

## EDITORIAL

- Research Grant Proposal Writing Course for Students in Higher Institutions
- The State of Medical Education in a Post-pandemic World
- Comparison of Quality of Life of Medical Students in Annual and Modular System in Public Sector Medical Colleges in Karachi, Pakistan
- Acceptance of COVID-19 Vaccine Among Unvaccinated Filipinos

## ORIGINAL ARTICLE

- Factors Associated with Poor Sleep among Young People in Mauritius: A Survey-Based Study
- Roles and Functions of a Non-Academic Medical School Facebook Page from the Students Perspective: A study of Usage and Survey Data
- Bearing the Burden of Tick-Borne Encephalitis in Europe, 2012-2020: Rising Cases, Future Predictions and Climate Change

## SHORT COMMUNICATION

- Satisfaction of Medical Students with Surgical Training: A survey of Northern Italy

## REVIEW

- Exploring Adult Patients' Perceptions and Experiences of Telemedicine Consultations in Primary Care: A Qualitative Systematic Review

## CASE REPORT

- A Cadaveric Study on the Anomalous Origin of Renal and Gonadal Vasculature: An Observational Study

## EXPERIENCE

- Working at a Cancer Research Laboratory as a Medical Student: Experience of an Indian Student Studying Medicine in Russia
- Medical Students' Engagement in the Fight Against the COVID-19 Pandemic: Remote Monitoring of Home-Quarantined Patients and Vaccination Teams. Reflections on the Experience and the Learning Outcomes
- Assess, Adapt, & Innovate: An Effort to Ensure Sustainability of Medical Student-led Community Engagement during the COVID-19 Situation in Indonesia



IJMS

INTERNATIONAL JOURNAL *of*  
MEDICAL STUDENTS

***International Journal of Medical Students***

The International Journal of Medical Students (IJMS) is a peer-reviewed open-access journal (ISSN 2076-6327) created to share the scientific production and experiences of medical students and recently graduated physicians worldwide.

# International Journal of Medical Students

## Year 2022 - Volume 10 - Issue 3

### EDITORIAL STAFF

#### Editor in Chief

Francisco Javier Bonilla-Escobar, MD, MSc, PhD(c)  
University of Pittsburgh, USA. University of Valle, Colombia

#### Scientific Editor

Mihnea-Alexandru Găman, MD, PhD student  
"Carol Davila" University of Medicine and Pharmacy, Bucharest, Romania

#### Deputy Editor

Ciara Egan, BSc  
Humanitas University, Milan, Italy

### ASSOCIATE EDITORS

Adnan Mujanovic, MD  
University of Bern, Bern, Switzerland

André Yvan Zolo Ossou, MD, MSc  
University of Cape Town, South Africa

Andrew Thomas, MBBS student  
SreeGokulam Medical College and Research Foundation, India

Duha Shellah  
An-Najah National University, Palestine

Francisco Jesus Barrera Flores, MD  
Harvard University, Boston, Massachusetts, USA

Kiera Liblik, BSc, MSc, Medical Student  
Queen's University, Kingston, Canada

Madeleine J. Cox, MD  
University of New South Wales, Sydney, Australia

Mohamed Fahmy Doheim, MBBCh(c)  
Alexandria University, Alexandria, Egypt

Mohammad A. Khazeei Tabari, Medical student  
Mazandaran University of Medical Sciences, Iran

Najdat Bazarbashi, MD  
University of Maryland School of Medicine, Baltimore, MD, USA

Nathaniel Edward Hayward, MB BCh BAO, MSc.  
University of Utah, Salt Lake City, Utah, USA

Paul Marcel Morgan, BSc, MD, PhD(c)  
University of Belize, Karl Hushner Memorial Hospital, Belize

Sohaib Haseeb, BSc, MD(c)  
James Cook University, Queensland, Australia

Sushil Dahal, MBBS  
Kathmandu University Hospital, Nepal

Vincent Kipkorir, BSc(H)  
University of Nairobi, Kenya

### STUDENT EDITORS

Abdul Basith KM  
Jawaharlal Institute of Postgraduate Medical Education and Research, India

Ahmed Nahian  
California Baptist University-Lake Erie College of Osteopathic Medicine, USA

Alisha Poppen  
University College Cork, Ireland

Amaan Javed  
University College of Medical Sciences (University of Delhi), India

Andrew Elton  
University of Minnesota Medical School, USA

Arkadeep Dhali, MD  
School of Digestive and Liver Diseases, Kolkata, India

Ashwini Ramesh Patankar  
Dr. D Y Patil Medical College and Hospital, Navi Mumbai, India

