

MBRU360

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Infinite
POSSIBILITIES

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Admissions are open for the 2023-2024 academic year

MBRU invited aspiring medical students to discover the infinite possibilities a career in healthcare can offer. In October, MBRU participated in three of the MENA region's leading higher education fairs, the Najah Expo in Abu Dhabi, the Najah Expo in Dubai, and the International Education Show in Sharjah. The University showcased various higher education opportunities for its three colleges, Hamdan Bin Mohammed College of Dental Medicine (HBMCDM), the College of Medicine, and the College of Nursing and Midwifery.

At the Najah Expo in October, MBRU offered hopeful undergraduate students a chance to speak with representatives about academics, campus life, research, and its unique summer placement program, MBRU Summer Scholars. Undergraduate programs, postgraduate programs, and scholarships were presented at the 18th International Education Show held at Expo Center Sharjah.

Over a year ago, MBRU became a part of the UAE's first integrated academic health system, the Dubai Academic Health Corporation (DAHC). In keeping with DAHC's strategic priorities to improve health outcomes through transformative education, MBRU is offering a variety of degrees in medicine, dentistry, and nursing.

The Bachelor of Medicine and Bachelor of Surgery, Master of Science in Biomedical Sciences, and Ph.D. in Biomedical Sciences are three programs offered by the College of Medicine. HBMCDM offers five postgraduate dental programs accredited by the UAE Ministry of Education, and a one-year dental internship program at Dubai Dental Hospital (DDH). HBMCDM and DDH also offer an Endodontic Residency Program, the first of its kind in the UAE and the only program to be accredited by the Saudi Commission for Health Specialties. The College of Nursing and Midwifery offers two postgraduate programs in the fields of Cardiovascular Nursing and Pediatric Nursing. All programs are accredited by the UAE's Ministry of Education.



"Najah Expo and the International Education Show are ideal venues for aspiring students from all around the UAE to discover the infinite possibilities a career in healthcare can offer," said Mr. Ahmad Al Awadhi, Senior Director of Student Admissions and Registration. "Our tradition of academic excellence and investment in student success makes MBRU a great place to study. We urge anyone interested in pursuing a career in healthcare to visit the University's stand at these exhibitions."



Admissions are now open! To apply, visit <https://www.mbru.ac.ae/admissions/>

9 faculty listed amongst the World's Top 2% Scientists by Stanford University 2022



In a testimony to Dubai's status as an emerging global hub for scientific research and innovation, Stanford University recognized nine faculty members of MBRU in its latest rankings of the world's top 2% of scientists.

Dr. Amer Sharif, CEO of Dubai Academic Health Corporation and President of MBRU, congratulated MBRU's faculty members for this honor and said: "Stanford is one of the world's leading research and teaching institutions. The inclusion of 9 MBRU faculty members in its notable rankings of the world's top scientific talent marks a milestone for MBRU. It mirrors the high-caliber faculty's dedication to research. Since its establishment in 2016, MBRU has recorded nearly 1,000 peer-reviewed publications, reflecting its drive to innovate and enhance healthcare."



MBRU Scientists listed among World's Top 2% by Stanford University for 2022



Professor Stefan du Plessis
Obstetrics and Reproductive Medicine
Single Year 2021 category



Professor Samuel B. Ho
Gastroenterology and Hepatology
Career Long & Single Year 2021 category



Professor Keyvan Moharamzadeh
Dentistry
Single Year 2021 category



Dr. Momen Atieh
Dentistry
Career Long & Single Year 2021 category



Dr. Ahmad About Tayoun
Genetics and Hereditary
Single Year 2021 category



Professor Lakshmanan Jeyaseelan
General and Internal Medicine
Single Year 2021 category



Professor Nandu Goswami
Cardiovascular System and Hematology
Single Year 2021 category



Professor Thomas Adrian
Gastroenterology & Hepatology
Career Long category



Professor Riad Bayoumi
General and Internal Medicine
Career Long category



The late Professor Dimitrios Tziifas
Dentistry
Career Long & Single Year 2021 category

Professor Stefan du Plessis, Acting Provost and the Dean of Research and Graduate Studies at MBRU, said:

"The medical field is constantly evolving with new technologies, practices, and innovations. Scientific research is critical to help us navigate this ever-changing world, which is why research is a key pillar of our university. We are delighted to have our talented faculty recognized in this way."

Du Plessis added: "In our new integrated health system, research conducted at MBRU works in tandem with healthcare educators and highly skilled clinicians to innovate practices that directly improve the lives of our patients. We congratulate all our colleagues on this distinguished accomplishment and value the visibility this recognition gives to the extensive research ongoing at MBRU and the wider Dubai Academic Health Corporation."

