



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

Issue No. 40 | March 2025

INH Newsletter

HOPE • TRUST • LOVE



Dr. Hassan Al-Arrayedh
Chairman

It is my pride and honor to welcome you all to the 1st Ibn Al-Nafees Hospital Diabetic Foot Specialized Workshop. Diabetes is a condition that affects millions globally, and one of its most challenging complications is diabetic foot disease a condition that significantly impacts patients' quality of life.

As stewards of our patients' health, it is our responsibility to continuously educate ourselves, explore groundbreaking research, and implement best practices to prevent and manage these complications. We stand at the crossroads of knowledge and innovation, and it is essential that we harness this opportunity to advance our collective understanding of diabetic foot care.

At Ibn Al-Nafees Hospital, we take pride in being leaders in healthcare, committed to fostering an environment where continuous learning thrives. Our institution's success is built upon a foundation of rigorous academic activities, research initiatives, and the unwavering pursuit of knowledge, a lifelong journey that must be nurtured at every stage of our professional lives. The Diabetic Foot Specialized Workshop is a testament to this commitment. It serves as a platform to equip healthcare professionals with the latest evidence-based practices, enhancing our capacity to deliver exceptional patient care.

Finally, I would like to reaffirm Ibn Al-Nafees Hospital's unwavering dedication to excellence in diabetes care and management. Our vision extends beyond today's specialized workshop, encompassing the continuous training and development of our staff, the creation of robust research programs, and community outreach initiatives to raise awareness about diabetes and its complications. Together, let us embrace this journey of learning and innovation as we strive to make a lasting impact on the lives of our patients.

Because at Ibn Al-Nafees Hospital, we believe that **"Excellence in Care Begins with Excellence in Knowledge."**





Alka Srivastava
COO

Dear INH team,

As we enter the sacred month of Ramadan, I want to extend my heartfelt wishes to all of you observing this special time. Ramadan is a month of the values of patience, generosity, and gratitude. Its values resonate deeply with the work we do every day—caring for others with dedication and kindness, and I am deeply inspired by the dedication of our doctors, nurses, and staff, who continue to provide exceptional care during this sacred time.

I recognize that working in healthcare during Ramadan can be challenging, especially for those fasting while continuing to provide exceptional care. Your commitment, resilience, and teamwork inspire us all. Please remember to take care of yourselves and support one another during this time.

At Ibn Al-Nafees Hospital, we remain committed to fostering an inclusive and supportive environment. We will do our best to accommodate schedules where possible and ensure that everyone has the space and time for their observances.

Let us use this month to uplift each other, extend kindness, and strengthen our community spirit. Whether through a comforting word to a patient, support for a colleague, or acts of kindness, every effort makes a difference.

Wishing you all a blessed, peaceful, and healthy Ramadan. May this month bring you and your families' happiness, prosperity, and spiritual fulfillment.

Ramadan Kareem!



Ibn Al-Nafees Hospital welcomes



Dr. Bassam Al-Aradi

Consultant General & Vascular Neurosurgery

Clinic Services:

- Management of various neurological conditions conservatively and surgically
- Subspecialty in management of vascular cases with open surgery and endovascular treatment
- Pain management due to headache, neck pain, low back pain or neuropathic pain
- Perform most of neurosurgical cases with open surgery and endovascular treatment



Dr. Jaafar Abbas



Dr. Abdul Shaheed Fadhul



Dr. Hani Humaidan



Dr. Ahmed Al Asfoor



Dr. Basem Ashoor



Dr. Mohammed Al Bagali

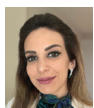


Ramadan

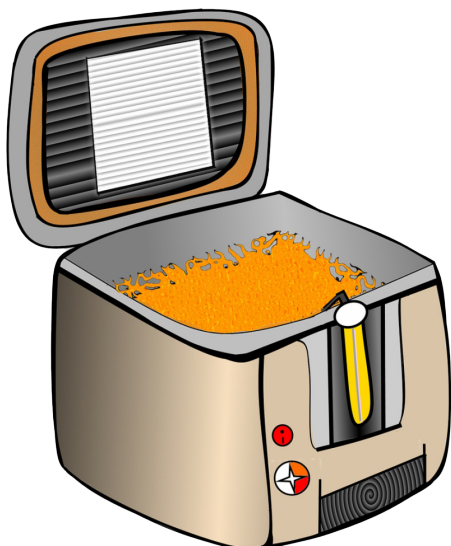
Wellness Advice

We notice a reduction in fluid intake which usually leads to constipation - we are always keen on having water soups and vegetables and fruits that are rich in fluids such as cucumber and lettuce; watermelon and grapes.

Avoid deep frying with a lot of oil - we don't have to eat deep fried kibbeh or cheese rolls - now that we have the air frier we are reducing are kcal and helping ourselves reduce some weight.



