

كلية محمد المانع للعلوم الطبية
Mohammed Al-Mana College for Medical Sciences



SEP&OCT

NEWSLETTER

2024

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STUDENT CLUBS FORUM

September 2024. The Student Affairs Department began its first activity this year with “Student Clubs Forum”, where all students were given the opportunity to learn about the various clubs in the college and register in their favorite club or clubs.



WALKATHON

September 2024. The Physical Therapy and Respiratory Therapy departments collaborated with the Ministry of Sports to organize an event entitled "Walk for the Sake of the Nation and Yours". The event served as an extra-curricular activity as well as a community service aiming to raise awareness of the health advantages of walking, its influence on lung health, and the possible applications of physical therapy in sports (during a game, following an accident, rehabilitation, etc.). It also established evidence-based guidelines for walking and identify walking facilities and services in Saudi Arabia.



BREASTFEEDING CAMPAIGN

September 2024. The Community Service Committee of the Nursing Department, in cooperation with the Infant Nutrition Committee at Qatif Central Hospital, organized a campaign entitled "Raytek Baydha". The campaign aimed to educate society about the importance of breastfeeding, explain the harms of artificial milk, and showcase how mothers succeed in breastfeeding. Additionally, the campaign sought to identify misconceptions about breastfeeding and how to correct them.



PHYSICAL THERAPY DEPARTMENT

ORIENTATION DAY

September 2024. The Academic Advising Committee of the Physical Therapy Department organized an orientation session for Levels 3 and 4 Physical Therapy students. The session aimed to welcome the students to the program and foster a sense of belonging. Mrs. Amani Aljishi, the committee chair, introduced the department's vision and mission, provided an overview of the study plan, and outlined course structure and academic expectations. The students learned about the roles of departmental committees, resources, policies, and the support services available for them. Lastly, the faculty members were introduced to the students to strengthen connections with each other.



WORLD PATIENT SAFETY DAY

September 2024. The Community Services Committee of the Nursing Department held an activity at Almana Hospitals, Al-Khobar, entitled "World Patient Safety Day". The interactive corners aimed to raise awareness and participation in the global understanding of patient safety. Additionally, the event sought to educate the families about patient safety procedures at home as a step to promote health and prevent accidents.



THE BEST EMPLOYEE

September 2024. MACHS is proud to announce that Zahraa Saeed Al Marhoon, an MDLB graduate, has obtained the title of Best Employee at Workplace. We wish her continued success in her professional career.



NATIONAL LEUKEMIA DAY

September 2024. The Community Service Committee of the Nursing Department organized a community service program titled (National Leukemia Day) at Al-Jamiyin Medical Center. The event aimed to educate the attendees about the different types of leukemia, its symptoms, and early warning signs in order to promote early detection and timely treatment. The event also sought to promote the importance of blood donation and bone marrow registry, highlighting how these can save the lives of leukemic patients.



BEST SCORES AT THE FUNDAMENTAL RESPIRATORY CARE SUPPORT COURSE

September 2024. The American Society for Respiratory Care honored the Respiratory Therapy Department at MACHS for the participation of a large number of employees, students and graduates in the “FRCS Conference” held in Riyadh. A group of employees were also honored for obtaining high scores in the test that took place before the conference.



SAUDI NATIONAL DAY

September 2024. The Community Service Committee of the Nursing Department organized a community service program titled (Saudi National Day 94) at Al-Jamiyin Medical Center. The event highlight the great role played by the founder of the Kingdom, King Abdulaziz bin Abdul Rahman Al Saud—may he rest in peace—in unifying the homeland, allowing us to live and develop in prosperity today. The prepared booths sought to enhance the sense of loyalty among the audience and to encourage them to take pride in their history, which is full of achievements, and look forward to their promising future.



SAUDI NATIONAL DAY 94

September 2024. MACHS celebrated the National Day 94, where attendees witnessed the wonderful talents of the college's students, including poetry, playing music, singing, painting and photography, in an atmosphere full of pride of the nation.



DEAN'S HONOR LIST

September 2024. MACHS proudly announces the Dean's Honor List for the Year of 2023-2024. Our deepest congratulations for the wonderful achievement, and warmest wishes for the continued success.



FIRST AID

September 2024. The Community Services Committee of the Respiratory Therapy held an activity at Mudon Company entitled “First Aid.” This comprehensive session aimed to provide participants with the necessary skills to effectively respond to emergency situations, and to ensure that they are well prepared to deal with such situations in the workplace. The training covered the basic steps of cardiopulmonary resuscitation.



