



WELCOME

Times 17-18



Weill Cornell
Medicine-Qatar



Foundation Times 17-18

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I am delighted to welcome you to our latest issue of The Foundation Times. On behalf of our Foundation students, I invite you to explore the vibrant content and creative contributions of our talented class. This is a special class as it is the largest to date with 22 bright students. They are thrilled to share reflections on their learning experience, fun events, and accomplishments throughout this academic year. Please join me in congratulating the 2018 Foundation students on their concerted efforts this year. We are proud of them and wish them success in the future. Best regards,

Dr. Rachid Bendriss

Assistant Dean & Associate Professor

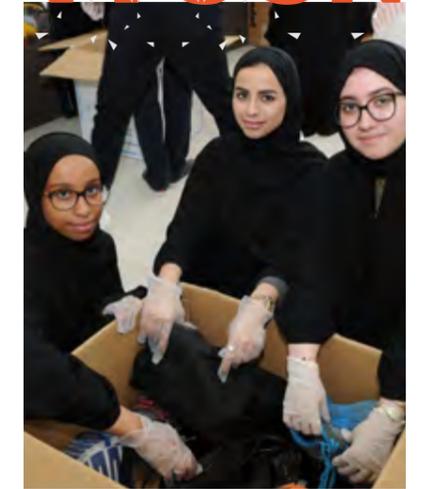


This year the Foundation class has shown a plethora of bright personalities that make our classroom exchanges interesting and lively. Looking back on this academic year, one could see how much each student has grown both as learners and as people. It has given me great pleasure to teach this kindhearted cohort sprinkled with bouts of laughter and smiles. I wish them all a successful journey as they transition next year into Premedical and beyond.

Melanie Fernandes

ESL Teaching Specialist

Orientation Week



Asmaa Farah

My dream of attending Weill Cornell Medicine-Qatar—a dream I'd held since I was 14 years old—was becoming a reality. When I woke up that morning, my feelings were reeling. I was thrilled, anxious, and excited at the same time. Then, as I walked through the door, I was filled with excitement and fear. The first day of orientation had arrived where I entered Weill Cornell as an actual student. Everything started with the orientation days, our gateway into the world of Cornell. It was our chance to meet the faculty and get familiar with the different departments within the college. Also, these fun-filled days provided us with the chance to interact with our peers and build relationships from day one.

The orientation days were highly organized by the faculty and even the students themselves. Spread out in the middle of that long hallway were several booths. As new students walked through the door, we were assigned to different groups that were led by Cornell students. They introduced us to some of the important departments in the college, such as Student Affairs, the Writing Center, and the different clubs. I was amused by everything. From day one, I even made friendships. We all interacted with each other by participating in different games during orientation days, such as "the floor is lava,"—which I enjoyed the most—as well as mystery games, and ice breaking challenges. By the end of each day, I would go home totally exhausted but delighted at the same time.



Biology Lab

Razan Al-Mousawi



Biology Lab is a Foundation year course that allows students to apply the knowledge they gain during lectures to real-life situations. The lab helps to increase students' hand-eye coordination as well as their practical skills. In the first semester, the labs were based on the 'Introduction to General Biology' course and thus provided a visual aid to explanations behind scientific concepts. The second semester focused on the 'Introduction to Human Biology' topic, which encompassed all the main organ systems in the body.

During a sheep's brain dissection, students were able to consolidate the information acquired about the main regions of the brain and their corresponding functions. In addition, a lab session on human bones increased the students' confidence; hence, they were able to apply their knowledge during visits to the Qatar Rehabilitation Institute. "We used the knowledge that we learned in biology to help us understand medical jargon in the Service Learning activity at QRI," said Al-Hanoof Al-Jalahma when asked about how Biology Lab helped her.

