

INFORMED

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كلية دبي الطبية
DUBAI MEDICAL COLLEGE



كلية دبي للصيدلة
DUBAI PHARMACY COLLEGE



مركز دبي الطبي التخصصي
DUBAI SPECIALIZED MEDICAL CENTER

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The Director's Message >



Welcome to the fifth issue of INFOR-MED, S.S. Lootah Healthcare's very own monthly newsletter with news and events from across our entities.

The colleges have had an exceptionally busy month with several events. The DMC 'Medical Education Symposium 2010' was very well received with over 150 professionals attending from across the region. We are very happy to have once again hosted world-renowned speakers such as Dr. Parveen Kumar and Prof. Fenech. Congratulations to the organising team for their efforts in making the event a grand success.

The 'Pharmataalk' series organised by Dubai Pharmacy College has been growing in scale each month with 3 lectures featured during the past month. I wish the organizers continued success in bringing more and more esteemed speakers. The month was also not 'all work and no play' for the students. They indulged in several fun activities such as the Global Day, Nutrition Day, Cookery Day and more, prior to gearing up for examinations in the coming month.

MEDAWI continues to make a splash at industry events. Nursing director Katherine Doll participated as a panelist at 'Hospital Build Exhibition & Congress' and the 'Nurses Week Conference', among others.

We continue to look forward to your comments and contributions. The email id to remember is newsletter@infor-med.ae

Have a great month ahead!

Regards,
Eng. Rashid Lootah
Executive Director
S.S. Lootah Healthcare



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News and Events >

MEDAWI makes a splash at Hospital Build Exhibition & Congress



Nursing Director Katherine Doll participated in the 'Leaders in Health' conference held as part of Hospital Build Middle East Exhibition & Congress during June 1-3, 2010 at the Dubai International Convention & Exhibition Centre. She was a speaker on 3 panels and addressed the topics:

- 'Patient centered care – truth or fiction?' as part of the broader category, 'Patients First: Delivering Customer-Centric Healthcare in an Ever Changing World'
- Designing World-Class Workflow Management Processes To Increase Productivity And Gain Efficiencies
- Leadership, Not Management: Raising Standards Whilst Managing Rising Costs

'Leaders in Healthcare' Congress is for future-minded individuals who are on the innovative frontlines in healthcare management and features topics on the future of the healthcare infrastructure in the GCC, world class workflow management to improve healthcare delivery and sustainability in healthcare.

Nurses' week conference on occasion of International Nurses' Day



MEDAWI's Nursing Director Katherine Doll addressed the topic 'Promoting gender equality and empowerment of women' during the Nurses' Week conference held at the Rashid Medical Library auditorium on May 12th, on the occasion of International Nurses' Day. The day is thus celebrated around the world to mark the birth anniversary of Florence Nightingale, who is considered the founder of modern nursing.



Meet the Team >



**Eng. Mohammed Abu Al Ata
Manager, Biomedical
Engineering Department**

Eng. Abu Al Ata has been with MEDAWI since June 2009 and plays a key role in the evaluation of specifications and selection of the biomedical equipment in close co-operation with hospital management team. He also oversees the installation, testing and maintenance of the equipment as per the manufacturer's guidelines and ensures their calibration by the relevant authority. Prior to joining MEDAWI, he has held senior sales and service positions in leading medical supplies' companies in the UAE and Jordan. He has also undergone several vendor training programs and advanced courses in maintenance of electrical and electronic equipments.

Mr. Ata has a Master's degree in Healthcare Administration from the University of Atlanta, USA and a Masters Degree in Biomedical and Technical Engineering from Kharkov state technical university of radio electronics, Ukraine.

Progress Tracker >

In this section, we bring you updates on the progress of the physical structure of the hospital, which comprises of two parts – the main hospital building and the Nurse Accommodation. The picture here shows the view of the Nurses' Accommodation on the left with a service structure on the right.



Corrigendum

INFORM-MED wrongly published the title of Dr. Suhail Kady as CEO of MEDAWI on page 3 of Issue 4. The correct title is 'Medical Director'. The error is deeply regretted.

