

SANS

NEWS

Volume 5 | February 2024

LETTER



18TH ANNUAL MEETING OF
THE SAUDI ASSOCIATION OF
NEUROLOGICAL SURGERY

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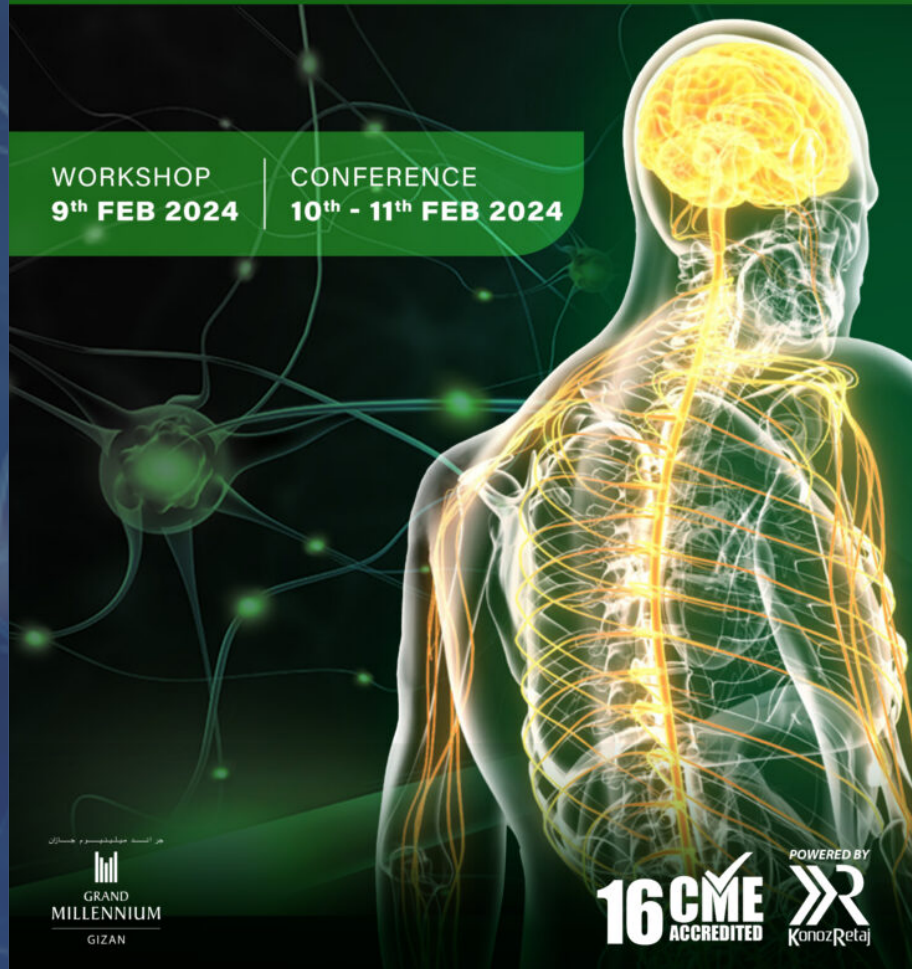
WORKSHOP
9th FEB 2024

CONFERENCE
10th - 11th FEB 2024

مركز الألفية
GRAND
MILLENNIUM
GIZAN

POWERED BY
16 CME
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KonozRetaj



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Our SANS newsletter is meant to keep everyone in our Neurosurgery family up to date on latest news from around the SANS world and beyond. We send it out to all active members and post it on to our website. We ask that you share this letter and keep our entire SANS family informed. Please send your contribution to our copy editor Atika at: SANS.newsletter@sans.org.sa

EDITORIAL

2024, you are welcome!

Welcome to our first Newsletter of 2024. We have a busy year ahead with the 18th Annual meeting of SANS which will be held in Jazan this year. Our continued success is down to the members.

In this issue, we start with an article about the Arabic Translated PROMs Utilised in Spine Research. Prof. Jamjoom draws a firm conclusion about this important topic.

This issue focuses on our biggest event in our community-the 18th SANS Annual meeting which will be held in a few days in Jazan.

The "The Life of a Neurosurgeon" section includes an interview with Dr. Ali Bin Salamah.

We introduced the section 'From Member to Member' recently which can include Members' achievements and awards, members' appointments and News from SANS.

