



مستشفى ابن النفيس ش.م.ب (مقفلة)
IBN AL-NAFEES HOSPITAL B.S.C (C)

INH Newsletter

HOPE • TRUST • LOVE



Dr. Hassan Al-Arrayedh

What is the Best Answer to a Patient Who Says that He Knows More Than You?

In addressing the occasional scenario where a patient feels they possess a deeper understanding of their medical condition than their consulting doctor, it is imperative for us at INH to approach such situations with empathy and a commitment to continuous improvement. It's not uncommon for patients to be well-informed about their health, and at INH, we value the insights our patients bring to their healthcare journey. Nevertheless, we recognize the importance of ensuring that our medical professionals stay at the forefront of knowledge and expertise. That is why it is so important for staff to attend seminars, conferences and interactive debates. To address this, we have established a dedicated educational committee, chaired by Ms. Alka Srivastava, Head of IT. This committee plays a pivotal role in organizing ongoing educational activities. These initiatives aim to keep our doctors, nurses, and allied healthcare professionals consistently updated in both theoretical and practical aspects of their respective fields. Our commitment to continuous education reflects our dedication to fostering a culture of learning and staying abreast of the latest developments in preventive management within the medical field. We believe that ongoing learning is essential for providing high-quality healthcare. Thank you for your continuous support as we strive to maintain excellence in patient care; through continuous education and professional development.

Bahraini Doctor's Day

In an elegant and joyful celebration, Ibn Al-Nafees Hospital celebrated the Bahraini Doctor's Day. The event was attended by more than 80 doctors who expressed their happiness to celebrate together on such an occasion.



Bahraini Doctor's Day







Mr. Ali Fardan
Acting CEO

As winter approaches, I want to emphasize the importance of taking all necessary precautions to ensure the well-being of our patients and staff. We are committed to providing a safe and comfortable environment for everyone.

I am delighted to share the ongoing improvements in our hospital infrastructure, including the acquisition of state-of-the-art medical equipment such as urology laser, fluoroscopy ceiling, and X-ray portable machines. These additions enhance our capabilities and contribute to the high standard of care we strive to provide.

In an exciting development, we are launching a new satellite clinic at the exhibition center. This expansion allows us to reach more people and extend our commitment to quality healthcare.

We are also fostering stronger ties with external Korean companies to stay at the forefront of medical advancements. Collaborating on cutting-edge surgical procedures is a testament to our dedication to offering the latest in medical innovation.

I am proud to acknowledge the hard work and continuous development evident in every department of our hospital. Quarterly achievements demonstrate the commitment and teamwork that drive our success. Together, we are building a healthcare institution we can all be proud of.

Thank you for your dedication and contributions to our shared mission of providing exceptional healthcare.

Ibn Al-Nafees Hospital signed an agreement with True Care Home Services



The agreement is to have referral cases from True Care, towards Radiology, Laboratory, INH home visits for doctors/nurses, & surgeries / IP admissions. The cooperation for both parties is expected to create a win-win environment for patient services.



Advanced Fully Automated Digital Mobile X-ray Machine

Our Radiology department is integrated with high technology experience in conventional and digital radiography systems, the new TOPAZ machine is a state-of-the-art mobile digital radiography system, designed with maximum comfort for patients & users in mind, from its user-friendly software to smooth movements, TOPAZ is made to improve the workflow and provide with high-quality images.

British School World Diabetes Day

Dr. Anila Salman a Specialist Physician was invited as a guest speaker at the Diabetes Awareness Day organized by the British School of Bahrain accompanied by Clinical Dietician Ms. Nagham Noureddine to shed light on how important a healthy lifestyle and diet, along with medication, to prevent the onset of diabetes mellitus as well as prevent complications of diabetes in all age groups.



Conducting Mandatory Fire and Safety Training



PhysioPRO

SUFFERING FROM SPORTS INJURIES?

We congratulate the head of the department, Physiotherapist Farishta Turab, for obtaining Sports First Aid & Injury Prevention license

FOR APPOINTMENTS

Contact us on 17828280



QI Plan Review by NHRA Accreditation Department



The accreditation department led by Dr. Amena Malik and Dr. Fatima (surveyor) visited INH on 29th October 2023. A review of the Quality Improvement Plan, a discussion on NHRA new standards, and the introduction of new KPIs were covered during the visit. The team pointed out how INH is a leading private-sector hospital in the Kingdom that focuses on continuous quality improvement and setting examples for other facilities in the country.