GLOBAL DAY OF HANDWASHING

October 2024. The Community Service committee of the Respiratory Therapy Department organized an activity entitled “Global Handwashing Day”. The aim was to encourage the audience to improve handwashing habits in order to prevent the spread of infections. The activity included educational materials and interactive activities designed to foster good handwashing habits among participants.



RESPIRATORY CARE WEEK 2024

October 2024. The Community Service and Extra-curricular Committee of the Respiratory Therapy Department organized an event entitled “Respiratory Care Week,” which included several corners explaining the role of the respiratory therapist in various fields in patient care, with a main focus on raising the awareness about respiratory health.



BREAST CANCER AWARENESS

October 2024. The Community Service Committee of the Respiratory Therapy Department, in collaboration with Al-Jamiyin Medical Center, organized an event to raise awareness about breast cancer. It aimed to enhance public understanding of breast cancer, including its symptoms, risk factors, and the critical importance of early detection through screening.



GLOBAL DAY OF HAND WASHING

October 2024. The Community Service Committee of the Medical Laboratories Department organized an activity entitled “Global Handwashing Day”. The activity aimed to raise awareness about the importance of hygiene, particularly proper handwashing techniques, and to promote routine practice of this essential habits. The event was held at the 4th Elementary School with students and staff in attendance. It featured interactive demonstrations and awareness sessions.



MACHS ANNUAL CEREMONY 2024

October 2024. MACHS held its annual ceremony to celebrate the successful end of the academic year 2023/2024, during which the distinguished employees and students were honored. The ceremony included honoring the employees of the year, senior employees as well as the students of the Dean's Honors List.



CV WRITING WORKSHOP

October 2024. The Alumni Unit held a workshop entitled “CV Writing” in cooperation with the Human Resources Development Fund “HADAF”. The workshop was presented by Mr. Ibrahim bin Khalil Al-Sariheed, who aimed to help graduates and those about to graduate to write a professional CV that is consistent with the target job.



