

3.3.4 Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?

QU Medical Dispensaries

https://qec.qu.edu.sa/files/3/Files/en/QU_staff-handbook.pdf [1]

For further treatment of self and family, medical services are provided in QU Medical Dispensary situated in Iskan, Buraidah. The Dispensary has doctors with specialties related to females and children. The dispensary is open 9 am to 4 pm on working days.

Children and Maternal Hospital

The Children and Maternal Hospital is situated opposite Jareer Book store in Buraidah. It also provides emergency services outside office hours.

King Fahad Hospital

King Fahad Hospital is a general public hospital catering to different specialties. However you must be referred by the QU Medical Dispensary to receive services in King Fahad Hospital.

Besides there are many other private hospitals providing services for a fee.

Medical Care

<https://qa.qu.edu.sa/files/shares/handbooks/Student%20Manual.pdf> [2]

Medical care is one of the student rights. Therefore, the University presents free medical care to their students through its medical clinics in the University City in Mulidaa. These comprises general, surgery and specialized clinics, besides the dental clinic. These clinics offer medical care to the staff and officers of the University in addition to the students.

Also, the governmental hospitals offer comprehensive medical care to the Saudi citizen including the students, and also they offer medical care to the international students. The University currently constructs and prepares the University Hospital in its main site, which is a comprehensive medical project. It is a part of the Medicine City which will serve all the University related persons and the society people as well.

Medical Care

<https://qa.qu.edu.sa/files/shares/handbooks/Student%20Manual.pdf> [2]

There are many hospitals in the region which offers medical care for the citizens, the non-Saudis and visitors. Some of these hospitals belong to the Ministry of Health, and some belong to the military sectors in the Kingdom. Most of these hospitals are in Buraidah city (the administration capital of the region). Of these hospitals are the followings

- Specialized King Fahad Hospital

- Central Buraidah Hospital
- Security Forces Hospital in Buraidah
- King Saud Hospital in Unaizah
- Psychological Health Hospital
- Children and Birthing Hospital in Buraidah

The First Gynaecological Surgery

https://twitter.com/QU_QUMC/status/1643874864762179584 [3]

of



The
College

أول عملية

بدأ الفريق الطبي بالمدينة الطبية بجامعة القصيم من إجراء أولى عمليات جراحة النساء في المستشفى الجامعي بنجاح، وقد تمت العملية بإشراف فريق طبي متخصص حيث تم اتباع أحدث الإجراءات الجراحية واستخدام التقنيات الحديثة في مجال الجراحة

وتأتي هذه الجهود في إطار تعزيز الرعاية الطبية التكاملية لتلبية الاحتياجات الصحية الشاملة لكافة أفراد المجتمع

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Pharmacy launches an awareness campaign to prevent breast cancer

<https://www.qu.edu.sa/content/news/602> [4]



The College of Pharmacy at Qassim University, in cooperation with Tahour Charitable Society and Al-Amal and Mental Health Hospital, launched an awareness campaign on the occasion of the World Day for Mental Health and Breast Cancer Awareness in the Unaizah Mall building, in Unaizah Governorate, and the campaign contained two sections, one for mental health, and the other for breast cancer awareness, and 18 students participated in providing medical and awareness services to visitors, where they measured the pressure and sugar of the guests, who numbered more than 200 visitors, and answered their questions and inquiries about standards and controls Maintain public health.

For his part, Dr. Yasser Al-Moqbel, Vice Dean of the College, stressed the need to activate international events dedicated to raising awareness of certain diseases, and investing these occasions in spreading awareness among members of society, and introducing the reasons for preventing these diseases, and methods of treatment in the event of infection, pointing out that the colleges of Qassim University provide many health, awareness and cultural services to the people of the region, sensing its societal role as the largest scientific and academic institution in the region.

Al-Muqbel explained that faculty members and students at the College of Pharmacy always take the initiative to participate in service, awareness and health events for the people of the Kingdom, pointing to the major campaign carried out by the College of Pharmacy last summer in several regions of the Kingdom under the slogan "Health We Care to Car", which was accepted and appreciated in the areas to which it went, and achieved many health and awareness goals for large numbers of visitors to the campaign's headquarters.

Breast Cancer Awareness and Prevention Lecture

<https://dcs.qu.edu.sa/content/news/311> [5]

The Deanship of Community Service, in collaboration with the Faculty of Nursing, holds a lecture entitled "Breast Cancer Awareness and Prevention is better than cure".

