

An Introduction to the Introductory

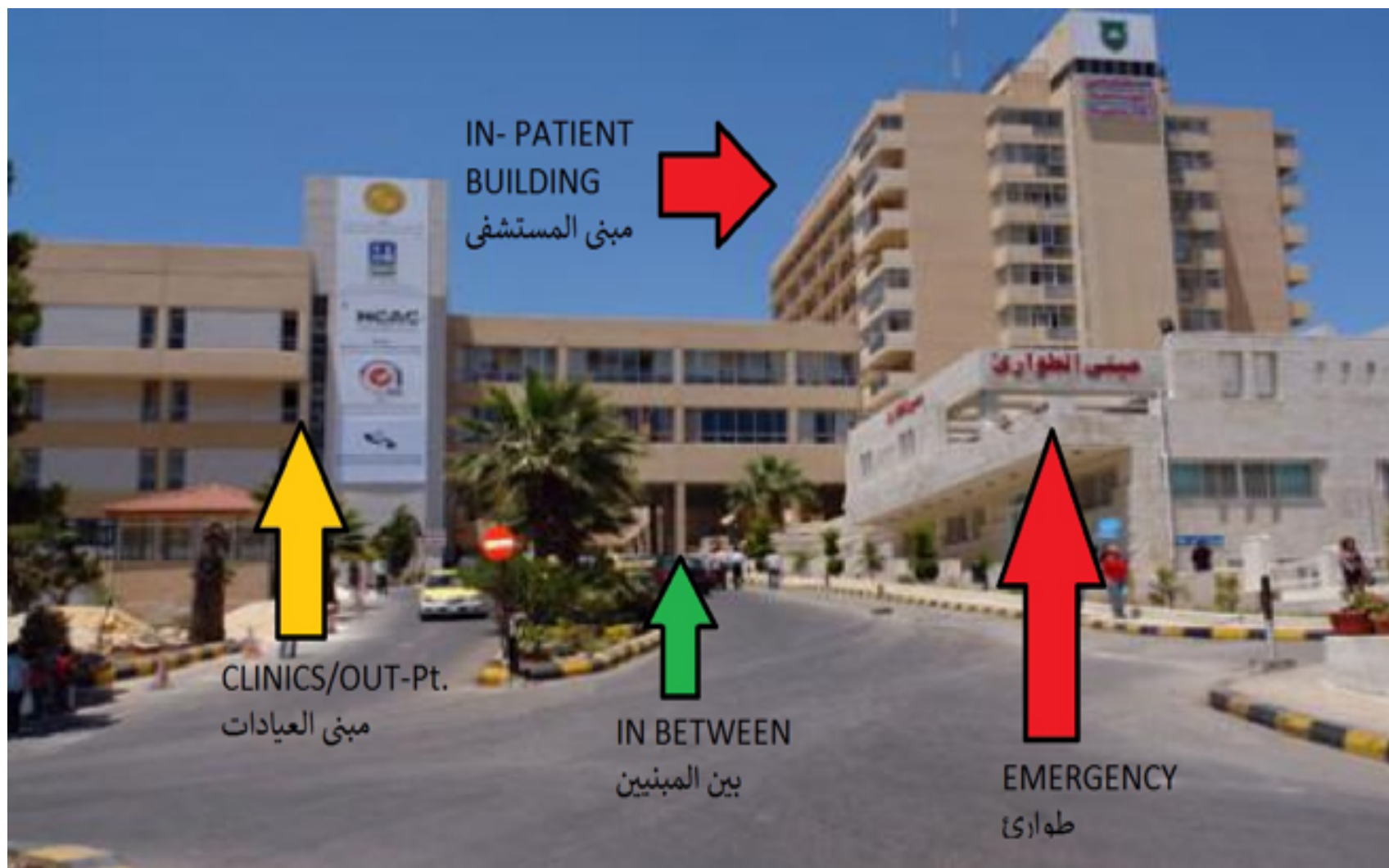
Hasan Hammo

A series of horizontal lines of varying lengths and colors (teal, light blue, and white) extending from the right side of the slide.

Congratulations and welcome to
Clinical!







