



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

INH Newsletter

HOPE • TRUST • LOVE



Dr. Hassan Al-Arrayedh
Chairman

Artificial Intelligence in Medical Practice

Artificial Intelligence (AI) is revolutionizing medical practice, offering unprecedented advancements in diagnostics, treatment, and patient care. AI algorithms can analyze vast amounts of medical data, identifying patterns that might be missed by human eyes. This capability enhances early detection of diseases like cancer, where AI-driven tools can spot anomalies in imaging scans with remarkable accuracy. Ibn Al-Nafees Hospital is at the forefront of this transformation, actively adapting AI technologies to improve patient outcomes. By integrating AI into their healthcare systems, the hospital aims to enhance diagnostic precision and personalize treatment plans, ensuring that each patient receives the most effective care. The adoption of AI is also expected to optimize hospital workflows, reduce waiting times, and improve overall patient satisfaction. In treatment, AI assists in personalized medicine, tailoring therapies based on individual patient profiles, leading to more effective and targeted treatments. Additionally, AI-powered robots are being used in surgeries, improving precision and reducing recovery times.

As AI continues to evolve, its role in healthcare will undoubtedly expand, transforming the future of medicine.

Dräger Atlan® Anaesthesia Workstation

The Dräger Atlan anesthesia workstations are equipped with advanced software versions designed to enhance clinical efficiency and patient safety. Software 2:1n introduces several key improvements for these models **available now at Ibn Al-Nafees Hospital.**

***Enhanced User Interface*:** The updated software features a more intuitive and user-friendly interface, allowing clinicians to navigate through settings and options with ease. This helps streamline the administration of anesthesia and reduces the potential for user errors.

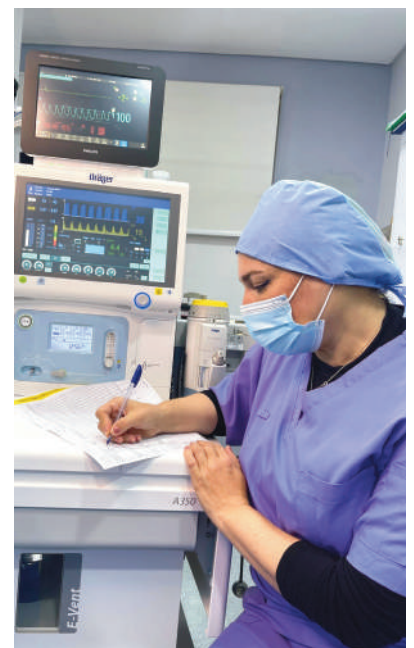
***Advanced Monitoring Capabilities*:** Software 2:1n integrates sophisticated monitoring tools that provide real-time data on patient vitals and anesthesia delivery. Enhanced graphical displays and alarms help in early detection of deviations from expected parameters, ensuring prompt intervention.

***Improved Connectivity*:** The software enhances connectivity options, facilitating seamless integration with hospital information systems. This allows for better data management and easier sharing of patient information across different departments.

***Increased Customization*:** Users can now customize various settings and protocols to better align with specific clinical needs. This flexibility supports a wide range of anesthesia practices and patient requirements.

***Enhanced Data Security*:** With an emphasis on protecting patient information, Software 2:1n includes robust data security measures to safeguard sensitive information from unauthorized access. This device is intended for use in anesthetizing adults, pediatric, and neonate's, this device can be used for mechanical ventilation, manual ventilation, pressure supported, spontaneous breathing, and spontaneous breathing.

Overall, Dräger's Software 2:1n for the Atlan workstations represents a significant advancement in anesthesia technology, focusing on improving usability, monitoring, connectivity, and security.



Anesthesia Dept

Dr. Zeana Amer Gaw
Specialist Anesthesia



Breastfeeding Support Event

World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health.

*The theme for 2024 is Closing the gap: Breastfeeding support for all. This year we want to really recognize breastfeeding mums, ensure they are seen, heard, and share relatable human experiences about breastfeeding and the importance of multi-level support. Breastfeeding support comes in many forms - from the family & society support to helpful advice from a health care providers. These all help protect the health and rights of women and babies. Women everywhere have the right to respectful breastfeeding counselling from trained health care providers, as well as laws and policies like maternity leave and provisions like paid time off when you go back to work. We can all help ensure women feel able to breastfeed anytime, anywhere and work to improve the position and condition of women at home, at work and in public life.