(Remotely)

Early screening lecture save lives

<https://dcs.qu.edu.sa/content/news/305> [6]

The Deanship of Community Service, in collaboration with the Faculty of Medicine and Medical Sciences in Aniza, holds a lecture entitled "Early screening to save lives".

(Remotely)

Attending the third medical jurisprudence program at the Maternity and Children's Hospital in Breda

<https://dcs.qu.edu.sa/content/news/204> [7]

The Deanship of Community Service in cooperation with the Faculty of Sharia and Islamic Studies is pleased with your invitation

To attend the third medical jurisprudence program, on Thursday, 8.1439/3, from 9 a.m. to 12 p.m., at the Children's and Maternity Hospital in Breda. (Women's programme)

A campaign to raise awareness of the dangers of breast cancer at the College of Science and Arts in Al Bukayriyah

<https://qu.edu.sa/files/shares/newspaper/99/99.pdf> [8]

The Student Club At the College of Science and Arts Bakriya, in cooperation with the Mathematics department on Sunday Sixth of October, held an awareness campaign entitled (Awareness from Breast cancer (.The efforts of the students in the campaign were on emphasizing The importance of early detection Raise, God willing, from a ratio Healing to 80 and 90 percent of infected cases, where The campaign dealt with prevention methods, Treatment, and its consequences. Ivory has health effects and psychics. It is considered breast cancer of the most common diseases In the Kingdom, among women forty years of age or older, By 55%, it is detected in later stages, which reduces the chances of recovery from it, What requires more Effort to spread a culture of prevention Instead of detection therapy Early and continuous education.

Awareness lecture entitled (Breastfeeding is the foundation of life)

<https://nursing.qu.edu.sa/content/news/185> [9]

God willing, the training unit will hold an awareness lecture entitled "Breastfeeding is the foundation of life" on Sunday, July 24, 24, 2012, in cooperation with the Department of Assisted Medical Services represented by the Department of Breastfeeding in Qassim.

The University's Driving School Organizes a Campaign to Raise Awareness of the Dangers of Breast Cancer

<https://www.qu.edu.sa/content/news/2265> [10]

The University, represented by the School of Driving Education, and in cooperation with the Faculty of Medicine at the University, organized an educational awareness campaign to raise awareness of

breast cancer, on Tuesday, 10/3/1442 AH, at the headquarters of the school in the University City, with the participation of the students of the Student Club of the Faculty of Medicine in light of the application of all the health precautionary measures followed to prevent the Coronavirus, where the campaign included the provision of medical and awareness consultations.

The campaign included the provision of self-examination services to visitors and employees with the participation of Dr. Maha Mohammed, a faculty member at the College of Medicine and the students of the college, who provided awareness of the importance of early detection, where the campaign aimed to promote awareness of early screening for prevention that contributes to the safety and health of all, and the number of beneficiaries reached about 45 beneficiaries between consultations and self-examination, in addition to raising their awareness of the importance of screening periodically.

This campaign came within the activities of the World Breast Cancer Month implemented by the University with the aim of educating members of the community, especially women, about the risk factors that increase the likelihood of breast cancer, methods of prevention, the importance of early detection, the target group, the place of availability of the service, and the provision of an integrated service to combat breast cancer in all its stages from detection to final treatment, God willing.

College of Pharmacy Launches Awareness Campaign to Prevent Breast Cancer

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The Faculty of Pharmacy at Qassim University, in cooperation with Tahur Charitable Society and Al-Amal and Mental Health Hospital, launched an awareness campaign on the occasion of the World Day of Mental Health and Breast Cancer Awareness in the Onaiza Mall building, Unaizah Governorate, and the campaign contained two sections, one for mental health, and the other for breast cancer awareness, and participated in the provision of medical and awareness services to visitors, 18 students, where they measured the pressure and sugar of the guests, who numbered more than 200 visitors, and also answered their questions and inquiries about the standards and controls Maintain overall health.

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Al-Moqbel explained that faculty members and students at the College of Pharmacy always take the initiative to participate in service, awareness and health events for the people of the Kingdom, pointing to the major campaign carried out by the College of Pharmacy last summer in several regions of the Kingdom under the slogan "Health we care to care", which received acceptance and approval in the areas to which it went, and achieved many health and awareness goals for large numbers of visitors to the headquarters of the campaign.