For everyone else, please have a happy and healthy New Year, do good work, and let us hear from you!

There is no specific deadline for your contribution. We are sending the newsletter every 3 months and will make sure to include your news or contribution in the upcoming newsletter.

May 2024 be your best year yet!



Prof. Abdulhakim B Jamjoom
King Abdulaziz Medical City
Jeddah, Saudi Arabia

Patient-reported outcome measures (PROMs) are validated questionnaires that assess patients' health status and are completed by the patients themselves, without interpretation by clinicians or others. The term covers a wide range of instruments that measure quality of life, well-being, satisfaction, symptoms and functioning. PROMs are widely recognized as valuable tools in research, clinical decision making,

ARABIC TRANSLATED PROMS UTILIZED IN SPINE RESEARCH

patient-centered care, health policy and, more recently, compensation rulings. They can be generic, disease-specific or treatment-specific. The use of PROMs in spine research is well documented. Most PROMs have been developed in English and the literature is rich with research initiatives focusing on translation into other languages. It is generally recognized that for a translated version to be accepted as comparable to the original, it must withstand rigorous assessments of its cross-cultural adaptation and validation. Arabic is one of the most widely spoken languages in the world. It is an official language in 25 countries and is spoken by more than 300 million people. The academic productivity of Arabic spine researchers has increased in

The PubMed database was searched in June 2023, and all relevant publications were identified. Thirty studies that validated the Arabic-translated versions of 26 PROMs were included in the review. The median (range) publication year was 2019 (2007-2023). The median (range) journal impact factor was 2 (0.2- 5.4). The most frequently published journals were Spine (Phila Pa 1976) (7 articles) and Journal of Back and Musculoskeletal Rehabilitation (3 articles). The journal specialties were spine (11 articles), physiotherapy and rehabilitation (9 articles), orthopedics (5 articles), neurosurgery (1 article), and other (4 articles). The median (range) of the number of participants was 101 (51 - 322).

AIM OF THE ARTICLE

The aim of this article was to identify the validated Arabic translated versions of PROMs

available for spine researchers in Arab countries.

A list of the 26 validated translated Arabic versions of PROMs used in the spine literature, see the table.

Disease	PROMs Name	Countries	Setting
Low Back Pain	Roland-Morris Disability Questionnaire	Morocco	Rheumatology
		Bahrain	Physiotherapy
	Fear Avoidance Beliefs Questionnaire	Saudi Arabia	Physiotherapy
		Palestine	Physiotherapy
	Back Beliefs Questionnaire	Saudi Arabia	Physiotherapy
		Bahrain	Physiotherapy
	Quebec Back Pain Disability Scale	Palestine	Physiotherapy
	Oswestry Disability Index	Saudi Arabia	Physiotherapy
	Japanese Orthopaedic Association Back Pain Evaluation Q	Saudi Arabia	Orthopedics
	STarT Back Tool	Saudi Arabia	Physiotherapy
	Core Outcome Measures Index	Egypt	Physiotherapy
	Bournemouth questionnaire	Egypt	Physiotherapy
	Tampa Scale of Kinesiophobia	Jordan	Neurosurgery
	Back Pain Attitudes Questionnaire	Jordan	Physiotherapy
	Low Back Pain Knowledge Questionnaire	Jordan	Physiotherapy
	Low Back Pain Treatment Beliefs Questionnaire	Jordan	Physiotherapy
		Functional Rating Index	Saudi Arabia
	Orebo Musculoskeletal Pain Questionnaire	Saudi Arabia	Primary Care
	Pain Self-Efficacy Questionnaire	Saudi Arabia	Physiotherapy
Neck Pain and Cervical Myelopathy	Modified Japanese Orthopaedic Association Cervical Myelopathy Score	Egypt	Spine
		Egypt	Spine
	Neck Disability Index	Saudi Arabia	Primary Care
	Copenhagen Neck Functional Disability Scale	Egypt	Physiotherapy
Spine Pain	McGill Pain Questionnaire-Short Form	Saudi Arabia	Pain Clinic
Scoliosis	Scoliosis Research Society Questionnaire-22	Lebanon	Orthopedics
	Early Onset Scoliosis 24 Items Questionnaire	Palestine	Orthopedics
	Italian Spine Youth Quality of Life	Saudi Arabia	Spine
	Scoliosis Research Society Questionnaire-30	Saudi Arabia	Orthopedics
Spinal Cord Injury	Patient Health Questionnaire-9	Lebanon	Physiotherapy
	Neurogenic Bladder Symptoms Score-Short Form	Syria	Physiotherapy

