

A 3D graphic consisting of several parallel blue and white rectangular bars that create a sense of depth and perspective, receding towards the top right. The text 'MACHS NEWSLETTER' is rendered in a bold, white, sans-serif font with a blue outline, appearing to be attached to the top surface of the bars.

# MACHS NEWSLETTER

**VOLUME 5 ISSUE 1 JAN-FEB 2023**

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# COLLEGE NEWS

## STRESS DAY



On January 5th , 2023, the community service committee organized The Stress Day event. The activity sought to spread the awareness about job-related stress, its causes, and how to manage it in order to relief its possible consequences. The administration staff did a marvelous job preparing various booths, and provided handouts, souvenirs, tools and tips that could assist employees to manage stress. A Yoga session was held for the ladies at the Seminar Room, and a massage chair was provided to help visitors to chillax!

# COLLEGE NEWS

## ORIENTATION DAY

On January 10th, the Student Affairs organized an orientation for the new students who are joining MACHS for the Spring semester of the academic year 2022/2023. Dr. Alaa, the Student Affairs & Registrar director, welcomed the new students and introduced the diverse specialties MACHS provides. the students were also familiarized with policies, rules and requirements that are necessary for them to succeed in their academic journey. The full-day session ended up with a college tour lead by current students who volunteered to aid; to whom MACHS offers its sincere gratitude. The tour familiarized the new students with all its buildings, services and facilities, and ended with introducing the students to their respective academic advisors.



# COLLEGE NEWS

## FOUNDING DAY

Saudi Founding Day  
— 1727هـ / 1139م —



February 21st, 2023, was the day MACHS celebrated the foundation of our beloved homeland, the Kingdom of Saudi Arabia. The student Affairs and the Intellectual Awareness organized a day to be remembered with joy and happiness. Dr. Aisha Theater was fully packed with MACHS employees and students who enjoyed Saudi Ardha and regional customs parade. The parking lot was too busy as well, where the students' clubs, Bader and Green, prepared booths for various activities, customs, traditional food and songs.



# QUALITY AFFAIRS

## PROFESSIONAL DEVELOPMENT UNIT

### Registering your IP: The ideal path to protecting your rights



The Intellectual Property Committee, in collaboration with the Professional Development Unit, hosted its first own workshop titled 'Registering your IP: The ideal path to protecting your rights'. The committee invited two external faculty speakers: Dr. Basim A. Abussaud and Dr. Jihad H. Al-Saddah from KFUPM. The event that was held on the February 8th aimed to increase the awareness regarding the significance and method of intellectual property registration, both nationally and internationally. The speakers spoke about their experience in the development and the process of patent registration. More than 50 registered participants from MACHS faculty and admin staff attended the workshop and actively participated in the discussion.

# QUALITY AFFAIRS

## PROFESSIONAL DEVELOPMENT UNIT

### New Employee Orientation

The Orientation session acquainted the new employee with the college policies, procedures, technology resources, and support services. The first session featured the top management who gave their respective speeches particularly the structure, current services, and plans in the future. The event that was held on February 9th started with the welcome message by Mrs. Fardus. Aljunibi who gave the opportunity to the new employee to introduce themselves. Meanwhile, Dr. Jenan Al Matouq, the Vice Dean of Academic Affairs welcomed the new employee and touched on the previous accomplishments and future MACHS endeavors. Dr. Yousef Al Hashem, Vice Dean for Quality and Development, outlined the structure of the quality division and acknowledged the accomplishment of the last years in the NCAAA and CEA. He also highlighted the importance of mentoring program and faculty appraisal. The new academic and non-academic employees gathered to attend the second session of the orientation that was designed to bring them up to what they need to know as they begin their new career at MACHS. This year's orientation featured presentation of the key work units catered to teaching and learning. Unit heads introduced the resources and must-know policies related to student affairs, examination and assessment, medical services, library and research programs and activities. Among the unit heads who presented at the event were: Dr. Alaa Alhili, Head of Student Affairs and Dr. Ayaz Ahmed, Head of Research Unit. The event concluded with an open forum which gave the new employees the opportunity to ask questions and share concerns about their new role. A total of 15 new employees from across the departments attended the orientation session.