News & Events >

DMC bags 3rd prize at GMU inter-college quiz competition



Congratulations to Sadia Maqbool (Second year), Sara Javaid (Second year) and Faiqa Ibrahim (First Year) on winning the 3rd prize in the inter-college quiz held at the Gulf Medical University on May 8th, 2010. The 1st place was a tie between GMU and Ras al Khaima Medical University.

DMC bags DEWA's Conservation Award



Congratulations to the DMC team headed by Dr. Hiba, on winning DEWA's 'Conservation Award for a better tomorrow' for significant savings in energy and water usage. The conservation initiatives include changing spot lights to LED lights, turning off the A/C and other appliances during breaks, minimising water usage by watering the plants during night time, and more. This resulted in an overall saving in water usage by 5% and electricity usage by 18%, reducing over 60,776 kgs of carbon emissions.

Participation in anti-smoking campaigns

On occasion of 'World No Tobacco Day'



DMC participated in two 'anti-smoking' events on the occasion of 'World No Tobacco day' on May 31st. The first event was hosted by Ministry of Health at the 'Dubai Women's Association' to mark the launch of the 'International program on anti-smoking'. Here, DMC staff displayed specimens showing effects of smoking and explained about the illnesses caused. Several VIPs including the Minister of Health Dr. Hanif Hassan and Dubai Police chief Lt. Gen. Dahi Khalfan Tamim graced the event and appreciated the efforts of DMC. The second event was organized by Dubai Municipality where DMC was awarded a trophy in appreciation of its sustained contribution to the anti-smoking campaign. A certificate was presented to Wafa Ali Abdalla (4th year student).



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DUBAI MEDICAL COLLEGE

Special Report >

Medical Education Symposium 2010

The 'Medical Education Symposium 2010' organized by Dubai Medical College on May 23rd, 2010 saw over 150 participants spanning medical practitioners, teaching professionals, residents and interns. The 4th such event once again brought world-renowned speakers on the same platform to share their insights.

The internationally acclaimed guest speakers included:

Professor Parveen Kumar

(Co-author of Kumar and Clark, the standard text book of Clinical Medicine, Professor of Medicine at Bart's and the London School of Medicine and Dentistry, former president of the British Medical Association and President - Elect of the Royal Society of Medicine)

Prof. Hossam Hamdy

(Vice Chancellor for Medical Colleges and Dean, College of Medicine at University of Sharjah)

Mr. Pradip K Datta

(Honorary Consultant Surgeon, Caithness General Hospital at Wick, Scotland)

Prof. Harald Rosen

(Professor of Surgery at Vienna Medical School, St. Vincent Hospital, Vienna)

Professor Frederick Fenech

(Geriatrics specialist and Director of International Institute on Ageing, United Nations at Malta)

Mr. ST Irwin

(Consultant Colorectal surgeon at Royal Victoria Hospital Belfast)

Dr. Abdul Hadi Sadiq Al-Hillawi

(Consultant Physician in Geriatric Medicine at Wycombe Hospital in Buckinghamshire)



TOPICS COVERED:

The Medical Curriculum - Is there an Ideal One?

- by Prof. Parveen Kumar

Prescribing in the Elderly

- by Prof. Frederick Fenech

Communication in the Medical Profession

- by Mr. Pradip Datta

Assessment of Clinical Competencies

- by Prof. Hossam Hamdy

Clinical subject related to elderly

- by Dr. Hadi Al-Hillawi

Controversies in the management of Diverticular Disease

- by Prof. Harald Rosen

'Fluid and Electrolyte therapy in surgical practice: "two liters a day" is not enough!'

- by Prof. Hossam Hamdy

Kudos to the organising team and volunteers that contributed to making the event a grand success!

CONGRATULATIONS!

Three DMC faculty members Prof. Fatehia Aly Bayoumy, Dr. Doaa Sultan, and Dr. Marwa M. Khalil successfully completed the 1st module of 'Standards for Medical Education' with the Open University, FAIMER/ WFME distance learning course.