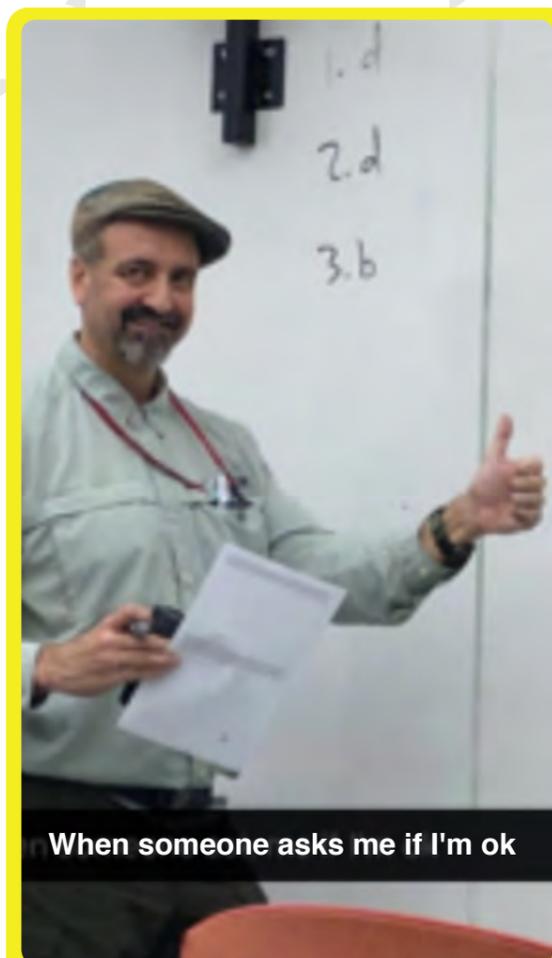


MEMES

Saad Bahzad



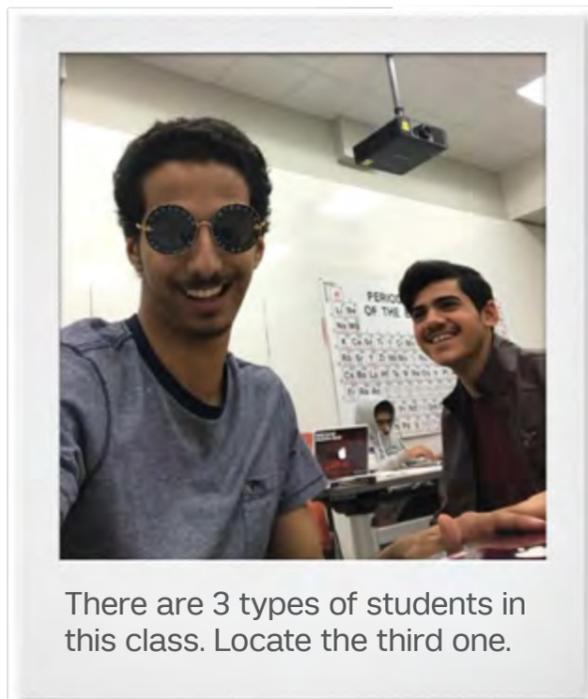
This was a very comfortable day. It should be every day.



When someone asks me if I'm ok

This is our chemistry professor Dr. Roach, aka "the arm wrestling champion." This picture represents how you will be after you get accustomed to the workload and schedule. Don't worry—you'll get used to it eventually!

Memes are basically photo representations of inside jokes that can be shared with everyone. Our class has made a few memes throughout this year, and we would like to share them with prospective students who will be walking in our shoes next year. This is a small taste of what you will experience throughout the year. Remember to turn your treasured moments into memes so that they will remain in your memory.



There are 3 types of students in this class. Locate the third one.



5

minutes before the chemistry exam. I don't need to take the exam if you can't find me!

Perhaps some of these would not count as a meme in the end, but it doesn't matter because these are the memories that depict the fun parts of this long journey.

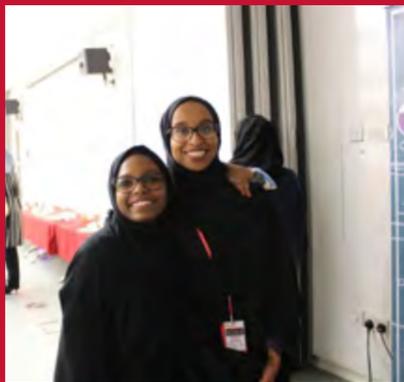
Mole Day

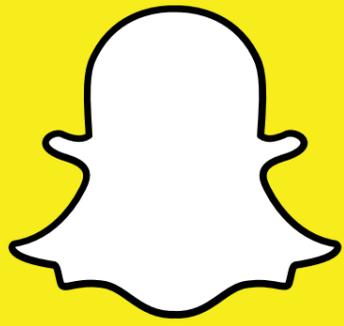
Haya Al-Ansari

On the 23rd of October, the world celebrates Mole Day, a tribute to the scientist Amedeo Avogadro who developed the renowned constant $6.022140857 \times 10^{23} \text{ mol}^{-1}$ as a conversion factor between grams and atomic mass units.

An annual Mole Day celebration has been a Weill Cornell tradition hosted by the Foundation class in commemoration of Avogadro's number. This year, the class put together a comedic, pun-based, chemistry-filled play to entertain the audience of students and faculty alike. Included in the event were the piñata and the treasure hunt, which allowed the audience to engage with the Foundation students. The caterers, The Chemist Cafe, followed the common theme—chemistry, which added to the atmosphere as they used liquid nitrogen to create fog. Since Mole Day took place early in the academic year, it brought the class together as we went from feeling like acquaintances to more like a family.

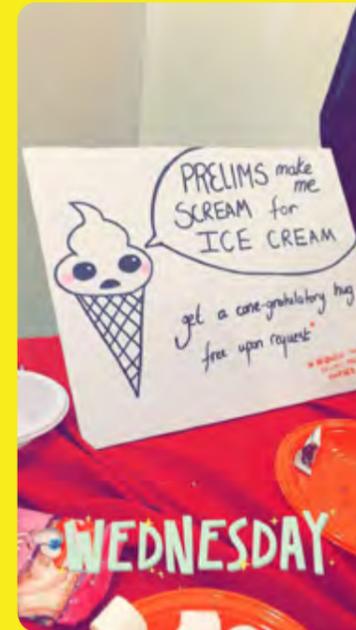
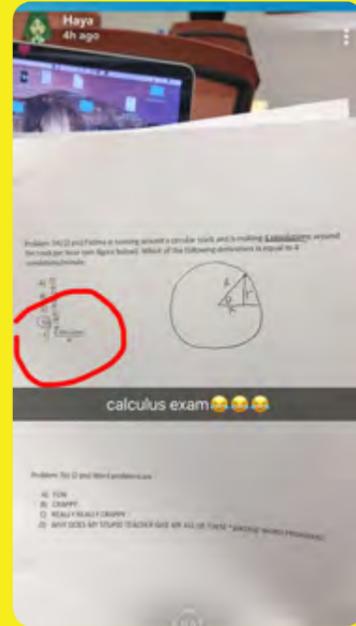






