

كلية محمد المانع للعلوم الطبية

Mohammed Al-Mana College for Medical Sciences



**MAY&JUN**

**NEWSLETTER**

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# MEDICAL LABORATORY DEPARTMENT

## JOURNAL CLUB

May 2024. Medical Laboratory Department conducted a research journal club featuring four presentations by students Mohammed Alsaleh and Mustafa Aleid and two faculty members, Dr. Yahya Aldawood and Dr. Hawra AlGhafli.

Mohammed Alsaleh's presentation on ligand-protein molecular docking provided an in-depth analysis of the interaction between Hydroxyurea, a medication commonly used to treat certain types of cancer and sickle cell disease, and Glutathione-S-Transferases (GSTs), enzymes that play a crucial role in detoxification processes within cells. Through computational modeling and simulation techniques, Mohammed demonstrated how Hydroxyurea binds to GSTs at specific binding sites, potentially influencing its efficacy and side effects. Mustafa Aleid, on the other hand, presented a recent advancement in the use of CRISPR technique in research and medical fields.

Dr. Yahya Aldawood's presentation focused on the relationship between the microbiome, the collection of microorganisms living in our bodies, and colorectal cancer. He discussed recent advances in research linking alterations in the gut microbiome to an increased risk of developing colorectal cancer, emphasizing the potential for microbiome-based diagnostics and therapeutics in cancer prevention and treatment. Dr. Aldawood's presentation highlighted the complex interplay between microbial communities and host physiology in colorectal cancer pathogenesis, underscoring the need for further investigation into this emerging field.

Dr. Hawra AlGhafli presentation focused on the Mechanism of infection in a host-parasite system, known as *Crithidia bombi*-*Bombus terrestris*. She discussed her recent work on understanding the complexity of host-parasite/ host-pathogen interactions and uncovering the underlying mechanisms of infections employed by different bacteria and parasites with significant impact on human and animal health.



# FIRST AID: SAVE A LIFE

May 2024. The Community Services Committee of the Pharmacy Department, in collaboration with the Support Services department, organized a community service event entitled "First Aid: Save a Life" at MACHS. The event aimed to equip students and staff with the essential knowledge and skills of first aid. This was accomplished by exploring the life-saving potential of first aid and how prompt actions can promote a faster recovery. In addition, demonstrating life-threatening situations to provide practical guidance on applying first aid skills in critical scenarios. Lastly, the Automated External Defibrillator (AED) training was conducted to equip participants with the knowledge and skills to utilize AEDs in response to sudden cardiac arrest.



# SAFETY AT THE WORKPLACE

May 2024. The Community Service Committee of the Pharmacy Department, in collaboration with the Support Services department, organized a community service event entitled " Safety at Workplace" at MACHS. The event aimed to address critical safety knowledge for our college community by a variety of booths regarding Electrical Safety Awareness, Pesticide Exposure Prevention, and Fire Safety & Emergency Response.



# CARE OF THE ELDERLY WORKSHOP

May 2024. The Pharmacy Training Unit, in collaboration with the Central Training Unit, were delighted to welcome Dr Ahmed Shawky, a Consultant Geriatrician, to deliver the "Care of the Elderly" workshop. Through this workshop, Pharmacy interns and faculty learned about Geriatric Evaluation and Management Tools, including the Mini Cog Screening Tool (to screen for Dementia) as well as the impact of looking after elderly patients on carers.

It was a very insightful, and informative workshop, which motivated attendees to be empathetic patient care providers in this valuable cohort of patients. Special thanks to Dr Ahmed Shawky for his generosity in his time and sharing his knowledge with us.



# SUMMER TRAINING INTERVIEWS

May 2024. The Pharmacy Training Unit launched the first “Summer Training Interviews” for level 8 students who have applied for training at Tabuk Pharmaceutical Industries. The HR director from Tabuk Pharmaceutical Industries, Mr. Yousef Al Dossary, was joined by another pharmacist in interviewing our students.

Our students found the experience to be insightful, and useful, as it taught them how to remain calm under pressure and prepared them for future interviews when applying for employment. Congratulations to all of our successful candidates. We are sure that you will project a positive image of the college during your placement.



