

Insights

(Quarterly Bilingual Newsletter of RAK Medical and Health Sciences University)

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2015

44th UAE NATIONAL DAY



RAK Medical and Health Sciences University celebrated the 44th UAE National Day on Thursday, 26th November, 2015, in the presence of the soldiers' families and Dr. Yasser Essa Al Nuaimi, Advisor to the Chancellor, the university administration as well as faculty, staff and students. The function started with paying a tribute to the Martyrs, who sacrificed their lives for the nation. May Allah give patience. Ameen. Students of Al MOH, Honorary Pro Chancellor, Nakheel Primary School and the RAKMHSU, Dr. Gurumadhva Rao, Vice Chancellor, the university administration performed cultural dances. At the end of the ceremony Dr. Yasser Essa Al

Nuaimi distributed mementos to the institutions that participated in the celebration. The traditional UAE cuisine was served to the RAKMHSU family as part of the celebrations.



New York State Education Department (NYSED) Approval



NYSED has approved long term Clinical Clerkship for students from RAKCOMS. This will not only enable the students to go to the USA and work in New York Hospitals for electives or clinical clerkships, but also prepare them for the United States Medical Licensing Examination (USMLE) and facilitate their Residency in USA. American students will also be able to come to RAKMHSU for their clerkship.

FLAG DAY



RAKMHSU celebrated Flag Day on 3rd November, 2015.



5th Convocation Ceremony - 30th September, 2015



RAKMHSU celebrated the 5th convocation on 30th September, 2015. The occasion was graced with the presence of His Highness Sheikh Saud Bin Saqr Al Qasimi, Ruler of Ras Al Khaimah and Chancellor of RAKMHSU who awarded

the degrees to 182 graduates from the Medical, Dental, Pharmacy and Nursing Colleges including the RN-BSN Bridge Program and the M.Sc. Nursing. Dignitaries from the Ministry of Higher Education & Scientific Research,

Commission for Academic Accreditation, Ministry of Health, RAK Government Officials, guests from Saqr Hospital, Obaidullah Hospital and other leading hospitals in the UAE and guests from other universities graced the occasion.

Delegates from Oman Medical College

Dr. Yaseen M. M. Al Lawatia, Associate Dean for Academic Affairs, Prof. M.P.Nair Chief Financial Officer and Coordinator, Dr. Pasha, Deputy Dean, Sohar Campus and Dr. Susamma Chacko, QA Officer, Caledonian College of Engineering visited RAKMHSU on 14th December, 2015. During the visit and discussions, they showed a keen interest in sharing the education practices, especially clinical



training facilities for the medical students. They were also keen on student and faculty exchange programs and training of Pharmacy students in Clinical Pharmacy rotations for 6-8 weeks in Obaidullah hospital. They toured the university facilities and were appreciative of the spacious Auditorium, Library, Clinical Decision Making Laboratory and other facilities.

Orientation 2015



The Vice Chancellor gave an Orientation to the newly admitted students of the Medical, Dental, Pharmacy and Nursing Colleges at RAKMHSU on 2nd and 8th September, 2015. He advised the students to follow the university guidelines.

Visit to Datta Meghe Institute of Medical Sciences, Nagpur, India



The Vice Chancellor of RAKMHSU visited the Datta Meghe Institute of Medical Sciences (deemed University), Nagpur, India from 28th - 30th October

2015 to sign an MOU between RAKMHSU and DMIMS that has been approved by the CAA. The purpose of this MOU is to promote the exchange of new elective programs for our students and faculty with DMIMS. The Vice Chancellor also conducted a workshop on "How to Become Effective". Dr Dilip Gode, Vice Chancellor of DMIMS, is expected to visit RAKMHSU on 8th October, 2016 where there will be further discussion to start the process of implementation.

RAKMHSU and British Council sign joint partnership



RAKMHSU signed an MOU with the British Council to make the university an IELTS testing venue from October, 2015. The aim is to provide students at the university and the wider Ras Al Khaimah community with the convenience of taking the IELTS test at the university campus.



