



NEWSLETTER



COLLEGE NEWS

FACULTY & STUDENTS
ACHIEVEMENTS

MSA EVENTS



R & D



UOSMUN



PAC CORNER



RECOMMENDATIONS

Editor : Hiba Jawdat Barqawi

DEAN'S MESSAGE OF THE MONTH



I would like to wish the rulers, residents, students, staff and all people of the UAE a happy and prosperous 47th National Day. I am very pleased with the success of the Emirati-German conference that was held under the patronage of His Highness Sheikh Dr. Sultan Bin Mohammed Al Qassimi and I would like to thank all of you for helping to make this conference a success and I look forward to future conferences and collaborations between our University and other universities. We recently had visits from Kiel University in Germany and the University of Birmingham in England to discuss collaboration with them. Hoping this opens the door for great achievements in the field of medicine. Last month, many events took place at the College of Medicine. Our faculty were busy teaching, attending meetings, revising the curriculum and preparing for examinations. Many grants deadlines were met by an increasing number of applications from faculty and students. I would like to congratulate the faculty members in our college who were recipients of the AlJalila Grant and Hamdan Medical Award Grant. This is a great achievement and a well-deserved reward for the hard work, dedication and enthusiasm of the applicants. Our students kept busy, not only with studying, but also with activities outside their curriculum, in and outside the university. Some students attended scientific meetings and competitions. They have represented the university and college very well and won a number of prizes. I would like to take the opportunity to wish our students the best of luck in their upcoming examinations. I would also like to thank the faculty and supporting staff for their efforts in preparing and conducting the exams.



COLLEGE NEWS

6th Emirati German Conference

Under the patronage of His Highness Sheikh Dr. Sultan bin Mohammed Al Qasimi, Member of the Supreme Council, Ruler of Sharjah, and President of the University of Sharjah, the University held the international conferences: "The 2nd International Conference of Pharmacy & Medicine" and "The 6th Emirati-German Congress in Medicine" from November 18th – 21st. These conferences were held in collaboration with Lübeck University in Germany, BG Hospital Hamburg, and a number of health institutions in the UAE.

The combined conferences highlight significant issues and topics in the medical and health fields as well as the most advanced medical, dental, pharmaceutical, and nursing practices, techniques, and devices for treating illnesses. The conferences feature 30 international scientists, medical practitioners, and pharmacists as speakers from a number of countries. Five main programs ran simultaneously: the Academic Medicine Program, the Clinical Medicine Program, the Dental Medicine Program, the Pharmacy Program, and the Nursing Program.

The conferences also held 10 workshops conducted by scientists and experts from within the University of Sharjah and abroad as well as a student research posters competition.

Special thanks goes to the faculty, staff, and student volunteers from the College of Medicine



who assisted in making this event a great success; Prof. Salman Guraya, Prof. Azzam Magazachi, Dr. Nihar Dash, Dr. Jibrán Sualeh Muhammad, Dr. Jalal Taneera, Dr. Khuloud Bajbouj, Dr. Mohammed Al Bataineh, Dr. Hiba Barqawi, Asma Al Falasi, and Joyce D'Souza.

2nd Alumni Gathering

The 2nd alumni gathering took place on the 24th November 2018 at the Medical Campus, University of Sharjah. The event provided an opportunity for the alumni to visit their old home and refresh their memories by meeting with their former mates and instructors.



The event launched with a welcome from the Dean of the College of Medicine, Prof. Qutayba Hamid. After that, the audience were jubilant by the alumni reunion speech words, which was written by Dr. Abdulrahman Awadhi and presented by Dr. Arab Mousa.

The event included lunch and other various activities such as graduates' sharing experience session and fun games.

The alumni also discussed a few improvements to advance the MBBS program. Dr. Mohamed Elhasan, the curriculum committee chair, had reassured the alumni that all their points will be considered as well as updated them about all what has been implemented so far.



This event was organised by Dr. Samrein Ahmed. Special thanks goes to Muneera Alassaf, Asma Alfalasi and Fairouz Hussien; the following students also helped in the event planning and execution: Hazem Taifour, Fadi AlSayegh, Salma Moustafa, Zaina Mashaal, Mohamed Monif and Ramy Amr.

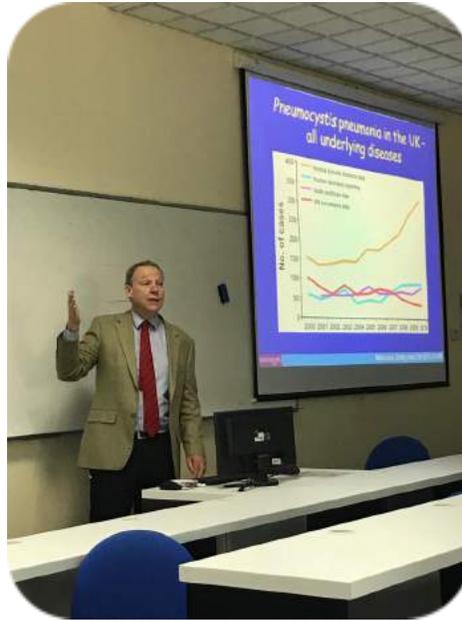




Hamdan Award

Congratulations to Professor Qutayba Hamid Al-Heily on being awarded the Hamdan Award for honouring distinguished personalities from the Arab World. The 10th award ceremony will be held on the 12th of December 2018 at Dubai World Trade Center.

