



Editor: Hiba Jawdat Barqawi

Dean's message of the month

With the exams approaching, and the increased number of students studying on campus, I would like you all to be extra vigilant about the security in our college. Do not allow students from outside our college to be here and report any suspicious behaviour to security. On that note, I wish you all a very productive month ahead before the examinations begin.

We are expecting a new set of faculty. Six new faculty members have been approved and will start in September in the following disciplines: Anatomy, Pathology, Genetics, Internal Medicine and Family Medicine.

We are opening new laboratories at our college; the Physiology lab and Obstetrics & Gynaecology lab, which are now ready and functioning.

I would like to encourage everyone to attend the 2nd Students-Based Research Week. The opening ceremony will take place on Sunday 16th April 2017 at Al Razi Hall under the patronage of Prof. Hamid Al-Naimiy, Chancellor of University of Sharjah. This is the second time we hold this event at our college and it is an excellent opportunity for all to be involved.

Professor Qutayba Hamid MD, PhD, FRCP, FRS
Dean of the College of Medicine

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College News

Sharjah Medical Students identifying Sharjah Community Health Needs

Medical students from the University of Sharjah College of Medicine are placed one day a week for eight weeks in a field training program designed to train our medical students on different aspects of preventive health services and to experience firsthand the suffering of people with special needs. The program is coordinated and organized by the department of Family Medicine, Community Medicine and Behavioral Sciences.

The diverse training program includes small group, team-based learning sessions, resource sessions as well as eight days field placements.

The focus of attention will be on common preventive activities to address the needs of vulnerable populations i.e. people with special needs, those living with chronic and disabling disease states, elderly people, and child health as well as socio-economically disadvantaged groups.

Students will also explore ethical issues associated with health and health risk prevention, as well as issues impacting these community groups, and contributing environmental and occupational factors and problems. The role of community health agencies and programs related to all levels of prevention and health promotion will also be examined.

Each year medical student visit five places in the second semester between February and April, including: Sharjah City for Humanitarian services for 2 days to observe the facilities designed for the disabled children, Old People's Home for 2 days to get involved with the various activities done to support the old people, Sharjah Municipality for 2 days to have field inspections to the saloons and restaurants. Preventive Medicine Department for 1 day to have the knowledge of the different measures and activities done in the Communicable Disease Center (CDC) as well as one Health Center for 1 day to get involved in the maternal and child preventive services

At the end of the community health activities, students should have gained an understanding of the role of different preventive health services in the UAE, as well as acquiring skills in environmental and occupational medicine and in evidence-based medicine.

The CHP committee is responsible for the planning, organization, implementation & evaluation of the program as well as assessment:

- **Prof. Nabil Sulaiman** (Head of the Program)
- **Dr. Nuha Yousif** (Family Health Program coordinator)
- **Dr. Ahmed Hasswan** (Community Health Program Coordinator)



The Program contains visits to 5 centers :
Old People's Home, Sharjah Municipality,
Muhaisnah Primary Healthcare Clinic, Preventive Medicine Department
and Sharjah City for Humanitarian Services



Adjunct Faculty in our affiliated hospitals:

Every month we will highlight one of the seven hospitals affiliated to us in the College of Medicine at the University of Sharjah. The 7 hospitals where our Year 4 and 5 students train and whose faculty are critical in the teaching of our students are: **Al Qassimi, Al Baraha, Al Kuwaiti, University Hospital Sharjah (UHS), Al Dhaid, Um Al Quwain, Khalifa Hospital (Ajman).**

Al Kuwaiti Hospital

Al Kuwaiti Hospital is a 90 bed government hospital and is one of the first hospitals to be affiliated with UOS College of Medicine. So much of its infrastructure is relatively modern and there are good resources available for cutting edge treatment. It falls under Ministry of Health (MOH).



| SN | Adjunct Faculty Name | Hospital | Department | Designation |
|----|---------------------------------|----------|------------|-------------|
| 1 | Kareem Mohamed Ahmed Moustafa | Kuwaiti | Cardiology | Specialist |
| 2 | Noble Thomas | Kuwaiti | Cardiology | Specialist |
| 3 | Mohamed Ibrahim Aly Sayed Ahmed | Kuwaiti | Cardiology | Consultant |
| 5 | Devdutt Nayak Kotekar | Kuwaiti | Neurology | Consultant |
| 6 | Khaled Mostafa El Gharib | Kuwaiti | Radiology | Specialist |
| 7 | Darakshsan Kanwal | Kuwaiti | Radiology | Specialist |
| 8 | Maged Nassef Abdallah Fam | Kuwaiti | Radiology | Specialist |
| 9 | Sana Zehra | Kuwaiti | Medicine | GP |
| 10 | Gayasuddin Mahmood A A Rashid | Kuwaiti | ER | GP |
| 11 | Mohamed Eyad Waleed Khalid | Kuwaiti | ER | GP |
| 12 | Essa Ibrahim Hassan Maalami | Kuwaiti | ER | Specialist |
| 13 | Ibrahim Al- Nogoomi | Kuwaiti | Surgery | Consultant |

CTC News

Intercollegiate MRCS Examination from the Royal College of Surgeons , UK held in the University of Sharjah Clinical and Surgical Training Center for the Seventh Time

Prepared by: **Najna Shabbir**

Fifty young specialist's surgeons from several countries including UAE, Iraq, Pakistan, Saudi Arabia came to the University of Sharjah Clinical and Surgical Training Center to sit their high-stake surgical exam (MRCS -OSCE), which was conducted by thirty certified Royal College of Surgeons examiners from the UK and the Middle East, and took three full days of examination from 28th February– 2nd March 2017. We are pleased to announce the successful completion of this exam (Membership of the Royal Colleges of Surgeons of Great Britain and Ireland (MRCS), which is a mandatory element for progression to higher specialty training.

Our training Centre was recognized as the first examination (OSCE) center outside the UK six years ago. Since then, seven MRCS exams were conducted at our Centre as a result of close collaboration between our University of Sharjah Clinical and Surgical Training Centre and the RCS (England). Our collaboration with the Royal College of Surgeons not only includes conducting examinations but also conducting surgical training courses at various levels. We have conducted 19 Basic Surgical Training Courses with the RCS involving 450 Surgeons trained by seven senior surgeons for each single BSS course, trained and certified by the RCS. The evaluation of each course, as well as the OSCE exam, which was performed independently by the RCS, is overwhelmingly positive.

Prof. Qutayba Hamid –The Dean of College of Medicine and **Prof. Nabil Sulaiman** the Director of Sharjah University Clinical and Surgical Training center, were delighted for the progress of the collaboration between the Royal College Of Surgeons and the University of Sharjah–Clinical and Surgical Training Center. **Christopher Butler** and **Munther Aldoori**, the conveners' from the Royal College of Surgeons for the MRCS OSCE, stated that for the seventh time the University of Sharjah's CTC has proved to be one of the best training and examination centers, outside the UK.

University of Sharjah hosts top surgical exam for 7th time

BY **NOHMAN VAGIDAR**

SHARJAH: The University of Sharjah (UoS) Clinical and Surgical Training Centre has become the centre of the high stake surgical exam (MRCS-OSCE) of the UK Royal College of Surgeons (RCS) for the seventh time.

Fifty young specialist surgeons from several countries, including the UAE, Iraq, Pakistan and Saudi Arabia have gathered at the UoS Clinical and Surgical Training Centre to appear for the examinations of the prestigious surgical feat.

The examinations, which were given by thirty certified examiners – ten from the Royal College of Surgeons in the UK and 20 from various Arab countries – were conducted over a span of three full days.

University of Sharjah's training

Centre was recognised as the first examination (OSCE) centre outside the UK six years ago. Since then the centre has hosted seven MRCS exams, reflecting the close collaboration between the UoS Clinical and Surgical Training Centre and the RCS.