First Research Methodology Workshop, “BACK TO BASICS”

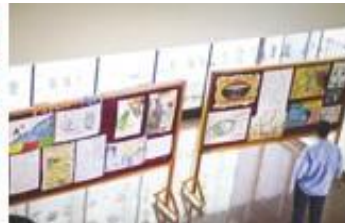


RAK Medical & Health Sciences University (RAKMHSU) Research and Ethics committee (REC) in association with RAK Research & Ethics Committee (REC), RAK Medical District, Ministry of Health and CME Center, Sheikh Hamdan Bin Rashid Al Maktoum Award for Medical Sciences organized the First Research Methodology Workshop, “BACK TO BASICS” on Saturday 14th November, 2015 at RAKMHSU. This activity was

accredited by Ministry of Health (MOH) - United Arab Emirates for 5 CME hours. This was a hands-on workshop covering topics like basics of writing research proposal, fulfilling the research requirements, descriptive statistics, choosing the right study design, statistical inference, and inference tests. Speakers included Dr. Sami Shabaan, UAE University, Dr. Nariman Ghader, Ministry of Health, and Dr. Sanjay Kumar

Sood, Professor and Chairperson, Department of Physiology, RAKMHSU, and the Chairperson, RAKMHSU Research and Ethics Committee. These workshops will be a regular feature for faculty and student development at RAKMHSU, matching with the vision, mission and goals of our University. Dr. Sood was the Organizing Secretary of the workshop.

2nd Annual Mental Health Awareness Week



RAK College of Medical Sciences in collaboration with RAK Medical District, Ibrahim Bin Hamad Obaid Allah Hospital, Ras Al Khaimah organized the 2nd Annual Mental Health Awareness Campaign week from 1st -6th November, 2015.

The awareness campaign was conducted in three phases as given below:

1. Community Mental Health from 1st-4th, 2015
2. University Awareness Campaign on 5th November, 2015
3. CME Conference on 6th November, 2015, titled, ‘Breaking the Chains of Addiction: a Step Forward’ accredited by the Ministry of Health for 8 CME Credit Hours.

Based on the campaign theme, student volunteers visited Indian Scholars’

School, Indian Public High School, RAK Khaimah and RAK Police Illicit Drug Prevention Department to enlighten the early identification, management aspects and legal perspective of addiction as faced by all the health care professionals. The conference addressed issues related to various addictions ranging from smoking, alcohol, and illegal drugs to the more recent behavioral addictions like social media addictions, gambling and sports drink addiction. The conference was attended by consultants, specialists, nurses, paramedics, interns and student delegates from UAE.

The pre-conference events were conducted on 5th November, 2015. Based on theme of addiction, art competition and exhibition of stalls were organized in RAKMHSU reception lobby. The auditorium programs included students’ debate competition, brain storming competition, students’ play and video presentations.

The speakers were invited from National Rehabilitation Center, Sheikh Khalifa Medical City, Abu Dhabi, Tobacco De-addiction Centre in Ras al

School, Indian Public High School, RAK Khaimah and RAK Police Illicit Drug Prevention Department to enlighten the early identification, management aspects and legal perspective of addiction as faced by all the health care professionals. The conference addressed issues related to various addictions ranging from smoking, alcohol, and illegal drugs to the more recent behavioral addictions like social media addictions, gambling and sports drink addiction. The conference was attended by consultants, specialists, nurses, paramedics, interns and student delegates from UAE.

Dr. Mehnaz Zafar, Assistant Professor and Core Clinical Faculty, Department of Psychiatry was the Organizing Secretary of the Mental health Awareness Campaign.



Re-accreditation of MBBS Degree Program



The Commission for Academic Accreditation (CAA), Ministry of Higher Education and Scientific Research (MOHE & SR), UAE, conducted the review for the re-accreditation of the MBBS Degree Program from 20th - 24th October, 2015. The External Review Team (ERT) members, Dr. Judith Westman (Chair) (Ohio State University, USA), Dr. Deborah Gill (University

College London, UK) and Dr. Patricia Thomas (Case Western Reserve University School of Medicine, USA) along with the CAA Representatives, Dr. Peter Berthold (Consultant Commissioner) and Dr. Badr Aboul-Ela (Director), visited the University. In general, the ERT members and the CAA representative, Dr. Peter Berthold, found RAKMHSU to be performing satisfactorily

as per the standards and guidelines. The ERT Chairperson Dr. Judith Westman appreciated RAKCOMS faculty and students, as well as the well-structured training program, the Advanced Integrated Modular Curriculum, matching learning outcomes with the QFE standards, IRO surveys and supporting Action Taken Reports.