The Clinical Sciences Seminar



The Clinical Sciences Seminar was held on the 7th of November 2018 at the College of Medicine. This event is held monthly, organized by the Clinical Sciences Department. The coordinator of this event is: Hiba Barqawi. The main purpose of this event is to bring in speakers from different fields to talk to a broad audience on their field of expertise. This event is open to faculty, staff and

students from any of the Colleges of Medicine, Dentistry, Pharmacy and Health Sciences as well as the University Hospital Sharjah staff and researchers from SIMR.

Dr. David Denning, Professor of Infectious diseases in Global Health at the University of Manchester, gave a talk entitled: 'Recent Major Improvements in the Diagnosis of Fungal Diseases'



The University Of Sharjah And University Of Birmingham Explore Possible Cooperation In The Fields Of Medicine, Dental Medicine, And Physiotherapy



Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, received a delegation from the University of Birmingham, United Kingdom, with the aim of exploring areas of possible cooperation between both parties and the latter's branch in Dubai in the fields of medicine, dental medicine, and physiotherapy. Prof. Qutayba Hamid Al Heialy, Vice Chancellor for Medical Colleges and Health Sciences and Dean of College of Medicine, attended the meeting along with Prof. Hien Chi Ngo, Dean of the College of Dental Medicine, and Prof. Salah Abu Snana, Senior Consultant Diabetologist and Endocrinologist at the University of Sharjah Hospital.

The University of Birmingham's delegation included Prof. John Corneau, Director of Education for the Schools of Medicine and Dentistry, Prof. Damien Wimsley, Director of the International

Relations Office, and Prof. Glyn Watson, Pro-Vice-Chancellor, Dubai Campus.

Prof. Hamid started the meeting by welcoming the delegation and giving them a brief about the University of Sharjah since its establishment by His Highness Sheikh Dr. Sultan bin Mohammed Al Qasimi, Member of the Supreme Council, Ruler of Sharjah, and President of the University of Sharjah. He also discussed His Highness' role in its advancement through signing a number of international cooperation agreements with prestigious scientific institutions. He then presented the scientific programs offered at the University and the most significant developments of the University in terms of new programs that combine different fields that meet the requirements of the modern period. He then talked about the Medical Campus at the University which includes the Colleges of Medicine, Dental Medicine, Health Sciences, Pharmacy, and the medical research laboratories and library. His Excellency also gave an overview of the University's Clinical and Surgical Training Center (CSTC), the University's Hospital and Dental Hospital, and the research institutes and centers. All of this makes the University's Medical Campus, he added, one of the largest in the region.

During the visit, the delegation held a number of meetings to explore areas of cooperation in various fields. They met with Prof. Qutayba Hamid to discuss cooperation in the medical field in programs such as student and faculty exchange for short internship periods, and double-degree programs in health sciences especially and possibility of expanding them to other Colleges. The delegation then visited the Colleges of Dental Medicine and Medicine as well as their accompanying facilities at the University. They also made a stop at the University's Hospital and Dental Hospital and the CSTC.

The delegation also held a number of intensive meetings with College Deans such as Prof. Hien Chi Ngo, Dean of the College of Dental Medicine; Prof. Ayman Noreddin, Dean of the College of Pharmacy; Dr. Amina Mohammed Almarzouqi, Acting Dean of the College of Health Sciences; Prof. Raafat El-Awady, Dean of the College of Graduate Studies; as well as a number of researchers from the University's Research Institute of Medical & Health Sciences. These meetings count as the first of many future meetings that aim to start cooperation between both parties following the signing of a joint cooperation agreement.



VIRAL NEWS

Stanford Chemists Develop a New Way To Treat Potentially Deadly Antibiotic-Resistant Infections

Submitted by: Dr. Mohammed Al Bataineh

With drug-resistant infections on the rise and the development of new antibiotics on the decline, the world could use a new strategy in the fight against increasingly wily bacteria. Now, Stanford chemists report November 2 in the *Journal of the American Chemical Society* a possible solution: a small molecular attachment that helps conventional antibiotics penetrate and destroy their targets. A scanning electron microscope image shows several *Staphylococcus aureus* bacteria cells as they divide. Stanford chemists have devised a new way to attack a particularly hard-to-kill form of the bacteria, known as MRSA. The attachment, known as r8, helps guide antibiotics through a bacterium's outer defenses and encourages them to linger. That penetration and tenacity help kill bacteria, such as methicillin-resistant *Staphylococcus aureus*, or MRSA, that doctors would otherwise struggle to stop. Indeed, adding r8 to vancomycin, a first-line defense against MRSA, made the new drug hundreds of times more effective, according to experiments. The same strategy, the researchers believe, could apply beyond MRSA to other drugs and infections.