The collaboration with the Royal College of Surgeons, UK, not only includes conducting examinations, but also arranging for conducting surgical training courses at various levels.

The centre, for example, has conducted 19 Basic Surgical Training Courses with the RCS involving 450 surgeons trained by seven senior surgeons for each single BSS course, trained and certified by the RCS.

The evaluation of each course as well as the OSCE exam, which was given independently by the RCS, is overwhelmingly positive.

Professor Qutayba Hamid, Dean of

the College of Medicine, and Dr Nabil Sulaiman, Director of Sharjah University Clinical and Surgical Training Centre, were delighted with the progress of the collaboration between the two entities.

"We are proud to announce the successful completion of the MRCS OSCE Exam at the Clinical and Surgical Training Centre for the seventh year. The examination of the Royal Colleges of Surgeons of Great Britain and Ireland (MRCS) is a high stake exam for surgeons and is a mandatory element for progression to higher specialty training," Prof Hamid said.

Professor Christopher Butler and Professor Munther Aldoori, supervisors of the exam, representing the Royal College of Surgeons for the MRCS OSCE, said that the UoS CTC proved, for the seventh time, that it is one of the best training and examination centres outside the UK.



Tarabichi – Stammberger Ear & Sinus Institute conducted the “12th Annual Hands-On Cadaver Dissection Workshops” held at the Clinical & Surgical Training Center

Prepared By: **Lou Ann Tesado**

The University of Sharjah Clinical & Surgical Training Center (UOS-CSTC) is delighted to host the “12th Annual Hands-On Cadaver Dissection Workshops” offered through Tarabichi – Stammberger Ear & Sinus Institute last 12th and 13th March 2017.

This unique course will showcase the expertise and knowledge of world renowned surgeons in the field of Ear and sinus surgery headed by the chairmen Dr. Muaaz Tarabichi, Head of ENT Department American Hospital Dubai, UAE and Heinz Stammberger, MD, (Hon) FRCS, FACS, Professor Emeritus (Former Chair) Medical University Graz, Austria. We are also privilege to have the following experts for the ENDOSCOPIC EAR SURGERY, David Pothier, MBChB, MSc, FRCS (ORL-HNS), Assistant Professor, Otolaryngology Head and Neck Surgery, University of Toronto; Joao Flavio Nogueira, MD, Assistant Professor, ENT Department Director - Sinus & Oto Centro UECE - Universidade Estadual do Ceara, Brazil and Baher Ashour, MD (FEBORL), Assistant Professor, Cairo University Medical School Consultant & Chair of Otolaryngology, Ambulatory Healthcare Services (SEHA) Fellow of the European Board of Otolaryngology/Head & Neck Surgery Abu Dhabi Healthcare Services (SEHA) and for the ENDOSCOPIC SINUS SURGERY, Islam Herzallah, Associate Professor & Consultant of Rhinology and Endoscopic Skull Base Surgery King Abdullah Medical City, Makkah, KSA and Ali Ibrahim Al Ameri, MBBS,MD, Assistant Professor Consultant, Rhinologist ENT Department King Salman Hospital – Riyadh.

The course is offered for continuing medical education of residents, fellows and practicing physicians. The faculties lead the participants from the consultation to the management of the most challenging Ear & Sinus procedures and provided the participants with a comprehensive overview of the surgical anatomy and techniques for ear and sinus surgery using fresh frozen cadavers. A total of 39 ENT doctors from the UAE and Gulf, Middle East and Asia. participated the 12th Annual Hands-On Cadaver Dissection Workshops which covers the most up-to-date scientific and hands-on techniques. Our center is accredited provider of Continuous Professional Development (CPD) by UAE Health Authorities. All courses are awarded CPD points commensurate with the length and quality of courses. Our center has trained about 15,000 doctors and healthcare practitioners since 2010. The Dean of the College of Medicine, **Prof. Qutayba Hamid** and the Director of the Clinical & Surgical Training Center, **Prof. Nabil Sulaiman** are delighted that CSTC is the venue of choice for the Cadaveric Workshop of this congress and looks forward to hosting more similar international events.



1st Hands-on Course MIS in Pediatric Urology

Prepared By: **Lou Ann Tesado**

UAE Pediatric Surgery Society in collaboration with the University of Sharjah Clinical & Surgical Training Center (UOS-CSTC) conducted the 1st Hands-on Course MIS in Pediatric Urology on March 16th and 17th 2017. This highly specialized hands-on workshop provided the 10 participants from UAE and Arab Gulf countries a theoretical update in the most recent development in Pediatric Urology, simultaneously in Experimental session using live animals with hospital set-up in the UOS-CSTC Wet Lab which is complete with state of the art laparoscopic system from Karl Storz which displayed global standards. The hands-on surgical procedure was performed step by step with the following didactic outlook: 1) Ergonomics and installation, 2) Introduction and positioning of trocar, 3) Diagnostic Laparoscopy, 4) Creation of a working space in the abdomen and the Bladder, 5) Instruments and energy applying systems, 6) Suturing and knotting Simple, Sliding Knot and continuous and Back – Hand stitch, 7) Dissection, 8) Laparoscopic Pyeloplasty, 9) Laparoscopic Nephrectomy, 10) Pneumovesicoscopic Ureteric Reimplantation, 11) Extravesical ureteric Reimplantation, 12) Adrenal and Gonadal Surgery, 13) Testicular Varicocele Surgery and 14) Creation of Mitrofanoff Stoma.

This course was made possible through the joint efforts of the course chairman Dr. Adel Al Junaibi, Consultant Paediatric Surgeon & Paediatric Urologist; Laparoscopic, Neonatal & Paediatric Surgeon, Sheikh Khalifa Medical City, Abu Dhabi, UAE and Dr. Khalid Khalfan, Adjunct Associate Professor, UOS Consultant Laparoscopic & Pediatric Surgeon, Al-Qassimi Hospital, Sharjah, UAE. Distinguished regional faculty contributed to the training including Dr. Hesham Ahmady Soliman, Prof. of Pediatric Surgery / Urology Head of Division of Pediatric Surgery & Urology, Sheikh Khalifa Medical City Abu Dhabi, UAE, Dr. Seif Abdelsalam, Specialist Pediatric Surgeon and Pediatric Urologist Laparoscopic Surgeon, Sheikh Khalifa Medical City Abu Dhabi, UAE and Dr. Khalid Eid Alharbi, Consultant Pediatric Surgeon, Tawam Hospital, UAE. And international Speakers who came to share their knowledge and expertise in these field including Dr. Alaa Elgoneimi, Prof. Pediatric Surgeon and Pediatric Urology Hospital Robert Debre, France; Dr. Chung Kwong Yeung, Prof. and Chief of Pediatric Surgery and Pediatric Urology - The Chinese University of Hong Kong, Hong Kong; Dr. Hamdan Al Hazmi, Associated Prof. and Consultant Pediatric Urologist, Deputy Chairman Department of Surgery King Saud University, KSA; Dr. Najeh Alomari, MD.Ret.Brig General Senior Consultant Pediatric Surgeon and Pediatric Urologist Laparoscopic Surgeon Private Sector Amman/Jordan; and last but not the least Dr. Varlet Francois, Prof. Pediatric Surgeon and Pediatric Urology CHU de Saint-Etienne/France.

The Dean of the College of Medicine, **Prof. Qutayba Hamid** and the Director of the Clinical & Surgical Training Center, **Prof. Nabil Sulaiman** are delighted with this collaboration its mission to foster and expand the network of health care professionals in education, research, development and clinical investigation to achieve more effective patient care and higher level of patient's safety worldwide.



Viral News

Reverse zoonosis: Can you make your pet sick?



