

The University S of Jordan School of Medicine Newsletter

Highlight of the 6th issue



#251-300

in QS World University Rankings by Subject 2024:
Medicine



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Letter from the Dean

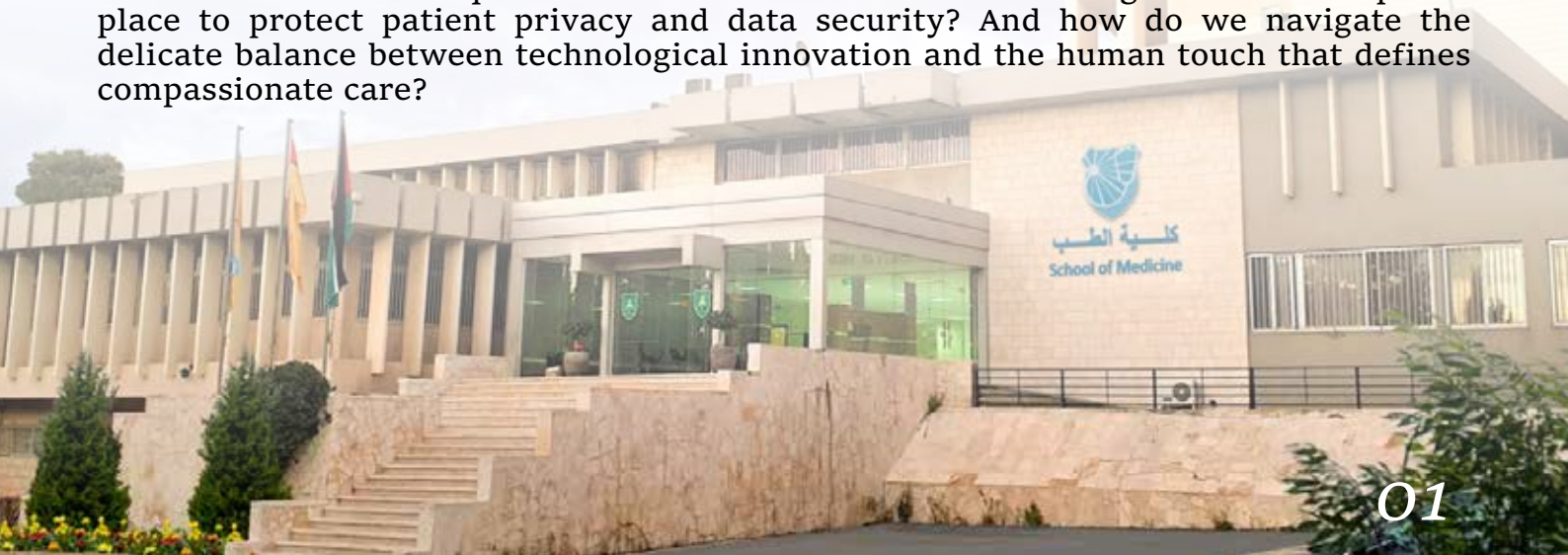
Prof. Yaser Al-Rayyan

It is with great pleasure and pride that we unveil our latest issue of the University of Jordan School of Medicine newsletter. Tailored for a discerning audience of physicians, healthcare professionals, and policy makers, this newsletter stands as a testament to the remarkable achievements and continuous excellence emanating from our esteemed institution.

As we embark on the journey into the next frontier of medicine, we find ourselves standing at the threshold of unprecedented change. Over the coming 10-20 years, the landscape of healthcare will undergo a profound transformation, driven by groundbreaking advancements in technology, particularly artificial intelligence (AI). This isn't merely a shift in methodology; it's a revolution poised to redefine the very essence of medical practice.

Artificial intelligence, with its capacity for data analysis, pattern recognition, and predictive modeling, promises to revolutionize every aspect of healthcare delivery. From precision diagnostics to personalized treatment plans, AI holds the potential to enhance patient outcomes, streamline workflows, and alleviate the burden on healthcare systems worldwide.

Yet, amid the excitement of technological progress, we must pause to consider the ethical dimensions inherent in this paradigm shift. As AI becomes increasingly integrated into medical decision-making processes, questions of transparency, accountability, and equity come to the forefront. How do we ensure that AI algorithms remain unbiased and equitable in their assessments? What safeguards must be put in place to protect patient privacy and data security? And how do we navigate the delicate balance between technological innovation and the human touch that defines compassionate care?



إنجازٌ مميزٌ جديدٌ لكلية الطب في الجامعة الأردنية

حققت كلية الطب في الجامعة الأردنية تقدمًا كبيرًا في التصنيف العالمي للجامعات **QS World University Ranking (Medicine)**

وذلك للسنة الثاني m على التوالي حيث حصلت على التصنيف ضمن الفئة ٢٥١-٣٠٠ و لأول مرة، متقدمة عن العام الماضي ب ١٠ نقطة حيث كان التصنيف للعام المنصرم ٣٥١-٤٠٠ ويعد هذا التصنيف الأعلى الذي تحققه الكلية منذ اعتمادها في التصنيف العالمي للجامعات وهو الأعلى بين الجامعات الرسمية الوطنية. كما حافظت كلية الطب على تقدم مطرد في التصنيف العالمي لسنتين متتابتين.