The diseases of the participants were low back pain (19 articles), neck pain and cervical spondylotic myelopathy (4 articles), scoliosis (4 articles), spinal cord injury (2 articles), and mixed spinal pain (1 article). The countries of the participants were Saudi Arabia (12 articles), Egypt (5 articles), Jordan (4 articles), Lebanon (2 articles), Bahrain (2 articles), Palestine (2 articles) and one article each from Israel, Syria and Morocco.

The participants came from the fields of

physiotherapy and rehabilitation medicine (18 articles), orthopaedics (4 articles), spine (3 articles), primary care (2 articles), neurosurgery (1 article), rheumatology (1 article) and pain clinic (1 article). It is notable that four instruments used in spine research are missing from the list of 26 PROMs listed in the table. These are: Short Form-36 (SF-36), Visual Analogue Scale (VAS), EuroQoL-5D (EQ-5D), Numerical Rating Scale (NRS) and Zurich Claudication Questionnaire (ZCQ).

Arabic translated versions existed for three of these instruments (SF-36, EQ-5D and NRS), but they were not included in this review as their validation was conducted in a randomised population and not in spine research. The VAS was used to assess Arabic patients in a study that did not address validation, while the ZCQ has not, to our knowledge, been translated and validated in Arabic.



Patient Reported Outcomes Measures

CONCLUSION

- PROMs are valuable for systematising subjective outcomes. Their use in research and clinical settings in any validated language should be strongly encouraged.
- Most of the PROMs widely used in spine research, with the exception of a few, have Arabic-translated, cross-culturally adapted, validated versions.

- Most studies were published in recent years and have modest citation numbers.
- Most studies (12 of 26 articles) were conducted by Saudi Arabian researchers.
- Most studies (18 out of 26 articles) were conducted by researchers in the fields of physiotherapy and rehabilitation
- Most studies (19 out of 26) examined patients with low back pain
- The methodological quality of the studies was good, apart from a few shortcomings that could be improved by further research.



EXTRACTED FROM

Jamjoom A B, Gahtani A Y, Alzahrani M T, et al. (October 01, 2023) Arabic-Translated Versions of Patient-Reported Outcome Measures Utilized in Spine Research:

A Review of Validated Studies. *Cureus* 15(10): e46303. DOI 10.7759/cureus.46303

UPCOMING SANS ANNUAL MEETING

FEATURE

Dr. Yahya H. Khormi

President | 18th Annual SANS Meeting (SANS 2024)

It gives me great pleasure to cordially invite you to the 18th Annual SANS Meeting. The event will be held from 9 to 11 February 2024 at the Grand Millennium Hotel in the beautiful city of Jazan, Saudi Arabia.

"Promoting Neurosurgery: Taking the Leap" is our theme this year to embrace neurosurgery at its current pivot. In the heart of Jazan, surrounded by its beauty, charm and rich cultural heritage, we are inspired to take the leap, push the boundaries and have a lasting impact on our patients in all cities across the Kingdom.



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

Promoting Neurosurgery: Taking The Leap



18th SANS Annual Meeting

The two-day conference will feature internationally and nationally renowned pioneers in neurosurgery. Their presence guarantees stimulating discussions and learning from the best in the field. Pre-conference workshops will be held to provide hands-on training in neurosurgical subspecialties. We invite you to enjoy the culture of Jazan through our exciting social programmes, while the conference enriches you academically. This is an opportunity to make lifelong friendships and memories. I welcome you to the 18th Annual SANS in Jazan. In February 2024, we will dare to dream and take the leap together.

