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*Theme : Prevention is better than cure*

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## Messages



In the name of Allah,  
the Most Beneficent,  
the Most Merciful

Though, it is very obvious that family & community medicine (FAMCO) department plays an important role at any university in any part of the world, but my FAMCO department has unique features. It has variety of staff with high qualifications and experiences from different part of the world. The team has management experts, public health specialist, medical educationists and family physicians. Now, this team planned to spread their expertise through this newsletter; therefore, I am excited and ready to support them in all healthy activities.

**Dr Waleed Hamed Albuali,**

Dean of the College,  
College of Medicine,  
King Faisal University



## Happy National Day

I cannot express my happiness to see this issue for which I have been dreaming for along time. This newsletter is an effort of FAMCO department and whole team is working to produce such kind of stuff. I believe that it will be a continued activity and

provide a link among different universities and communities by addressing some current health issues. I wish them all success in this regard.

**Dr Abdulrahman Abdulhadi Al Sultan**

Vice-Dean for Academic Affairs.





**Dr Abdul Sattar Khan**  
Coordinator, FAMCO

*"Individual makes  
a lot of difference  
when he becomes  
a part of a team"*

Picture  
taken  
from  
onlineuni  
versities.  
com



## Editorial:

The First issue of newsletter from FAMCO Department is a wonderful present. It was due for several years to take an initiative for dissemination of some important information needs for community awareness. Thus, we have taken an

initiative to issue this first newsletter with high hopes. It is also aimed to highlight the activities of our department. It will be published every three months means four issues per year will be available at our web site. We are environmental friendly and would like to initiate "Paper-Less University", therefore, we don't have

plan to publish it as hard copy. In the end I am thankful to the designing and editing staff including Mr M. Sajid, Dr Imran, Dr Shaji who helped me out to put my ideas on this piece of manuscript.

**Think Green, print less...**

**Editor-in-Chief**

## Introduction-FAMCO

### *A note from the Coordinator:*

The Family & Community Medicine (FAMCO) department plays a pivotal role in any university as well as postgraduate studies, researches and community awareness campaign. In order to cadre all services under the umbrella of FAMCO we obviously need a good team.

The FAMCO department under the supervision of Dr. Waleed H. Bu Ali, Dean and Dr. Abdulrahman AlSultan, Vice Dean growing tremendously day by day. These people have vision to improve the college of medicine in general and FAMCO department in particular as it is the backbone of college of medicine at King Faisal University.

Recently, I have been assigned duties as coordinator (Team Leader) of FAMCO. Let me introduce my dynamic team

one by one.

Dr. Ayub Ali is highly passionate and motivated member of FAMCO department. He was a coordinator of the department during the preceding academic year (2012-2013). Dr Ayub has previously worked as Professor & Chairman, Department of Public Health Practice at Institute of Public Health Lahore. He has also worked as Principal Investigator & Co-investigator of various funded projects of WHO, World Bank etc..

Dr. Ali Rawabdeh is another asset and power of FAMCO department. (Ph.D., Keele University, M.S., University Of Jordan; B.A., Yarmouk University, and, Diploma, Paramedical Institute – Ministry of Health). He has special interest in Health Planning and Management: Health Economics and Finance. His current research includes an evaluation of Jordan's provider of hospital service network, ongoing studies of e-

health, electronic medical record system, Telemedicine, Mobile health care

Dr. Waseem Suleman is a cerebral, highly determined and ambitious team member. He is currently the longest serving member of the department. He was a trained family physician at The Aga Khan University, Pakistan. He introduced Problem Based Learning at the College of Medicine at King Faisal University and is playing a key role in keeping a functional clinical skills lab. He is now enrolled in specialized tract of Master of Health Professional Education from Maastricht University, Netherlands.

Dr. Seba Ghreiz is another smart, diligent and motivated team worker who has completed her post graduation in Family Medicine and recently completed master in Medical education. She believes that she should be a good family physician to achieve certain objectives like patients comes first patient's safety, and accountability for Practice. She likes teamwork with tolerance in the workplaces, innovative leadership.

# Tips for prevention of Corona Virus (by CDC):



A novel coronavirus called “Middle East Respiratory Syndrome Coronavirus” (MERS-CoV) was identified in 2012 as the cause of respiratory illness in people. Investigations are being done to figure out the source of MERS-CoV and

**Picture of Corona Virus: robertscottbell.com**

how it spreads. Most people will get infected with human coronavirus in their lifetime. Young children are most likely to get infected. However, you can have multiple infections in your lifetime.

There are currently no vaccines available to protect you against human coronavirus infection. You may be able to reduce your risk of infection by—

- ♦ washing your hands often with soap and water,
- ♦ not touching your eyes, nose, or mouth, and
- ♦ avoiding close contact with people who are sick.

If you have an illness caused by human coronaviruses, you can help protect others by—

- ♦ staying home while you are sick,
- ♦ avoiding close contact with others,
- ♦ covering your mouth and nose when you cough or sneeze, and
- ♦ keeping objects and surfaces clean and disinfected.

**“Together we can and we will make a difference”**

## Introduction-Contd.

She wants to practice on Evidence Based medical Practice and High medical Standards. Her Research interest areas: Medical education, Medical ethics and Family medicine.

Another recent devoted and steadfast addition to team is Dr. M Talha Khan an Epidemiologist & Biostatistician. Dr. Muhammad Talha Khan completed his Msc.PH from Umea University Sweden with specialization in epidemiology. His responsibilities here includes teaching epidemiology, biostatistics, SPSS, and to conduct KFU funded research projects and to supervise students in research.