وبهذه المناسبة تتوجه إدارة كلية الطب متمثلة بالأستاذ الدكتور ياسر الريان عميد الكلية والأساتذة النواب والمساعدون بالتهنئة إلى جميع أعضاء الهيئة التدريسية والإدارية والطلبة والخريجين على جهودهم المباركة

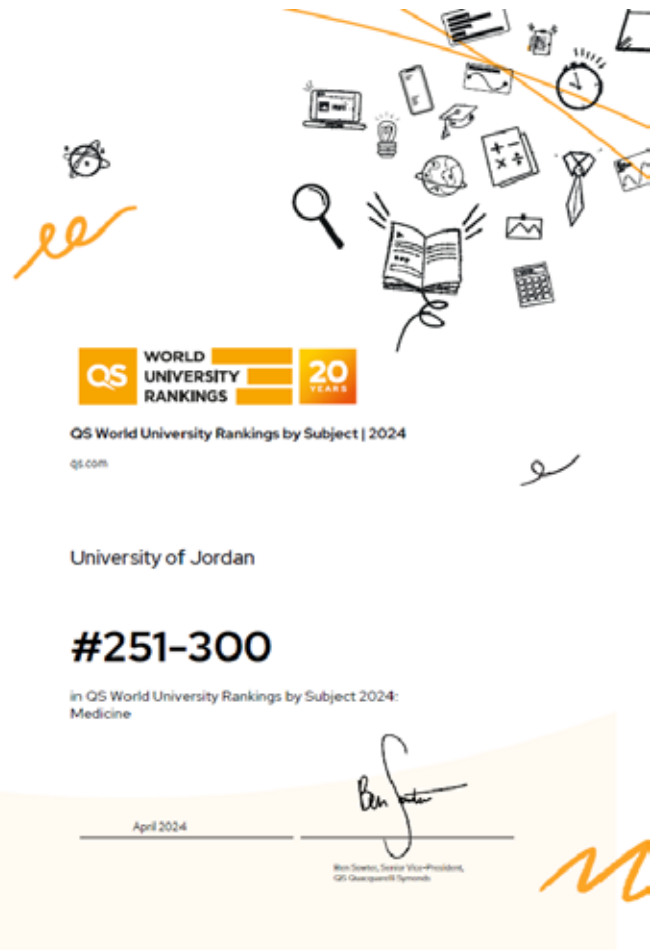
التي ساهمت في تحسين التصنيف العالمي في المجالات المختلفة (نشر الأبحاث العلمية المميزة، الاستشهادات البحثية، والسمعة الأكاديمية والتوظيفية). كما تتوجه إدارة الكلية بالشكر الموصول إلى رئاسة الجامعة الأردنية متمثلة بمعالى الأستاذ الدكتور نذير عبيدات رئيس الجامعة والأساتذة النواب وذلك لتقديم الدعم والإسناد والتشجيع المستمر لتحقيق هذا الإنجاز المرموق لكلية الطب وللجامعة الأردنية، أم الجامعات.

ويجدر بالذكر بأنّ التصنيف المشار إليه يعد من أبرز التصنيفات العالمية التي تقوم بتقييم الجامعات وفق معايير محدّدة: السمعة الأكاديمية (٤٠٪)، السمعة التوظيفية (١٠٪)، الاستشهاد البحثي (٢٥٪)، معامل التأثير H index (٢٥٪)، وهو مؤشر قياس الإنتاجية والاقتباس للبحوث المنشورة. إن حصول كلية الطب على هذا التصنيف هو تأكيد على تميزها في المعايير المعتمدة في QS، وهو أيضًا تنويع للجهود المستمرة التي تبذلها الكلية في تطوير جودة التعليم والبحث العلمي والسمعة التوظيفية وتعزيز لمكانة الكلية المرموقة كوجهة مفضلة للدراسات الطبية على المستوى الإقليمي والدولي.

رابط التصنيف :

<https://www.topuniversities.com/universities/university-jordan/undergrad/doctor-medicine-md>