INH Role in Supporting Breastfeeding:

INH plays a vital role to support, encourage breastfeeding & being baby friendly hospital initiative by collaborating with Breastfeeding Support Committee in Ministry of Health in their activities & training related to breastfeeding support. Moreover, INH team trying their best to activate the Ten Steps to Successful Breastfeeding by obtaining Breastfeeding Policy and establishing Prenatal Workshop for pregnant women. In addition, INH Breastfeeding Support Group has been created since 2021 to train the mothers, support them and provide them with any information they required regarding breastfeeding to achieve helpful, respectful breastfeeding. Last but not least, INH team wishing all mothers to have a successful & happy breastfeeding journey.



Zahra Al Sammak

Nursery Nursing Supervisor & Breastfeeding Support Coordinator

World Breastfeeding Week





Mr. Ali Fardan
CEO

As we continue through the summer, I hope you are enjoying this time with your families and loved ones. It is a season of relaxation and preparation, especially for our young students getting ready for the new school year. At INH, we understand the importance of ensuring that your children are healthy and ready for the challenges of the classroom. That's why we are delighted to introduce our Pediatric Back-to-School Package, an affordable and comprehensive solution to meet all the necessary school health requirements. This package includes essential check-ups, CBC, RBS, Iron and Vitamin D screenings, and other vital services to help your children start the school year on a healthy note. Our dedicated pediatric team is here to provide the highest quality of care, ensuring your child's well-being as they embark on their academic journey. Additionally, I am excited to share that our hospital now offers REZUM water vapor therapy, a cutting-edge, non-surgical treatment designed to address symptoms caused by benign prostatic hyperplasia (BPH), or excessive prostate tissue. This innovative therapy uses the natural energy stored in water vapor to reduce the excess prostate tissue, offering patients a quick and effective treatment with minimal downtime. We are proud to provide this advanced technology, offering a less invasive alternative for those in need. Our commitment to delivering exceptional care is also reflected in our ongoing infrastructure improvements. You may have noticed the enhancements taking place throughout our facility. These improvements include the addition of new patient rooms and updated amenities, all designed to provide a more comfortable and modern environment for our patients and their families. Our goal is to create a welcoming space where healing and recovery can flourish.

Thank you for being a part of our hospital family. We look forward to continuing to provide you with the highest standard of care.

MASTERING THE COMPLEX

The New Microscope & Advanced Surgical Techniques

The new Microscope is a state-of-the-art surgical microscope. It combines optical and digital visualization modalities, offering a unique and innovative approach to advanced surgical procedures.



Dr. Yasser Al-Sawad
Consultant Orthopaedic & Spine Surgeon



What Causes an Inguinal HERNIA?

Dr. Ali Mirza Al-Qayem

Consultant General, Laparoscopic, Obesity and Colon Surgeon



An inguinal hernia usually happens when fatty tissue or a part of your bowel, such as the intestine, pokes through into your groin at the top of your inner thigh.

It pushes through a weak spot in the surrounding muscle wall (the abdominal wall) into an area called the inguinal canal. Inguinal hernias mainly affect men. Most are thought to be caused by ageing, although they can happen at any age. This is because as you get older, the muscles surrounding your abdomen (tummy) can become weaker. Inguinal hernias can sometimes appear suddenly after putting pressure on the abdomen, such as straining on the toilet if you have constipation or carrying and pushing heavy loads. They have also been linked to having a persistent, heavy cough.

When is surgery needed?

Inguinal hernias can be repaired using surgery to push the bulge back into place and strengthen the weakness in the abdominal wall. The operation is usually recommended if you have a hernia that causes pain, severe or persistent symptoms, or if any serious complications develop.

Complications that can happen as a result of an inguinal hernia include:

Obstruction – where a section of the bowel becomes stuck in the inguinal canal, causing nausea, vomiting and stomach pain, as well as a painful lump in the groin.

مستشفى ابن النفيس
IBN AL-NAFEES HOSPITAL

باقات عمليات إصلاح الفتق
HERNIA REPAIR PACKAGES

الفتق الأربي
Inguinal Hernia
BD 800 ~~BD 650~~

الفتق الأربي للجانبين
Inguinal Hernia Bilateral
BD 1300 ~~BD 1050~~

فتق السرة
Umbilical Hernia
BD 850 ~~BD 750~~

Scan Me
+973 17 828 282
www.ibnalnafees.com

Strangulation – where a section of bowel becomes trapped and its blood supply is cut off; this requires emergency surgery within hours to release the trapped tissue and restore its blood supply so it does not die.

Surgery gets rid of the hernia to prevent any serious complications, but there's a chance it could return after the operation.

What happens during surgery?