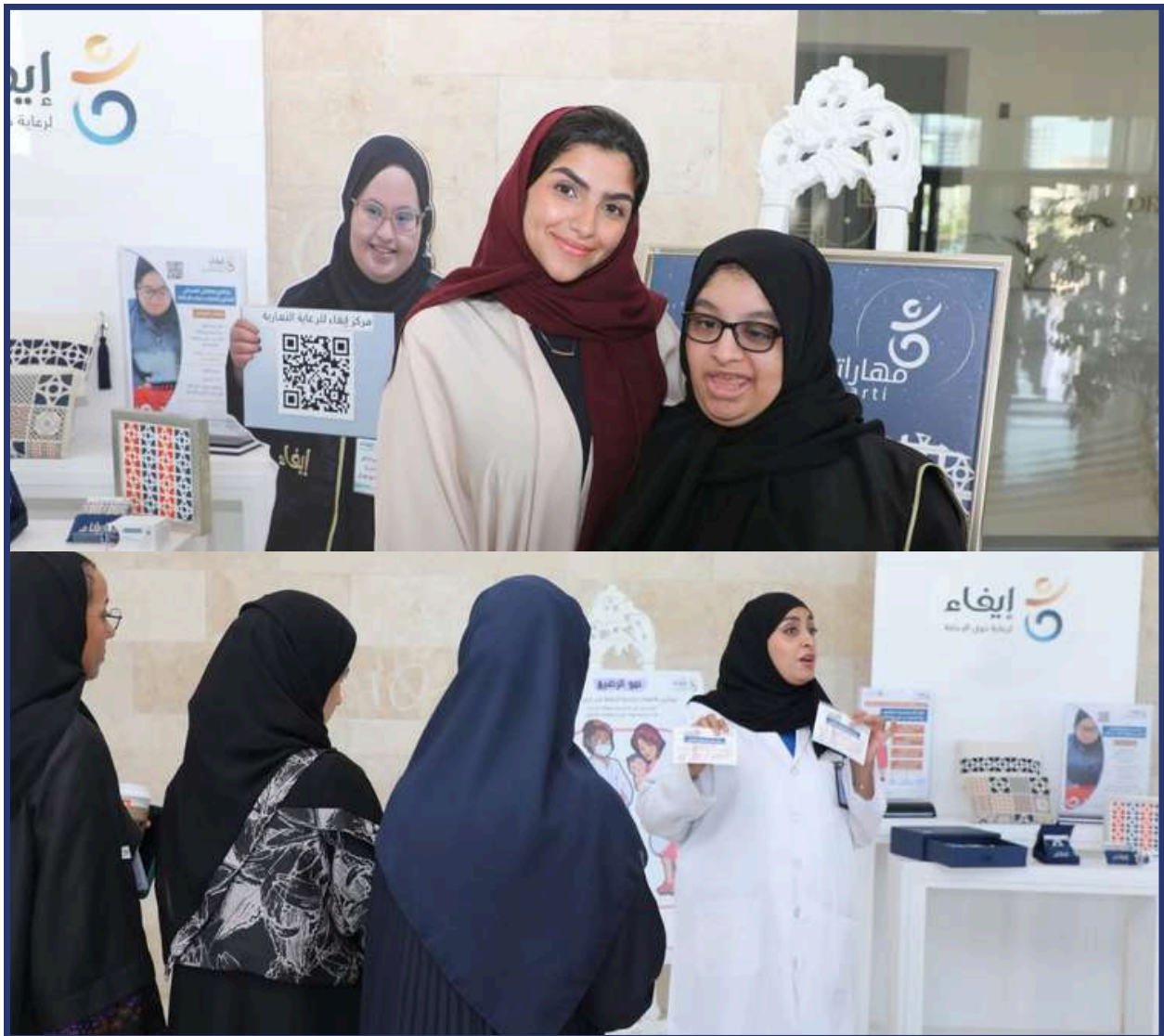
WORLD MENTAL HEALTH DAY

October 2024. The Community Service Committee of the Nursing Department, in cooperation with Ashraqat Medical Center, organized an event entitled "World Mental Health Day". The activity aimed to raise awareness of the most important mental health disorders among age and social groups in society. It included joyus, interactive games and exercises that aid in improving mental health.



