

RAKCODS E-NEWS

A NEW CHAPTER



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CEO's MESSAGE

A big thank you to all the faculty, staff and students for their outstanding contribution during 2018. It has been another year of high achievements and further expansion of our services. Statistics on account of patients being treated in our free dental clinics speaks about our commitment towards the wellbeing of the society and takes a great leap towards the journey of quality accreditation processes.

It gives me great pleasure to present the first RAKCODS E-newsletter which summarizes our efforts on all aspects of progress in relation to patient care as well as active student participation in form of articles, presentations and publications. We have a number of exciting projects that are in the process of development such as our JCI accreditation journey, many international MOU with other universities and student exchange programs with international universities. We have community programs that give participants an opportunity to serve the public. On behalf of Management and Board I would like to thank you for your contribution during 2018.

Mr. Hassan Muhammad Khan
CEO RAKCODS
Chancellor Riphah International University



DEAN'S MESSAGE

Welcome to RAKCODS first e-Newsletter!

Let me express my deepest gratitude to all who have voluntarily taken part in publishing this edition. RAKCODS is committed to provide high quality education to its students and always dedicated to furtherance of its academic accomplishments at par with the best dental institutions in UAE and internationally.

This e-Newsletter is an initiative to communicate the updates of each academic term with the entire college and to encourage students to participate in extra-curricular activities and academic activities such as conferences, paper presentations, article publications, etc. This e-Newsletter serves as a platform to publish the accolades of students in fields of academics, arts, sports.

I encourage the students from all years and interns to make use of this opportunity to actively participate and to let your talents be made known to our RAKCODS family.

RAKCODS ensures the overall development of students and encourages the best practices with sound values and discipline in all walks of life. Please enjoy reading this update. Once again, I sincerely appreciate all the hard work done by our students, faculty and staff to compile this newsletter with all the current updates about RAKCODS.

Prof. Dr. Muhammed Mustahsen Rahman
Dean RAKCODS



WHAT'S NEW?

The dental field has continuously been in a state of evolution and growth making dentistry more agreeable, efficient, productive and time-saving. Progression in the field of dentistry offers improved patient well-being and an exceptional standard of care achieving both of which are primary goals at the clinics in RAK College of Dental Sciences.

To begin with, in addition to the 65 functional dental units in the college, an order for 10 more has been placed out of which 3 have already been secured in place. The remaining 7 are expected to be delivered by the end of December, 2018.

For enhanced patient care and comfort, the Department of Endodontics in RAKCODS introduced the use of Endo-Mate DT in late 2017 which is a motor hand-piece system compatible with all popular brands of Ni-Ti rotary files for more effective root canal cleaning and shaping. The rotary system specifically designed to provide superior flexibility, unmatched efficiency and greater safety enables clinicians to more consistently create uniformly tapered shapes in anatomically difficult or significantly curved canals. This ultimately aids in better treatment outcome, prognoses and less chair-side time when compared to the conventional root preparation techniques.



WHAT'S NEW?

This is just the beginning. For improved efficiency while determining the working length of a tooth root canal during endodontic procedures, the clinics are now going to make use of the new Raypex 6 Apex Locator. With a user-friendly interface, automatic calibration and the latest multi-frequency technology, this locator is bound to help reduce working length errors that you may frequently encounter during work.



RAKCODS is next planning to acquaint the students with the technique of warm vertical condensation for root canal obturations with the help of the Thermanprep 2 Obturation Oven.



Masserann Micro Kit for sound removal of any metal fragments (posts, burs, files etc) is another safety parachute about to be introduced in the clinics. This will further be accompanied with the introduction of a Dental Operating Microscope in the college for increased illumination, magnification and practitioner accuracy during various surgical & non-surgical endodontic procedures.



WHAT'S NEW?

The Department of Prosthodontics aims to familiarize the students with the use of automatic crown and bridge removers already available at RAKCODS



While the Department of Operative Dentistry has decided to institute Shofu Beautifil II composites for superior durability and of the performed restorations.



A new surveyor (Ney Surveyor) was added recently to the already existing robust prosthodontic armamentarium



It's always good for dental students to keep abreast of new technology, equipment and materials taking over and there is no doubt that the faculty members at RAKCODS want nothing less for their budding dentists.