Mr. Ali Hasan

Training Centre Specialist



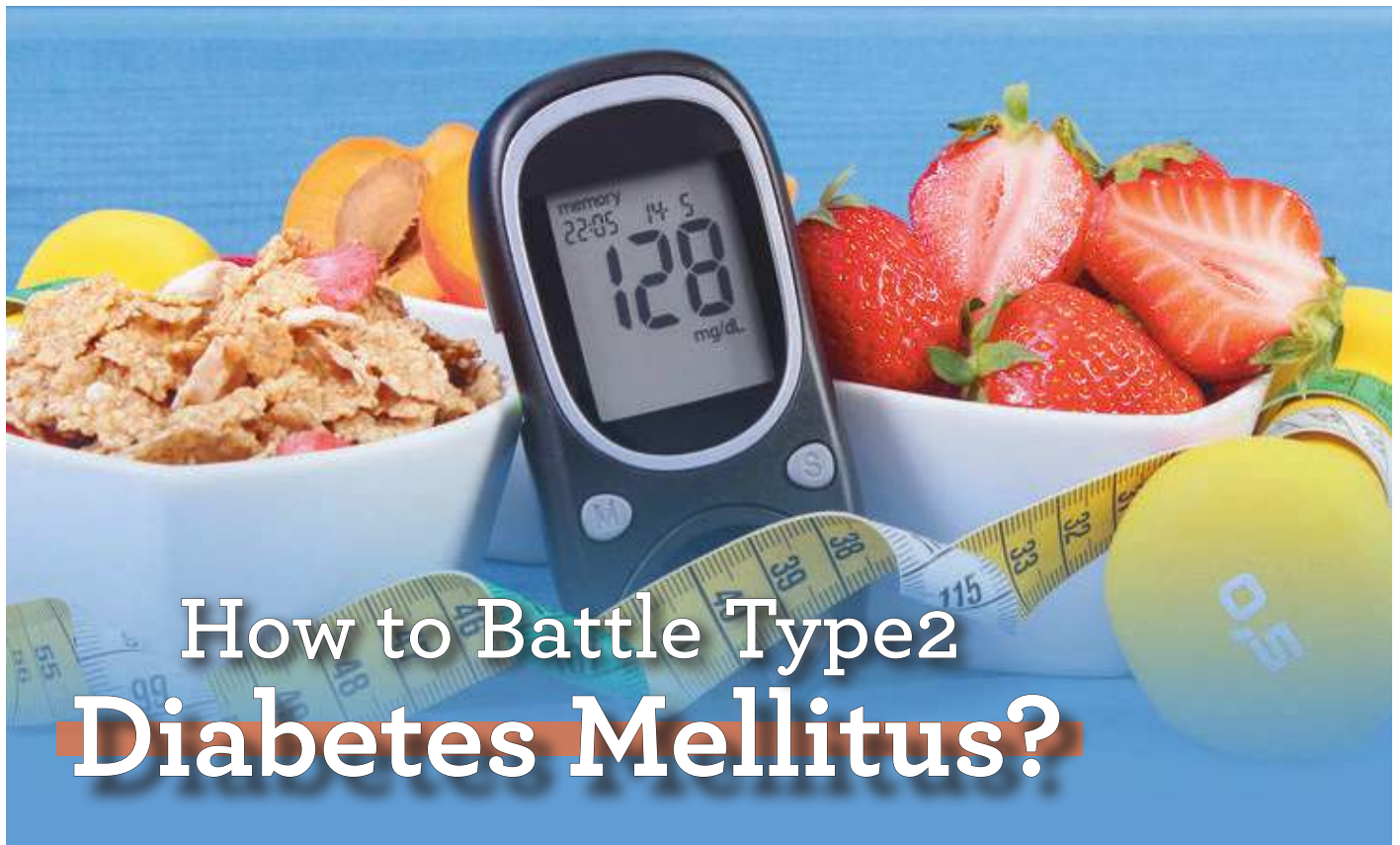
Mr. Ali has a wide range of experience in health field for more than 25 years. He worked in different setting both public and private sectors. He has experience in education and training as he worked as a health education specialist, academic consultant, academic lecturer and a trainer of first-aid and BLS.

Prof. Pradeep Bhandari INH Visit

Prof. Pradeep Bhandari, Gastroenterologist and Advanced Endoscopist visited Ibn Al-Nafees Hospital in November 2023.

The visit was so successful said Consultants Gastroenterologist Dr. Jehad Al-Qamish and Dr. Maheeba Abdulla as the doctor treated patients suffering from Anti-reflux and GI tumor diseases endoscopically and without surgical intervention.





How to Battle Type2 Diabetes Mellitus?

Diabetes has shown a growing global burden for individuals, families, and countries. The IDF Diabetes Atlas (2021) reports that 10.5% of the adult population (20-79 years) has diabetes, with almost half unaware that they are living with the condition. By 2045, IDF projections show that 1 in 8 adults, approximately 783 million, will be living with diabetes, an increase of 46%.



Dr. Jaafar Abbas
Consultant Family
Medicine and Diabetologist

Over 90% of people with diabetes have type 2 diabetes, which is driven by socioeconomic, demographic, environmental, and genetic factors. The key contributors to the rise in Type 2 diabetes include:

- Urbanization
- An ageing population
- Decreasing levels of physical activity
- Increasing overweight and obesity prevalence

However, it is possible to reduce the impact of diabetes by taking preventive measures for type 2 diabetes and providing early diagnosis and proper care for all types of diabetes. These measures can help people living with the condition avoid or delay complications.