The College of Medicine and Medical Sciences holds an awareness campaign in conjunction with the World Breast Cancer Month in Onaiza

<https://qu.edu.sa/content/news/1462> [11]

The University, represented by the Faculty of Medicine and Medical Sciences in Unaizah, concluded on Sunday, 7/2/1441 AH, an awareness campaign on breast cancer, which lasted for three days at the Othaim Mall building in Unaizah, under the slogan "Do not wait for symptoms", in conjunction with the International Month of Breast Cancer Awareness in October of each year, with the aim of introducing the risks and types of breast cancer, and to introduce the method of self-examination and the need to conduct early screening to avoid infection.

The campaign was implemented in cooperation with Tahour Association, King Saud Hospital and Aman Association, and included the distribution of awareness brochures to visitors, in order to encourage early detection by clarifying the important and influential health aspect of treatment by introducing symptoms and screening methods in order to spread knowledge and awareness about breast health.

For her part, the Vice Dean of the College, Dr. Ashwaq bint Ahmed Al-Eid, explained that the aim of the awareness campaigns organized in October of each year is to convey messages to the community that early detection is the secret of recovery and survival from breast cancer, where the means of early detection, diagnosis, examinations and necessary measures in the post-recovery phase are highlighted.

The Faculty of Medicine concludes a health awareness campaign entitled «Differentiate with you»

<https://qu.edu.sa/content/news/1769> [12]

The University, represented by the Faculty of Medicine, concluded on Friday evening, 11/7/1441 AH, its health awareness campaign held under the title «Differentiate with you» at the Nakheel Plaza complex in Buraidah over two days, where the campaign provided several medical examinations and recreational and educational programs to introduce visitors to the campaign from all segments of society to sound health concepts, based on the responsibility of the university towards the community.

The awareness campaign dealt with ways to prevent and raise awareness of some diseases in order to introduce healthy and sound concepts in the field of maintaining public health, such as these diseases of the diabetic foot, prostate diseases, breast cancer, obesity, stomach cutting, and others based on their prevalence and the need of society to identify their risks, ways to deal with them and how to avoid and prevent them.

The organizers of the campaign were keen to take into account how to communicate ideas in a tangible and tangible way to more than one social segment, starting with a civilizational exhibition that talks about the history of surgery, the contents of which were highlighted based on a combination of the past and present, from the origins of surgical procedures in the past to the three-dimensional experience of surgery that reflects the current experience of the operating room and what it feels like as a doctor in a contemporary way for this generation.

The campaign included educational corners, places for medical consultations and programs for children, as well as a corner to measure pressure and sugar, in addition to distributing many souvenirs to the public at the end of the events.

The College of Applied Medical Sciences holds the activities of the International Day of Medical Laboratories 2019 under the slogan "Take Results"

<https://qu.edu.sa/content/news/1257> [13]

Believing in the importance of its role in serving the community and the need to promote the dissemination of the correct health culture and raise the health level of the individual and the community, the university, represented by the College of Applied Medical Sciences and in cooperation with the Department of Medical Laboratories for Female Students, held last Friday the activities of the International Day of Medical Laboratories 2019, under the slogan "Take Results" during the week of medical laboratories, in one of the commercial complexes in Al-Rass Governorate.

The exhibition was inaugurated by the Dean of the College, Dr. Mohammed Al-Sahli, in the presence of the Vice-Deans of the College, the heads of departments and a number of faculty members and students.

During the event, many medical, awareness-raising, educational and medical examinations were presented, including anemia screening, random blood sugar measurement, kidney function and liver function examination, blood group determination, blood pressure measurement, and body mass calculation, in addition to displaying a number of boards and distributing a number of educational leaflets on a number of medical topics including diabetes, sickle cell anemia, iron deficiency anemia, vitamin D, the importance of premarital screening, and the importance of taking medical vaccines.

An educational corner on toxins was also set up in which awareness was raised about the dangers of pesticides and methods of cleaning them from foods, overdoses of medicines, names of cancer-causing chemical compounds found in personal care products, the danger of the presence of toxic substances in some children's toys such as clay, as well as awareness of the dangers caused when mixing household cleaners with each other.

A special corner for medical microbiology was held where awareness was raised about the importance of hygiene and washing hands in the right way, and images of germs were displayed under the light microscope, as well as a picture of blood components.