مكتب مساعد العميد لشؤون الجودة والاتصال والتصنيفات العالمية -كلية الطب



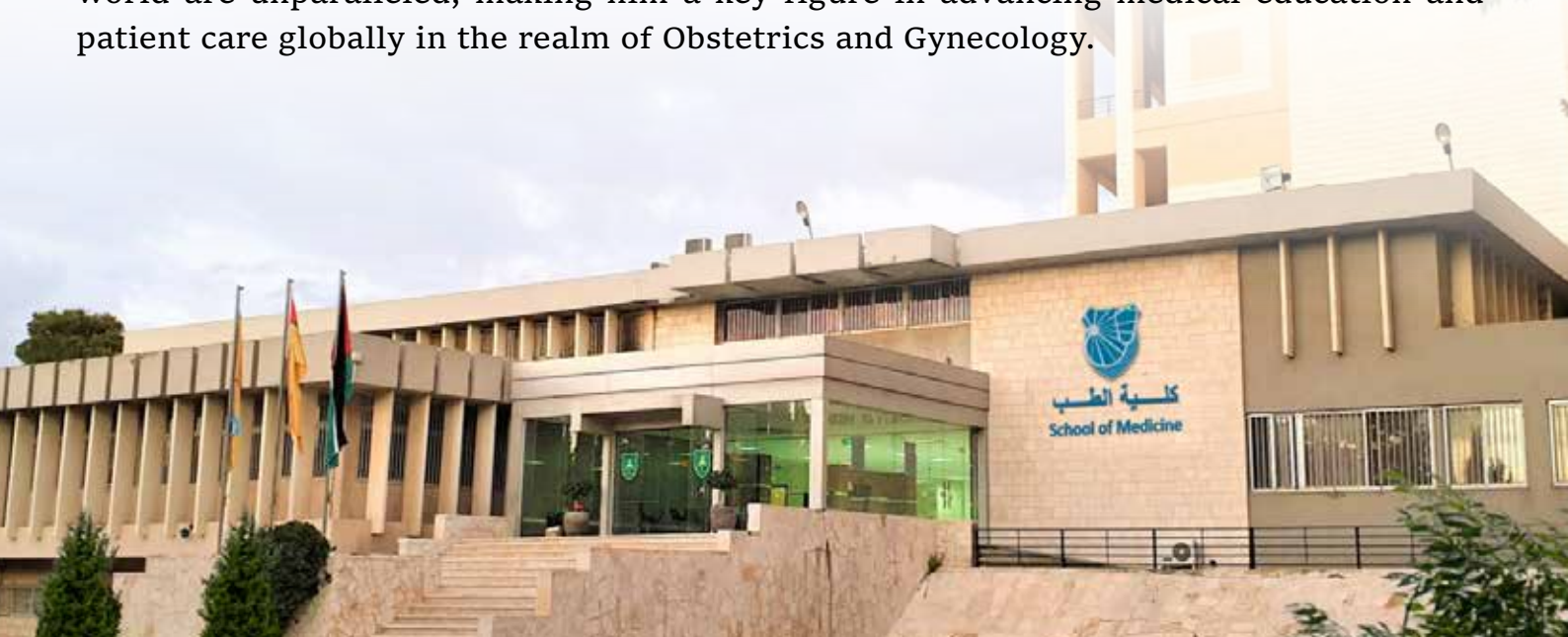
Notable Alumni



Shawqi Saleh, MD, FRCOG

Graduate of 1983

Shawqi Saleh, MD, FRCOG, is a distinguished figure in the field of Obstetrics and Gynecology at The University of Jordan. A graduate of the School of Medicine from The University of Jordan in 1983. Prof. Saleh has dedicated his career to advancing the field of OB/GYN, initially bolstering his expertise with a master's degree in OB/GYN from the UOJ in 1988. His pursuit of excellence led him to the UK, where he spent three years enhancing his skills and knowledge, culminating in obtaining his MRCOG followed by the prestigious FRCOG from the Royal College of Obstetricians and Gynecologists in London. Prof. Saleh's expertise is internationally recognized. At Jordan University Hospital, he's not just a mentor in both undergraduate and postgraduate programs but also a pivotal leader, having headed the OB/GYN department. His roles extend to significant contributions in various committees, including chairing the Institutional Review Board (IRB), emphasizing his commitment to medical education and ethical patient care. Moreover, as the chairman of the scientific council of Obstetrics and Gynecology for The Arab Board for Medical Specialization, Prof. Saleh's influence and dedication to elevating medical standards and practices in the Arab world are unparalleled, making him a key figure in advancing medical education and patient care globally in the realm of Obstetrics and Gynecology.



Notable Alumni

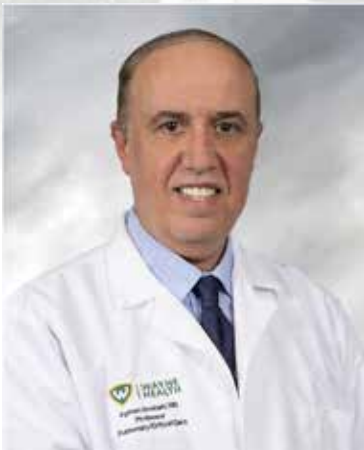


Zeid Khitan MD, FACP, FASN, FISN Graduate of 1992

Dr. Khitan, a distinguished graduate of the University of Jordan in 1992, has amassed an impressive array of credentials in the field of medicine. Currently serving as a Professor of Medicine, and the Chief and Program Director of the Nephrology and Hypertension Fellowship program at Marshall University School of Medicine. Dr. Khitan completed his Internal Medicine Residency at Marshall University School of Medicine in 1999. Following this, he pursued a Fellowship in Nephrology, Hypertension, and Transplantation at Oklahoma University, culminating in 2001. He has since been recognized for his expertise, earning certification from the International Society of Nephrology in Advanced Renal Pathology and achieving the status of a certified Clinical Hypertension Specialist from the American Society of Hypertension. Prof. Khitan's professional achievements are recognized through multiple awards and memberships in prestigious medical societies. His scholarly work includes numerous peer-reviewed publications, presentations, and abstracts focusing on nephrology and related medical fields. His active participation in committees and boards within his institution and hospitals showcases his leadership in the medical community. Through these endeavors, Khitan continues to make significant contributions to medical education, research, and patient care in nephrology.



