



# Imam Reza General Hospital Newsletter

## Tabriz University of Medical Sciences (TUOMS)



**Masood Faghihdinevari**  
Founder and Director-In-Charge's  
Message,  
Dean of Imam Reza General Hospital,  
TUOMS

According to World Health Organization (WHO), more than 67 million people have been reported with COVID-19, 47 million have recovered and more than 1.5 million deaths have been reported globally.

Based on statistics, more than 1 million infected patients have been reported in Iran and more than 51,000 are disastrously passed away. By considering the safety principles from people side and health officials, we hope this trend of mortality and infection will decline. Imam Reza General Hospital, Tabriz, Iran as a reference hospital in northwestern of Iran is an academic center for training, research and treatment. I am as the dean of Imam Reza General Hospital, Tabriz, Iran, alongside all the other physicians, nurses and hospital staff are doing our best to provide the optimized services for patients who are admitted here. At the same time, we take the first issue of bilingual Newsletter as a good fortune and try to transfer the center's experiences through this publication to the international community and honorable people of Iran.

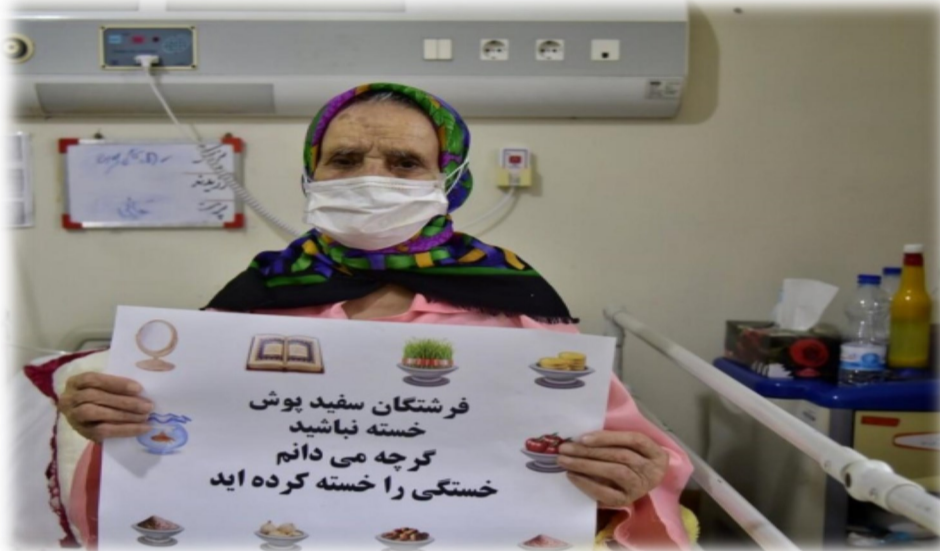


### COVID Studio

**Hassan Soleimanpour**  
Editor-In-Chief's Message, Dean of  
Education and Research Deputy,  
TUOMS

COVID-19 crisis is a global pandemic has affected all human life aspects in all societies, such as social relations, social issues, cultural activities, economic situation and medical education as well. Therefore, virtualized training is inescapable in these conditions. According to the above and Imam Reza General Hospital head's order, deputy of education and research has established (Sep, 2020) Studio COVID-19 and scientific COVID committee. The studio COVID-19 schedules in different medical aspects are available in social media such as Instagram (imam.rezahosp), Aparat (<https://www.aparat.com/ImamrezaHospTABRIZ/live>) and also in the English and Farsi website (<https://imamreza.tbzmed.ac.ir/>) of the hospital. I am as the dean of education and research deputy of the hospital, invite all the acknowledged professors, nurses and respected personnel and staff in collaboration with the studio COVID-19 to provide qualified scientific and constructive programs for audiences in aiming to increase knowledge and awareness of all viewers, including university communities, all people and patients. I'm also honored to declare the first issue of Imam Reza General Hospital Newsletter, TUMOS in the summary form of discussed subjects in studio COVID-19 about related subjects of COVID-19 and center news will be electronically accessible on the hospital site.

*By considering the critical role of health care professionals during the COVID-19 pandemic  
Iran's leader message to all medical community  
My heartfelt thanks to all the medical staff*



The old woman declares her gratitude to all health care staff and represents this text; "well done to all medical staff as guardian angels"



We respect to Farzad Nami one of our first fallen hero health official members of Imam Reza General Hospital, Tabriz, Iran who gave his life for protecting the health of our country.