White Coat Ceremony



The White Coat Ceremony, where the freshmen receive their first laboratory coat to mark the official start of their careers as medical students, was conducted on 10th September, 2015.

International Meeting in Dubai



The 7th Dental-Facial Cosmetic International Conference was held in Dubai from 11th-15th November, 2015. Students and faculty from RAKCODS were invited to participate in the meeting which included presenters from all over the globe and featured new technology and techniques for clinical practice.

International Medical Sciences Academy Convocation 2015

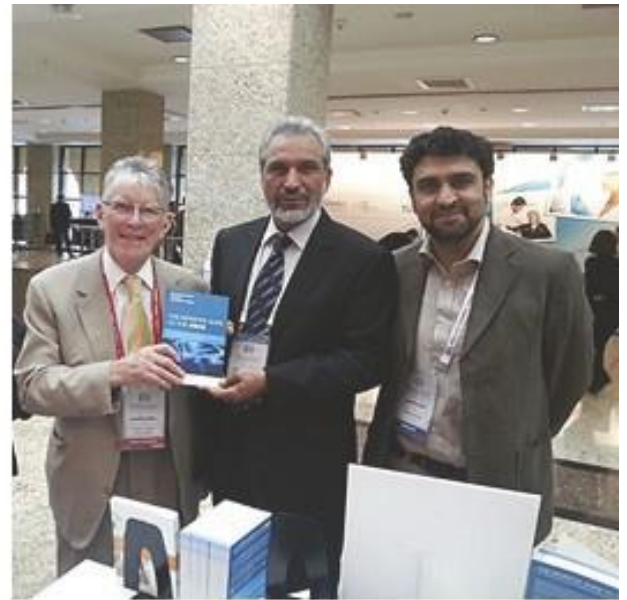
Dr. Gurumadhva Rao, the Vice Chancellor of RAKMHSU gave a convocation oration in the recently held 34th Annual Conference cum Convocation IMSACON 2015, held at Calicut, Kerala, India on 11th October, 2015.



CME by AKMG Emirates RAK Chapter in RAKMHSU

The Association of Kerala Medical Graduates (AKMG) RAK Chapter, organized a CME event in RAKMHSU on 13th November, 2015. The CME included lectures for medical doctors and dentists in the sessions titled “Cancer: Understanding the Unknown” and “Journey towards Excellent Dental Care” respectively. Dr. Vivek Padmanabhan, Assistant Professor at RAKCODS, presented a lecture titled “‘Tween’ Tooth - A Puzzle”, during the dental session.

International Conference on Medical Education 2015-Istanbul



The International Conference on Medical Education is a biennial event of Osama Khattak, Associate Professor at Riphah International University and RAKCODS, attended the conference on 15th-18th October, 2015 in Istanbul, Turkey. Dr. Mohammad Mustahsen, Dean RAKCODS, and Dr. administrators across the globe to discuss the upcoming issues and challenges of education in health care took place from 15th-18th October, that provided an opportunity for the profession. Dr. Mohammad leaders, teachers, learners and

International Meeting in Barcelona



The 17th Biennial of the European Society of Endodontology took place from 16th-19th September, 2015, in Barcelona, Spain. Dr. Melahat Gorduyus, Assistant Professor at RAKCODS, presented the results of original research done in collaboration with Hacettepe University in Ankara, Turkey. The project was titled “Effect of a Potential Chelating Agent on Root Dentine Micro-hardness”. This original research was later published in the indexed journal *Restorative Dentistry & Endodontics* under the title “Evaluation of the Effects of Two Novel Irrigants on Intraradicular Dentine Erosion, Debris and Smear Layer Removal”.