Submitted by: **Hiba Barqawi**

Written by: Tim Newman. MNT. Published: 30 March 2017

For good reason, there is a great deal of interest in the transmission of diseases from animals to humans. Recently, however, medical researchers have started to ask the opposite question: can we make animals sick? Swine and bird flu are two of the most recent and startling examples of animals passing diseases to humans. Other unpleasant pet-to-human medical problems include ringworm, roundworm, and hookworm, as well as beaver fever, toxoplasmosis, and rabies. Although these animal-to-human transmissions are relatively well described, pathogenic traffic in the opposite direction is much less well understood. In this feature, we will investigate whether pathogens can travel from humans to animals in a process referred to as reverse zoonosis, or anthroponosis. A review of current literature on this topic, published in *PLOS One* in 2014, identified a wealth of examples. They found cases of bacteria, viruses, parasites, and fungi jumping from human hosts to animal-kind to occur across 56 countries on every continent with the exception of Antarctica.

The importance of reverse zoonoses

Reverse zoonosis is not just an interesting concept; it is an important global issue. Animals bred for food are transported far and wide, interacting with wild species that they would never naturally have encountered. With a rapid growth in animal production and an increase in the movement of both animals and people, a human pathogen within an animal could potentially move thousands of miles in just 24 hours. For instance, during the H1N1 influenza pandemic of 2009, the virus was able to travel the breadth of the planet and from pigs to humans in a matter of months. On top of the increasing animal trade, we have an ever-growing pet industry. An estimated 68 percent of people in the United States owned a pet in 2015 and 2016, up from 56 percent in 1988. Humans, animals, and disease are more entwined than ever. Understanding how diseases work across all scenarios is essential for the future success of the human food chain and our survival as a species. Although guidelines, protocols, and legislation attempt to keep on top of the increased movement of animals across the planet, the size of the issue is immense. Above and beyond legal farms and markets, zoos and aquariums, there is also an illegal meat trade that has the potential to affect the situation significantly. For instance, some estimate that 5 tons of illegal bushmeat move through Paris' Roissy-Charles de Gaulle airport every week in personal luggage.

Early research into human to animal pathogens

The fact that diseases can pass from humans to animals is, perhaps, not such a surprise. An estimated 61.6 percent of human pathogens are regarded as multiple species pathogens and are able to infect a range of animals. Also, over 77 percent of pathogens that infect livestock are multiple species pathogens. Although investigating these interactions is not a new endeavor, interest in the field has grown and developed over recent years. One of the earliest studies demonstrating reverse zoonosis was conducted in 1988 and looked at dermatophytes - fungi that cause superficial infections of the skin, nails, and hair - including *Microsporum* and *Trichophyton*. The authors found that these fungi could be transmitted from animal to animal, human to human, animal to human, and human to animal. In the mid-1990s, focus moved from fungal reverse zoonoses to bacteria, such as methicillin-resistant *Staphylococcus aureus* (MRSA) and *Mycobacterium tuberculosis*. In the late 1990s, interest in viruses picked up, peaking during the 2009 H1N1 swine flu pandemic. From 2000, studies began to emerge investigating the ability of certain parasites to pass from human to animal, including *Giardia duodenalis* (the parasite responsible of giardiasis) and *Cryptosporidium parvum* (a microscopic parasite that causes the diarrheal disease cryptosporidiosis). Below, we outline a selection of pathogens that have been observed jumping the gap between human and animal.

Cats catching flu from humans

In 2009, the first recorded case of fatal human-to-cat transmission of the H1N1 flu virus occurred in Oregon. The owner of the cat had a severe case of influenza and had to be taken to the hospital. Her cat - an indoor cat with no exposure to other people or animals - later died of pneumonia caused by an H1N1 infection. Details of the case were published in the journal *Veterinary Pathology*. In 2011 and 2012, researchers identified more than 13 cats and one dog with pandemic H1N1 infection that appeared to have come from human contact. Interestingly, the animals' symptoms were similar to those experienced by human carriers - rapidly developing respiratory disease, a lack of appetite and, in some cases, death.

MRSA transferred from humans to their pets

MRSA is sometimes called a "superbug" because of its resilience to antibiotics. Infections caused by MRSA are notoriously difficult to treat and have the potential to be fatal. Although cases of MRSA in the U.S. appear to be declining, it is still a significant public health concern. A study, published in the journal *Veterinary Microbiology* in 2006, looked at MRSA in pets and its transmission between humans and animals. They concluded that: "Transmission of MRSA between humans and animals, in both directions, was suspected. MRSA appears to be an emerging veterinary and zoonotic pathogen." The paper mentions a specific case in which a couple was repeatedly infected with MRSA. The re-infections only stopped once their dog was identified as the source and treated. It is presumed that the dog was initially infected by the couple and then passed the infection back to them each time they had been successfully treated. With the inherent difficulties of treating MRSA, it is a genuine concern if animals - and particularly pets - are able to contract and transmit the pathogen. As the authors write: "The emergence of MRSA in household pets is of concern in terms of animal health, and perhaps more importantly, the potential for animals to act as sources of infection or colonization of human contacts."

Tuberculosis in a Yorkshire terrier

A paper, published in 2004, describes the case of a 3-year-old Yorkshire terrier who arrived at the University of Tennessee College of Veterinary Medicine with anorexia, vomiting, and a persistent cough. After running a barrage of tests - including, sadly, an eventual postmortem - the authors concluded that it had contracted tuberculosis (TB) (*Mycobacterium tuberculosis*). The dog's owner had been receiving treatment for TB for 6 months. This was the first documented transmission of TB from human to canine. Cats are also susceptible to TB, but they most commonly catch cattle TB (*M. bovis*) or, more rarely, a version of the disease carried by birds (*M. avium*). Dogs are not the only animals that can be affected by humanborne TB. There have been a number of documented cases of elephants contracting TB from humans, including three from an exotic animal farm in Illinois.



Fatal respiratory illnesses in chimpanzees

Of all the animals, gorillas and chimpanzees are perhaps most susceptible to human ailments, thanks to their similar genetic and physiological makeup. They are known to be vulnerable to a number of human diseases, including measles, pneumonia, influenza, a range of viruses, bacteria, and parasites. Due to poaching, habitat loss, wildlife parks, zoos, and bushmeat hunting, humans more frequently come into close proximity with primates. Because of this, cross-species transmission of diseases is becoming a pressing concern. In 2003, 2005, and 2006, outbreaks of fatal respiratory disease struck the wild chimpanzees at the Mahale Mountains National Park in Tanzania. Although measles and influenza were both considered, no evidence to support them as the cause could be found. Researchers analyzed stool samples from affected and nonaffected individuals, and they identified that a human-related metapneumovirus - a virus that causes an upper respiratory infection - was to blame. This dwindling population of chimpanzees was being decimated by a cold transferred to them by humans. Similarly, in 2009, an outbreak of human metapneumovirus infection in Chicago, IL, spread from infected zookeepers to a group of captive chimpanzees. All seven became ill, and one died as a result.

African painted dogs

African painted dogs are an endangered species of wild dog. As part of the conservation effort, a study published in 2010 investigated the parasites present in the species' feces. Infection by *Giardia duodenalis*, a parasite that lives in the small intestine, was found in 26 percent of wild animals and 62 percent of captive animals. Although common in domestic cats and dogs, *G. duodenalis* is not a parasite naturally found in African painted dogs. Additionally, the strains of parasite found in the dogs' feces were of a subtype commonly associated with humans, rather than the subtypes usually seen in pet dogs. Symptoms of the disease can include diarrhea, nausea, abdominal discomfort, and reduced appetite. The authors concluded that the parasites had entered the population from human-dog interactions and, from then on, were passed from dog to dog, becoming a new potential threat to their already uncertain future. Although research into reverse zoonosis is relatively scant, it is an important and urgent field of study. If human pathogens are able to infect other species, and these species are able to interact with humans and travel great distances, it is a pandemic waiting in the wings. We already know that the flu virus can mutate quickly, and by living in different species, it has the chance to change and mutate in ways that it could not in humans. As these pathogens change, they might become less dangerous to humans. On the other side of the coin, however, some might become increasingly deadly.