Thank you for your sacrifice

**Happy New Year**  
*Wishing a Corona-Free life in 2021*



## Clinical Symptoms of COVID-19



**Behrooz Naghili**  
Professor of infections disease,  
TUOMS

Corona Virus disease (COVID-19) is caused by Sars-Cov-2, a newly emergent Coronavirus, which was first recognized in Wuhan, China, in December 2019. In definition, asymptomatic COVID-19 case is a person who has developed signs and symptoms suggestive of COVID-19. Epidemiology and virologic studies suggest that transmission mainly occurs from symptomatic people to others by close contact through respiratory droplets, direct contact with infected persons, or contact with contaminated objects and surfaces. The incubation period for COVID-19 which is the time between exposure to the virus and symptom onset is 2 to 14 days. During this period, also known as the presymptomatic period, some infected persons can be contagious, from 1-3 days before symptom onset. While most people with COVID-19 develop only mild (40%) or moderate (40%) disease, approximately 15% develop severe disease that requires oxygen support, and 5% have critical disease with complications such as respiratory failure, acute respiratory distress syndrome (ARDS), Sepsis, Shock and/or multiple organ failure. Clinical symptoms may vary, but most symptoms at initial phase are due to viral reaction, and at later stages, they are related to immunology responses of the body. Clinical presentation: Most persons experience fever, cough, fatigue, anorexia, shortness of breath, other nonspecific symptoms such as sore throat, nasal congestion, headache, diarrhea, nausea and vomiting have also been reported. Loss of smell (anosmia) or loss of taste (ageusia) preceding the onset of respiratory symptoms has also been reported. Risk factors for severe disease: Age more than 60 years, underlying noncommunicable disease, including diabetes, hypertension, cardiac disease, chronic lung disease, cerebrovascular disease, chronic kidney disease, immunosuppression, and cancer have been associated with higher mortality. Smoking is also an important factor for developing severe disease.



**Farid Rashidi**  
Assistant professor of internal medicine,  
division of pulmonology, TUOMS

Do all COVID patients are symptomatic?

This can be explained based on a study about patients who were in cruise ship that about 58% of them with a positive test were not symptomatic and the most important point is that 77% of them remained asymptomatic in the follow-up.

In another case, whether asymptomatic patients may have parenchymal involvement in chest or not: According to a study conducted in Nanjing, China, about half of the patients showed GGO in chest CT. Today we know that observing changes in radiographic images is not an indication for medical therapy.

What are the most common patient's symptoms?

Depending on the involvement of different organs, symptoms vary widely. The most common symptoms are myalgia, cough, fever, and less common are sore throat and shortness of breath.

In this case of viral disease, it has been reported that loss of taste and smell are more common than other viral diseases. Currently, In spite of initial reports, we know that fever is not a common symptom in all cases which has been reported from 40 to 60%.

Is Chest CT as a screening test a reliable modality for diagnosing COVID-19?

The American Radiology Association recommends CT should not be used to screen. Based on these concerns, given that chest CT may be normal in about 40% of patients particularly in the early stages, therefore using CT as a first-line test to diagnose COVID-19 can be very misleading and lead patients not to be diagnosed.





Lecturer	Subject	time
<b>Behrooz Naghili</b> Professor of Infectious Diseases	<b>Farid Rashidi</b> Assistant Professor of Internal Medicine - Pulmonology	<b>Clinical symptoms of Covid-19</b> Monday 2020/16/11 22:00-22:30
<b>Mahdi Edalati</b> Assistant Professor of Hematology	<b>Behrooz Naghili</b> Professor of Infectious Diseases	<b>Hematologic laboratory challenges of Covid-19</b> Monday 2020/23/11 22:00-22:30
<b>Javad Rashid</b> Professor of Radiology	<b>Hamed Valizadeh</b> Assistant Professor of Internal Medicine - Pulmonology	<b>Radiologic findings of Covid-19</b> Monday 2020/30/11 22:00-22:30
<b>Alireza Ala</b> Professor of Emergency Medicine	<b>Behrooz Naghili</b> Professor of Infectious Diseases	<b>Clinical decision about admission/discharge of patients with Covid-19 in the ED</b> Monday 2020/07/12 22:00-22:30
<b>Haleh Mikaeili</b> Assistant Professor of Internal Medicine - Pulmonology	<b>Haleh Rezaee</b> Assistant Professor of Clinical Pharmacy	<b>Current pharmacological treatments and recommendations for Covid-19</b> Monday 2020/14/12 22:00-22:30
<b>Jalal Etemadi</b> Associate Professor of Internal Medicine - Nephrology	<b>Afshin Gharekhani</b> Assistant Professor of Clinical Pharmacy	<b>Management of immunosuppressive medications in relation of organ transplant patients with Covid-19</b> Monday 2020/21/12 22:00-22:30
<b>Ata Mahmoodpoor</b> Professor of critical care medicine	<b>Jalal Etemadi</b> Associate Professor of Internal Medicine-Nephrology	<b>Nonperfused or infected patients with Covid-19</b> Monday 2020/28/12 22:00-22:30
<b>Zahra Sheikhalipour</b> Assistant Professor of Nursing Education	<b>Armin Sadeghi</b> Assistant Professor of Internal Medicine - Pulmonology	<b>Nursing care for patients with Covid-19 at home</b> Monday 2021/04/01 22:00-22:30
<b>Sanam Dolati</b> Assistant Professor of Immunology	<b>Haleh Rezaee</b> Assistant Professor of Clinical Pharmacy	<b>Challenges of Covid-19 vaccine production</b> Monday 2021/11/01 22:00-22:30
<b>Abolhassan Shakeri</b> Professor of Radiology	<b>Mohammad Yazdchi</b> Professor of Neurology	<b>Manifestations, complications, neurological and neuro-radiological findings of Covid-19</b> Monday 2021/18/01 22:00-22:30
<b>Hassan Soleimanpour</b> Professor of Critical Care Medicine	<b>Sakineh Hajebrahimi</b> Professor of Urology (Head of Research Center EBMI)	<b>Evidence-based medicine and COVID-19: What Intensivists Need to Remember During the COVID-19 Pandemic</b> Monday 2021/25/01 22:00-22:30