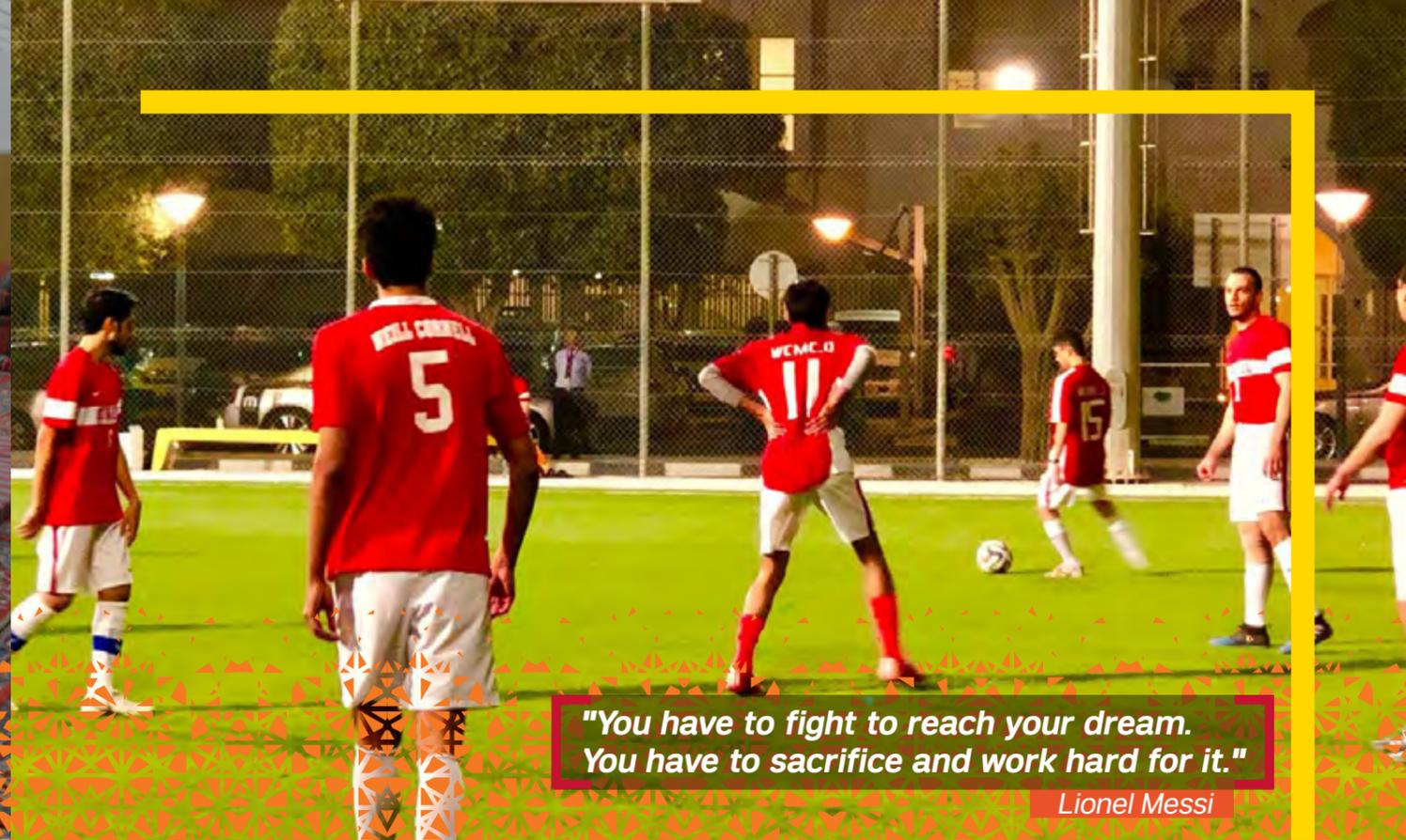
Snapchat

Aliyaa Haji





One successful event was the Faculty Majlis where students could get to know their instructors.



"You have to fight to reach your dream. You have to sacrifice and work hard for it."

Lionel Messi

MSEC-Q

Jassim Taimor



Being able to join the Medical Student Executive Council-Qatar (MSEC-Q) was enthralling and rewarding as a first-year student. MSEC-Q allowed me and other Foundation representatives to vote on events that would make student life in Weill Cornell Medicine-Qatar more exciting.

One major thing that MSEC-Q accomplished this year was to secure full coverage of medical insurance for all students. I am very proud to be part of this council and to be able to improve students' college experience.

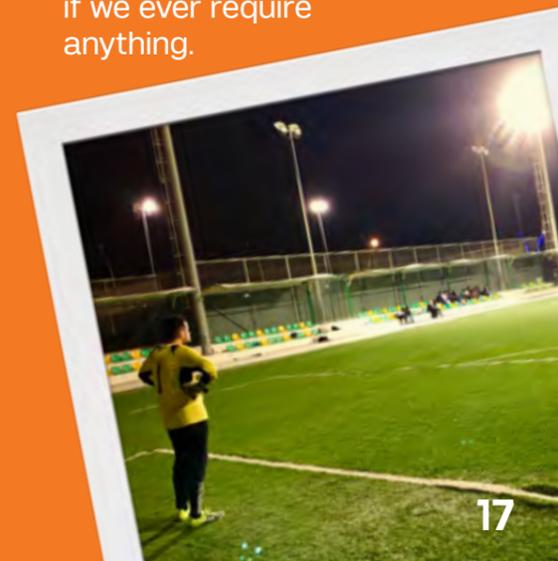
Cornell Football

Isa Almannai

The Cornell football team includes a group of committed students spanning from Foundation to Med 2. Competing against numerous universities in the country, the team participates during the winter and spring season. The astonishing thing about these outstanding students is that they manage their time wisely and cope with the pressures of medical school in order to attend either practice sessions or matches. Built on a close and friendly relationship, the environment enabled me to make friends with people I would not have met otherwise.