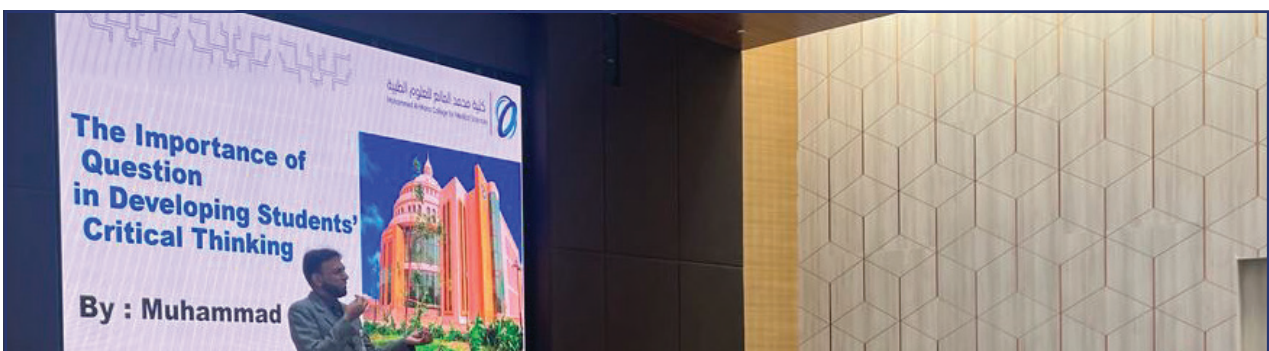
# QUALITY AFFAIRS

## PROFESSIONAL DEVELOPMENT UNIT

### The Importance of Questioning in Developing Students' Critical Thinking



On February 21st , the professional development unit organized a workshop that aimed to provide MACHS employees with the skills and techniques necessary to grasp the basic concept of the interrelation of doubting, questioning, and learning, along with a general understanding of why it is essential to question in order to master content and discipline the mind. It was presented by Mr. AMEENABDULHAMEED, whose main objectives were to use questioning to enhance learning in the classroom, introduce the use of Socratic questions, Bloom's taxonomy and Christen Bury and Kelly Model to develop deeper forms of thinking, and to apply the key elements of effective questioning to develop student's critical thinking.





# ACADEMIC DEPARTMENTS

## NURSING DEPARTMENT

### Level 3 Nursing Student Orientation

On 24th of January 2023, the Nursing Academic Advising Committee organized an orientation program for Level 3 Nursing students at the nursing building. The major objectives of the orientation were to make the students aware of the academic aspects of the courses taught, the rules and regulations in general and the Nursing department in particular and the utilization of supportive services at MACHS to enhance the academic progress of each student. The program was commenced by Mrs. Dareen Alrefaiy and Dr. Eman Hassan who welcomed the students and introduced the faculty. Mrs. Iatha and Mrs. Israa, Members of Academic Advising Unit, gave a brief orientation about the curricula of both generic and Bridging programs emphasizing the importance of pre-requisites and co-requisites. The students were also familiarized with the courses to be taken throughout the study period. The students were also lectured about the degree audit, importance of academic calendar and formal communication channels. The policies related to exams such as grade distribution for clinical and non-clinical courses, attendance policy, Remedial Exam Policy, student guidelines on all the examinations were also among the agenda of this program. More importantly, driven by MACHS mission, the importance of community services was fully explained to them.



# ACADEMIC DEPARTMENTS

## NURSING DEPARTMENT

### Nursing interns discussing Internet addiction experiences



The Nursing training committee & central Alumni Unit at MACHS in collaboration with Dr. Ali Jaber Alsalamh Medical Center organized a workshop titled 'Internet addiction & Healthcare Providers Role'. On February 2nd, two interactive presentations were offered by Dr. Ali Alsalamh for the Nursing trainees in the internship program. It involved a rich discussion about Clinical experiences directed to the care of internet & social media addiction cases.



