



January 2009

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KAMC ICU: Unveiling the Collective Academic Voice

Qanta A Ahmed MD, FCCP, FAASM

It has been almost a decade since I left your ranks in the ICU at the King Abdulaziz Medical City where I was an associate, and later full consultant in critical care medicine and though it was in my destiny to return to my career path in the States, I knew I would never again have such a vibrant opportunity to practice medicine. The memories remain vivid.

The ICU you are so accustomed to now, was then only months old, still smelling of fresh paint and new linoleum. We had seen it transform from a concrete construction site to a gleaming flagship for the region. The staffing, equipment and management matched its ambitious scale and there we treated patients afflicted with invasive mucor, lightning-related injuries, scorpion bite induced multiorgan failure and even a patient with renal failure following a snakebite. A phone call to say, "a patient with cerebral malaria is en route from the Empty Quarter" would be typical, leaving me scrambling for information -how would I treat cerebral malaria and where was the Empty Quarter? I couldn't believe how exotic my practice had become. I found myself a long, long way from New York City.

Such a rich, engaging environment quickly translated into many writing opportunities. There was always something to report and under the leafy shade of collaborative authorship, life long friendships blossomed. I still write with colleagues at King Abdulaziz Medical City and so, while, I live 10,000 miles away, my connection with the institution remains strong and very much alive.

Most exciting for me has been the opportunity to follow the progress of critical care medicine at the KAMC since I departed. We trained the first female intensivist who had enrolled in critical care fellowship just as I left. In time, more and more qualified Saudi critical care specialists arrived back to the Kingdom, gradually assuming responsibilities, until now, the ICU is managed entirely by regional nationals, a wonderful testament to the aggressive progress this critical care section has seen.

It has been unsurprising to me that the KAMC is seeking a climate of advancing medical education. It was with this mission I was invited to develop and deliver the first Writing Course for the Health Care Professional. I have just returned from that task, running and teaching courses in both Riyadh and Jeddah with my dear DC colleague Dr. Justy Frank. What struck me most was the widening appetite for writing and publishing amid our junior colleagues. There is an enormous need for mentorship to harness this enthusiasm and shepherd these sincere efforts to meaningful success. Judging by the interactions with the participants, the opportunities, efforts and submissions of work for publication are set to increase. While this is important for a number of reasons, an enormous opportunity exists in another dimension, one which all of you must bear in mind when you next put pen to paper.

Advancing scientific endeavors and publishing them is paramount for the Arab region to take its place in academia. For long, the healthcare sector in Saudi Arabia has been preeminent technically, clinically and scientifically in the region. Facilities like the KAAMC rival the apex of institutions around the world in terms of manpower, resources, advanced equipment and innovative procedures. But the publication of these events, and the collective voice of investigators, researchers and authors from the region are lagging behind such developments. At a time when the global geopolitik is fractured to an unprecedented degree, Saudi Arabia needs to enter the academic discourse more now than perhaps at anytime. Participating in what is effectively a global conversation of science and medicine represents an act of global citizenship. When assuming the responsibilities of authors of both scientific endeavor and the papers they generate, you represent much more than merely the reportage of medicine. You are global health diplomats, changing perceptions, clarifying misapprehensions. Most importantly you act as leaders and role models for those less comfortable with assuming the public role of sharing science, generating future academic momentum.

It cannot be exaggerated how deep the chasm between east and west, between Islam and other faiths has become in this past decade. As an imperfect Muslim living in the United States, I seek constantly to bridge these divides at every opportunity. You must do the same and the clinical and academic climate in the Intensive Care Department offers extraordinarily rich opportunities for you to engage with those in different worlds. Irrespective of the need science has for intellectual exchange, your region and our religion needs this effort, urgently so. The lack of understanding about both the Arab region and our extraordinary faith exists for many reasons, but perhaps also because of our own limited efforts in redressing imbalances. Advancing science, speaking, writing and publishing about these developments can only enhance clarity about our place as concerned world citizens dedicated to the pursuit of virtue and betterment. Do not underestimate the power of individual effort, the responsibilities that accompany such efforts, and the positive impact they can potentially exert on worlds remote from yours. I have no doubt I will continue to read of your progress, posters, presentations and papers in months and years to come. Know your collective academic voices speak volumes and many, many, around the world look forward to this global conversation.

KAMC-ICU staff participated in the Saudi Critical Care Society Research Day

The second Saudi Critical Care Society Research Investigator Meeting was held on **Wednesday, 31 December 2008**. The purpose of this meeting was to give the investigators the opportunity of discussing their work with colleagues, to receive feedback, and to collaborate in different projects. Additionally, presentations on research methodology were given. Total of 14 Abstracts have been submitted and presented by the KAMC – Intensive Care Department.