Notable Alumni



Ayman Soubani, MD Graduate of 1986

Dr. Ayman O. Soubani, holding an M.D., and is a Professor and Division Chief of Pulmonary Critical Care (Pulm/Crit) and Sleep Medicine, alongside his role as the Medical Director of the MICU DMC Adult Central Campus in Detroit, Michigan, USA. Additionally, he assumes the position of Section Chief of Pulmonary Critical Care at the Karmanos Cancer Center and holds an Honorary Professorship at the University of Jordan. Graduating from the University of Jordan in 1986, he completed a Clinical and Research Fellowship in the Pulm/Crit Division at Tufts Medical Center/Tufts University School of Medicine in Boston, Massachusetts. Prior to this, he served as Chief Resident in the Department of Medicine at Nassau County Medical Center/SUNY at Stony Brook School of Medicine in East Meadow, New York.

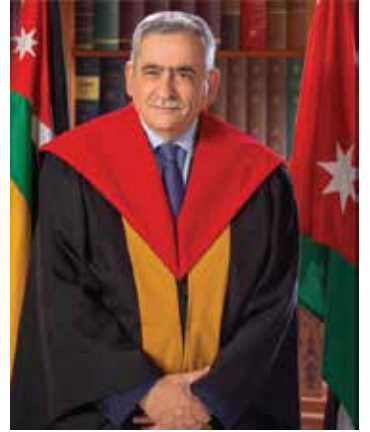
His distinguished career is marked by numerous honors and awards, recognizing his significant contributions to medical education, research, and patient care. Dr. Soubani's service extends to various committees and boards, enriching both academic and healthcare communities.

Having held leadership positions in professional societies, including President of the Michigan Thoracic Society and the National Arab American Medical Association - Michigan Chapter, Dr. Soubani's research portfolio spans national and international peer-reviewed projects, as well as industrial research. His focus areas include chemopreventive agents, lung cancer, COPD, and pulmonary infections. He has authored two books, multiple book chapters, and numerous peer-reviewed papers on these topics.



News from the School of Medicine

تتقدم كلية الطب، ممثلة بالأستاذ العميد الدكتور ياسر الريان، وأعضاء الهيئة التدريسية والإدارية، بأسمى آيات التهنئة لمعالي الأستاذ الدكتور، رئيس الجامعة الأردنية، الأستاذ الدكتور نذير عبيدات، بتسلمه رئاسة المجلس الاستشاري المشترك في المجلس العربي للاختصاصات الصحية. حيث تم انتخاب معاليه من قبل أعضاء المجلس العربي للاختصاصات الصحية رئيساً للمجلس العلمي الاستشاري المشترك، ورئيساً للجنة التنفيذية خلال الاجتماع الدوري لعام ٢٠٢٤ الذي عُقد في عمان. وبعد هذا الإنجاز وهذه الثقة المستحقة نتاجاً لدوره الفاعل وعطائه المتميز في المجلس الطبي العربي لسنوات عديدة، كما يعد تعزيزاً للسمعة الأكاديمية المرموقة للجامعة الأردنية العريقة واسهاماتها المميزة على الصعيد الوطني والعربي والعالمي. داعين المولى عز وجل لمعالي الدكتور عبيدات بالسداد والتوفيق والمزيد من الإنجازات المضيئة في سماء الوطن.



Hearing Joy: A National Center for Children's Hearing Care



In effort to advance hearing care equality, the “Hear the World Foundation”, known for its advocacy for people with hearing loss worldwide, has approved funding and supporting the project “Hearing Joy: A National Center for Children’s Hearing Care,” led by Dr. Margaret Zuriekat of the ENT division at the Special Surgery Department. This project aims to enhance early hearing loss detection, improve access to hearing care and intervention for children with hearing loss, addressing a critical gap in Jordan where childhood hearing care remains limited.

Established in 2006, the “Hear the World Foundation” has been instrumental in empowering children with hearing loss to thrive in accordance with their age-appropriate development, focusing primarily on low- to middle-income countries. In collaboration with Jordan University Hospital, the Hear the World Foundation is poised to launch this transformative project in June 2024. Through a combination of funding for capacity building and research, training for local professionals, donating cutting-edge hearing technology, and audiological equipment, the Swiss-based non-profit will ensure sustainable support for Jordanian children and families in need. led by ENT and Audiology clinicians, who also play pivotal roles as educators, imparting best practices to future medical doctors, ENT specialists, and audiologists.

This collective effort promises to impact the lives of individuals with hearing loss in Jordan, driving forward initiatives for national screening and ultimately mitigating hearing disabilities.

