



COLLEGE OF MEDICINE, SHAQRA

Scientific Research Unit

ANNUAL REPORT 2019-2020

1 September 2019 to 31 August 2020-Academic Year

Special thanks to

Dr. Feras Almarshad
Dean
College of Medicine at Shaqra

Dr. Hytham Alsenaidy
Vice-Dean, Academic Affairs
College of Medicine at Shaqra

Prof. Mohammed Atif
Vice-Dean, Development & Quality
College of Medicine at Shaqra

Prof. Medhat Farag
Head of the Department
Basic Medical Sciences
College of Medicine at Shaqra

Dr. Muath Alammar
Head of the Department
Clinical Sciences
College of Medicine at Shaqra

Research and Development Committee

Sr. No.	Name of the Member	
1.	Prof. Dr. Jamal Arif	Chairman
2.	Prof. Dr. Bahaa Hasan	Member
3.	Prof. Dr. Medhat Farag	Member
4.	Prof. Dr. Niaz Ali	Member
5.	Dr. Ali Darraj	Member
6.	Dr. Ghulam Mustafa	Member
7.	Dr. Muhammad Shabbir	Member
8.	Dr. Mohammad Imran	Member
9.	Dr. Aslam Pathan	Member

Local Institutional Review Board (Medical & Research Ethics)

Sr. No.	Name of the Member	
1.	Prof. Dr. Mohamed Atif	Chairman
2.	Prof. Dr. Bahaa Hasan	Member
3.	Prof. Dr. Medhat Farag	Member
4.	Prof. Dr. Jamal Arif	Member
5.	Dr. Ali Darraj	Member
6.	Dr. Aslam Pathan	Member

Dear Respected Colleagues,
Greetings

I am delighted to share this report which captures the key notes and metrics related to research at College of Medicine, Shaqra for the academic year 2019-2020 [1st September 2019 to 31st August 2020].

With support from internal and external collaborations, our faculty members help spur advancements in a variety of diverse areas ranging from drug discovery and newer management in various ailments and it remains incredibly important that society realizes the benefits of our research which will support the Kingdom vision 2030.

I would like to thank His Excellency University President, Vice-Rectorate for Graduate and Scientific Studies, Deanship of Scientific Research, Dean and Vice-Deans at College of Medicine, Research and Development Committee, Local Institutional Review Board, faculty members and students for the support, contribution and cooperation towards the research unit.

Dr. Aslam Pathan, PhD, MANF
Director, Scientific Research Unit
College of Medicine at Shaqra

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1. Faculty Publication from 1st September 2019 to 31st August 2020:

No	Article Reference and link	Name of the faculty	Month & Year of Publication
1.	Almarshad F. Evaluation of Fibrinolytic Efficacy of <i>Averrhoa Bilimbi</i> Linn. by Using Euglobulin Lysis Time Method. International Journal of Medical Research & Health Sciences, 2019, 8(9): 21-24 https://www.ijmrhs.com/medical-research/evaluation-of-fibrinolytic-efficacy-of-averrhoa-bilimbi-linn-by-using-euglobulin-lysis-time-method.pdf	Dr. Feras Almarshad	September 2019
2.	Almarshad F, Alrashed A, Aljammaz K, Alduhayshi A, Alhadlaq J. Prevalence of Cardiovascular Disease Risk Factors in Shaqra, Saudi Arabia. The Egyptian Journal of Hospital Medicine. 2019; 77(2): 4933-4937. https://ejhm.journals.ekb.eg/article_47603.html	Dr. Feras Almarshad	October 2019
3.	Abdulrahman M. Alshahrani (2019). Appraisal of a neuroprotective consequence of <i>Curcuma zedoaria</i> Roxb. rhizomes on memory malfunction in oxidative tension convinced C6 glioma cells of rats. Ann. Phytomed., 8(2):105-107. http://www.ukaazpublications.com/publications/wp-content/uploads/2020/01/12_Rehman.pdf	Dr. Abdulrahman Alshahrani	December 2019
4.	Pathan A. FDA recalled Ranitidine: What about the consumers who ate Ranitidine with carcinogenic impurity by paying to Pharma companies? NeuroPharmac J. 2019; 4(3): 103-104. https://doi.org/10.37881/1.431	Dr. Aslam Pathan	December 2019
5.	Pathan A. Top Pharma companies not following current good manufacturing processes: Angiotensin II receptor blockers with carcinogenic impurities: A threat to global public health. NeuroPharmac J. 2019;4(3):105-107. https://doi.org/10.37881/1.432	Dr. Aslam Pathan	December 2019