Acupuncture, the jury is still out on its merits

Submitted by: Prof. Mohamed Al-Hajjaj



Acupuncture is an age-old healing practice of traditional Chinese medicine in which thin needles are placed at specific points in the body. It's primarily used to relieve pain but also has been used to treat other conditions. More than 3 million Americans use acupuncture, but it is even more popular in other countries. In France, for eg. 1 in 5 people have tried acupuncture. Acupuncture seeks to release the flow of the body's vital energy or "chi" by stimulating points along 14 energy pathways. Scientists say the needles cause the body to release endorphins -- natural painkillers -- and may boost blood flow and change brain activity. Skeptics say acupuncture works only because people believe it will, an effect called the placebo effect. Acupuncture needles are very thin, and most people feel no pain or very little pain when they are inserted. They often say they feel energized or relaxed after the treatment. However, the needles can cause temporary soreness. Acupuncture is generally considered to be safe for children, as long as you are using a licensed practitioner who follows recommended standards of practice. It is primarily used to control pain or nausea and vomiting after surgery or cancer drug treatment. Scientific evidence does not support the use of acupuncture to treat attention deficit hyperactivity disorder. Because acupuncture rarely causes more than mild side effects, it is a potential alternative to pain medications or steroid treatments. It is also considered a "complementary" medicine that can be used along with other treatments. It is best to discuss the use of acupuncture with your health care provider. Although acupuncture is generally safe and serious problems are rare, there are some risks. Needles that are not sterile can cause infection. Make sure that your practitioner uses sterile needles that are thrown away after one use. In some acupuncture points, needles inserted too deeply can puncture the lungs or gallbladder or cause problems with your blood vessels. That is why it is important to use a practitioner who is well-trained in acupuncture. It is important to receive treatment from someone who has met standards for education and training in acupuncture. States vary in their licensing requirements. There are national organizations that maintain standards, such as the American Academy of Medical Acupuncture (a physician group) or the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Several other therapies use a different way of stimulating the acupuncture points. Moxibustion involves the burning of moxa, a bundle of dried mugwort and wormwood leaves, which can then be used to heat the acupuncture needles or warm the skin. Electroacupuncture adds electrical stimulation to the needles. Another recent variation uses laser needles that are placed on (but not in) the skin. If you are afraid of needles, you may be able to get much of the same effect from acupressure. Acupressure involves pressing or massaging the acupuncture points to stimulate energy pathways. Scientific comparisons of acupressure and acupuncture are limited, but acupressure has been shown to be effective in reducing nausea and lessening labor pain. In this ancient practice, very thin needles, heat, or pressure are put on points of your body. Research shows it boosts your immune system and releases natural painkillers. It may also curb side effects of cancer treatment like nausea, pain, fatigue, and anxiety. But don't skip doctor visits because you're getting acupuncture. In fact, make sure your doctor knows you're thinking about it before you try it. There can be side effects and in some cases, acupuncture isn't recommended.

Acupoint: Low-Back Pain

If standard treatments don't relieve your chronic low-back pain, acupuncture may do the job, and two respected medical groups suggest that people in this situation give it a try. One large study found that both actual and "fake" acupuncture worked better than conventional treatments for back pain that had lasted more than three months. The jury's still out on acupuncture for short-term (acute) pain in the low back.

Acupoint: Headaches

Acupuncture may help relieve migraines or tension headaches. Two large studies found that people receiving acupuncture had fewer days with tension headaches than those receiving conventional care.

Acupoint: Fibromyalgia

Studies that test how well acupuncture works against the pain of fibromyalgia have had mixed results. Some showed that it provided temporary pain relief, but others did not. A small study by the Mayo Clinic suggested that acupuncture may reduce two other problems of fibromyalgia: fatigue and anxiety. But overall, there's not enough evidence yet to prove that acupuncture works for fibromyalgia.

Acupoint: Arthritis Pain

Acupuncture can be a helpful addition to conventional treatment for osteoarthritis, says the National Institute of Arthritis and Musculoskeletal and Skin Diseases. And some of the most promising, early research has shown acupuncture eased arthritis pain in the knee. However, more research is needed to prove without a doubt that it's effective for osteoarthritis.

Acupoint: Carpal Tunnel Syndrome

Acupuncture was tested and compared with steroid pills for the hand and arm pain of carpal tunnel syndrome. Researchers in Taiwan gave one group eight acupuncture treatments, over about a month, and those patients reported more relief, for a longer time, than the group taking medicine. While studies like this have been promising, more evidence is still needed to confirm that acupuncture is effective for carpal tunnel syndrome.

Acupoint: Dental Pain

Acupuncture provides relief from the pain of tooth extraction or dental surgery, but so does fake acupuncture, some studies show. Still, dental pain is considered by many to be one of the conditions that respond to acupuncture.

Acupoint: Other Pain

People have tried acupuncture for neck pain, muscle pain, tennis elbow, and menstrual cramps, hoping to avoid medications and their side effects. The World Health Organization lists 28 different conditions that are sometimes treated with acupuncture. In the U.S., a review by the National Institutes of Health called for robust research to verify the promise that acupuncture holds for many different conditions.

A Boost for Pain Medicine

Acupuncture may provide added pain relief when it's used along with pain medicine or another therapy, such as massage. Acupuncture can reduce the need for drugs and improve the quality of life of people with chronic pain.

Acupoint: Nausea

Acupuncture at the pericardium (P6) acupuncture point on the wrist can reduce the symptoms of nausea and vomiting, even after cancer drug treatments or surgery. Studies compared 10 different acupuncture methods -- including needles, electrical stimulation, and acupressure -- to drugs that block nausea or vomiting and found the acupuncture treatments worked.

Acupuncture and Cancer Care

Because acupuncture can lessen pain, nausea, and vomiting, it is sometimes used to help people cope with symptoms of cancer or chemotherapy. It also can help manage hot flashes associated with breast cancer. Be sure to talk to your doctor first and seek a practitioner who has experience working with cancer patients.

Acupuncture and Fertility

Celebrities such as singers Celine Dion and Mariah Carey credited acupuncture -- used along with infertility treatments -- with helping them get pregnant. A review of medical studies backs up this view, suggesting that acupuncture may boost the effectiveness of fertility treatments. One theory holds that acupuncture helps by reducing stress and increasing blood flow to the ovaries.

Acupuncture to Quit Smoking?

Acupuncture has been used for a variety of other conditions, including smoking cessation, insomnia, fatigue, depression, and allergies. The evidence is mixed at best for some uses of acupuncture. For example, acupuncture needles placed in the outer ear to help people stop smoking do not work, studies found.

Who Shouldn't Use Acupuncture

People with bleeding disorders or who take blood thinners may have increased risk of bleeding. Electrical stimulation of the needles can cause problems for people with pacemakers or other electrical devices. Pregnant women should talk with their health care provider before having acupuncture. It's important not to skip conventional medical care or rely on acupuncture alone to treat diseases or severe pain.

What do you know about Chronic Fatigue Syndrome?



Submitted by: **Prof. Mohamed Al-Hajjaj**

Chronic fatigue syndrome (CFS, also called chronic fatigue immune dysfunction syndrome, or CFIDS) is a chronic disorder characterized by several debilitating conditions including severe fatigue. Other symptoms include weakness, impaired memory or concentration, insomnia, muscle pain, and fatigue following exertion that lasts more than 24 hours. The causes of CFS are unknown, and there is no specific test to diagnose the condition. It is diagnosed through exclusion, that is, ruling out other illnesses with similar symptoms.

