

BATTERJEE MEDICAL COLLEGE
A PUBLICATION OF THE BMC ALUMNI MAGAZINE

ALUMNI

May.2020

COLLEGE DIGITAL TRANSFORMATION

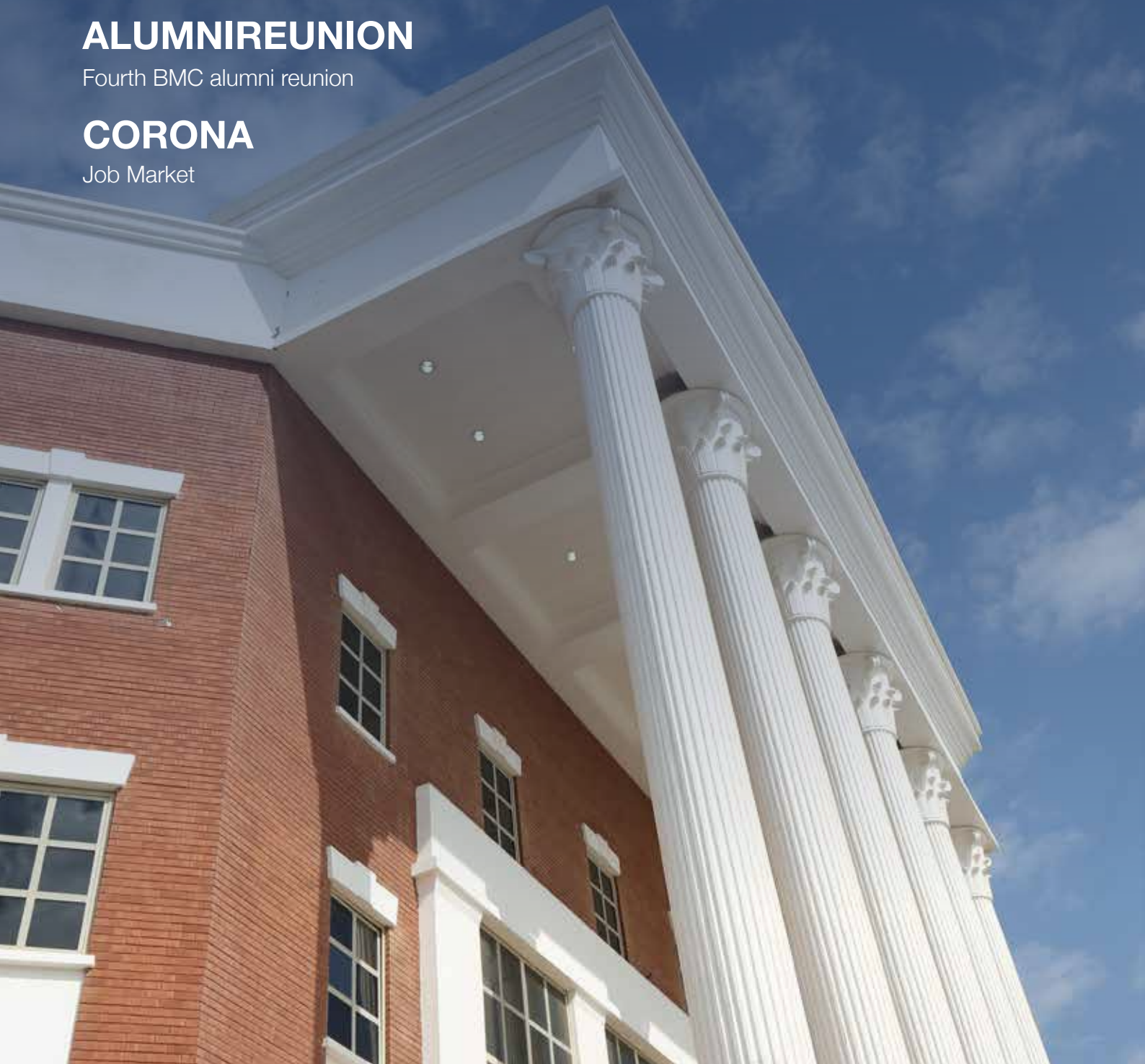
BMC initiative to transform Medical Education

ALUMNIREUNION

Fourth BMC alumni reunion

CORONA

Job Market



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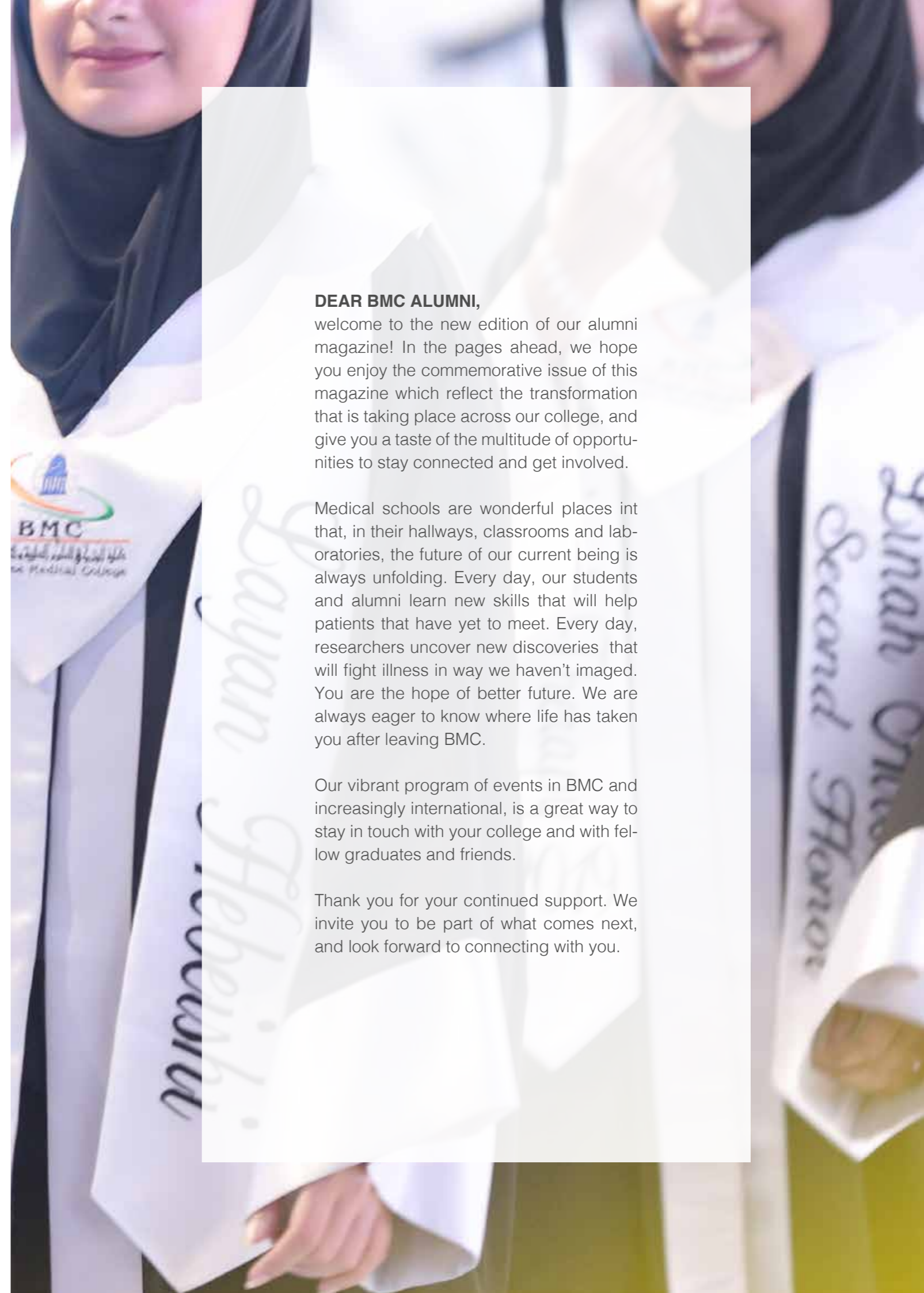
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WELCOMING