International Speakers



FREDERICK BOOP



AKIO MORITA



JAMES K. LIU



JINSUNG LUKE KIM

UPCOMING SANS ANNUAL MEETING

WORKSHOPS

18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP

NEUROLIFE COURSE

COURSE DIRECTOR:
DR. HOSAM ALJEHANI

08:00 - 04:30 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
30



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP

INTENSIVE NEUROSCIENCE NURSING SKILLS

COURSE DIRECTOR:
DR. IBRAHIM ALHALAL

01:30 - 06:30 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
30



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP

FULL ENDOSCOPIC HANDS-ON TRAINING COURSE ON LUMBAR SPINE

COURSE DIRECTOR:
DR. HUSSAM JABRI

08:00 - 04:00 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
15



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP

PEDIATRICS NEUROSURGERY REVIEW COURSE


COURSE DIRECTOR:
DR. NABEEL ALSHAFI

08:30 - 04:30 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
30

FEES ARE WAIVED FOR SAUDI NEUROLOGICAL TRAINEE SANS MEMBERS



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP


PITUITARY ADENOMA INTENSIVE COURSE

COURSE DIRECTOR:
DR. ABDULRAZAG AJLAN

01:30 - 05:30 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
8 HANDS-ON 32 OBSERVERS



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

PRE CONFERENCE WORKSHOP

STUDENTS NEUROSURGICAL BOOT CAMP

COURSE DIRECTOR:
DR. WISAM AL ISSAWI

01:30 - 06:30 P.M.

9TH FEBRUARY 2024

LIMITED SEATS:
30



18TH ANNUAL MEETING OF THE SAUDI ASSOCIATION OF NEUROLOGICAL SURGERY

NeuroGraphia IV Neuroscience Art Competition 2024

A picture is worth a thousand words!



For submission guidelines and additional information, visit [your website or contact information]

sans.org.sa

The deadline should be 3rd February 2024

All submissions should be made via email to email address:
neurographia@gmail.com

If the illustration received an award in previous NeuroGraphia Neuroscience Art Competitions, it is ineligible for entering in this year's NeuroGraphia Neuroscience Art Competitions.

There will be two NeuroGraphia Neuroscience art competition:

- NeuroGraphia art competition
- NeuroGraphia Scientific Illustration Competition

There will be three winners for each competition. The winning illustrations will be published in the following SANS Newsletter Issue.

Certificates will be issued by the SANS NeuroGraphia Committee

NeuroGraphia - Where Creativity Meets Neuroscience and Neurosurgery.

See you in Jazan!

Eligibility:

This competition is targeting all those who are interested in neurosurgical sciences and arts; such as medical students, interns, residents and board certified neurosurgeons as well as those who are in health allied specialties. Those who are interested in the artistic side from any disciplines are also welcomed to join the art competition.





THE LIFE OF A NEUROSURGEON

INTERVIEW

We had the pleasure of interviewing a very prominent **neurosurgeon** in Saudi Arabia Dr. Ali Bin Salamah. we are appreciative that he was able to spend a few minutes with us answering some questions related to neurosurgery and the profession in general. Here's the interview:

**SANS Newsletter (SN):
What made you decide to
become a Neurosurgeon?**

Ali Bin Salamah (AS):
During my residency in ENT, I encountered a case in the first 6 months that involved collaboration with neurosurgery. It was a frontal mass, and it was my first time attending a neurosurgery procedure. This experience led me to decide to become a career as a neurosurgeon.

**(SN): What is your
philosophy as a
neurosurgeon?**

(AS): Philosophy of conservative therapy: First, I encourage the use of non-invasive treatments such as medications and physical

therapy. Most people can experience significant improvement if they are patient. In straightforward cases, I will perform the surgery. For complex cases, I will refer the patient to a neurosurgeon who has the necessary skills.

**(SN): The wisest thing
anybody ever told you.**

(AS): My mentor, Professor Adebayo Olimesi, told me, "It is very important to have your hands set in terms of surgical skills." You should also become a master in diagnostic radiology.

**(SN): How do you achieve
the balance between
professional and private**

life?

(AS): Balancing personal and professional life in today's digital era is challenging. Families have the right to be with their loved ones without being disturbed by hospital issues. That's why I kindly request that friends and relatives contact me for consultations before 16:00 hr. After this time, I will not answer any calls or messages.

**(SN): Any advice for
medical students hoping
to go into neurosurgery?**

(AS): Neurosurgery is a challenging specialty, and it can be particularly stressful.

(SN): Your best / worst / moment as a neurosurgeon

(AS): The best moment is when I see the patient improve after surgery. The worst moments are when I have to deal with a surgical complication.

(SN): What is most challenging about what you do?