Led by Stanford scientists, the list is a database that ranks global researchers in 22 scientific fields and 176 sub-fields. The World's Top 2% Scientists list comprises two databases naming the most-cited scientists. One measures a researcher's contributions to their scientific field in 2021 and names seven faculty from MBRU: Professor Stefan du Plessis in Obstetrics & Reproductive Medicine, Professor Samuel B. Ho in Gastroenterology & Hepatology, Professor Keyvan Moharamzadeh in Dentistry, Dr. Momen Atieh in Dentistry, Dr. Ahmad Abou Tayoun in Genetics and Hereditary, Professor Lakshmanan Jeyaseelan in General & Internal Medicine, and Professor Nandu Goswami in Cardiovascular System & Hematology.

The second list recognizes a scientist's lifetime contribution to their field and names four faculty

at MBRU: Professor Samuel B. Ho and Professor Thomas Adrian in Gastroenterology & Hepatology, Dr. Momen Atieh in Dentistry, and Professor Riad Bayoumi in General & Internal Medicine.

Both lists also acknowledged our esteemed colleague, the late Professor Dimitrios Tziafas a professor in endodontics at the Hamdan Bin Mohamed College of Dental Medicine from 2016 to 2019.



Introducing POCUS, The Fundamentals of Point-of-Care Ultrasound (POCUS) Certificate

The Postgraduate Medical Education Deanship at MBRU is now accepting applications to the Fundamentals of Point-of-Care Ultrasound (POCUS) Certificate program.

POCUS has transformed the practice of medicine across many disciplines over the past two decades. The certificate will equip healthcare professionals with the knowledge and skills to diagnose patients using non-invasive, portable ultrasound machines in 5 applications: lung, cardiac, trauma, first-trimester, and abdominal aorta.

The one-year, part-time, hybrid program will be delivered in 6 modules and is open to health professionals, such as physicians, nurses, and paramedics currently practicing in a clinical setting. General Electric (GE) Healthcare has sponsored the development of the program contents carried out by MBRU and the provision of ultrasound machines for the program.

Learners will acquire theoretical knowledge online and hone their skills in clinical workshops. The program is overseen by Dr. Rasha Buhmaid, Assistant Professor of Emergency Medicine and Program Director, and MBRU faculty members; Dr. Rashid Al Sharhan, Dr. Ralf Krage, and Dr. Paddy Kilian, as well as other leading doctors from UAE-based hospitals. A written exam and Objective

Structured Clinical Exam (OSCE) will be held towards the end of the program at MBRU's Khalaf Ahmad Al Habtoor Medical Simulation Center.

"POCUS has gained a lot of popularity over the years as a low-cost, pain-free, and user-friendly technique, making it crucial to train our medical professionals on how to use it properly," said Professor Sulaiman Alemran, Dean of Postgraduate Medical Education.



"MBRU is now part of the Dubai Academic Health Corporation. The newly established POCUS program aligns with the Corporation's strategic priorities to improve health outcomes through transformative education and deliver a future-ready workforce. I invite the healthcare community in the emirate and the region to enroll in the program and take advantage of the expertise it provides," he added.



Dr. Rasha Buhmaid, Assistant Professor of Emergency Medicine and the Program Director, said: "There is a growing demand for POCUS skill development among the active healthcare community in the UAE. The program will assist hospitals, clinics, and the larger healthcare community in keeping up with the rapidly evolving industry.

Medical professionals must be careful when assessing product capabilities because POCUS devices vary; some have more advanced features and functionalities than others. Programs like the certificate offered at MBRU will help participants understand the advantages and applications of the technology."

Our Heroes in Pink Capes: MBRU Researchers join the fight against breast cancer

Every October is Breast Cancer Awareness Month, an annual campaign to bring awareness and raise funds for research on the disease. In 2020, breast cancer became the most commonly diagnosed cancer type worldwide.

Faculty at MBRU are doing their part to fight breast cancer by researching how the disease is detected, prevented, and treated in the UAE. Living by our core value of patient first, faculty are using translational research to develop effective treatment plans tailored to each patient. "An easy phrase to explain translational research is bench-to-bedside. This means research results from the laboratory can be taken into the clinic to benefit patients directly," says Mahmood Al Mashhadani, Assistant Professor of Molecular Medicine. "However, being a part of the Dubai Academic Health Corporation has allowed MBRU to take a step further. We call it 'bedside-to-

bench-to-bedside.' Now, patients observed in clinics across Dubai are directing the research concepts we take on in the lab, making our work more meaningful for the UAE."

Breast cancer is the most frequently diagnosed cancer in the United Arab Emirates. Furthermore, 42% of breast cancer cases among UAE nationals were below the age of 49. Thomas Adrian, Professor of Physiology at MBRU, is currently leading a genetic and transcriptomic study to identify why so many young Emirati women develop breast cancer. "While age is a major risk factor in the western world, it has been reported that younger women possess a significantly higher incidence of developing breast cancer in this country," said Professor Adrian. "This investigation will provide insight on the molecular mechanisms underlying young age breast cancer, which will help the development and management of targeted therapeutic strategies in the era of personalized medicine."