**Masood Faghihinevari** Dean  
**Hassan Soleimanpour** Deputy Dean of Education and Research (Dean of COVID-19 Scientific Committee)  
**Hadi Hamishekar** Presenter (Secretary of COVID-19 Scientific Committee)

To visit the scientific lectures about new findings of COVID-19 and ahead challenges, please follow the links below:  
 Aparat Link address : <https://www.aparat.com/imamrezahospTABRIZ/live>  
 Instagram Page Address: [imam.rezahosp](https://www.instagram.com/imam.rezahosp)

**Covid-19 New Findings**  
 Imam Reza General Hospital -Tabriz-Iran  
 Deputy of Education and Research

Name	Field of Study	Position	Topic	Day	Time
Mojean Mirghafourvand	Midwifery-Reproductive Health & Nursing	Associate Prof.	Systematic Review and Meta-Analysis Articles		8:30 -10
Hadi Hamishekar	Clinical Pharmacy	Professor	Article Writing - Proposal Designing	Saturday	9 -10:30
Mahnaz Talebi	Neurology	Professor	Article Writing - Proposal Designing		10:30 -12
Fariba Eslamian	Physical Medicine and Rehabilitation	Associate Prof.	Article Writing - Proposal Designing		9 -10:30
Seyed Pouya Paknezhad	Emergency Medicine	Assistant Prof.	Article writing, Submit and Follow-up	Sunday	9 -10:30
Sarvin Sanaei	Nutritional Sciences	Assistant Prof.	English Editing - Systematic Review Articles		9 -12
Sakineh Hajebrahimi	Urology	Professor	Systematic Review and Clinical Trial articles		11:30 -13
Mehran Seif Farshad	Medical Ethics	Assistant Prof.	Ethics in Research		8 -9:30
Kavous Shahsavari Nia	Medicine	Associate Prof.	Proposal Designing - Submit	Monday	8 -9:30
Ata Mahmoodpoor	Critical Care Medicine	Professor	Article Writing - Proposal Designing		12 -13:30
Morteza Ghojzadeh	physiology	Associate Prof.	Statistics and Epidemiology		12-14
Mostafa Araj-Khodaei	Persian Medicine	Assistant Prof.	Article Writing - Proposal Designing		8 -9:30
Sanam Dolati	Medical Immunology	Assistant Prof.	Review article- English Editing	Tuesday	9 -12
Hanieh Salehi Pourmehr	Neurourology	Assistant Prof.	Systematic Review and Meta-Analysis Articles		9 -12
Mahasti Alizadeh	Community Medicine	Professor	Proposal Designing - Response To Reviewer		10 -11
Kavous Shahsavari Nia	Emergency Medicine	Associate Prof.	Proposal Designing - Submit		8 -9:30
Robab Mehdizadeh	Statistics	Ph.D	Statistics and Computer Consulting	Wednesday	9 -11:30
Seyed Pouya Paknezhad	Emergency Medicine	Assistant Prof.	Proposal Designing - Submit		12-13:30
Fariba Eslamian	Physical Medicine and Rehabilitation	Associate Prof.	English Editing		12-13:30
Saeid Safiri	Epidemiology	Assistant Prof.	Statistics, Epidemiology and Meta-Analysis Articles		12-14
Hassan Soleimanpour	Critical Care Medicine	Professor	Article Writing - Proposal Designing		8 -9:30
Hadi Hamishekar	Clinical Pharmacy	Professor	Proposal Writing - Searching for Electronic Databases	Thursday	10 -11:30
Mojean Mirghafourvand	Midwifery-Reproductive Health & Nursing	Associate Prof.	Article Writing, Meta-Analysis Articles		12 -13:30

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