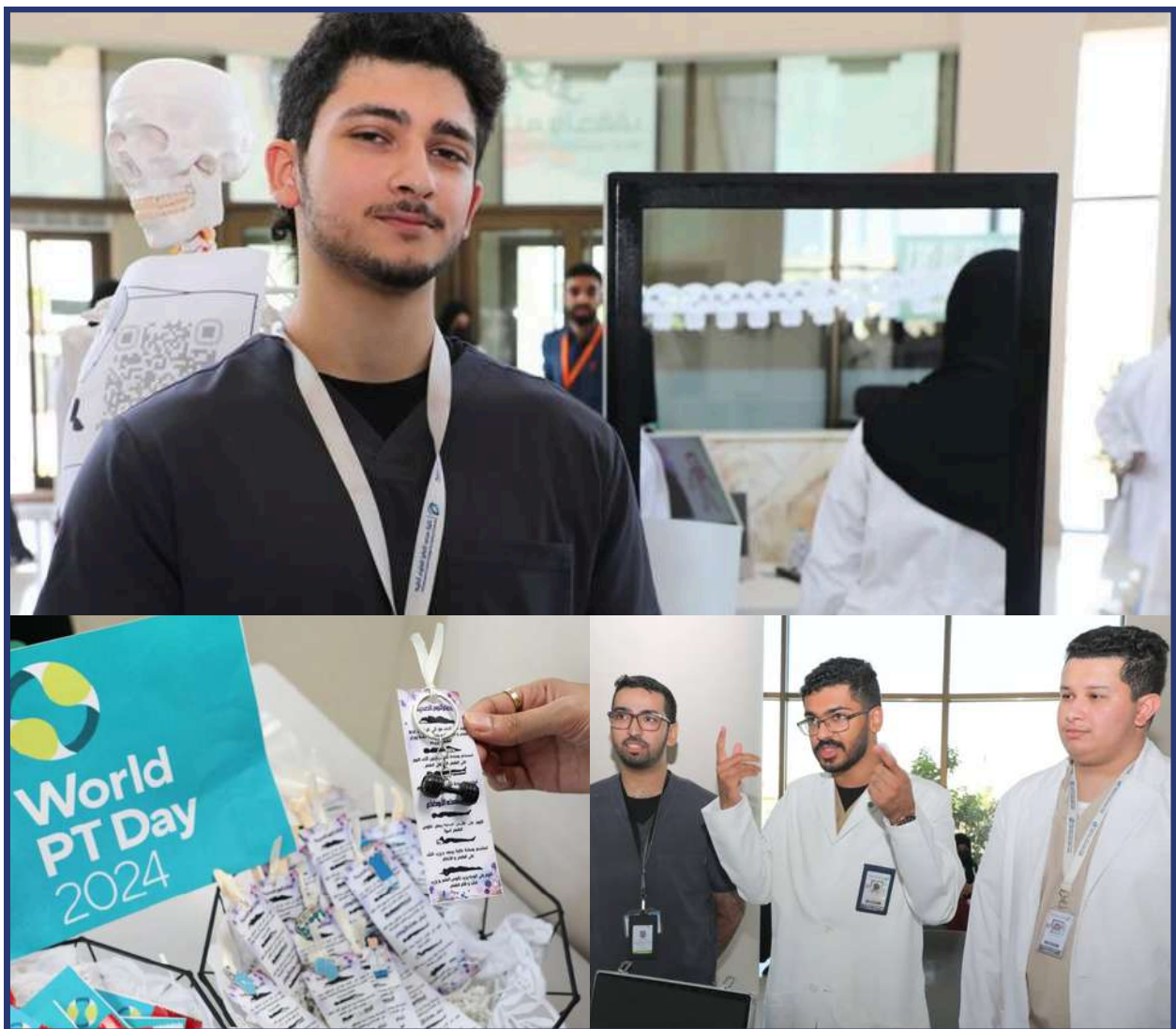
WORLD MENTAL HEALTH DAY

October 2024. The Psychosocial Counseling Unit organized a community service activity at MACHS campus entitled “World Mental Health Day”. The event included awareness sessions to help girls and mothers of children with special needs.



WORLD DAY OF PHYSICAL THERAPY 2024

October 2024. The Community Service and Extra-curricular Committee of the Physical Therapy Department organized an event entitled "World Day of Physical Therapy 2024". The event aimed to raise awareness of the global prevalence of low back pain, which is a major cause of disability. It also highlighted the role of physiotherapy in managing low back pain through non-surgical, movement-based treatments, and emphasized the importance of physical activity in preventing and managing the condition.



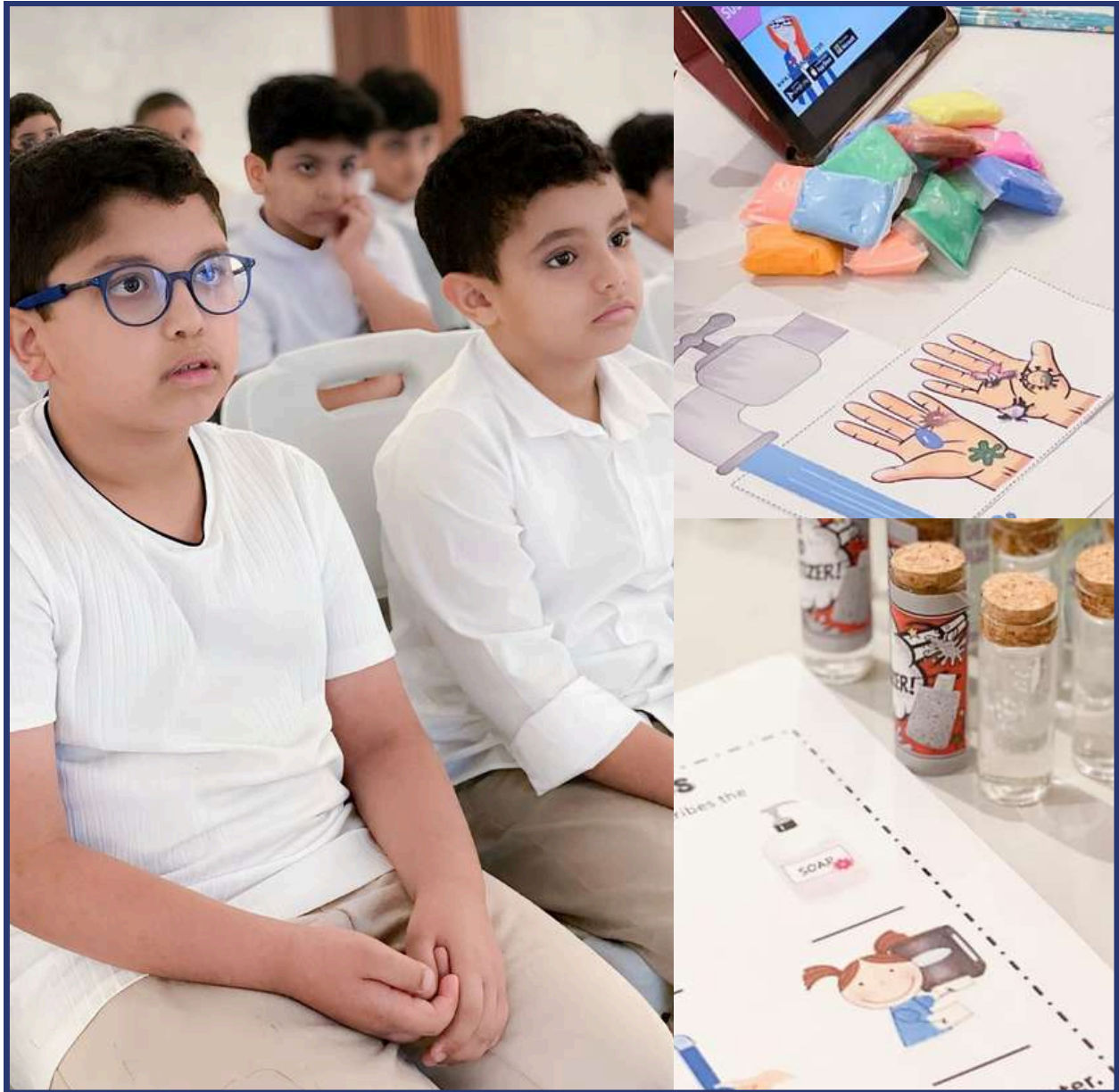
DATABASE (ACCESS MEDICINE)