- The Introductory Course is one of the oldest given courses in this faculty's history. It is a bridge between basic and clinical years. This 8 hour course can be whatever you want it to be, and depending on how you see it, it can be horrendous, but can also be one of the greatest semesters of your university career.
- This presentation will outline only the most important aspects, leaving the rest for you to discover.

Who's in charge of the Introductory course?

- Dr. Natheer Obeidat, the dean of the faculty. He is a pulmonologist.
- However, if he isn't this year, then it will be Dr. Ayman Wahbeh, a nephrologist.
- They have helpers, Dr. Hana Abu Hassan and Dr. Ruba Jabir, and Dr. Ola Hijjawi.





What do I need for the introductory course?







Is there a dress code?

- Yes, they will be explaining it to you on the first day. But in general, a nice dress shirt (قميص) and dress pants (they can be كتان) and black or brown dress shoes (كندرة). As for girls, modest clothing that isn't too flashy and shoes are the same. Also, no long nails or nail polish, and no makeup in general.

Where can I get a good labcoat?

- There are 2 main places students usually like going to: Bait Al Tatreez and Al-Nimir

رقم بيت
التطريز؛
96262550712



النمر

- النمر: شارع مكه مكة لبعء أبو جبارة بشوي عنفس السايد.
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What is clinical?

- Clinical is the art of combining 4 main aspects in the treatment of a patient. Treating a patient means alleviating his suffering. The 4 main aspects are:



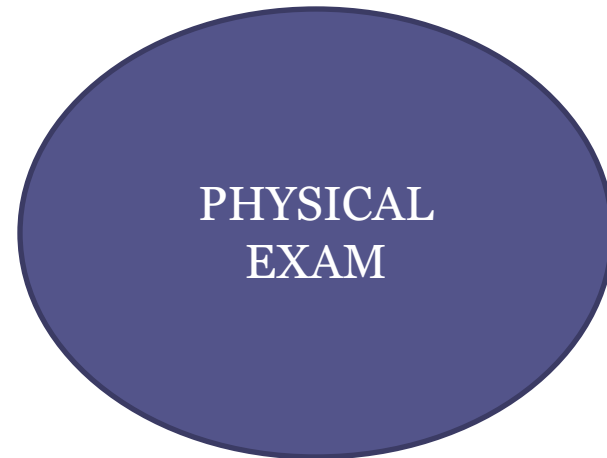
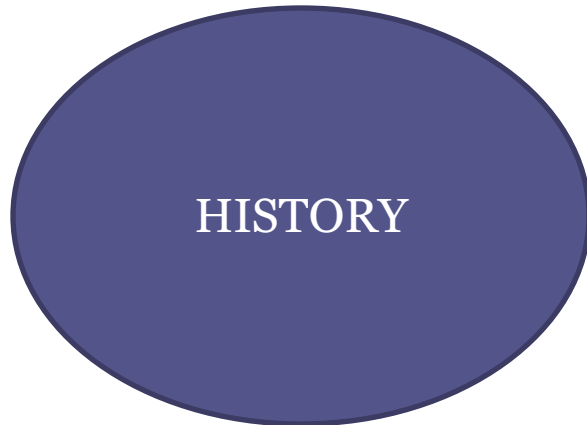
HISTORY

PHYSICAL
EXAM

INVESTIGA
TIONS

MANAGE
MENT

In Introductory, we focus on the following only:



What is a history?

- History simply means talking to the patient, and asking him what's wrong. What the patient says is wrong with him, and what he complains of is called SYMPTOMS.
- There's a lot more to it, and you'll learn the art of history taking as you progress in this course.



What is a physical exam?

- After taking the history and learning his symptoms, now you want to look for the SIGNS.

You find the signs of the disease by various maneuvers using all of your senses. (Yes even taste, that's how they used to diagnose diabetes).





Why do I need to do a history and physical exam?

- The history and physical exam will usually give you about 80% of the diagnosis. Without them, you'll have no idea where to start or how to approach your patient.

Whats a diagnosis?

- A diagnosis is defining the disease of condition the patient is complaining of using

1- History

2- Physical Exam

3 - Investigations

What are “investigations”?