The MRSA problem

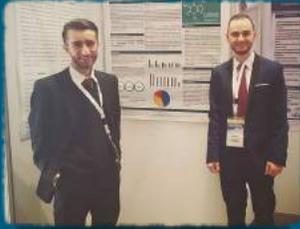
In the long run, the new approach could be good news for public health officials who have struggled with how to deal with antibiotic-resistant infections like MRSA. MRSA, which often begins on the skin, causes more than half of hospital-related infections in Asia and the Americas, and it is the leading cause of death among antibiotic-resistant infections. According to one report, the number of new FDA-approved antibiotics dropped 90 percent over the last three decades. The current first-line treatment for MRSA has been in use since 1958. That first-line treatment, the antibiotic vancomycin, can keep MRSA from spreading in some cases by preventing the construction of new bacterial cell walls, thus preventing the bacteria from reproducing. But vancomycin is largely useless against two of the bacteria's key defenses. First, MRSA has a tendency to form biofilms, colonies of the bacteria embedded within a protective membrane that drugs have a hard time penetrating. Second, MRSA bacteria can lie dormant for extended periods, during which time vancomycin doesn't work – meaning doctors need an antibiotic that can stick around until MRSA bacteria start to wake up.

Antibiotic siege tactics

The solution lies not in designing an antibiotic from the ground up, but rather in modifying vancomycin with r8 to help it break into a biofilm and stick around long enough to attack cells once they awaken. To test vancomycin with the attached r8, dubbed V-r8, the team pitted both it and vancomycin against MRSA in a free-floating state and in biofilms. When bacteria were floating around freely in a liquid, both vancomycin and V-r8 were able to kill off most of the bacteria. But in biofilms, V-r8 was around 10 times more effective, demonstrating that it could penetrate a biofilm and kill bacteria inside. V-r8 also clung to MRSA bacteria twice as well as vancomycin and was vastly more effective at entering MRSA cells, suggesting it could hang around long enough to kill dormant cells. Those experiments, however, were all conducted in lab dishes. To see how V-r8 would do in a real infection, the team treated mice infected with MRSA with both V-r8 and vancomycin. The new version, they found, killed about 97 percent of bacteria after five hours, about six times more effective than vancomycin without the r8 attachment. The results do not mean that a new antibiotic is headed straight to the clinic, even for testing – that is likely still years away. Still, Wender said, they do suggest a new way to build antibiotics: by modifying existing antibiotics with synthetic components to give them new abilities, such as the capacity to break through biofilms. The team next intends to test the drug-modifying strategy in other bacteria in the hope of finding similar results and a way forward in dealing with antibiotic resistance.

Source: **Stanford News**

*Student
Achievements,
Awards and Special
Recognition*



**Mohammad Bakri
Hammami**

Obaida Mukbles Adi

Supervisor: Dr. Amer Hashem Al Ani (SKMC
hospital, General surgery department)

Published two papers :

A Foreign Body in Inguinal
Canal: A case report

<https://www.ncbi.nlm.nih.gov/pubmed/30199732>

<https://doi.org/10.1016/j.ijscr.2018.08.026>

International Journal of
Surgical case reports

Retained Surgical Items in
inguinal canal: A case re-
port and review of litera-
ture

<https://www.id-press.eu/mjms/article/view/oamjms.2018.377>

<https://doi.org/10.3889/oamjms.2018.377>

Open Access Macedonian
Journal of Medical sciences

STUDENTS CORNER

EEG

International college-Inter Environmental Public Speaking Competition

The 18th International Intercollege Environmental Public Speaking Competition, organized by the Emirates Environmental Group, was held on the 27th and 28th of November 2018. Two teams representing the College of Medicine fought to win against more than 500 contestants from local and international universities.



The Pre-Clinical Science group consisted of the following Year Three students: Abdulla Nidal, Dua'a AlNusairat, Rushud AlAni, Saryia Adra and Shahid Khalil under the supervision of Dr. Hiba Barqawi. The topic at hand was the Future of Agriculture in the Middle East, which they covered in a faultless video and an immaculate speech eloquently delivered by Rushud AlAni.

On the other hand, the topic "Impact of Wars on Agriculture in the Middle East" was tackled by Fatima Taha, Yazan Wardeh and Ghida Maswadah, from the Clinical Sciences. Utilising a soul-stirring video and an awe-inspiring speech they delivered their topic seamlessly. These 4th year medical students were given great support from kind and precious souls from their batch: Alya Zailaie, Hamza Shapsough, Khaled Al Sayed and Najiba Saleh.