Delaying or preventing type 2 diabetes

Several factors influence the development of type 2 diabetes. The most significant are lifestyle behaviors commonly associated with urbanization. Consistent evidence shows that a relatively modest intentional weight loss achieved through a healthy diet and regular physical activity can prevent or delay type 2 diabetes.

A healthy diet includes:

- **Reducing** calories if you are overweight
- **Replacing** saturated fats (eg cream, cheese, butter) with unsaturated fats (eg avocado, nuts, olive and vegetable oils)
- **Eating** dietary fiber (eg fruit, vegetables, whole grains)
- **Controlling** portion sizes to avoid overeating
- **Avoiding** tobacco use, excessive alcohol and added sugar
- **Choosing** healthier cooking methods such as baking, grilling, steaming, or sautéing instead of frying

Regular health check-ups are also recommended as early detection of the risk factors can help take proactive steps to prevent or delay type 2 diabetes. We at Ibn Al-Nafees Hospital, are proud to have the full team to give the comprehensive diabetes care, for those who are at risk or already have developed Type 2 diabetes mellitus and giving the proper management to avoid long standing type 2 Diabetes complications.

Employee Satisfaction Survey - Your Voice Matters!



Mr. Mohamed Alaali
HR & Training Manager

In the dynamic and competitive landscape of modern businesses, organizations are increasingly recognizing the importance of employee satisfaction in driving productivity, engagement, and overall success. To gauge the pulse of their workforce, many companies turn to employee satisfaction surveys. These surveys serve as invaluable tools for gathering feedback, identifying areas of improvement, and fostering a positive work environment.

As part of our ongoing commitment to cultivating a positive work environment and continuously improving our operations, we're thrilled to announce that we will be conducting an Employee Satisfaction Survey. Your feedback is invaluable in helping us understand your needs, concerns, and suggestions for making our workplace an even better place to be.

By leveraging the feedback collected through this survey, we can identify areas of improvement, enhance communication, boost engagement, and create a work environment that nurtures employee satisfaction. Investing in employee satisfaction surveys demonstrate a commitment to employee well-being, leading to higher retention rates, increased productivity, and organizational growth.

Glowing skin, Expertly nurtured.

Specialized in:

- Fillers & Botox
- PRP
- Skin Boosters
- Mesotherapy
- Microneedling
- Psoriasis
- Eczema
- Acne
- Rosacea
- Urticaria and Allergies
- Suppurative Dermatitis
- Skin bacterial, viral, & fungal diseases
- Venereal skin diseases
- Hair & Nail disorders
- Hyperhidrosis



مستشفى ابن النفيس ش.م.ج (مفقة)
IBN AL-NAFEES HOSPITAL a.s.c (c)



Dr. Fatima Samiey
Specialist Dermatologist

+973 1782 8282 +973 1782 8223

Healthcare and Sports Congress

PT. Farishta Turab, as the Head of the Physiotherapy Department, PT. Dalal Algherair Physiotherapist/Infection Control Link Staff, and PT Mariam Abdulla Physiotherapist actively participated in the 1st Gulf Healthcare and Sports Congress held on November 9th and 10th, 2023. The congress featured discussions on over 20 critical topics, including the pivotal role of medicine in supporting health and sports systems, pain management in athletes, blood flow restriction techniques, sudden cardiac death in athletes, the science behind explosive exercises and many more topics. This event provided a valuable platform for our physiotherapists to gain insights and refresh their knowledge through evidence-based practices and research. The knowledge acquired is expected to significantly contribute to enhancing patient care in the PhysioPro Department and improving the skills of our dedicated team.



Nursing Continuous Education



Transporting Patient IN & OUT of INH
Binoy Varguese
Senior Staff - 24HRS



Managing Aggression in the Work Place
Clemency Binoj
Supervisor Ward 22



Routine Venipuncture & Sample Handling
Sara Thomas
Lab Manager

Continuous Medical Education Updates

Unprecedented Challenges Faced by Cosmetic Surgeon & Methods to Approach Them



Dr. Raj Kumar Gang
Senior Cosmetic & Plastic Surgeon



Male Genetic Infertility



Dr. Ahmed Al Alawi
Molecular Pathology & Genetics

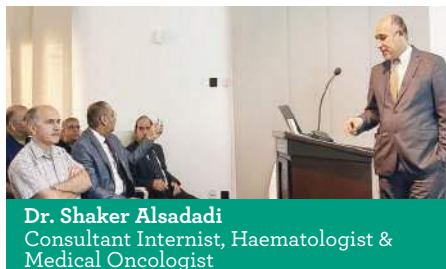
Psychotropic in Special Medical Condition



Dr. Layla Thamer
Consultant Psychiatrist



Circulating Tumour Cells (Liquid Biopsy) in CRC



Dr. Shaker Alsadadi
Consultant Internist, Haematologist & Medical Oncologist

