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Medical
university of
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**Killing two birds
with one stone!**

V e r y
I n f o r m e d
P e o p l e

Improve
your English
& general
information

* The Black Building or Green Herbs.

Mysterious Prayers or Fancy Words.

It doesn't matter. None could save you from your woes. But how about science?

Well, that's a different story.

If anything, these troubled times revealed the true strength of meticulously organized scientific procedures in dealing with microscopic particles that dwell on the fine line drawn to define the living and the dead.

As science trampled over the meaningless corpus of pseudoscientific theories and lifeless carcass of its practitioners like a valiant knight, one could see the benefits of relying upon facts and thoroughly-checked results of repeated experiments when fighting this hellish nightmare of a disease.

It's just as Sun Tzu has written in his masterpiece, The Art of War:

"If you know the enemy and know yourself, you need not fear the result of a hundred battles."

Parham Nekutalaban


Head master
Chief Editor
Art Editor

Bahare Mehrabi
Parham Nekutalaban
Nahla Hashemi

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in one sight !



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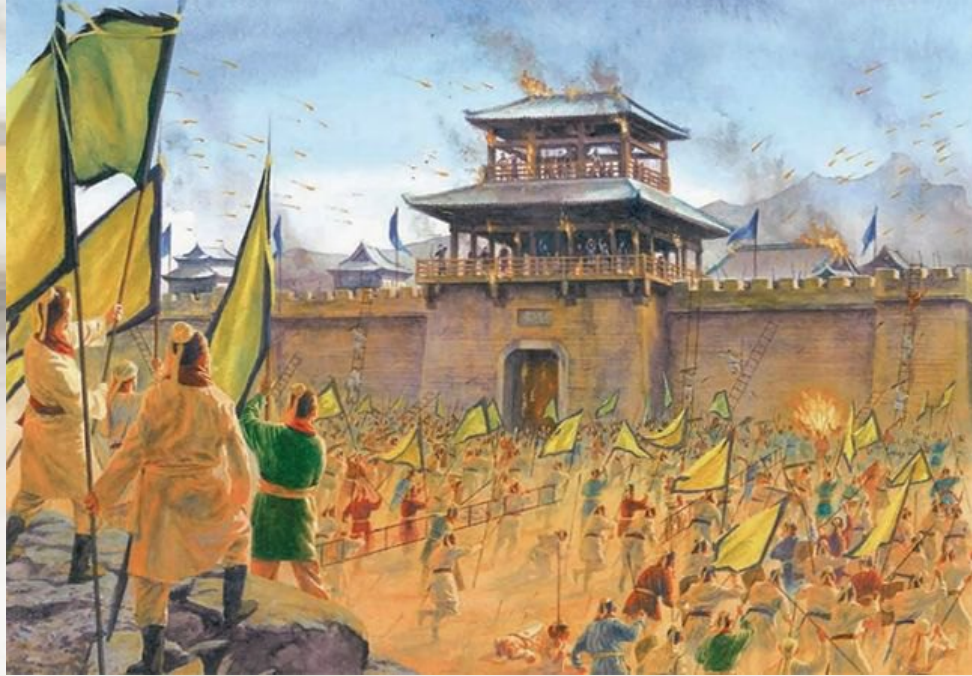
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A BRIEF REVIEW OF THE YELLOW TURBAN REBELLION

Parham Nekutalaban ✦ Medicine

© At the turn of Third Century in Ancient China, the Han Dynasty suffered from internal problems and corruption, and had become a mere shadow of its former self. People who felt unease with the corrupt government began a large-scale revolt under the self-proclaimed “Grand Master” Zhang Jiao.

Zhang Jiao was a former government official out of the Julu region and used the turbulent times to gather the support of the people. He had studied the “Way of Peace” by the Mystic of Nanhua and is said to have cured sick peasants with magic.

Eventually, He along with his brothers Zhang Bao and Zhang Liang hatched a plan to rebel against the Han and in 184 AD, he finally made his move. The bulk of his force was a peasant militia that numbered in the hundreds of thousands.

All who followed Zhang Jiao wore yellow scarves as a tribute to their master. Thus, these soldiers came to be known as the “Yellow Turbans”.