Nagham Noureddine
Head of Dietician Department



مستشفى ابن النفيس
IBN AL-NAFEES HOSPITAL

Ramadan Health Checkup Package

Package Includes:

Glucose (Fasting)
Lipid Profile
Liver Function Test
Urea - Creatinine - Uric Acid
CBC with Differential Count
Urine Routine & Microscopy

18
BD

*** Doctor Consultation in 24HRS Clinic**

BMD	30 BD	24 BD
Breast Ultrasound	24 BD	20 BD
Mammography (Plain)	50 BD	38 BD
Mammography (Contrast)	65 BD	48 BD
MRI Breast	180 BD	135 BD
Breast Ultrasound + Mammogram	74 BD	60 BD



RADIOLOGY
DEPARTMENT

BE SPORTY



LIVE HEALTHY



To celebrate Bahraini Sports Day, Ibn Al-Nafees Hospital's Events Committee organized a walkathon and sports challenges to promote physical activity and health awareness among staff and visitors.



Ibn Al-Nafees Ramadan Tent



Advancing Physiotherapy Care

PT Farishta Turab, PT Mariam Abdulla, and PT Akhil attended a specialized training on SMA and ALS by Dr. Mohamed AlKhaja, gaining insights into early interventions and rehabilitation advances. Their commitment to continuous learning ensures the delivery of evidence-based, high-quality patient care.



Gulf Sleep Medicine

Dr. Reyadh Salman, has been nominated as the 15th President of Gulf Sleep Medicine at the recently concluded 14th Gulf Sleep Medicine Meeting in Dubai, UAE. His nomination was announced during the meeting, prestigious event that brought together leading experts in the field of sleep medicine. This appointment reflects Dr. Riyadh's significant contributions to sleep research and clinical practice, and it is expected to guide Gulf Sleep Medicine toward innovative advancements in the region.



AstraZeneca

LUNG HEALTH
DISTRICT MEETING
BAHRAIN - OMAN - QATAR



Dr. Thuraya Zaid recently took part in the Lung Health District Meeting in Qatar, where she contributed to discussions on optimizing COPD (Chronic Obstructive Pulmonary Disease) management to prevent exacerbations. The meeting brought together healthcare experts to explore best practices, innovative treatment approaches, and patient-centered strategies aimed at improving disease outcomes.

Dr. Zaid highlighted the importance of early intervention, personalized treatment plans, and multidisciplinary collaboration in reducing hospital admissions and enhancing patients' quality of life. Her insights emphasized the need for enhanced screening, patient education, and access to advanced therapies to effectively manage COPD.



Mr. Mohamed Alaali
HR & Training Manager

As we embrace the holy month of Ramadan, a time for reflection, spiritual growth, and community, we encourage all employees at Ibn Al Nafis Hospital to take this opportunity to deepen their connection with their faith and colleagues. This sacred month is not only about fasting from dawn to dusk but also about fostering a spirit of compassion, patience, and understanding.

This month serves as a reminder to practice kindness and empathy, especially in our roles as caregivers. Take the time to connect with your colleagues and share positive moments, whether through acts of service, words of encouragement, or simply a smile. Engaging in team activities that promote unity and collaboration can enhance our work environment and serve as a source of strength. Ramadan also reminds us to practice kindness and empathy, especially in our roles as caregivers. Take a moment to engage with your colleagues and share uplifting experiences, whether through acts of service, encouraging words, or a simple smile. Participating in team activities that foster unity and collaboration can enhance our work environment and serve as a source of strength.

Let this Ramadan inspire us to embrace the values of generosity and community service. As we support one another and our patients, may we find peace and fulfillment in our efforts. Together, let's strengthen our collective spirit, ensuring that our commitment to serving the community remains unwavering during this blessed month and beyond.

PT. Farishta Turab Presents MSc Thesis to Dr. Hassan Al-Arrayedh

PT. Farishta Turab formally presented a copy of her MSc thesis to Dr. Hassan Al-Arrayedh, marking a significant milestone in her academic and professional journey.

She extended her heartfelt gratitude to the hospital management for their unwavering support, encouragement, and resources that contributed to her research and learning. The hospital remains committed to fostering a culture of professional development, academic excellence, and continuous learning among its staff, reinforcing its dedication to advancing healthcare services.



HYBOOST PLUS

Benefits

**Firmer
tighter skin**

**Radiant and
youthful glow**

**Even skin
tone**

**Smoother
skin texture**



For appointments
17828223

Dr. Fatima Samiey
Specialist Dermatologist

Nursing Continuous Education



Management of
Complications During
Endoscopy
Rini Varghese
Staff Nurse



Health and Safety at Work
Sayed Hashem Adnan
Safety Officer & Security
Supervisor



Nursing Responsibilities
in a Renal Biopsy
Flaveena Meneses
Staff Nurse OPD



Continuous Medical Education Updates

Available Biomarkers for Infection & Sepsis at INH



Dr. Hasan Mohamed
Consultant Intensive & Internist

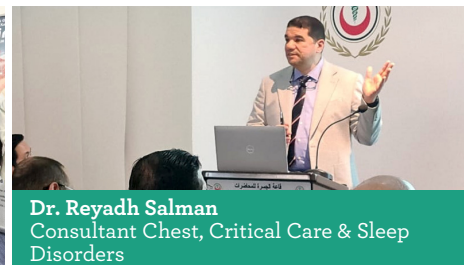
Long-Term Haematological Effect of COVID 19



Dr. Shaker Alsadadi
Consultant Internist, Haematologist
& Medical Oncologist



Ramadan & Sleep



Dr. Reyadh Salman
Consultant Chest, Critical Care & Sleep
Disorders

Silicone Oil & Unexplained Vision Loss



Dr. Mohammed Naeem
Vitreo Retina Surgeon

