practical sessions to apply the theories and concepts learned

from the discussion. Among the topics delivered include Adult CPR, Child CPR, Infant CPR and Choking.

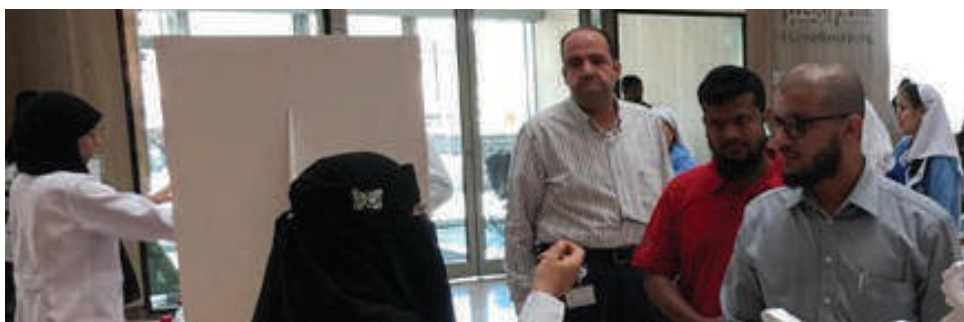
Meanwhile, faculty members who supervised the event were Ms. Hanan Al Majed, Ms. Nisha Mathu,



Ms. Bernadette Casingal, Ms. Sharell Lewis, Ms. Joji John & Ms. Fatimah Awami. Permission was initiated

by the community services coordinator, Mrs. Suzy Al Najjar from the school authorities.

Strengthening awareness on Diabetes



The Pharmacy Department organized an awareness campaign on Diabetes held at Al-Mana General Hospital (AGH) in Al Rakah, November 14.

Diabetes awareness program aimed to educate patients by raising the level of awareness on the disease. Poor diabetes control can result to morbidity and mortality as a result of micro-vascular and macro-vascular complications.

The activity was spearheaded by Level 7 and 9 students under the supervision of Dr. Hoda Ezzat.

Showing care for elderlies



Mrs. Shainy Daniel, Ms. Bernadette Casin-gal and Ms. Huda Abdullah Al Musa, together with their students from Geriatric Nursing Course were behind the planning and implementation of the activity. Public awareness on the following topics were delivered to the intended participants such as:

- Group 1: Rights of Elderly
- Group 2: Physical Changes and Importance of Exercise in Elderly
- Group 3: Mental Health in Elderly

Meanwhile, educational materials were displayed through exhibits and distributed during the event.

Nursing department spearheaded an activity called, "Care for Elderly" as a community service for elderlies and their caretakers. The activity was conducted at Al-Dahiah Primary Health Care Center in Dammam, November 12.

Increasing awareness on breast cancer

A departmental community service activity on Breast Cancer Awareness was conducted by the Nursing Department at Al Dahiah Primary Health Care Center in Dammam held November 03.

This community extension activity featured information campaign which was presented by the students of Obstetrics and Gynecology Nursing Course. Two groups participated the event who delved into the following topics:

- Group 1: Signs and symptoms and prevention of breast cancer
- Group 2 – Signs and symptoms and self-breast examination

The activity was organized under the supervision of Mrs. Ruby Abraham and Mrs. Suad Ahmed Abdullati, the course's Coordinator and Instructor, respectively.



Protecting families from Diabetes

Nursing department recently organized a community service activity in celebration of the World Diabetes Day. The event was conducted in Al Mana Medical Center held November 17.

The target participants of the activity were the patients who are working in industrial areas. It aimed to increase the patients' awareness on the importance of screening, alternative to sugar and carbohydrate rich food for diabetic patients and educate them how to use pen and the sites for injection.



Brochures, posters and other educational materials were displayed and distributed to the participants. Such paraphernalia contained essential information covering the following topics: (1) Screening, (2) Signs and symptoms of hypoglycemia and hyperglycemia, (3) Alternatives to high in sugar and carbohydrate foods for diabetic patients, and (4) Pen injection. The activity was organized under the supervision of Ms. Amal AL-Suliman and Mrs. Latha Kannan.

Revisiting Lung Cancer and Pneumonia

A series of Lung Cancer Awareness was conducted by the Pharmacy Department held in two separate events at Orbit International School and Al-Mana General Hospital both in Al Rakkah, November 12 and 28, respectively.

With the aim of raising awareness on Lung Cancer and Pneumonia, students from Level 7 had presented educational materials emphasizing the dangers of smoking, hygiene related and food causing cancers, signs, symptoms and prevention of the disease. They also distributed flyers which contain related information to patients, nurse and doctors at the event. This activity was supervised by Dr. Hoda Ezzat and Dr. Habib Saleh Alyousef (who joined at Orbit International School).



student activities

Educational tour to TABUK company

An educational tour to TABUK Pharmaceutical Company was held for Level 8 Pharmacy students taking Pharmaceutics II (PHAR 408), November 12.

The objective of such activity was to relate the theoretical part of the course with the actual work flow, machines and processes in the industry.

Mrs. Nuzhat Banu, together with Mrs. Ethar Hassan Ghallab accompanied and supervised the students during the said industrial visit.

