

Internal Medicine Insights: “The Departmental bulletin”

“The greatest medicine of all is teaching people how not to need it.”— *Hippocrates*
March 2025 to April 2025

Editor’s Note

Welcome to the sixth edition of *Internal Medicine Insights*. This issue showcases our department’s continued strides in innovation, including the successful pilot of Metaverse-based OSCE assessments, active participation in major conferences, and impactful research contributions.

We are especially proud of our students and grateful to our faculty and leadership for their unwavering support. We hope you find this edition informative and inspiring.

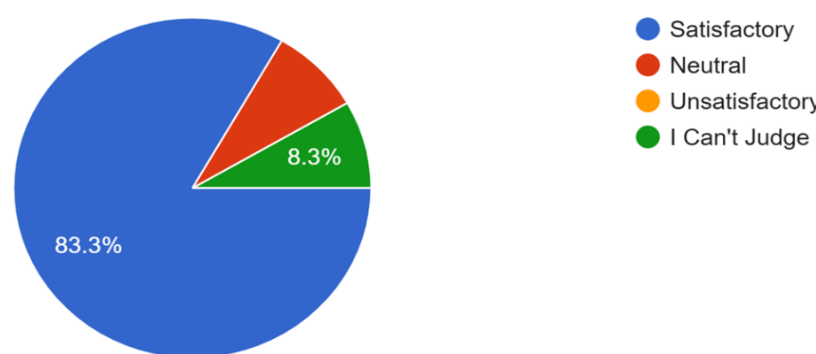
Prof. (Dr.) Imran Rangraze – Editor-in-Chief

Department Updates

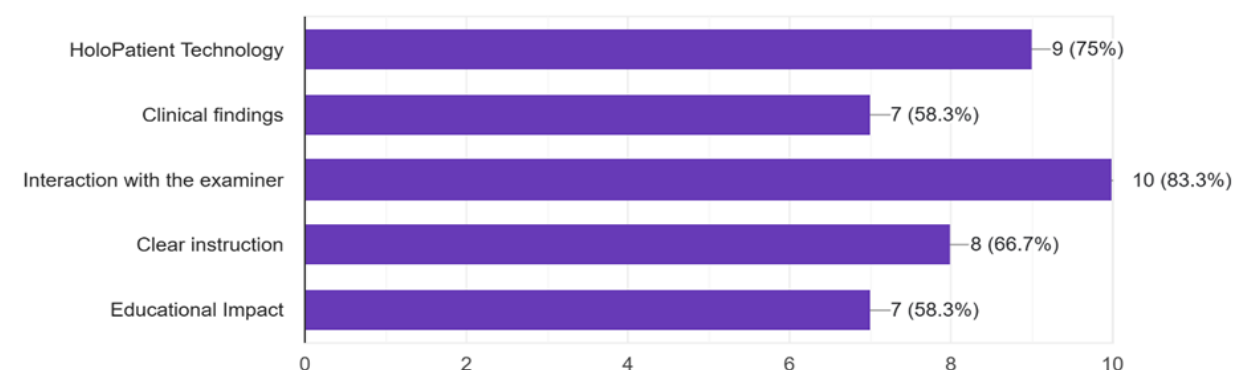
Integrating Metaverse in Clinical Assessment

Under the guidance of our visionary leadership—Prof. Ismail Matalka, Vice-Presidents, and the Dean of Academics—the Department of Internal Medicine successfully piloted the use of Metaverse technology during the 6th End-Rotation OSCE, marking a significant advancement in clinical skills assessment. This innovative approach provided an immersive and interactive environment for evaluating students’ clinical competencies. Feedback was collected via Google Forms, and responses were overwhelmingly positive—students appreciated the clarity, accessibility, and engaging nature of the platform. Encouraged by these results, the department plans to expand Metaverse-based assessments in future academic cycles, reinforcing our commitment to cutting-edge medical education.

4. How effective was the station in assessing your intended learning outcomes of your clinical Rotation?
12 responses

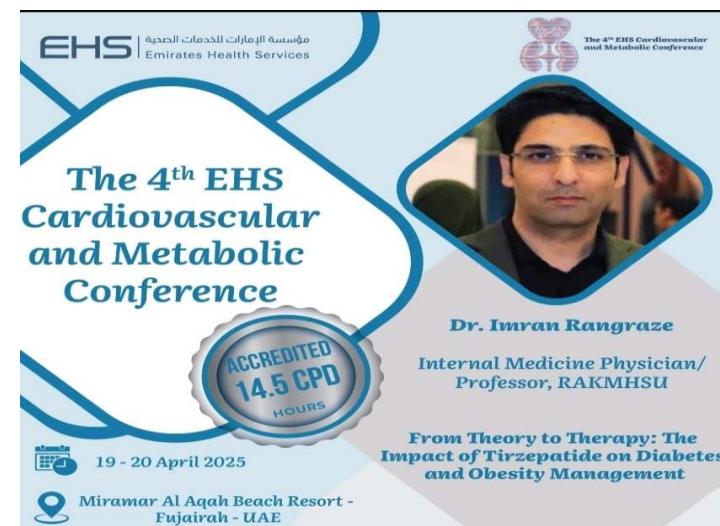


5. What you like much about your experience? You can select more than one
12 responses



We also highlight an important lecture delivered at the EHS Conference in Fujairah by Professor Dr. Imran Rashid, who gave an excellent presentation on the role of incretins in the management of obesity and diabetes.

Additionally, Dr. Imran’s participation as an examiner in the recent **MRCP PACES Exam** at the Ajman Centre reflects our department’s strong commitment to high standards in clinical teaching.



Simulation Spotlight: Year 5 Students Impress Distinguished Guests

We were honored to host distinguished visitors who observed our Year 5 MBBS students in the simulation lab, where they effectively managed a high-acuity case as a team—demonstrating their clinical skills and application of this year’s learning outcomes. We are proud of their performance and extend sincere thanks to our dedicated faculty, staff and teaching assistants for their invaluable role in shaping our future physicians.



Diabetic Nephropathy

DIABETIC NEPHROPATHY

RISK FACTORS

- duration and control of diabetes (HbA1c > 7%)
- Genetic predisposition (family history of CKD)
- Concurrent hypertension and dyslipidemia
- Smoking, obesity metabolic syndrome



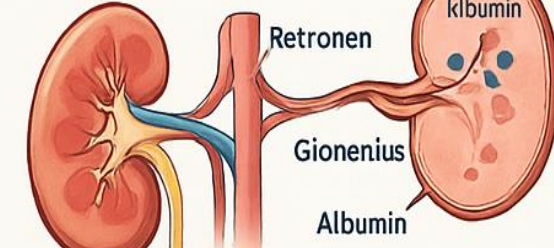
INVESTIGATIONS

- Urine albumin-to-creatinine ratio (UACR)
- Serum creatinine and eGFR (CKD-EPI formula)
- Renal ultrasound (exclude obstructive/urologic causes)
- Fundoscopy (diabetic retinopathy correlation)
- Lipid profile, HbA1c, BP monitoring



DIAGNOSTICS CRITERIA

- Persistent albuminuria > 30 mg/g in 2-3 samples over 3-6 months
- Decline in GFR (<60 mL/min/1.73m²)
- Exclusion of other nephropathies (renal biopsy if atypical)



PHYSICAL EXAM FINDINGS

- Hypertension, signs of volume overload
- Fundoscopic changes (retinopathy)
- Peripheral neuropathy, poor wound healing
- Evidence of chronic disease: pallor, muscle wasting