- Investigations are various means of figuring out what the patient has after history and physical exam. They include his blood values (ex. Hemoglobin, white blood cells, etc.), X-Rays, CT Scan, MRI, and many others that you’ll learn about during 4rth year.

How do I study the “History and physical exam”?

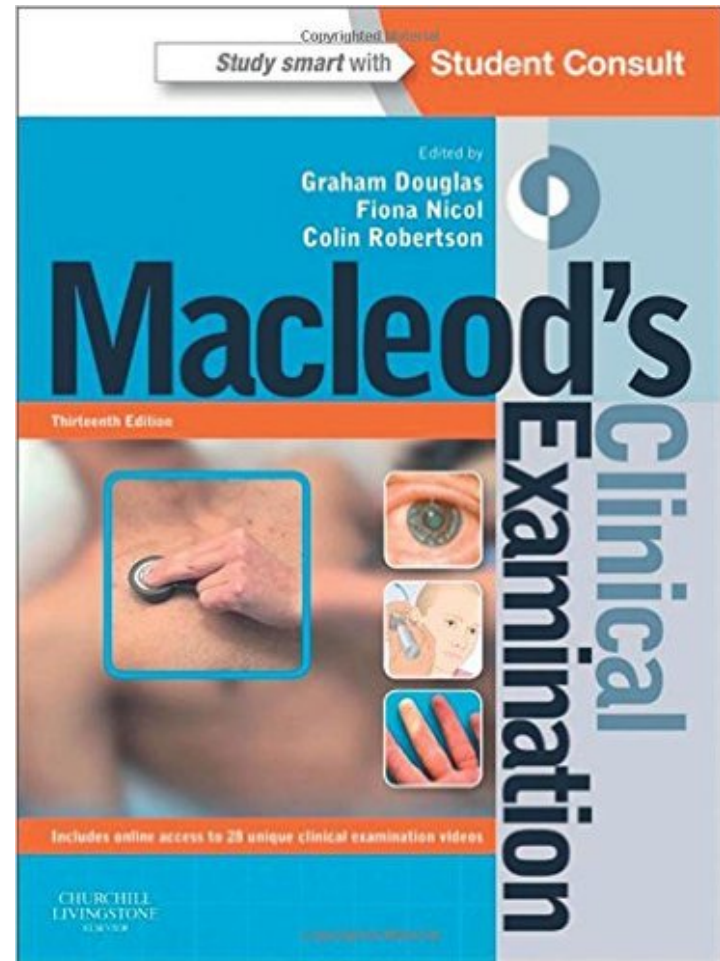
- There are various ways from which you will be learning them this semester, and that's to make sure you understand them properly. The sources are:
 - 1- Macleod's clinical examination
 - 2- The morning lecture
 - 3- The subgroup
 - 4- The patient
 - 5- Hanan Mansour's Doosiyeh

What is Macleod's?

- Macleod's is the book that you'll keep around for the 3 years of clinical. It teaches you how to take a history from a patient, what to say and what to ask and how to ask it. It tells you what symptoms you need to ask about.
- It also tells you how to perform a physical exam. It also provides videos online that show you how to do a physical exam.

How is Macleod's pronounced?

- No one knows for sure, just say it the way you feel comfortable



Where do I get it from?

- A lot of places around the university sell it.
- You can also find it online here:
<https://juclinical.com/ebooks/>
- You can find the videos here:
<https://juclinical.com/macleods-videos/>

Do I have to study all of it?

- No, only the chapters the instructors tell you to study.

Whats Hanan Mansour's دوسية?

- It's a collection of all of the physical exams made by one of our colleagues that is an excellent guide and check list. Highly recommended after studying Macleod as a sort of revision.
- It can be bought at Al- Raed or found online at juclinical.com



Now back to the course....

When will it start?

- All the clinical years will start together, and the date is 1 / 7

How will we be divided?

- You will be divided into 2 main sections, and each section will have around 15 subgroups. Each subgroup will have about 15 students

When will I know which section I'm in and what subgroup I'll be in?

- This usually takes a while for the faculty to make the groups. Miss Haifa Mahasneh, the clinical years coordinator, is in charge of this. Our year, they divided us on the first day of the course so don't worry if they don't come out.

Whats a subgroup?