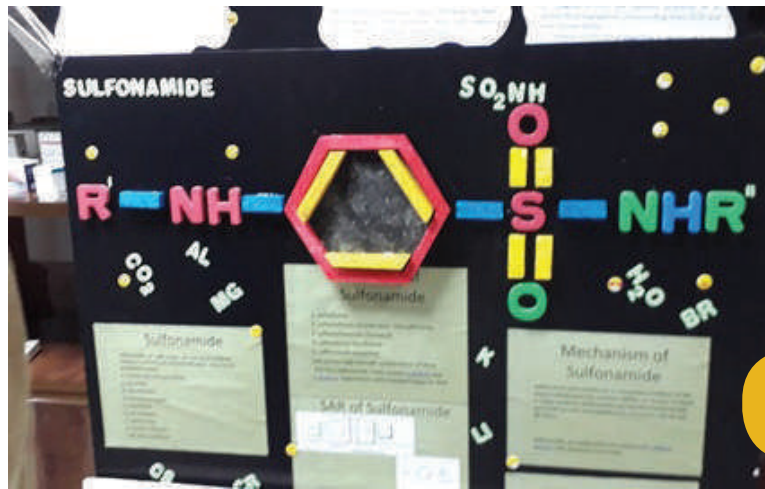


Students launch posters at Pharmacy Poster day

College of Pharmacy students, faculty and staff gathered at the basement floor, Pharmacy Building on November 20 for the Pharmacy Poster Presentation Day.

Poster topics covered updates on drug manufacturing, quality of pharmaceutical products, and guidelines and treatment of certain health conditions. This activity was evaluated and su-

pervised by Dr. Hoda Ezzat, Dr. Ayaz Ahmed, Dr. Nuzhat banu, Dr. Mohammed Daoud, Dr. Sherihan Ghosn, Dr. Manal Soroor and Dr. Sheren Mohammed.



Week-long antibiotics awareness campaign



The Clinical Laboratory Sciences Department recently organized a week long Antibiotics Awareness Campaign as part of the World Antibiotic Awareness Week (WAAW) held at the Nursing building, November 17-21.

attention from faculty members, administrators, staff, students and the general public on the proper use of antibiotics as a form of medical treatment to reduce the emerging worldwide problem of antibiotic resistance.

prepared and displayed through an exhibit by the students in Microbiology Course. The event was supervised by the course coordinator and instructor Dr. Hayyan Al Taweil and Ms. Sara Babaker, respectively.