There are 2 ways an inguinal hernia repair can be performed:

open surgery – where a cut is made to allow the surgeon to push the lump back into the abdomen.

Laparoscopic (keyhole) surgery – a less invasive, but more difficult, technique where several smaller cuts are made, allowing the surgeon to use instruments to repair the hernia.

General Surgeons & Endoscopy Dept
+973 1782 8282 | +973 1782 3444
Ibn Al-Nafees Hospital
Kingdom of Bahrain

RHINOPLASTY SURGERY

Dr. Raj Kumar Gang

Senior Consultant Plastic & Cosmetic Surgeon



Rhinoplasty is a common surgery performed all over the world. Patients do come with different problems like big nose with hump, deviated nose, bumpy nose, depressed nose or difficulty in breathing due to septum deviation. All details of the patient's outcome and recovery time should be discussed with the patients in details before hand in order to satisfy the patient.

At Ibn Al-Nafees Hospital we are doing these cases on a regular basis and we get lot of these patients coming from all over the gulf region. Nose surgery can be done by close or open technique and it depends upon the type of deformity patients has got. Most of the patients go home same day and come back for follow up after 2 days and the 7 days. Visible results are seen after couple of weeks and in some cases even after few months.



Plastic & Cosmetic Surgery Dept

+973 1782 8223 | +973 1782 8362

@dr.gangclinic_official

rkgp@yahoo.com



Dr. Shaikh Majid Akhtar Specialist Pediatrician & Neonatologist,
Zahra Al Sammak Nursery Nursing Supervisor & Breastfeeding Support
Coordinator & Nursery Nursing Team.

Infant Phototherapy Capsule

Ibn Al-Nafees Hospital in Bahrain has implemented new infant phototherapy capsules with advanced features like temperature control, noise reduction, adjustable lighting, and remote monitoring. These capsules provide a more comfortable and effective treatment for jaundice in infants. The hospital's commitment to providing high-quality care and investing in the latest technology has solidified its reputation as a leading healthcare provider in the region.

The baby is placed inside a comfortable and secure capsule.



RESPIRATORY

Effects of Vaping

Vaping, initially introduced as a less harmful alternative to traditional cigarette smoking, has gained widespread popularity, especially among younger populations. However, mounting evidence from medical research indicates that vaping poses significant risks to respiratory health.

What are e-cigarettes (vape pens)?

An electronic cigarette (e-cigarette) is a device that heats up the liquid nicotine and flavors to breathe in. There are many varieties of e-cigarettes that go by different names, including vapes, vape pens or sticks, e-hookahs, hookah sticks, mods and personal vaporizers (PVs). They can also be collectively called electronic nicotine delivery systems (ENDS).

What's in the E-Liquid?

The liquid, or “e-juice” can contain nicotine, which is known to be addictive, and it is the most common active ingredient.

In addition to nicotine, e-liquids contain various other chemicals, such as propylene glycol, glycerol, and a range of flavorings. When these liquids are heated to create vapor, they can break down into toxic compounds, including formaldehyde, acrolein, and acetaldehyde, all of which are known to cause respiratory damage.

What is the difference between vaping and smoking cigarettes?

Vaping and smoking both involve inhaling nicotine and other substances into the lungs. E-cigarettes heat liquid to make an aerosol; cigarettes burn tobacco, which creates smoke. Both vaping and smoking are addictive and bring potentially dangerous chemicals into the lung.

What are the dangers of vaping?

One of the primary concerns with vaping is the direct exposure of the respiratory system to aerosolized nicotine. Nicotine is a highly addictive substance that can cause inflammation and irritation in the lungs.

A study published in the American Journal of Respiratory and Critical Care Medicine demonstrated that exposure to nicotine through vaping could result in increased airway reactivity, potentially leading to conditions like bronchitis and asthma exacerbation.

Moreover, the inhalation of vaporized nicotine has been shown to impair the ciliary function of the respiratory tract, which is crucial for clearing mucus and debris from the lungs, increasing the risk of infections and chronic respiratory conditions.

Research published in (Thorax) indicated that inhalation of these chemicals can lead to oxidative stress and inflammation in the



Dr. Thuraya Zaid
Consultant Pulmonary
& Sleep Medicine



lung tissue, which over time can contribute to the development of chronic obstructive pulmonary disease (COPD). The study also highlighted that even non-nicotine e-liquids could cause significant airway epithelial cell damage, indicating that the risks associated with vaping extend beyond just nicotine exposure.

