

MED e NEWS

"Aiming to improve the quality of Medical Education"



Editorial Board



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EDUCATIONISTS

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SMDC & UCHS

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MEMORANDUM OF UNDERSTANDING

A Memorandum of Understanding (MoU) was signed between **Shalamar Medical and Dental College (SMDC)** and the **University of Child Health Sciences (UCHS)** by the Principal (SMDC) **Prof. Dr. Zahid Bashir** and Vice-Chancellor (UCHS) **Prof. Dr. Masood Sadiq** on April 11, 2022.

There was a detailed discussion between the two parties regarding the collaboration, and consultation on health and medical education-related matters.

This MoU aims to facilitate UCHS in Medical Education-related matters through the Department of Medical Education at Shalamar Medical and Dental College, Lahore. This MoU will last for a year.

Featured Interviews

An initiative by the medical education department to get an insight of the views and work of medical educationists

Prof. Dr. M. Tayyab

HOD Obstetrics & Gynecology and Principal at Al Aleem Medical College, Gulab Devi Hospital. He completed MCPS (HPE) in the pioneer batch of the College of Physicians & Surgeons Pakistan. He was a key member of the core team revising the MBBS curriculum at the University of Health Sciences, Lahore. He believes in the advancement of HPE through cutting-edge research and capacity development of health professions educators. His main areas of interest are Instructional skills and Teaching.

In addition, he takes the honor of setting up & training colleagues in a new Department of Medical Education at Rawalpindi Medical College in 2006. In the upcoming years, he aims to continue his passion for faculty development and strengthen the teaching faculty in the areas of instructional skills and teaching.

Continued on page 7...

Prof Dr. Rehan Ahmed Khan

Currently a Professor of Surgery, In-charge Laparoscopic Surgery, Assistant Dean of Medical Education, Chairperson of Assessment Committee at **Riphah International University**, and Facilitator of Supervisory Workshops at the College of Physicians and Surgeons, Pakistan.

"Medical Education in Pakistan needs to be revolutionized to keep up with the changing trends in Health Professions education globally. My goal is to change the Medical Education system so that the medical graduates of Pakistan can fulfill the local needs and compete at the international level according to the recent standards of health professions education."

Continued on page 8...

Expansion of Mentoring Program

Department of Medical Education has taken a stride to expand the mentoring program to the 3rd-year MBBS students. In this regard, an orientation session was held on April 12, 2022, in which mentors were assigned with mentees.

The session was moderated by Prof. Dr. Saad Bashir Malik (HOD Psychiatry), in which he talked about the importance of mental health and how important it is for the health care professionals to focus on the mental health of their patients apart from focusing on their physical health.



ACTIVITY NEWS

Workshop: "Orientation to Medical Education"

DME conducted a workshop on Orientation to Medical Education on May 10, 2022. Dr. Hasan Shoib and Dr. Khalid Mahmood facilitated the session.

The objectives of the session were to:

- Identify the principles of adult learning
- Classify educational objectives according to Bloom's Taxonomy
- Select an instructional mode according to the learning objectives
- Set educational objectives aligned with the course content.

Workshop: "Active Learning"



On May 19, 2022, DME arranged a workshop on "Active Learning", aiming at equipping the faculty with the skills of engaging medical students through active learning strategies.

Dr. Khalid Mahmood and Dr. Sundus Iftikhar facilitated the session. The objectives of the session were to:

- Recall the principles of adult learning
- Describe the benefits of active learning
- Evaluate different active learning strategies
- Apply active learning strategies in an educational setting.



On June 23, 2022, DME conducted a workshop on "Developing effective and relevant Multiple choice questions". The facilitators of the session were Dr. Khalid Mahmood and Dr. Sundus Iftikhar. The objectives of the session were to:

- Describe the characteristics of an effective examination
- Construct one best type of MCQ
- Identify pitfalls in the construction of MCQs
- Differentiate different types of MCQs

"Basics of Assessment & construction of MCQs"



"Setting OSPE-OSCE stations"

On May 26, 2022, DME arranged a workshop on "How to set OSCE/OSPE Stations".