The number of beneficiaries of all accompanying events reached more than 339 beneficiaries, while the total number of tests provided reached 441 various medical examinations, including 93 tests for anemia, 102 sugar level, 116 identification of blood groups, 86 measurement of blood pressure and 43 measurement of body mass, a number of rare blood groups were discovered, 34 cases of anemia and 47 cases of severe hyperglycemia were discovered, including 8 new cases all directed to a review Specialized doctors according to the customs followed in such cases.

It is worth mentioning that these events come within a series of medical events and a commemoration of the various international days held by the College of Applied Medical Sciences at the university, where the world celebrates annually in April of each year the International Day of Medical Laboratories, in recognition of the important role of medical laboratory workers from scientists, doctors, specialists and technicians and to emphasize the importance of this great profession in the

health system of diagnosing and detecting diseases, following up their development and determining the appropriate treatment for them, and to raising awareness of the importance of this specialty and its role. Fundamental in the development of science in health professions.

The College of Applied Medical Sciences participates in the «Winter of the Air Festival» with a health awareness campaign and a workshop

<https://qu.edu.sa/content/news/1745> [14]

The College of Applied Medical Sciences participated in the activities of the «Winter of the Atmosphere» festival in the heritage village of Ayoun Al-Jawa, where the Department of Medical Laboratories at the College held a health educational awareness campaign entitled «Awareness», over the course of Friday and Saturday 20-21/6/1441 AH, as part of the activities of community service at the College, where the campaign included the provision of a number of free medical examinations to all visitors to the festival.

The campaign aimed to contribute to raising the level of knowledge among visitors to the festival regarding a number of common diseases that are dominated by some false beliefs, through the explanation and distribution of awareness brochures, where the campaign included awareness of diabetes, pre-diabetes, blood pressure disease, and various types of anemia and clarify their causes and ways to avoid them, in addition to raising awareness of the importance of medical examination before marriage, and also highlighted the importance of following up pregnancy at the doctor, especially for those with negative type in order to take (Anti D) during pregnancy under the supervision of a doctor.

The laboratory department provided many medical tests to the visitors of the festival, including random glucose measurement, cumulative glucose measurement, measurement of hemiograbiya, as well as comprehensive examination of kidney and liver function, knowledge of the percentage of minerals in the body, in addition to measuring blood pressure and determining the blood groups of visitors, where the number of beneficiaries of the campaign reached 269 beneficiaries, and about 904 laboratory tests were conducted through which it was found that 78 cases of anemia were discovered, 63 cases have high blood pressure and 92 cases suffer from From a rise in the level of sugar, of which seven cases were not previously aware of diabetes which was confirmed by a cumulative sugar test.

On the other hand, the College's participation in the festival included the establishment of an awareness workshop entitled «Smart Methods to Avoid Obesity», to introduce obesity, its causes, harms and methods of prevention, and touched on smart strategies that fight obesity and its prevention, while explaining healthy habits while eating and the importance of eating and organizing healthy meals, and also highlighted the importance of practicing physical activity and its positive benefits for the body to build a healthy body and to avoid obesity and its accompanying symptoms.

The workshop was accompanied by laboratory tests that included measuring triglycerides, measuring harmful and benign blood cholesterol, measuring height and weight, and calculating the body mass index, and the number of beneficiaries of the workshop reached 257 beneficiaries, where about 217 tests were done for triglycerides and cholesterol of both types, and the tests showed that there are 7 cases suffering from high cholesterol, 5 cases with high triglycerides and 139 cases suffering from obesity.

A hotline for legal and family consultations with an awareness, health and education campaign on the mind of falcons

<https://qu.edu.sa/content/news/784> [15]



جامعة القصيم الثانية "توعية وصحة وثقافة"
في محافظتي عنتاب السقور
من الأحد ١٤٤٣/٩/١٩ حتى السبت ١٤٤٣/٩/٢٢ هـ

مستشارك الاجتماعي

عزيزي المواطن / المواطنة

- هل ترغب حلاً لمشكلة اجتماعية تواجهك؟
- هل ترغب باستشارة أسرية؟
- هل ترغب بحلول آمنة وفعالة وسريّة؟