When asked about what the benefit of the team was, Omar Beshtawi, a Pre-Med 1 student, stated, "The football participation helps me as a student as it takes the stress off prelims, quizzes, and assignments." He continued, "The simple idea of being united with the players in a chill environment where you would leave on a high note with a laugh or simply have a good time with people that face the same struggles as you." I am truly thankful for the participation of these dedicated students, especially our previous captain, Assem Jabri, for making

us feel welcome. I would also like to thank Malik Mushanen, our current captain, for his words of motivation and his patience with the players' progression. Lastly, thanks to Student Affairs for providing us with the equipment and unconditional support if we ever require anything.



Medical Career Seminar

Maryam Al-Quradaghi

Medical Career Seminar is a series of talks given by physicians to give Foundation students a background of their professional medical experience and specializations. In collaboration with Alumni Affairs, this past year we have had the pleasure of talks by seasoned doctors as well as many former WCM-Q alumni.



Dr. Mohamud Verjee
BSc (Hons), MBChB, DRCOG, CCFP, FCFP - Family Medicine



Dr. Amine Rakab
MD, Clinical Medicine

"The quality and the curriculum are exactly the same as in the US. This ensures that WCM-Q provides one of the best medical education curriculums in the region."



Dr. Karima Becetti
MD, MSc, Clinical Medicine

"You will not always be able to treat the physical aspect of a disease; however, being a good doctor means that you can improve the mental and psychological aspect."



Former Foundation Students

"Don't ever tell yourself you don't deserve it."



Dr. Mohamed B. Elshazly
MD, Cardiology

"You only live once, but your actions can live on forever."



Dr. Abdulwahed Zainel
MD, Pediatrics



Dr. Ravinder Mamtani
MBBS, MD, MSc - Healthcare Policy and Research



Dr. Ibrahim A. Janahi
MD, FCCP, FRCPCH, Pediatric Pulmonology

"Medicine is all about giving, therefore, one should always give the best out of his or her capabilities."



Dr. Robert Crone
MD- Clinical Pediatrics



Dr. Noor Al Khori
MD, Pediatric Radiology

"Do not hesitate to ask for help as there will always be someone who has been through the same situation as you."

"Make the doctors you are shadowing strive to have a student like you."



Dr. Javaid Sheikh
MD, MBA - Psychiatry



Dr. Ameneh Amini
MD, Pediatrics

"Clear your mind, your actions are reflections of your mind. Have a beautiful mind."



Dr. Sara Al-Khawaga
MD, Biomedical Research

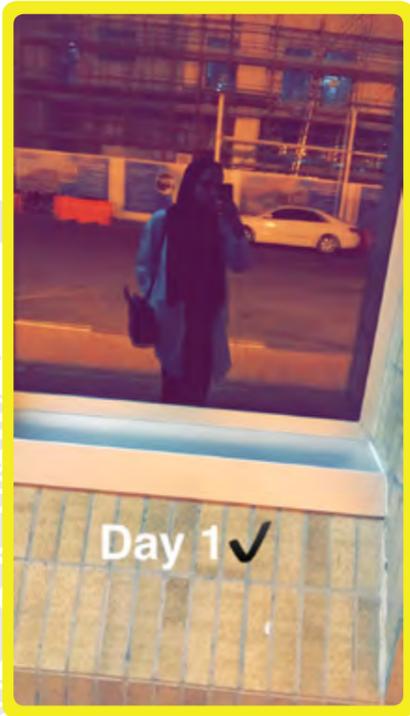
"The National Diabetes Strategy sets the base for Qatar's National Health Strategy 2030."



Dr. Wafa Al Yazeedi
MD, Rehabilitation Medicine

"A doctor is like a waiter, you give the patient the menu with options and they choose."

"Sidra medicine is now building the first childhood diabetes biorepository in the region."



A Day in the LIFE OF A DOCTOR

Imaneh Qaedi

As soon as the door slid open, I recognized the familiar smell of antiseptics that every hospital has. I stepped in with confidence, wearing my white coat and holding my black bag. While passing by the people waiting near the entrance, I felt multiple eyes were staring at me.

Known for its labyrinth of confusing hallways, I do not know how doctors at Hamad General Hospital manage not to get lost all the time. I was assigned to a mentor who I was supposed to meet at the Female Emergency Department (ED). I walked through the hallways, got lost, and then finally found the place. When I reached the Female ED, I saw a nurse chatting with her colleague; I did not know what they were talking about – if it was important or not. I interrupted to ask her about the doctor. She went back to her white monitor, opened an extensive excel sheet, took a look at her wrist watch, and then looked back at me and said with a smile, “Dr. John Doe should be in room A.” Everyone seemed busy as I entered room A. They did not give me their full attention when I asked about my mentor, so I slipped out of the room disappointed and stood in the hallway. I grabbed my phone from my bag and called Dr. Doe in a moment of mild frustration. He told me that the plans had changed and that he would come find me shortly.

While I was waiting in the hallway in front of room A, I noticed how people walk with a certain pace. Doctors are always walking briskly. They walk with a purpose. Patients, on the other hand, are mostly carried by wheelchair or stretcher into one of the emergency rooms. Patients’ relatives wander around looking worried and anxious. After some time, a nurse who was walking by looked at me and said, “Asalam alakum, doctora.” In shock for a moment, I just smiled and could not say anything or explain that I was not a doctor.

Throughout the week, many patients and relatives approached me. They would always give me a confused expression whenever I told them that I was not a doctor and I could not answer their questions. They did not understand why I was in a hospital, wearing a white coat and not treating patients.

Later, I saw a man of average height down the hallway. He noticed me as soon as I saw him. He knew that I was

the outlier in this hallway. While he was walking towards me, he was stopped several times to be greeted by other doctors, nurses, and even patients. In the hospital, since everyone works together as a team, everyone knows each other as if they were a family. “He is a well-known doctor,” I thought. He approached me and asked, “You are the student from Weill Cornell, right?”

