

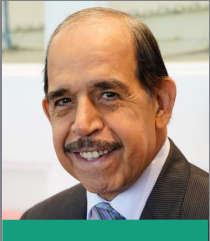


مستشفى ابن النفيس ش.م.ب (مقفلة)  
IBN AL-NAFEES HOSPITAL B.S.C (C)

Issue No. 39 | February 2025

# INH Newsletter

## HOPE • TRUST • LOVE



**Dr. Hassan Al-Arrayedh**  
Chairman

It is both an honor and a privilege to welcome you to the Diabetes Foot Symposium, hosted by Ibn Al-Nafees Hospital. This event brings together some of the brightest minds in the field of diabetes care, and we are proud to provide a forum for open dialogue, the exchange of ideas, and the dissemination of knowledge that can make a tangible difference in the lives of those affected by diabetic foot complications. As many of you know, diabetic foot disease remains one of the most debilitating and preventable consequences of uncontrolled diabetes. It is a condition that poses significant risks to both the physical well-being and quality of life of patients, and it presents a substantial burden on healthcare systems around the world. Yet, despite its prevalence, we are fortunate to live in an era where innovations in prevention, diagnosis, and treatment are advancing at a rapid pace. The objective of this symposium is to focus on practical solutions—equipping healthcare professionals with the latest evidence-based strategies, cutting-edge treatments, and multidisciplinary approaches to improving diabetic foot care. Over the course of this event, you will hear from world-renowned experts, share experiences with your peers, and deepen your understanding of the challenges and opportunities in this critical area of healthcare. At Ibn Al-Nafees Hospital, we are deeply committed to pushing the boundaries of medical care through education, research, and innovation.



## Step Forward in Diabetic Foot Workshop



9:00 AM



THE DIPLOMAT RADISSON BLU HOTEL

Free Limited Seats Available For Early Registration, Please Send To



Ema@ibnalnafees.com



+973 39252629



*"Good communication is just as stimulating as black coffee, and just as hard to sleep after."*





**Alka Srivastava**  
COO

## A New Year, A Renewed Commitment to Care

As we welcome 2025 I want to take a moment to reflect on the incredible work accomplished in the past year and look ahead to the opportunities that await us in 2025.

Our mission to provide exceptional care to our patients, their families, and our community remains at the heart of everything we do. Over the past year, we faced challenges with determination and innovation, proving once again that our strength lies in teamwork and our unwavering commitment to excellence.

Looking ahead, 2025 will bring new goals, advanced technologies, and enhanced ways to serve our community. I am excited about the initiatives we have planned-whether it's expanding our services, improving patient experiences, or supporting the professional growth of our staff. Each of these efforts reflects our shared dedication to making a meaningful difference.

To our nurses, physicians, technicians, admin staff and every member of this incredible team, thank you. Your compassion, expertise, and resilience inspire me every day. Together, I am confident we will continue to set new standards,

**Let's make 2025 a year to remember!**



## Step Forward in Diabetic Foot Workshop

**21 Eminent Faculty**



**Dr. Sadiq Abdulla**  
Consultant Vascular Surgeon



**Dr. Jaffar Abbas**  
Consultant Family Medicine & Diabetologist



**Dr. Basem Ashoor**  
Consultant Plastic Surgery



**Dr. Abdul Shaheed Fadhl**  
Consultant Plastic, Reconstructive & Burns Surgery



**Dr. Hani Humaidan**  
Consultant Adult Neurology & Stroke



**Dr. Ahmed Al Asfoor**  
Consultant Plastic Surgery



**Dr. Safa Alkhawaja**  
Consultant Infectious Disease



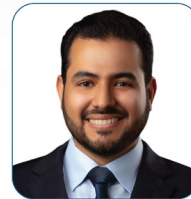
**Dr. Hassan Mohamed**  
Consultant Intensive & Internist