# GREEN CAMPAIGN

May 2024. The Community Service Committee of the Pharmacy Department held an internal community service within the college campus entitled “Green Campaign”. The event aimed to enhance environmental awareness along with introducing and encouraging sustainable environmental practices within the campus.



# NCAAA ACCREDITATION FOR PHARMACY PROGRAM

May 2024. MACHS administration is pleased to announce that the Pharmacy program has obtained a conditional accreditation of the from the National Commission for Academic Accreditation and Assessment for the period from May 2024 to April 2026.

Congratulations to all department employees and students on this achievement.





# SPREAD THE HAPPINESS

May 2024. The Community Service Committee of the Pharmacy Department organized the Happiness Day at Almana Hospital, Al Khobar, under the slogan "Spread the Happiness". The activity aimed to raise awareness about the benefits of feeling happy on psychological and mental health. The event was also a chance for everyone to take steps to make themselves and others happier, to reflect on what makes them happy, and explore the ways to be happy.



# OBESITY AWARENESS

May 2024. The Community Service Committee of the Pharmacy Department organized “Obesity Awareness” program at Almana Hospital, Al Khobar. The objectives were to identify the management plans to avoid risk issues, and distinguish between healthy weight, overweight, and obese. The program also sought to identify genetic, biological, and environmental contributors to weight status and explain the types of medications used and their side effects. It also highlighted when a patient should go for weight loss surgery and the types of it. The event was an opportunity to define body mass index and waist circumference and their indications.



# WORLD WOMAN DAY

May 2024. In collaborative efforts, the Community Services Committees of Pharmacy, Physiotherapy and Nursing Departments organized a community service event entitled "World Woman Day" at MACHS. The event aimed to raise awareness about women's health, encourage special healthy and preventive habits, and highlight some physical therapy exercises to strengthen the pelvic area of women. The attendees, students and employees, also participated in writing words of encouragement and raising awareness of the role and empowerment of women in society.



# COMMUNITY SERVICE DAY

May 2024. In collaborative efforts, the Community Services Committees of Pharmacy and Physiotherapy Departments organized a community service event entitled "Community Service Day" at MACHS. The event aimed to raise awareness of the importance of community service and its impact on the individual and society, and to clarify the mechanisms for students to select community activities and initiatives to be involved in. The benefits of participating in such activities were also highlighted, such as enhancing teamwork and developing communication and leadership skills.



# EASTERN HEALTH CLUSTER

## NURSING INITIATIVE

May 2024. The Community Service Committee of the Nursing Department, in cooperation with Alumni Unit, hosted the Nursing, Education and Professional Development Departments of Eastern Health Cluster to introduce the launch of two of their initiatives of the year 2024, namely encouraging Mental Health Nursing and Midwifery nursing. The workshop aimed to highlight the importance of these specializations in the field to meet the needs of the labor market in the Eastern Region.



# NURSING DAY

May 2024. The Training Unit of the Nursing Department, in cooperation with the Student Affairs, held the “International Nurses Day”. The event aimed to shed light upon the importance of nursing skills in achieving psychological, mental, and physical health care. Additionally, to raise awareness about the role of the nurse in various delicate specialties.



# CV WRITING WORKSHOP

May 2024. The Alumni Unit, in collaboration with HADAF, organized a workshop entitled "CV Writing" for graduates and internship students .It aimed to assist the attendees in crafting professional resumes that align with their career goals. Mr. Ibrahim Alsaheed conducted the workshop starting with an introduction to the concept and importance of resumes. He then discussed the key elements of a resume and highlighted common mistakes to be avoided. Additionally, he provided guidance on sending resumes via email, and discussed the ATS system.



# INTERVIEW SKILLS WORKSHOP

May 2024. The Alumni Unit collaborated with HADAF to organize the "Interview Skills" workshop. Mr. Ibrahim Alsraheed, the speaker from HADAF started by explaining what personal job interviews are all about, introduced the different kinds of personal interviews and what happens during each stage. He also shared common questions that interns and graduates might face in these interviews. Finally, there was a quick practice interview with some graduates, pointing out common mistakes and how to avoid them.