A look of gratitude began to take shape on my face as my smile slowly emerged. That one sentence changed my day, simple yet powerful. He noticed me, a student who seemed too insignificant to others.

We walked together until we reached the Male Surgical Emergency Department. It was not what I expected it to be. In comparison to the other main emergency rooms I had been in, this room was cramped. To my right were four beds, which for privacy reasons were separated with navy blue curtains. In front of me was the refrigerator where anesthetic fluids and medications were stored. Beside that was the storage unit where surgical kits, equipment, and machines were stored for quick access. In front of that area was where physicians usually sat to write the discharge summary after treatment.

One day, I observed my mentor in an incision and drainage procedure of an abscess. I noticed the smoothness of the doctor-to-nurse and doctor-to-patient communication. The nurse unwrapped the sterile surgical kit after putting on his gloves. The scalpel, forceps, and scissors were laid perfectly on the tray beside the doctor. The nurse knew every step of the procedure and provided the doctor the instruments according to each specific step. This movement was done without

a word between them as they worked in perfect harmony. The doctor, on the other hand, ensured that the patient knew what was going on and what would happen before starting the procedure. In some cases, the communication between the physician and the patient was hard, especially when the patient did not know how to speak English or Arabic. However, I noticed that my mentor learned some words in the patient’s language, just enough to enable him to communicate with the patient effectively.

One outstanding aspect that differentiates Hamad General Hospital from other hospitals around the world is how it is affected by Qatari culture. Our culture influences the way the hospital is designed. Since Qatari culture immensely relies on Islamic principles, the hospital segregates males from females. In addition to that, I realized how our society as a whole respects doctors and how respect is also mutual between doctors and nurses. This was shown in the way the nurses and doctors communicated. The belief that doctors are always right was not present in the hospital; in fact, I observed an incident where the nurse corrected a doctor’s choice of an appropriate test.

All in all, I learned a great deal of valuable information from the observation in the hospital. I really appreciated having the opportunity to be involved in some of the procedures under supervision. It was a great, fruitful experience that reminded me why I really want to pursue a career in medicine. Through these days, not only did I learn scientific and medical information, but I also learned the importance of team collaboration and effective communication between physicians, nurses, and patients.

Chemistry Lab



The faculty members and teaching specialists we have during labs are amazing. They guide us through the steps, clarifying and embedding chemistry into our heads, making conceptual and mathematical theories much easier to tackle. On behalf of the Foundation class, we would like to express how grateful we are for having such amazing faculty members working with us in the chemistry labs!



Sultan Al-Raban

Highly concentrated acid? Check. Highly concentrated bases? Check. Flames? Check that off too. Chemistry lab is that awkward person that everyone tries to ignore but then ends up making his way into other people's lives and putting a smirk on everyone's face. We don't know why—but no matter how much we complain about labs, we always end up enjoying them. Sure, writing 15-30-page lab reports about a small experiment is a pain in the backside, but as Dr. Roach says, "get those low hanging fruit!"



Just Saying...

AlHanooF AlJalaha

Each of us has a word, phrase, or in some cases, a sound that we are known for...



IMANEH
"5lass baroo7 al gym" (Okay, I'm going to the gym.)



MOZA
"regarding ..."



TALA
"Good luck with that..."



SAADAH
"Guys, did you see my ..."



LOLWA
"Did you see the new overwatch update?"



MARYAM
(brutal honesty followed by) "just kidding, just kidding"



NOOR
"jaw3ana aby aki" ("I'm hungry. I want food.")

WADHA
"What's it called?"



ASMAA
"wa3333" ("ewwww!")



Neila
"screeeeeah" ("eeeeekkk!")



DANIA
"I can't walk in these shoes."



NJOUD
"lehlehleh"



ISA
"fairy nice"



SULTAN
"coffee"



Jassim
"mathalan..." ("like...")

ABDULLA
"Actually, I do not agree."



SAAD
"assuming..."

SHAYMAA
"5ara3teeny" ("You scared me.")

ALIYAA
"That's not true."



HAYA
"That's 'cause you're privileged."



RAZAN
"Don't touch my bio binder."



HANOOF
"Guys, listen..."

Neila Lamine

Top 10 Health Tips for College Students

1. Eat breakfast. As soon as you wake up, start your day with a good, balanced, and healthy meal.
2. Avoid pulling an all-nighter. While you may feel like you need to study all night to do well, you might only be hurting yourself. Not getting enough sleep can impair your ability to do well, regardless of how much you've studied, so make sure you get a good amount of sleep before your big test.
3. Drink water. Make sure to drink enough water in order to maintain a hydrated body that will consequently help boost your concentration and keep you from overeating.
4. Limit junk food. Junk food is fast and easy, and many students end up eating a lot of it while they're on the run to class. While a little fast food now and again won't really hurt you, make sure it doesn't become a habit.
5. Don't stress eat. It can be tempting to reach for a bag of chips or some cookies when you're stressed out about an impending exam. Eating won't help your stress go away, so avoid filling up on snacks. Try exercising or taking a break instead.
6. Include different kinds of exercise in your daily routine. When exercising, don't just stick to one kind of workout. Incorporate various kinds of exercises into your routine to make it well rounded, for instance, strength training, cardio, and stretching.
7. Budget your time. Time management skills will make everything from getting assignments done to managing work a lot easier.
8. Put limits on work hours. You can't work all the time; fun and relaxation have to be part of your routine as well. Furthermore, give yourself a break, if you've been working for hours, give your eyes and mind a chance to rest in order to come back feeling more refreshed and ready to go.
9. Get help. If you're feeling overwhelmed, reach out and ask for help from your instructors, friends, and the Writing Center. They may be able to give you an extension on an assignment or help you to complete projects and study more efficiently.
10. Understand that it may take time to fit in. Most people don't make best friends on the first day of college. It takes time to build friendships, so don't lose hope if you don't fit in right away.