Both groups proudly secured 4th place in their respective categories, making the University of Sharjah's Medical College shine bright in yet another competition. Both teams have expressed their willingness to compete in next year's iteration of this competition, hoping for the first place.

University Programming Contest



Every year, the Computer Science department holds a programming contest for the entire university where students go head-to-head, fighting for the top spot.

This year, it was a year 1, Kamel Samara, who ended up winning the first-place award!

The competition was held on the 11th of November from 8 AM to 4 PM. It was open to students from all the departments and participants ranged from computer engineers to biotechnology majors. The contest involved ten problems to be solved by the participants. The problems challenged the participants in many programming paradigms and constructs like graphs and dynamic programming.

The average number of questions solved per contestant was around two and a half from ten. The top five programmers were awarded. Kamel Samara ended up solving seven out of the ten questions.

Additionally, the university sent three teams to the Gulf Programming Contest in May. Where teams from all across the Gulf come to participate the team from the University of Sharjah (with Kamel on it) managed to snatch the third place. He hopes that he will redeem himself this year and is aiming for the top spot!

Volunteering Dubai's Care



For the 15th edition of Dubai Cares' Volunteer Emirates 2018, the latest volunteering opportunity took place on Saturday, 24 November at

Gulf Model School. The goal was to renovate the school, assemble 1,000 student chairs and desks, provide cupboards, draw educational murals across corridors, and provide new books and playground toys.

As soon as we arrived, roles were assigned for each one of us for better time management and team work.

Out of the previous events I was a part of, this event was inspiring on so many levels. 200 volunteers from different backgrounds and ages came together to create a better learning experience for students. Such experiences leave a huge impact on volunteers by giving a sense of accomplishment, therefore encouraging future participation.

As medical students, extending a helping hand should not wait till we become doctors.



PHTT experience – *Shahed Alzaghari*



“I loved clinical practice, but in public health, you can impact more than one person at a time. The whole society is your patient.”

Public Health Think Tank is an annual initiative to increase awareness about public health in the UAE, and this year’s theme was cardiovascular diseases. Students from all majors enrolled in national universities submitted their applications online, and the fifty that were selected were placed in random groups for the event that took place in NYU Abu Dhabi on November 2nd and 3rd. Shahed Alzaghari, a third-year student under the supervision of Dr. Basema Saddik, was one of the participants, and after meeting with her group members on the first day, the teams were asked to come up with ideas to increase public awareness and spread knowledge about preventive measures. The teams presented them on the next day to a panel of judges, where Shahed and her group won first place for their peer-to-peer project, *Tarabut*. “Our idea came from the belief that the earlier people are educated about health issues, the more likely they are to follow a healthier lifestyle as they grow older. The project name, *Tarabut*, is descriptive of how we planned our project to be carried out; first by training a group of high school and university student volunteers in giving interactive health talks, and then giving those talks to younger school students in community schools.” The project is currently in implementation stage, and its details are on the PHTT website.





MSA

Lé Mural



The MSA was founded to bring forth the creativity in the students, to give them a stage where they can express themselves, and to empower them. As such the MSA used this platform to prove that the character of a

medical student goes deeper than their books, that their hobbies extend miles further than writing notes, and their innovative minds do not wane in the face of relentless studies.

Colours have the power to touch the untouchable, to shape behaviour and alter environments. It possesses the ability to make a college building seem like a place of tranquility. Aside from the aesthetic addition to the campus, MSA hoped for the mural to be the embodiment of students' vision in this college, making it the canvas for the coming generations to depict aspects of their journey for the world to see.

Special thanks to: Mennatollah Emam (Head of the Innovative Committee), Moh'd Ghaith Alwawi (Y1), Fatima Al Khateeb (Y3), Heba Awad Alkhalaf (Y1), Hajir Ahmed Saeed (Y1) and to everyone who contributed to make this dream reality.



Colourblindness (*Life in the Eyes of Another*)

Innovation committee



Colour is yet another aspect of our senses that we habitually take for granted: to us, tomatoes are red, and cucumbers have always been green. We often

tend to forget that our world's vivid, vibrant hues may be dampened in the eyes of those whose vision is confined by the shackles of dullness.

In a remarkable tribute to its name, the Innovation Committee held the Colour Blindness event on the 6th of November. The event's main attraction was the hand-drawn maze that showcased the talents of the committee members and cleverly portrayed a typical day's happenings through



the eyes of the colourblind. This was followed by an information corner briefing the event-goers about this phenomenon, as well as animated booths where they played games, guessed



celebrities, and did the colorblindness test. Finally, the students enjoyed a variety of refreshments and fresh juices that matched the chromatic cheer of the event.