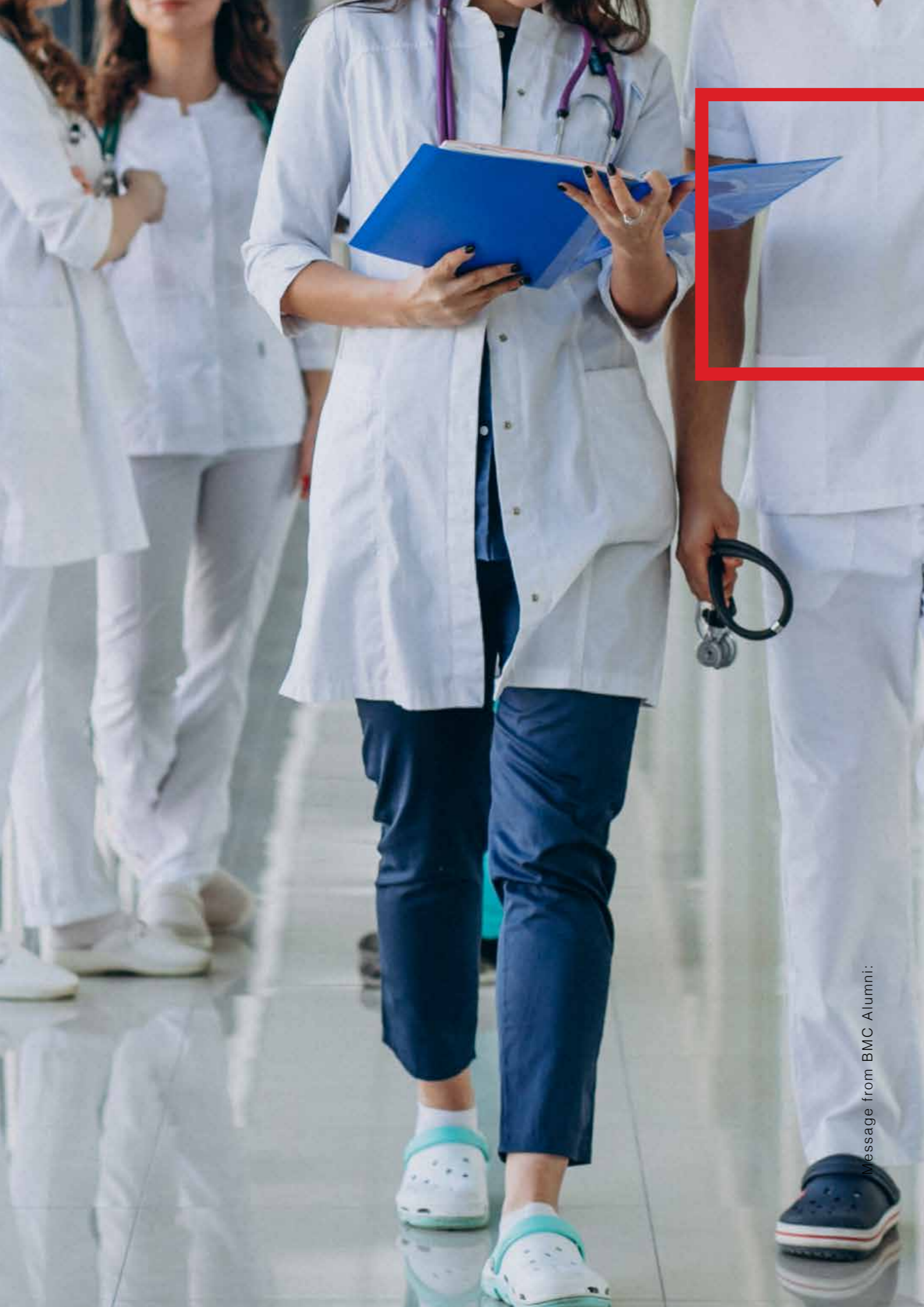
DEAR BMC ALUMNI,

welcome to the new edition of our alumni magazine! In the pages ahead, we hope you enjoy the commemorative issue of this magazine which reflect the transformation that is taking place across our college, and give you a taste of the multitude of opportunities to stay connected and get involved.

Medical schools are wonderful places in that, in their hallways, classrooms and laboratories, the future of our current being is always unfolding. Every day, our students and alumni learn new skills that will help patients that have yet to meet. Every day, researchers uncover new discoveries that will fight illness in way we haven't imaged. You are the hope of better future. We are always eager to know where life has taken you after leaving BMC.