Avanthika Chaithanya  
Karnataka Institute of Medical Sciences, Bangalore, India

Bahadar Singh Srichawla, MS  
University of Massachusetts Medical School, Boston, USA

Benjamin Liu, MD  
Case Western MetroHealth, USA

David Ulrich Dalle  
North Ossetia State Medical Academy, Russia

Dawin Sichimba  
Copperbelt University, School of Medicine, Ndola, Zambia

Diego Carrion Alvarez  
Universidad de Monterrey, Mexico

Eugenia M. Ramos-Dávila, MD  
Instituto Tecnológico y de Estudios Superiores de Monterrey, Mexico

Johnmark Boachie  
University of Cape Coast, Ghana

Joseph Tonge  
Academic Unit of Medical Education, The University of Sheffield, UK

Khabab A. Hussien Mohamed Ahmed  
University of Khartoum, Faculty of Medicine, Sudan

Lakshmi V. Simhachalam Kutikuppala  
Konaseema Institute of Medical Sciences and Research Foundation, India

Leah Komer, BSc, MB BCh BAO Candidate  
University of Toronto, Canada

Lorraine Arabang Sobopelo  
University of Botswana, Faculty of Medicine, Gaborone, Botswana

Lourdes Adriana Medina Gaona  
Instituto Tecnológico y de Estudios Superiores de Monterrey, Mexico

Manas Pustake  
Grant Government Medical College, Mumbai, India

Marcel Lucas Chee  
Monash University, Melbourne, Australia

Marina Shatskikh  
Royal College of Surgeons in Ireland, Irvine, USA

Michael Tavolieri  
University College Cork, School of Medicine, Ireland

Moez Mohammed Ibrahim Bashir  
University of Khartoum, Faculty of Medicine, Khartoum, Sudan

Mohamed Hoosen Suleman  
University of KwaZulu-Natal, Durban, South Africa

Muhammad Romail Manan  
University of Health Sciences, Lahore, Pakistan

Nguyen Tran Minh Duc  
University of Medicine and Pharmacy, HCM, Vietnam

Nikoleta Tellios  
University College Cork, Cork, Ireland

Patricio Guillermo Garcia Espinosa  
Universidad Autónoma de Nuevo León, México

Pranjal Garg  
All India Institute of Medical Sciences, Rishikesh, India

Purva Shah  
Medical College, Baroda, India

Rahul Regi Abraham  
LSUHSC Shreveport, LA, USA

Randa Ahmed Abdalrheem  
University of Khartoum, Faculty of Medicine, Khartoum, Sudan

Rebecca Ndumba Mureva  
University of Nairobi, Nairobi, Kenya

Richard Christian Suteja  
Udayana University, Indonesia

Ron Hang-Long Li  
The University of Hong Kong, Hong Kong, China

Sebastian Diebel  
Northern Ontario School of Medicine, Nairn Centre, Canada

Shuo-Yan Gau  
School of Medicine, Chung Shan Medical University, Taiwan

Surobhi Chatterjee  
King George's Medical University, Lucknow, India

Wah Praise Senyuy  
Faculty of Health Sciences-University of Buea, Cameroon.

Yusuff Adebayo Adebisi  
University of Ibadan, Ibadan, Nigeria

### EDITORIAL BOARD

Abdel Kareem Azab, PhD.  
Washington University in St Louis, St Louis, MO, USA

Abdelrahman I. Abushouk, MD.  
Harvard Medical School, Boston, MA, USA.

Abhishekh Hulegar Ashok, MD.  
Cambridge University Hospitals NHS Foundation Trust, UK

Adrian Baranchuk, MD, FACC, FRCP.  
Queen's University, Kingston, ON, Canada.

Amelia Maria Găman, MD, PhD.  
University of Medicine and Pharmacy of Craiova, Craiova, Romania.

Americo Peña, MD.  
IRCCS San Raffaele Hospital, Milan, Italy.

Atanas G. Atanasov, PhD.  
Polish Academy of Sciences, University of Vienna, Austria.

Bogdan Socea, MD, PhD.  
"Carol Davila" University of Medicine and Pharmacy, Romania.

Cain C. T. Clark, BSc, MSc, PhD.  
University Hospitals Coventry & Warwickshire, UK

Camelia C. Diaconu, MD, PhD.  
"Carol Davila" University of Medicine and Pharmacy, Romania.