Clinically, several different subtypes of breast cancer have been defined. Approximately 80% can be defined as estrogen-receptor (ER) positive. Leonard Lipovich, a Professor of Basic Medical Sciences who has been studying breast cancer for the past twenty years, believes his research interrogating the effects of ER-positive cancer cells can improve our understanding of breast cancer and point to more effective, individualized therapies in the future. Commenting on his research, Professor Lipovich said, "Breast cancer is a disease of high relevance to the UAE and causes a significant public health burden worldwide. MBRU's collaboration with several institutions to alleviate this burden is a demonstration of our vision, Together We Advance Health for Humanity."

Typically, breast cancer treatment will depend on the stage of cancer. Fahad Ali, Assistant Professor of Molecular Biology, and Mahmood Al Mashhadani, Assistant Professor of Molecular Medicine, are examining unique genetic characteristics in tumor cells to forecast therapy efficacy. "We're trying to identify biomarkers that can help predict patients' response to treatment," said Dr. Ali about his research. "These insights could emerge as an important approach for predicting patients' prognosis and response to treatment." MBRU has authored 13 peer-reviewed publications on breast cancer research.



Thomas E. Adrian
Professor - Physiology

Mahmood Al Mashhadani
Assistant Professor - Molecular Medicine

Leonard Lipovich
Professor - Basic Medical Sciences

Dr. Fahad Ali
Assistant Professor - Molecular Biology

Pink Day in the Atrium hosted by students

The Health Awareness Club (HAC) has always aimed to engage the MBRU family, and particularly the students, in health awareness campaigns. We were so happy with the great turnout during our annual Pink Day event in honor of Breast cancer awareness month. We have had the pleasure of hosting this event for the second consecutive year, and we look forward to hosting many more where students can engage in vital health campaigns.

- Maryam Jafari, President of HAC.



Medical students & Mediclinic City Hospital staff team up.

MBRU Year-5 medical students volunteered along with Mediclinic City Hospital staff and cancer survivors to design mastectomy drain bags and port cushions for breast cancer patients in the UAE.

American University of Sharjah and MBRU sign MOU to foster collaboration and research



According to the agreement, AUS and MBRU will cooperate in teaching and research; student exchange and training opportunities; supervision of students' theses, dissertations and projects; access to technical and research laboratories; conferences, workshops and symposia; exploration of joint programs and certificates; and carrying out consultations in various academic fields.

Speaking on the occasion, Dr. Susan Mumm, Chancellor of AUS said: "We are pleased to enter this partnership with MBRU, and I am confident that this will lead to more innovation and increase successes. By combining expertise and resources, we can work together on complex scientific questions and expand the breadth of both institutions' research. This will also reflect positively on both of our students' educational and university experience

as they become involved in diverse areas of knowledge and develop higher-level thinking, self-management and leadership skills."

Commenting on the MoU, MBRU's Vice President of Administration and Professional Services Dr. Amer Al Zarooni said, "Our collaboration with the American University of Sharjah aligns with MBRU's ongoing efforts to form strong partnerships that strengthen the educational journey of our learners. Students at both universities have a unique opportunity to draw from each academic institution's strengths and expertise, demonstrating our commitment to advancing research and scholarly activities in the UAE."

Sharafi Holding announces AED1M donation for students' scholarship

Sharafi Holding LLC, a long-standing UAE family business group, has gifted AED 1 million to the MBRU endowment fund for medical students' scholarships. The MBRU Endowment Fund was established as a sustainable financial solution for the university. Projects initiated by the endowment fund enable MBRU to make strategic investments that drive research and spark innovation.

Commenting on the donation, Vice President of Administration and Professional Services of MBRU and Acting CEO of the Al Jalila Foundation, Dr. Amer Al Zarooni, said, "We are grateful to Sharafi Holding as this donation will provide continuous support for medical scholarships, creating a living legacy that spans generations. Their generosity helps secure the essential needs of our students and allows us to make strategic decisions that benefit our institution."

Mr. Adnan Sharafi, Director at Sharafi Holding, stated that Sharafi Holding is proud to be a good and responsible citizen. He thanked the leadership and noted that we support and value our leadership's vision to improve our society's wellbeing and create a sustainable economy. He noted that "Sharafi Holding is proud to support the MBRU initiatives for healthcare advancement in the country through medical education and research. It is through such scientific research

and academic excellence that it would be possible to afford a state-of-the-art healthcare to the citizens to improve their quality of life. We believe in MBRU's mission to collaboratively advance healthcare to benefit humanity."





Why continuous development should be a part of our lifestyle

Written by:
Reem Khalid, Acting Manager,
Admissions and Registration

We often talk about developing healthy habits such as diet and exercise for a sustainable lifestyle. However, we often miss out on consuming a daily dose of nutrition for the mind, which is an integral aspect of our personal and professional growth. Rather than embarking on the journey of continuous development blindly, we need to ensure that we are prepared to proceed ahead with a "growth mindset."