What Is Chronic Fatigue Syndrome?

CFS can be difficult to diagnose, and also hard to define. In addition to prolonged fatigue, patients must have four or more of the following symptoms to be diagnosed with chronic fatigue syndrome: Impairment in short-term memory or concentration, Sore throat, Tender lymph nodes, Muscle pain, Joint pain without swelling or redness, Headaches of a new type, pattern, or severity, Unrefreshing sleep and Post-exertional malaise lasting more than 24 hours.

Similar Medical Conditions

Fatigue is a symptom that is often associated with many other medical conditions. Before being diagnosed with CFS, a doctor will often try to rule out: fibromyalgia syndrome, myalgic encephalomyelitis (ME), neurasthenia, multiple chemical sensitivities and chronic mononucleosis.

Other Conditions That May Cause Similar Symptoms

There are many other illnesses that are treatable that need to be ruled out to arrive at a diagnosis of CFS. It is possible to have these other conditions and also have CFS; if the conditions are treated and the patient still has chronic fatigue then CFS may be considered as a diagnosis. Conditions that can be treated that may have similar symptoms include: Hypothyroidism, Sleep apnea or narcolepsy, Major depressive disorders, bipolar affective disorders, schizophrenia, Eating disorders, Cancer, Autoimmune disease, Hormonal disorders, Sub-acute infections, Obesity, Alcohol/substance abuse, Vitamin D deficiency, Reactions to medications.

Other Commonly Observed Symptoms in CFS

There are a number of secondary symptoms that are also associated with CFS. Up to half of patients with CFS may experience symptoms including abdominal pain, alcohol intolerance, bloating, chest pain, chronic cough, diarrhea, dizziness, dry eyes or mouth, earaches, irregular heartbeat, jaw pain, morning stiffness, nausea, night sweats, psychological problems (depression, irritability, anxiety, panic attacks), shortness of breath, skin sensations, tingling sensations, and weight loss.

Prevalence of CFS

More than 1 million Americans have been diagnosed with CFS. Many others have symptoms of severe fatigue but do not meet the diagnostic criteria for CFS.

Risk Factors for CFS

People of all ethnicities and ages can develop CFS. Risk factors for developing CFS include: Female gender – women are four times more likely to develop CFS, Age: 40s and 50s and there may be a genetic link.

Diagnosis of CFS

There are no specific tests that will diagnose CFS. To complicate matters, patients often may not appear ill, and the disease may go into remission and then relapse. To make a diagnosis, a doctor will first rule out other conditions that have similar symptoms that can be tested for, including mononucleosis, Lyme disease, thyroid conditions, diabetes, multiple sclerosis, various cancers, depression, vitamin D deficiency, and bipolar disorder. The Centers for Disease Control (CDC) estimates fewer than 20% of people who have CFS are actually diagnosed.

Treatment of CFS

There is no cure for CFS, so treatment is aimed at managing symptoms. Treatment usually involves a combination of medication and lifestyle changes such as preventing overexertion, reducing stress, managing diet, and nutritional supplements. Physical therapy may also be recommended. It is believed that the earlier the diagnosis is made and the sooner treatment starts, the better the outcome will be for patients.

Recovery from CFS

CFS symptoms vary from patient to patient. Some people are severely disabled and unable to work or carry out daily activities. Others may be able to work while still experiencing symptoms. Some patients cycle through periods of relative wellness and periods of illness. The number of patients who recover from CFS is unknown, but management of symptoms early on seems to be associated with better outcomes.

Possible Causes of CFS

The causes of CFS are unknown. Causes may be infectious, physical, psychological, genetic, or environmental – or a combination of these factors.



Prepared by: **Dr. Sarra Shorbagi**

WONCA in brief

The World Organization of Family Doctors (WONCA) is a not-for-profit organization and was founded in 1972 by member organizations in 18 countries. WONCA now has 118 Member Organizations in 131 countries and territories with membership of about 500,000 family doctors and more than 90 per cent of the world's population. This includes eight organizations in collaborative relations with WONCA. There are some 21 members in the Academic membership category, which consists of Academic Departments of Family Medicine. Over 800 individual general practitioners and family physicians have chosen to join WONCA in their own right. Membership of WONCA.

The Mission of WONCA is to improve the quality of life of the peoples of the world through defining and promoting its values, including respect for universal human rights and including gender equity, and by fostering high standards of care in general practice/family medicine by:

- promoting personal, comprehensive and continuing care for the individual and the family in the context of the community and society;
 - promoting equity through the equitable treatment, inclusion and meaningful advancement of all groups of people, particularly women and girls, in the context of all health care and other societal initiatives;
 - encouraging and supporting the development of academic organizations of general practitioners/family physicians;
 - providing a forum for exchange of knowledge and information between Member Organizations and between general practitioners/family physicians;
 - representing the policies and the educational, research and service provision activities of general practitioners/family physicians to other world organizations and forums concerned with health and medical care.
-

WONCA Groups

WONCA has several Working Parties and Special Interest Groups (SIGs) that work between world council meetings to progress specific areas of interest to WONCA and its members around the globe. These groups comprise hundreds of family doctors who meet three yearly, sometimes more often, and in between work by correspondence. Over the years, they have carried out groundbreaking studies and research, and have produced a variety of important publications. If you are interested to Join these Working Parties and Special Interest Groups here is the link:

<http://www.globalfamilydoctor.com/groups.aspx>

WONCA Conferences

WONCA organizes several congresses in different region of the world. Recently, the fourth edition of World Organization of Family Doctors / East Mediterranean Region (WONCA EMR) congress for Family Medicine was held from 2nd to 4th March 2017 in Abu Dhabi, United Arab Emirates. WONCA EMR congress covered topics of significant importance to Family Medicine and Primary Healthcare professionals emphasizing issues specific to East Mediterranean Region. The congress provided a platform for networking with not only regional but international experts. It also boosted a huge number of abstracts that were presented in oral, poster and workshop formats.

University of Sharjah at WONCA EMR

The University of Sharjah participated in different ways at this conference. There were oral and poster presentations by faculty and students. <http://woncaemr2017.com/scientific-program/>



Featured Faculty– Recruitment

We welcome the following new faculty to our college:

Dr. Rifat Hamoudi, Ph.D, C.Eng, C.Sci is a multi and inter-disciplinary researcher with deep background and work experience that spans the fields of Medicine, Engineering and Computer Science. He started out as electronic engineer but moved into medical sciences. He has three different MSc degrees from the University of London in Biochemistry & Molecular Biology, Electronic & Medical Engineering and Computer Science respectively. He has a PhD from University of Cambridge in Pathology & Immunology.



He worked in cancer genetics at the Royal Marsden Hospital and Institute of Cancer Research, UK and was a member of the team that discovered BRCA2. Following the publishing of the human genome in 2001 he moved to work in molecular pathology establishing and applying novel wet methodologies, algorithms and software for molecular screening and personalised medicine, diagnostic and prognostic biomarker discoveries and understanding the molecular mechanism of various diseases with a view to identifying key therapeutic targets.

Prior to joining the University of Sharjah, Dr. Hamoudi was Associate Professor in Molecular and Computational Pathology at University College London (UCL), UK where he identified therapeutic targets using novel bioinformatics methods and used them in photo and sonodynamic therapy to address the problems of heterogeneity and clonal evolution in complex diseases such as cancer. This work led to a clinical trial using photochemical internalisation to treat various aggressive cancers, which was published in Lancet Oncology journal.

He has co-initiated the Personal Genome Project - UK with colleagues at UCL where he is the lead in software and algorithms development and has written many information management system software using various software engineering methodologies to collate, store clinico-pathology information and correlate that to multi-OMICs (genomics, transcriptomics and epigenetics) data.