**Dr. Mohammed Al Bagali**  
Consultant Orthopedic Surgeon



**Dr. Hasan Al Aradi**  
Orthopedic, Foot & Ankle Surgery



**Dr. Abdulla Ismael**  
Consultant General Surgery



**Dr. Wadie Yousif**  
Consultant Radiologist, Vascular Interventional Radiologist



**Dr. Noor Janahi**  
Consultant Podiatrist



**Mr. Neil Baker**  
Consultant Podiatrist



**Dr. Nedhal Khalifa**  
Consultant Dermatologist  
DermaOne Medical centre



**Dr. Fatima Samiey**  
Dermatology Specialist



**Dr. Ali Redha Karashi**  
Consultant Orthopedic Surgeon



**Mrs. Eman Tammam**  
Physiotherapy & Occupational Therapist



**Mrs. Fatima Isa**  
Physiotherapy



**Mrs. Worood Ali Hassan**  
Specialist Diabetic Foot Nurse



**Dr. Ahmed El Ashry**  
General Surgeon



**Mrs. Nedhal Haroon**  
Healthcare Quality Specialist



## Ibn Al-Nafees Hospital welcomes



**Dr. Basem Ashoor**  
Consultant Plastic Surgery

### Clinic Services:

- All cosmetic and reconstructive plastic surgeries
- Breast lift and augmentation for enhanced shape and symmetry
- Body contouring and sculpting
- Liposuction and fat grafting
- Non-surgical procedures: Botox, fillers, and advanced aesthetic treatments

## Where the World of Healthcare Meets

A team from Ibn Al-Nafees Hospital participated in Arab Health 2025, exploring cutting-edge medical technologies and innovative healthcare solutions. Their visit highlighted the hospital's commitment to advancing patient care and fostering global collaborations. The event reinforced their dedication to staying at the forefront of healthcare excellence.





# IBN AL-NAFEES HOSPITAL IN EXHIBITION WORLD BAHRAIN CLINIC



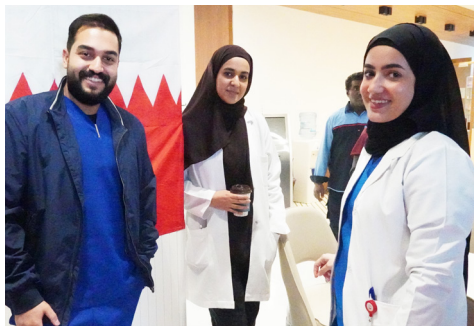
Ibn Al-Nafees Hospital's Exhibition Clinic provided valuable free medical check-up services to visitors at the Autumn Fair in Exhibition World Bahrain. Services included retina examinations, along with height and weight assessments. This initiative aimed to promote health awareness and offer accessible care to the community.





# GULF CHAMPIONS, PRIDE OF *Bahrain*

Ibn Al-Nafees Hospital proudly celebrated the Bahraini football team's victory in the 26th Gulf Cup, honoring their remarkable achievement. This celebration showcased the hospital's dedication to fostering national pride and unity.





## Bahrain Medical Society

The hospital chairman and executives convened for a meeting to discuss health issues in Bahrain. The discussion focused on key challenges affecting the healthcare sector, potential solutions, and strategies to enhance patient care and hospital service.



## Dr. Hamed Al-Arrayed and Dr. Mohamed Naeem Spearhead Groundbreaking and Complex Retina Surgery at INH



## Resilience in the Workplace Lecture

To promote staff well-being, HR organized a lecture with Dr. Layla Thamer on workplace resilience. Dr. Layla emphasized the importance of adaptability, mental health support, and creating a positive work environment to enhance employee well-being and productivity.



## Advancing Physiotherapy in Sports Medicine



**PT. Farishta Ali Turab**  
Head of Physiotherapy

We are proud to announce that PT Farishta Turab, Head of the Physiotherapy Department at Ibn Al-Nafees Hospital, has successfully completed the prestigious **FIFA Diploma in Football Medicine** on December 6, 2024.

This internationally recognized program, designed by the **Fédération Internationale de Football Association (FIFA)**, provides advanced education on the prevention, diagnosis, and management of football-related injuries.