What does a growth mindset mean? To me, it is the awareness that we have the opportunity to grow emotionally and intellectually with every interaction, conversation, experience, and reaction. Once we realize that growth can come from literally anywhere, we start appreciating the value of the smallest teachings. I noticed that there are mainly two ways in which we humans develop. First, by deliberate development. This is where we willfully plan our developmental journey. The second way is something I like to call the unexpected development. Here, we don't plan on taking up a new learning experience, it just happens! Greek philosopher Heraclitus once said, "Change is the only constant in life" and I couldn't agree more. What we think we know today, be it something we learned at university, a seminar or a job might not be relevant the year after. Therefore, it is important to constantly develop our skillset to stay relevant in the market. Think of something you are interested to learn. This can be a new hobby you would like to explore or even a new skill that you want to add to your professional arsenal. Once you decide what area you want to develop, start mapping out different routes to achieve your targets. There is thousands of free content available online nowadays to help you develop a new skill.

Alternatively, you can also sign up for courses that will reward you with certifications. I would highly encourage exploring the UdeMy for Business platform offered by MBRU, where almost any course you are interested in may be free.

On the other hand, unexpected development is when you get the opportunity to learn something new from the most surprising source. Here is where a growth mindset comes knocking on your door because, realistically speaking, we are surrounded by information around the clock. We need to keep an open mind to receive valuable teachings from our situation. This can be something as simple as an unexpectedly engaging conversation you have on a networking occasion. Or a situation where

you reacted in a way, good or bad, that stays in your memory and guides you when a similar situation arises in the future. All of this is an unexpected development because we end up becoming different and, dare I say, more mature people.

Continuous development helps us understand ourselves better, and only when we truly understand our potential do we excel in our endeavors. Growth and personal development targets should not only be on our New Year's resolution list, they should be part of our everyday life for it to become a lifestyle.



The State of Flow: Unlock Your Inner Genius

Written by: Mersiha Kovacevic, Senior Learning Designer, Institute for Excellence in Health Professions Education

Remember being a kid and spending hours on end playing with your friends? Not noticing the time go by until one of your parents comes looking for you? Some people remember these moments with nostalgia and describe them as 'complete happiness'. Others describe them as "flow"

What is "Flow"?

Flow is the feeling you get when you are completely immersed in an activity. It can happen while you're learning, working, playing with your children, or painting your garage door. Whatever it is, you're giving it all of your attention. You don't notice the time passing. You may not hear what's happening around you. You forget about yourself to become part of something bigger. And it feels good.

Why does it feel so good?

When we are "in the zone", our brain is in one of its most optimal states. Empirical studies have shown that stress levels are low during flow because we are less involved in self-reflective thinking (Nakamura & Csikszentmihalyi, 2014). In other words, that little

voice in our head that keeps saying "This is not going to work.", "They don't like me.", "What's in it for me?" and so on... is practically asleep.

You know which part of the brain is not asleep, though? The dopaminergic reward system. It's responsible for making us feel positive, hopeful, and energized to the point that we may not notice that we're tired, uncomfortable, or even hungry – until we're out of the flow (Ulrich et al., 2014). We become relentlessly dedicated problem-solving machines. (Assembling Ikea furniture, anyone? Maybe it's just me.)

How does one enter the state of flow?

There are about 17 known flow state triggers out there. You can start by trying the four listed below and explore others until you find the ones that work for you.

1. Intense concentration. Make a conscious decision to focus on a task and minimize all environmental distractions. Put your phone away in a drawer, set your Teams status to "Do not disturb", or go to a place that inspires you.
2. Challenge to skills ratio. If you're feeling bored working on your task, your skills are likely greater than your challenge. If you're frustrated, the challenge may be greater than your skills. Either way, if the balance feels off, talk to a friend, a colleague, or a mentor who can help you change that. To experience flow, the task should be challenging but possible (Keller, 2016).
3. Rich environments. Embrace being part of dynamic and complex environments where things seem to be changing rapidly because they are known to trigger flow



states. Unpredictability enhances your focus and attention. (If you can quiet the little voice in your head.)

4. Meditation. Make meditation part of your daily routine to learn how to tune out your environment and practice sharpening your focus. Just like physical exercise leads to a healthier, fitter body, meditation leads to a healthier, fitter mind.

Is flow an individual "sport"?

If you've ever watched a winning team play at a world championship, any sport, you might have observed the "group genius mode." It's a group state of flow in which individual players, no matter how skilled or successful they are, stop trying to score all the points and start to work together as a team towards a common goal.

It takes practice to get into the "group genius mode," but once you get there, the sky is the limit. To increase your chances of "flowing" as a team, practice establishing shared goals, listening to each other attentively, ensuring every team member has an equal chance to participate, and saying "yes, and" to foster a collaborative spirit among the team members.



MBRU 30x30 Fitness Challenge

MBRU gets moving! This November, six teams named after the values of the institution were pitted against each other during the Dubai Fitness Challenge. Organized by HR, colleagues across the university were tasked to complete 30 minutes of exercise or 10k steps daily over 30 days.



Thank you for your participation on teams Patient First, Empathy, Excellence, Integrity, Respect, and Teamwork. We hope you felt inspired to create a fitness-focused mindset and seek healthy, active lifestyles.