6.	Almarshad F. Assessment of <i>Spinacia oleracea</i> extract on the reversal of Edoxaban anticoagulation development in a rabbit model. Medical Science. 2020; 24(101): 113-117. http://www.discoveryjournals.org/medicalsecience/current_issue/v24/n101/A15.htm	Dr. Feras Almarshad	February 2020
7.	Almarshad F, Almegren M, Alshuaibi T, et al. Thromboprophylaxis after bariatric surgery. <i>Blood Res.</i> 2020;55(1):44-48. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7106117/	Dr. Feras Almarshad	March 2020
8.	Almarshad F, Mohammed B. Does BMI Affect Academic Performance? Study among Undergraduate Medical Students of Saudi Arabia and India. International Journal of Medical Research & Health Sciences. 2020; 9(3): 64-73. https://www.ijmrhs.com/medical-research/does-bmi-affect-academic-performance-study-among-undergraduate-medical-students-of-saudi-arabia-and-india.pdf	Dr. Feras Almarshad Dr. Mohammed Bhilal	March 2020
9.	Al-Hassinah S, Parveen S, Somily AM, AlSaadi MM, Alamery SF, Haq SH, Alsenaidy HA, Ahmed A. Evolutionary analysis of the ON1 genotype of subtype a respiratory syncytial virus in Riyadh during 2008-16. Infect Genet Evol. 2020;79:104153. https://pubmed.ncbi.nlm.nih.gov/31881360/	Dr. Hytham Alsenaidy	April 2020
10.	Pathan A. Current off-label Pharmacotherapeutics in the management of novel coronavirus disease (COVID-19). NeuroPharmac J. 2020;5(1):108-112. https://doi.org/10.37881/1.511	Dr. Aslam Pathan	March 2020
11.	Pathan A. Urgent health challenges for the next decade 2030: World Health Organization. NeuroPharmac J. 2020;5(1):113-117. https://doi.org/10.37881/1.512	Dr. Aslam Pathan	April 2020
12.	Pathan A. Lamotrigine and Phenytoin indicated for epilepsy recalled by the manufacturer in	Dr. Aslam Pathan	April 2020

	America. NeuroPharmac J. 2020;5(1):118-120. https://doi.org/10.37881/1.513		
13.	Al-Shabib N, Khan J, Malik A, Ahmad A, Sen P. Investigating the effect of food additive dye “tartrazine” on BLG fibrillation under in-vitro condition. A biophysical and molecular docking study, Journal of King Saud University - Science, 2020; 32(3): 2034-2040, https://doi.org/10.1016/j.jksus.2020.02.017	Dr. Aqeel Ahmad	April 2020
14.	Khan JM, Malik A, Sen P, Ahmad A, Ahmed A, Atiya A. Deciphering the role of premicellar and micellar concentrations of sodium dodecyl benzenesulfonate surfactant in insulin fibrillation at pH 2.0. Int J Biol Macromol. 2020;148:880-886. https://pubmed.ncbi.nlm.nih.gov/31982528/	Dr. Aqeel Ahmad	April 2020
15.	Abdulrahman M. Alshahrani. Cerebroprotective effect of Quercetin in Ischemia/reperfusion-induced oxidative stress in rats. <i>Medical Science</i> , 2020, 24(103), 1350-1360. https://discoveryjournals.org/medicalscience/current_issue/v24/n103/A49.pdf	Dr. Abdulrahman Alshahrani	June 2020
16.	Yadav R, Imran M, Dhamija P, Suchal K, Handu S. Virtual screening and dynamics of potential inhibitors targeting RNA binding domain of nucleocapsid phosphoprotein from SARS-CoV-2. J Biomol Struct Dyn. 2020:1-16. https://pubmed.ncbi.nlm.nih.gov/32568013/	Dr. Mohammed Imran	June 2020
17.	Ahmad A. Elbadawi N, Elmahdi E. The Prevalence and Risk Factors of Obesity among Medical Students at Shaqra University, Saudi Arabia. Ann Med Health Sci Res. 2020;10: 903-906. https://www.amhsr.org/articles/the-prevalence-and-risk-factors-of-obesity-among-medical-students-at-shaqra-university-saudi-arabia.pdf	Dr. Aqeel Ahmad Dr. Noureldaim Elnoman Elbadawi Dr. Essam Elmahdi	June 2020
18.	Kumar, A., Belaldavar, B.P. & Havaladar, R.R. Correlative Multicentric Analysis of Dimensions of Nasopharynx	Dr. Basavaraj Belaldavar	June 2020