- It is your group along with 14 other students. You will be together all semester long.
- As one instructor once said, “جروبي عالمي الصغير”



I know what section and subgroup I'm in, now what?

- Once they've divided you up, you'll have known who your group members are and who your instructor is. Go to him/her and see what they want you to do.

What's an instructor?

- The instructor is a resident doctor who will be in charge of your group for the 8 weeks of the course.

Hospital Hierarchy

- استشاري - Consultant
- زميل - Fellow
- اخصائي - Specialist
- مقيم - Resident
- امتياز - Intern
- انت - Student

How will my schedule be like?

- Depending on what section you are, you'll be either way. Our schedule was like the following:

Time	Section A	Section B
8-10	Lecture	Subgroup
10-12	Subgroup	Lecture
12-1	Break	Break
1-2	Lecture - Ethics	Subgroup
2-3	Subgroup	Lecture - Ethics
3-4	History	History

What's the lecture like?

- The morning lecture will be given by the instructors everyday for the 8 weeks of the course. They will explain the chapters in Macleod and make it easier for you to study it. They will also be demonstrating how to do a physical exam.
- Each week they will be explaining a new chapter and thus a new system.

Where is it and what time should I be there?

- The lecture will be in the lecture hall of the hospital, on the -1 floor next to the cafeteria. I say cafeteria because this will become an important landmark in your career.
- You should be at the lecture at least 5 minutes before it starts, otherwise you won't be allowed to enter.



Can I skip the lecture?

- NO! You cannot be absent for no reason. There must be a good reason with proof. For example, if you're sick, you have to go the JUH and get a paper from them to prove your innocence.

What happens if I skip or Im late?

- You will be called down to the stage to talk to Dr. Natheer.

Will there be حضور و غياب?

- Yes there will, but it wont be Abu Yamen taking it.
- Each group will have a leader, and at the start of the lecture the leader has to count his group and make sure theyre all there.
- The leader will then tell the instructor who's absent.

What do we do in the “subgroup” time?

- Your subgroup will be assigned a room, for example “Medicine-2 hall, 3rd floor, room 304”. In this room, you’ll be meeting with your group and instructor everyday for the next 8 weeks.

What will our instructor teach us in subgroup time?

- Your instructor will explain the book more to you, help you out with history taking, and most importantly, you will be practicing how to do a physical exam on one another.

WHAT...?

- Yes, you will be practicing how to do a physical exam on one another. One of you will volunteer, and the rest of the group will be practicing on him.

Okay, so I know what my day schedule is like, what about weekly?

- Every Thursday you will have a quiz, and yes even the first Thursday of the course. The quiz will be on the chapter they taught you during that week. They only ask questions from the book, so study it well.

What chapters will be taught every week?

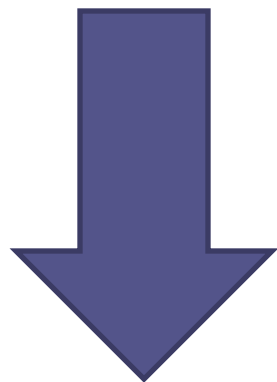
- 1st week – Intro
- 2nd week – Respiratory
- 3rd week – Cardio
- 4th week- GI and Renal
- 5th week – Musculoskeletal and Endocrine
- 6th week – Neuro
- 7th week –
- 8th week-

How much will the quizzes affect my grade?

- There will be 8 quizzes, one every week. All the quizzes make up 20% of your final grade.

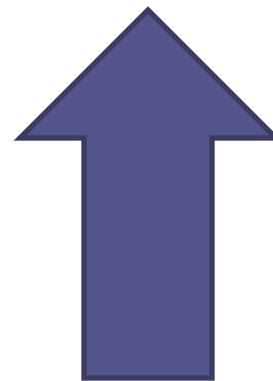
When will I know my grade?

- You will know your quiz mark the week after you take it.
- BUT, there are 2 very important exceptions, of which you'll find out the Sunday after the quiz:



MIN

MAX



Whats a “min”?

- Minimum means the lowest scores in the quiz. Unfortunately, if you get the minimum grade, you will be called down to the stage.

Whats the stage?