Dr. Ibtisam Ahmed a very smiling face like her name joined FAMCO last year. She is committed and ready to perform all tasks with full energy & willingness. She completed MPH & MPhil from UK. She worked in Sudan and UK.

Dr. Zahid Ullah Khan has done MBBS from Ayub Medical College, Abbottabad (Pakistan) and Master in Epidemiology from Ludwig Maximilian University, Munich, Germany. He has worked as Research Assistant in Ludwig Maximilian's University from July 2010 to September 2011.

He has also worked as Instructor for providing Basic life support and advanced life support courses offered by American Heart Association in Pakistan. Previously, He has worked as Assistant professor in Community Medicine Department, NIMS Medical College, Abbottabad, Pakistan. He has vast experience of working with different SAS programs like Ilocard, BeMed, Teleform and SPSS. He has few publications to his name published in different Journals as Author and Co-Author.



**In the Picture [Staff of FAMCO department, Left to right]:** Dr Ibtesam Ahmad, Dr M. Talha Khan, Dr Abdul Sattar Khan, Dr Waseem Suleman, Dr Abdulrahman Abdul-hadi Al-Sultan [Centre], Dr Zahidullah Khan, Dr Ali Rawabdeh, Dr Ayub Ali, Dr Seba Ghreiz.



## Research Projects by Medical Students: An Initiative by FAMCO :What students say about it?



**Picture from glob-alpost.com showing some students**

### What the 4th Year Students Say.....?

Current batch of 4th year students have mix feeling of excitement and fear, as it is their first experience. We recoded

some comments of male & female students as follows:

**Student 1:** During last three years I have learned that research is very important for us however we never tasted it therefore I feel very exciting.

**Student 2:** I don't feel comfortable, as I am afraid about score in examination.

**Student 3:** I think we should not too much weightage of

research projects in our final scores.

**Students 4:** I want to do a good research and would like to present our paper in conference.

**Student 5:** Having anxiety because our teachers are busy so may not be able to give us time.

**Student 6:** Some of our teachers are not very much experienced in researches therefore, perhaps would not be able to conduct a good research

**Student 7:** But I am sure it will be very helpful.

## COURSES IN FAMCO

Courses Conducted By Family & Community Medicine Department (September 2012 onwards)

- ◆4th Yr: Primary Health Care
- ◆3rd Yr: Comprehensive Health Care II
- ◆2nd Year: Comprehensive

Health Care I

- ◆2nd Year: Computer Skills for Medical Students
- ◆Prep Year: Introduction to Biostatistics
- ◆Year 01 (GMCA\*): Global Health & Ethics
- Theme Lectures
- Workshops, Practicals & Assignments
- ◆Contribution of Faculty in

other courses

- Medical Ethics in Islam (4th year Traditional Curriculum)
- 4th Year Integrated Health Sciences
- Tutor Groups GMCA Year 01
- \*Groningen Medical Curriculum Adoption: New curriculum adopted from September 2012.

## ACTIVITIES

Activities of the Department

1. Teaching the traditional and new curriculum (GMCA 2012) from preparatory year to 4th year medical students.
2. Field Visits to primary health care centers and other related offices.
3. College & University Committees: Members of the faculty are actively involved

- in committees like Quality Assurance Office, Education Research Committee, Biostatistics Committee, Mentorship Line Committee Workshop, Website Committee, Assessment Committee
4. Facilitations of Workshops



**Picture of Departmental activities showing students involved in teaching and training at Primary Health Care Centre.**


**FAMCO**

## **FAMILY AND COMMUNITY MEDICINE DEPARTMENT**

College of Medicine  
King Faisal University  
Al-Ahsa, KSA

Phone: +966-35800000 [Ext.-3052/3062]

Fax: +966-35800820

Email: drsattarkhan@gmail.com

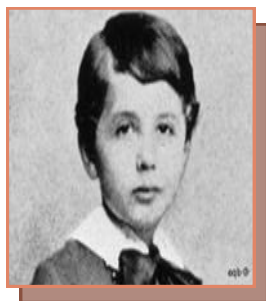
## **Theme: Prevention is better than cure**

### **Invalid Contraindications to Vaccination**

- ♦ Mild/moderate local reaction or fever following a prior dose
- ♦ Antimicrobial therapy
- ♦ Disease exposure or convalescence
- ♦ Pregnancy or immuno-suppression in the household
- ♦ Premature birth
- ♦ Breastfeeding
- ♦ Allergies to products not in vaccine
- ♦ Minor illness
- ♦ Family history (unrelated to immunosuppression).

**Visit Website:**  
[www.kfu.edu.sa](http://www.kfu.edu.sa)

## **Quiz**



### **Identify**

Hints:

- ♦ Famous Scientist
- ♦ Had Speech Difficulty as a Child
- ♦ Was a Fat Baby with Large Head
- ♦ Failed his University Entrance Exam

## **Upcoming Issue**

**Theme:**

*Obesity: Causes and affects*

- ♦ Reports of Field Visits
- ♦ Research Projects
- ♦ Publications
- ♦ Answer of Quiz of this issue

**Opinion, Suggestions and contribution are welcome for upcoming issues.**



1. Dr . M Talha Khan on his marriage.
2. Dr Ali Rawadeh for having new baby girl.