

# THE UNIVERSITY OF JORDAN SCHOOL OF MEDICINE NEWSLETTER



## OUR VISION

The School of Medicine is to be an international center of academic excellence – contributing to the development of health sciences, and distinguishing itself on the basis of the quality of both its graduates and research, and the relevance of its training programs to national and global needs.

## OUR MISSION

To provide society with qualified physicians capable of delivering quality healthcare services nationally, regionally, and internationally; of pursuing specialized higher studies; of engaging in scientific research; and of interacting with the world medical community.



**ESTABLISHED IN  
1971, IT IS THE FIRST  
MEDICAL SCHOOL IN  
JORDAN**



**MORE THAN 250  
ACADEMIC TEACHING  
STAFF**



**MORE THAN 5000  
MEDICAL GRADUATES**

## *Choosing Medicine*

Read why a graduate choose to go back to school and study Medicine after getting a Master's in Finance

## *In this Issue*

The 2021 celebrate their graduation projects and their Graduation

Medical students from UJ join the Vaccination drive

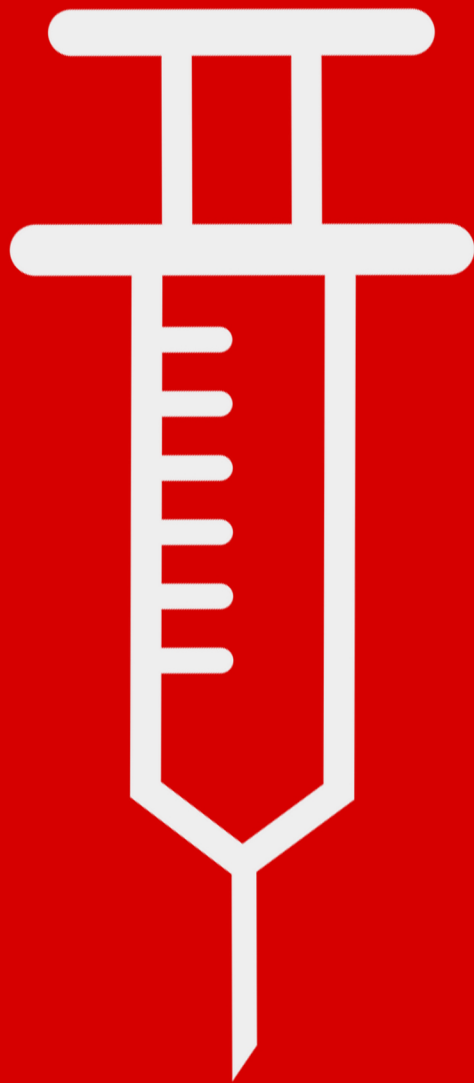
OpenData and Covid-19

A student perspective on publishing Meta-Analysis

Medical Students do their part to help those in need in these difficult times

## *Contact us & contribute*

**Contact information  
on last page**



**GET VAXXED..**

**GET BOOSTED....**

go to [vaccine.jo](https://vaccine.jo)

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# LETTER FROM THE DEAN

## Prof. Yaser Al-Rayyan

It is my pleasure to open the 4th issue of the school of medicine newsletter. A newsletter aimed at the broad audience of the alumni, faculty, and students of the University of Jordan's School of Medicine.



Alumni of our beloved medical school continue to prove the value of the high-quality education, knowledge and experience acquired during their years at The University of Jordan. For the last three issues of this newsletter, the number of audiences exponentially increased. The diversity of audience also reflects the variety of the topics discussed, from alumni's achievements, faculty news, student's activities, medical research topics and interesting articles, and of course, future activities of our medical school.

We welcome any input and contribution from Alumni who have new achievements, faculty with important contributions, or students with extraordinary activities.

Professor Yaser Al-Rayyan

Dean

School of Medicine

The University of Jordan.

# ALUMNI



## **Dr. Yousef Zureikat** Graduate of 1988

Director-General of the Royal Medical Services, a current Brigadier General in the Jordanian armed forces, and the editor-in-chief of the Journal of the Royal Medical Services. Dr. Zureikat is a consultant pediatric cardiologist, who completed his specialty in the UK.



## **Hikmat Abdel-Razeq** Graduate of 1988

Deputy Director-General, Chief Medical Officer, Professor and Chairman, Department of Internal Medicine at King Hussein Cancer Center. Dr. Abdel-Razeq completed his fellowship in Hematology & Medical Oncology at Cleveland Clinic Foundation, USA.