	and Adenoid Size, and its Burden in Otitis Media with Effusion: An Indian Scenario. <i>Indian J Otolaryngol Head Neck Surg</i> (2020). https://doi.org/10.1007/s12070-020-01938-2		
19.	Basavaraj P Belaldavar, Jahnavi, Madhav Prabhu, Suhasini. Sinonasal Mucormycosis: A Cryptic Paradox. RFP Journal of ENT and Allied Sciences. 2020; 5(1) : 17-19. https://rfppl.co.in/view_abstract.php?jid=54&art_id=10844	Dr. Basavaraj Belaldavar	June 2020
20.	Reddy, C.N., Belaldavar, B.P. & Havaladar, R.R. Study of Efficacy of Intraoral Submucosal Injections of Corticosteroids and Placentrex in the Management of Oral Submucous Fibrosis. <i>Indian J Otolaryngol Head Neck Surg</i> (2020). https://doi.org/10.1007/s12070-020-01965-z	Dr. Basavaraj Belaldavar	July 2020
21.	Yadav R, Imran M, Dhamija P, Chaurasia DK, Handu S. Virtual screening, ADMET prediction and dynamics simulation of potential compounds targeting the main protease of SARS-CoV-2. <i>J Biomol Struct Dyn</i> . 2020 Jul:1-16. https://pubmed.ncbi.nlm.nih.gov/32715956/	Dr. Mohammed Imran	July 2020
22.	Almujalli AA, Almatrafi AA, Aldael AA, Almojali HA, Almujalli AI, Pathan A. Knowledge, attitude, and practice about myopia in school students in Marat city of Saudi Arabia. <i>J Family Med Prim Care</i> . 2020; 9(7): 3277-3280. https://pubmed.ncbi.nlm.nih.gov/33102283/	Dr. Aslam Pathan	July 2020
23.	Alammar M, Alsoghayer S, El-Abd K, Alkhenizan A. Diagnostic Accuracy of Body Mass Index (BMI) When Diagnosing Obesity in a Saudi Adult Population in a Primary Care Setting, Cross Sectional, Retrospective Study. <i>Diabetes Metab Syndr Obes</i> . 2020;13:2515-2520. https://pubmed.ncbi.nlm.nih.gov/32765030/	Dr. Muath Alammar	July 2020

24.	Ahmad F, Haque S, Ravinayagam V, Ahmad A, Kamli MR, Barreto GE, Ghulam Md Ashraf. Developmental lead (Pb)-induced deficits in redox and bioenergetic status of cerebellar synapses are ameliorated by ascorbate supplementation. Toxicology. 2020;440:152492. https://pubmed.ncbi.nlm.nih.gov/32407874/	Dr. Aqeel Ahmad	July 2020
25.	Bilal JA, Eltahir HG, Al-Nafeesah A, Al-Wutayd O, Adam I. Acute severe malnutrition treatment outcomes in children ages 6-59 months admitted to Singa Hospital, Sudan. Trans R Soc Trop Med Hyg. 2020 Aug 1;114(8):612-617. doi: 10.1093/trstmh/traa033. PMID: 32484862. https://pubmed.ncbi.nlm.nih.gov/32484862/	Dr. Jalal Bilal	August 2020
26.	Rolta R, Yadav R, Salaria D, Trivedi S, Imran M, Sourirajan A, Baumler DJ, Dev K. In silicoscreening of hundred phytochemicals of ten medicinal plants as potential inhibitors of nucleocapsid phosphoprotein of COVID-19: an approach to prevent virus assembly. J Biomol Struct Dyn. 2020 Aug;1-18. https://pubmed.ncbi.nlm.nih.gov/32851912/	Dr. Mohammed Imran	August 2020