News from the School of Medicine



School of Medicine Delegation with the Speciality Hospital

A delegation from the School of Medicine - University of Jordan visited the Speciality Hospital as part of a series of visits to enhance cooperation frameworks between the two parties. The visit was led by Professor Dr. Yasser Al-Rayyan, Dean of the College of Medicine, and accompanied by Dr. Fida Thekrallah, Assistant Dean for Student Affairs in the Clinical Departments and Graduates, Dr. Maram Abdel Jalil - Assistant Dean for Student Affairs in the Basic Years, and Mrs. Haifa Mahasneh, Assistant Dean for Student Guidance Affairs. They met with Dr. Hani Al-Kurdi, director of medical training and education at the Specialized Hospital, the heads of the clinical departments, as well as a group of teaching doctors. They discussed the importance of following up on training and education procedures for the clinical years students and exchanged feedback from both parties and from the students on a regular basis at the Speciality Hospital for each department. They also identified and addressed important challenges they faced.

The School of Medicine signs a partnership and cooperation agreement with Al-Istishari Hospital



In order to achieve the strategic goals of the School of Medicine in establishing sustainable and influential partnerships with local community institutions, the School of Medicine signed a new medical education and training agreement with hospitals in the private sector, where a cooperation and partnership agreement was signed between the School of Medicine at the University of Jordan and the Istishari Hospital in The capital, Amman, is concerned with medical training and education, as the terms of the agreement included the foundations and procedures for teaching and training clinical year students at Istishari Hospital in the major clinical departments, including: internal medicine, pediatrics, obstetrics and gynecology, in addition to general surgery. This agreement is part of the efforts for continuous improvement and development of the process of clinical training and expanding the horizons of medical education to include various health sectors with diverse medical and professional expertise and resources. The agreement will also include the exchange of professional medical expertise from specialist doctors in the School of Medicine.

News from the School of Medicine

Two New Student Interest Groups in Gastroenterology and Neurology

UJ- GIG: Gastroenterology Interest Group



Driven by a shared interest of the Gastroenterology field and its various subspecialties, a group of motivated fifth-year medical students founded The University of Jordan - Gastroenterology Interest Group (UJ-GIG), an initiative that aims to advocate for gut health education and strives to make a positive impact. We are thrilled to be the first dedicated GI interest group in Jordan and one of the few groups in the Middle East, fortunate to be receiving the invaluable mentorship and supervision of our dean Dr. Yaser Rayyan, our doctors; Dr. Tareq Al-Tamimi, Dr. Fareed Khdair, Dr. Omar Al-Qudah, and Dr. Eyad Al-Sweiti

Our vision is to create a vibrant community where knowledge, research, and connections are shared, empowering students with comprehensive knowledge, practical skills, clinical exposure, and deep understanding of gastrointestinal health, which ultimately serves our big purpose; contributing meaningfully to the health and care of our patients and society. With the aim of achieving this; we will be hosting engaging events, workshops, and research opportunities.

In March we kicked off our first activities in tribute to a meaningful cause; the launching of a Colorectal Cancer Awareness Campaign, focusing on the importance of early detection and screening. We conducted a colorectal cancer awareness booth from the heart of our University of Jordan Hospital, graced by the presence of esteemed leaders in JUH. Our booth was in collaboration with KHCC, and aimed to educate visitors about the importance of regular screenings as well as providing information about the available screening methods with informative pamphlets and displays, our dedicated team of professors was on hand to address queries and offer guidance.



Alongside our awareness booth, we established a campaign in collaboration with MedMotion inspired a walk for Colorectal Cancer, in addition to the first session of our Research Rendezvous initiative, where we exchanged ideas about various important topics, ranging from medical statistics and scientific writing to discussions of real-life examples of published papers in the modern field of gastroenterology.

News from the School of Medicine

SIGN: Student Interest Group in Neurology

UJ-SIGN is a student interest group for neurology founded by Ali Kanaan MS6 and Zaid Al Abed MS5 with the intention of creating a vibrant hub for aspiring neurologists, fostering academic growth and professional advancement.

Inaugurated on December 6th 2023, they have already undertaken many activities and achievements in this short amount of time, all thanks to their hard-working, dedicated members and leaders.



Their recent endeavors include insightful discussions with UoJ alumni in multiple countries intended to guide them and advise them on paths after graduation, hosting regular Journal Club sessions where members present and dissect research articles to train their academic prowess, and most recently a series of coaching sessions with Dr. Tarif Bakdash, a US neurologist.

The pinnacle achievement was becoming officially associated with the prestigious American Academy of Neurology on February 21st, reflecting the explosive development of the group's work. UJ-SIGN offers its members research opportunities, skill workshops, and volunteer work and they possess a growing network of connections with neurologists and residents in the US.

UJ-SIGN's leadership is dedicated to creating a valuable resource for deserving students. They consistently encourage members to acquire new skills and foster personal growth, and provide the opportunities to do so.

email: uj.sign@outlook.com

Empowering Future Medical Leaders: *Highlights from "Meet the Expert" Series*

Over the past year, the University of Jordan Medical School has launched the "Meet the Expert" series, a groundbreaking initiative led by University President Dr. Nathir Obeidat and Dean of Medicine Dr. Yaser Rayan, with notable contributions from Dr. Kais Al Balbissi. This innovative program has significantly enhanced the medical education curriculum, providing students with insights from leading experts in various medical fields. The series, featuring internationally acclaimed professionals, has enriched the educational experience and prepared students for their future careers. Special recognition is also extended to Dr. Fedaa Thekralla and Dr. Laila Toutanji for their pivotal roles in organizing the lecture series, ensuring a valuable educational opportunity for all participants.