Pharmaceutics Professor from USA Visits RAKCOPS



Dr. Pardeep Gupta, Burroughs Wellcome Professor of Pharmaceutics, Philadelphia College of Pharmacy, University of the Sciences, Philadelphia, USA, visited RAKCOPS on 5th November, 2015. Dr. Gupta addressed the students of final year B. Pharm on the topic “Career Choices after B. Pharm: What? Why? How?” and answered the questions and queries of the students on the various career options that they have in the UAE and other countries. He also delivered a seminar on “Protein Coated Nanoparticles as Carriers for Growth Hormone Delivery” for faculty and M.S students of the Department of Pharmaceutics. Dr. Gupta shared his experience in the development of novel drug release products and the challenges involved. He also had an interactive session with M.S. (Pharmaceutics) students and discussed their dissertation projects.

CAA External Review Team Visit



The Commission for Academic Accreditation (CAA) external review team (ERT) visited RAKMHSU from 1st - 4th November, 2015, in connection with the renewal of the accreditation of the M.S. Clinical Pharmacy program. The team included Dr. Stephen Arkle, Head of School of Pharmacy & Biomedical Sciences, University of Ibrahim Bin Hamad Obaidallah Portsmouth, UK, and Prof. Sven Norman, Director of Pharm. D. Program, University of Florida, USA, along with Prof. Emad Abuelrub, Commissioner for Academic Accreditation. During the visit, the external team visited the Clinical Pharmacy students, alumni, and department of Clinical Pharmacy at staff and administrative authorities.

World Pharmacists Day 2015



RAKCOPS celebrated World Pharmacists Day on 28th October, 2015 with the theme “Pharmacist Your Partner in Health” as recommended by the International Pharmaceutical Federation (FIP). Dr. Gurumadhva Rao, Vice Chancellor of RAKMHSU inaugurated the event and highlighted the importance of pharmacists in patient care. It provided a platform for the development of knowledge, attitude, creative and communication skills for pharmacy students. Around 35 B. Pharm students actively participated in the essay writing and poster making competitions and gave oral presentations related to the theme. Three winners from each category of competition were awarded with certificates of appreciation and trophies.



Recent Publications by RAKCOPS Faculty

1. Anwar M, Green JA, Norris P, Bukhari NI. Self-medication, home remedies, and spiritual healing: common responses to everyday symptoms in Pakistan. *Health Psychol Behav Med.* 2015; 3(1):281-95.
2. Abhay Raizaday, Hemant K.S. Yadav, Hemanth Kumar S, Susmitha Kasina M. Navya, C. Tashi. Development of pH sensitive microparticles of Karaya gum: By response surface methodology. *Carbohydr Polym.* 2015; 134: 353-63.
3. Venkata Ramesh Kanteti, Omar Sarheed, Shahnaz Usman, Fasiha Shah, Venkata Rao B, Vinay Kumar M. Influence of nature of core on naproxen release from microcapsules. *Indo Am.J of Pharm. Res* 2015; 5 (8): 2614-4.
4. Venkata Ramesh Kanteti. Design and evaluation of sustained release matrix tablets of indomethacin by employing gelucires and badam gum. *Asian J of Pharmaceutics* 2015; 9(4): 234-42.

APA-Style Writing Workshop at RAKCON



As part of faculty development program, RAKCON organized a half day Workshop on 'APA-Style Writing and Critical Thinking' for faculty and MSN second year students on 28th October, 2015. Dr. Terry Tucker, lawyer, nurse educator and scholar from the Fulbright Commission, USA, was invited to conduct this workshop.

MOU between RAKMHSU and Mansoura University



RAKCON-RAKMHSU and Mansoura University, Egypt, signed an MOU on 5th October, 2015. The activity has started with a faculty exchange program where two faculty members from College of Nursing, Mansoura University, have been sent to RAKCON - RAKMHSU for a period of three months starting 27th October, 2015.

RAKCON Freshmen Orientation



The freshmen orientation for BSN/RN-BSN and MSN programs were conducted on 9th September, 2015 and 13th September, 2015, respectively.

International Conference



Dr. Vijaya Kumardhas, Dean RAKCON, was the keynote speaker in the 2nd International Conference "New Advances in Nursing Care and Life Sciences Research: American & Egyptian Collaboration" held at Mansoura University, Egypt, from 4th - 5th October, 2015.



MOU between RAKCON and Chung Ang University (CAU), Korea



An MOU was signed between RAKCON and CAU in South Korea on 17th August, 2015. The collaboration was initiated by Kyung Sood Choi on 25th June, 2015.