Dr. Syed Hasan Shoaib facilitated the session. The Basic Sciences and Clinical Faculty participated in the session.

The objectives of the session were to:

- Construct OSCE Stations
- Develop Checklist
- Analyze and critique OSCE Stations

"Time Management Skills"

A workshop was organized by the Department of Medical Education on "Time Management Skills" on June 30, 2022.

The session was facilitated by Dr. Khalid Mahmood and Ms. Anum Fatima.

The session was very interactive and engaging. The participants experienced hands-on activities.

The objectives of the session were to:

- Get familiar with some of the best time management strategies
- Identify personal time management styles
- Manage time conflict
- Utilize Eisenhower Matrix
- Explain the four generations of time management



How to Develop Short Essay Questions

DME arranged a workshop on "How to develop Short Essay Questions (SEQs)" on June 8, 2022. Dr. Syed Hasan Shoaib and Dr. Sundus Iftikhar were the facilitators of the session. The Nursing School and Allied Health Sciences faculty were also invited apart from the Basic Sciences and Clinical Faculty at SMDC. The objectives of the session were to:

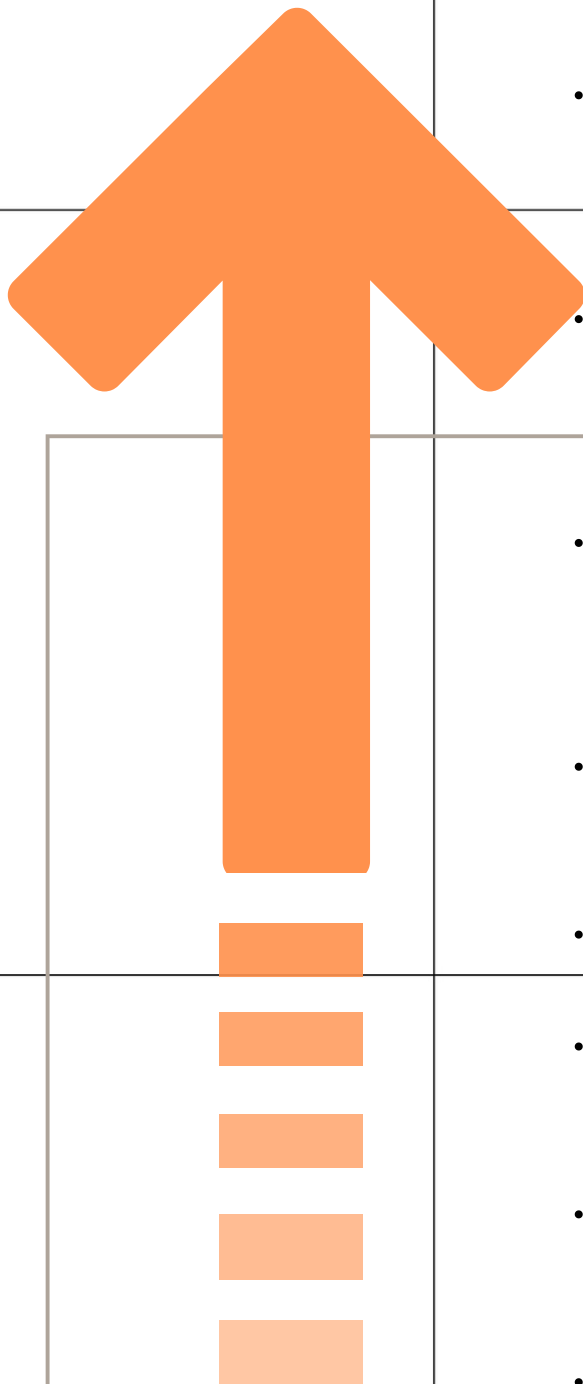
- Discuss the main advantages and limitations of SEQs
- Differentiate between various types of essay questions
- Construct essay questions along with the key that identifies the given objectives