Prof. Fatehia



Dr. Doaa



Dr. Marwa

Double congratulations to Dr. Doaa Sultan on being promoted as Associate Professor! The staff and students wish her continued success.

Pictures from the event > Medical Education Symposium 2010



The speakers with the students and staff of DMC involved in organising the event



DMC Deans Prof. Galal and Prof. Baron presented a memento to all speakers. Seen here is Dr. Hadi Al Hillawi



Dr. Parveen Kumar addressed about the ideal medical curriculum



Mr. Pradipt Dutta kept the audience engaged with his interesting presentation about Communication in the medical profession



S.S. Lootah Healthcare Director Mr. Rashid Lootah with the Deans and the guest speakers

Faculty Research >

Evaluation of Methods of Assessment for Dubai Medical College students at different stages

By: Prof. Mohamed Galal El-Din Ahmed (Dean of Dubai Medical College) and DMC Faculty Members

Research presented by: Prof. M. Galal El Din at Ottawa Conference 2010

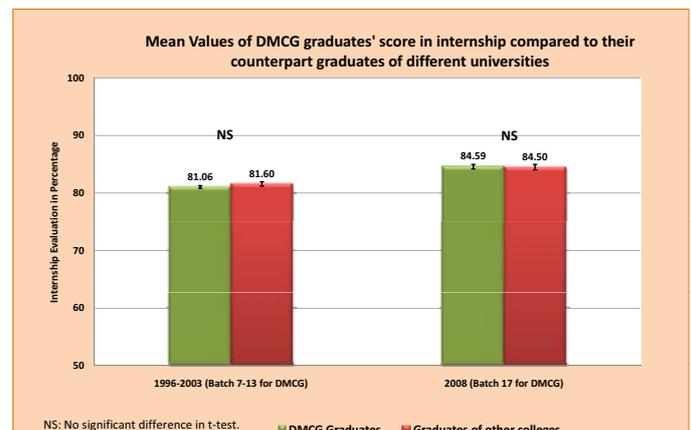
The Ottawa Conference on 'Assessment of Competence in Medicine and the Healthcare Professions' is held biennially, and provides an international platform for discussion of all themes relating to assessment in healthcare education and profession. This year was the 25th Anniversary of the Ottawa conference and was held in Miami, Florida, USA, from May 15-20, 2010.

Prof. M. Galal El Din, Dean of Dubai Medical College, presented a poster at this milestone conference titled 'Evaluation of Methods of Assessment for Dubai Medical College students at different stages'. This research was themed on student assessment tools in Dubai Medical College (DMC). The objective of this study was appraisal of the institutional standards of academic excellence, and thereby influence the strategic planning of DMC. The study was multi faceted so as to assess the overall impact of DMC in producing high caliber doctors. Results (of admission process evaluation, preclinical phase, clinical phase, and internship evaluation) of students from batch 5 up to the present batch (batch 23) were analyzed. Assessment during the admission process was given special importance in the study, as according to Prof. Galal; "it is the gateway to the subsequent cycle of educational upbringing".

The study was cross sectional as well as longitudinal. The amount of work done and the results of Prof. Galal's research are impressive. Hereunder is a brief description of some of the results from the poster:

- The vertical integration of preclinical and clinical phase of DMC education was evaluated with correlation coefficient between preclinical and clinical phase results. It ranged from 0.6 - 0.85, with p value highly significant in all cases. These results reflect the reliability of the assessment tools used in the two phases of medical education in DMC. The results are comparable with other studies done by other researchers, e.g. *Ogunyemi* et al 2005.

- The study also compared the performance of DMC interns with the performance of interns graduated from the other colleges (in UAE and abroad), working under the same employer (Dubai Health Authority). The results showed no significant difference between performance of DMC interns and other interns. This is shown in figure 1 (Right).



- The next aspect of the research was assessment of the admission process. The results showed that preclinical results as well as clinical results of DMC students correlate positively with the overall admission process (sum of Entrance test, high school grade, and interview with equal weightage to each).