- The stage is where you will stand in front of Dr. Natheer (or whoever is acting in his place). He will ask you why you got the minimum mark, and good luck explaining that to him. SO STUDY WELL



What about the Max?

- Some students will get the max mark on the quiz, which is usually a perfect 20/20. They will also be called down to the stage, and Dr. Natheer will also ask them why they got the max mark, but don't worry, it's a good thing :P

Is there any homework?

- Yes, you are required to summarize the whole chapter over the weekend and hand it in Sunday.

What about during the week? What do I have to do?

- You have to study for your quiz on Thursday and take at least 2 histories and physical exams and give them to your instructor.
- Physical exam = P/e

How do I take a history and P/e?

- You'll learn how the first week of the course, and with time it gets easier. Go to the hospital and go to one of the floors. I preferred the 2nd and 3rd floors since they were surgery patients and their histories were a little more straightforward.
- Sit down with the patient and take a history, once you're done, take his/her permission, make sure there's a chaperone if they want, and perform a physical exam.

How will my final mark be calculated?

- The final mark will be calculated based on 3 things:
- The quizzes: 20%
- The evaluation: 30%
- The Final Exam: 50%

How will I be evaluated?

- Your instructor is in charge of this, He will put a grade based on your attitude, performance, knowledge, manners, neatness, and attendance.

What about the final?

- The final exam will be given at the end of the course and it is worth 50% of your final mark.
- It consists of two parts, the theory exam and the OSCE. The theory exam will test your knowledge from the book and will be 100 questions in 2.5 hours.

Whats the “OSCE”?

- The OSCE – Objective Structured Clinical Exam – is an exam where you will be asked to perform a physical exam or ask a history in front of an instructor. They will mark you based on a pre-assigned check list.

Some important links:

- Juclinical.com is a website made by one of our colleagues. It contains everything you need for clinical years, but more importantly for introductory as well:

<https://juclinical.com/introductory-course-5/>

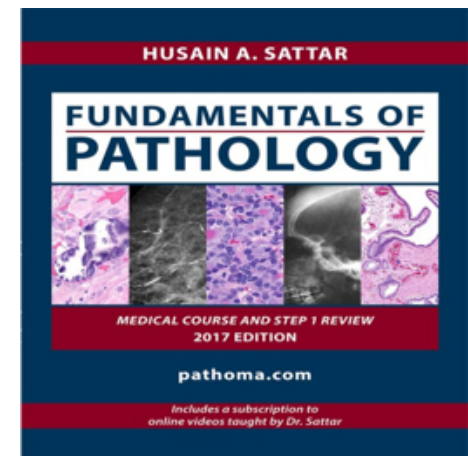
Tips and Tricks to Master the course

- 1- Take a deep breath, its not as hard as it may seem
- 2- Always keep your beard trimmed and neat, otherwise Dr. Natheer will tell you to go home and shave it and come back
- 3- Always keep your clothes neat and clean
- 4- Always bring ALL of your equipment every day, even if you wont need it that week
- 5- Always be nice to the patients, they've been through a lot.
- 6- Come take a history later at night or on Saturday when the pressures a bit less.
- 7- try taking a history and physical exam from a patient who has a disease related to the chapter you're studying.
- 8- Go with a friend at the beginning to take a history and physical, but also try going by yourself to get used to it.

- 9- Be nice to your group, they'll be your really good friends at the end of the course.
- 10- Volunteer for letting your group do a P/e on you, the instructor will boost your evaluation
- 11- Study everyday so that you don't cram everything on Wednesday night
- 12- Watch the Macleod videos and PRACTICE PRACTICE PRACTICE
- 13- Grab a friend or two and meet once a week to practice history and physical exams
- 14- When studying, try to make a method to make reviewing easier. I used flashcards for the various diseases and it worked.
- 15- Have fun, because this really is a beautiful course, and If you play it right, you will enjoy it

What do I do in during this vacation waiting for introductory?

- RELAX! God knows what a semester you have in store. Don't go around trying to study Macleod by yourself because you will not be able to understand it and will hate the way its written
- Pathoma Pathoma Pathoma. I cannot stress how important it is for you to have studied pathoma before introductory and clinical, so use this time for that.



GOOD LUCK