# ACADEMIC DEPARTMENTS

## NURSING DEPARTMENT

### Nursing Faculty Workshop on International Research Publishing/SCOPUS and WOS Publications

The Nursing Department, through its Department Research Committee (DRC), conducted a workshop titled "International Research Publishing/SCOPUS and WOS Publications" on February 16th, 2023. It was a part of the DRC's continuous commitment to enhance research skills of nursing faculty members. It highlighted the roles of researchers in selecting relevant and quality journals to publish their papers. Dr. Mahmoud Shahin, an expert researcher and member of the DRC, was the speaker of the workshop. During the entire presentation of the topics, the participants showed their full enthusiasm and interest. Numerous questions were raised by the participants, and their experiences in research undertakings were shared, which created a scholarly learning venue for research.



## LIBRARY AFFAIRS

### For a Richer, Fuller Life, Read!

Library Affairs celebrated the Library Day 2023 in cooperation with different departments who participated to support the event. It involved the students and faculty who organized a variety of booths to showcase reading awareness, scholastic information, educational resources and enjoyable but informative games.

# ACADEMIC DEPARTMENTS

## LIBRARY AFFAIRS

### For a Richer, Fuller Life, Read!



For further support, publishing companies joined the activity and offered books with good discounts. Library is Fun Corner was a booth that promoted library resources and services and quiz games. Proper Posture in Reading Corner was managed by PT students under Ms. Abrar that was established to exhibit good reading posture and PT exercises ideas. In addition, pharmacy students, under the supervision of Ms. Hawra, organized Reading and Its Relationship to Mental Health and Mind Enhancing Food Booth, which presented display and discussion of reading encouragement methods and benefits of reading to mental health. It also promoted awareness on healthy foods for the brain and good eating habits. Nursing Information Corner was handled by Ms. Suad and it featured the Clinical Key for Nursing Database and a nursing app to enhance awareness of students. The RT students organized a How To Start Reading booth where they suggested good books to read and inspirational quotes. Library Importance and Impact of Books booth was organized by CLS students. FYD students also had their touch by organizing a Reading Is Fun booth that gave tips and tricks of effective reading. There were Library Quiz Games, Story Telling Competition, and Using Library Resources that also highlighted the activity.

# STUDENT AFFAIRS

## GREEN CLUB

### GREENER MACHS



On January 24th, 2023, the Green Club organized an activity titled "MACHS Indoor Plants" as a part of Student affairs extracurricular activities. The objective of the activity was to take care of MACHS indoor plants placed throughout the college whilst spreading awareness regarding plants care. To achieve that, Rawan Alalaq - a member of the club and internship student from CLS - sought help from our teaching assistant & plants expert Mrs. Maryam Alnoubi. Some of the plants were relocated based on their need of light, others were treated, watered and cleaned from dead leaves, all by the hands of the club members. In terms of awareness, other members prepared booths that explained what their colleagues are doing and the benefits of these steps to preserve plants' health. A second booth was set up for the visitors to make their own souvenirs by modeling clay, and unsurprisingly, MACHS does have artistic hands!

# STUDENT AFFAIRS

## THE ARABIC LANGUAGE DAY

Under the umbrella of Students Affairs, the Arabic Club in collaboration with the Intellectual Awareness Unit organized The Arabic Language Day on January 31st, 2023. Multiple activities and contests were performed aiming to introduce the day and familiarize the visitors with the most common mistakes they might have.



## STUDENT AFFAIRS

# You Won't Only Be In Danger; YOU WILL BE THE DANGER!

On January 31st , under the supervision of the Student Affairs, the Intellectual Awareness Unit organized an awareness seminar in collaboration with ERADA center regarding the use of Methamphetamines, AKA Crystal Meth & Shabu. Mr. Faisal Alharbi and Mrs. Eman Alotaibi, who represented ERADA, mastered the seminar titled 'Meth = Death' to educate the audience - faculty and students - about the unprecedented drug phenomenon, its effects, consequences and treatments. They shared real life stories from their experience and sought to increase the awareness with this regard. One of the main highlights of theirs was "You Won't Only Be In Danger; YOU Will Be The Danger!"