Our vibrant program of events in BMC and increasingly international, is a great way to stay in touch with your college and with fellow graduates and friends.

Thank you for your continued support. We invite you to be part of what comes next, and look forward to connecting with you.



MESSAGE

FROM BMC ALUMNI

Message from BMC Alumni:

When we decided to join Batterjee Medical College, we all had the same childhood dream, which was merely to become doctors, pharmacists, or nurses and eventually to be addressed by these titles!

We still remember our first day at BMC when the professors asked us why we wanted to be doctors, nurses, or pharmacists. On that day, when we returned home, we kept asking ourselves the same question, seeking a real answer.

Our professors taught us that medical courses are not strings of sounds and letters joined together but rather documents about human nature. These courses are sources of knowledge to support us

assist people who need help and that what will make us proud!

This was the beginning, a beginning of a dream turning into vision, and vision turning into reality. So when you turn over the pages of this magazine, don't think of it as drops of ink on white pages. Think of it as the product of years of study. It represents our dreams, visions, and goals.

As you are reading this magazine, you would be reading us!

BMC Alumni

The corona virus has affected the job market almost overnight. Although some sectors have benefited from this tragedy, others are severely harmed. The current situation implies that people in some areas will lose their jobs and have extreme difficulties finding new ones.

It is time for people in the healthcare sector to participate in scientific research that deals with contemporary diseases. Doctors and epidemiologist should study the virus and give treatments in order to help people keep their jobs.

Companies all over the world have asked their employees to work from home to avoid large gatherings of people. As a result, the work of online companies that do not rely upon physical locations will enhance. For example, giant international companies, like Amazon, Google, Apple, Microsoft and Netflix, will outlast the outbreak. These tech companies are expected to employ more people.

However, department stores, malls and retailers may lose their businesses because people are not leaving their homes. Those who work for hotels, airlines, sporting events, entertainment and restaurant sectors will be influenced negatively. The ban of travel and the fear of infection will make many people lose their jobs on the long run.

CORONA AND JOB MARKET

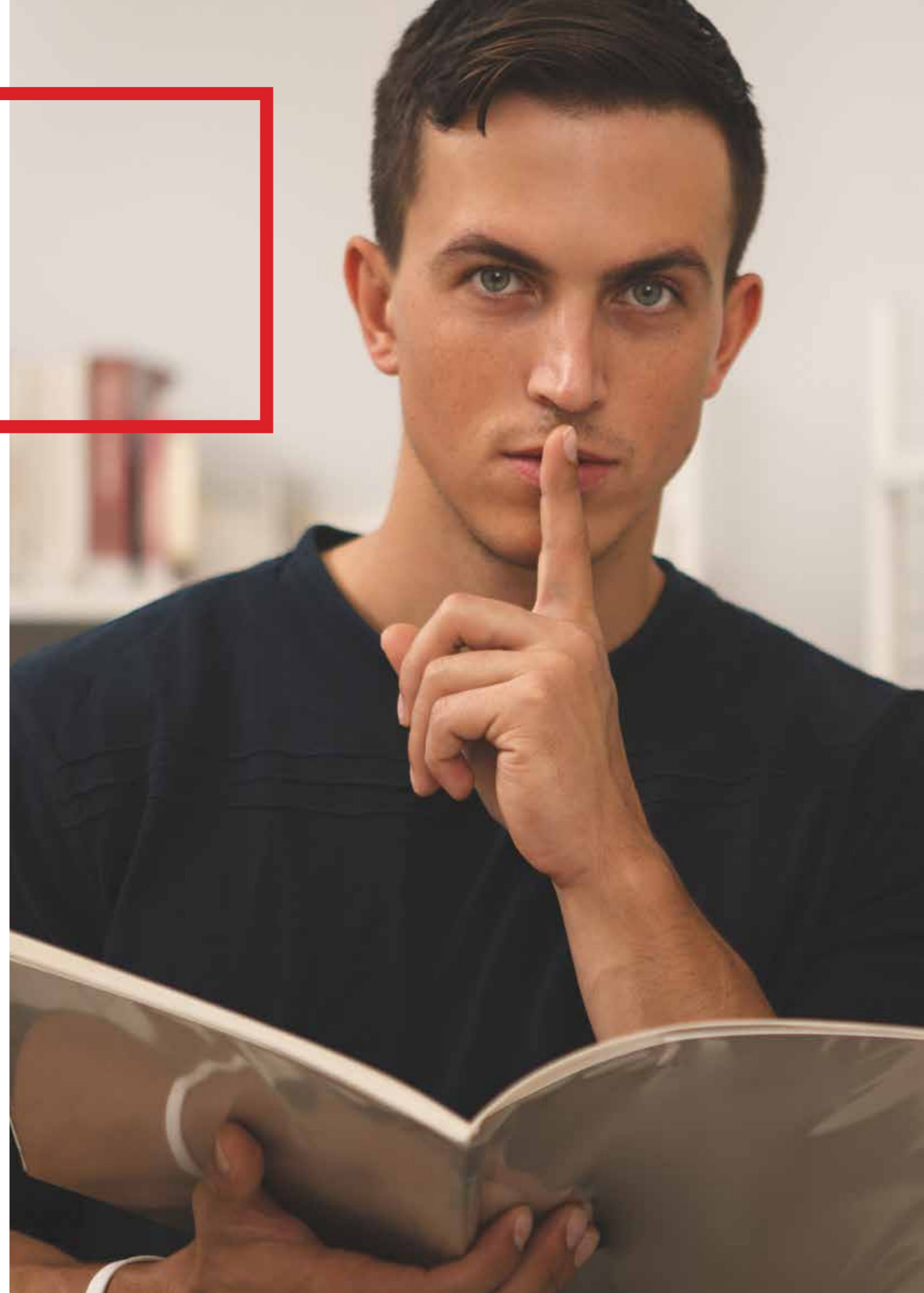


CORONA AND JOB MARKET

A STRONG MAN **VS.** A MAN OF STRENGTH

- A strong man works out every day to keep his body in shape, but a man of strength builds relationships to keep his soul in shape.
- A strong man isn't afraid of anything, but a man of strength shows courage in the midst of his fear.
- A strong man won't let anyone get the best of him, but a man of strength gives the best of him to everyone.
- A strong man makes mistakes and avoids the same in the future, but a man of strength realizes that life's mistakes can also be unexpected blessings and capitalize them.
- A strong man is sure-footed, but a man of strength knows when to ask for help.
- A strong man wears the look of confidence on his face, but a man of strength wears grace.
- A strong man has faith that he is strong enough for the journey, but a man of strength has faith that it is in the journey that he will become strong.