Congratulations to our winners!

Top 3 Teams



Integrity



Respect



Teamwork

Top 3 Steppers



Sheik Naveed



Estelita Perez



Mohideen Sadat

Top 3 Movers



Adrian Stanley



Sheik Naveed



Mohamed Tolba

Go team **MBRU!**



DUBAI
RIDE

DUBAI
RUN
2022



What's happening on campus?

Emirati 'Living Books' inspire with their pioneering stories in the UAE



In October, MBRU hosted its annual Living Books® event at the Al Maktoum Medical Library. First held in 2019, Living Books® is a storytelling program where inspiring individuals share their lived experiences with their readers. Here, books are people and reading is a conversation.

The Al Maktoum Medical Library conceptualized Living Books® to foster open and honest conversations leading to greater understanding, acceptance, and social cohesion in the community. During 25-minute sessions, event participants could "borrow" a Living Book to ask questions and learn from the experiences that have shaped their lives and formed their identities.

Held under the theme "UAE Inspires," four inspiring Emiratis were invited to tell their stories of leadership, overcoming adversity, their good times, and their challenges. This year's event featured Dubai Police's criminologist, Lina Al Amiri the first criminal profiler and child forensic interviewer in the Middle East region; Dr. Suaad Al Shamsi, the UAE's first female aircraft engineer; Saleh AlAmeri, the UAE's first analog crew member; and Shaikha AlFalasi, the Science Lead of the Mohammed Bin Rashid Space Centre's UAE Analog Programme.

Lina Al Amiri is an expert in the Criminology Department at the General Department of Forensic Science and

Criminology at Dubai Police. During her session, Lina recalls how one teacher sparked her love of biology and effectively sent her on the path to become who she is today. "In grade 11, I was introduced to genetics. Believe it or not, I wasn't interested in biology or science - I wouldn't say I liked it. The approach of one teacher makes a difference. That biology teacher made me love it." Recently, Lina was certified as the Middle East's first criminal profiler and child forensic interviewer.

Dr. Suaad Al Shamsi is the first female aircraft engineer in the UAE and landing gear specialist. Suaad shared how she overcame adversity when deciding to pursue a career in engineering and entering a male-dominated field. "I didn't know I would be the first female aircraft engineer. It's not about the title. I wanted to change people's image and mentality when they say, 'You can' or 'You cannot.'"

From the Mohammed Bin Rashid Space Centre (MBRSC), two more Living Books® shared their involvement with the UAE's Analog Mission. Shaikha Al Falasi, the Science Lead of the mission, discussed the elaborate process undertaken when selecting Saleh Al Ameri, the UAE's first crew member of an Analog Mission. Al Ameri completed eight months of an isolation mission, conducted 70 experiments, and studied how long-term isolation and confinement effects human psychology and physiology.

"Our Living Books® represent a quick, accessible, and highly effective way to share knowledge and insights," said Tamara Muir, Senior Director of Administrative Affairs at MBRU. "Listening to these high-achieving local figures was not only truly inspirational but also highly enlightening. Seeing the reactions of our attendees, I am confident that everyone – our participants and our Living Books – enjoyed the experience."



Healthcare Simulation Week

In September, MBRU hosted Healthcare Simulation Week 2022 at the Khalaf Ahmed Al Habtoor Medical Simulation Center. The Simulation team conducted a week of activities, including the highly anticipated moulage competition for staff and students. Congratulations to our winners, Kholoud Ghonim and Mohamed Tolba.

Celebrated worldwide, Healthcare Simulation Week is dedicated to recognizing professionals who use simulation to improve the safety, effectiveness, and efficiency of healthcare delivery.

Medical simulation creates real-world situations so healthcare providers can learn, practice, and assess their medical skills in a safe environment.

Watch the MBRU Simulation Week 2022 video:
<https://www.instagram.com/reel/Cik5gUXtmqa/>



MOULAGE COMPETITION WINNERS



HEALTHCARE
SIMULATION
WEEK 2022

Happy 51st National Day!

The MBRU family gathered to celebrate our beloved nation's history, culture, and achievements with a powerful show of live cultural performances and traditional Emirati food.

The event also featured the 2nd annual MBRU Bazaar - a place to discover, shop & support local businesses by MBRU artisans.



Student Life



Student Academic Excellence Awards

Excellence is a core value of our institution. This core value shapes every aspect of MBRU's culture – from how we work with each other and our patients to how we overcome obstacles and celebrate success.

Congratulations to all our MBRU students who earned placement on the Dean's Award & Dean's Honor List for the 2021-2022 academic year.

Your perseverance to achieve outstanding work is the reason you are here. We formally applaud your accomplishments and the passion you have brought to your studies and to our campus.

Watch the Student Academic Excellence Award video here:
<https://www.instagram.com/reel/CizX1O9ODRX/>



Student Research Day

At the annual College of Medicine Student Research Day, year 3 medical students presented their research findings and showcased their work in a poster format. The Research Day is designed to highlight the breadth of research and scholarly activity that undergraduate medical students have accomplished at MBRU.