# ALUMNI



## **Feras Hawari** Graduate of 1992

Current Minister of Health of Jordan. He is also a consultant pulmonologist at King Hussein Cancer Center. Dr. Hawari completed his fellowship in Pulmonary/Critical Care at The University of California, Irvine, USA.



## **Ruba Abdelhadi** Graduate of 1995

Director, Nutrition Support and Nutrition Services Programs Children's Mercy Hospitals and Clinics, Kansas City, USA. She is also a professor of pediatrics at the University of Missouri-Kansas City School of Medicine. Dr. Abdelhadi completed her fellowship in pediatric gastroenterology, hepatology and nutrition at Wayne State University, USA.

# 2021 Graduates' Project Appraisal Conference and their Graduation

At the end of each academic year, a scientific event is held by The School of Medicine at The University of Jordan to discuss and appraise research projects conducted by its sixth-year students. The first event was held before the COVID-19 pandemic, and it was face to face activity. However, since the beginning of the COVID-19 pandemic, these activities had been held virtually.

On Sunday the 25th of April 2021, specialized committees of the School of Medicine faculty members discussed the scientific research projects of sixth-year medical students through Microsoft Teams. These projects are a requirement for their graduation. The participating students displayed their research to the various committees, which evaluate the presentation and research value of each work. Discussions continued for a whole week, till the 29th of April. A total of 133 research papers were submitted, which were supervised by members of the School of Medicine and



doctors from outside the University of Jordan. These projects are a unique experience for every graduate student that will broaden their horizons in scientific research.

After completing a virtual appraisal, the Faculty of Medicine celebrated the honoring of the highest achieving graduates of its forty-fourth cohort. These included those who received an excellent grade, with averages ranging between 3.65 and 3.99 out of 4.00, with the top student, Husam Al-Jabri, getting a GPA of 4.00 out of 4.00.

In order to preserve the principles of public safety imposed by the Corona pandemic, the celebration of their honor was divided into five sessions, the activities of which were shared by the students' performance of the medical department dictated to them.



# Vaccinating the Public:

## *Medical students help in the effort against Covid-19*

As part of the efforts of the Ministry of Health and the Crisis Management Center to battle the coronavirus pandemic, a group of medical students has been formed to volunteer in the vaccination campaign, in cooperation with the Ministry of Higher Education, and the University of Jordan School of Medicine.

The President of the University of Jordan, Dr. Abdel-Karim Al-Qudah, accompanied by the Dean of the School of Medicine, Prof. Dr. Yasser Al-Rayyan, performed an inspection tour of the vaccination center in the university's sports hall

to ensure that the progress of the procedures and arrangements are working smoothly and that safety measures at the center are applied.

The volunteer group of clinical students participated in a training workshop, which was held on 3/7/2021 on the University campus. The students who trained their colleagues had already received intensive training from the Ministry of Health and Crisis Management Center staff in several training workshops and participated in the vaccination of nearly two thousand citizens who visited the University of Jordan vaccination center over three days.