A particularly concerning aspect of vaping is its association with EVALI (E-cigarette or Vaping product use-Associated Lung Injury), a condition first identified in 2019. According to the Centers for Disease Control and Prevention (CDC), EVALI has been linked to the use of vaping products containing tetrahydrocannabinol (THC), though cases have also been reported in users of nicotine-based products.

Patients with EVALI typically present with symptoms such as cough, shortness of breath, chest pain, and gastrointestinal issues. In severe cases, EVALI can lead to acute respiratory distress syndrome (ARDS), requiring mechanical ventilation and intensive care.

Furthermore, vaping has been shown to exacerbate pre-existing pulmonary conditions. It's found that individuals with asthma who vape are at a significantly higher risk of asthma exacerbations and hospitalizations compared to non-vapers. Vaping can also impair immune responses in the lungs, making individuals more susceptible to respiratory infections such as pneumonia and influenza.

In Conclusion, despite being marketed as a safer alternative to smoking, it is far from harmless. The evidence increasingly suggests that vaping carries its own set of significant respiratory risks. The long-term effects of vaping are still largely unknown, given the relatively short time these products have been on the market. However, the growing body of medical research indicates that vaping can cause both acute and chronic respiratory damage, with potential implications for the development of serious conditions such as COPD, chronic bronchitis, and even lung cancer.

Patient Experience for Redefining Quality Healthcare



Remya Radhakrishnan
Manager - Quality &
Patient Safety

At INH patient satisfaction is our priority. We integrate patient experiences to improve hospital performance and outcomes. Patient feedback provides valuable insights into the quality of care delivered. We have a robust patient feedback system that provides insights about patient satisfaction, quality of interactions with healthcare professionals, the effectiveness of treatment plans, and the overall hospital environment. We encourage our patients to give feedback using QR code scanning linked with google forms, daily rounds by PSO to patient rooms and OP clinics, and telephonic feedback from the patient list.

The data is further analyzed using appropriate statistical tools. Overall OP satisfaction from July 2023 to 2024 is 92.04% and overall IP satisfaction from July 2023 to 2024 is 91.93%. We take measures to improve our services by streamlining our processes based on the valuable feedback received from our patients. We are committed to enhancing the overall patient experience and achieving better clinical outcomes through our feedback process. We are truly Redefining Quality Healthcare....by engaging our patients and enhancing their experience.

Successful Integration of HR System

HR Department has celebrated the successful integration of new HR system with Hospital's information system. This provides an easy-to-use interface, where staff can effortlessly manage their attendance, current salary, access on monthly pay slip, leave balance, ticket requests, certificate requests, and much more on their own.

The HR & Training Manager, Mr. Mohammed Al Aali stated; our current HR system is not just a technological upgrade; It is a foundational element that supports our organizational needs and strategic objectives. As we celebrate the successful implementation, let us continue to leverage this powerful tool to cultivate a thriving workplace where every employee can excel.



Ibn Al-Nafees Hospital welcomes our new consultant



Dr. Sadiq Abdulla
Consultant Vascular Surgeon

Clinic Services:

- Vascular Surgery
- Diagnosis and treatment of arterial diseases
- Catheterization of Peripheral Vessels in the legs
- Catheterization of veins
- Treatment of deep vein thrombosis - DVT
- Treating diabetic foot ulcers and chronic wounds
- Treatment of lymphedema and Lipedema
- Diagnosis and treatment of swelling legs
- Vascular access Surgery

Nursing Continuous Education



Consent Procedure
Remya Radhakrishnan
Manager - Quality



Monkey Pox
Ameena Saad Abdulla
Head of Infection Control & CSSD



Emergency Codes
Sayed Hashem Adnan
Safety and Security
Officer



Have Your Healthiest Summer with “INH Summer Episodes”

The episodes will discuss summer safety health tips, the latest news on the medical field, patient-care breakthroughs and other valuable content that our medical professionals and consultants will share.

Episodes is presented by TV presenter Shima Rahimi and published on the hospital's digital platform.

Episodes covered **Dr. Mariam Al Junaidi** Consultant General & Breast Surgery, **Dr. Reem Jaffar Albareeq** Urology & Urogynecology Consultant, **Dr. Ahmed Jawad** Consultant General, Advanced Laparoscopic, Bariatric, Oncology & Endocrine Surgeon, and **Dr. Ali Al-Zan** Consultant Physician & Endocrinologist.



Dr. Mariam Al Junaidi & Dr. Reem Jaffar Albareeq



Dr. Ahmed Jawad & Dr. Ali Al-Zan

Hospital Induction



Ema Maria Gardner
Head of Nurse Training & Continuous Education