頓教龍虎會風

桃園結義

水相親為恨豺狼當道

王元泉水

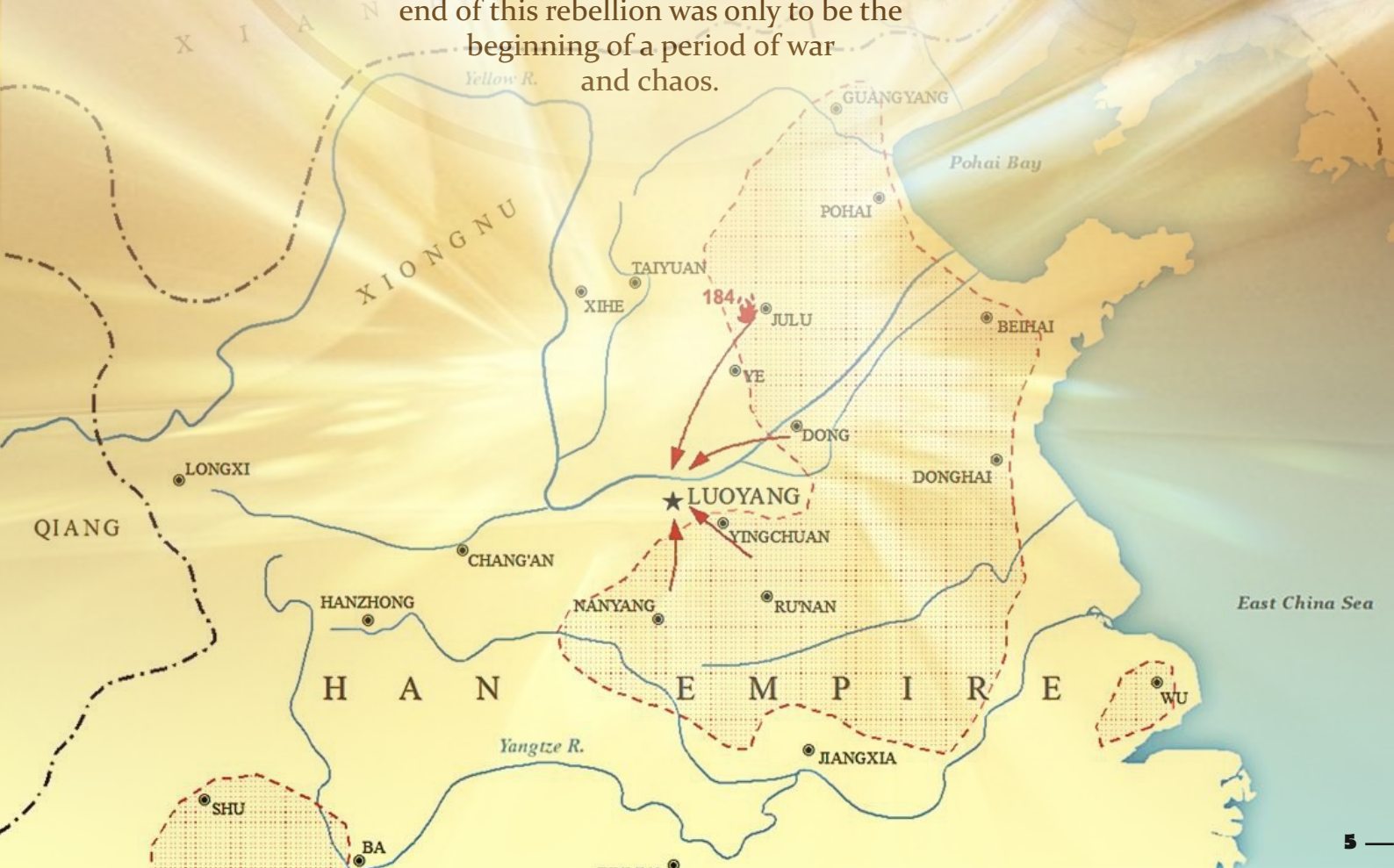


© In response, the Imperial Court assigned three generals to form a Subjugation Force and put an end to the rioters. One of many who answered the call to arms was Liu Bei, who with his sworn brothers, Guan Yu and Zhang Fei, had vowed to bring order back to the land and restore the Han to its former glory.

Another warlord, Cao Cao, the aptly named “Hero of Chaos,” had already begun to make a name for himself by defeating Zhang Bao and Zhang Liang. The momentum had begun to sway towards the Allied Forces. Zhang Jiao died of illness and his brothers also died in battle shortly thereafter. The rebellion was quelled within a year after that, and remnant forces were subjugated through the efforts of officers such as Sun Jian.