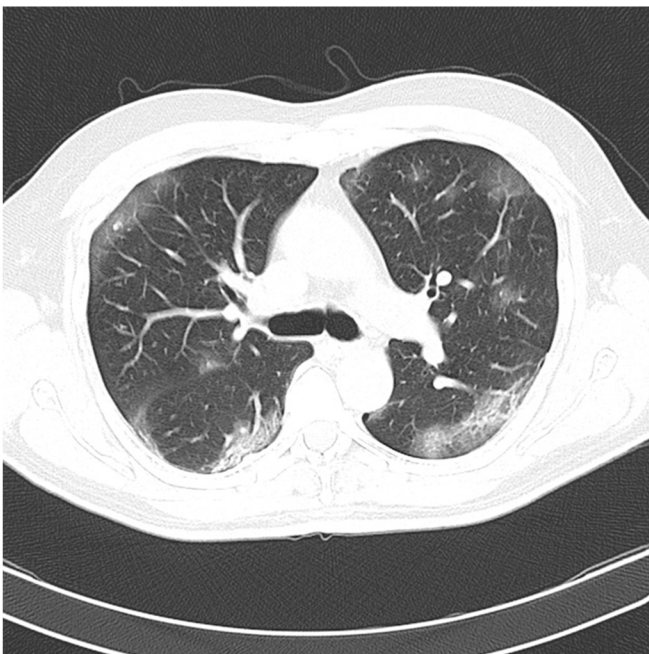




# Open data on COVID-19

by Dr. Saif Ryalat

It has been two years since the emergence of the new coronavirus disease (aka. COVID-19) and access to COVID-19 datasets are still relatively restricted due to its value in biomedical research. Despite that, several sources are now providing COVID-19 datasets openly accessible to researchers all over the world. This article aims to provide some sources for such COVID-19 related open data. It begins with general datasets that describe mostly the epidemiology of COVID-19. This is followed by imaging datasets, due to the value of such datasets in developing our knowledge in diagnosing COVID-19. Finally, we will provide several datasets that have specific cohorts.



## **General Dataset**

[The World Health Organization](#)

[Epidemiological real-time data from China on the COVID-19 outbreak](#)

[Here is a detailed description of the dataset](#)

[China CDC](#)

[The John Hopkins University dataset](#)

[The European Centre for Disease Prevention and Control](#)

[Tableau data viewer](#)

## **Imaging Dataset**

[Computed tomography \(CT\) Imaging dataset from Italian patients](#)

[CT images collected from published papers](#)

[Full CT scans for corona cases](#)

[X-ray Imaging dataset](#)

[COVID-19 positive cases along with Normal and Viral Pneumonia images](#)

## **Specific Disease**

[Outcomes of COVID-19 occurring in Inflammatory Bowel Disease patients](#)

[Chronic liver disease](#)

[Rheumatology community](#)

[Sickle cell disease](#)

[Psoriasis patients](#)

[Hematologic Malignancy](#)

# Medical Students Social Responsibility

by Akram Kilani,  
(4<sup>th</sup> year medical student)

In the middle of the COVID-19 pandemic, a group of students from the School of Medicine had a vision, to contribute to changes in their society and help eliminate the negative impact of the virus on the local community through our original initiative "Warm It Up". Our initiative was more than one project, with the goal to come together to help those less fortunate in Jordan, especially after COVID-19 hit. We felt as though the world had seen too much despair and sadness in the past year and cleaning up after a hurricane isn't easy, but it's a fight and we all wanted to fight together in this field.

We started by accepting clothes donations from before last winter. Also, we hosted fundraising events to collect money to buy heaters to give out along with the clothes to the most needed families in some villages and refugees camps.

During the holy month of Ramadan, we organized several Iftar banquets for orphans in Amman, where we also distributed Eid clothes and gifts. We put our efforts to draw smiles on the orphans' faces by organizing carnivals and playing with them.

As our initiative had purely humanitarian goals, we continued doing other events. We visited Al Sukhneh Camp in the Al Zarqa governorate, one of the most poverty-stricken spots in Jordan, where we donated food parcels and clothes, communicating with the people and officials to gather more information about their needs for future social activities. We hosted a fundraiser to raise money that to be used for building two water wells in Bangladesh and India, on behalf of the soul of our beloved Dr Loay Zghoul God bless him.

The ultimate goal of me and my colleagues, in the Faculty of Medicine, is to try our best to assist poor patients by sending them some medical necessities and equipment. using our good relationships with the community and business people whom we know are willing to donate and making a tangible contribution to Jordanian society. We believe that these charity efforts are part of our social responsibility.



# CHOOSING MEDICINE AFTER COMPLETING A MASTER'S DEGREE IN FINANCE

*By Your 36 year old  
6th year colleague from  
2021 graduates*

## *It's Never too Late*

Hi. Let me start by saying how much I respect that the vast majority of you started medical school at the young age of 18. It demonstrates a sense of maturity that after going through what can only be described as a gruelling and backbreaking year of Tawjihi, you decided to sign up for another 6 more years of the same. I know some of you resent the fact that your parents vehemently nudged you into studying medicine, but my parents couldn't have been more indifferent, and I only wish that they had been more insisting. I decided to take the easy way out back then and I got my bachelor's in finance in 2005. After graduation, I worked in the financial services sector from 2005-2014. During that time, I graduated with a master's in international trade in 2008.