Relationships

Dania Hussain



My whole life I heard that the friendships you make in college are the ones that last. I always wondered how that would happen until I came to Weill Cornell Medicine. At WCM-Q, I met people that within a few months became like family to me—as I always say to my classmates, “I thought I had enough siblings until I met you guys, then I realized that I needed 22 more.”

From the first day in orientation, I felt like I fit in a puzzle that formed a beautiful picture—the Foundation class. We all are unique individuals with diverse personalities, but we all complement each other personality wise.



What would you be doing...?

Lolwa Bahzad

Out of curiosity I asked my classmates, "What would you be doing if you weren't studying here at Cornell?" This is what they said...

Razan: medicine

Haya: law school

Aliyaa: literature in Europe

AL Hanoof: be home sleeping

Wadha: In another world, I'd be a famous snap chatter.

Noor: I would get married and have children.

Shaymaa: microbiology

Saad: biological sciences

Issa: lose the will to live

Sultan: crying

Jassim: mechanical engineering because I love how engines work

Jazi: pursuing art, either design or fashion (not in Qatar)

Lolwa: lost

Saadah: biological sciences

Moza: mechanical engineering

Tala: medicine

Maryam: medicine

Asmaa: confused

Emaneh: biological sciences

Dania: opening a cake store

Njoud: international history or art history

Neila: medicine

How to College

Tala Abu Samaan

The college experience can be pretty overwhelming, but I am here to help you because this is what friends are for. As a Foundation student on the way to PreMed, here are some tips and tricks to help you manage your college years.



First and foremost, time management is so important that I cannot stress it enough. I've found that keeping a calendar, planner or to-do list is helpful in organizing your day, week or month. A planner keeps you right on track with everything you need to do that day—especially if your memory is already being taxed by all your school work. Save room in your internal hard drive instead for the information you study. To help you with your to-do list, a good rule of thumb is to prioritize your tasks, meaning that whatever is more urgent or time-consuming takes priority. If a certain task is not urgent and you are overloaded with work, postpone working on it until the next day, as stressing yourself can overwhelm you and decrease your productivity significantly.

Second, always plan ahead. And by that I mean set goals, both short and long term. Goals give you a sense of direction, which helps you keep focused on your destination. In addition to that, goals keep you motivated to give everything your best.



Third, have a positive attitude no matter what people tell you. No one knows your potential more than you do. Believe in yourself even if something sounds impossible. Become more positive by:

- Surrounding yourself with supportive people.
- Learning to differentiate who is best at giving you constructive criticism and don't be offended when you receive feedback.
- Staying humble enough to admit your limits and keep working on them.
- Learning to differentiate between the people who tear you down and people who are helpful.
- Always reaching for the sky while being realistic about achieving your dreams.

Fourth, figure out your preferred learning style. Is it by taking notes, drawing or listening to audio books? Are you a visual, sensory or auditory learner? Once you find your most suitable way of learning, plan your study schedule and gather your materials. If, for instance, you are a visual learner, you can use labs or YouTube videos as a great resource to connect what you study in books with what happens in real life. Studies have shown that if you summarize textbook knowledge using pen and paper, committing that information to long-term memory takes less effort.

Seventh, be curious! Our world is mysterious; always seek to discover its secrets. You should always be intrigued enough to ask questions—don't ever think that this is a sign of weakness. Remember that nobody was born knowing everything. There is just so much knowledge in the world for everyone to gain. You are blessed to have the opportunity to ask, search and discover. There are so many people in the world who do not have the opportunities you have, so take advantage of these blessings so that one day you will be in a position to pay it forward.

Fifth, never depend on one source of information. If you can't understand a lecture, it is not the end of the world. Thankfully, we are in a generation where information is easily accessible. Try books, journals, videos, diagrams, peer discussions or even visit the Writing Center. Chances are, one of these sources can help you connect the dots.

Eighth, give yourself a break. Realize that you are a human being and that your brain can shut down if you don't give it enough time off. You will feel more refreshed when you resume work after resting.

Sixth, it helps to always have something to look forward to that will stop you from procrastinating. Let that be a small reward for you to finish the task at hand first. Whatever you finish can be checked off your list, which translates into more free time for you.

Ninth and final bit of advice—enjoy your college journey and always keep in mind that it is getting you one step closer to where you want to be. It is your choice whether to enjoy this ride or not. I hope I've helped you in your quest on how to college.

Looking Back

Nojoud Al-Ansari

When asked...
What do you know now that you wish you had known when you first came to Cornell?

...here is what these former Foundation students had to say:

**Fatima Nasser Al-Shibani,
Med 1**



Regardless of all the excitement I get about meeting a patient and doing a medical interview, I miss the joy of getting one calculus problem correct. I miss the struggles of trying to understand physics, which I still do not. I miss the exhaustion that comes after two hours of cat dissection. But what I miss most is the fun we used to have together as a class during our Foundation year, which is almost completely diminished in the medical program. Foundation taught me more than what I had imagined I would be taught. It was a perfect transition between high school and university that shaped my personality and my education.

**Dalal Hussain,
Med 3**

I wish that I had known that grades were just numbers, and that it's about how much you learned from making mistakes, because in Foundation, you tend to worry about your GPA and if you'll have the chance to be promoted or not. However, it should be about how much you get out of the experience itself. Moreover, it takes time to know yourself, since you join Cornell as a teenager and graduate as an adult. Also, enjoy your years in Cornell. Do something that makes you look back at each year knowing that you did something memorable throughout medical school. Break the stereotype that you have no social life in medicine. Finally, don't sweat the small things. Instead, assign small goals for each year and celebrate your achievements.