International Research will be presented by Medical student:

The following research was approved for poster presentation for the 6th International Scientific Conference for Medical Students in the Gulf Cooperation Council (GCC) countries.

Name of Student: Sahal Samarkandy
Title of Research: Nursing Workload and Perception of Intensive Insulin Therapy in Critical Ill Adult Patients
Name of Supervisor: Dr. Hasan Al Dorzi and Dr. Yaseen Arabi
Conference Venue: Al Ain, UAE
Date of Conference: 18th – 21st January 2009

Congratulations

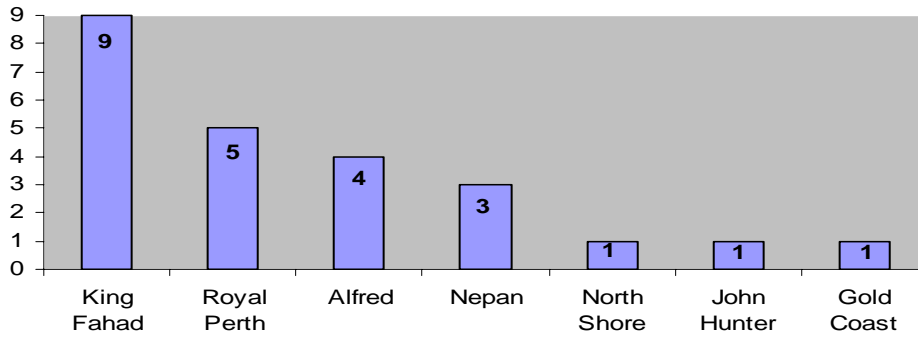


KAMC - Top Recruiter for 2008

A good news from DECRA study Newsletter, Dec 08, the management committee would like to extend a big thank you to the sites that have recruited in the past year.

King Fahad National Guard Hospital, Riyadh, KSA- Dr. Yaseen Arabi, Dr. Neville Russell, Dr. Ahmed Ferayan, Dr. Saad Al-Qahtani, Dr. Asgar Rishu

DECRA RECRUITMENT BY SITE IN 2008



100% follow up for our patients in DECRA:

To date not one patient has been lost to follow up in DECRA study. This is a remarkable feat and a testament to the commitment and hard work of our DECRA Research Coordinators. A big thank you to all of you. Our outcome assessor **Dr. Marwan Alkishi (KSA patients)**.



Total of 13 Abstracts submitted to ATS for 2009 (San Diego, USA)

Congratulation to everyone-the following are some of the Abstracts that have been submitted to ATS 2009. Looking for more Abstracts to be published.

- 1) **Intra-abdominal Pressure Predicts Mortality in Cirrhotic Patients with Septic Shock.** H Al-Dorzi, MD, H Tamim, PhD, B Al-Knawy, MD, A Al-AbdulKareem, MD and Y Arabi, MD. King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 2) **Hyperglycemia in Critically Ill Cirrhotic Patients.** H Al-Dorzi, MD, H Tamim, PhD, W Tamimi, MD, A Hajeer, MD and Y Arabi, MD. King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 3) **Severe Hypoglycemia in Peritoneal Dialysis Patients Due to Overestimation of Blood Glucose by the Point of Care Glucometer: a Case Series.** H Al-Dorzi, MD, H Al-Sum, MD and Y Arabi, MD. King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 4) **The Impact of Mean Arterial, Intra-abdominal and Abdominal Perfusion Pressures on the Mortality of Critically Ill Cirrhotic Patients.** H Al-Dorzi, MD, H Tamim, PhD, A Al-Jumah, MD, A Rishu, MBBS and Y Arabi, MD. King Abdulaziz Medical City, Riyadh, Saudi Arabia.
- 5) **Failure of non-invasive positive pressure ventilation (NIPPV):prospective, Observational study.** O Penuelas, N Nin, F Frutos-Vivar, A Esteban, A Anzueto, N D Ferguson, C Apezteguia, L Brochard, Y Arabi and P Pelosi.
- 6) **Relative Adrenal Insufficiency in Cirrhotic Patients with Septic Shock and the Effect of Hydrocortisone Therapy.** Y Arabi, H Tamim, I Tarif, A Alwan, R Britts and S Kahoul.
- 7) **Permissive Underfeeding versus Target Feeding in Critically Ill Patients: Randomized Controlled Trial.** Y Arabi, H Tamim, G Shifaat, M Sakkijha, A Al-Dawood and M Al-Sultan.
- 8) **Hydrocortisone for Cirrhotic Patients with Septic Shock: Double-Blind Placebo-Controlled Randomized Trial.** Y Arabi, A Al Jumah, O Dabbagh, H Tamim, A Rishu, A Al Abdulkareem, B Al Knawy, A Hajeer, W Al-Tamimi and A Cherfan.
- 9) **A Multicentre Pilot Randomized Trial of High Frequency Oscillation in Acute Respiratory Distress Syndrome.** M O Meade, MD, D J Cook, MD, S Mehta, MD, Y M Arabi, MD, S Keenan, MD, J J Ronco, MD, N K Adhikari, MD, M Jacka, MD, A Freitag, MD, J Friedrich, MD, J T Granton, MD, R Patel, MD, D Dorscheid, MD and N D Ferguson, MD.