Manzil Visit

Community Committee



The community committee visited Manzil Centre for People with Disabilities in order to give and alleviate some of the burden that they are going through on a daily basis. Members of the committee went there to aid in the preparation for

their candy-themed carnival which took place on the 29th of No-



vember. Additionally, members were responsible for setting up games and performing a short musical play for the children.



Football Tournament - Day 2

Social committee

TEAMS	M	W	D	L	G	+/-	PTS.
Year 4/5	4	3	1	0	11	6	10
Doctors	3	2	1	0	6	2	7
Year 2A	2	1	1	0	5	2	4
Year 2B	3	1	0	2	5	-1	3
Year 1A	3	1	0	2	10	-2	3
Year 1B	3	1	0	2	8	-2	3
Year 3	3	1	1	2	6	-3	1
Foundation	1	0	0	1	0	-2	0

Medical Olympics

Social committee



Wednesday, the 22nd of November marked a historical event; The Medical Olympics held by the MSA's Social Committee. Everyone paraded their competitiveness

and good spirit, embarking on a colossal journey. Different teams from different colleges competed in various sport events which included foosball, volleyball, basketball and an epic weight lifting competition.



The results were too close to call and we were all on edge awaiting the winner. The win was well deserved and was rewarded marking the end of an incredibly memorable

day.

Special thanks to the heads: Homam AlAnees, Imad Dalla and the Social Committee.



Al Zuhour School Visit

Community Committee

In the last year of high school students



are often indecisive and facing a nerve-racking transition into university life. In an initiative to clarify some of those doubts, a group of our students paid the seniors at Al-Zuhour School a visit and gave them a presentation about the medical college at the



University of Sharjah. It included a

glance at the curriculum, college facilities, research center and extra-curricular activities. Following that they answered their inquiries in a peer-to-peer manner.





UOSMUN

The University of Sharjah Model United Nations Society (UOSMUN) has joined the American University of



Sharjah Model Congress (AUSMC) on the 15-17th of November. The UOSMUN delegation consisted of 4 students from different colleges and majors who represented UOS in the conference and discussed multiple important international issues that impact our societies today. Several topics were on the table including the Iraq invasion and the border wall of the United states with Mexico among several other. Moreover, one of our esteemed members,

Kamel Samara from the College of Medicine joined as a moderator and an organizer. The passion UOSMUN members have for debating, international relations and the will to make a change, even if minute, is what drives UOSMUN to participate in conferences, train the members and hopefully, host our very own UOSMUN conference in the future. The UOS delegation exceeded all expectations and received an award for the great contribution by Assad Asil from the International Relations College in UOS. Not to mention our other members who joined including Fatima and Mahra mohammad from the International Relations Department as well as Sara Mahmoud from the College of Pharmacy.



UOSMUN looks forward for new applicants and welcomes any newcomers. They are also aiming on joining other MUNs in the UAE and abroad and perhaps holding their very own UOSMUN conference in 2019!

For more information, follow their social media accounts:

Twitter: @UOSModelUN

Snapchat: UOSMUN

Instagram: UOSMUN

Or email: registration.uosmun@gmail.com



R & D

Literature Review & Referencing

A series of educational research workshops were launched off this year under the research committee of the Research and Development Association. The manager of UOS libraries, Mrs. Nadia Masoud, presented the first workshop on the 6th of November, titled "Literature Search and Art of Referencing". It was conducted in the computer lab where the students had hands-on practice with searching through databases, using citation managers, and learning how to find valid and reliable literature under Mrs. Nadia's supervision.

Mobile Clinic School Event

Volunteering impacts the lives of many people, not least of which is yours. It is a way to gain experience, give back to the society and build relationships with people you'd have never met in your life.



"Personally, I volunteered on multiple occasions with children in various events both locally and abroad, and I constantly find myself fascinated with their striking individuality; how every child is different in their thoughts, experiences, ambitions, and emotions" said Mohammad Bakri. He recalls that the most shocking statements always come from the quiet ones. A few that come to mind "how many people died in your hands doctor?" "Mama you are dead I can't hear your heartbeats!" "what is it like to cut someone's belly? Do you feel sad for them?"

Thanks to the supervision and contribution of Dr. Mohammad Al Bataineh, the Research and Development Association paid a visit to the Sharjah English School to teach elementary school kids some basic medical information and introduce them to the medical profession in a simple, easy and illustrative way.

The event started with a short presentation about the role and importance of doctors, and attempted to, in simple terms, explain what it is like to be a doctor. The students were divided into different groups introducing them to basic medical equipment, along with a short tour of the mobile clinic.



World Diabetes Day

In observation of the World Diabetes Day occurring on the 14th of November of every year, the Research & Development Association, under the guidance of Prof. Nabil Sulaiman, organized an event



on campus in an effort to raise awareness about diabetes and its widespread burden on public health, especially in the UAE.