Eshetu Girma, MPH, PhD.  
Addis Ababa University, Ethiopia

Hemey A. García-Perdomo, MD, MSc, EdD, PhD, FACS.  
University of Valle, Cali, Colombia

Jorge E. Gomez-Marin, MD, MSc, PhD.  
University of Quindío, Armenia, Colombia

Juan C. Puyana, MD, FRCS, FACS, FACCP.  
University of Pittsburgh, Pittsburgh, PA, USA

Juliana Bonilla-Velez, MD.  
University of Washington, Seattle, WA, USA

Mark Zafero, MD, FACS.  
MD Anderson Cancer Center, TX, USA.

Matouš Hrdinka, MSc, PhD.  
University Hospital Ostrava, Ostrava, Czech Republic.

Mohamed M. Gad, MD.  
Department of Internal Medicine, Cleveland Clinic, OH, USA

Paul MacDaragh Ryan, MD, BCh, PhD.  
Hospital for Sick Children, Toronto, Canada.

Rahul Kashyap, MD.  
Mayo Clinic, Rochester, MN, USA.

Srinivas Vinod Saladi, MD.  
Massachusetts Eye and Ear Infirmary, Harvard Medical School, MA, USA.

William C. Cho, PhD.  
Queen Elizabeth Hospital, Kowloon, Hong Kong, China.

### ANCILLARY POSITIONS

#### Layout Editors

Abdi-Rahman Kulmiye Barow  
Medical university of Sofia, Bulgaria

Anna-Maria Dimitrova Chantaliyska  
Medical University of Pleven, Bulgaria

Cesare Mercalli  
Humanitas University, Milan, Italy

#### Harshil Patel

University of Nairobi, Kenya

Judie Y. Joo  
The University of Western Australia, Australia

Lina Hemmeda  
University of Khartoum, Khartoum, Sudan

Fatma Monib  
Assiut University, Egypt

#### Lucianne Odiero

University of Nairobi, Kenya

Preetesh Jakharia  
University of Nairobi, Kenya

Sajjad Ali  
Ziauddin Medical University, Pakistan

Sushil Dahal  
Kathmandu University Hospital, Nepal

#### In-House Writer

Laeqa S. Manji. China Medical University, China

#### Production Manager

Talha H. Chaudhry. University of Nairobi, Kenya

#### Editorial Assistant Managers

Ana Maria Morales. University of Valle, Colombia

Natalia Galindo. Universidad Santiago de Cali, Colombia

### SUPPORT COMMITTEE OF PUBLIC RELATIONS AND COMMUNICATIONS

#### Director

Preeyati Chopra. Government Medical College, Patiala, Punjab, India

#### Graphic Designer

Mahfuza Anan. Bangladesh Medical College, Bangladesh

#### Social Media Managers

[LinkedIn](#): Ahmed Nahian. [Instagram](#): Purva Shah.

[Twitter](#): Sajjad Ali. [YouTube](#): Camila Velandia

### PARTNERS

APSA NERC. American Physician Scientist Association, USA

COIMAMA. International Academic Medical Congress of Maranhão, Brazil

COMAPI. Academic Medical Congress of Piaui, Brazil

CoMAU. Congress of Medical Students of Unicamp, Brazil

COMUMC. Congresso Médico Universitário De Mogi Das Cruzes, Brazil

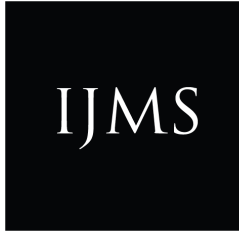
Connect MSC. Connect Medical Students' Congress, Brazil

CSurgeries. USA

IMSCB. International Medical Students' Congress of Bucharest, Romania

YiRS. Yorkshire Imaging and Interventional Radiology Symposium International

SoMED. International Medical Students' Congress Sarajevo



# INTERNATIONAL JOURNAL *of* MEDICAL STUDENTS

**T**he *International Journal of Medical Students* (IJMS)

is an open-access, peer-reviewed scientific journal (ISSN [2076-6327](#)) that publishes original research in all fields of medicine. The Journal was created in 2009 to share the scientific production and experiences of medical students (*i.e.*, MBBS students, MD students, DO students, MD/MSc students, MD/PhD students, etc.) and recently graduated physicians from all over the world. Our objective is to be the primary diffusion platform for early-career scientists, using standards that follow the process of scientific publication.

The *IJMS* receives submissions where there is at least one author enrolled as a medical student in any medical school in the world or a recently graduated physician worldwide. For research articles, early-career scientists must be accompanied by a senior researcher that must be also responsible for the research, guaranteeing the quality of the work. We publish Original Articles, Short Communications, Reviews, Case Reports, Interviews, Experiences, and Letters, which follow an [innovative and unique two-step, double-masked peer-review process](#), in brief:

*The first step of revisions is carried out by two Student Editors (medical students with publications indexed in the US National Library of Medicine (NLM) with the supervision of an Associate Editor. The aim of this step is to improve the quality of articles and identify those that can proceed to external peer-reviews. The second step of revisions is carried out by external peer-reviewers who are researchers with publications indexed in the NLM related to the topic of the submission.*

The time between submission and final publication in most cases has been two to four months depending on the diligence of Peer-Reviewers and Authors.