- Prof. Galal further explained that the correlation of high school with preclinical or clinical results was not as high as expected or as shown by other researchers. He concluded that this is because DMC applicants are heterogeneous groups of students from a variety of high school system (UAE, American, British etc). To correct this heterogeneity, he filtered students based on high school, and the correlation between UAE high school results with DMC results was very high.

Based on the research work, Prof. Galal concluded that the admission process is a useful tool in predicting the academic performance of students, and he recommended that in the multicultural society of Dubai where there is a heterogeneous pool of international applicants, there is a need to make correction/adjustment for discrepancy resulting from variations in high school grading system.

Prof. Galal concluded his poster with acknowledgements for DMC faculty members, Institutional Effectiveness, Admission and Examination units, and Graduate affairs.

He commented that this work is an institutional research and the design of this study is a strong tool to assess institutional standards of academic excellence.

Article prepared by: Dr. Hajer Sheikh

Faculty Research >

Dr Neveen Hemimi (Head of Biochemistry Department in DMC) presented five researches in the 'Experimental Biology Conference 2010' held in Anaheim USA in April 2010. Some of these researches were done in collaboration with other research universities in the Gulf and in Egypt. The abstract of one of the posters is given below:

Association of Angiotensin Converting Enzyme Insertion/Deletion and Angiotensinogen T235 Polymorphisms with Risk of Essential Hypertension

- Neveen Salah El Din Hemimi (Biochemistry Department- DMC)
- Naglaa Raafat Oda (Biochemistry Department- DMC)
- Samira Ali Hemedi (Department of Clinic and Community Medicine of Dubai Municipality)

Abstract:

Background: polymorphism of renin angiotensin system has been proved to be implicated in the pathogenesis of several multigenetic diseases including hypertension.

Aim of the work: to investigate the linkage of I/D polymorphism of angiotensin converting enzyme (ACE) and Met to Thr variant at position 235 of angiotensinogen (AGT) to the incidence of essential hypertension.

Method: Samples of blood were collected from 203 subjects with matched age and sex (110 hypertensive, and 93 normal controls). The polymorphism of ACE and AGT were investigated by polymerase chain reaction techniques.

Results: AGT polymorphism showed significantly increased incidence of hypertension in TT genotype as compared to (MT and MM) genotypes (OR= 2.2, 95% CI= 1.0-5.1, P<0.05). Similarly the study of ACE polymorphism declared a minor risk for hypertension in DD compared to (DI and II) genotypes (OR= 1.2, 95% CI= 0.7-2.2). No significant association was found between DD genotype and other risk factors of hypertension, and no combined synergistic effect of DD and TT genotypes on incidence of hypertension.

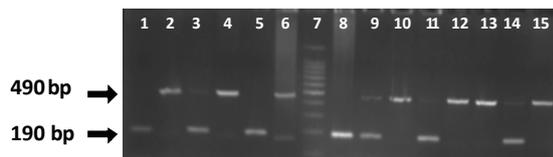


Figure 1: electrophoresis of ACE I/D : lanes 1,3,5,8,11 are DD homozygote with single band at 190, lanes 2,4,10,12,13 are II homozygote with one band 490, Lanes 6,9,14 are ID heterozygotes with two bands, and lane 7 is 100 bp marker.



Figure 2: electrophoresis using insert specific primers: lanes 4,5,6,8,11,12,15 show single bands of the insertion fragment of 335 bp so considered ID heterozygote, while lanes 2,3,7,9,10, 13, 14 no bands indicating DD homozygote, lane 1 shows 100 bp marker

Conclusion:

To summarize our work suggest the association of hypertension with TT variant of AGT gene and DD variant of ACE, they may be a potential genetic risk factors for hypertension, which may explain the different response to antihypertensive agents especially those acting on RAS according to AGT and ACE genotypes.

Other student activities >



Students explore their culinary skills during the 'Cookery' day



Students win 2nd place in the play



Gardening activity where students planted several saplings in the DMC garden

News & Events >

Nutrition Day Celebrations at DPC

The Nutrition Day was marked by a Salad making competition organized with the objective to inculcate healthy food habits and awareness regarding the choice of food among the youth. Each group was represented by four members. Cleanliness, taste, presentation and nutritional value were the basic criteria for judging. The participants' creativity was revealed through the attractive presentation of the salads.