RAKCODS MILESTONES

RAKCODS is proud to share moments of pride which we have achieved over the last few months

□ **“Dentistry Now and Beyond” RAKCODS Dental Conference 2018** was successfully organized on the 5th and 6th Oct 2018. The organizing team had made sure that the focus of the conference was apt enough to reveal the theme of the conference.

The conference was followed with a Symposium on Medical education titled **“Challenges in Health Professions Education for 21st Century.”**

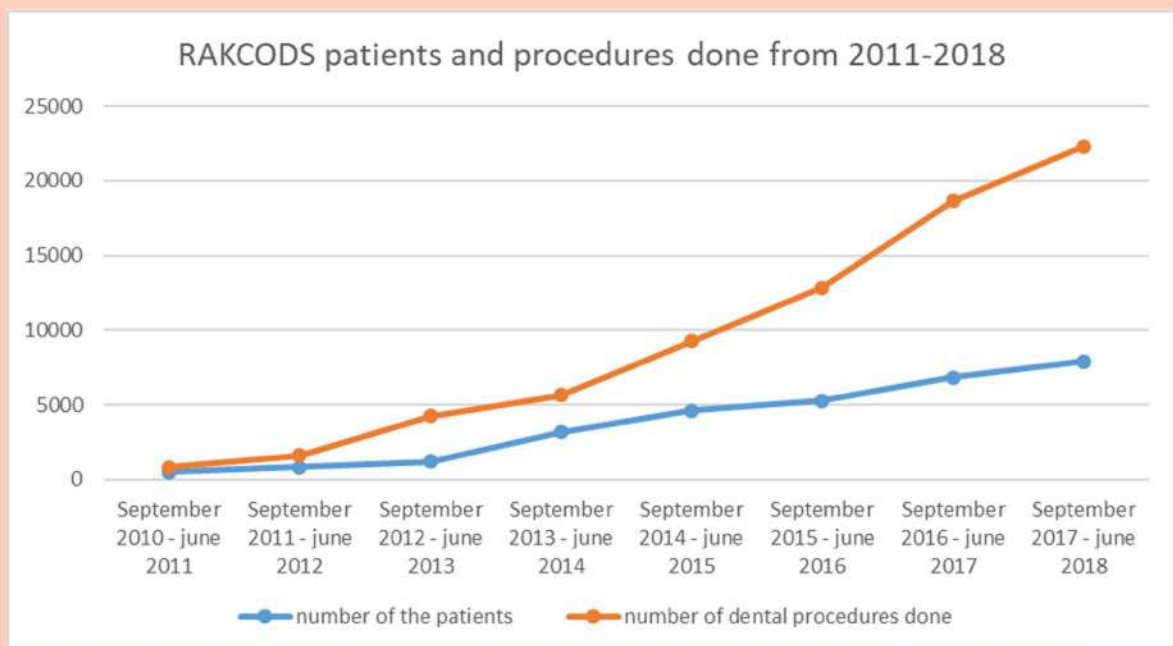
□ Dean RAKCODS Prof.Dr. Mustahsen Ur Rehman was appreciated and presented a memento of appreciation at the **10th Dental Facial Cosmetic International Conference**. Many our students and faculty participated actively in this conference.

□ **Ottawa ICME 2018** conference was held on 12th -14th March 2018 at the International Exhibition Center, Abu Dhabi. RAKCODS was officially involved as a host at the conference. There were over 400 international delegates who attended the conference and made it a grand success.

□ **CPHQ training** which was held over a period of 3 days at RAKCODS. There was active participation from all the staff and faculty of RAKCODS. The agenda was to make sure on increased patient safety and quality of health care delivery.

PATIENT FLOW AT RAKCODS

The success in any medical field is measured by the consistently increasing number of patients' visiting the center for their treatments respectively. In the field of dentistry in UAE, RAKCODS plays a pivotal role in catering to the dental needs of the local community and expat population. Recent statistics of patients visiting RAKCODS suggest that there is an increase in the patient flow from the neighboring emirates. RAKCODS showed huge increase in new patient's registration and the procedures done to them in record time from 2011 to 2018. As seen below RAKCODS has successfully treated over 20,000 multispecialty procedures in 2018.



This increasing number of patients from other emirates can be attributed to the following

1. The quality and care provided by the students under the supervision of qualified and competent faculty of RAKCODS.
2. The versatility of treatments provided at RAKCODS dental clinics such as Root Canal Treatment, Restorative, Removable and Fixed Prosthodontics, Dental Extractions, Oral prophylaxis and Comprehensive Pediatric Dental Care.