Submitted Articles:

“Glycemic Fluctuation predicts mortality in critically ill patients”. H Al-Dorzi, H Tamim, Y Arabi. Submitted to **Intensive Care Medicine**.

New Upcoming Research:

“International survey of End of Life Practices in Intensive Care Units”. A multi-Centre study proposal to be submitted to the hospital research committee.

“Management of severe sepsis in Asia’s Intensive Care Units”. (The MOSAIC Study).

Opportunities Available:

There are **Four** Databases available for ideas, for more details, please contact Dr. Arabi.

- 1) Hypocaloric Intake (240 pts).
- 2) Cirrhosis Study (75 pts).
- 3) Intensive Insulin Study (523 pts).
- 4) Venous Thromboembolism in the ICU (1000 pts).

Critical Care Research Team:

The Intensive Care department at KAMC is planning to establish a Critical Care Research team made up of interested ICU staff. A survey has already been distributed to ICU physicians, RTs, nurses and pharmacists to uncover research experience & interests. Dr. Shakeel Khokar & Dr. Hasan Al-Dorzi will soon review the returned surveys to help establishment of the critical care research team.

Critical Care Research Course:

The ICU department will offer Critical Care Research course once weekly on Wednesdays 2:00-4:00 PM starting January 07 , ending February 25, 2009, and will cover the following topics:

Wednesday January 07, 2009

Goals of Critical Research Development at KAMC. Presenter: Hasan Al-Dorzi, MD. (10 minutes)

Anatomy and Physiology of Clinical Research. Hasan Al-Dorzi, MD. (30 minutes)

Study designs, Part I. Presenter: Yaseen Arabi, MD. (60)

Wednesday January 14, 2009

Study designs, Part II. Presenter: Yaseen Arabi, MD. (40 min)

Research Audit. Mr. Abdullah Al-Adlan (40 minutes)

Statistical overview, Part I. Presenter: Hasan Al-Dorzi, MD. (40 minutes)

Wednesday January 21, 2009

Hypothesis generation. Presenter: Dr. Mahmoud Barbari (40 minutes)

Literature search. Presenter: Dr. Ali Hajeer (40 minutes)

Statistical overview, Part II. Presenter: Hani Tamim, PhD (40 minutes)

Wednesday January 28, 2009

Proposal writing. Presenter: Hanan Kadri, MD. (40 minutes)

KAMC research proposal forms and examples of proposals. Hani Tamim, PhD (40 minutes)

Databases. Presenter: Abdulsattar Diab. (40 min)

Wednesday February 04, 2009

Data collection, data abstraction forms and questionnaires. Presenter: Mohamad Zamakhshary, MD (120 minutes)

Wednesday February 11, 2009

Presenting results: Tables & Graphs. Presenter: Hasan Al-Dorzi, MD and Hani Tamim, PhD. (40 min)

Manuscript writing. Yaseen Arabi, MD. (80 minutes)

Wednesday February 18, 2009

Reference formatting and use of Endnote. Presenter: Hani Tamim, PhD. (40 minutes)

Manuscript submission. Presenter: Hasan Al-Dorzi, MD. (40 minutes)

Replying to editorial review. Presenter: Yaseen Arabi, MD. (40 minutes)

Wednesday February 25, 2009

Ethics in Research. Presenter: Hasan Al-Dorzi, MD. (30 minutes)

Evaluation

The course will be given in ICU2 conference room. Interested healthcare providers from outside the ICU department are welcome. To participate, please contact **Dr. Hasan Al-Dorzi** through email: aldorzi@yahoo.com. (**Only limited seats are available**).



What is the odds ratio?

The odds ratio is a way of comparing whether the probability of a certain event is the same for two groups. It is one of a range of statistics used to assess the risk of a particular outcome (or disease) if a certain factor (or exposure) is present. An odds ratio of one implies that the event is equally likely in both groups. An odds ratio greater than one implies that the event is more likely in the first group. An odds ratio less than one implies that the event is less likely in the first group.