# STUDENT AFFAIRS

## Secondary School Students Orientation



On February 9th , MACHS welcomed a group of students from Ibn Alroomi secondary school in Dammam. The visit aimed to introduce the guests to the various specialties MACHS provides and their requirements for entry.



# STUDENT AFFAIRS

## ALUMNI CLUB

### 'Career Planning and Emotional Intelligence'

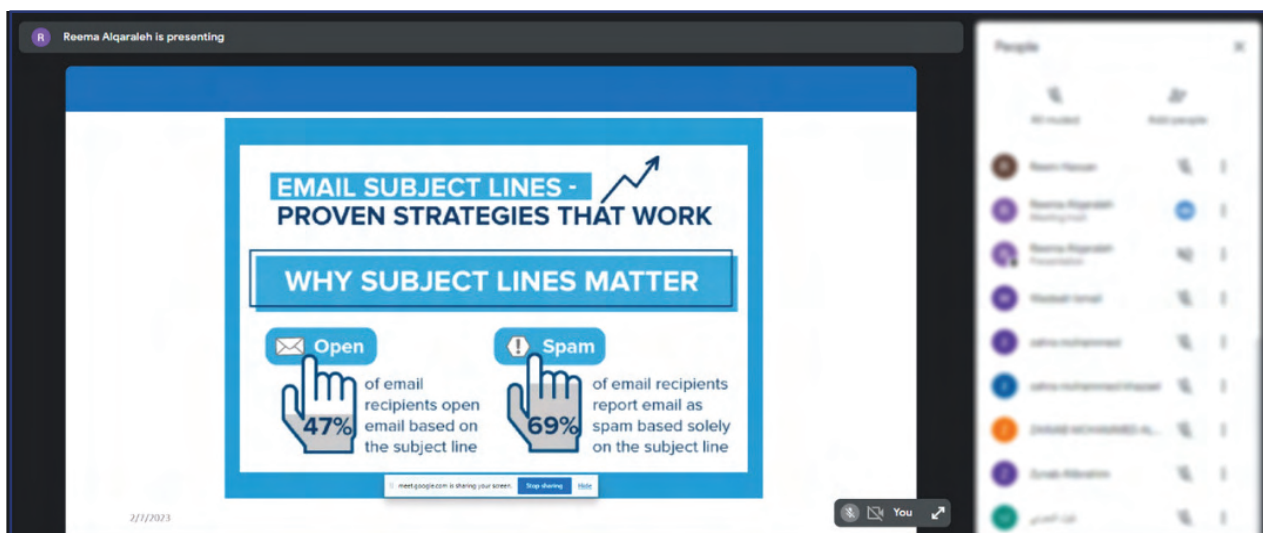
The Alumni club organized a workshop titled 'career planning and emotional intelligence' on February 14th that aimed to enable the students to plan for their future career, list the steps of successful career planning, define emotional intelligence, list the dimensions of emotional intelligence and behavioral competencies needed, and summarized the methods of improving the emotional intelligence and how to use it in the workplace. The workshop was presented by Mrs. Zahiah Al Mohsen who started with an interactive activity to measure the awareness level of MACHS students about the career planning. Then, the students worked on identifying their own career aspects based on Qias online exam, then asked to evaluate their emotional intelligence level. At the end of the workshop, the students were lectured on how to increase their emotional intelligence with a discussion question on how they will use it during their journey at MACHS.