Congratulations to Quratulain Muhammad Salim, Sahar, Sohailah and Samar Mahmoud for the prize-winning salad.



The winning salad

Following the competition, the Students' Union of DPC presented a video clip about 'Nature's Pharmacy' the content of which emphasized the wonders of nature and what cures it beholds.

The day concluded with the distribution of certificates to the participants of the DUPHAT 2009-2010. The students who made the college proud by receiving awards at DUPHAT were presented with special certificates.

The 'Pharmatalk' lectures were also held on the same day.



كلية دبي للصيدلة

DUBAI PHARMACY COLLEGE

Pharmatalk VI
2010 >

Pharmatalk is one of the most highlighted events at DPC. It is a great opportunity for students to learn about the advancements in the world of drugs. This Pharmatalk on 5th May 2010 was even more distinctive owing to the fact that the day was celebrated as 'Nutrition Day' at DPC.

In his welcome speech, the Dean Prof. Dr. Saeed Ahmed Khan addressed the 'Pharmacists in making', following which the Pharmatalk included three different lectures.

Topic 1:

How to have a wholesome complexion?

Presenter:

Dr. Fatima M. Shaban,
Consultant Dermatologist,
Head of the Department of Dermatology
Ministry of Health, UAQ.



Dr. Fatima M. Shaban gave an edifying talk on skin care. She also pointed out that skin problems should not be neglected. The talk was followed by a Q & A session where the students raised a lot of queries.



Envelope containing flavorsome recipes compiled and distributed by the DPC students

Topic 2:

Overview of Yoga

Presenter:

Dr. Pratibha K,
Alternative and Herbal Medicine Practitioner,
Dubai Specialized Medical Centre.



Dr. Pratibha .K presented about the importance of yoga. She displayed the different postures of yoga and brought to light its various benefits and effects on the body. Towards the end, she showed the breathing technique which helps in reducing weight and the staff took special interest in this exercise!

Topic 3:

Organic Food and its Benefits

Presenter:

Dr. Ahmed,
Nutritionist, Nutrition Development
Manager, Organic foods & café
(member of Al Accad group)



Dr. Ahmed's talk was all about nutritious food, where he emphasized on the fact that food grown organically is more nourishing than the food which is grown using artificial fertilizers and plant hormones. Small recipes of healthy and tasty sweets such as Low-fat brownies and Chocolate Crinkles, packed in decorative envelopes, were distributed to the students.

Reported by Quratulain Muhammad Salim
(Batch 18)

Trivia

- Though it makes up only 2 percent of our total body weight, the brain demands 20 percent of the body's oxygen and calories.
- Your stomach cells secrete hydrochloric acid, a corrosive compound used to treat metals in the industrial world. It can pickle steel, but mucous lining the stomach wall keeps this poisonous liquid safely in the digestive system.

News & Events >

Global Day - May 18th, 2010

A powerful way of celebrating culture, reaching out to the campus community



With more than 25 nationalities present, the Global Day has become the flagship event of the year on the DPC's Student Union calendar. It was a campus-wide affair in which members of both Dubai Pharmacy College and Dubai Medical College participated.

The theme for this year's Global Day was "Pray for world Peace". The two main attractions at this year's event were the Food Fair and Cultural Performances. Cross-cultural participation enlivened the whole show, where students displayed their rich culture and traditions. The Emiratis', for instance, celebrated the UAE's rich culture and heritage with traditional bands playing Emirati folk songs, among other cultural exhibits, displays and shows.

Further, a Tunisian and an Indian were dressed up as a bride and groom to depict a Pakistani wedding ceremony, accompanied by other nationalities. Egyptians tapping to the popular Arab folk dance in Palestine – 'Dabke' were other major attractions.

To top it all, a wide variety of multicultural cuisines were on offer serving their delicious fare.

Trivia



- The average heart beats at 100,000 times a day.
- Your blood is on a 600,000 mile journey.
- A red blood cell can circumnavigate your whole body in 20 seconds.