PATIENT FLOW AT RAKCODS

3. It is of importance to notice that the above mentioned treatments are completely sponsored by the leadership of RAKCODS.
4. The students are trained during their pre-clinical years to handle and treat patients professionally which may also be resulting in good quality treatment rendered to these patients.
5. RAKCODS has a unique and advanced online hospital management system which enables fast registration, screening, diagnosis and treatment planning of patients.
6. RAKCODS also ensures exemplary infection control protocols starting of the registering of the patient, to treatment and discharge of the patient under the able guidance of the infection control team.

To summarize all the reasons mentioned above, RAKCODS believes in **a motto “*Treat your patients with care as you would like to be treated as a patient*”** and what is better than a **patient’s testimony**:

1-I got a sudden relief from a 15 years pain, your touch will be memorable, Thank you very much, I will recommend you to all the people i know, Said by a patient

2-My name is Rashwan Aljozy from Basrah, Iraq. I had a severe pain and clicking sound in my jaw joint for the past 15 years. I had received several treatments for my problem but to no avail. Most of the dentists I visited suggested me to live with the pain. I looked for the treatment in UAE and RAKCODS was suggested to me. I decided to go there. I received the treatment and the pain I had for 15 years was relieved immediately. I am very grateful to the college and wish it the best.

Watch the video testimony

DENTISTRY NOW & BEYOND AND THE SYMPOSIUM ON MEDICAL EDUCATION, 2018

Dentistry Now & Beyond, hosted by RAK College of Dental Sciences was successfully held on 5th and 6th October, 2018 at RAK Medical and Health Sciences University, Ras Al Khaimah. The conference focused on collaborations among dental professionals intending to share inter-disciplinary integrative thinking to unravel the theme.



The conference was a congregation of eminent speakers from various reputed organizations with their paramount knowledge enlightening the gathering. Over 400 delegates gathered during these two days of dental extravaganza wherein all the dental universities within the UAE were also represented by their respective Deans and Professors. The Ministry of Health, RAK also actively participated in the conference.

DENTISTRY NOW & BEYOND AND THE SYMPOSIUM ON MEDICAL EDUCATION, 2018

The conference was duly accredited by the Ministry of Health and Prevention, UAE with 12 CPD credit hours which made the occasion more enticing. This event was aimed at exchanging experiences and covering important insights across a variety of topics such as obstructive sleep apnea, erosive tooth wear, regenerative endodontics, craniofacial implants and the art of dental photography to name a few. The RAK-CODS Alumni was also formed and inaugurated during this event, emphasizing on how essential it is for the college to remain in communication with the graduates of the institution.

Shortly after the success of Dentistry Now & Beyond, a one day symposium featuring the “Challenges in Health Professions Education for 21st Century” was organized by RAK College of Dental Sciences in collaboration with RAK Medical and Health Sciences University (RAKMHSU) and Centre of Excellence in Leadership, Innovation and Quality (CLIQ) on the 29th of October, 2018 at RAK Medical and Health Sciences University, Ras Al Khaimah.



DENTISTRY NOW & BEYOND AND THE SYMPOSIUM ON MEDICAL EDUCATION, 2018

Prof. Dr Yawar Hayat Khan (Director CLIQ) coordinated the symposium. The symposium accommodated around 200 delegates including professionals, leading educationists, medical practitioners, technicians, nurses, pharmacists, and students belonging to different hospitals and universities across the UAE. A few key officials from the Ministry of Health, UAE were also present to grace the occasion.



The symposium was concluded with an enriched panel discussion chaired by Prof. Dr Mustahsen Rehman (Dean, RAKCODS). The presenters and the audience actively participated in this discussion emphasizing on the major challenges and their potential solutions related to medical education in the 21st century.

RAK College of Dental Sciences would like to take this opportunity to offer its heartfelt gratitude to all the speakers for sharing their invaluable ideas with us. RAKCODS would also like to acknowledge the organizing committee and all the delegates for contributing so enthusiastically towards the smooth functioning of both events. With the overwhelming response and positive feedback received, we look forward to organizing and attending similar conferences and symposiums in the future

RAKCODS ALUMINI INAUGURATION

During the conference Dr. Muhammed Mustahsen Rahman, Dean RAK-CODS inaugurated RAKCODS Alumni.
Dr. Sabrin Ali Azim was appointed as RAKCODS Alumni coordinator.