This activity aimed to draw

Posters and banners were



Blood Donation Day



Infectious Disease Day

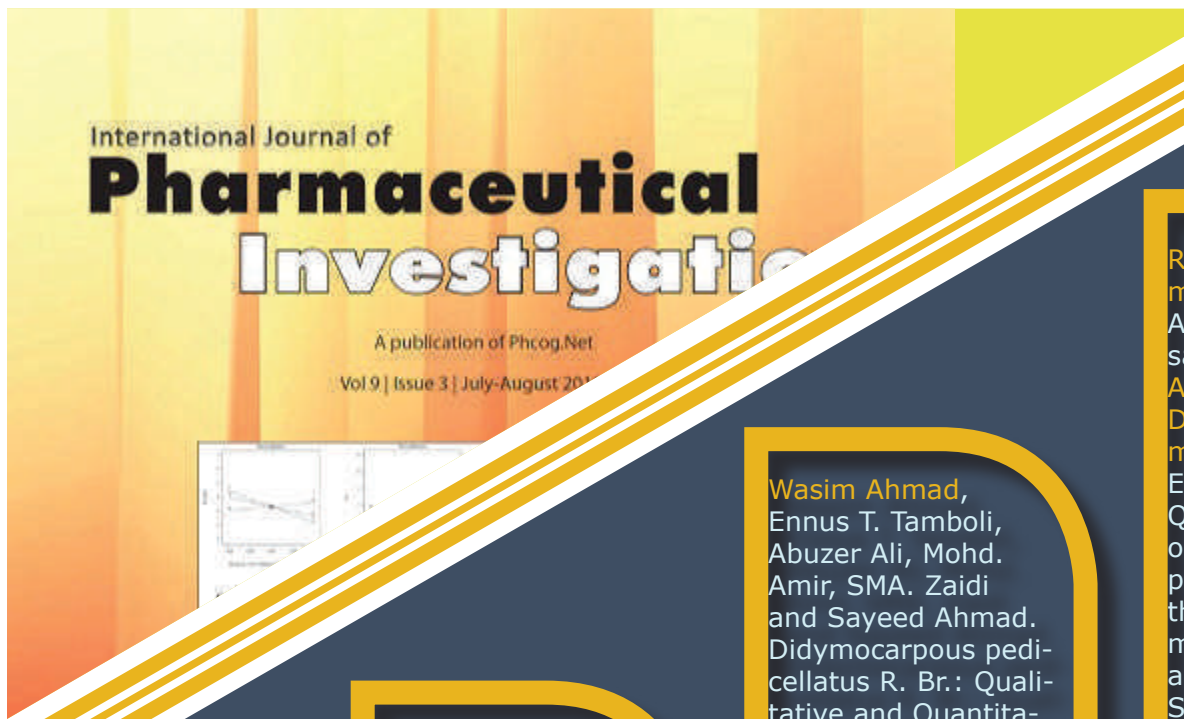


student activities

research publications

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Research Jo

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Journal

ISSN: 0975-1459

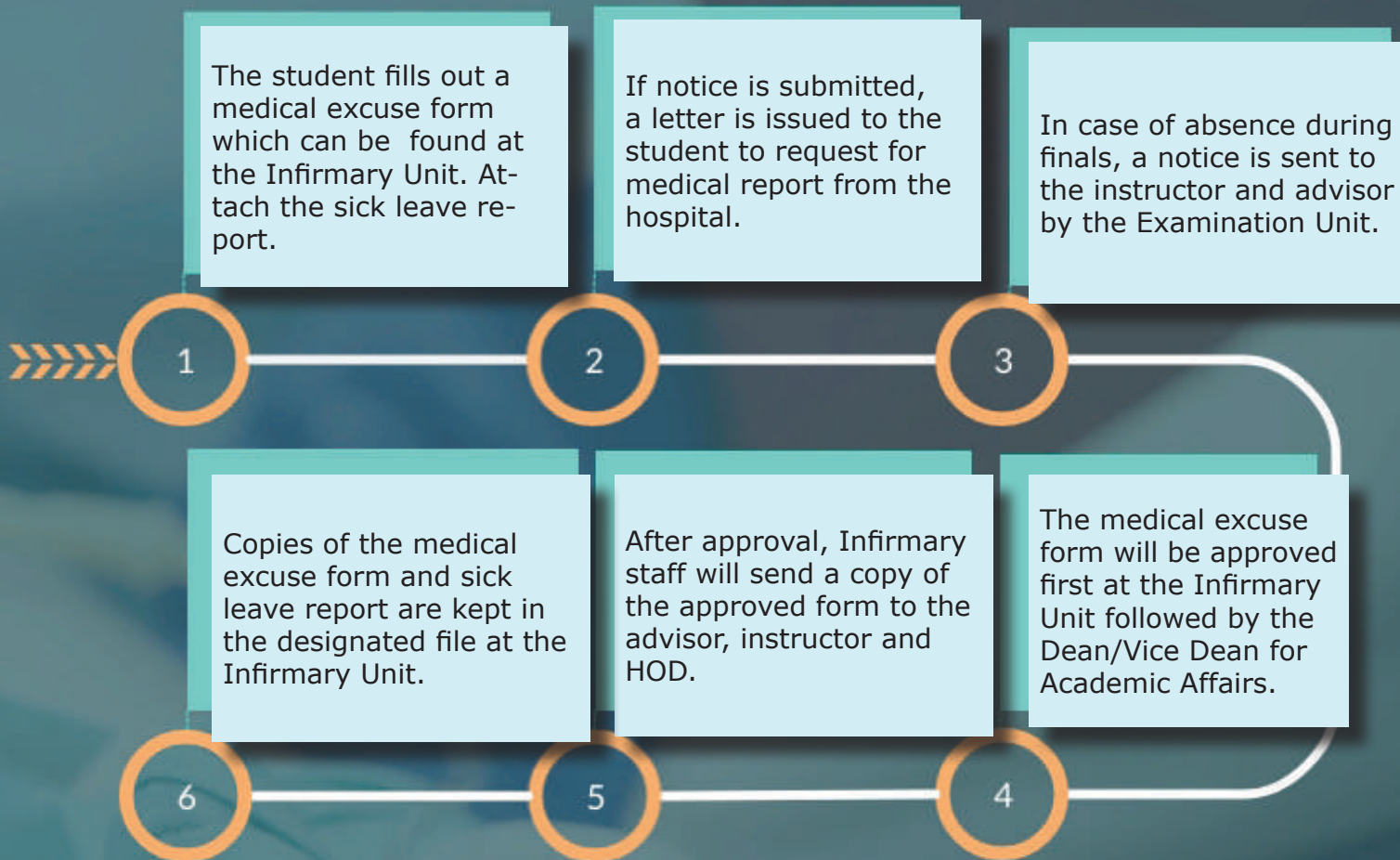
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PharmaInfo Publications

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6 STEPS

FILING MEDICAL EXCUSE



IMPORTANT TO REMEMBER:
Process your medical excuse request within **5 days** of the absence for regular days and **2 days** during exam period.

upcoming events



ACTIVITY CALENDAR

JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 IPTW
5 Intravenous Preparations Training Workshop (IPTW)	6 Intravenous Preparations Training Workshop (IPTW)	7 Intravenous Preparations Training Workshop (IPTW)	8 Intravenous Preparations Training Workshop (IPTW)	9 Intravenous Preparations Training Workshop (IPTW)	10	11
12	13	14	15	16	17	18
19	20 Spring 2019-2020 Orientation Day	21	22	23 Faculty Orientation Spring 2019-2020	24	25 CPHQ
26 CPHQ	27 CPHQ	28 CPHQ	29 Faculty Fellowship	30	31	