Dr. Hamoudi is a Fellow of the Institute of Biomedical Sciences, Member of Pathological society, British Computer Society and Institute of Physics and Engineering in Medicine. He has Chartered Engineer and Chartered Scientist status. He has more than 100 publications in high impact journals including PNAS, Nature, Nature Genetics, Lancet, Science and Cell in areas spanning bioinformatics, cancer genetics and molecular pathology. He is on the editorial board of the Journal of Clinical & Medical Imaging and Journal of Translational Oncogenomics.

Dr. Hamoudi developed and lectured on various courses including biostatistics for engineers and scientists, surgical oncology, human genetics, biochemistry, clinical bioinformatics and molecular pathology. In addition, Dr. Hamoudi has developed many software products for various purposes including natural language processors, image analysis and computer vision and analysis next generation sequencing data.

In addition, Dr. Rifat is a Fellow of the Higher Education Academy and carried out research in Biomedical Education using interactive FLIP lectures implemented via software and IT systems to improve learning experience of students in various biomedical courses. Dr. Rifat aim is to implement some of the research mentioned above to augment and support existing research and teaching at University of Sharjah.

Dr. Rifat Hamoudi very recently published two papers on projects he was involved in. One was in Oncotarget journal where he used bioinformatics in a project that came to a dead end on oesophageal cancer and using in silico biology and software that he had written, he managed to identify a key early biomarker; MUC1 which turned out to be essential for oesophageal cancer development. The publication can be seen at: <https://www.ncbi.nlm.nih.gov/pubmed/28212575>

The second paper involved a project in which Dr. Rifat worked with medicinal chemists and medical physicists to develop a technique that can adaptively treat and cure aggressive prostate cancer models in mice. This work has produced extremely important insights into the immune response to therapy and he is following up this work now. PCI (Photo Chemical Internalization) is the only adaptive therapeutic technique for cancer and is probably the future of cancer therapy and in time he is aiming to introduce this at UoS to make it a leading institute for this kind of therapy. In addition to cancer, PDT and PCI has been shown to work on some inflammatory disease and has anti-microbial properties. The publication can be seen at: <https://www.ncbi.nlm.nih.gov/pubmed/28223166> and has University of Sharjah name as one of the affiliation.

Dr. Rifat's multi and interdisciplinary background is unique as it spans fields that are unrelated to each other. Please check <http://www.rifathamoudi.co.uk/> for more information on Dr. Rifat Hamoudi' work.

We welcome Dr. Rifat and wish him the best of luck!

Faculty & Staff Achievements, Awards and Special Recognition

Publications:

- **Professor Qutayba Hamid** and **Dr. Bassam Mahboub** recently had the following publication:
 - * Poon AH, Choy DF, Chouiali F, Ramakrishnan RK, Mahboub B, Audusseau S, Mogas A, Harris JM, Arron JR, Laprise C and Hamid Q (2017) Increased Autophagy-Related 5 Gene Expression Is Associated with Collagen Expression in the Airways of Refractory Asthmatics. *Front. Immunol.* 8:355. doi: 10.3389/fimmu.2017.00355

 - **Professor Salman Guraya** recently had the following publications:
 - * Guraya SY, Guraya SS. The confounding factors leading to plagiarism in academic writing and some suggested remedies: A systematic review. *J Pak Med Assoc* 2017; 67 (5): 767-772.
 - * Forgione A, Guraya SY. The cutting-edge training modalities and educational platforms for accredited surgical training: A systematic review. *Journal of Research in Medical Sciences.* 2017 Mar 1; 22(1).

 - **Dr. Rifat Hamoudi** recently had the following publications:
 - * Martinez de Pinillos Bayona, A., J. H. Woodhams, et al. (2017). "Efficacy of photochemical internalisation using disulfonated chlorin and porphyrin photosensitisers: An in vitro study in 2D and 3D prostate cancer models." *Cancer Letters* 393: 68-75.
 - * Adil Butt, M., Pye, H., Haidry, R., Oukrif, D., Khan, S., Puccio, I., Gandy, M., Reinert, H., Bloom, E., Rashid, M., Yahloglu, G., Deonarain, M., Hamoudi, R., Rodriguez-Justo, M., Novelli, M., & Lovat, L. (2017). Upregulation of mucin glycoprotein MUC1 in the progression to esophageal adenocarcinoma and therapeutic potential with a targeted photoactive antibody-drug conjugate. *Oncotarget* 5.

 - **Dr. Mohamed A Eladl** recently had the following article published:
 - * Mohamed Ahmed Eladl, Wael M Elsaed, Hoda Atef, Mohamed El-Sherbiny. "Ultrastructural changes and nestin expression accompanying compensatory renal growth after unilateral nephrectomy in adult rats" (2017). *international journal of nephrology and renovascular disease* 10: 61–76 https://www.dovepress.com/article_31458.t66116094
-

Conference Participation:

- **Prof. Nabil Suliman** participated in the 4th Wonca East Mediterranean Region Family Medicine Congress 2017 which was held between 2nd and 4th March 2017. Prof. Nabil gave an oral presentation entitled: **‘Ethical process approval in clinical research’**.
- **Dr. Bassam Mahboub** also participated at WONCA EMR 2017 by giving an oral presentation entitled: **‘Updates in Asthma Management’**.
- **Dr. Sarra Shorbagi** also participated at WONCA EMR 2017 with a poster presentation entitled: **‘Formative OSCE to enhance confidence of undergraduate medical students communication skills’**.



- **Mrs. Amal Hussein** was awarded “Best Paper Award” for her research paper titled **“Impact of Traffic Congestion on Drivers Commuting between Sharjah and Dubai Emirates”** that was presented at the Health and Environment Conference of Innovation Arabia 10 Congress held from 6th to 8th March 2017 in Dubai, UAE.



Sports Achievements

Dr. Anu Ranade, Dr. Mohamed Eladl, Mr. Nasser Zahra and our students **Ali Al-teneji, Abd ElRahman Ibrahim Mohamed Omara, Mohammed Adnan Al Kasabreh, Majd Al Deen Alhuarrat, Mohammed Mustafa Darwish, Abdelwahab Bashir Suleima** and **Musaab Abdulallahi Elimam** from the College of Medicine participated in “The first annual SHARJAH 10K OPEN RACE” organized by the Sharjah Sports Council, on the 16th of February 2017 to benefit the community of Sharjah.

Dr. Anu shared ‘Moving forward in the same direction, toward a similar goal. After all, runners and teachers both know that success ultimately develops from a state of mind that says anything is possible’.



Peer Pressure- the good kind



Student Corner

MSA General Assembly (February 15th 2017)

With the beginning of the new semester, the MSA held a general assembly to recognize the contributions of members and heads during the fall semester. Members and heads of the month for the months of October through December, as well as the committee and head of the semester, were all announced. In addition, members contributing to CREOMA, MSA's first magazine, were recognized. Finally, members played a fun game of charades, enjoyed some light snacks and were introduced to the plan for the current semester.

Members of the month – October/November



Members of the month - December



Heads of the month October: Farah Ghassan, November: Islam Masadeh , December: Enas Ayman



CREOMA Team

**Head of the semester –
Abdulla Al Alool**

**Committee of the semester –
Innovation and Creation**



Mental Illness... Hidden, but not Forgotten (March 7th 2017)

“Mental Illness... Hidden, but not Forgotten” was MSA’s biggest event of this semester. The event focused on raising awareness about mental health and fight the stigma that prevails over mental disorders. The event started off in Lecture Hall 029 with students sharing their experiences, first-hand or otherwise, as well as personal writings about common mental disorders. The presentations ranged from informative, to descriptive, to emotional, and finally to motivational. Students did a remarkable job getting messages across that resonate with the audience.