(AS): Neurosurgery demands a heightened level of precision, skill, confidence, talent, and leadership, making it more demanding compared to other medical specialties.

(SN): What is a common misconception people have about what you do?

(AS): The Complexity of Neurosurgical Diseases: Giving Bad News, Complicated Operations, Pressure to Succeed, and

Length of Experience Build-Up.

(SN): How do you build rapport with your patients?

(AS): Share in the patients' pain and help to cure their complaints.

(SN): What do you enjoy doing in your spare time?

(AS): Most of my time is spent with my family and meeting friends.

(SN): If you were not a neurosurgeon, what career would you choose?

(AS): A neurosurgeon

(SN): Can you tell us how your usual day looks like, and potentially share any productivity/ efficiency advice?

(AS): I enjoy life and always tell my doctor colleagues,

"Don't let medical practice consume all your days.

(SN): What is important in neurosurgical training?

(AS): Work hard and read more. Attending more surgeries is a cornerstone of neurosurgery training.

(SN): If I knew then what I know now"—advice for today's neurosurgical trainees.

(AS): Attend surgeries as often as possible.

(SN): Is there anything you can tell us that might surprise people reading the article?

(AS): Neurosurgery is a difficult and complex specialty. But it's loved by neurosurgeons.

OBITUARY

By Dr. Ali Bin Salamah
Dallah Hospital
Riyadh, Saudi Arabia

It is with heavy hearts that we mourn the passing of Dr. Ahmad Alrifae, a valued member of the neurosurgery community in the Kingdom, who passed away on January 10, 2024.



DR. AHMED ALRIFAE

Dr. Alrifae joined King Saud Medical City in Riyadh in 2008 and worked there for 11 years, during which my relationship with him was deeply rooted not only as a colleague but as a valued friend. From 2019, he worked in various medical institutions (both governmental and private) in different regions and finally settled in King Fahad Armed Forces Hospital in Jeddah.

Dr. Alrifae is known for his decency, sincerity, and kind soul as part of his essential qualities that have left an indelible impression. Countless patients have benefited from his care, and despite the hardship of his illness, his spirit remained buoyant, and he continued carrying out his duties diligently to the end. His determination, teamwork and professionalism set him apart, and on a personal level, his energy, optimism, and sense of humour were contagious.

I personally had many pleasant encounters with him, and we shared stories that I will endure in my memory for a long time. On a side note, family was a priority in his life and he placed great value on the devotion he gave to them. He was blessed with an altruistic, benevolent personality that was clearly obvious in his kindness, generosity, and compassion for others.

Dr. Alrifae will be greatly missed by many, but never forgotten by those who were fortunate enough to know him. Our hearts and thoughts go out to his family, may Allah bless his soul.

OBITUARY

By Dr. Abdulrahman Jafar Sabbagh
King Abdulaziz University | KAU
Jeddah, Saudi Arabia



DR. AHMED ALRIFAE

It is with an immense sense of loss and respect that I inform our SANS community of the passing of an experienced surgeon and dear friend, Professor Ahmed Mustafa Abdel Naeem Alrefaie. His passing in the early hours of January 10, 2024, has left a void in the hearts of many, including my own, as I reflect on our longstanding acquaintance and later friendship that began in Riyadh in 2008 — a bond that grew stronger with time.

Professor Alrefaie was very committed to his patients, which was very strong, evidenced in a profound way at his funeral. In a touching gesture of gratitude and respect, the father of a child Professor Alrefaie had treated was present until the last moment and helped lay him to rest in his grave. This rare event was a testament to the deep connections he forged through his genuine care and the impact he had on the lives he touched.

Born in Egypt and having spent his formative years in Kuwait, Professor Alrefaie always had a deep affection for Saudi Arabia, which he considered his second home. For over 2 decades of his life, he practiced neurosurgery in several governmental and private institutions in Riyadh, Madinah, Dammam and Jeddah. His love for the country was reflected in the passion with which he served the people there. He treated every patient with a level of courage, integrity and honesty that became the hallmark of his practice. He was known for speaking openly and always telling it like it is. This quality earned him immense respect from peers and patients alike.

Away from the operating room, he was a family man who was an exemplary husband, father to four children aged seven to fourteen and the only brother to six sisters. He cared for everyone more than he cared for himself. He always talked to me about the importance of family and how to take care of all

current and future needs.