MBRU Summer Scholar Program & Winners

Offered in the UAE and abroad, the MBRU Summer Scholars Program immerses students in real-world research and medical environments at academic and healthcare institutions. This past summer, students traveled to healthcare, research, and academic institutions in the UAE, UK, USA, and South Korea to hone their skills.

Mediclinic Airport Road, Abu Dhabi



Bordeaux International Osteopathic Medical School, France



Queen's University Belfast, UK



Jaseng Medical University South Korea



Students who participated in the program prepared posters to showcase their experience. Congratulations to the winning teams.



- **MBRU Family's Choice Award:** Hanan Faraji, Karim Abdalbari, Milad Nourianpour, Mohamed Asbaita; MBRU & Al Jalila Foundation Research Center, UAE.
- **Laboratory Research Category:** Hanan Faraji, Karim Abdalbari, Milad Nourianpour; Mohamed Asbaita; MBRU & Al Jalila Foundation Research Center, UAE.
- **Field Research & Structured Programs:** Jonathan Mokhtar, Mariam Siam, Marjam Lindsbro, Massa Lutfi, Meera Al Shehhi, Skylar Dsouza; Bordeaux International Osteopathic Medical School, France.
- **Clinical Observership & Community Service:** Meznah Rasheed, Shahd Saleh; Jaseng Hospital, South Korea.
- **Students' Choice Award:** Kinan Alitaki, Laila Zarnegar, Omar Hamadi, Virginia Battistin; Indiana University, USA.
- **Best Photo Award:** Fatemeh Akbarpoor; Queen's University Belfast, UK.
- **Best Video Award:** Ayatullah Hegazy & MinatAllah Alhusami; University of Veterinary, Vienna.



MBRU Summer Scholars Awards video:

<https://www.instagram.com/reel/CjiGirtgdyL/>

Student Life

MBRU's Rad Day!

Reported by Zainab Al-Abdullah
Year 4, College of Medicine



The Radiology Club at MBRU observed the International Day of Radiology (IDOR), whose theme this year was "Radiologists and Radiographers Supporting Patient Care." IDOR is annually held on November 8, which is the anniversary of the date that the very first X-ray was taken in 1895 by Wilhelm Röntgen. On the MBRU campus, there was a radiology trivia game hour held as well as an interactive station where students labelled parts of their body that have been imaged on a life-sized skeletal model; serving as a reminder of the students' own patient journeys. Attendees enjoyed donuts and received bone-shaped pens. The winners of the game hour won special radiology-themed prizes. MBRU students on clinical rotations were encouraged to observe their radiology department at work.



The MBRU family was encouraged to coordinate outfits using the radiology spirit colours of the year: gold, silver, white, black, and gray.

MBRU medical students presented their research posters at the 11th International Pediatric Conference held by KidsHeart in affiliation with the New York-Presbyterian Hospital and Columbia University Medical Center.



Team MBRU won third place in their first scientific debate on sustainable development goals. 18 teams from 15 local and international universities competed. Congrats MBRU Debaters: Maha Al Suwaidi, Rakeeza Mughal, Asrar Abdi, and Nada Albedwawi.

MBRU Research Team Awarded Nearly AED 1M to Personalize Patient Care for Diabetes



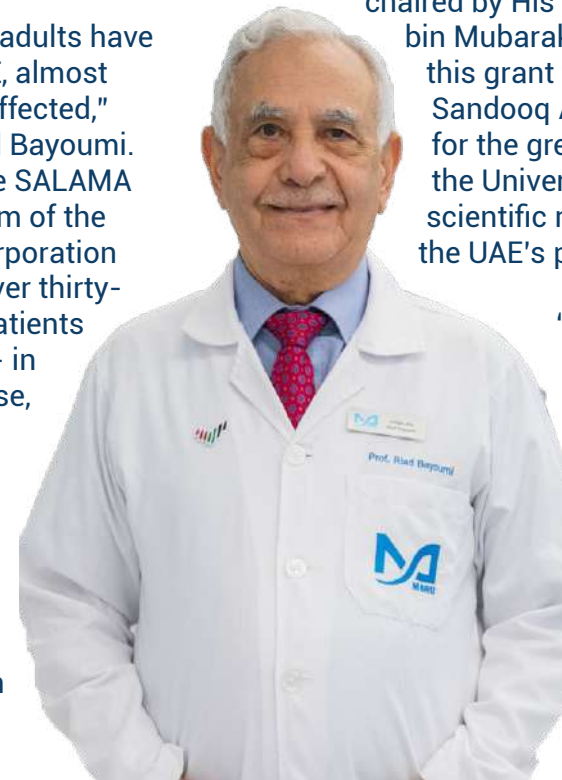
precision medicine for type 2 diabetes patients in the UAE. Precision medicine is based on the concept of providing the right therapy for the right patient at the right time. This medical model proposes to customize the diagnosis, treatment, and aftercare of an individual rather than deploying a “one drug fits all” model. In similar studies, precision medicine has significantly improved the diagnosis and management of cancer patients.