Workshops:

Upcoming Faculty Development Plan

- **Item Analysis** by Dr. Khalid Mahmood & Dr. Sundus on July 7, 2022
- **Blueprinting of Exam** by Dr. Khalid Mahmood Cheema & Dr. Sundus on July 20, 2022
- **Health & Well-being of Health Care Professionals** by Ms. Anum & Ms. Sadia Rehman on July 28, 2022
- **Inculcating Critical Thinking Skills in Students** by Dr. Syed Hasan Shoaib on August 9, 2022
- **Uncover your Hidden Defense Mechanisms** by Ms. Sadia on August 18, 2022
- **Curriculum Map** on August 30, 2022
- **Teacher-student relationship** by Dr. Saad Bashir on September 8, 2022
- **Problem-based Learning** on September 20, 2022
- **Handling Difficult Classroom Situations** by Ms. Sadia Rehman on September 28, 2022



Interview with Dr. M. Tayyab



"I aspire to contribute to the advancement of Health Professional Education through cutting-edge research and capacity development of health professions educators".

**Dr. M.
Tayyab**

1. Qualification and degree awarding institute.

I am currently working as the HOD Obstetrics & Gynecology at Al Aleem Medical College, Gulab Devi Hospital, Lahore. I completed MCPS (HPE) in the pioneer batch of the College of Physicians & Surgeons Pakistan (CPSP) and, passed in December 2005.

2. What made you pursue a degree in Medical Education?

I was conducting workshops on Medical Education since the year 2000 for CPSP, & felt the need to formally go through a course purely out of passion & interest triggered by the material. I imbibed in those workshops. Also around that time, I was a key member of the core team revising the MBBS curriculum at UHS (University of Health Sciences) at Lahore which currently has 30-40 institutions attached to it

3. What are your career aspirations as a Medical Educationist?

I aspire to contribute to the advancement of HPE through cutting-edge research and capacity development of health professions educators.

4. What is your area of concentration in Medical Education?

My main areas of interest are Instructional skills and Teaching.

5. What are your significant contributions to Medical Education?

Since 2005, I have had the honor of facilitating all batches of MCPS HPE (1516 members annual intake). In addition, I had the opportunity of setting up & training colleagues in a new Medical Education Department at Rawalpindi Medical College in 2006. Also during my tenure as the Principal at PGMI Ameerudin Medical College Lahore, I was able to help strengthen the DME & formalize a Faculty Development Program. I have presented on current issues in medical education on numerous forums.

In the next few years, I hope to continue my passion for Faculty Development at my own institution, and across the country.

6. One aspect you want to improve in Medical Education and how to bring that change.

I aim to ensure Continuous Professional Development of the Teaching faculty.

1. Qualification and degree awarding institute.

I have done MBBS (RMC- Pakistan), FCPS (CPSP-Pak), FRCS (RCSI_Ire), JM-HPE (Maastricht University- Ned), MSc HPE (University of Glasgow- UK), MHPE (Riphah International University) and, Ph.D. Medical Education (Maastricht University- Ned)

2. What made you pursue a degree in Medical Education?

I wanted to bring changes to the current medical education system in Pakistan and aim to be a better educator.

3. What are your career aspirations as a Medical Educationist?

I am currently serving as Dean Riphah Institute of Assessment and HOD, Department of Surgery. This is in addition to teaching in many national and international certificate and master's programs in medical education. I look forward to authoring a few books based on my experience in medical education.

4. What are your significant contributions to Medical Education?

I have been a key player in initiating Masters in Medical Education programs in Pakistan. I was among the lead persons in designing and implementing an integrated outcome-based curriculum in two medical colleges in Pakistan.

I have designed a tool to assess Long cases for undergraduate medical students called SLICE (Structured Long Interview and Clinical Examination). I have also developed a tool to evaluate curriculum viability. Moreover, as an active team member, I have contributed to standardizing the medical curriculum in Pakistan.