# LINKEDIN WORKSHOP

May 2024. The Alumni Unit collaborated with HADAF to organize "LinkedIn" workshop. Mr. Ibrahim Alsaheed, the speaker from HADAF, led the workshop about creating an appealing LinkedIn profile. The importance of a strong LinkedIn presence was discussed along with emphasizing its role in professional networking and career advancement.

Throughout the session, insights on crafting a compelling profile were provided, including tips on optimizing each section, selecting appropriate keywords, and utilizing visual elements effectively. Moreover, the participants were guided on showcasing their skills, experiences, and achievements to attract potential employers or collaborators. In the latter part of the workshop, Mr. Alsaheed facilitated practical exercises, allowing attendees to implement the strategies discussed and received feedback on enhancing their profiles for maximum impact.



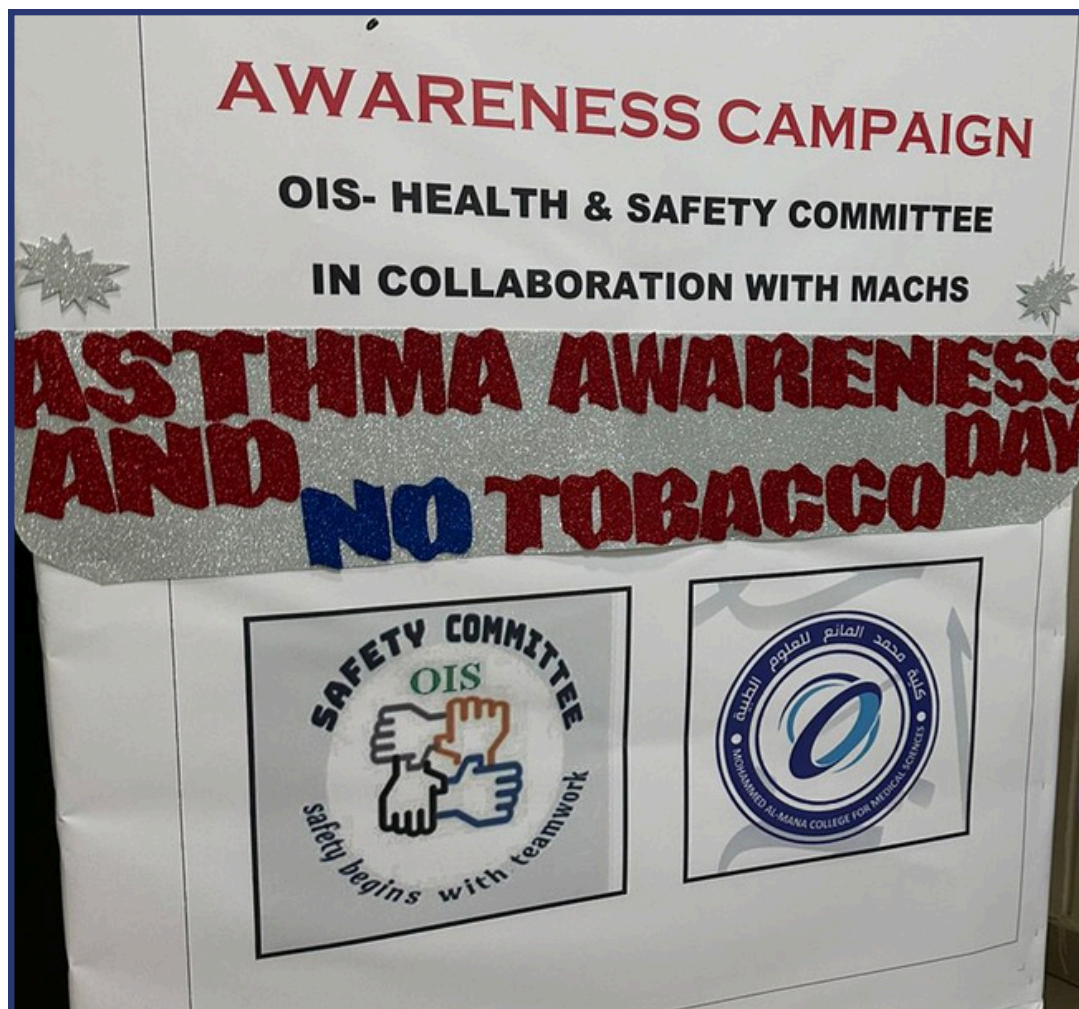
# THE TWELFTH GRADUATION CEREMONY

May 2024. MACHS celebrated the graduation of Class 23 in the twelfth graduation ceremony for students from five different specialties. It was under the generous patronage of Her Highness Princess Abeer bint Faisal bin Turki Al Saud, spouse of the Emir of the Eastern Province.