“In the Middle East, 11% of adults have Type 2 diabetes. In the UAE, almost one in every five adults is affected,” commented Professor Riad Bayoumi. Over the past few years, the SALAMA Hospital Information System of the Dubai Academic Health Corporation has registered data from over thirty-thousand type 2 diabetic patients - Emiratis and expatriates - in the UAE. Using this database, researchers have applied artificial intelligence to identify patterns in certain pathophysiological traits to create subtypes. The study will then attempt to identify these subtypes using data-driven

methods and machine-learning algorithms in a cohort of patients with extensive clinical and genomic variables. “This will bring us closer to precision medicine in diabetes, where a patient will receive the right treatment that fits their condition,” added Professor Bayoumi.

Yasser Al Garagawi, Director General of Sandoq Al Watan, noted that “The decision of the Board of Directors of Sandoq Al Watan chaired by His Excellency Sheikh Nahyan bin Mubarak Al Nahyan to provide this grant to MBRU stems from the Sandoq Al Watan's appreciation for the great efforts undertaken by the University in the field of applied scientific research, which strengthens the UAE's position in this field.”

“Sandoq Al Watan is keen to support the UAE's researchers in all fields to enhance creativity and innovation. We wish the researchers the best in taking this potentially life-changing research forward.”



A team of researchers at MBRU and clinicians from the Dubai Diabetes Center, Dubai Hospital, and Kings College Hospital Dubai were granted nearly AED 1 million from Sandoq Al Watan to pursue precision medicine research for Type 2 diabetes.

Over the next three years, Dr. Riad Bayoumi, Professor of Basic Sciences at MBRU, and his team of five researchers at MBRU will work alongside clinicians to investigate and classify subtypes of Type 2 diabetes. They hypothesize that if distinct subtypes of Type 2 diabetes are identified, then clinicians can identify characteristics of the disease leading to treatment strategies that are specific to individual patients. The grant awarded by Sandoq Al Watan, a private UAE philanthropic organization with a significant endowment to invest and support innovative researchers and organizations, will allow the team to research, develop, and deploy

New Study Highlights Need to Regularly Clean Phones, Calls for Infection Control Protocols

A study carried out by MBRU, in collaboration with Dubai Police and Australia's Bond University in Queensland, has highlighted the need for mobile phone and smartwatch sanitization to be included in global infection control protocols for the betterment of public health.

The pandemic taught us how infection control measures, such as social distancing and handwashing, can effectively improve public health. However, new research indicates that hand hygiene practices are negated if wearable devices remain unsanitized. Smart devices, like mobile phones and smartwatches, are a potential breeding ground for disease-causing pathogens since warm temperatures and high-touch surfaces are ideal conditions for germs to thrive. Researchers recommend regularly sanitizing your smartphone with an alcohol wipe to remove as much bacteria as possible.

Professor Abiola Senok, Chair of Basic Medical Sciences and Professor of Microbiology and Infectious Diseases at MBRU's College of Medicine, shared, "Our phones are never far from our sides;

we take them everywhere with us. We all need to have a habit of regularly cleaning our mobile phones and smartwatches as much as we do our own hands."



In this recent scientific study, researchers from MBRU and Dubai Police examined the extent of microbial contamination on smart devices in an emergency medical unit. Samples taken from mobile phones and smartwatches, along with samples of the hands of healthcare workers, were investigated using next-generation metagenomics sequencing technology so that researchers could identify which organisms are contaminating these devices.

"Our research findings showed that organisms identified from the hands of healthcare workers were also detected on their mobile phones and smartwatches," said Lieutenant Colonel Dr. Rashed Alghafri, Director of the International Center for Forensic Sciences in the General Department of Forensic Evidence and Criminology at Dubai Police.

zone showed positive SARS-CoV-2 detection.

"The presence of these microbes poses a risk of pathogen transfer to patients and the community. Infection control protocols, like mobile phone sanitation, could reduce this risk" Lieutenant Colonel Dr. Alghafri added.

Dr. Lotti Tajouri, Associate Professor at Bond University in the field of Molecular Genetics and a member of the Dubai Police Scientific Council said, "Our findings are also important for global public health as organisms on the surface of mobile phones and smart watches can be carried across international borders by travelers." Dr. Tajouri believes that sanitation protocols, such as ultraviolet C sanitization devices in public spaces and airports, should be investigated to mitigate the risk of microbial contamination and dissemination on smart devices.

Collaborative research projects that enhance the capabilities of Dubai's healthcare sector are a hallmark of the Dubai Academic Health Corporation (DAHC). Established just over a year ago, the DAHC strengthens the bridge between academia and industry and translates research findings into improved patient care.