The *International Journal of Medical Students* is published online quarterly (March, June, October, December) by the [University of Pittsburgh Library System](#), a member of the [Open Access Scholarly Publishers Association](#), as part of its Pitt Open Library Publishing imprint.

The journal main office is located in the United States of America (USA). Any publication, dissemination or distribution of the information included in the Journal is permitted if the source is cited (*Int J Med Stud*).

The *International Journal of Medical Students* is indexed or abstracted in: Bielefeld Academic Search Engine (BASE), Dialnet Foundation (Dialnet), Directory of Open Access Journals (DOAJ), Directory of Research Journals Indexing, Elektronische Zeitschriftenbibliothek (EZB), e-Revistas, Geneva Foundation for Medical Education and Research, Google Scholar, Health InterNetwork (HINARI), Journal Seek Database, List of Publications that follow the International Committee of Medical Journal Editors (ICMJE), Mexican Index of LatinAmerican Biomedical Journals (IMBIOMED), NewJour, Open Academic Journals Index (OAJI), Online Computer Library Center (OCLC) WorldCat, Pubshub, Research Bible, Rubriq, SHERPA/RoMEO, Scientific Indexing Services (SIS), The e-Journal Gateway (J Gate), The Open Access Digital Library, Ulrich's International Periodical Directory/Summon by Serial Solutions.

The *IJMS* acceptance rate is 18% of the almost 350 annual submissions. Published articles in 2021 came from 32 different countries. The average days to a first decision is 14 days, 143 for acceptance, and 31 to decline a submission. The time between submission and final publication in most cases has been three to four months depending on the diligence of Peer-Reviewers and Authors.

The journal's website got over 75 thousand visits only in 2021. The *IJMS*'s reach includes a growing social media presence (more than 17,000 followers on [Twitter](#), [Facebook](#), [Instagram](#), [YouTube](#), and [LinkedIn](#)). Only in the last 2 years, the Journal has been visited from nearly every place in the world (+190 countries). You can find more of the *IJMS* [statistics here](#).

The Journal and the Editorial Board are not responsible for the opinions expressed by the Authors of all materials published, nor do these represent the Official Policy or medical opinion of the Journal or the institutions with which they are affiliated unless otherwise stated.

### ***Open Access Policy***

This journal provides immediate open access to its content. Our publisher, the University Library System at the University of Pittsburgh, abides by the Budapest Open Access Initiative definition of Open Access to open access to peer-reviewed research literature as "(...) free availability on the public internet, permitting any users to read, download, copy, distribute, print, search, or link to the full texts of these articles, crawl them for indexing, pass them as data to software, or use them for any other lawful purpose, without financial, legal, or technical barriers other than those inseparable from gaining access to the internet itself. The only constraint on reproduction and distribution, and the only role for copyright in this domain, should be to give authors control over the integrity of their work and the right to be properly acknowledged and cited."

Furthermore, we encourage authors to post their pre-publication manuscript in institutional repositories or on their websites prior to and during the submission process, and to post the Publisher's final formatted PDF version after publication. These practices benefit authors with productive exchanges as well as earlier and greater citation of published work.

*There are no article processing charges, submissions fees, or any other costs required of authors to submit, review or publish articles in the IJMS.*

### ***Peer Review Process***

All papers submitted to the International Journal of Medical Students will undergo a two steps peer-reviewers process. The first step of revisions is carried by two anonymous Student Editors who will work together with one Associate Editor. In the second step, the manuscript will be reviewed by two anonymous reviewers (Editorial Board members, Associate Editors and/or invited reviewers with expertise in the subject matter). Authors will remain anonymous to all the referees.

The *IJMS* review process guarantees and supports the quality and validity of the work published at the *IJMS*. Reviewers are given three weeks to complete their tasks.

Reviewers and editors are obliged to retain the contents as privileged and confidential until publication. The Editor in Chief and the Editorial Board will have final authority over an article's suitability for publication.

The *IJMS* also strive towards the training of a new generation of Editors and Peer-reviewers promoting different training strategies among our Editorial Team that includes the [Web of Science Academy courses](#) and the [Committee on Publication Ethics \(COPE\)](#) courses available to its members (*IJMS* is a member of COPE).