My first job was an entry-level position in a company where a part of our daily routine was counting and transporting money, making various transfers, and buying and selling currencies. It seemed so surreal at the time; to physically and on the computer, handle millions and millions of dollars, dinars, euros, riyals, dirhams, makes you feel numb as to the value of everything in life quickly. I was good at my job, but it's not like you needed a rocket scientist to excel at that. After a few years, I moved to what was supposed to be a more enticing organization. One that promised to be more intellectually challenging and had greater opportunities, but I just couldn't shake the feeling of boredom and routine. Most of the positions I held had tasks that could probably be done better and faster by a computer had they invested enough money into developing the software. It was from that feeling that I was wasting my life doing empty, menial jobs that I realized I had to do something meaningful. I had to find my calling in life.

I know how hard some of you think med school is now, but we have barely just started on the road to becoming practising physicians. We haven't gone through the 36-hour sleepless shifts. We haven't had to tell someone they have a terminally ill disease and see the despair and hopelessness in their eyes. We haven't had to wonder if a patient would have had a better outcome had we made better decisions. However, through all these difficult times that we will inevitably face, I will remind myself of why I am blessed to be in this profession. With compassion and modesty, a good physician can be the answer to a patient's prayer. A good physician can give patients the reassurance they need to sleep at night with a little less anxiety. A good physician can make the difference between end-stage disease with all its angst and burden, and between being fully functional and independent in life. I take great pride in knowing that as physicians, the most valuable thing that we can give to people in need is our time and effort. In its' purest form, being a physician is the epitome of selflessness and righteousness. My life finally has meaning.

# How to do a meta-analysis

## My experience as a published student

by Ahmad Tubasi

Ever since the start of the pandemic in March 2020, I have wanted to conduct a study about COVID-19 to contribute to the rapidly growing literature that aims to restrain the emerging disease. Since data about COVID-19 patients was very difficult to obtain, I thought the only way to research COVID-19 is to do a meta-analysis. Nevertheless, as my whole research experience was about cross-sectional studies, I needed to ask an expert in research methodologies about the feasibility of conducting meta-analyses. I arranged a meeting with Dr Saif AlRyalat to discuss the idea with him, which ended with me being encouraged to conduct the study.

I gathered a team to conduct the study, and after a thorough search of the literature, we were able to come up with a research idea. We finished the study in around two months of extensive work. It was a brilliant experience that ended with our paper being published in a peer-reviewed journal. Since I admired contributing to the science that was being built to fight the pandemic, I decided to conduct further similar studies. Up till now, along with my colleagues, we have conducted five meta-analyses about COVID-19; two of them have been published and three are now under review. Here are some tips from my experience in conducting meta-analyses:

- Do an extensive literature review about your project topic to make sure that no meta-analysis has been or is being conducted on the topic.
- Register your study prospectively in the registration platforms like PROSPERO. The registration will always be a strong point in your study, and the reviewers always admire the prospective registration of the studies.
- Make sure that you have good knowledge about statistics, as conducting Meta-analyses always needs powerful statistical skills.
- Follow international guidelines in conducting meta-analyses, like PRISMA and Cochrane Handbook.
- Do not give up when you get a rejection from a journal about your article. Although rejections hurt a lot, you can use the reviewer's comments to improve your paper so you can submit it again in another journal.



Archives of Medical  
Research

Available online 26 March 2021  
In Press, Corrected Proof



### A meta-analysis: Proton pump inhibitors current use and the risk of Coronavirus Infectious Disease 2019 development and its related mortality

Ahmad Amjed Toubasi <sup>a</sup>, Rand Bilal AbuAnzeh <sup>a</sup>, Bann Rami Khraisat <sup>a</sup>, Thuraya Nael Al-Sayegh <sup>a</sup>, Saif Aldeen AlRyalat <sup>b</sup>



Psychiatry Research

Volume 299, May 2021, 113856



### A meta-analysis: The mortality and severity of COVID-19 among patients with mental disorders

Ahmad A. Toubasi <sup>a</sup>, Rand B. AbuAnzeh <sup>a</sup>, Hind B. Abu Tawileh <sup>a</sup>, Renad H. Aldebei <sup>a</sup>, Saif Aldeen S. Alryalat <sup>b</sup>

Show more

# Engage with the school

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## Collaborate with the school

**For research collaboration:**

*The medical research office: [medicalresearch@ju.edu.jo](mailto:medicalresearch@ju.edu.jo)*

## Write for the newsletter

This newsletter is prepared by the research office of the school of medicine at The University of Jordan. Please contact us if you want to participate in future editions:

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