Starting in February 2023 with Dr. Carsten Tshope, the chairman of DHZC in Germany, lecture on dyslipidemia management. The series offered a comprehensive overview of current medical challenges and innovations. Lectures such as Dr. Gernot Ernst's, from Oslo University, exploration of 21st-century pain therapy and Dr. Maen Abdelrahim's, Director of Cockrell Center at Methodist Hospital, updates on pancreatic cancer management strategies. The series broadened the knowledge base of our students and provided them with a unique opportunity to engage directly with leading figures in the medical community. For instance, Dr. Amr Qudeimat, from St. Jude Children's Research Hospital, insights into blood and marrow transplant and cellular therapy, and Dr. Ma'an Zawati, Director of the Genomics Center at McGill University, discussed the legal and ethical considerations of digital communication in healthcare.

Distinguished speakers continued to share groundbreaking insights into various medical disciplines. Dr. Janette Samaan, a Senior Medical Education Consultant with Child Family Health International (CFHI), highlighted the critical importance of global health and gave the students insights on how to best build their careers and pursue clinical electives.



Highlights from "Meet the Expert" Series

Highlight lectures from Prof. David Collingridge, the esteemed Editor-in-Chief of The Lancet Oncology, on the intricacies of getting published and the role of politics, advocacy, and activism in medical publication, offered invaluable perspectives for those looking to navigate the world of medical research and its societal impacts.

Moreover, Dr. Mohammed Al-Natour discussed endovascular management of pulmonary embolism, highlighting rapid treatment advancements. Prof. Ghassan Saeed explored the pathway of developing medicine, focusing on cancer genomics. These sessions expanded attendees' knowledge and underscored the importance of innovation and a global perspective in medical education and practice.

As the year 2024 dawned, Dr. Iyad Sultan, Chief Health Informatics Officer at King Hussein Cancer Center, insightful presentation on the Artificial Intelligence revolution in medicine, and Dr. Caitlyn Duffy, from St. Jude Children's Research Hospital, on the importance and challenges of translating and implementation of innovation into practical science underscored the profound impact of the "Meet the Expert" series on our university's educational milieu. This initiative has afforded students an unprecedented glimpse into the vanguard of medical research and practice, equipping them with the knowledge, skills, and inspiration necessary to pioneer the future of healthcare.

Our university remains dedicated to providing our students with the best possible preparation for their future roles as medical professionals. The success of the "Meet the Expert" series is a testament to our commitment to excellence in medical education, underscoring our role in training the next generation of leaders in medicine.





Achievements of our Students

World Youth Festival 2024

We are delighted to announce the participation of our sixth-year students, **Zina Smadi** and **Mazin Almomani**, in representing Jordan at the esteemed World Youth Festival 2024 in Sochi, Russia, from March 1st to 7th which hosted 20,000 youths from more than 190 countries. During this unparalleled gathering of global youth, Zina and Mazin engaged in thought-provoking discussions centred on the fundamental values of unity, equality, justice, mutual assistance, teamwork, and charity. Their involvement in this monumental event, which has been convened since 1947 as a main global youth solidarity for democracy and peace, underscores their commitment to positive global citizenship.



Zina's impactful interview on Russian National TV served as a powerful platform to raise awareness about the ongoing genocide in Gaza and the enduring blockade facing Palestinians since October 7th. Through her advocacy, she brought international attention to the humanitarian crisis unfolding in the region.

Additionally, Mazin has been selected for the regional program which provided him with a unique opportunity to delve deeper into Russian culture and society. His exploration of different Russian regions, notably Crimea and Moscow, not only enriched his cross-cultural understanding but also afforded him the chance to share and promote Jordanian culture on an international platform.

Zina and Mazin raised awareness about Palestinian struggles and promoted Jordanian culture at the World Youth Festival 2024. Their advocacy for justice and human rights sparked dialogue and solidarity, showcasing Jordan's heritage and landmarks like Petra, the Dead Sea, and Wadi Rum, fostering cultural exchange and understanding.