يجيبك عليها الخط الساخن
رجال ٩٢٠٠١٢٠٢٠ تحويلة ٤٤٤
نساء ٠١٦٣٨٢٢٩٩٩ تحويلة ١١١

من الساعة ٤:٣٠م حتى الساعة ٨:٠٠م
(طوال أيام الحملة)

مصرف الراجحي Al Rajhi Bank



جامعة القصيم الثانية "توعية وصحة وثقافة"
في محافظتي عنتاب السقور
من الأحد ١٤٤٣/٩/١٩ حتى السبت ١٤٤٣/٩/٢٢ هـ

مستشارك الشرعي

عزيزي المواطن / المواطنة

- هل تريد معرفة الحكم الشرعي بقضية قد تواجهك؟
- هل ترغب بسؤال عن أي قضايا شرعية أو أحكام فقهية؟

يجيبك عليها الخط الساخن
0560602041

من الساعة ٤:٠٠م حتى الساعة ٦:٠٠م
(طوال أيام الحملة)

مصرف الراجحي Al Rajhi Bank

The organizing committee of the "Awareness, Health and Education" campaign organized by the University for the second year in a row has allocated a hotline for family counseling implemented by the Issad Center for Family Counseling "Boys and Girls", where the number (920012020) was allocated to receive men's calls, while receiving women's consultations on the number ([0163822999](tel:0163822999)), and the campaign also provides a Sharia counseling service, where he receives calls and answers them Sheikh Dr. Fahad Ali Al-Salami on the number ([0560602041](tel:0560602041)) for 7 days throughout the campaign.

Dr. Abdulrahman Al-Nusyan, Dean of the Deanship of Community Service at the University and Executive Director of the campaign, explained that this service has been provided to serve the community, and to answer all legitimate inquiries, and also provides family advice to men and women,

where the university provides a suitable environment by providing a special and confidential atmosphere between the caller and the future, and offering appropriate treatment through specialists, as it aims to reach the beneficiaries in their places, who could not come to the campaign and want treatment for their problems in particular.

Al-Nusayan stressed that the university seeks to benefit the province of Aqla al-Saqour and neighboring villages and instill Islamic values and intellectual awareness across all fields, where the campaign was keen on family, social and legal awareness through specialized courses and Sharia programs targeting mosques, schools and some specialized sites.

Breast Cancer Awareness and Prevention Lecture

<https://dcs.qu.edu.sa/content/news/311> [5]



The Deanship of Community Service, in collaboration with the Faculty of Nursing, holds a lecture entitled "Breast Cancer Awareness and Prevention is better than cure".

(Remotely)

dcs.qu.edu.sa

Early screening lecture save lives

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The Student Club At the College of Science and Arts Bakriya, in cooperation with the Mathematics department on Sunday Sixth of October, held an awareness campaign entitled (Awareness from Breast cancer (.The efforts of the students in the campaign were on emphasizing The importance of early

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Medical and health care services provided by the University to more than 1,200 international students of 90 nationalities

<https://qu.edu.sa/content/news/1856> [16]

Since the beginning of the outbreak of the Corona pandemic, the university has been keen to provide all the requirements of health care and subsistence to more than 1200 of its international students from 90 nationalities, to ensure their safety from this epidemic, as the Deanship of Student Affairs at the university continued to provide these services for almost four months, including the establishment of health quarries and specialized medical clinics, in cooperation with the university's Medical City, the Health Cluster, and the General Directorate of Health Affairs.

The university provided 3 health quarries, 15 medical staff, 8 mobile phones, and 10 volunteer clubs to provide all the needs and requirements of students, in addition to distributing more than 4,000 masks, 1,000 prayer mats, 5,000 gloves, 1,800 daily meals, and more than 10,000 sterilization and hygiene tools, and the university's grants department has booked travel tickets for students wishing to travel, ensure the validity of passports, renew expired passports in coordination with their embassies, and communicate with airlines to travel, to evacuate, confirm residence and extract Visa for those who wanted to travel.

The Deanship held a number of meetings with students to identify and provide them with their needs, where a command and control center was established to manage this crisis, under which 15 committees and a club for mobile in the student housing and a volunteer club to provide all services to these students, and set daily points of contact between beneficiaries and service providers, to provide all the requirements and daily needs for them, and allocated a number for emergencies around the clock, and sought to deport those who want to travel, where it has deported 900 students

so far and is continuing with deportations after coordination With the relevant authorities, all preventive measures and precautionary measures have been taken in accordance with the instructions received from the competent authorities to face this crisis and overcome its negative effects.