In addition, six booths were set up in the middle of M27, each providing a realistic experience to students and doctors how an individual mental disorder feels like. The mental disorders were depression, bipolar disorder, OCD, anxiety, schizophrenia and eating disorders. The booths offered drawings, games, videos and props in order to convey what a person with mental disorder experiences. The event was a huge success based on feedback from both faculty as well as students.



USDSA Medical Olympics (March 13th 2017)

The MSA took part in the Medical Olympics, a sporting event organized by the USDSA where all student associations in the medical campus competed head-to-head against one another. There were lots of activities: soap football, basketball, chess, volleyball, relay race and weight-lifting. At the end of the event, the MSA, representing the College of Medicine, came in 2nd place overall after College of Dentistry. Not a bad achievement by any means.



SCOME: Cancer Empathy Project

On 23rd February 2017, the SCOME group had the pleasure of visiting cancer patients in Dubai Hospital. The patients seen were geriatric patients. Most of the female cancer patients there suffered from breast cancer while most of the males had colon cancer. SCOME (Standing Committee On Medical Education) are a sub-group of the EMSS (Emirates Medical Students' Society).

A SCOME representative shared: 'Our aim was to cheer up those patients and give them hope. We were the ones who learnt from this experience, as we saw living proof of hope and commitment. We all enjoyed talking and listening to the patients. We hope to repeat this experience and encourage others to do the same.'

Our take home message was: 'no matter how good or bad you think your life is, wake up every day feeling thankful because someone, somewhere, is fighting to survive'.



On Sunday 5th of March 2017, a group of students helped organize an impactful event to our community, named Blood Drop. This Blood Donation Drive was supervised and supported by Sharjah Blood Transfusion and Research Centre along with the Ministry of Health. A total of 45 volunteers, including medical students from all 5 batches of the College of Medicine at the University of Sharjah, along with Dubai Medical College, Gulf Medical University and Medical Interns (who graduated from the University of Sharjah) were recruited by 3rd year students **Ziad Mahmoud El Menawy** and **Hussein Mohammed Resen**, who helped arrange, supervise and conduct the event in an organized and professional manner.

The event hosted 100 participants for donation, out of which 55 were eligible to donate their blood and help those in need. In addition, many of the faculty from the college took part in raising awareness to many students about the importance of blood donation and how many lives it saves annually. The event ensured that everyone who passed by and took part, not only donated blood, but went through the 'Education Zone' which aimed to educate the general public using posters and students to share their experience. People were informed about the different blood types, which types are eligible to donate blood, which are only allowed to receive, the dangers of wrong blood transfusion, needle stick injuries and its consequences on the health of an individual. Moreover, height, weight and blood pressure were measured for all individuals prior to their donation to make sure that all participants willing to donate blood are eligible to do so and following that a questionnaire was distributed to be answered by participants to confirm that no medical risks such as the recent use of antibiotics, anti-hypertensives, medical diseases are encountered before donation.

The event has no doubt fulfilled its expectations and was a great success to the University, the College and the community of the United Arab Emirates. Please also remember to donate blood on the World Blood Donor Day on the 14th of June. A single pint can save three lives. A single gesture can create a million smiles. Donate blood, it is a gift straight from your heart.



SCOME Debate

The 4th Annual Intercollegiate Debate was conducted on the 18th of March 2017 in University of Sharjah Medical Campus Lecture Hall 047 from 12pm - 4pm. This year saw the participation of many enthusiastic and talented debaters from the four medical colleges of the UAE. There were four judges - Dr.Samia Farghaly, Dr.Rafat El Awady, Dr.Amina Begum and Ahmed Nugud who evaluated the participants on their various debating skills including the presentation style, organisation of material, rebuttal and argument presentation.



The first round was between the students of Dubai Medical University and Ras Al Khaimah Medical and Health Sciences University, the topic being – “Is medical care still a service or has it become a business?” DMU students stood for the motion stating that yes medical care has become a business while RAKMHSU refuted this argument. Round 2 was between students of Gulf Medical University and University of Sharjah on the topic - “Is abortion justified in case of illness of the mother or child?” GMU students took the stand that abortion is justified in such cases whereas UOS stood against the motion. The first round ended up in a tie between the two universities and hence a tie-breaker round was conducted on the topic - “Attempts to radically extend human lifespan must be welcomed”. After a tough competition, DMU emerged as the winners of round 1. As for round 2, it was a clear and unparalleled win for the students of UOS.

The final round took place after a 45min break for the participants to prepare. The topic was - “Genetic Engineering: a blessing or a curse for mankind?” A coin toss was detrimental in deciding the supporting and opposing teams. DMU won the toss and chose to go for the motion that genetic engineering is a blessing. There was a head to head competition between both teams in the last round. The judges had a tough time marking both teams but as it's only possible to have one winner, a decision had to be made. The winner of the Intercollegiate Debate 2017 was University of Sharjah!! They beat the opposing team by 1 point, a very close finish indeed! The whole event was successfully conducted and both participants as well as attendees enjoyed it. There was a positive feedback from the judges and it is an event that everyone is looking forward to attending again in the coming year.



Student Awards

Year 5 student, **Shaikha Mohamed Alteneiji**, was selected for the Sharjah Award for Voluntary Work in the student category among the United Arab Emirates students. This award was presented under the auspices of **His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi**, Member of the Supreme Council, Ruler of Sharjah.



Student Debate

Year 3 students **Amal Alghefari**, **Sema Koruturk** and **Rand Jamal Wadi** represented the College of Medicine by participating in a debate held on the 1st of March 2017. The debate was organized by UNICEFF-PHE (Peer Health Educators for increasing awareness about HIV/AIDS among UOS students).

The debate was divided into two categories: pre-final and finals. The two topics in the pre-finals were: “Do companies have the right to layoff HIV+ employees?” and “Should governments identify HIV+ patients with a visible tattoo?”. The final debate was held between Colleges of Medicine and Dentistry teams and the topic was “Should the priority be on increasing funding on HIV Research vs HIV Awareness?” The Medical Students team came in first place, and they received certificates and trophies for their outstanding participation.



Student Conference Participation

Year 4 student **Ahmad Osama** gave an oral presentation entitled ‘**Knowledge and Awareness about Cervical Cancer Vaccine (HPV) Among Parents in Sharjah**’ at the **4th International Family Medicine Conference and Exhibition** in Dubai, UAE on 17th March 2017.

He also gave an oral presentation at the **Hamdan Innovation Arabia Annual Congress 10** in Dubai, UAE on the 18th March 2017.

The presentation was on the community based research (CBR) project the students conducted in 2015. The other students involved in this project are: **Shaymaa Ghazal, Juman Adnan Babi, Ranya Haidar Alkhafaji** and **Mohamed Mohsen El-Mekresh**. The students are supervised by: **Hiba Barqawi** and **Amal Hussein**.