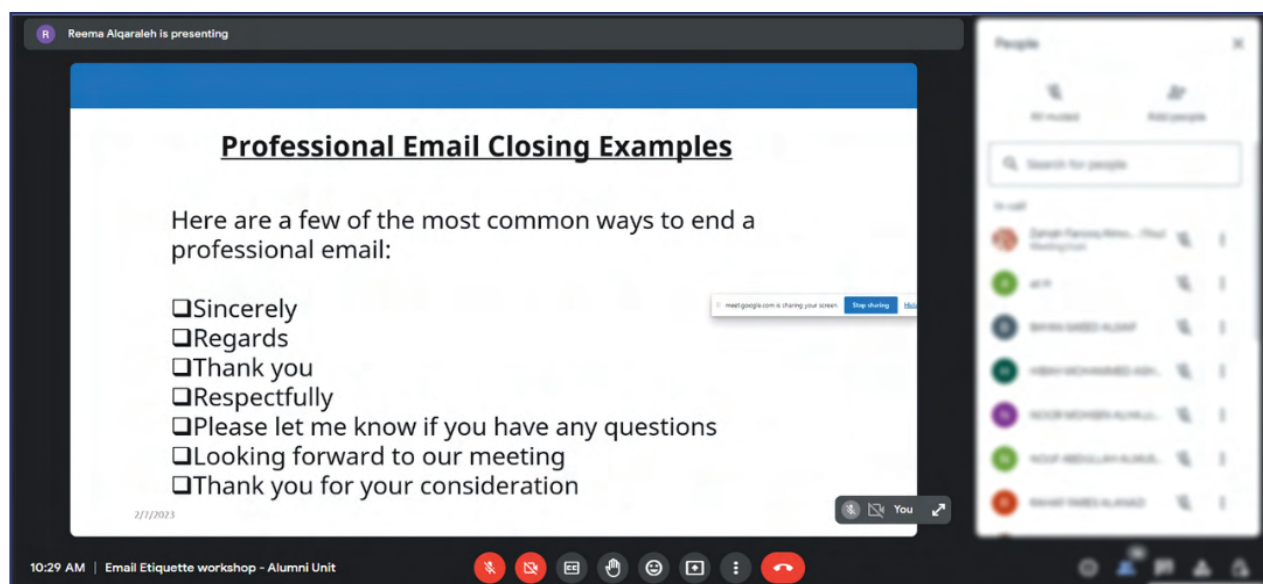
# STUDENT AFFAIRS

## ALUMNI CLUB

### E-mail Etiquette Workshop



On February 7th, the Alumni Unit organized a workshop targeting graduates titled 'E-mail Etiquette'. The presenter, Dr. Reema Qaralleh, sought to introduce the tips, rules and etiquette of writing a professional e-mail. She explained the parts of an e-mail, introduced the strategies and showed a number of correct examples of ideal professional e-mails.



# RESEARCH NEWS

## RESEARCH PUBLICATIONS

1

Rabaan AA, Bakhrebah MA, AISaihati H, Alhumaid S, Alsubki RA, Turkistani SA, Al-Abdulhadi S, Aldawood Y, Alsaleh AA, Alhashem YN, Almatouq JA, Alqatari AA, Alahmed HE, Sharbini DA, Alahmadi AF, Alsalman F, Alsayyah A, Mutair AA. Artificial Intelligence for Clinical Diagnosis and Treatment of Prostate Cancer. *Cancers (Basel)*. 2022 Nov 14;14(22):5595. doi: 10.3390/cancers14225595. PMID: 36428686; PMCID: PMC9688370.

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q1 Impact Factor: 6.575

2

Ahmad W, Hassan YA, Ahmad A, Suroor M, Sarafroz M, Alam P, Wahab S, Salam S. A Simple Stability-Indicating UPLC Method for the Concurrent Assessment of Paracetamol and Caffeine in Pharmaceutical Formulations. *Separations*. 2023; 10(1):50. <https://doi.org/10.3390/separations10010050>

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q2 Impact Factor: 3.344

3

Rabaan AA, Bukhamsin R, AISaihati H, Alshamrani SA, AISihati J, Al-Afghani HM, Alsubki RA, Abuzaid AA, Al-Abdulhadi S, Aldawood Y, Alsaleh AA, Alhashem YN, Almatouq JA, Emran TB, Al-Ahmed SH, Nainu F, Mohapatra RK. Recent Trends and Developments in Multifunctional Nanoparticles for Cancer Theranostics. *Molecules*. 2022 Dec 7;27(24):8659. doi: 10.3390/molecules27248659. PMID: 36557793; PMCID: PMC9780934.