The event was predominantly located in front of the main building (M25), where multiple booths were set up to tackle different aspects of the disease; some explained various ways to diagnose diabetes in its earliest stages, some shed light on how to properly follow it up, and others demonstrated the possible complications of

the condition along with its unfortunate outcomes if poorly controlled. The booths were very interactive, particularly those which were made in a game format to attract attendees and ensure maximal benefit.

The mobile clinic was also present at the event, with students in charge of measuring height and weight, calculating BMIs, measuring blood pressure, measuring blood glucose levels, and providing general health advice to attendees. The presence of the mobile clinic at the event served to illustrate the important responsibility which medical students have of screening the public for diabetes and other components of the metabolic syndrome.



The main attraction of the event was the planned walkathon at the end, kicking off in front of M25 and going all around the medical campus. The walkathon witnessed a large number of attendees, both students and beloved faculty members, all walking together in unity while chanting words of enthusiasm about beating diabetes and preventing its spread.

At the end of the walkathon, the participants were offered refreshing sugar-free juices as well as diabetic-friendly snacks in order to replenish their energy after an exhausting but ultimately rewarding walk.





Islam Adel Masadeh,

Year 5

***Vice President of PAC, 2018-
2019***

Welcome to the second issue of the Medical College featuring its newest addition, the PAC Corner! It is a great honor to have the opportunity to write for the newsletter once again.

As the current vice president, witnessing PAC receiving recognition makes me very proud and happy. I hope PAC will continue to be a great support to our medical students in every aspect in the upcoming years. I also hope you would enjoy and benefit from this corner, as this is an outlet to reach out to everyone without restraints.



PAC CORNER

PAC Corner Topic

2018 is a month away from ending. Most of the time it would be an exciting time of the year to celebrate New Year's, however it also happens to be the time of preparation for the examination period for medical students at the University of Sharjah.

I do not mean to put you down, but facing the facts is an important step towards accepting your situation - at least that is what mom likes to tell me from time to time.

Examination period tends to be a stressful time to deal with for all students around the world. However, medical students tend to be affected by this period more than others.

The reasons are numerous for this common phenomenon. It might be due to the demanding study hours, the lack of holidays and break time, the amount of references required, or the constant competition among students.

Regardless of the reason, like most risk factors, there are modifiable and non-modifiable ones.

From my experience during the past five years, it is admittedly challenging to find a way around the examination period. I am not an expert on stress management, however I have done my fair share of exams and I learned from my faults more than I have learned from my strengths.

As part of the Peer Advisory Committee's plan throughout the years, PAC tends to hold an exams' orientation every semester. Besides the usual advice about how to study for exams, PAC makes sure to advise students to take care of themselves during this period.

PAC corner for this month is going to be about preparation for the exams at different timelines till you are done with exams. Hopefully, it will be of great benefit to everyone.

Weeks before the exams

1. Create a to-do list:

- As a first step, a to-do list is the best way to start. Most of the upcoming steps will generally depend on this first one.
- Write down a list of the topics and/or lectures you have to finish for each one of the exams. I generally like to write down the lectures by weeks. Some might be more comfortable by writing a list based on the subjects (anatomy, physiology...etc.). It can be computerized or handwritten, it does not matter as long as it suits you.

2. Create a study plan:

- PAC members of the older year provide study plans suggested by the committee, however each person knows him/herself best. Your pace and abilities are different from others. Therefore, you can either take the suggest plan and edit for your own preference or create your own plan.
- After you have written down the amount of material you need to tackle, it is best to divide that amount of material on the number of days you have till your first exam. For example, you have 70 lectures to finish within 14 days, so that would be 5 lectures a day. However, that kind of plan would not be wise. You need to keep in mind that within those 14 days, you would need to have at least two days before your first exam for revision and for practicing questions. Therefore, it would be best to plan studying 6-7 lectures a day.
 - i. 6- 7 lectures might seem like an overwhelming number a day, but you also need to plan your time smartly. When you divide the lectures, it is better to put at least two easy topics within one day so that you would not fall behind on your schedule.
 - ii. Another way to try to decrease the load on a daily basis is to make sure that you do not put lectures you did not study before all in one day as they would take longer to finish as compared to lectures you went through before.
 - iii. A pattern that I have noticed while preparing study plans is that students who divide their to-do list by subject usually have take longer to finish their daily load. This mainly is due to the differences among subjects. For example, 7 lectures of anatomy would not be as manageable to finish in a day compared to other subjects that do not require memorization and frequent revision. In that case, you would need to decrease the load of the day when it comes to such subjects.
- A common setback when it comes to schedules is that it is easy to fall behind. Sometimes it might be due to external factors out of your control. The best way to anticipate such challenges is to give yourself a day within your schedule to catch up on the topics you could not finish on time.