RAKCODS COMMUNITY SERVICES 2018-2019

From Mid Sep to end Nov, 2018, RAKCODS students, accompanied by faculty Dr. Vivek Padmanabhan & Dr Sally Kamal, were on a mission to educate students of RAK Community by making educational visits to various local schools.

The students demonstrated an extraordinary compassion and commitment to the service of these children and etched out a dental hygiene programme which included the following activities:

- Awareness Campaign (Presentations)
- Oral Screenings
- Oral Hygiene Instructions

The dental services were performed by the students under the direct supervision of the faculty. The Dental Hygiene Programme's vision for the future is to continue to provide a program noted for excellence in clinical education and service.

The Community Dentistry course concentrates on preparing students to deliver outstanding clinical care and service and general awareness in the community through interactive sessions with the community.

The community services team have proudly finished successfully screening of almost 1900 students in this year from Sep to Dec 2018.



RAKCODS FACULTY ACHIEVEMENTS

Dr. Shadi El Bahra

Assistant Professor, Prosthodontics has published an article titled “Bond Strength Durability of Self-adhesive Resin Cements to Zirconia Ceramic: An in vitro study” in the Journal of Prosthetic Dentistry.



Dr. Hala Zakaria

Associate Professor, Oral Radiology, Diagnosis & Oral Medicine recently participated and represented RAKCODS, RAKMHSU with a poster entitled “Assessment of Correlation between Nutrition and Oral Status of Elderly during the African congress of dentistry and implantology in Marrakech, Morocco on the 23rd of October.



RAKCODS FACULTY ACHIEVEMENTS

Dr. Sabrin Ali Azim

Assistant Professor, Oral and Maxillofacial Surgery presented her topic " Final results for the quality of life in patients after cleft palate surgery" at the IAOMS and OMMS Turkey, IAOMS- ACBID joint Congress May 2018, Turkey.

She was nominated as external reviewer for the research project by Ajman University , Fujairah campus.



Dr. Md Sofiquil Islam

Assistant Professor, Operative Dentistry was invited as a keynote speaker in "World Congress on Dentistry and Oral Health" held on June 25-27, 2018 in Dubai, UAE. On that event he gave a lecture on "The Role of Natural Plant Extract to Achieve Super Tooth"



RAKCODS STUDENTS' ACHIEVEMENTS

Dr Husain Maki

Has recently passed the American National Board Dental Exam (NBDE Part I) on his first attempt. Husain also participated in the career fair program held at RAKMHSU where he was a guest speaker helping to orient students who were interested in sitting the aforementioned exam.



Dr Leila Mohamed Mostawe

Got accepted in a Master's program of prosthodontics in Yeditepe University, Istanbul-Turkey.



RAKCODS STUDENTS' ACHIEVEMENTS

Dr. Aya Ammar Khanji

Won the second place in poster presentation “Prevalence of Distal Caries in Mandibular Second Molar Related to Impacted Third Molars in RAKCODS” under the supervision of Dr. Sabrin Ali Azim at “The 2018 Dental Facial Cosmetic International Conference”.



Dr Roumaissa Belkadi

Got accepted in a Master’s program of Endodontics in Universitat Internacional De Catalunya, Barcelona, Spain.



RAKCODS STUDENTS' ACHIEVEMENTS

**Dr Zena Tareq ,Dr Sara Shafi,
Dr Doaa Tofeig and Dr Duaa
Rashid**

Got the chance this year to be part of the Make-A-Wish Foundation which is a non-profit organization founded in the United States that arranges experiences described as "wishes" to children diagnosed with critical illnesses. Until now we helped the organization to grant wishes for 7 children in Ras-Al-Khaimah and we're ready to do more because such projects are much needed to enrich the human experience with hope, strength and joy.



Layla Taha , BDS 2nd year student

Has won 1st place in the masquerade competition held in RAKMHSU on October 18th



RAKCODS STUDENTS' ACHIEVEMENTS

The 9th RAKMHSU Sports festival organized and hosted by RAK Medical and Health Science University from 4th to 8th November was a fierce and competitive battle comprising of 10 universities from across the UAE.