Poem by Luke Easter and Dee Cheeks, Modified!





Closer Look at

**Dr.
Maher Alandiyjany**
Vice Dean of Quality Affairs
and Developments

Please give us a brief idea about yourself and your career profile. Who's Dr. Maher?

I am Maher Alandiyjany, I have been working as a Vice Dean of Quality and Development at BMC since September 2019. I got my bachelor degree in Medical Sciences from Umm Al-Qura University in 2004. After that I worked in Alhada Military Hospital for one year and then I worked for two years in The College of Health Sciences in Taif as a demonstrator. In 2007, I joined Umm Al-Qura University as a demonstrator in The Faculty of Applied Medical Sciences (FAMS) at the Laboratory Medicine Department. In 2008, I moved to the UK to pursue the journey of my high education. I finished my master degree in Clinical Microbiology from the School of Molecular Medical Sciences, University of Nottingham. Then, I started my PhD in same University but at the School of Medicine.

I returned to Saudi Arabia in 2015 after completing

my high education and I have been promoted as an assistant professor in Medical Microbiology. In May 2016, I was designated as a vice dean of Hospital Affairs in FAMS until I joined BMC.

Why did you choose your field of Biomedical Science? Was it your first choice?

My first choice was Medicine but Fortunately I was accepted in the Medical Sciences Department. At that time only one major was available which was Laboratory Medicine. I wasn't sure how was the career life of the specialty going to be until I started the internship year. It was of most important year in my career life. During the internship year, I discovered my passion toward Medical Microbiology and it was the changing point of my career.

Describe a challenging situation that you have faced during your work/study and how did you handle it?

During the 2nd year of my PhD study, I had a sort of depression as my research project was not giving a good result and I couldn't think probably how to solve the problem that I faced in the project due to the stressful condition. For that reason, I joined the volleyball society at the university and started playing to reduce the stress. After few weeks of playing volleyball, I retained the ability to think and solve the obstacles in my research project. At the end of the year, I won 2nd place in the annual School of Medicine poster competition and I was assigned as the captain of volleyball team at the University of Nottingham.

Who is the person who left a great impact on you?

In my personal life, my parents left a great impact on me in different life aspects and during my career life two persons inspired me a lot Dr. Dalal Namnqani (Dean of Medicine College in Taif University) and my PhD supervisor Dr. Rob Delahay (Assistant Professor, Faculty of Medicine at The University of Nottingham). I learned from Dr. Dalal how to accept challenges and overcome them while from Dr. Rob I learned how to work hard to the achieve the dream you are looking for.

What has been the most difficult/emotional situation in your career? What was the lesson you got out of this situation?

I feel so sad when I see antimicrobial sensitivity test for a patient with all antibiotics

are resistance to an infection especially when the patient is a baby. Because of this situation, I did a few studies that measured the knowledge and attitude of the public towards antibiotic usage and I advised for campaign that promote the proper usage of antibiotic to reduce emergence of antibiotic resistance

Who is the person who left a great impact on you?

- Make your parents feel proud of you
- Build your CV from this moment
- Enhance yourself with different soft skills
- Use technology to boost your understanding and knowledge
- Exercise and work out regularly

Did you regret choosing this major?

With no doubt, I am happy with my major and I will choose it again if I had the chance to pick up a major once again.





Abdulrahman Alkathiry

Medicine 2018-2019 Alumni

“to whom she once said: To my life’s dream, Be the source of my honor.”

Since the day I joined a Medical School, I was looking forward to the day when I can be entitled “a doctor”. I did not aspire the euphoria of the title but the fulfilment of my childhood dream. Throughout my journey, I was working hard counting the days waiting for my graduation day. That dream could not have been achieved without my great professors and family members. However, my intern experience is deemed of paramount significance in my career.

You’re not only a Portal...

On the first day, I tried to know the policy of the hospital that I was working at. Then I had to find my chief intern, a classmate who understands my wishes. I did everything perfectly; I guess that I was motivated by the the concept that I am a doctor, so I am not supposed to make mistakes. I learned new things because medicine is a changing science.

I was adamant to be an active part of my team, and I tried to improve my leadership and team working skills by appreciating my team contribution. I encouraged every member from the nurses to the team consultants. I was available 24 hours 7 to provide my team with whatever help required. I didn’t feel ashamed to take the patients’ temperature, a proper Hx., or perform a typical Ps. As an intern you might even find yourself as a portal to accompany one of the patients from a floor to another. To crown all, you are on calls for a 24 hour a day at the hospital, away from your family, friends.

My experience as an intern taught me not to feel frustrated because I am a doctor and one day I’ll be responsible for many people’s lives. I came to know that tiny technical issues are playing a major role in the healthcare system and more specifically in saving lives. I participated in an open appendectomy operation as a primary Surgeon “scalpel please”, actually my first stitches in the ER are unforgettable too “even when my senior cut those armature knots”. Life is about continuous learning, and if you settled down you’ll prevent yourself from blossoming.

To sum up, my message to you is to learn during your internship year and to admit that you’re a doctor and doctors knows more than the others. Do not underestimate your knowledge, especially when it comes to life saving. Be a keen dedicated intern to get the best results out of this practical educational phase.



Pakistani Association



Dr. Noor Ul Ain Akhtar

Medicine 2018-2019

The Pakistani Alumni Association embraces all Pakistani current students and alumni who graduated from Batterjee Medical College. This association facilitates keeping us in touch with all Pakistani students once they go back to their home country or study abroad. It also connects all its members with each other to form a BMC community in Pakistan and worldwide.

The Alumni platform group will be our link with the BMC Community of the Pakistani students and will allow us to follow up with the students' lives after graduation. Most importantly, it will act as a liaison between current Pakistani students and Pakistani alumni. As we move forward, we look forward to expand this group and to help our graduates ease into their postgraduate lives.

For more information, visit the link below and join our club.