Staff Profile >

A dedicated researcher

Introducing Dr. Naglaa Gamil, Head of Department of Pharmacognosy and Natural Products, DPC



that causes death of animals on consuming it. This plant can be used as a good source of cardiac active drugs.

Dr. Naglaa has been teaching Pharmacognosy, Phytochemistry and Natural Products in addition to serving as a research guide and reviewer to several groups of students. Her interest areas for research are medicinal plants and herbs in UAE and their pharmaceutical uses and properties. She has isolated new compounds from certain *Caraluma* species (certain type of desert Aloe), which can cure sleeping disorders in animals, with less adverse effects than the synthetic drugs available in the market. She has been awarded for this finding and has published her research in various indexed journals.

Dr Naglaa Gamil graduated from Cairo University, Egypt in 1991. She was awarded for the best MSc thesis in Egypt in pharmacognosy for her discovery of serious side effects from the plant named *Sonchus* (in Arabic Qudid) which is widely distributed and eaten by the Egyptian farmers. She also for the first time reported a plant found in Giza Zoo which contains cardiac glycosides

Dr. Naglaa's future plan is to investigate other plants which grow in the deserts of UAE and to evaluate its benefits. Recently, she has been promoted as Associate Professor. The staff and students wish her more success in her professional career and to continue her research towards making DPC one of the well-known pharmacy colleges around the world.

Special Report >

'Islamic School' students enjoy a truly rewarding experience at DPC



Dubai Pharmacy College welcomed seven students from Islamic school to receive training in different departments of the college, as per the suggestion of **Haj Saeed Bin Ahmed Al Lootah** who believes that participating in such studies develops maturity, adaptability and confidence.

An intensive program was designed by the college faculty for a period of three weeks starting from 26th of April until 16th of May. The students rotated among the different departments and were trained in all the college laboratories on the different practicals taught in the college.

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Special Report >

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'Islamic School' students enjoy a truly rewarding experience at DPC



pharmaceutical dosage forms including granules, lotions, suppositories and cosmetic products as well as carrying out quality control tests. Ms. Yosra Lozan trained them on various physical pharmacy experiments such as viscosity, density and pH measurements.

Another section of their training course was carried out in the chemistry department under the supervision of Ms. Eman Shamsuddin and Ms. Zahra Khalifa in which the students enjoyed the techniques of identification of organic compounds, quantitative analysis and medical synthesis. They were also exposed to handling of mice in the Pharmacology lab under the supervision of Ms. Hanan Riad and were taught briefly the basis of Pharmacology.

The students were exposed to the different methods of extraction under the supervision of **Dr. Naglaa Gamil**, head of natural products department. They were also taught how to prepare transverse sections of different plants and observe slides under the microscope.

Their training in the pharmaceuticals department started with the demonstration of the different machines used in the pharmaceutical industry under the supervision of Mrs. Rana Sammour. This was followed by the students preparing different



In addition, they prepared different culture media, observed slides of microorganisms and carried out various biochemical tests in the Microbiology lab with Mrs. Fatma Al Zahraa Ali.

All the supervisors devoted their time and efforts for the success of this program. The students were pleased with the time they spent in the college and expressed great satisfaction with the valuable knowledge they received.

A committee consisting of five external examiners examined the students who showed excellent performance which impressed all the examiners

*Reported by Ms. Zahra Khalifa
(DPC Teaching/Research Assistant)*

Trivia

- The sound of a snore (up to 69 decibels) can be almost as loud as the noise of a pneumatic drill.
- Women burn fat more slowly than men, by a rate of about 50 calories a day.
- Women's hearts beat faster than men's.
- Three-hundred-million cells die in the human body every minute.
- There are 60,000 miles of blood vessels in the human body.
- There are 45 miles of nerves in the skin of a human being.
- There are more living organisms in one average human body than there are humans in the whole world.
- Our lungs inhale over two million litres of air every day, and if they were spread out, they are large enough to cover a tennis court.
- We breathe in about 7 quarts of air every minute
- Our nose filters impurities, cools hot air and warms cold air
- Over your lifetime, the average person will breathe in around 40 pounds of dust.