What followed was an energetic display of sportsmanship in various team and individual events including cricket, badminton, athletics(long jump and sprint) basketball, football, table tennis, volleyball, chess and foosball for both boys and girls. RAKMHSU emerged from this tournament bagging total of 12 trophies in cricket, badminton, basketball, athletics, table tennis and foosball duly credited to the passion of the students from the 4 colleges and the hard work of the coaches.

Milan Praveen, Sakina Abbas Ali and Stancey D'souza made RAKCODS proud by participating and winning accolades.



Sakina Abbas Ali from BDS year 4 receiving 3rd position in 100m athletics girls



Cricket team of RAKMHSU won 2nd position. Stancey D Souza and Milan Praveen from BDS year 4 were a part of the team

RAKCODS STUDENTS' ACHIEVEMENTS

“Breast Cancer Awareness” poster competition was organized by RAKMHSU in which RAKCODS secured first and second place.

4th year students : Saman Saad, Stancey D’souza, Sakina Abbas Ali, Mohammed Iyad Nubani, Milan Praveen and Rita Channo got a first place

3rd year students: Jihan Hicham Al Jarrah and Bisan M S Habib got a second place.



PRE-AEEDC COMPETITION

As a part of preparations towards AEEDC 2019, RAKCODS had internal competition to select the team to represent RAKCODS at the conference. Each member of the team earned her/his place after a rigorous internal competition at RAKCODS in which several 4th and 5th year students participated.

In AEEDC, our team will be competing with teams from different dental colleges and universities in the gulf region. Each team will be challenged with dental questions from various dental fields. Listed below are the names of the students from RAKCODS who will be participating in the competition

(left to right): Noor Al-Alawi, Samah Rady, Ahmad Dargham, Farida Fouly, and Rayan Gibaly.



GOING INTERNATIONAL!

In July 2018, RAK College of Dental Sciences arranged an educational trip to Turkey under the supervision of Dr Melahat Gorduysus. Six students from the clinical years of the college were selected for a clinical observation at the Department of Dentistry in one of the well renowned universities in Ankara, Hacettepe University. The 12 day trip proved to be a great success due to the enthusiastic input from the students, the Dean and the professor in charge Dr.Melahat Gorduysus. A comprehensive support was further provided by Dr. A. Ruya YAZICI, Dean Faculty of Dentistry at Hacettepe University.



The purpose of this trip was to provide students with theoretical and clinical experience in the field of dentistry in Turkey where the observation was focused on five main specialties; Periodontics, Endodontics, Restorative Dentistry, Oral Surgery and Prosthodontics. Apart from learning about various programs and researches within each department, students were also introduced to recent advances such as the likes of the use of Dental Operating Microscope in endodontics, the use of Er:YAG lasers in restorative dentistry and the availability of CAD/CAM for digital impression making in the field of Prosthodontics.

GOING INTERNATIONAL!

The trip also provided students with an opportunity to learn about a different culture and build their knowledge around opting for further career options within the industry in the future. A taste of student life in Turkey was another advantage gained out of the program. Such experiences are not only invaluable in developing a student's personality but it also contributes in improving one's networking skills.

After the wonderful tour, the students appreciated the arrangements. This is what Dr. Leila Mostawe, currently pursuing post-graduate training had to say: "This experience was a mind-opening one as it gave me a chance to accept different perspectives, both from a dental and a cultural standpoint." Dr. Zainab Riaz, intern commented, "This trip was a great way to end my 5 years at the RAK College of Dental Sciences and it helped me expand my scope to include future options internationally". The other participants gave their remarks as follows:

"It was a nice experience to be a part of as I got to see different cases and learn new techniques. This trip also helped me decide what field I would like to do my post-graduation training in." – **Dr. Abdulrahman Khalil, Intern**

"It was an unforgettable experience that benefitted us educationally and introduced us to the vast Turkish culture."- **Ahmad Dergham, Year 5**

"I acquired a lot of knowledge and got introduced to the myriad specialties of dentistry in this beautiful country." – **Samah Rady, Year 4**

Educational trips like these are an asset to students and it would be great to continue the tradition by organizing similar scholastic visits to other countries.



DENTAL CARIES CAN'T BEAT US ANYMORE!