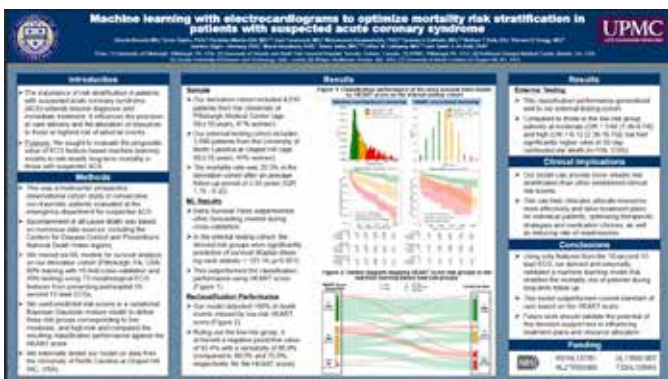
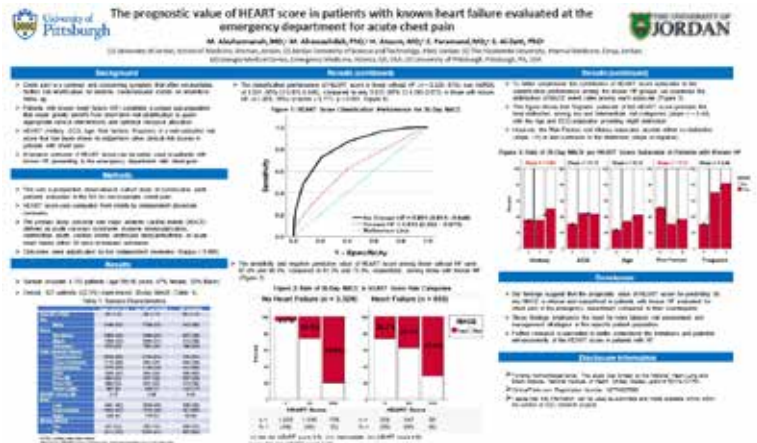


Achievements of our Students

Conference Presentations

Hello, I am **Mutaz Abu Hannaneh**, a sixth-year medical student. I participated in the "Acute Vascular Care 2024" international conference organized by the European Society of Cardiology (ESC), where I presented summaries for two research papers:

The first summary discusses the value of assessing the HEART score for patients with heart failure who visit the emergency department due to acute chest pain. This assessment aims to predict the likelihood of major adverse cardiac events.



Regarding the second summary, I was appointed by Dr. Salah Al-Zaiti to present a research paper containing an algorithm developed by specialists at the University of Pittsburgh. The algorithm predicts the likelihood of major adverse cardiac events (MACE) based on minor changes in electrocardiogram (ECG) readings and categorizes patients into low, moderate, and high-risk groups.

The results presented in the research paper showed that the algorithm used outperformed the HEART score in predicting major adverse cardiac events, which may lead to finding a solution to the problem discussed in the first research paper. It was a great honor to represent my country and university at this international forum, with wishes for further progress and success.

*Written by
our Students*

بأقلام طلبتنا

Would Artificial Intelligence Replace Doctors?

By: Areen Shdaifat, a 5th year medical student at JU

As we are in the era of AI which is a trending and hot topic nowadays due to its ease and accessibility A lot of clinicians have a really concerning question: would AI take my job? And what the skills I should have to be able to keep my job?

Let's start with this example from history where in the past, switchboard operators were responsible for manually connecting telephone calls by plugging and unplugging wires into switchboard panels. However, with the development of automated telephone systems and digital communication technologies, the need for human-operated switchboards became obsolete, leading to the disappearance of this job role.

A lot of technology experts believe that the future will have similar changes of our current jobs, despite there is no great implication currently in Jordan, it is going to be very soon.

As a radiologist you need to have a good understanding of AI as it has great application in diagnosing and predication of prognosis. A radiologist who is able to use AI is much better than a radiologist that have no idea, because AI is not here to replace you, instead, AI is here to make your life easier as you have a great tool with high accuracy which was trained by large databases.

Robotic surgery has significantly improved patient outcomes by reducing risks, enhancing precision, and shortening recovery times. Machine learning plays a crucial role in automating surgical tasks and providing real-time guidance to surgeons during procedures.

There is an endless list of applications of AI in medicine, but Is AI the magical tool that have no disadvantages? Absolutely no. AI has a lot of drawbacks, and here are some: in machine learning models the accuracy depends in how much training you did in the model and the database used. In addition, it is quite expensive as training models cost from 51k-136k dollars and a subscription of 20 dollar/month for various models. At the end of the day, it is a computer that has a margin of error, so you should validate any information you have.

The World Economic Forum predicts that AI and other emerging technologies will create 97 million new jobs worldwide by 2025. However, it's not all good news, as they also estimate that 85 million jobs could be displaced during the same period.

To conclude AI is a tool to help you not to replace you, but your duties would differ in the upcoming years, so try to improve your skills to cope with technology period.

How the War on Gaza Changed My Life...

By: *Rashed Khaleel Al-Dabaibeh, a 5th year medical student at JU*

The War on Gaza, a period of intense conflict and suffering, reshaped landscapes and altered the course of many lives, including mine. As a fifth-year medical student at the University of Jordan, the war's onset coincided with a challenging time in my personal life marked by deep depression. Little did I know that this period of adversity would ultimately transform my perspective on life, education, and the role of a medical professional.

The war's first impact was intense. The non-stop news, scenes of destruction, and tales of human suffering really affected me. As a Jordanian, I stood in unity with the people of Gaza, but at the same time, I struggled with feelings of powerlessness and hopelessness. These emotions, along with the demands of my medical studies, led me into a state of depression. However, as the conflict persisted, I found myself drawn to the stories of resilience and courage emerging from Gaza. Despite facing unimaginable challenges, doctors and healthcare workers in Gaza continued to provide care to the injured and sick, often risking their own lives in the process. Their dedication and sacrifice inspired me to re-evaluate my own journey as a medical student.