Cao Cao also forced the surrender of many soldiers when quelling the rebellion in Qing Province. He selected the best among them to form the Qingzhou Troops and incorporated them into his own forces.

Thus, The Yellow Turban Rebellion came to an end. The results were various. Some rewarded amply, and others came away empty-handed. As such, the end of this rebellion was only to be the beginning of a period of war and chaos.



Consequences of Fighting against Coronavirus

Fatemeh Nasiri Avanaki ✦ Medicine



☀ Many organs might get involved in COVID-19 disease, and in addition to all of these organs, the patient's immune system and even the mind can be damaged. The condition can be frustrating for a small percentage of patients, who may have some symptoms for weeks or months, and this would affect the quality of their life.

The most common complication of this disease is a decrease in the capacity of the lungs, but this decrease in capacity returns to its original state during time. Some patients would also have a cough and degrees of asthma after recovery.

☀ COVID-19 can increase the risk of clot formation and cause heart attacks and strokes. It is believed that most of the heart damage caused by COVID-19 is caused by very small clots that form inside small blood vessels and blocks the capillaries in the heart muscle.

☀ Another aftereffect of COVID-19 includes loss of muscle mass and fatigue during daily activities, such as walking or eating. Muscles tend to become atrophic if one stays in bed or immobile for a long time. When the patient returns home, his body is not very active, and it seems like mild degree of chronic fatigue syndrome appears.

☀ About 24% of people experience hair loss after recovery. In some people, it stops after a while, but it remains in others. The main cause is loss of salt, fever, mental stress, and sometimes use of some drugs. Other skin symptoms such as blisters and urticaria may also be present too.

☀ Evidence shows that COVID-19 can have long-term effects on the central nervous system. One is relative memory loss. COVID-19 can also lead to strokes, seizures and even temporary paralysis due to the presence of blood clots in the cerebral arteries. There are other aftermaths that are less common, such as loss of taste and smell, decreased appetite, joint pain, chest pain, high heart rate, inflammation and bruising of the fingers, headache, dizziness, eye redness and etc.

⚠ Complications may occur even in people who have no symptoms or have never been visited by a doctor .

In clause 495 of law, we have:

Whenever the Doctor causes loss or injuries to the body in treatments he performs, he would be guarantor of the blood money; unless his actions are in accordance with medical regulations and technical standards or be acquitted before treatment and has not made a mistake. If the acquitted of the patient was not valid due to her immaturity or insanity, or was not possible due to her anesthesia, innocence would be taken from the sick guardian.

We have got 2 remarks here:

Note 1: If there was no negligence or fault of doctor in science and practice, he would not be responsible anymore, even if he had not been acquitted. Failure is when someone doesn't know something or has the illusion of knowing that. Delinquency is when someone doesn't know something due to negligence. Physicians are expected to be aware of both faults and negligence; so, the Doctor cannot claim that he did not know or didn't study that subject. Meanwhile this ignorance does not invalidate the guarantee.

Note 2: Patient's guardian includes the special guardian like father and the general guardian who is Supreme Leader. In cases of lack of access to the special guardian, the head of the judiciary, with the approval of the Supreme Leader and delegating authority to the relevant prosecutors, acquits the Doctor.

Clause 496: The Doctor is responsible in case of loss or injury in treatments which he orders the nurse or the patient to perform. (Unless he acts in accordance with clause 495 of this law)

This clause has 2 remarks as well:

Note 1: In such cases, if the patient or nurse knows that the order is wrong and causes injury or loss, and nevertheless acts according to the order, the doctor is not the guarantor, but the injury and damage is documented to the patient or nurse.

Note 2: In cases of amputation or injuries caused in medical treatments, we would have to follow according to clause 495.

Clause 497: In urgent cases where it is not possible to obtain innocence and the physician treats the patient in accordance with the regulations, no one can guarantee the loss or damage.

Diyat is a certain amount of property that is prescribed in the Holy Shari'ah due to an unintentional crime against a person, a member or a benefit or intentional crime in cases where there is no retribution in any way. In other words, Wergild, also known as man price (blood money), is established on a person's life, paid as a fine or compensatory damages to the family when that person's life is taken or is otherwise injured.