First RAK Nursing Exhibition



The RAK Medical District Nursing Department, organized the First RAK Nursing Exhibition from 27th - 29th June, 2015, at RAK Exhibition Centre. RAKCON faculty and students participated in this event and it was great success.

Farewell



The final year students of BSN, RN-BSN and MSN programs were given a farewell party by the faculty and Student Nurses Forum (SNF) on 14th and 15th June, 2015.

Candle Lighting and Oath Taking Ceremony



The Candle Lighting and Oath Taking Ceremony and Nurses Day celebration were held on 19th May, 2015 at RAKCON. The Chief Guest of the program was Sheikh Abdullah Bin Humaid Al Qasimi, Director of the office of H.H. Ruler of Ras Al Khaimah. The Dean and senior faculty of RAKCON lit the candles for fifteen Emirati nursing students and eleven international students who also took the Florence Nightingale Oath. The achievements of RAKCON for the last 8 years were shown on a video. The Vice-Chancellor, Dr. G. M. Rao, was congratulated by RAKCON for his 10 years' service to the university and college. The Dean of RAKCON was awarded for her distinguished services for the development of the first Master's Program in Nursing in the country.



Gale Symposium Middle East



Dr. Sampath Kumar, Deputy Chief Gale at Le Méridien Dubai Hotel & Librarian attended "Gale Symposium: Conference Centre on 27th and 28th Middle East", a two day event hosted by October, 2015.

2nd SIBF-ALA Conference



Mr. Mohammad Gulam Ghouse Pasha, Librarian and Mr. Syed Abdal Ahmad Khan, Assistant Librarian, attended the 2nd SIBF-ALA Conference conducted by American Library Association held at Sharjah International Book Fair from 10th-12th November, 2015.

The 5th RAKMHSU Annual Career Fair



The 5th RAKMHSU Annual Career Fair was organized by the Office of Student Affairs on 26th October, 2015 at the University premises. The Career Fair was a half-day event. It was inaugurated by the Vice-Chancellor, Dr. G. M. Rao. Dubai Health Authority, Ministry of Health - Dubai, Kaplan Health - International Recruitment, Royal College of Surgeons in Ireland - Dubai, British Council, Education New Zealand, NMC Healthcare L.L.C. and Gulf Pharmaceutical Industries - Julphar, participated in the event. Education USA & DAAD Germany provided brochures to be distributed among students due to their inability to attend the event. Presentations were made by the DHA for students about updates on licensing requirements as well as on residency programs. Members of the RAKMHSU Alumni Association gave presentations to the students of their respective colleges about their work experience and current updates.

Digital Publishing in the Arab World

Dr. Sampath Kumar, Deputy Chief Librarian, attended "First Forum on Digital Publishing in the Arab World" conducted by Techknowledge at Zayed University, Dubai, on 6th October, 2015.

Book Exhibition

To hail the new academic year 2015-16 and the freshmen, the RAK MHSU library invited the major book vendors, Al Mutanabbi Book Shop, Dubai and Scrubz, Ajman, UAE, for a book exhibition in the university from 2nd-17th September, 2015.

Inter-collegiate Sports Competitions - 2015

The Sixth Inter-Collegiate Sports Competitions were held from 1st - 5th November 2015. Seven universities and more than ninety students participated in five games. Students of RAKMHSU secured the following places:



- 1- The first place in basketball
- 2- The first place (girls) and second place (boys) in table tennis
- 3- The first place in foosball (boys and girls)
- 4- The first and second place in chess (boys and girls)
- 5- The first place in billiards

Freshers' Sports Day Celebrations - 2015



The Second Freshers' Sports Competition was held from 20th - 29th September, 2015. More than sixty students from all the colleges of RAKMHSU participated in the five games included in the competition.



Community service



On behalf of the Office of Student Public High School, Ras Al Khaimah, on Affairs, Mrs. Carol Mathias, Senior 5th July, 2015. This interactive session Lecturer - Psychology and Student Counselor, conducted a session on range of career options for students of 'Careers in Commerce and Science' for Commerce and Science. Students and the students of Grade 12 of Indian teachers gave a positive feedback.

Professional development



Mrs. Carol Mathias, Senior Lecturer in Psychology and Student Counselor, attended the International Psychology Conference, Dubai, (IPCD) 2015. It was a two-day conference organized at Heriot Watt University from 30th-31st October, 2015. The conference covered the key areas of Clinical, Counseling, Occupational, Educational and Child Psychology.