5. What is your area of concentration in Medical Education?

My Ph.D. is in Curriculum Design. I am the Chair of Assessments in Medical Education. However, I am also interested in Technology-based Learning.

6. One aspect you want to improve in Medical Education and how to bring that change.

I believe assessment and learning are relatively carried out on rote learning criteria in undergraduate Medical Education. This results in hampering higher-order and creative thinking among students. This makes them more of technicians than scientists and innovators. This issue needs to be addressed.

Interview with
Dr. Rehan
Ahmed Khan



"The way Learning and assessment are done in undergraduate Medical Education limits the higher-order and creative thinking. This needs to be addressed".

**Dr. Rehan
Ahmed Khan**

ACTIVITIES

INTERNATIONAL
FEDERATION OF
MEDICAL
STUDENTS'
ASSOCIATIONS

IFMSA

Nick
The
Prick

The activity Nick the Prick was conducted by SMDC-LC in collaboration with AIMC-LC on May 31, 2022. Prof Dr. Imran gave participants a broader perspective on how to avoid the spread of infections such as HIV, HBV, and HCV that spreads through contaminated needles and pricks used inwards or in an operation theater. Later, House Officers demonstrated how to inject an IV cannula and an intramuscular injection.

The activity was extremely helpful in grasping the concept of proper disposal of medical waste i.e.,

syringes, catheters, etc, prevention, management, and reporting of cases, especially involving patients suffering from deadly infectious diseases like HBV, HCV, and HIV.

The activity also comprised of a session where medical students had a hands-on practice to learn the proper administration of intravenous and intramuscular injectables.



Bridging
The Gap

IFMSA Pakistan SMDC-LC in collaboration with School of Health Professions Education (SHAPE) & CMH-LC, CPMC-LC, RLMC-LC conducted a workshop on communication skills named "Bridging The Gap!" on 3rd June, 2022 (Friday, 1:30 PM).

The student turn out was outstanding as more than 110 participants joined. The speakers kept the session interactive so that the participants didn't get bored and enjoyed throughout the session.



The National General Assembly (NGA) is the biggest and most extravagant event held at Shalamar Medical College from June 24-26, 2022. It was a huge gathering of medical students. The delegations came from all across Pakistan. The event was hosted by IFMSA SMDC LC.

The Organizing Committee (OC) at Shalamar worked tirelessly to make the participants witness the best spectrum of various activities under one roof.

A big Shout out to the OC members who did their best!

N National G General A Assembly 2022



OC Team

OC head: *Faisal Khan*
 Media Head: *Ahshum Abu Baker*
 Logistics: *Shazil Waseem*
 Food: *Hamza Noaman*
 PR: *Abeera Awan*
 Accomodation: *Alamgir Aslam*
 Socials: *Abdul Rafay Ahmad*
 Registrations Head: *Asbiha Kashif*
 Security: *Ahsan Tahir*
 Transport: *Hannan Hashmat*
 Ushers: *Amna Raza*

OC members

- | | | |
|-------------------|--------------------|------------------------|
| 1. Saad Fareed | 7. Kashaf Naveed | 12. Neha Shakeel |
| 2. Naina Nadeem | 8. Saira Khulat | 13. Afzal Saeed |
| 3. Zahida Asif | 9. Fatima Amir | 14. Aataina Khalid |
| 4. Ovamera Kashif | 10. Areeha Shakeel | 15. Abdullah Shabbir |
| 5. Zainab Faisal | 11. Armeen Masood | 16. Saffana Nasir Khan |
| 6. Naveen Fatima | | |

National General Assembly

NGA

DAY

1

started off with various interactive sessions presented by the Standing Committees, followed by an amazing Qawwali Night.



Day 2 began with different candidates presenting their CVs for numerous positions in the National Cabinet. Refreshments were followed by more Standing Committees' sessions. The day concluded with Rangoli, followed by fireworks. The students departed after flying lanterns into the sky.