<https://alumni.bmc.edu.sa/groups/15/feed>

CORONA AT THE SERVICE OF CULTURE:

Home Insulation Stimulates Reading



The recent decisions of governments to trap the new Corona virus "Covid 19" have contributed to the increase of book sales rates in a number of major libraries. According to the Guardian (March 18, 2020), libraries all over the world are witnessing a clear increase in the demand for books after many citizens were forced to stay in homes to avoid gatherings. The period of domestic quarantine and staying at home has made many people read novels talking about "literature of the end of the world" or "dystopia".

The books, which have been sold so far, deal with topics about the outbreaks of epidemics. Examples of these books are Albert Camus's the plague, Sara Mago's Blindness, Marquis's 100 Years of Solitude, and George Orwell's 1984. The surprise is that readers look for books which describes acute psychological conflicts during and near the end of a human journey. Thus, the availability of time and difficulty for people to go to cafes and restaurants resulted in increasing the number of readers.

It is expected that students will read more in the coming days after they stay at home and receive e-learning. Indicators confirm that there has been an increase in listening to books during the last days by nearly 100%. Audiences for audiobooks are almost exclusively confined to human development books, novels and suspense literature. Consequently, sales campaigns are all electronic to avoid friction and direct communication.

To sum up, since people need messages of reassurance that difficulties will pass, reading is still an important source that shows the journey of man in dealing with diseases and epidemics.

Meet BMC Alumni



Jahni Abdullah Alqarni

Physical Therapy
Head of Physical therapy
department at Venta Home
Healthcare
2016



Sultan Alzahrani

Medicine
Obstetrics and gynecology
senior Resident, Ministry of
Health. In 2015 he joined Saudi
Board in obstetrics and gynae-
cology program
2016



Naser Sameer Sindi

Density
Dentists at Yanbu General
Hospital
2016



Hala Adnan Alkattan

Dentistry
General Dentist, National
Guard Hospital.
2017



Dirar Faisal AIDabek

Medicine
PhD Student at the Medical
University of Vienna.
2014

Nizar Ghazi Fintyana

Physical Therapy
physical therapy therapist,
the First Clinic. He obtained a
Diplomate in Osteopathic Ma-
nipulation Theory and Practice
Ontario College 2016.
2014



Alumni in the Spotlight

Doaa Alahmadi

Medicine 2018-2019

"Some are born great, some achieve greatness, and others have greatness thrust upon them." William Shakespeare
A quote that has inspired one of BMC alumni to start her own journey as a respected author. Through a book she rediscovered the inner power of human. The book discusses various ways to motivate readers on how to discover and cultivate their inner power. Unlocking this power can offer a powerful key to have a healthier, happier, and more successful life. Despite the constrictions of the society or tradition, once individuals are armed with the tool to fight all the restrictions, they discover their inner power. They give themselves the permission to dream big and achieve greatness in their live.

Give us a brief idea about yourself?

I was born in Almadinah, Saudi Arabia, on October 21, 1993. My admiration for words started at the age of 8. I used to read to my mom some poetry from old magazines and we would just stay all night gazing at it. I started writing when I was 16 years old and that's when my journey began.

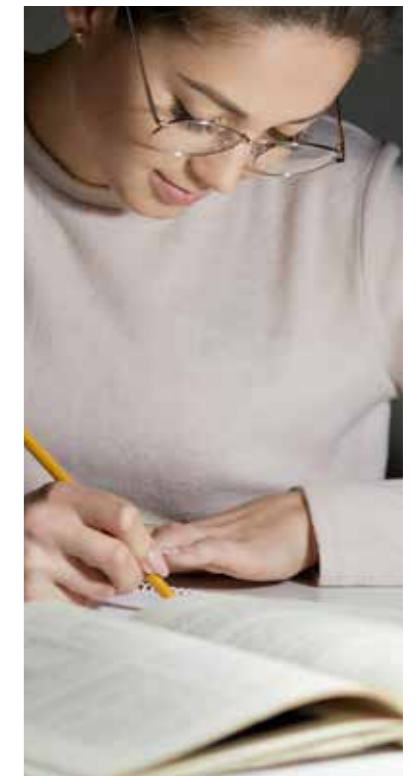


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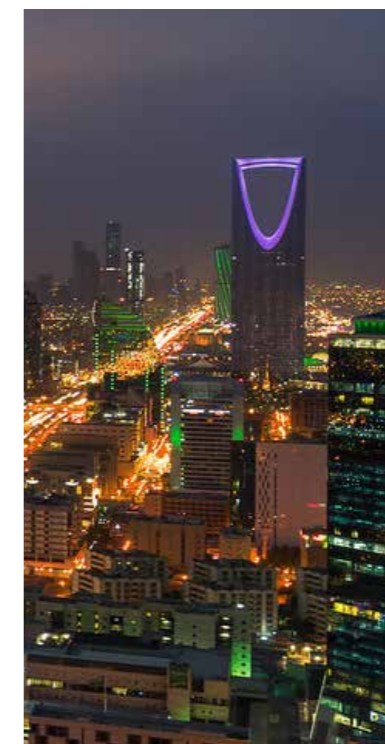
What inspired and motivated you to write a book?

I'm not a professional writer, neither was I an expert in writing books, and that is the reason why I spent 3 years in this book. This book wasn't meant to be published it was my little note book. I wrote some small messages for myself to get through the tough time, but when I showed it to my sister she told me that people need to read these messages. They need to know that someone out there is going through the same thing. I believe that this book sends a great message to all women in Saudi Arabia who live in an unsupportive environment not believing that they can achieve their dreams. The book encourages the women who suppress their creativity and abilities for the sake of traditional thinking. Today I am an independent practicing doctor, and it is my duty to send out all the hope and support that I can.



As someone who specialised in the medical field, how can this book relate to you?

As I mentioned before, this book got me through insurmountable obstacles even in college. I've talked about seizing the moments that the universe offers us and being optimistic even when things don't look so bright. I also discuss how the principles of good intention and good thought of god's will can literally save and change the trajectory of your living. I give tips on how to practice gratitude each day and build up a strong dedication to those small parts of your life. I just want each one to take their own experiences: the painful ones and the delightful ones. We would use them all to express our own unique voice, wisdom, passion, and ROAR and share them dauntlessly with others.



Alumni Reunion

The fourth BMC alumni reunion has been conducted on February 1, 2020 at Althuraia Hall at Batterjee Medical College. It was an informal gathering that created a family atmosphere for alumni to spend a good time with their old friends and take lunch together. BMC alumni from different programs and graduation years came to meet their old colleagues, professors, and staff.