### *Archiving*

This journal utilizes the LOCKSS system to create a distributed archiving system among participating libraries and permits those libraries to create permanent archives of the journal for purposes of preservation and restoration.

### *License*



New articles in this journal are licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

### **Editorial Office:**

1400 Locust Street  
Suite 3103  
Pittsburgh, PA 15219.  
United States of America (USA)  
Tel.: 413-232-7884  
Fax: 412-232-8966

All full-text articles are available at: [www.ijms.info](http://www.ijms.info)

e-ISSN 2076-6327 (Online)

---

The *International Journal of Medical Students* is licensed under a *Creative Commons Attribution 4.0 International License*.  
Issued in Pittsburgh, PA, USA.

# International Journal of Medical Students

Year 2022 • Months Jul-Sep • Volume 10 • Issue 3

Int J Med Stud. 2022 Jul-Sep; 10(3)

## Table of Contents

	Page
<b>Editorial</b>	
Research Grant Proposal Writing Course for Students in Higher Institutions Genevieve Dable-Tupas, Victoria Toralba-Lupase, Juan C. Puyana, Mihnea-Alexandru Găman.	226
The State of Medical Education in a Post-pandemic World Ahmed Nahian, Richard Christian Suteja, Duha Shellah, Ciara Egan, Mihnea-Alexandru Găman, Francisco J. Bonilla-Escobar.	233
<b>Original Article</b>	
Factors Associated with Poor Sleep among Young People in Mauritius: A Survey-Based Study Yudisha Devi Ramdhany, Smita Sulackshana Devi Goorah, Jayrani Cheeneebash, Ritwij Niketan Oodun.	236
Roles and Functions of a Non-Academic Medical School Facebook Page from the Students Perspective: A study of Usage and Survey Data Qi Zhuang Siah, Ella Sykes, Caitlin Golaup, Julie Browne.	243
Bearing the Burden of Tick-Borne Encephalitis in Europe, 2012-2020: Rising Cases, Future Predictions and Climate Change Aswathy Varma, Marta Szlaszynska, Assaf Ben-Haim, Neofytos Ilia, Silvia Tarricone, Justyna Lewandowska-Bejm, Francesco Visentin, Annalisa Gadler.	252
Comparison of Quality of Life of Medical Students in Annual and Modular System in Public Sector Medical Colleges in Karachi, Pakistan Ayema Haque, Sobia Mansoor, Farheen Malik, Jawad Ahmed, Zeba Haque.	258
Acceptance of COVID-19 Vaccine Among Unvaccinated Filipinos Pamela Pagador, Adrienne Pacleb, Mikaela J. Ormita, Frances E. Valencia, Danz H. Velasco, Rosemarie Josue-Dominguez.	264

# International Journal of Medical Students

Year 2022 • Months Jul-Sep • Volume 10 • Issue 3

Int J Med Stud. 2022 Jul-Sep; 10(3)

## Short Communication

- Satisfaction of Medical Students with Surgical Training: A survey of Northern Italy 277  
Gabriela Azevedo Sansoni, Patrizia Borzi, Preetha Karki, Shahzeen Khan Sajid, Anastasia Semikhnenko, Aswathy Varma.

## Review

- Exploring Adult Patients' Perceptions and Experiences of Telemedicine Consultations in Primary Care: A Qualitative Systematic Review 288  
Jack Allen.

## Case Report

- A Cadaveric Study on the Anomalous Origin of Renal and Gonadal Vasculature: An Observational Study 316  
Penelope C. Farris, Dylan M. Macciola, Lauren N. Barazani, Justin R. Nathan, Danielle Quinn, Daniel F. Peters.

## Experience

- Working at a Cancer Research Laboratory as a Medical Student: Experience of an Indian Student Studying Medicine in Russia 321  
Shinjit Mani.

- Medical Students' Engagement in the Fight Against the COVID-19 Pandemic: Remote Monitoring of Home-Quarantined Patients and Vaccination Teams. Reflections on the Experience and the Learning Outcomes 324  
Angeliki Gardikioti, Aikaterini Vasiliki Touriki, Spyridon Graidis, Aikaterini Antonia Mpourtzinakou, Evangelia Savvidou, Odysseas Lomvardeas, Dimitra Foteni, Pourtoulidou, Magda Gavana, Emmanouil Smyrnakis.

- Assess, Adapt, & Innovate: An Effort to Ensure Sustainability of Medical Student-led Community Engagement during the COVID-19 Situation in Indonesia 328  
Angelina Patricia Chandra, Stella Kristi Triastari, Shafira Aurelia, Muhammad Mikhail Athif Zhafir Asyura.