DAY

2



DAY

3

Day 3 started off with more sessions and the OC sat down for a minute to take a long due official picture. The three-day-event ended with a formal dinner and some performances by the students. Everyone went home with hearts full of joy and memories to be cherished forever.



2022

SMDC-LC's 8th All Pakistan Tri-lingual Declamation Competition'22 was held on May 19, 2022, with the aim to overcome a stigma that our society still deals with.

President of the Literary Society Emad Munir came up with the idea of promoting students with a differently-abled speech under the banner of "اتفریم / Unanimity" to promote equality in speech, equality in expressing thoughts and emotions. LC hopes to hold more such sessions to overcome such stigmas in the future.



Prof. Dr. Lubna Riaz Dar is the Faculty Head of the SMDC-LC and supervised the entire event.

Dr. Attaullah Khan Niazi and Dr. M. Muneeb facilitated the society members to handle the financial and logistic responsibilities of the event.

President Irva Cheema, Financial Head Rohma Ahmad Javed, Vice Presidents Fawad Ahmad, Mahnoor Rehman, and General Secretary Usama Zafar helped in executing the idea and the event successfully.

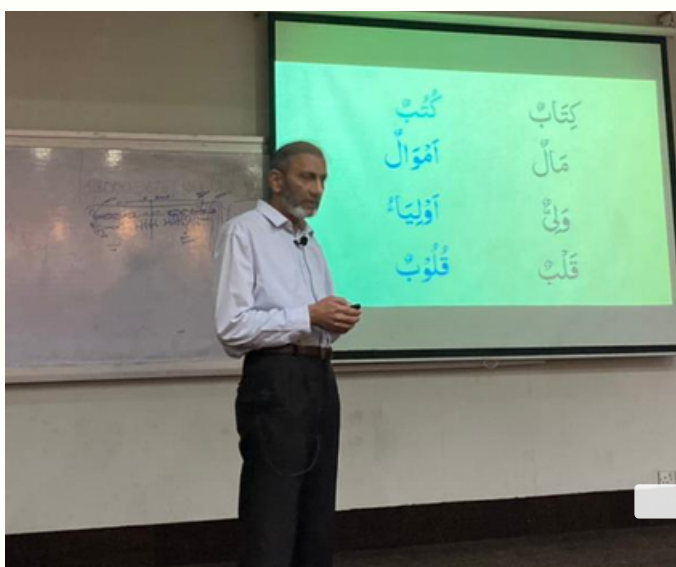


Theology Society's Activity

The Theology society at SMDC has taken the initiative of introducing a program "Let's experience the miracles of the Quran by learning Arabic Grammar". Under this program, rules of the Quranic Language are discussed like the concepts of Maths, Physics, and Medicine. Dr. Nadeem Hameed, Prof of Paeds is the Mentor of this program.

Society believes that it's not the religion that causes conflict but our inability to understand it in a profound manner.

Like the pure honey from the comb causes healing but also becomes harmful when impurified. The same applies to Quran when we only recite it without deep insight and understanding. So, let's dig deeper into the Quran by understanding its meaning.



اک کش لگا اور بھول جا!



گر یاد ہے کوئی آ رہا ، اک کش لگا اور بھول جا
نہیں راتوں کو چین تو ، اک کش لگا اور بھول جا

بے وفائی اُس کا شعار تھی ، سو وہ کر گیا اب مان جا
غم عاشقی کو نا یاد رکھ ، اک کش لگا اور بھول جا

نا ڈھونڈ اُس کو شہر میں ، نا دہلیز پہ اُس کی یوں جا
آبرو اپنی بچا ، اک کش لگا اور بھول جا

آتے جاتے رقیب ہیں ، اُسکی گلی میں آجکل
سو رُخ تو کر مہ خانے کا ، اک کش لگا اور بھول جا