The employability Officer Ms. Fayzah Alabbasi and Alumni Officer Ms. Reem Albalawi gave an opening and a welcoming word to all attendees saying how it is important to keep the relation between the alumni and the college tied. The attendees were introduced to the electronic platform alumni connect and discussed the various ways alumni can benefit from the website.

Furthermore, Dr. Ikhlas Sindi, Vice dean for female section said, "You are the future of BMC, you are welcomed any time to be engaged in any college events, clubs and be a mentor to the current students".

Alumni students introduced themselves and their job positions to each other and the new alumni got a chance to talk to old alumni and learn from their expertise as they have passed within the same

path before.

Dr. Ali Othman, Head of physical therapy and Dr. Nehmat Ghaboora, Head of pharmacy program, and Dr. Wafaa Aljihani, Head of Nursing program, were interested to meet their alumni and know their updates after years from their graduation.

BMC alumni connect platform is the easiest way to be connected with all alumni, students, and staff to find the latest job posts and news, and ask or offer help.

The event was successful and well organized with coordination of Dear BMC alumni, keep updating us with your progress. It would be a great pleasure as all BMC members are keen to know your future achievements.



Alumni Reunion

Black Board Usage Statistics



Total duration
of all sessions

308.1137384



Number of unique
attendees in all sessions

64206



Number of Total
sessions created

2326



Session Instances
Peak

1584

Happiness in the Workplace: Is That Really Possible?

Many companies tend to make different strategies to provide their employees with a work environment that makes them feel happy. Making employees part of the bigger picture by informing them the company's future goals, making Perks, mutual evaluations, supporting innovation, saying 'Thank You', and encouraging breaks, are keys to create a happy workplace!



Why is it important for an employer to have a happy employee?

Studies claim that happy employees are more engaged and productive as well as have far lower rate of absenteeism from work than those who lack the sense of happiness. Having happy employees means that more of them show up for work, and this in turn, prevents work culture from depreciating. Also, feeling that their fellow employees and managers actually care about them helps employees to be more resilient when facing difficulties and challenges at work.

However, even without an employer providing you with fancy benefits, is it possible for you as an employee to create your own sense of happiness at work? Oh dear yes!

Whether your job is one you feel passionate about or one that you simply know you can do well, you can increase your happiness at work with a variety of everyday strategies.

- If you want to feel happy and valued at your workplace, simply engage! Participate in the work social activities and provide support to the team whenever you feel capable to. If you value your colleagues' opinions, it means you value and respect yourself.

- To increase the sense of happiness at work, take charge of your own professional and personal development. Find out your weakness at work, and start to tackle them through online trainings, and self-practicing. Remember that some companies do provide training programs while others may have low budget for that. Don't wait, Develop a plan and goals for your career, then pursue them.

- Avoid negative conversations, gossips, and unhealthy relationships as much as you can at work. No matter how much you enjoy your job, being part in a toxic work environment will increase your unhappiness. Be positive!

There are more other ways to make you feel happy at your workplace. However, one employee technique to constitute a happy work environment is different from another. How about you, what makes you happy at work?

RESEARCH SUCCESS STORY

Intraoperative and Postoperative Complications Following Open, Laparoscopic, and Hysteroscopic Myomectomies in Saudi Arabia

BMC Medicine Alumni Sultan Alzahrani, among other researchers, has conducted a research on the intraoperative and postoperative complications following a procedure to remove abnormal uterine tissues called "Fibroid". The study aimed to assess the difficulties and the risks of complications of myomectomy, the removal of the uterine myomas, to have a better understanding of the ways which can prevent from occurring in the future. Furthermore, the study aimed to compare surgical approaches to improve the limited current researches in Saudi Arabia.

The study was conducted on 263 females at King Abdulaziz University Hospital. It was conducted through the review of data of patients who underwent surgical myomectomy between the period of July 2010 to July 2018. Researchers have used the hospital's electronic medical program to obtain all the required data related to the clinical presentation intraoperative findings, intraoperative and postoperative complications, and hospital stay, and then statistically analysed these findings. The results showed that the total complication rate for each group was 10.8% in open, 2.94% in laparoscopic, and 6.25% in hysteroscopic myomectomies.

Therefore, the study high-

lighted that the Laparoscopic is considered the most effective option for myomectomy compared with laparotomy and hysterectomy in regards to various aspects such as surgery duration, hospital stay, and prevalence of complications. Based on the results of the study, it was recommended by the researchers that instead of laparotomy myomectomy, the institution should implement laparoscopy. The study has provided a positive insight into the scientific field and added a great contribution to skills and the experiences of the surgeons of King Abdulaziz University Hospital.



Research Success Story

COLLEGE DIGITAL TRANSFORMATION

Leading Education in a Digital Era – BMC initiative to transform Medical education



By Dr Adnan AlBar, CIO

Business disruption is happening in all industries and education is no exception. We are living in era where everyone is connected to almost everywhere anytime. The main driver for business disruption is digital transformation. In this article, we will explore BMC digital transformation initiative to lead and transform medical health education in the 21st century.

But what is Digital transformation?

Digital transformation is defined as using new modern technologies such as cloud computing, Internet of Things (IoT), Cybersecurity, Big data analytics and Artificial intelligence to drive business transformation that add value to the customer and build new business models to leverage new markets. An organization can use one or more of the mentioned new technologies to start its digital transformation journey. These transformations can sometime disrupt a current business industry or a business model.

Digital transformation covers five domains and these are :

- 
- Customers
 - Competition
 - Data
 - Innovation
 - Value

Each of these domains is affected by a digital transformation project and it's the organization responsibility to make sure these effects are in their business benefits and are utilized to drive the business transformation. To understand what mean here let assume that an organization begin a digital marketing and employed a manger for that task and starts digital marketing campaign through all organization channel. Usually, these campaigns will generate lots of data and lead. If these data are not analyzed and used properly to more understand customer needs, then this initiative won't make a difference to the organization.

For an organization to succeed in digital transformation first it must build its digital transformation strategy. A digital transformation strategy or roadmap is like the organization compass that help to take the right path in reaching its goals and objectives of digital projects. We have defined BMC DX vision as "Digital Innovation" and our DX mission is to " provide state of the art digital solutions to staff, students, parents and owners that drive new business models and provide 21st century education using AI, IoT and data analytics and enhanced user experience (UX) and driven data-decision college". In realizing this, our college has drawn its high-level roadmap of digital transformation initiative and projects.