I came to understand that my role as a future healthcare provider went beyond the confines of the classroom and hospital. I felt responsible for advocating for peace, standing in solidarity with those in need, and using my skills to alleviate suffering wherever it exists. This realization marked a turning point in my life, leading me on a journey towards greater empathy, activism, and social responsibility. My studies took on new significance, each rotation or lecture served as a reminder of the importance of my future role as a physician. I recognized that as a medical student, I had not only the responsibility to learn but also to advocate for those who couldn't speak up for themselves.

The war on Gaza also reshaped my perspective on the world around me. It made me more appreciative of the peace and stability that I often took for granted in Jordan. Furthermore, it highlighted the interconnectedness of global issues and how conflicts in one part of the world can have ripple effects on individuals and communities far beyond them.

In conclusion, the War on Gaza was a transformative period in my life as a fifth-year medical student. It challenged me to confront my own limitations, to reassess my priorities, and to embrace a broader vision of my role as a future healthcare provider. It taught me that adversity can be a powerful catalyst for personal and professional growth, and that even in the darkest of times, there is always hope for a brighter future.

أنسام الصباح

جلست والسمتُ رفيقي، أَرْقُبُ خيوطَ الشمسِ
الأولى إذ تتسللُ من النافذة هادئة، تخشى إيقاظَ
النائمين خِشْيَةَ اللَّصِّ أن يُسْمِعِ أهلَ الدار صوتًا
يُفتضحُ به أمرُهُ.

ماذا لو كان لطلوعِ الشمسِ طَرُقٌ كذاك الذي يُعرفُ
به الضيفُ قدومه؟ أَكُنَّا لِنُبْدِي له التَّرحابَ، أم نهرعَ
لإقفالِ الأبوابِ؟

عجبا للناس ما لهم من قرار، إن كانوا بين أهليهم
طلبوا الوَحْدَةَ والفراق، فإذا اغتربوا هاجَ الاشتياق!

يا شعاعَ الشمسِ الضواء، خرجتَ من طُهرِ السَّماءِ،
فمَسَسْتَ الأرضَ دنسها أهلها الأشقياء؛ فترى الظلم
قد شاع، والفساد في الأسواق يُبتاع، غيرَ أنك لا تبخل
بالنور والدفء! فقل لي -بربك-، ألا يحزنك سأمُ
السائمين، يشكون حرَّ الرَّمضاء، لا يشكرون ربَّ
النِّعماء؟

ورفعتُ رأسي فإذا قرصُ الشمسِ تبدَّى واكتمل،
يبثُّ - غير باخل - أنسامُ الصُّباح، فكأنَّ معركةَ الأفكار
في رأسي انتهت، وإلى دنيا المشاق قمت وقام الأنام،
وألقيت عليه السلام...

بقلم: لجين أحمد، من السنة الثانية

خواطر دارت لي في كلية الطب
بقلم: أسيل النجار، من السنة الثانية

الوقت

الجميع نيام، في حالة ركود عن سعي الحياة الدنيا،
يتمتعون برفاهية الأحلام ورؤية خيال أدمغتهم.
خيم الليل قبل قليل وبدأت ساعات الفجر في التهام
مخيف للشيء الوحيد الذي أخشى نفاذه، للشيء
الذي يحتضني كل ليلة رغم بعده الكبير، فأغتر باني
قد أملكه يومًا، للشيء الوحيد الذي يملكني ولا
أملكه، إنه الوقت

إن ما يصعب علي التعامل معه والكثير من غيري في
وجه هذه الكلية الشاقة هو الوقت، لأن فيه فلسفة
لا يمكن الخوض بها وإن ادعى الكثيرون بأنهم
يجيدون إدارته، كيف لك أن تدير ما لا تملك؟ إن
الوقت بطوله وبعده الرابع لأبعاد الحياة فيمكن
رؤيته على أنه شيء في متناول الجميع، حصته
متساوية؛ فجميعنا مثلاً نملك أربعة وعشرين ساعة
في اليوم، وأن أيام السنة ثابتة لدى الجميع،
والشهور والأيام وساعات الفجر وظلام الليل، إنها
أشياء ثابتة إن كنا نريد أن نقيسها في عداد الأرقام
والفيزياء، ولكن لم يطول الزمن لدى أحدهم
ويقصر عند الباقي؟ لم يتذمر كثيرون من الطلاب أن
الوقت لم يكفيهم على الرغم من أن الجميع قد
امتلك الساعات نفسها قبل امتحان معين؟ لأن
الوقت يقاس بحياة كل فرد لا أرقام مشتركة، أي
مثلاً إن أصاب أحدهم المرض في ليلة اختبار، وطال
المرض وقصر ليله جزاء مرضه، هل هذا يندرج
تحت بند سوء إدارة الوقت أم أنه فقط قد ابتلي
بضعف جسده فيما لا يطيقه؟



Editorial Board

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Designed by: Laith Sa'deddin Theeb, a fifth-year medical student at JU, clinical students' representative

Write for the newsletter

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