October 2024. The Professional Development Unit, in collaboration with the Library Affairs, held a workshop entitled “Database (Access Medicine)”, in which the participants explored the platform’s features, clinical decision-making tools, and basic medical resources.



GLOBAL HANDWASHING DAY

October 2024. As a part of community service, the FYD faculty and students organized an activity entitled “Global Handwashing Day” at Al Azizyah School. The aim of this activity was to encourage the audience to improve handwashing habits in order to prevent the spread of diseases. The activity included educational materials and interactive activities designed to foster good handwashing habits among participants.



FORMULATING AND EVALUATING ESSAY AND SHORT QUESTIONS

October 2024. The Professional Development Unit, in cooperation with Imam Abdul Rahman bin Faisal University, hosted a workshop entitled “Formulating and Evaluating Essay and Short Questions” led by Dr. Muhammad Qandil, with the aim of introducing the formulation of modified essay questions and short questions, how to develop clear evaluation criteria, and achieving a fair and effective evaluation.



MEASURING HIGHER THINKING SKILLS

USING DIFFERENT STYLES

October 2024. The Professional Development Unit held a workshop entitled “Measuring Higher Thinking Skills Using Different Styles”, presented by Dr. Wissam Abdel Muti, during which the attendees explored defining higher thinking skills, evaluating them using multiple-choice questions of type A, and developing questions with broad compatibility.