The college has approved its digital transformation strategy and plan in 2019 board of trustee meeting where the board has approved establishing a digital transformation office and a Chief Information officer position. I was appointed as the first CIO of BMC since its establishment in 2007. Since then I have started by first building a technology leadership team that will lead the digital transformation.

Our vision is to drive digital innovation t BMC at all level from teaching to experiencing new digital trends such 3D printing for our labs and organs. One of the college main DX project which was carefully selected and implemented last year was our Learning management system (LMS) which is the foundation for e-learning, and it was Blackboard Ultra. We have decided to go with Bb Ultra as it's the main major e-learning and LMS platform providers in the whole world. The decision was to go with the new feel and look of Bb which is called Ultra and on the cloud. To support the e-learning initiative a new administrative unit was established last year and the college recruited two specialist in e-learning to build its resource capabilities in preparation for introducing e-learning at the college. The decision was proven to be successful during the COVID-19 pandemic since the transition to remote work and e-learning was a smooth and without disrupting educational activities as much as possible.

We are thriving to digitally transform BMC to lead private medical education in the whole region and to be the No 1 choice for students and staff.

New Direction

(Inter-professional Health Specialties Collaboration Sets the Course for Future of Primary Care)

Inter-professional Education (IPE)

Dr. Ahmed Altyar

Pharmacy Consultant



Interprofessional education (IPE) is a process of education, training, or teaching that involves more than one profession in joint, interactive learning. The Center for the Advancement of Interprofessional Education (CAIPE) has defined IPE for healthcare as “occasions when two or more professions learn from and about each other to improve collaboration and the quality of care.” The goal of IPE is to teach systems-based, holistic decision-making by empowering learners with the knowledge, skills, attitudes, and experiences that are necessary to enable them to solve complex problems and address issues that surpass the scope of any one profession. This approach to problem solving has been recommended as a means by which to improve healthcare quality outcomes, so much so that the Joint Commission has stated that safe, effective clinical care depends on it. Historically, the terms, “interdisciplinary,” “multidisciplinary,” and “interprofessional” have been used.

interchangeably in the United States. However, outside the U.S. the word “interprofessional” has been reserved to describe collaborative, as opposed to parallel practice, while the words “interdisciplinary” and “multidisciplinary” have been used to refer to situations when more than one profession may be practicing in the same physical area or addressing the same challenge, but not necessarily collaboratively. In interprofessional practice the relationship between and among professionals is one of reciprocity and collaboration, within the context and limitations of their specialist capacities.

The Institute of Medicine has clearly demonstrated that patients are more likely to receive safe, quality care when health professionals work together and has written a number of historically relevant reports which have formed the basis for a resurgence of interest in interprofessional healthcare education and practice. These include *To Err is Human: Building a Safer Health*

System and Crossing the Quality Chasm: A New Health System for the 21st Century. In response, the Pew Health Professions Committee cast a new vision in 1998 for health professions education, wherein “all health professionals should be educated to deliver patient-centered care as members of an interdisciplinary team, emphasizing evidence-based practice, quality improvement approaches, and informatics” (O’Neil, E.H. and Pew Health Professions Committee). Health educators worldwide have endorsed IPE as a way to improve the quality of health care. Significant international IPE initiatives include the United Kingdom Centre for the Advancement of Interprofessional Education (founded in 1987) and the Canadian International Health Group (started in 2005).

Teamwork, coordination, and professionalism have become core expectations of twenty-first century healthcare practitioners, students, and residents. This has redefined our understanding of graduate competence and best practices in health professions education in the United States and prompted us to join health professions educators worldwide by endorsing IPE as a way to improve the quality of health care.

The Accreditation Council on Graduate Medical Education (ACGME) Outcomes Project is being used as a competency guide by many undergraduate programs in medicine. It incorporates general competencies of professionalism, interpersonal and communication skills, and systems-based practice, along with an expectation that residents are able to work effectively as members or leaders of health care teams or other professional groups, and to work in interprofessional teams to enhance patient safety and care quality (ACGME, 2011)

Accreditation standards for dental education programs adopted in August 2010 for implementation in 2013 contain language-promoting collaboration with other health professionals (Commission on Dental Accreditation, 2010).

Curricular guidance documents (American Association of Colleges of Pharmacy, 2004), a vision statement for pharmacy practice in 2015 (Maine, 2005), and accreditation requirements (Accreditation Council for Pharma-

cy Education, 2011) now incorporate consistent language. Phrases such as “provide patient care in cooperation with patients, prescribers, and other members of an inter-professional health care team,” “manage and use resources in cooperation with patients, prescribers, other health care providers, and administrative and supportive personnel,” and “promote health improvement, wellness, and disease prevention in cooperation with patients, communities, at-risk populations, and other members of an interprofessional team of health care providers” appear throughout those documents.

Where and how does collaborative practice have an impact? The evidence:

- Improved health outcomes for people with chronic and/or multiple diseases (e.g. diabetes, palliative care, infectious diseases, obesity)
- Increased access to health care for rural and urban underserved populations: teams that include allied health professionals and lay health workers are associated with enhanced access to care, increased use of preventive services, use of new technologies, and improved continuity of care and equity
- Efficiencies and cost savings related to reductions in service use, less redundancy in medical testing, increased use of preventive services (and self-management pro-

grams), and reductions in events leading to malpractice claims

- Improved safety as a result of reduced medical errors and better coordinated care
- Increases in patient, family, and community satisfaction, involvement and empowerment: patients involved with interprofessional care teams are able to make better-informed decisions and to exercise their choice options; this, in turn, leads to cost savings and resource efficiencies. Collaborative care also brings patients, families, and communities into the health system as partners with health professionals.

· Human resource benefits: increased job satisfaction; less tension and conflict among caregivers; lower rates of staff turnover

· Workforce benefits: a more diverse, flexible workforce; workers whose knowledge and skills are fully utilized

Teamwork, coordination, and professionalism have become core expectations of twenty-first century healthcare practitioners, students, and residents. This has redefined our understanding of graduate competence and best practices in health professions education in Saudi Arabia and prompted us to join health professions educators worldwide by endorsing IPE as a way to improve the quality of health care. To effectively work within contemporary models of health care, our graduates must be able to work collaboratively and become effective participants in interprofessional teams.