3. Summarize while studying:

- You would never realize the importance of studies till you are a few days away from your exams. Luckily for myself, I discovered the importance of summaries in year 1. I started summarizing pharmacology because I am not that good at memorizing, and ever since, I have made it a task to summarize important topics while studying them the first time.
- Sometimes you would not have the time to summarize topics yourself, the solution to that is to use summaries from the older batches, your friends, or search online. You can add your own notes on them as you are studying, which would save your time and help you study days before your exam.

4. Mark the important objectives/topics:

- While studying, there are objectives that are easily forgettable and that require extra effort. You can mark that objective or screenshot the slide for later reference.

5. Create a revision list:

- Write down the topics you feel that you need to go back to, the summaries you need to refer to, and the revision folder (or stack of papers) you need to revise a few days before the exam.

6. Take care of yourself:

- A drowning person cannot save others. During times of extreme stress, most of us tend to neglect our needs and concentrate on the short-term goal. As medical students, we will become doctors within the upcoming years; harboring bad habits can stay with us for the rest of our careers unless we fix them from an earlier stage.
 - i. Try to maintain the same waking up and sleeping pattern
 - ii. Sleep well, eat well, drink enough water, and take a break after each topic even if it is for 5 minutes.
 - iii. Walk around and do not sit in one posture for too long.
 - iv. Try to talk to a friend every once in a while, whether it is to vent your feelings or to catch up.
 - v. Your lunch time is a break time; you can watch a show, practice your hobby, or sit with your family or friends.

Days before the exams

1. Practice solving questions:

- Studying topics is not enough; make sure to allocate days for solving questions in your study plan. It is generally better to solve questions at least 2 days before your exam.
- Solving can be a way to assess your knowledge. However, more often than not, it is a way to continue learning especially if you read the explanation and take notes of what you got wrong.



2. Go through your revision list:

- You can either revise the topics based on the topics you studied at the beginning of the study plan, or revise randomly.
- Revision is a very important step while studying. I know time might not allow revising everything you feel you have forgotten, but at least an hour can make a difference.

3. Watch short videos:

- Youtube is a great tool to take advantage while studying or preparing for an exam. By watching videos that talk about a topic you revised a while back, you can stimulate your short-term memory much better than revising the lectures you have studied already.

4. Stop studying:

- As a person that is an expert at pulling all-nighters before any exam, I can tell you from experience that it is never wise to continue studying till the last minute.
- Sleeping before an exam might be hard especially if you are anxious about your exam, but at least laying in bed and disconnecting from studying can give your brain a well-deserved break.
- To help you sleep better the night before the exam:
 - i. wake up earlier than usual on that day
 - ii. do not drink coffee after 3 pm
 - iii. stop studying at least 8 hours before your exam
 - iv. take a shower and relax in bed

Day of the exams

1. Wake up early:

- There is no harm to wake up early to revise and solve questions before your exam. However, it is also important to get ready comfortably and dress well.
- We rarely realize the importance of feeling good about ourselves before big events in our lives, but confidence usually stems from the small details.

2. Take care of yourself (part 2):

- Drink your coffee, prepare a small snack to eat before the exam or during the exam, drink water (but not excessively), have your stationary ready, and use the bathroom right before you enter the exam hall.
- Try to control your feelings by reminding yourself that you have done your best so far.

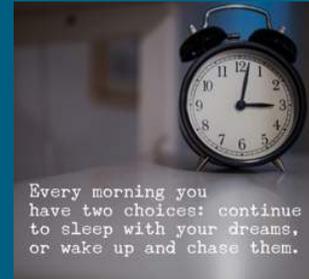
After the exams

1. Positive thoughts:

- More often than not, students feel negatively about themselves after an exam. Sometimes, you would be bothered about getting something wrong you could have solved correctly, or maybe the exam would have been more difficult than expected. Either ways, thinking about the mistakes is harmful.
- Remember that you cannot control what happened in the exam, but you can work harder on the upcoming exams.

2. Take a break:

- Since it is not your last exam, you might think you cannot afford a break just yet. However, a couple of hours can be refreshing before you go back to the routine of the previous weeks.



I would like to wish you the best of luck on behalf of myself and PAC. I hope your exams will go better than you expect and that your effort pays off in the end. If you need help while studying, have any questions, or would like to talk about an issue bothering you, do not hesitate to contact the PAC members responsible for your year or talk to me personally.

You can email PAC on pacmedicine@hotmail.com or ask your questions anonymously on ask.fm/PACMedicine in case you'd like further help and guidance.

PAC Corner's quote of the month:

“Life won't just happen to you; you have to happen to it.

Remember: the spirit grows sluggish when you neglect the passions.”