Warranty (guarantee) is a jurisprudential issue which make us responsible for whatever we do. We need it in the health system to create a balance between the rights of medical staff and the rights of patients. We are going to mention and discuss some clauses in Diyat and Warranty related to medical community, especially physicians.



There are some points here to keep in mind:

Point 1

Obtaining innocence is for not being civilly liable. (Diyat and damages)
Obtaining consent is for non-criminal liability. (Retribution and punishments)

Point 2

If the Doctor commits negligence or fault, he absolutely is the guarantor of the blood money. (Even if he has been acquitted)
If the doctor does not commit any negligence or fault, he is absolutely not the guarantor of the blood money. (Even if he has not been acquitted)

*So why do we need
acquittance (innocence) ?*

Obtaining innocence changes the burden of proof. This means if the doctor has been acquitted, the principle is that the physician has not committed any negligence or fault and the claimant must provide evidence to substantiate his claim. But on the contrary, if innocence has not been obtained, the principle is that the Doctor has committed a fault and he must prove his innocence or he will be the guarantor.

Point 3

In cases where the Doctor gives a wrong order to the patient or nurse, the principle is that the doctor is the guarantor; Unless the nurse or patient knows the prescription is wrong, in which case only the nurse or patient is the guarantor.



Critical Thinking in Medicine

Mohsen turkizade ✦ Medicine

■ What is critical thinking?

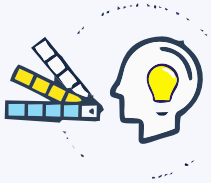
Over the time, human understanding of critical thinking has evolved. Beyer (1995), provides the most basic definition of Critical Thinking as “making reasoned judgments”. In other words, a person with critical thinking skill is capable of understanding logical connections between multiple ideas, constructing and evaluating arguments and detecting common mistakes in reasoning. Critical thinking is a skill, not a gift. That means designing educational curriculums based on critical thinking can lead to a rational and accurate community.

■ How critical thinking is helpful in medicine?

Critical thinking skill is crucial in evidence-based practice in healthcare and education. Several studies in the medical literature indicate that misdiagnosis occurs in some 15% to 20% of all cases, and that about 80% of these are characterized as due to cognitive errors, which can be eliminated by teaching critical thinking skills to students.



Making a correct diagnosis involves arranging the information from patient symptoms, signs, and laboratory findings into a pattern, understanding logical connections between them and making the right decision while avoiding common mistakes. That's exactly what a critical thinker mind is capable of.



Where to start?

In this article, I argued that critical thinking is a crucial skill in healthcare system that can prevent a huge number of medical errors and it is not actually a gift and can be taught to students. In this last part, I'll introduce some helpful books for self-studying and practicing critical thinking.

1. Factfulness by Hans Rosling: We make mistakes, classically, in being overly pessimistic about things that are changing in the world. In one of Rosling's examples he asks what percentage of the world population is living on less than \$2 a day. People almost always overestimate that number. In this book, Hans focuses on the ways that people make mistakes.
2. The Art of Thinking Clearly by Rolf Dobelli: It's actually a summary of 99 moves in thinking, some of them psychological, some of them logical, some of them social. What I like about it is that he uses lots of examples. Each of the 99 entries is pretty short, and it's the kind of book you can dip into. I would think it would be very indigestible to read it from cover to cover, but it's a book that you will keep going back to.





Fruits Idioms and Sayings!

Today we are going to learn a list of useful idioms about fruits with meaning and examples.

■ **A plum job**

An easy, pleasant job that also pays well.

Example: He got a plum job in an insurance company.

■ **The cherry on the cake**

The final thing that makes something perfect.

Example: The fabulous weather on the day was the cherry on the cake.

■ **Apple of someone's eye**

The person that someone loves most of all and is very proud of.

Example: His new baby girl was the apple of his eye.

■ **When life gives you lemons, make lemonade**

Make the best of a bad situation.

Example: When life gives you lemons, make lemonade - it'll help you keep a positive attitude.

■ **The apple never falls far from the tree**

Family characteristics are usually inherited.

Example: Her daughter soon showed her own musical talent, proving that the apple doesn't fall far from the tree.

■ **Cool as a cucumber**

Calm even in difficult or frustrating situations.

Example: Even during the elections, David was as cool as a cucumber.



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Very Informed People

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