جامعة حمدان بن محمد الذكية
Hamdan Bin Mohammed Smart University

8 March 2017

1:30 PM – 3:00 PM

Room: Orion

Chair: Prof. Adi Arida

Uche Nwabueze

The Fiction of TQM Implementation in Healthcare Organizations

Satish Chandrasekhar Nair, Farida Almarzooqi and Aisha Al Khamiri

Medical Residency Research Perceptions: A Cross-Sectional Study Within Abu Dhabi Health Services Company (SEHA) Residency Centers in United Arab Emirates (UAE)

Virtual

Abdul Qureshi

A Customized Change Management Process System in the Health Care Industry

Amal Hussein

Impact of Traffic Congestion on Drivers Commuting Between Sharjah and Dubai Emirates

Virtual

Leugim Suriba

A Capstone Project: “One-System-Network” of an Electronic Health Record Smartphone app

Erick Calvo, Mario Ferrer and Ricardo Santa

drivers of hospital safety culture quality in emerging economies: the case of colombia

Ahmad Saqer, Shaymaa Ghazal and Hiba Barqawi

Knowledge and Awareness about Cervical Cancer Vaccine (HPV) Among Parents in Sharjah



Year 3 students **Abdulla Alalool, Basil Yahia, Haya Mohammed, Reham Nabil and Rawan Majdalawi** presented their poster ‘**Traffic Congestion and long driving hours: impact on stress, physical and emotional health among drivers in Sharjah**’ at the 7th Emirates Diabetes and Endocrine Conference in Dubai from the 16th-18th February 2017. The students were supervised by: **Dr. Anu Ranade and Amal Hussein.**



Year 3 students **Amena Abbara, Obaida Adi, Ranya Al Jumaily, and Rawan Mohamad** presented their poster ‘**Sleep Patterns & Disturbances Among Secondary School Students in Sharjah, UAE**’ at the Gulf Thoracic Congress 2017 in Dubai from the 15th to 18th of March 2017. The students were supervised by: **Dr. Adel Elmoselhi and Amal Hussein.**



Events-

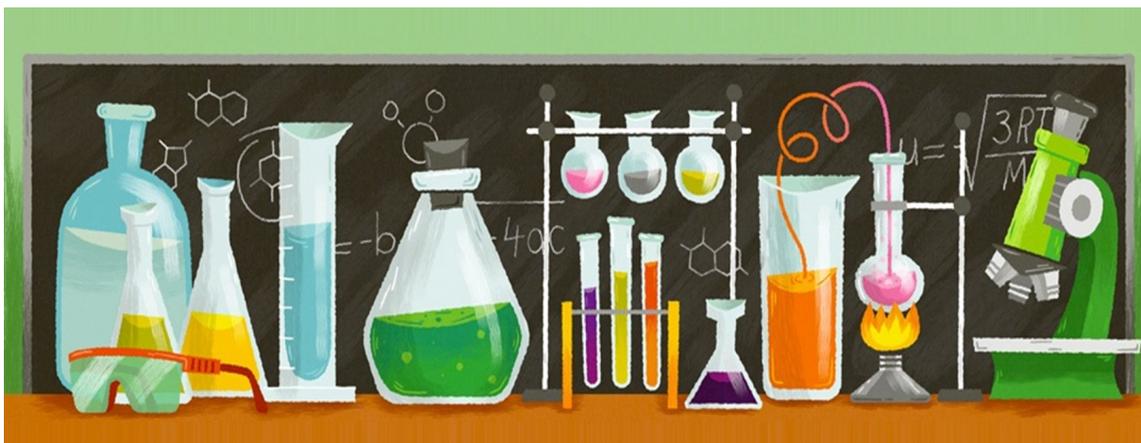
Journal Club:

The College of Medicine is resuming the COM Journal Club (JC) Presentations Series. The JC is a monthly activity for the faculty members of the COM who are all welcome to participate by giving a monthly oral presentation.

On Monday 20th March 2017, **Dr. Mohammad Al Bataineh** reviewed an interesting and important article titled “A member of the gut mycobiota modulates host purine metabolism exacerbating colitis in mice”. The next journal club meeting will take place on the 24th April 2017 where **Dr. Ibrahim Eltayeb** will review and discuss a paper. The activities of the COM JC are coordinated by **Dr. Bashair Mussa**.

Research Week:

Under the Patronage of **Professor. Hamid M.K. Al-Naimiy**, Chancellor of University of Sharjah, the University of Sharjah is pleased to announce “**The 2nd Student-Based Research Week**” which will be held at the College of Medicine at the University of Sharjah from 16th – 20th of April 2017. The sessions are open to all faculty, researchers and students. The opening ceremony will be held on Sunday 16th of April 2017 at 9:00 am in Al Razi Hall (M24) in the Medical and Health Science Campus.

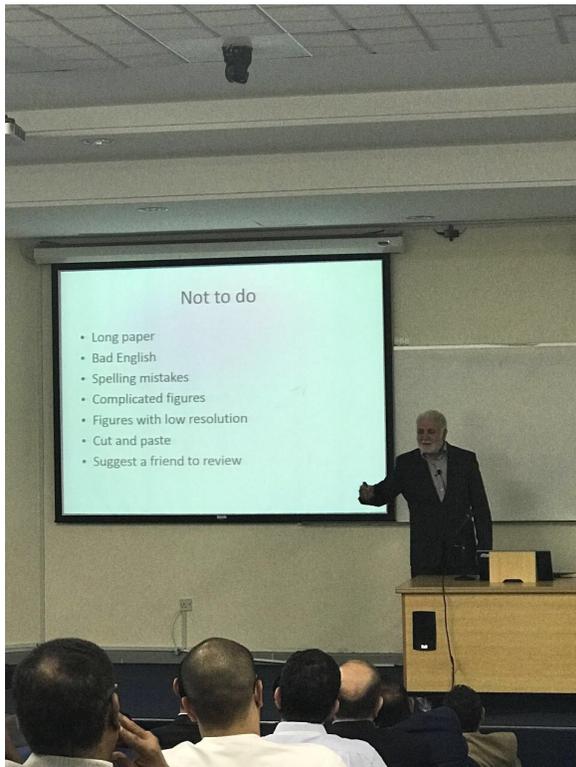


Research Seminar:

The College of Medicine Research Seminar was held on Saturday 18th March 2017 from 9am to 3pm in M27-029. Various internal and external speakers, including our dean **Prof. Qutayba Hamid**, gave interesting and enlightening talks and the feedback from the event was very positive.

Topics discussed at the seminar included:

- Overview on Research and Medical Writing
- Selecting your Research Project
- Study Design
- Writing the Proposal
- Ethical issues & IRB requirements
- Rules and Regulations for IRB in UOS
- Getting your Grant Request Accepted
- Statistical Analysis
- Writing the Manuscript
- Choosing the Journal



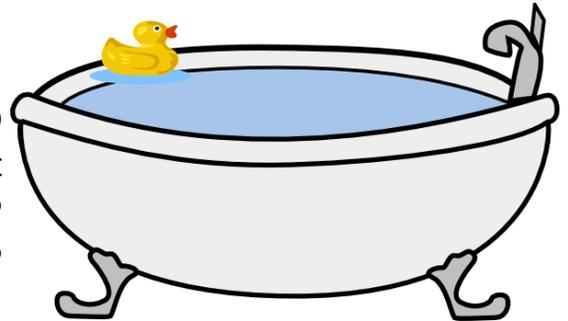
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regarding this newsletter or
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improvement please
contact the Editor
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[Ext: 7268](tel:7268)

Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Prof. Mohamed Al-Hajjaj**

Why You Should Be Taking More Baths

There's no problem a bath can't solve. I turn to my tub on a regular basis to cure whatever ails me. Long day at work? Hop in the bath. Feeling sore from a workout? Hop in the bath. Nothing you want to watch on Netflix? Hop in the bath.



In fact, evening baths help me solve problems before I have them. I consider them preemptive mental health care because they help me make time for myself and my thoughts, in a world where daydreaming gets pushed aside.

Scrolling through our Facebook feeds or work email has replaced staring out into space and passively processing our thoughts while we wait in line or take the bus.

Stepping into a tub of hot water and smartphone danger zone requires you to put the distractions aside and just zone out. You'll be surprised how your mind wanders to creative and productive places.

Screen time before bed is a well-known bad habit negatively impacting sleep. But it's often hard to just stop a bad habit without replacing it with something more constructive.

So take it from me and work a pre-bedtime - and post phone time - bath into your routine. As the water fills the tub, do your final email check, set your alarm, and don't look back.

Source: MSNcom