2. Students' Publications from 1st September 2019 to 31st August 2020:

No	Article citation and link	Name of the Student	Month & Year of Publication
1.	Almarshad F, Alrashed A, Aljammaz K, Alduhayshi A, Alhadlaq J. Prevalence of Cardiovascular Disease Risk Factors in Shaqra, Saudi Arabia https://ejhm.journals.ekb.eg/article_47603.html	Abdulaziz Alrashed, Khalid Aljammaz, Ali Alduhayshi, Jaber Alhadlaq	October 2019
2.	Almujalli AA, Almatrafi AA, Aldael AA, Almojali HA, Almujalli AI, Pathan A. Knowledge, attitude, and practice about myopia in school students in Marat city of Saudi Arabia. J Family Med Prim Care. 2020; 9(7): 3277-3280. https://pubmed.ncbi.nlm.nih.gov/33102283/	Anas Almujalli, Abdulaziz Almatrafi, Abdulaziz Aldael, Hamad Almojali, Abdulaziz Almujalli	July 2020

3. Book Chapter Publications 1st September 2019 to 31st August 2020:

No	Book Chapter Reference and link	Name of the Faculty	Month & Year of Publication
1	Md Saquib Hasnain, Vema Kiran, Mallesh Kurakula, GSN Koteswara Rao, Mohammad Tabish, Amit Kumar Nayak, Chapter 15 - Use of alginates for drug delivery in dentistry, Editor(s): Amit Kumar Nayak, Md Saquib Hasnain, Alginates in Drug Delivery, Academic Press, 2020, Pages 387-404, ISBN 9780128176405, https://doi.org/10.1016/B978-0-12-817640-5.00015-7	Dr. Mohammad Tabish	July 2020

4. Research Projects:

Name of Faculty Member	Prof. Jamal Mohammad Arif Department of Basic Medical Science College of Medicine at Shaqra, Shaqra University, Saudi Arabia
Title of Project	Screening and Design of Novel Preventive Compounds for Prevention and Treatment of 2019-nCoV Infection Using Molecular Docking Approach
Abstract	<p>Since the emergence of corona virus (2019-nCoV) outbreak in Wuhan province of China in December 2019, the COVID-19 is causing havoc and fear all over the world. It has affected almost all the countries with similar intensity without giving time for COVID-19 management. Further, In the Middle East countries including Saudi Arabia, it is spreading very fast despite stringent measures by the Government for its containment. Lack of COVID-19 specific treatment subsequently led the physicians to opt for options including antiviral, anti-HIV drugs, azithromycin and hydroxychloroquine to treat patients.</p> <p>Chinese Horseshoes bats (<i>Rhinolophus sinicus</i>) ability to harbor these deadly viruses have created lots of curiosity in the scientific community. Heat shock proteins (HSPs),</p>

	<p>specially HSP70 and HSP90, have been expressed in abundance to combat the oxidative stress which subsequently helped the bat from the deleterious effects of many viruses including 2019-nCoV. HSP70 has been shown to inhibit 'cytokine storm', induced by viruses like SARS, through binding/degrading the p65 subunit of NFκB. Simple drugs like sodium salicylate and aspirin have been shown to induce the HSP70 and HSP90 even at lower temperatures (20-22 °C) in fish cell line CHSE-214.</p> <p>In the proposed research, we hypothesize that the induced HSPs after binding with various virus protein receptors and/or the human cell receptors (ACE2 and hDDP4) reduce 2019-nCoV infection to the humans. This molecular docking-based study is expected to uncover novel drugs or drug like compounds to dramatically prevent and treat the 2019-nCoV infection to humans.</p>
Instigators	<p>Principle Investigator: Fayez Saud Reshidi, College of Medicine, University of Hail</p> <p>Co-Investigators:</p> <ul style="list-style-type: none"> • Jamal Mohammad Arif, College of Medicine, Shaqra University, Shaqra • Ibrahim Ginawi, MoH, Hail • Asif Malik, College of Medicine, University of Hail
Duration	10 months
Budget	42,000 SAR
Grant Authority	University of Hail
Grant Date	13 May 2020
Current status	Funded (ongoing project)