# WORLD NO TOBACCO DAY

May 2024. The Community Services Committee of the Respiratory Therapy Department held an event entitled “World No Tobacco Day” at Al Hussan International Schools. The aim was to raise awareness of the harms of smoking and the ways to quit it, and to contribute to protecting the society from its devastating health consequences.



# FIRST AID FOR ADMINISTRATIVE EMPLOYEES

May 2024. The Professional Development Unit, in cooperation with the Training Center at MACHS, organized a workshop entitled “First Aid for Administrative Employees”, which focused on early diagnosis and providing basic first aid in emergency situations.



# HOW TO PREPARE FOR THE SCFHS

## EXAM

May 2024. The Physical Therapy Department, in cooperation with the Alumni Unit, held a workshop entitled “How to prepare for the SCFHS exam?”. The workshop aimed to help the interns pass the exam by providing them with strategies and resources to prepare for it.



# MONTHLY GATHERING

May 2024. The Human Resources Department held a monthly gathering for the employees that aimed to provide a stimulating and comfortable work environment. The event brought together faculty members and administrators, and it was an opportunity to enhance communication, strengthen ties between employees, and improve work performance.



# PARENTS DAY

June 2024. The Community Service Committee of the Respiratory Therapy Department organized an event entitled “International Parents Day” at the college campus, in gratitude and appreciation of parents efforts. The event included spreading joy and happiness, by distributing symbolic gifts and focused on raising awareness about health care for the elderly and the best way to deal with them.



# ROAD SAFETY INITIATIVE

June 2024. In partnered efforts of the Community Service Committee of the Pharmacy Department and the Student Affairs, and cooperation with the Model Driving School in Qatif, MACHS launched an initiative entitled “Safety on the Road”. It aimed to increase awareness of traffic safety rules, in addition to providing the necessary information and guidance to those who are interested in obtaining a driving license.





# THE COMMITTEE'S ANNUAL REPORT

## WORKSHOP

June 2024. The Professional Development Unit held a workshop entitled “The Committee’s Annual Report”, which aimed to provide guidelines for the committee chairs on how to prepare their annual reports. These reports are comprehensive summaries of the committee’s achievements during the past year. They also outline the challenges the committee might face and how to overcome them. Moreover, they defined the future goals and plans for the coming year.



# ALUMNI SUCCESS STORIES

## Career Promotion at ABBVIE company

Our sincere congratulations to Taif Al Shehri, a Pharmacy alumni Class of 2021. We are thrilled to share the exciting news that Taif Al Shehri has been appointed as a senior product specialist at ABBVIE company.

We are proud of Taif and looking forward to seeing what she will achieve next.

## Employee of the Month at Dr. Sulaiman Al-Habib Medical Group

Our sincere congratulations to Layan AL Minntakh, a Pharmacy alumni Class of 2022.

We are delighted to announce that Layan has been honored as Employee of the Month at Dr. Sulaiman Al-Habib Medical Group. We are proud of Layan and looking forward to seeing what she will achieve next.


## Distinguished employees at Irada Mental Health Complex

Our sincere congratulations to Saif Al-Yami, Mohammed Al-Daribi, and Ahmed Al-Saleh, MACHS alumni, as they were honored at Irada Mental Health Complex on the International Nurses Day, among a group of distinguished employees in specialized nursing care. We wish them good luck and continued success.

## Best nurse for the year 2023-2024 at Al Salam Hospital


Our sincere congratulations to Manar Al-Sheikh Muhammad, MACHS graduate, for being honored at Al Salam Hospital in Al Khobar as the best nurse for the year 2023-2024 in appreciation of her dedication and effort in the emergency and urgent care departments. We wish her best of luck and continued success.

SAUDI ARABIA  
Organizational Announcement –  
Promotion to Senior Product Specialist



Dear Colleagues,

It gives us great pleasure to announce the promotion of our colleagues from the position of Product Specialist to Senior Product Specialist, effective **1<sup>st</sup> May 2024**.