**Fatima Jassim Al-Shibani,
Med 4**

The transition from high school to university can be challenging for a lot of students and the key to overcoming those challenges is to communicate.

Make sure you know your support group (friends, faculty, Student Affairs), so that there is always someone there for you no matter the issue. Be open to mistakes and be easy on yourself for that – every unease shall pass. Foundation year is the best chance to orient yourself. Seek the expertise of superior students and to socialize.

Arabeeyah to English

Saadah Al-Mohannadi



Coming from all Arabic instruction in high school to Cornell where all instruction is in English struck me with fear at first. I thought I would struggle to get to the level of English that I aimed for, and so I was expecting the worst-case scenario. I thought it would take me double the time other students needed to grasp the material just for that reason. Surprisingly, however, the transition was much smoother than expected.

Sure, for the first couple of weeks I was disheartened when I thought I didn't understand the science, but in reality, it was just that I didn't understand certain terms. Soon, I got into the habit of translating terms as soon as they were mentioned, which made it even easier for me to understand the lecture quickly and efficiently.

All the fundamental science terms are included within the curriculum, which is one of the major advantages of the Foundation program. The material that I learned in high school in Arabic is covered during the Foundation year, reinforcing what we have already learned while strengthening our knowledge of the topics in English. The change may feel scary in the beginning, but that is absolutely normal. As the days go by, it definitely gets easier!





Service Learning

Qatar Rehabilitation Institute building

Wadha Al Nabti

Situated in the heart of Doha, Qatar Rehabilitation Institute (QRI) has provided world-class rehabilitation services since its inception in 2017. It houses 193 beds, seven hydrotherapy pools, and ten exercise rooms. These facilities provide patients with access to rehabilitative care. According to Hamad Medical Corporation, QRI offers five main rehabilitation programs: stroke, traumatic brain injury, spinal cord injury, pain management, and pediatric rehabilitation. A fusion of both clinical and therapy services, each program differs between patients as the medical team gears the treatment toward the patients' needs.



Physical therapy machine in use

This year the Foundation class was invited to participate alongside the staff in a service learning program. Our class was split into four groups—each group to a different ward. The wards that QRI graciously made available to the service learning project were stroke, traumatic brain injury, and spinal cord injury.



White board stating the date and place

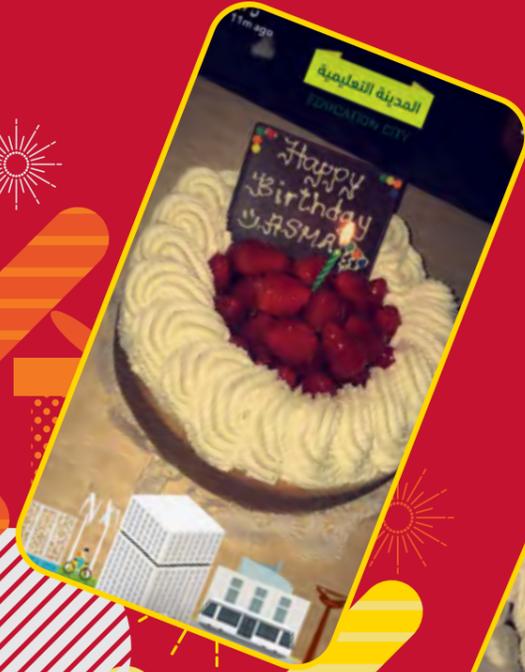
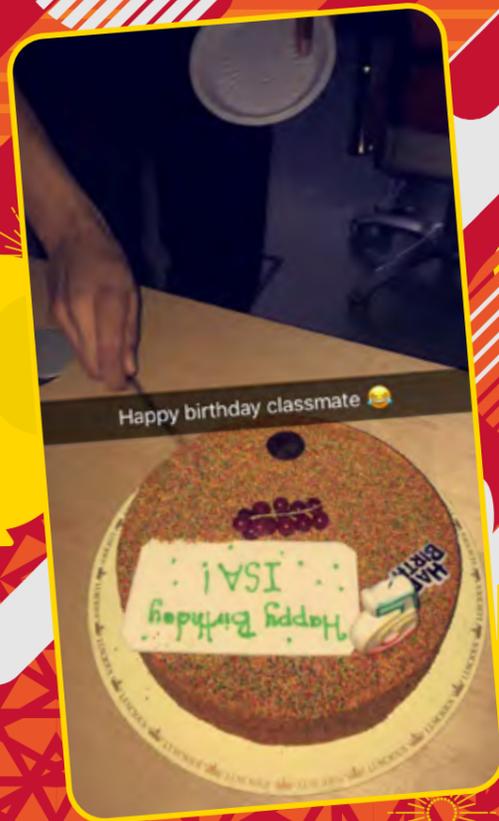
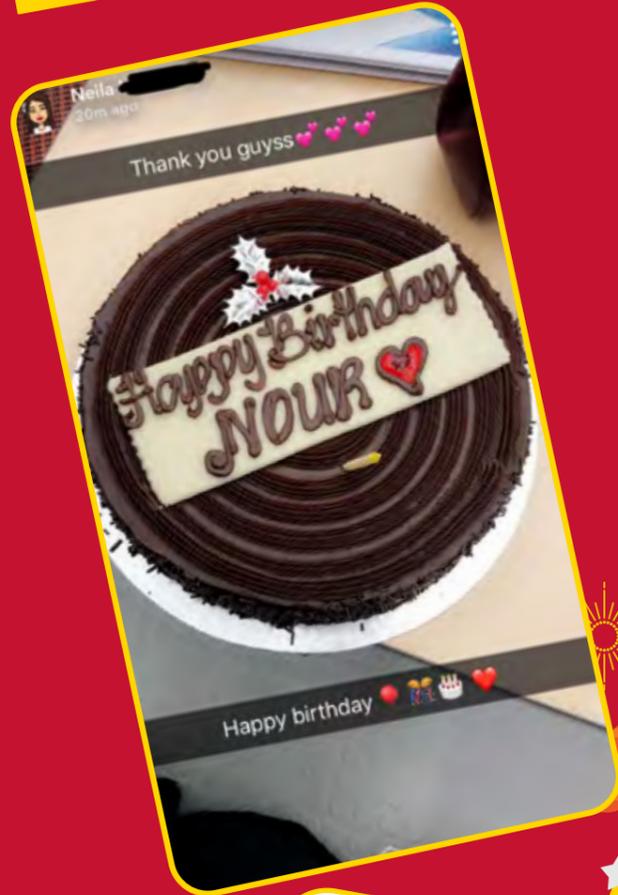
We got a first-hand account of what it was like to treat a patient as well as the patient experience. We interviewed patients, witnessed their physical therapy, participated in their speech therapy, and went behind the scenes with the staff to understand the rehabilitation process. This enriching experience helped inform us of the world of rehabilitation.