CLINICAL SCENARIO COMPATIBILITY AND ESSAY QUESTIONS

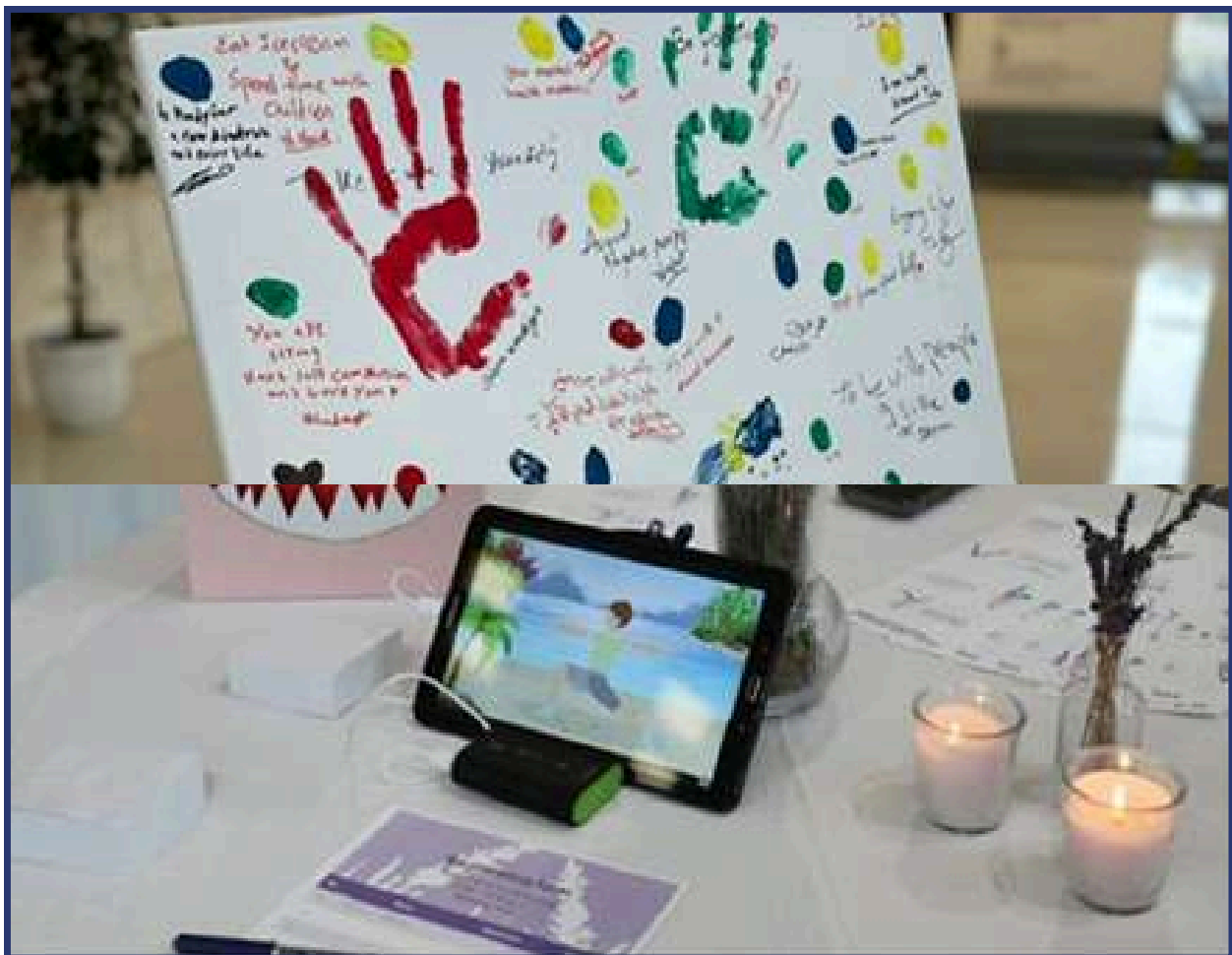
October 2024. The Professional Development Unit, in collaboration with Imam Abdul Rahman bin Faisal University, organized a workshop entitled “Clinical Scenario Compatibility and Essay Questions”. The attendees gained new experiences on how to evaluate scenario compatibility questions and write questions with established answers.



BREAST CANCER AWARENESS

October 2024. The Community Service Committee of the Medical Laboratory Department, in collaboration with Al Raka Medical Center, held an engaging “Breast Cancer Awareness” event at MACHS Admin Building. Over 60 participants attended to learn about breast health and the importance of early cancer detection, with the latest breast cancer statistics in Saudi Arabia underscoring the critical need for awareness.

During the event, a breast cancer survivor shared her journey, inspiring attendees with her story of strength and resilience. Free mammogram screenings were also available to encourage proactive health actions. The event featured interactive stations, including stress management resources and activities like hand printing, stress-relief exercises, and health assessments. Positive feedback highlighted the event's organization and impact, affirming MACHS's dedication to community health.



INFECTION CONTROL (HAND WASHING)

October 2024. The Community Service Committee of the Nursing Department, in collaboration with Ibn Roshd International School, organized a community service program titled (Infection control). It involved educating the students on how to prevent common health problems by developing proper hand-washing skills. The event sought to enrich children's knowledge of positive health behaviors to enhance wellness.

Out of its importance and impact on the public health, the department out reacted for a wider audience by conducting the activity at another site, Honey Bee Academy - Safwa. The event included 4 interactive educational games with 100 kids.



HYPERTENSION DAY

October 2024. The Community Service Committee of the Nursing Department, in collaboration with Almana Hospitals, organized a community service program titled (Hypertension Day) at Al Qatif Mall. The event aimed to educate the visitors about the importance of measuring blood pressure and blood sugar, the importance of understanding BMI meaning, and introduced the role of healthy diet to maintain normal blood pressure and blood sugar.