From the book *Strange the Dreamer* by Laini Taylor

Recommendations

by: Dua'a AlNusairat

POEM OF THE MONTH:

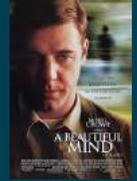
أَبَا بَكْرٍ دَعَوْتُكَ لَوْ أَجَبْتَنَا	إِلَى مَا فِيهِ حَظُّكَ إِنْ عَقَلْنَا
إِلَى عِلْمٍ تَكُونُ بِهِ إِمَامًا	مُطَاعًا إِنْ نَهَيْتَ وَإِنْ أَمَرْتَا
وَتَجْلُو مَا بَعَيْنِكَ مِنْ عَشَاهَا	وَتَهْدِيكَ السَّبِيلَ إِذَا ضَلَلْنَا
وَتَحْمِلُ مِنْهُ فِي نَادِيكَ تَاجًا	وَيَكْسُوكَ الْجَمَالَ إِذَا اغْتَرَبْنَا
يَبَالِكُ نَفْعُهُ مَا دُمْتَ حَيًّا	وَيَبْقَى ذَخْرُهُ لَكَ إِنْ ذَهَبْنَا
فَلَيْسَتْ هَذِهِ الدُّنْيَا بِشَيْءٍ	تَسُوؤُكَ حَقِيقَةً وَسَرًّا وَقَتًا
وَعَايِبَتَهَا إِذَا فَكَّرْتَ فِيهَا	كَفَيْتِكَ أَوْ كَحَلْمِكَ إِنْ حَلَمْنَا
سُجِنَتْ بِهَا وَأَنْتَ لَهَا مُجِيبٌ	فَكَيْفَ تُحِبُّ مَا فِيهِ سُجِنْنَا
وَتَطْعَمُكَ الطَّعَامَ وَعَنْ قَرِيبٍ	سَتَطْعَمُكَ مِنْكَ مَا مِنْهَا طَعِمْنَا
وَتَعْرِى إِنْ لَيْسَتْ لَهَا ثِيَابًا	وَتُكْسِي إِنْ مَلَأْسَهَا خَلَعْنَا
وَتَشْهَدُ كُلَّ يَوْمٍ دَفْنٍ جَلٍّ	كَأَنَّكَ لَا تَرَاهُ بِمَا شَهِدْنَا
وَلَمْ تُخْلَقْ لِتَعْمُرْهَا وَلَكِنْ	لِتَعْبُرْهَا فَجِدَّ لِمَا خَلَقْنَا
وَإِنْ هُدِمَتْ فَرَدِّهَا أَنْتَ هَدِمًا	وَحَصِّنْ أَمْرَ دِينِكَ مَا اسْتَطَعْنَا
وَلَا تَحْزَنْ عَلَى مَا فَاتَ مِنْهَا	إِذَا مَا أَنْتَ فِي أَخْرَاقِ فَرْتَا

MOVIE OF THE MONTH:

Movie title: A Beautiful Mind

Lead Actor: Russell Crowe

Justification:



In this movie, one gets a tangible feel of the life of a paranoid schizophrenic. John Nash turns into a helpless seeker of a piece of paper that will validate his existence, rights, and duties. The controlling-creative-genius spirals downwards into a helpless hopeless seeker, making us realize that delusion is not just fantasy but compulsion. As once upon time he ordered his thoughts and modulated his feelings; but what happens when you fall under the mercy of your peremptory thoughts? How does one win against the warring impulses of his paradoxical self?

PICTURE OF THE MONTH:



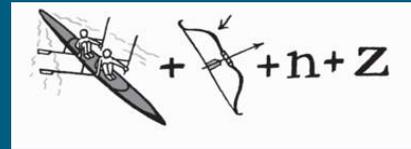
Did you ever wonder if the person in the puddle is real, and you're just a reflection?"

- Bill Watterson

LAST ISSUE'S SOLUTION



Pons



Skull Bones



Features

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DOCTOR'S ORDERS - INFLUENZA SEASON DR. SARRA SHORBAGI

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. **Take 3 Actions to prevent the Flu:**

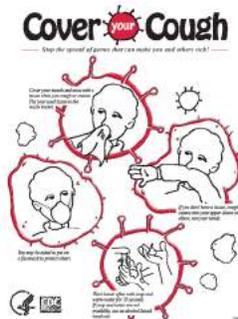
INFLUENZA VACCINE: The best way to prevent the flu is by getting a flu vaccine each year. Yearly flu vaccination should begin in September, WHO recommends annual vaccination for:

- * pregnant women at any stage of pregnancy
- * children aged between 6 months to 5 years
- * elderly individuals (aged more than 65 years)
- * individuals with chronic medical conditions
- * health-care workers



ANTIVIRAL DRUGS : CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition

PERSONAL PROTECTIVE MEASURES



- * Regular hand washing with proper drying of the hands
- * Good respiratory hygiene - covering mouth and nose when coughing or sneezing, using tissues and disposing of them correctly
- * Early self-isolation of those feeling unwell, feverish and having other symptoms of influenza
- * Avoiding close contact with sick people
- * Avoiding touching one's eyes, nose or mouth

Reference : [http://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](http://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal))
<https://www.cdc.gov/flu/treatment/index.html>