Bus ride to QRI

Birthdays

Noor Al-Qatabri





It's Not That Weird

Moza Al-Hail

On the first day of our first dissection lab, some of us were scared, queasy, or weirded out by having a feline specimen in front of us. In general, there were many mixed emotions. When it was time to choose our mini victims, students inched nervously towards the targeted specimens. One student in particular was apprehensive to the point of nearly fainting after the first whiff of embalming chemicals emanating from the specimens' cold, firm, and lifeless bodies. When we started to remove the fat (adipose tissue), some students left the lab every 30 minutes to take a breather from the strong acidity wafting through the lab.

My experience, on the other hand, wasn't so unpleasant. Filled with excitement even before the dissection, I had practiced on chicken the semester before our cat dissection. This, in my opinion, helped me prepare myself mentally. My partner Tala and I had a fat female cat, which we named 'Catalina.' During the dissection process, Tala kept commenting on how well I made incisions, and I would constantly reply, "It's not that weird."

In retrospect, I'm glad I practiced beforehand!



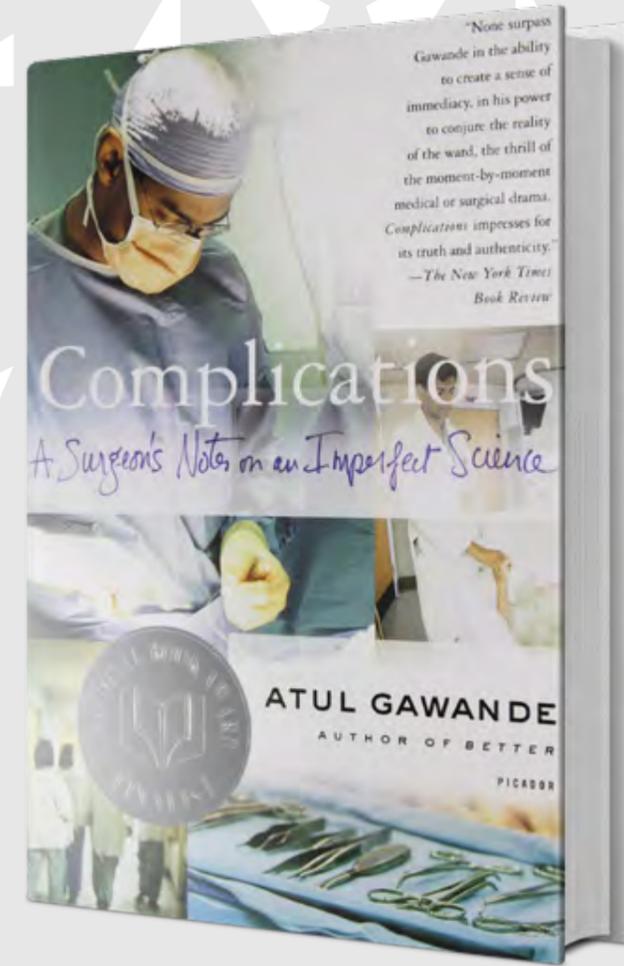
Book Review

Shaymaa Al-Naemi

Mistakes—we all make them. But when it comes to physicians, should these mistakes be overlooked? After all, doctors are only human, but as patients, we need to have faith in the medical professionals who are entrusted with our lives.

The author of *Complications: A Surgeon's Notes on an Imperfect Science*, Atul Gawande, sets his words in stone as he addresses medical cases he has encountered. The author investigates the link between the mind and body as he

challenges medical beliefs and theories of the connection between superstition and illness. Reflecting on his practice, he mentions everything from tight-lipped patients with gunshot wounds to surgeons operating on the wrong body part.



Gawande asserts that medicine is an imperfect science prone to errors and will remain so as long as it is practiced by humans. It is known how most of medicine is governed by uncertainties, which is why and where technological advances come into play. In the book, the author mentions how physicians of the 21st century are challenging the results of technological devices in order to find discrepancies and evince the danger in relying so heavily on these devices.

Technology in the medical field enables the doctor to make a diagnosis with a decreased measure of uncertainty; nevertheless, even with diagnostic MRIs, X-rays and CAT scans, there are still medical errors, which is highlighted in the book.

Certainly it is not assuring for a patient to know that physicians are capable of making mistakes; however, Gawande's intrepid revelations show us the human side of doctors while society holds them in high regard.





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PROGRAM

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2017 - 2018