This accomplishment underscores PT Farishta Turab's dedication to advancing her expertise in sports medicine and physiotherapy. The knowledge and skills gained through this program will directly benefit our patients, particularly athletes and sports enthusiasts, by enhancing the quality of care for sports injuries, rehabilitation, and performance optimization. Additionally, this expertise will contribute to preventing injuries and promoting overall musculoskeletal health for all our patients.

We congratulate PT Farishta Turab on this significant achievement and remain committed to supporting our team in pursuing excellence in healthcare delivery.





**Mr. Mohamed Alaali**  
HR & Training Manager

## Environmental Sustainability

We stand at the beginning of an important change, realizing that our commitment to health extends beyond patient care to include caring for our planet. Environmental sustainability is essential, not optional. We aim to lead by making eco-friendly choices. While we don't have a formal sustainability program yet, we believe our staff's efforts can make a big difference.

We must create a team to find new ideas, share practices, and develop strategies to use energy more efficiently and reduce our environmental impact. This team will be essential in driving our sustainability efforts. An Environmental Sustainability program offers advantages such as cost savings, an improved reputation, and a healthier work environment for employees and patients.

Let's work together to make Ibn Al-Nafees Hospital a leader in sustainability and inspire others in our community. By taking this initiative, we can create lasting change and show that healthcare and sustainability can go hand in hand. We look forward to your support on this journey to a greener, healthier future!

## Advancing Physiotherapy and Rehabilitation Practices Through Continuous Learning

We are thrilled to announce that **PT Farishta Turab**, Head of the Physiotherapy Department, along with **PT Mariam Abdulla** and **PT Dalal AlGherair**, have successfully completed the **"Blood Flow Restriction Training (BFRT): The Rehab Future"** course, conducted by Durga Prathap Ganesan on December 21, 2024. This CPD-accredited training enhances their expertise in the latest physiotherapy techniques aimed at optimizing rehabilitation outcomes.

The Blood Flow Restriction Training technique is revolutionizing physiotherapy by enabling faster recovery and improved muscle performance for both athletes and patients. By mastering this innovative approach, our team is now even better equipped to deliver advanced care that aids in quicker recovery, enhanced mobility, and improved quality of life.

We congratulate PT Farishta Turab, PT Mariam Abdulla, and PT Dalal AlGherair on their dedication to advancing their skills and improving patient care at Ibn Al-Nafees Hospital.



## A scenic Breakfast Gathering with the Hospital Chairman

The managers and senior staff enjoyed the refreshing winter breeze and the serene relaxing ambience of the sea - front setting, it was a perfect opportunity to unwind, engage in meaningful conversations and appreciate the scenic surrounding while savoring a delightful breakfast hosted by the hospital chairman Dr. Hassan Al-Arrayed.





## Nursing Continuous Education



Prevention & Management  
of Multidrug Resistant  
Organism  
Ameena Saad Abdulla  
Head of Infection Control  
& CSSD



Quality Accreditation  
& Beyond  
Remya Radhakrishnan  
Manager - Quality



Sharp Management and  
Needle Stick Injury  
Ameena Saad Abdulla  
Head of Infection Control  
& CSSD

## Continuous Medical Education Updates

### The Sunshine Vitamin Current Evidence Recommendation



Dr. A.Hadi Al-Mohsen  
Consultant Pediatrician & Neonatologist



### Successful Meal Plan in Bahrain



Nagham Nouredine  
Clinical Dietician

### Different Variants of Tummy & How to Reshape it



Dr. Raj Kumar Gang  
Senior Cosmetic and Plastic Surgeon

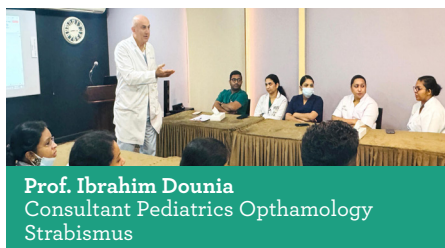


### Myopia A Major Error



Dr. Hassan Al-Arrayed  
Senior Consultant Ophthalmic Surgeon

### Esotropia, Classification & Treatment Options



Prof. Ibrahim Dounia  
Consultant Pediatrics Ophthalmology  
Strabismus