FEATURED NEWS

BMC is giving back



Student Open Day

On Tuesday, January 28th, BMC invited all its students to join BMC Open Day event and spend a fun-filled day together. BMC campus was abuzz with excitement as students showcased their talents in art, photography, cooking and music. Overall, it was a fun social event, and everyone had a great time!

Blood Donation

BMC organized a Blood Donation event on Tuesday, February 4th, to encourage its students to be actively involved in community services. Donating blood is a priceless gift; it is a lifesaver and definitely a noble act. Thus, the event promoted the value of donating blood and raised awareness of the importance of blood donations. Students were encouraged to donate blood voluntarily to help save lives, and it was a great way of giving back to the community.



School Forum for Medical Specialties

We are always happy to welcome school groups to BMC, so that they can experience what life is like as a student at Batterjee Medical College. A school forum was held from February 17th to 19th. BMC opened its doors for high school students to visit our campus and learn about the campus culture, student life, the college's facilities, admission and registration policies and procedures, as well as the various programs offered by BMC.

Pet Therapy Session

On Tuesday, December 10th, BMC invited Priceless Pet to introduce animal-assisted therapy and its benefits. BMC organized this event as a break from the demands of preparing for final exams and to ease and reduce students' exam stress. This therapeutic intervention uses animals, such as cats, dogs and birds, to reduce symptoms of depression, anxiety and isolation. It has been found that this alternative therapy increases self-esteem, empathy, trust and teamwork.



The Mental Health Awareness Campaign (Bikeathon) in Rabigh

BMC staff and students were proud to organize and participate in the Mental Health Awareness event in Rabigh Mall, Rabigh city, on Thursday, February 6th. Students of Pharmacy Program and Physical Therapy Program volunteered to serve the community in this event. They provided information on some important daily life practices and different food components that are essential for improving mental health. Moreover, negative and positive impacts of technology on mental health were shown on screens. Brochures were distributed; even children had fun in the children's corner. To further encouraging public to be physically fit, male students participated with Rabigh bikers group by riding bikes around Rabigh city.



PROFESSIONAL DEVELOPMENT WORKSHOP

How to Deal with Critical Situations in the Pharmacy

On Tuesday, February 11th, Dr. Mohammed Fouad BMC lecturer of Pharmacology & Toxicology gave a seminar entitled "How to Deal with Critical Situations in the Pharmacy." The seminar aimed to cover the most common and concerning issues facing pharmacists today, and the various ways that they can deal with them. Dr. Mohammed went in-depth explaining all the difficult duties that pharmacists might face, and the procedures they should follow to avoid any dangerous situation from occurring. He highlighted the significant role that pharmacists play in the patient's life and the importance of showing empathy and compassion in a pharmacy setting.

Strong Personality Qualities

On Tuesday, February 4th, BMC invited Dr. Mohammed Waleedi to give a lecture on 'Strong Personality Qualities'. He is an Assistant Professor in King Abdulaziz University and a certified instructor in teaching interpersonal skills in the Technical and Vocational Training Corporation. The seminar introduced the parameters of a strong personality, how to gain more personal power and learn necessary skills/qualities to assert oneself.

How to Reference Using Mendeley Software

On Tuesday, February 4th, Ms. Jumanah Etaiwi presented a lecture on 'How to Reference Using Mendeley Software'. Ms. Jumanah demonstrated how to create a bibliography using Mendeley. She also introduced the different tools in Mendeley and demonstrated how to use those tools in organizing the references; as well as how to cite a source within a paper using the software.

USMLE/PLAB:

Choosing the Right Path

On Tuesday, February 04th, Dr. Rafhan Kazi, BMC Medicine Alumni, was invited to give a seminar entitled "USMLE/PLAB: Choosing the Right Path". The seminar targeted the alumni and students who are planning to pursue a career abroad for their post-graduation. Dr. Rafhan introduced different options that are available for post-graduate training. He explained in details the options available for USMLE and PLAB exams. The seminar offered an excellent opportunity for attendees to enquire about the options they want to pursue. It covered invaluable information and gave an in-depth guide to all attendees.

Guidance of Child Behavior in a Dental Clinic

On Tuesday, February 18th, 2020, Dr. Yasser Souror, BMC Associated Professor and Head of Pediatric Dentistry Department, was invited to give a seminar titled "Guidance of Child Behavior in a Dental Clinic". The aim of the seminar is to inform the attendees on how to identify the characters of each child patient which will give them an early indicator of his behavior during the child's treatment session. The seminar went in-depth and explained all the factors that might alter the child's behavior in the clinic such as, the parental influence, the dental environment, the view of the clinic or the personal factors. Furthermore, Dr. Yasser demonstrated the various ways a dentist can deal with the negative traits of a child to motivate them to get a treatment. Overall, the seminar was enjoyed by all attendees and provided them with a lot of useful tips and methods.



BMC ALUMNI CONNECT – MENTORING PROGRAM

BMC Alumni's Mentoring program is providing alumni with a platform in order for them to share their professional and personal experiences and insight with current students. Alumni mentoring program continuous to foster meaningful relationships between BMC alumni and current BMC students. The connection made in this program help prepare our students for successful future and leave lasting impact on our campus community.

Alumni

You have the opportunity to share your professional and personal experience and expertise with current UCLA students.

Students

You have exclusive access to a robust network of alumni who are eager and willing to meet you and share their wisdom and advice about life beyond UCLA.

How to Register

BMC Alumni Connect Website

<https://alumni.bmc.edu.sa>

BECOME A MEMBER OF ALUMNI ASSOCIATION

As a BMC alumna, you are part of a big community of over 2000 talented alumni. We value the impact you are making to various fields such as science, innovation and technology. As a member of BMC Alumni, you will benefit from an engaged and lifelong network and enjoy access to wide range of networking, opportunities, and events to support you professionally.

Now you can be involved and contribute with:

- Updates in life and career.
- Photographs of news about your hobbies, achievements, and awards.
- Research stories, experiences, and essays
- Ideas about content, subjects to be discussed, and proposed themes





صندوق بريد ٦٢٣١ جدة ٢١٤٤٢
جدة - المملكة العربية السعودية

تليفون: ٦٥٦١١١١ فاكس: ٩٦٦١٢٦٥٦٢٤١٥..

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