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q2 Impact Factor: 4.927

4

Amir M, Ahmad W, Sarafroz M, Ahmad A, Ali A, Ansari MA, Thiruvengadam M, Wahab S, Ashraf K, Barkat MA, Mujeeb M. Hepatoprotective effect of a polyherbal formulation (Aab-e-Murawaqain) against CCl<sub>4</sub> induced liver toxicity in Wistar albino rat model by suppressing proinflammatory cytokines. *South African Journal of Botany* 2022; 151(B):75-81. <https://doi.org/10.1016/j.sajb.2021.11.020>

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q2 Impact Factor: 3.111

# RESEARCH NEWS

## RESEARCH PUBLICATIONS

5

Maddheshiya S, Ahmad A, Ahmad W, Zakir F, Aggarwal G. Essential oils for the treatment of skin anomalies: Scope and potential. South African Journal of Botany 2022; 151(B):187-197. <https://doi.org/10.1016/j.sajb.2021.12.034>

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q2 Impact Factor: 3.111

6

Rabaan AA, Mutair AA, Aljeldah M, Shammari BRA, Sulaiman T, Alshukairi AN, Alfaresi M, Al-Jishi JM, Al Bati NA, Al-Mozaini MA, Bshabshe AA, Almatouq JA, Abuzaid AA, Alfaraj AH, Al-Adsani W, Alabdullah M, Alwarthan S, Als Salman F, Alwashmi ASS, Alhumaid S. Genetic Variants and Protective Immunity against SARS-CoV-2. Genes (Basel). 2022 Dec 13;13(12):2355. doi: 10.3390/genes13122355. PMID: 36553622; PMCID: PMC9778397.

Indexing: Scopus  PubMed  Web of science 

**PUBLICATION**

Quartile: Q2 Impact Factor: 4.141

7

Al-Matouq JA, Ali MD, Al-Somali SM, Ahmad A, Banu N, Patel M. Prevalence of side-effects associated with the booster dose of Pfizer-BioNTech (BNT162b2) of COVID-19 Vaccine among vaccinated adults in the Eastern province of Saudi Arabia. Infect Prev Pract. 2022 Dec;4(4):100251. doi: 10.1016/j.infpip.2022.100251. Epub 2022 Oct 15. PMID: 36276167; PMCID: PMC9568279.

Indexing: Scopus  PubMed 

**PUBLICATION**

8

Ubada Aqeel, Shikha Gera, Mohammad Daud Ali, Shibu John. (2023). Artificial Intelligence: A Driving Force In Advancing Patient Centricity. Journal of Pharmaceutical Negative Results, 99-112.

Indexing: Scopus 

**PUBLICATION**

9

Mujtaba, A., Parveen, A., Alotaibi, N.M., Ali, M.D., Patel, M. (2023). Alginate Based Matrix Tablet for Drug Delivery. In: Jana, S., Jana, S. (eds) Alginate Biomaterial. Springer, Singapore.

**PUBLICATION**

10

Kannan, L. S., Lewis, S., Sivapalan, N., Anna, R. A., Chellaouri, S. D., Ali, M. D., & Hassan, E. M. G. (2023). Perceptions Of Academic Advisor Attributes And Assessing The Students' Satisfaction With Academic Advising Experience In A Health Science College Of Saudi Arabia. Journal of Pharmaceutical Negative Results, 560-573.

Indexing: Scopus 

**PUBLICATION**

# RESEARCH NEWS

## RESEARCH PUBLICATIONS

11

Mahmoud Abdel Hameed Shahin, Abdulridha Sarhan, Abid Rashid, Muhammad Akram, Umme Laila, Muhammad Talha Khalil, Rida Zainab, and Gawel Solowski. (2023). Relations between Dentistry and COVID-19 Infections. *World Journal of Medical Microbiology*, 2(1), 22-26. doi: <https://doi.org/10.31586/wjmm.2023.609>

**PUBLICATION**

12

Safar Alotaibi, Mohammed Almimone, Sulaiman Alatawi, Mahmoud Abdel Hameed Shahin (2022). Medication Errors by Nurses at Medical-Surgical Departments of a Saudi Hospital. *Journal of Pharmaceutical Negative Results*, 13 (07): 3143-3154. doi:

Indexing: Scopus



**PUBLICATION**

13

Mahmoud Abdel Hameed Shahin (2023). Job Stress Among the Nurses of the Emergency Department of Selected Saudi Hospital. *World Academy of Science Engineering and Technology conference-Tokyo, Japan. International Journal of Nursing and Health Sciences*, January 09-10, 2023, 17 (1): 1 (Participation as a speaker in the International Journal of Nursing and Health Sciences- International Conference: Tokyo, Japan)

**LINK TO REFERENCE**

**PUBLICATION**

# COMMUNITY SERVICE

## A Successful Community Service



The central committee of community service organized a workshop titled 'How to Organize a Community Service Activity' on January 16th, 2023. With MACHS employees being the targeted audience, the workshop's objectives were to highlight the importance of community service and volunteering as a part of VISION 2030, introduce the annual plan of community service, and outline the process of planning and organizing an activity.

# COMMUNITY SERVICE

## Medical Screening Campaign



On February 2nd the Pharmacy community service committee and MACHS Central Community Service organized a campaign to reach the community titled 'Medical Screening Campaign'. The pharmacy community service committee coordinated with Sabeel Alshiffa company to conduct the campaign. A schedule was prepared for February- March 2023 to visit some companies and make health checkups for the workers and administrators. The checkups included blood pressure, glucose level, hearing and visual tests for five companies. A core objective of the campaign is to collect data to be used for research studies and educational purposes.

# COMMUNITY SERVICE

## Cancer Awareness Day

On February 12th, the pharmacy community service committee and MACHS Central Community Service organized a campaign to reach the community titled 'Cancer Awareness Campaign'. The pharmacy community service committee coordinated with AGH at Alraka and Dammam to conduct the campaign. The awareness was done for three types of cancer: Breast Cancer, Lung cancer and Leukemia. In addition, a general medical examination for diabetes and hypertension was done for the audience by measuring their glucose level and blood pressure. Data was collected to be used for research studies and educational purposes.





# COMMUNITY SERVICE

## Donate Blood and Make the World Come to Life



In collaboration with the Ministry of Health, the Community Service Committee at the Medical Laboratory Department organized a blood donation campaign under the slogan 'Donate Blood and Make World Come to Life' on February 21st. This was the second blood donation campaign during AY2022-23 following the remarkable success of the first activity. The campaign aimed to raise awareness of the importance and benefits of blood donation, spread the culture of charitable work, and demonstrated its health effects on the individual. Medical Laboratory students actively participated in the event with booth exhibition and information brochures. The campaign successfully collected more than 30 blood bags from our faculty and students. The Community Service Committee at the Medical Laboratory Department immensely acknowledge the generosity and care that was deeply embedded in our MACHS community with an aim to cherish this value in hosting more blood donation campaigns in the future.

# COMMUNITY SERVICE

## International Rare Disease Day

More than 6,000 rare diseases are characterized by a wide range of abnormalities and symptoms that differ not only from one disease to another but also from one patient to another who are suffering from the same condition. Patients and their families experience a great deal of pain and suffering, which is made worse by the fact that there are frequently no effective treatments available; only the quality of life can be improved. On February 14th, MACHS Community Service Committee, in collaboration with FYD Faculty and Students, organized an activity at Al-Mana General Hospital in Dammam to raise public awareness about rare diseases and their impact on patients' lives.



The goal was to raise social awareness for International Rare Disease Day among the general public that may or may not know much about the rare diseases from which people suffer. The participants chose various topics such as Myasthenia Gravis, water allergy, sun sensitivity, Parkinson's disease, Moebius syndrome and many more to convey the information to the visitors using different strategies such as questionnaires, brochures, videos, posters, etc. They were successful in keeping the visitors engaged throughout their visit.

# ACKNOWLEDGMENT SECTION

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## SCIENTIFIC RESEARCH BULLETIN

**Dr. Ayaz Ahmed**

## COMMUNITY SPOTLIGHT

**Ms. Zainab Alabduljabbar**

# **MACHS NEWSLETTER**

**VOLUME 5 ISSUE 1 JAN-FEB 2023**

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