Some of the microorganisms identified on healthcare workers' wearable tech were multidrug-resistant pathogenic bacteria. Among the randomly selected mobile phones tested, one from the unit's COVID-19



Faculty Corner



Tom Loney, Associate Professor for Public Health and Epidemiology, participated in a panel discussion entitled "Fortune Favors The Bold: Building Healthcare Ecosystems In The UAE" at the 2022 BE BOLD program launched by the UAE Ministry of Health and Prevention (MOHAP). The BE BOLD program is a first-of-its-kind initiative in the UAE that brings together public and private entities in the healthcare sector to help design national programs that will lead to the creation of healthier communities in the country.



At the 2022 Bio-IT World Conference & Expo Europe in October 2022, Professor **Leonard Lipovich** chaired sessions on Revolutionizing Drug Discovery and Creating an Open Science Ecosystem and presented research on GWAS for developing RNA-based drugs.

Research Discussion Series

The College of Medicine hosted its Research Discussion Series, a platform for MBRU faculty and their research groups to share ongoing research to spark fruitful discussions and collaborative opportunities.



Royal College of Pathologists Exam

Congratulations to international candidates for completing part 2 of the FRCPath exam! MBRU's collaboration with the Royal College of Pathologists has established Dubai as an international center for this reputable examination.

"As an appointed RCPATH International advisor for the UAE, it was a great privilege to be one of the lead examiners and organiser for the FRCPath exam this year. This is the second time MBRU has hosted this exam and we are very proud of our collaboration with the College. We welcome all medical students interested in pathology to explore the field further," said Dr. Shroque Zaher, Assistant Professor of Pathology.



GIVING



Wellness On Wheels

A Community Mobile Health Clinic



The Wellness on Wheels program continues to provide free medical consultations and medical services to those in need. Staffed by volunteer healthcare professionals, six mobile clinics administered nutrition recommendations, vision checks, dental cleanings, and vital sign checks in 2022. Volunteers, thank you for your unwavering commitment to our patients, our communities, and advancing health for humanity.



The program expanded its reach through its collaboration with the Ministry of Community Development.

- 750 patients benefited from healthcare services in 2022
- 163,819 people have been vaccinated for COVID-19 since the program launched.

Students Volunteer Activities

Making healthcare inclusive is one way we advance health for humanity. Our medical & dental students teamed up with Special Olympics UAE to provide health & dental services to children with special needs at Sanad Village.



New Faces @



مستشفى
دبي للأسنان
Dubai Dental
HOSPITAL



Abeer Hakam
Assistant Professor - Periodontology
HBMCMDM



Eman Alharfi
Receptionist
Administrative Affairs



Eva Davies
Communications Manager
Marketing and Communications



Farah Ennab
Clinical Tutor
College of Medicine



Iman Nur
Insurance Coordinator
Clinical Operations



Jazel Diaz
Dental Assistant
Clinical Support



Jennica Lumantao
Dental Assistant
Clinical Operations



Jumel Moreno
Dental Assistant
Clinical Support

New Faces @



مستشفى
دبي للأسنان
Dubai Dental
HOSPITAL



Latifa AlKalbani
Senior Officer - Talent Management
Human Resources



May Al Janahi
Specialist - Prosthodontic
Clinical Support



Nameer Al-Taai
Assistant Professor - Orthodontics
HBMDM



Nasna Nassir
Scientist
Genome Lab



Nesrin Mohamed
Research Specialist
Genome Lab



Nory Jane Quintana
Dental Assistant
Clinical Support



Rachel Baldwin
Consultant
Student Life



Rashid AlSharhan
Assistant Professor - Radiology
College of Medicine

New Faces @



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دبي للأسنان
Dubai Dental
HOSPITAL



Rebecca Rutherford
Senior Manager Projects
Provost Office



Reem Abdulkareem
Clinical Tutor
College of Medicine



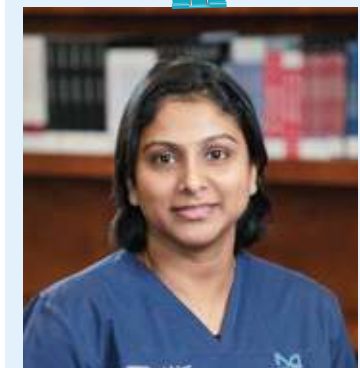
Saad Syed
Clinical Tutor
College of Medicine



Sara Albastaki
Senior Officer - Admissions
Student Services and Registration



Stafny Dsouza
Postdoctoral Research Fellow
College of Medicine



Sunitha John
Sterilization Attendant
Clinical Support

Upcoming Events



**College of Medicine
Career Fair**

Date: Jan 25, 2023



AEEDC Dubai 2023

Date: Feb 7-9, 2023



MBRU Excellence Awards

Date: Feb 23, 2023



THE WORD WIZARDS

Eva Davies
Safia Benbrahim

THE CREATIVES

James Cruz
Glendon Potato
Mark Mones

A special thank you to everyone who has contributed and made our newsletter possible.

We want to hear from you! Please send us your suggestions, or story submissions at MBRUcommunications@mbru.ac.ae