During the crisis, the university's housing department provided all the requirements for housing and follow-up maintenance work, and sought to provide the basic requirements for students from bringing tools outside the housing, and the roving also conducted a daily survey on the external and internal buildings of the suites, through their presence and housing inside the university to provide service around the clock, in addition to following up about 7 buildings inside the university, and following up the process of entering and exiting buildings, and making sure that there are no cases infected or suspected of being infected in some buildings.

For its part, the volunteer club contributed to the delivery of food items to each pavilion inside the pavilions of the buildings, and the provision of 3 meals with a total of 1800 meals per day to all students, where the volunteer student provides these meals and puts them inside the food containers to deliver them to students, according to models and numbers scheduled and accurate for each building, suite and room.

The medical department worked 24 hours a day during the crisis in coordination with the Command and Control Center, to provide treatment and medical consultations for all pathological cases, facilitate the access of students to the clinic and return to their rooms, dispense treatment and deliver medicines to the beneficiaries, and daily follow-up of all students with continuous examination inside their rooms, in addition to the presence of the clinic of the Ministry of Health in the student residence.

In turn, the Nutrition Department continued to secure successive meals and follow them closely inside the kitchen through specialists to ensure food safety and the number of meals that come out according to a specific schedule for all buildings and food delivery.





Awareness lecture entitled (Breastfeeding is the foundation of life)

<https://nursing.qu.edu.sa/content/news/185> [9]

God willing, the training unit will hold an awareness lecture entitled "Breastfeeding is the foundation of life" on Sunday, July 24, 2012, in cooperation with the Department of Assisted Medical Services represented by the Department of Breastfeeding in Qassim.

The University's Driving School Organizes a Campaign to Raise Awareness of the Dangers of Breast Cancer

<https://www.qu.edu.sa/content/news/2265> [10]





The University, represented by the School of Driving Education, and in cooperation with the Faculty of Medicine at the University, organized an educational awareness campaign to raise awareness of breast cancer, on Tuesday, 10/3/1442 AH, at the headquarters of the school in the University City, with the participation of the students of the Student Club of the Faculty of Medicine in light of the application of all the health precautionary measures followed to prevent the Coronavirus, where the campaign included the provision of medical and awareness consultations.

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The College of Medicine and Medical Sciences holds an awareness campaign in conjunction with the World Breast Cancer Month in Onaiza

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The University, represented by the Faculty of Medicine and Medical Sciences in Unaizah, concluded on Sunday, 7/2/1441 AH, an awareness campaign on breast cancer, which lasted for three days at the Othaim Mall building in Unaizah, under the slogan "Do not wait for symptoms", in conjunction with the International Month of Breast Cancer Awareness in October of each year, with the aim of introducing the risks and types of breast cancer, and to introduce the method of self-examination and the need to conduct early screening to avoid infection.

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The Faculty of Medicine concludes a health awareness campaign entitled «Differentiate with you»

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The organizers of the campaign were keen to take into account how to communicate ideas in a tangible and tangible way to more than one social segment, starting with a civilizational exhibition that talks about the history of surgery, the contents of which were highlighted based on a combination of the past and present, from the origins of surgical procedures in the past to the three-dimensional experience of surgery that reflects the current experience of the operating room and what it feels like as a doctor in a contemporary way for this generation.

The campaign included educational corners, places for medical consultations and programs for children, as well as a corner to measure pressure and sugar, in addition to distributing many souvenirs to the public at the end of the events.

The College of Applied Medical Sciences holds the activities of the International Day of Medical Laboratories 2019 under the slogan "Take Results"

<https://qu.edu.sa/content/news/1257> [13]



Believing in the importance of its role in serving the community and the need to promote the dissemination of the correct health culture and raise the health level of the individual and the community, the university, represented by the College of Applied Medical Sciences and in cooperation with the Department of Medical Laboratories for Female Students, held last Friday the activities of the International Day of Medical Laboratories 2019, under the slogan "Take Results" during the week of medical laboratories, in one of the commercial complexes in Al-Rass Governorate.

The exhibition was inaugurated by the Dean of the College, Dr. Mohammed Al-Sahli, in the presence of the Vice-Deans of the College, the heads of departments and a number of faculty members and students.