5. Conferences:

Name of Faculty Member	<p>Prof. Jamal Mohammad Arif Department of Basic Medical Science College of Medicine at Shaqra, Shaqra University, Saudi Arabia</p>
Title of Paper	<p>Assessment of dietary vegetables and fish oils consumption on streptozotocin induced Type II diabetic rat</p>

Abstract	<p>The present study was accomplished to examine and compare the effect of specific antioxidant-rich oils on hyperglycemia, dyslipidemia, renal function markers and oxidative renal damage in diabetic rats for four weeks. Papaya (P), olive (O), fenugreek (Fe), bitter gourd (B) and fish (Fi) oils were used for this purpose. Streptozotocin (STZ) was injected intraperitoneally in a single dose to induce diabetes. All oils were given orally at a dose of 3g/kg for four weeks in respective group after induction of diabetes. After treatment with oils, blood was collected, and their kidneys were stored. The level of fasting blood glucose (FBG), glycated hemoglobin (HbA1c), total cholesterol (TC), triglycerides (TG), low-density lipoprotein-cholesterol (LDL-C) and very low-density lipoprotein-cholesterol (VLDL-C) increased while amylase and high-density lipoprotein cholesterol (HDL-C) level decreased in the diabetic rats. These changes were augmented by fenugreek, bitter gourd and olive oils treatment. Diabetic rats showed elevated renal function markers in serum, including, serum creatinine (Scr), blood urea nitrogen (BUN) and alkaline phosphatase (ALP), which were restrained significantly by fenugreek and bitter gourd oil treatment. Moreover, fenugreek and bitter gourd oils treatment significantly modulated the level of thiobarbituric reactive substances (TBARS), malonaldehyde (MDA) and catalase (CAT) in the kidney of diabetic rats. The histopathological examination also showed the protective effect of these oils. The study suggests that vegetable oils are effective in reducing hyperglycemia, dyslipidemia and renal damage related to the side effects of diabetes. Thus they may have therapeutic value for preventing diabetes side effects and may be included in oil diet treatment synergically. Thus, our data suggest that oils as potent antidiabetic agent and beneficial in the control of diabetes-related abnormalities such as hyperglycemia, dyslipidemia and renal damage of STZ induced rat model of type 2 diabetes. Our study also supports the suggestion that synergistic possibilities exist concerning the use of these oils in the treatment of diabetes mellitus.</p>
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Presenting Author:	<ul style="list-style-type: none"> Mohd Adnan Kausar Department of Biochemistry, College of Medicine, University of Hail, Hail, KSA
Co-Authors	<ul style="list-style-type: none"> Kehkashan Parveen Department of Biochemistry, Lipid Metabolism Laboratory, Jamia Hamdard, New Delhi, India Waseem Ahmad Siddiqui Interdisciplinary Biotechnology Unit Aligarh Muslim University, Aligarh, UP, India Jamal Mohammad Arif Department of Biochemistry, College of Medicine, Shaqra University, Shaqra, KSA Mohammed Kuddus, Syed Monowar Alam Shahid Department of Biochemistry, College of Medicine, University of Hail, Hail, KSA
Conference Name	The Diabetes and Obesity International Conference
Organized by	College of Medicine, University of Hail
Conference Date	03-05 March 2020
Remarks	Won First Prize in Poster competition

6. Ethical approvals:

Following applications approved on 17/10/2019

Inward No.	Title of the research proposal	Principle Investigator	Approval status	Approval Number
2019-01	Evaluation of neuroprotective effects of <i>Scutellaria baicalensis</i> Georgi flavones by using scopolamine induced learning and memory impairment in rats	Dr. Abdulrahman Alshahrani Associate Professor Department of Internal Medicine College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-01
2019-02	Comparative study of prothrombin complex concentrate and the combination of <i>Spinacia oleracea</i> extract with prothrombin complex	Dr. Feras Almarshad Assistant Professor Department of Internal Medicine College of	Yes	SUCOM/LIRB/2019-02