Are You Leading a Healthy Life?



Patient: It's been one month since my last visit and I still feel miserable.

Doctor: Did you follow the instructions on the medicine I gave you?

Patient: I sure did. The bottle said 'keep tightly closed'

Plastic surgeon: Just let me finish and you will be another man after these cosmetic procedures.

Patient: Okay doc, but don't forget to send your bill to the other man.

Some interesting facts

1. It is impossible to lick your elbow (you just tried!!)
2. Like fingerprints, everyone's tongue print is different.
3. Men's shirts have the buttons on the right, but women's shirts have the buttons on the left.
4. The plastic things on the end of shoelaces are called aglets.
5. Women blink nearly twice as much as men.



Critical Thinking and Clinical Competencies in Nursing Education

Dr. Rekha Jaiprakash Ogale

Professor, RAKCON

The world has become a global village due to rapid advancement in communication and internet navigation. Global multiculturalism is at its highest pace today. The arena of higher education has also changed. Now the higher education all over the world aims at preparing the graduates who would cater to the diverse needs of the multicultural populations. In this environment, the educational pedagogy needs to be harmonious with the changing world. Though there are numerous strategies for enhancing quality education, involving the innate intellectual power of students is of paramount importance. Critical thinking is currently gaining acceptance as an important educational outcome in nursing academia worldwide^{1, 2}.

Today the nurses' role is changing due to the rapid technological developments and shifts in the focus of care towards patients. Nurses are expected to be competent professionals with profound intellectual abilities. In this state, critical thinking incorporated with problem solving and

decision making skills will help the student nurses establish themselves as competent professionals².

The pertinent question for the nurse educators to analyze is whether the graduates are prepared to apply critical thinking skills in their clinical practice. The American Association of Colleges of Nursing requires that critical thinking be reflected within academic nursing programs as a core competency for program accreditation³.

In the present, most of the teaching methods used in nursing education to enhance critical thinking abilities of the students focus on how to apply the knowledge directly; however, these methods don't prepare the students to apply critical thinking to manage the complexities that, actually, exist in practice area⁴.

There is a great need to shift focus from a teacher-centered to a learner-centered educational approach. The nurse educators must portray themselves as role models and teach critical thinking application to the students in real work

situations. This is one of the greatest challenges in nursing education today.

Active learning techniques are suggested to promote critical thinking development⁵.

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1. Brunt B.A. Critical Thinking in Nursing: An Integrated Review. *J Cont Educ Nurs*. 2005;36(2):60-65.
2. Daly W.M. Development of an Alternative Method in the Assessment of Critical Thinking as an Outcome of Nursing Education. *Nursing Outlook*. 2005;53(2):59-65.
3. Fesler-Birch D.M. Critical Thinking and Patient Outcomes: A Review. *Nurs Outlook*. 2004;1(1).
4. Fomeris S.G. Exploring the Attributes of Critical Thinking: A Conceptual Basis. *Nurse Educ Today*. 2005;25(4):291-298.
5. Mangena A. Strategies to Overcome Obstacles in the Facilitation of Critical Thinking in Nursing Education. *Nurse Educ Today*. 2005;21(6):364-371

My Salute

Dr. Priyalatha

Assistant Professor RAKCON



Soft and silky braid and the curls across her face,
Every glance of her made me wish for those lovely tresses.
She stitched pink frock with large buttons and laces,
Watching my little dainty figure whirl around.
Her eyes gleamed with joy to hear me recite a poem,
eyes which never stopped expecting the best out of me.
Stole chances to snuggle around her on a thundery night
Her soothing pats would ease the fear of all the nightmares
Humming songs while engrossed in the chores for endless ayes,
Never did she sigh nor mutter about all the mess that was spread around
I remember her strong hands holding my fingers,
hands which never stopped caring even when they became weak.
Desire for the very essence of yours to be bundled in me,
so much love and care now lay huddled in the ground,
no words can describe what you mean to me
your presence is still clear and vivid in my memory
I salute the soul, who left an imprint to be a human
Translating what God created the man to be
It is none but you motherit is you!

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