BREAST CANCER AWARENESS

October 2024. The Community Service Committee of the Nursing Department, in collaboration with Al Faisaliya and Aqrabia Health centers, organized a community service program titled (Breast Cancer Awareness). The activity aimed to encourage the community to carry out home and medical examinations to early detect breast cancer, raise the awareness about its warning signs, and to address most important prevention methods related to it.



MEDICATION SAFETY OF ANTIDIABETIC MEDICATIONS FOR WEIGHT LOSS

October 2024. The Community Service Committee of the Pharmacy Department organized a community service program titled "Medication Safety of Antidiabetic Medications for Weight Loss". The aim was to educate the public about the safe use of antidiabetic medications when used for weight management, such as GLP-1 receptor agonists. It also sought to raise awareness of the benefits and potential risks, emphasizing the importance of medical supervision. Most importantly, the activity sought to promote safe practices, including proper dosing and understanding interactions with other medications. It also focused on helping participants recognize who may be appropriate candidates for these medications.



MONTHLY GATHERING

October 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.



RESEARCH PUBLICATIONS

1

Bodunde EO, Buckley D, O'Neill E, Al Khalaf S, Maher GM, O'Connor K, McCarthy FP, Kublickiene K, Matvienko-Sikar K, Khashan AS. "Pregnancy and birth complications and long-term maternal mental health outcomes: A systematic review and meta-analysis." BJOG: An International Journal of Obstetrics & Gynaecology. 2024.

Indexing: Scopus 

PubMed 

Web of science 

PUBLICATION

Quartile: Q1 Impact Factor: 4.7

2

Kaur T, Upadhyay J, Nandave M, Alsayari A, Alshehri SA, Pukale S, Wahab S, Ahmad W, Rashid S, Ansari MN. Exploring progress in iron supplement formulation approaches for treating iron deficiency anemia through bibliometric and thematic analysis. Heliyon. 2024 Apr 4.

Indexing: Scopus 

PubMed 

Web of science 

PUBLICATION

Quartile: Q1 Impact Factor: 3.4

3

Alsaffar, N., Alsaleh, M.A., Alsaleh, A.A., Ghanem, N.Z., Al khomees, M.H., Alqurain, M.A., Almatouq, J., AlAlwan, B., & Alqurain, A.A. (2024). Prescribing Hydroxyurea in Sickle Cell Disease Patients: The Pattern and Association with Co-Prescribed Medications Used to Manage the Disease Complications. Journal of Clinical Medicine, 13(20), p.6254.

Indexing: Scopus 

PubMed 

Web of science 

PUBLICATION

Quartile: Q1 Impact Factor: 3

4

Almoyad, M. A. A., Wahab, S., Ansari, M. N., Ahmad, W., Hani, U., & Chandra, S. Predictive insights into plant-based compounds as fibroblast growth factor receptor 1 inhibitors: a combined molecular docking and dynamics simulation study. Journal of Biomolecular Structure and Dynamics, 1–10-2024. <https://doi.org/10.1080/07391102.2024.2335297>

Indexing: Scopus 

PubMed 

Web of science 

PUBLICATION

Quartile: Q2 Impact Factor: 2.7

5

Ghosn SA, Ali MD, Banu N, Patel M, Aslam N, Babker H, Albahrani FH, Al Ibrahim Z, Alomran A, UI Hai AN, Almoroba NB. Prevalence of Sleep Disturbance Potential-Associated Factors among Undergraduate Pharmacy Students in Saudi Arabia. J Pharm Bioallied Sci. 2024 Apr-Jun;16(2):66-71. doi: 10.4103/jpbs.jpbs_1257_23

Indexing: Scopus 

PubMed 

Web of science 

PUBLICATION

Quartile: Q4 Impact Factor: 0.7

RESEARCH PUBLICATIONS

6

G.O. OBAIAH, M.A. ABDULZAHRA, A. TEWARI, M.S. PATEL, V.S. TALISMANOV, N.K. SHARMA, S. SEHLANGIA, and M.S. THAKARE (2024). Selective Sensing and Determination of Cu²⁺ Ions in Environmental Samples with Newly Prepared Quinoline based Chemosensors and Confirmation of Results using DFT Molecular Modeling. Asian Journal of Chemistry, Vol. 36 No. 7 (2024): Vol 36 Issue 7, 2024 <https://doi.org/10.14233/ajchem.2024.31456>