During the event, many medical, awareness-raising, educational and medical examinations were presented, including anemia screening, random blood sugar measurement, kidney function and liver function examination, blood group determination, blood pressure measurement, and body mass calculation, in addition to displaying a number of boards and distributing a number of educational leaflets on a number of medical topics including diabetes, sickle cell anemia, iron deficiency anemia, vitamin D, the importance of premarital screening, and the importance of taking medical vaccines.

An educational corner on toxins was also set up in which awareness was raised about the dangers of pesticides and methods of cleaning them from foods, overdoses of medicines, names of cancer-causing chemical compounds found in personal care products, the danger of the presence of toxic substances in some children's toys such as clay, as well as awareness of the dangers caused when mixing household cleaners with each other.

A special corner for medical microbiology was held where awareness was raised about the importance of hygiene and washing hands in the right way, and images of germs were displayed under the light microscope, as well as a picture of blood components.

The number of beneficiaries of all accompanying events reached more than 339 beneficiaries, while the total number of tests provided reached 441 various medical examinations, including 93 tests for anemia, 102 sugar level, 116 identification of blood groups, 86 measurement of blood pressure and 43 measurement of body mass, a number of rare blood groups were discovered, 34 cases of anemia and 47 cases of severe hyperglycemia were discovered, including 8 new cases all directed to a review Specialized doctors according to the customs followed in such cases.

It is worth mentioning that these events come within a series of medical events and a commemoration of the various international days held by the College of Applied Medical Sciences at the university, where the world celebrates annually in April of each year the International Day of Medical Laboratories, in recognition of the important role of medical laboratory workers from scientists, doctors, specialists and technicians and to emphasize the importance of this great profession in the health system of diagnosing and detecting diseases, following up their development and determining the appropriate treatment for them, and to raising awareness of the importance of this specialty and its role. Fundamental in the development of science in health professions

The College of Applied Medical Sciences participates in the «Winter of the Air Festival» with a health awareness campaign and a workshop

<https://qu.edu.sa/content/news/1745> [14]



The College of Applied Medical Sciences participated in the activities of the «Winter of the Atmosphere» festival in the heritage village of Ayoun Al-Jawa, where the Department of Medical Laboratories at the College held a health educational awareness campaign entitled «Awareness», over the course of Friday and Saturday 20-21/6/1441 AH, as part of the activities of community service at the College, where the campaign included the provision of a number of free medical examinations to all visitors to the festival.

The campaign aimed to contribute to raising the level of knowledge among visitors to the festival regarding a number of common diseases that are dominated by some false beliefs, through the explanation and distribution of awareness brochures, where the campaign included awareness of diabetes, pre-diabetes, blood pressure disease, and various types of anemia and clarify their causes

and ways to avoid them, in addition to raising awareness of the importance of medical examination before marriage, and also highlighted the importance of following up pregnancy at the doctor, especially for those with negative type in order to take (Anti D) during pregnancy under the supervision of a doctor.

The laboratory department provided many medical tests to the visitors of the festival, including random glucose measurement, cumulative glucose measurement, measurement of hemiograbia, as well as comprehensive examination of kidney and liver function, knowledge of the percentage of minerals in the body, in addition to measuring blood pressure and determining the blood groups of visitors, where the number of beneficiaries of the campaign reached 269 beneficiaries, and about 904 laboratory tests were conducted through which it was found that 78 cases of anemia were discovered, 63 cases have high blood pressure and 92 cases suffer from From a rise in the level of sugar, of which seven cases were not previously aware of diabetes which was confirmed by a cumulative sugar test.

On the other hand, the College's participation in the festival included the establishment of an awareness workshop entitled «Smart Methods to Avoid Obesity», to introduce obesity, its causes, harms and methods of prevention, and touched on smart strategies that fight obesity and its prevention, while explaining healthy habits while eating and the importance of eating and organizing healthy meals, and also highlighted the importance of practicing physical activity and its positive benefits for the body to build a healthy body and to avoid obesity and its accompanying symptoms.

The workshop was accompanied by laboratory tests that included measuring triglycerides, measuring harmful and benign blood cholesterol, measuring height and weight, and calculating the body mass index, and the number of beneficiaries of the workshop reached 257 beneficiaries, where about 217 tests were done for triglycerides and cholesterol of both types, and the tests showed that there are 7 cases suffering from high cholesterol, 5 cases with high triglycerides and 139 cases suffering from obesity.