Dental caries is a transmissible, localized microbial disease that causes demineralization of the tooth structure and is a colossal public health dilemma. The process of formation of a cavity is the result of the interplay between the demineralization and remineralization cycles occurring intermittently, i.e. if the net demineralization rate surpasses that of remineralization, an early lesion is formed. However, if this early stage of demineralization is not intervened, it can persist, advance, causing irreversible and un-called-for damage to teeth, signaling a greater need for the dentists around the globe to be competent and well-trained for managing such lesions at their inceptive stages. How to diagnose it before it destroys the tooth? In the time of recent oral health care advancements, diagnosing dental caries at the earliest has gained much attention. Many new protocols and contemporary diagnostic aids are now becoming the sweeping change in the detection of minute carious lesions. Often times, the very initial stages of the caries process go unnoticed which hinder correct diagnosis and consequently lead to a more severe version of the previously unnoticeable yet progressive lesion. More so, another type of caries may get away with the timely diagnosis and management as it tends to surface under the intact layer of the tooth structure. With no obvious clinical presentation, objective and subjective, this makes its presence difficult to perceive, hence given the name “occult” caries. Therefore, more sensitive means for timely identifying and keeping track of these lesions is now thought to be of utmost importance. There has been much recent advancement in the field of tools used for diagnosis of dental caries recently “Carivu” a new advent in the dental market, is an example of promising caries detection tools. This novel device, which looks like a flash-light (image I), uses a safe, near-infrared light to scan the teeth and display carious lesions as dark areas (image II). The advantages offered by this tool are: 1. Early caries identification by using trans-illumination, which allows the clinician to see through the tooth structure, making enamel appear translucent and the demineralized areas dark in color.

DENTAL CARRIES CAN'T BEAT US ANYMORE!

The advantages offered by this tool are:

1. Early caries identification by using trans-illumination, which allows the clinician to see through the tooth structure, making enamel appear translucent and the demineralized areas dark in color. This in return helps decide on a course of preventive care
2. The images resemble that of a radiographic image, minus the exposure as it uses non-ionizing radiation, making its use ideal for pregnant women, children, and patients who might be x-ray averse. Thus, this tool is useful when any patient does not consent to have radiographs taken.
3. It is fairly simple to use: does not require the tooth surface to be cleaned prior to its use, nor does the device need any pre-calibration. There is also no need to know any color codes or numeric indicators in using this device.
4. Patients tend to understand more about the diagnosis and recommended treatment options as the images make it easy for them to understand the changes going on in their teeth.
5. This tool is well-received by most special-care patients.

Supervisor: Dr Mohannad Nassar

Students: Joudi Abdo Abdo 4th Year and Sabah Tahir 5th Year



HE OR SHE? DETERMINING THE SEX OF AN INDIVIDUAL FROM TOOTH ENAMEL

Estimating (Evaluating/assessing) the sex of humans' remains important for archaeologists/ who want to understand ancient societies and civilizations. According to a very recent paper, teeth enamel can be used for this purpose. Wear patterns on the tooth can tell us about diet. Morphology of the tooth can tell us about ancestry (different populations around the world have slight variations in the shape of teeth). Plaque adhering to the tooth can tell us about bacteria in the person's mouth. A new method developed by Glendon Parker and his colleagues published in November 2018 uses sensitive mass spectrometry to measure proteins from teeth. Amelogenin (AMEL) is a major matrix proteins found in the human enamel involving Amelogenesis. Developing human enamel has about 30% protein, 90% of which are AMELs. AMELs gene occurs on both the X and Y sex chromosomes of humans, producing slightly different proteins. The functional significance of this sexual dimorphism is not known but it has forensic implications. Forensic DNA analyses for sex often depend on looking for the AMEL-X or -Y genes. Females will have AMEL-X in their teeth; males should have both the X and Y versions of the AMEL protein.



UAE PASSPORT RANKED MOST POWERFUL IN THE WORLD

In a new historic achievement, the UAE passport has become the strongest passport and now ranked first globally. The exceptional achievement on December 1, 2018, coincides with the 'Year of Zayed' and country's 47th National Day, and has added to the country's numerous accomplishments in various domains. The 5th year students Shatha Hasan AlBani and Meera Abdulrahman AlGhafri shared with the faculty and staff and Instructors their happiness and pride. They shared this moment of pride by inviting all of them for a gathering. Respected dean Professor Mustahsen, Dr. Hala Zakaria and Dr. Sabrin Ali Azim on behalf of Students affairs committee and Mr. Zahid Khan supported the students and made this a successful event.