Professor Alrefaie was exceptional in ensuring that every aspect of the surgical environment functioned seamlessly. He was diligent in obtaining the required surgical tools and ensuring that the nursing staff were well-informed about their use. His attention to detail extended to his colleagues, assistants, and residents, whom he educated and mentored with great care. In addition to his surgical expertise, Professor Alrefaie was skilled at understanding the intricacies of medical equipment. His expertise extended beyond their clinical use; he often took the lead in maintaining and, when needed, carrying out minor repairs on these tools, showcasing a thorough understanding of their functionality. This proactive and thorough approach exemplifies his dedication to ensuring a fully integrated and efficient treatment process for his patients.

In saying goodbye to Professor Alrefaie, we not only mourn the loss of a surgeon of the highest caliber but also celebrate a life lived with unwavering purpose and kindness. His absence will be keenly felt, especially by me, as I cherish the many years of friendship we shared.

In this moment of sorrow, our hearts go out to his family. May they find comfort in knowing that his legacy is one of immense honour and profound humanity. Professor Alrefaie's spirit will continue to guide us, and his memory will forever be a beacon of inspiration. May Allah grant his family and all of us patience for our loss, and bestow His mercy and forgiveness on him, and grant him the highest paradise. May Allah bring us all together with him under His shade on a day when there is no shade but His.

FROM MEMBER TO MEMBER

NEWS

Samer S. Hoz - Abdullah H. Al Ramadan -
Ian Pople - Nada Mohammed -
Waeel O. Hamouda - Ahmed El Damaty -
Mustafa Ismail *Editors*

Pediatric Neurosurgery

Congratulations to Drs. Abdullah Al Ramadan and Waeel Hamouda on the textbook, "Pediatric Neurosurgery".



We are delighted to announce the appointment of Saleh Baesa, MD, FRCSC, as a member of the Scientific Advisory Board Neuro Globa. In joining the scientific advisory board, he brings a wealth of experience with him as Neuro Globa to advances the education of students and trainees from underserved regions across the world.

HEALTH TEAM

Mission to Africa: Our neurosurgeons trek to Africa to spread hope

The medical team from SANS packed suitcases full of supplies and a big dose of courage to provide life-saving procedures for Chadians in need.



Under the supervision and sponsorship of the King Salman Humanitarian Aid and Relief Center, and during the medical campaign of the "Al Balsam" Association in the Republic of Chad, the Saudi Association of Neurosurgical Surgery prepared an integrated medical team to diagnose neurosurgical cases, perform operations, and transfer expertise to our brothers in the Republic of Chad.

On January 20, 2024, the team flew into N'Djamena, the capital city of Chad. After settling into their accommodations, they immediately began preparing for one of the crucial assignments of the mission: treating much-needed patients.

UPCOMING EVENTS

AANS2024 CHICAGO MAY 3-6

This year AANS welcomes the Continental Association of African Neurosurgical Societies (CAANS) and the European Association of Neurosurgical Societies (EANS) as collaborating societies at the 2024 AANS Annual Scientific Meeting. For more information click [here](#).

CNS | 2024 ANNUAL MEETING HOUSTON, TEXAS • SEPTEMBER 28-OCTOBER 2, 2024

Mark your calendar for the 2024 CNS Annual Meeting and take advantage of plenty of interactive learning opportunities. For more information click [here](#).

EANS2024 Sofia

- INNOVATION
- EDUCATION
- LEADERSHIP

October 13 - 17

Mark your calendar for the 2024 EANS Annual Meeting and take advantage of plenty of interactive learning opportunities. For more information click [here](#).

WELCOME TO RIYADH

PAN Arab Neurosurgical Society

الجمعية العربية للجراحة العصبية
PANARAB NEUROSURGICAL SOCIETY
14th CONFERENCE
1-4 نوفمبر 2024 ٤-١ نوفمبر
Riyadh, Saudi Arabia الرياض

المنتدى 14^ل للجمعية العربية للجراحة العصبية
THE 14th CONFERENCE OF THE PANARAB NEUROSURGICAL SOCIETY
الرياض 2024 RIYADH 2024

HOSTED BY

Welcome to Riyadh!
مرحبا بكم في الرياض

Preliminary Invitation
For further information please contact:
Dr. Ahmed Alkhani
alkhani@yahoo.com

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