Taif Alshehri  
Senior Product Specialist Immunology

Please join us in congratulating our colleagues on well-deserved promotion. Let us extend our support and wish them all the best.

# RESEARCH PUBLICATIONS

1

Khawagi WY, Al-Kuraishy HM, Hussein NR, Al-Gareeb AI, Atef E, Elhussieny O, Alexiou A, Papadakis M, Jabir MS, Alshehri AA, Saad HM, Batiha GE. Depression and type 2 diabetes: A causal relationship and mechanistic pathway. *Diabetes Obes Metab.* 2024 May 27. doi: 10.1111/dom.15630. Epub ahead of print. PMID: 38802993.

**Indexing: Scopus** 

**PubMed** 

**Web of science** 

**PUBLICATION**

**Quartile: Q1 Impact Factor: 5.8**

2

Alqurain A, Alomar FA, Albaharnah MH, Alzayer SH, Ameer L, Ghosn SA, Algoraini MM, Alshafeeri A, Alyusuf D, Alshanbari A, Alsaffar NA. The Prevalence of Polypharmacy and Hyper-Polypharmacy Among Middle-Aged vs Older Patients in Saudi Arabia: A Cross-sectional Study. *Frontiers in Pharmacology.*;15:1357171

**Indexing: Scopus** 

**PubMed** 

**Web of science** 

**PUBLICATION**

**Quartile: Q1 Impact Factor: 5.6**

3

Alqassab FA, Alhujiri A, Alsheef G, Almosabeh A, Surour M, Alqurain A. Work experience, profession type, and perception of medication waste disposal among healthcare workers: A study in the Eastern Province, Saudi Arabia. *Saudi Pharmaceutical Journal.* 2024 Feb 1;32(2):101927

**Indexing: Scopus** 

**PubMed** 

**Web of science** 

**PUBLICATION**

**Quartile: Q2 Impact Factor: 4.1**

4

Ansari MN, Rehman NU, Samad A, Ahmad W. Pharmacological Basis for the Antidiarrheal and Antispasmodic Effects of Cuminaldehyde in Experimental Animals: In Silico, Ex Vivo and In Vivo Studies. *Frontiers in Bioscience-Landmark.* 2024 Jan 23;29(1):43.

**Indexing: Scopus** 

**PubMed** 

**Web of science** 

**PUBLICATION**

**Quartile: Q2 Impact Factor: 3.1**

5

Amir M, Khuranna D, Ahmad W, Mir SR, Raish M, Mansoor S, Ahmad A, Mujeeb M. Development and validation of an hptlc method for bakuchiol quantification in psoralea corylifolia seeds using central composite design. *Farmacia.* 2024 Jan 1;72(1):164-70.

**Indexing: Scopus** 

**PubMed** 

**Web of science** 

**PUBLICATION**

**Quartile: Q4 Impact Factor: 1.6**

# RESEARCH PUBLICATIONS

6

Ahmad S, Ali MD, Khardali A, Ali MS, Khan G, Alam N, et al. Incredible Use of Omega-3 Fatty Acids: A Review on Current Use and Future Prospective. J Young Pharm. 2024;16(2):177-86.

**Web of science** 

**PUBLICATION**

**Impact Factor: 1.7**

7

Chawla F, Arif A, Jain P, Banu N, Ahmed A, Ali MD, et al. Assessment of Knowledge of Oral Hygiene Practices during Pandemic and its Post-COVID-19 Impact: A Survey-Based Study. J Young Pharm. 2024;16(2):346-54.

**Web of science** 

**PUBLICATION**

**Impact Factor: 0.7**

8

1.Hassan, E. M. G., Kannan, L. S., Al Suliman, A., Lewis, S., Al Majed, H., Al Abdullatif, S., ... & Al Matouq, J. A. (2024). Enhancing Academic Monitoring: Examining The Correlation Between The Results Of Progress Test And The Cumulative Grade Point Averages Of Nursing Students. Educational Administration: Theory and Practice, 30(5), 7703-7710.<https://doi.org/10.53555/kuey.v30i5.4226>

**Indexing: Scopus** 

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