اب تک ہے خمار اُسکا ، جو پی تھی اُسکی چشم سے
سو جام کو نا چھیڑ تو ، اک کش لگا اور بھول جا

بلبل کی طرح نا نالہ کر ، نہ ہی دل کو اپنے جلا تو
نہیں صبر تجھ سے ہوتا تو ، اک کش لگا اور بھول جا

احسن کا ہے یہ مشورہ ، نہ تلاش کر تو قیامتیں
نہیں زندگی یہ مختصر ، اک کش لگا اور بھول جا

شاعر : احسن ظہیر احسن فرسٹ ایئر

"A Rose,

*A Butterfly's wing,
A Heart;*

Show me the difference

Between the three-

All very beautiful

Yet so fragile

One wrong touch

And everything is

destroyed"



Saffana, 1st year

Album Review

"GLOW ON" By Turnstile

Hardcore punk isn't everyone's cup of tea. Pop-punk hasn't hit the same level of mainstream success since the days of Avril Lavigne, Blink 182, my chemical romance, Paramore, and Fall out boy. So "GLOW ON" is a hardcore punk album. "ALIEN LOVE CALL" and "NEW HEART DESIGN" are the melodic tracks. Hardcore punk fans will enjoy songs like "BLACKOUT" and "FLY AGAIN". Overall, the best song is the lead single of the album "MYSTERY" and a perfect mix of hardcore punk with a melodic chorus. This Album can be a gateway to a new genre or possibly make you revisit a genre you previously thought was not your cup of tea. Thus, "GLOW ON" is the perfect place to get into what is hopefully the "modern hardcore punk" genre.

Genre: Hardcore

Punk, Melodic

Punk Year of

release: 2021

A Modern Spin

on The Hardcore

Punk Genre

Mujtaba Adnan, 1st year

A Piece of writing

Sometimes we are surrounded by a lot of people but have fewer ears to listen to and few hearts to understand. we pour out our feelings to those whom we think are not capable of judging but rather listen to our deep-ridden emotions which could not be expressed through words.

Is this normal? Does this happen to everyone?

Or this is some insecurity of a few of us? Does any person exist like the one who is always here to listen to your never-ending rants?

Lost in the sky.

She murmured, O butterfly!

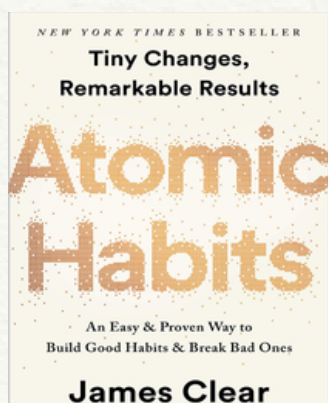
Have you come across all colors?

The creature said nothing but cried.

Mubarra Aziz, 1st year

EDITOR'S CORNER

Book Club



"Habits are the compound interest of self-improvement."

Atomic Habits is the definitive guide to breaking bad behaviors and adopting good ones in four steps, showing you how small, incremental, everyday routines compound and add up to massive, positive change over time.

Let's see what it takes to form new habits by learning from a true habit master!

Lesson 1: All habits are based on a four-step pattern, which consists of cue, craving, response, and reward.

Lesson 2: To form habits, you must make them obvious, attractive, easy, and satisfying.

Lesson 3: A habit tracker is a fun and easy way to ensure you stick to your new behaviors.

Study Skills

Struggling to be a successful student? Don't get discouraged, it isn't magic! But it does require desire, dedication, and a lot of work. If you want to learn how to become a successful student, then this section will be helpful.

Active listening, reading comprehension, note-taking, stress management, time management, testing taking, and memorization are some of the important skills for students. Below are some of the links which you find really helpful while studying:

- <https://www.educationcorner.com/study-skills.html>
- <https://www.youtube.com/watch?v=lyJqgL3Zp4E>
- <https://www.youtube.com/watch?v=76yqErAib5g>
- <https://www.youtube.com/watch?v=76yqErAib5g>