Indexing: Scopus 

PUBLICATION

7

Dr. Nahla Ali Maher Nashaat, Dr. Eman M Gaber Hassan, Latha S Kannan, Fatimah Shaheed Matooq Alsiddiq, Zahra'a Ali Hassan Alsanonah, Jana Sami Ramadan Albu Hassan, & Lujain Ali Ahmed Albatran. (2024). Exploring the impact of premenstrual syndrome and dysmenorrhea on students' academic performance. Educational Administration: Theory and Practice, 30(9), 563–571. <https://doi.org/10.53555/kuey.v30i9.7750>

Indexing: Scopus 

PUBLICATION

8

Hassan, Eman & Omar, Reda & Lewis, Sharell & Moslim, Zahra & Albinali, Jumanah. (2024). Examine Fatigue Levels And Mental Health Among Dementia Patients' Caregivers In Saudi Arabia. Educational Administration: Theory and Practice. 30. 10.53555/kuey.v30i9.7799.

Indexing: Scopus 

PUBLICATION

9

AlMarzooq AM, Britiller MC, Hassan EM, Sivapalan NM, Anna RA, Almarzooq AH, Alrefaiy DA. Assessment of therapeutic skills and barriers between nursing students and patients. Educational Administration: Theory and Practice. 2024;30(8):590-599. <https://doi.org/10.53555/kuey.v30i8.7245>

Indexing: Scopus 

PUBLICATION

10

Dr. Awmnia Samir Eassa Ahmed. (2024). EFL University instructors' Perspectives on Social Media's Influence on Student Writing Skill. EVOLUTIONARY STUDIES IN IMAGINATIVE CULTURE, 998–1017. <https://doi.org/10.70082/esiculture.vi.1233>

Indexing: Scopus 

RESEARCH POSTERS

1

Al-Qallaf, Z; Al-Abdullatif, S; Al Khalaf, S. Y. Knowledge, Attitude, and Practice Regarding Hepatitis B Infection: A Study among Undergraduate Nursing Students in Saudi Arabia. Presented at JHAH Nursing Congress: Beyond Vision 2030 - Shaping the Future of the Nursing Profession in Saudi Arabia, Dhahran, Saudi Arabia, September 2024.

2

Alobaid, A; Alsuwaiket, H; Alfaraj, Z; Ramadhan, N; Alyousef, A; Alabbadi, H; Alkhalifah, A; Al-Abdullatif, S; Al Khalaf S. Y. Perceptions and Attitudes Towards Initiating Mandatory National Premarital Screening Program of Sexually Transmitted Diseases among Adults in Eastern Province, KSA. Presented at JHAH Nursing Congress: Beyond Vision 2030 - Shaping the Future of the Nursing Profession in Saudi Arabia, Dhahran, Saudi Arabia, September 2024.

3

Accepted Papers (poster presentation) during the 2024 Nursing Congress held on September 11-12, 2024, at the Grand Hyatt Hotel in AL Khobar, Saudi Arabia
Organized by: John Hopkins Aramco HealthCare

4

Electronic Health Records (EHRs): Effectiveness to Health Care Outcomes and Challenges of Health Practitioners in Saudi Arabia
By: Myra Cusi Britiller

5

Factors Associated with the Physical and Mental Fatigue Levels of Nurses in the Eastern region Hospitals, Saudi Arabia
By: Myra Cusi Britiller, Eman M Gaber Hassan, Ruby Abraham Anna

WELCOME NEW EMPLOYEES



This newsletter issue is ostensibly supported by the following who contributed by articles, reports and relevant updates within their work units.

Presented to you by:

Editor: Mr. Ahmed Almosabeh - Pharmacy Department

Creator & designer: Ms. Heyam Almaqhawi - Public Relations

PROFESSIONAL DEVELOPMENT

Ms. Fardus Aljunibi

PHARMACY DEPARTMENT

Mr. Ahmed Almosabeh

Dr. Nousheen Hamid

Ms. Sherihan Ghosn

NURSING DEPARTMENT

Dr. Nahla Shehabelden

Ms. Batool Alshubbar

SCIENTIFIC RESEARCH UNIT

Dr. Ayaz Ahmad

RESPIRATORY THERAPY DEPARTMENT

Ms. Bedor Alzuwaid

Ms. Shahad Almaskeen

PHYSICAL THERAPY DEPARTMENT

Ms. Amani Aljishi

MEDICAL LABORATORY DEPARTMENT

Dr. Nader Awad

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PR@MACHS.EDU.SA

(013)5103550 - EXT: 3018