	concentrate on the reversal of Apixaban anticoagulation in a rabbit model	Medicine, Shaqra		
2019-03	Evaluation of fibrinolytic efficacy of <i>Averrhoa bilimbi</i> Linn. by using euglobulin lysis time method	Dr. Feras Almarshad Assistant Professor Department of Internal Medicine College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-03
2019-04	Prevalence of Cardiovascular disease risk factors in Shaqra, Saudi Arabia	Dr. Feras Almarshad Assistant Professor Department of Internal Medicine College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-04
2019-05	Assessment of <i>Spinacia oleracea</i> extract on the reversal of Edoxaban anticoagulation development in a rabbit model	Dr. Feras Almarshad Assistant Professor Department of Internal Medicine College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-05
2019-06	Knowledge, attitude and practice on myopia in school students at marat city in Saudi Arabia	Mr. Anas Abdulaziz Almujaalli 5th Year Medical Student (University Student ID: 435460133) College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-06

Following applications approved on 02/12/2019

Inward No.	Title of the research proposal	Principle Investigator	Approval status	Approval Number
2019-07	Prevalence and risk factors of symptomatic dry eye in Riyadh region,	Mr. Anas Abdulaziz Almujaalli	Yes	SUCOM/LIRB/2019-07

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	Saudi Arabia among adults aged 18 years and older	5 th Year Medical Student (University Student ID: 435460133) College of Medicine, Shaqra		
2019-08	Appraisal of a neuroprotective consequence of <i>Curcuma zedoaria</i> Roxb. rhizomes on memory malfunction in oxidative tension convinced C6 glioma cells of rats	Dr. Abdulrahman Alshahrani Associate Professor Department of Internal Medicine College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-08
2019-09	Awareness of diabetic neuropathy in Saudi Arabia	Mr. Majed Atyan Mutad Almutairi Intern Medical Student (University Student ID: 433460282) College of Medicine, Shaqra	Yes	SUCOM/LIRB/2019-09

Following application approved on 05/02/2020

Inward No.	Title of the research proposal	Principle Investigator	Approval status	Approval Number
2020-10	Awareness about disk herniation among the general Saudi population, Saudi Arabia.	Mr. Abdullah Omar bin Shihah Principal Investigator Fifth-year Medical Student (University Student ID: 435460125) College of Medicine at Shaqra	No	Returned back for revision
2020-11	Prevalence and public awareness of hypertension in the general population of shaqra province.	Mr. Abdulrahman Ibrahim Alhadlaq Principal Investigator Fifth-year Medical Student (University Student ID: 435460010) College of Medicine at Shaqra	Yes	SOCOM/LIRB/2020-11

7. Program Key Performance Indicators related to research

Performance indicators are important tools for assessing the quality of academic programs and monitoring their performance. They contribute to continuous development processes and decision making support.

The National Center for Academic Accreditation and Evaluation has identified 17 key performance indicators at the program level. Out of 17 key performance indicators 03 key performance indicators is to measure the research potential in the program. Herewith we mentioned these research related key performance indicators to ensure the quality of our program.



Standard	Code	Key Performance Indicators	Description
-5- Teaching staff	KPI-P-17	Percentage of publications of faculty members	Percentage of full-time faculty members who published at least one research during the year to total faculty members in the program
	KPI-P-17 for the academic year 2019-2020 $12/42 = \mathbf{28.57\%}$		
	KPI-P-18	Rate of published research per faculty member	The average number of referred and/or published research per each faculty member during the year (total number of refereed and/or published research to the total number of full-time or equivalent faculty members during the year)
	KPI-P-18 for the academic year 2019-2020 $26/42 = \mathbf{0.61}$		

Standard	Code	Key Performance Indicators	Description
-5- Teaching staff	KPI-P-19	Citations rate in referred journals per faculty member	The average number of citations in referred journals from published research per faculty member in the program (total number of citations in refereed journals from published research for full-time or equivalent faculty members to the total research published)
	KPI-P-19 for the academic year 2019-2020 $159/42 = 3.8$		

8. Articles statistics:

Articles published in standard databases during the academic year 2019-2020

PubMed	12	Web of Science	18
Scopus	12	Others	07

Thank You
Scientific Research Unit