

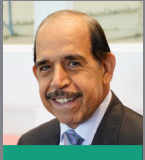


مستشفى ابن النفيس ش.م.ب (مقفلة)
IBN AL-NAFEES HOSPITAL B.S.C (C)

Issue No. 43 | June 2025

INH Newsletter

HOPE • TRUST • LOVE



Dr. Hassan Al-Arrayedh
Chairman

Nurses the backbone in Healthcare

Ibn Al-Nafees Hospital celebrated **International nurses day** at Crown Plaza Hotel on May 12, 2025, honouring all dignified nursing professional that embodies compassion, dedication, and resilience nursing. On this special Day, we honour the remarkable contributions that nurses make to our healthcare system and to society as a whole. Nurses are the backbone of healthcare. They are often the first to greet patients, providing comfort in times of uncertainty and fear. Each day, nurses across the globe step into their roles with a commitment to care that is nothing short of inspiring. They advocate for their patients, often being the voice when they cannot speak for themselves. The impact that nurses have on patient outcomes cannot be overstated they are the reason many patients heal and thrive. The year's theme for International Nurses Day **"Caring for nurses strengthen economy"** emphasizes the crucial role of nurses in healthcare systems, especially during times of crisis. This theme resonates deeply with our mission at Peace Hospital, where we strive to provide not only exceptional high standard medical care but also a nurturing and supportive environment for both our patients and our staff. As we honor nurses today, let us commit to supporting them not only with words but with meaningful actions that recognize and address the challenges they face as their contribution to healthcare is vital in shaping the future of this noble profession. As we reflect on these achievements, let us also consider how we can better support our nursing staff.

In conclusion I want to extend my heartfelt gratitude to each and every nurse at INH Hospital. Your hard work, your empathy, and your unwavering dedication do not go unnoticed. You embody the essence of humanity in healthcare, and today is about you. ملائكة الرحمة Angels



International Nurses Day

On a day filled with gratitude and joy, INH hosted a remarkable **celebration** in honor of **Nursing Day**, recognizing the **dedication and hard work** of nurses who play an essential role in healthcare. The event, which took place at Crown Plaza Hotel with the attendance of the Chairman Dr. Hassan Al-Arrayedh, Board of Directors, doctors and management was not just a typical celebration, but heartfelt gathering that aimed to shine a light on the pivotal contributions of nurses to the **well-being of the community**.





Alka Srivastava

COO

Dear Team,

As we continue progressing through the year, I want to take a moment to reflect on the incredible work being done across our hospital. Your dedication, compassion, and teamwork are the foundation of our continued success—and I thank each of you for your unwavering commitment to excellence.

This past month, we were proud to open our newly constructed and renovated IP rooms, prayer rooms—beautifully designed spaces that align with our hospital's vision of holistic healing and inclusivity. A heartfelt thank you to our hardworking team for bringing this project to life.

We also welcomed Mr. Rahma Jaberi, as our new Chief Executive Officer. Mr. Rahma brings a strong vision for the future and a deep appreciation for the work we do as we move forward together under his leadership.

Looking ahead, we have several important initiatives underway to further improve patient experience, staff engagement, and operational efficiency. I look forward to sharing more details with you in the coming weeks.

Let's continue supporting one another, celebrating our wins, and striving for excellence in everything we do. Together, we are shaping a brighter future for our patients and our community.

International Nurses Day



Dr. Hassan Al-Ararrayedh



Sr. Layla Al Thahabi



Mrs. Batool Al Mohandis



Mrs. Fatima Jameel



Nurses Awards



5 easy steps for hand washing



1

WET hands with running water.



2

SOAP your hands and lather up.



3

RUB all over your hands, including your wrists, and between your fingers and thumbs, for 20 seconds.



4

RINSE hands under running water.



5

DRY hands using paper towel.

Use Hand Sanitizer When Soap and Water Are Not Available

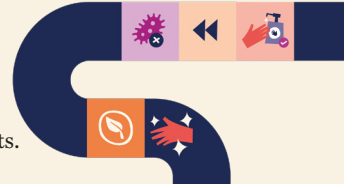
Apply enough product to cover all surfaces of your hands and rub them together until dry.



Hand Hygiene Day

As a part of major global initiative to promote hand hygiene in healthcare, Ibn Al-Nafees Hospital organized an event to celebrate Hand Hygiene Day. The event aimed to raise awareness about the critical role of hand hygiene in healthcare and to unite people around the shared goal of improving hand hygiene practices worldwide.

The event featured a variety of educational activities, including informative sessions on the proper techniques for handwashing. In addition, giveaways were distributed to patients as part of the hospital's effort to engage the community and encourage good hygiene habits.



Hand Hygiene Day





Mr. Mohamed Alaali
HR & Training Manager

Celebrating International Human Resources Day

Last week, we proudly observed International Human Resources Day, a special time to think about how HR is changing in our hospital. Many people still see HR as a department focused on rules and penalties, but we are moving towards a more positive role centered on helping employees grow and building trust.

Unfortunately, many believe we are the enemies of employees, and this idea has become deeply rooted in people's minds. This perception can slow down our efforts to create a family-like environment and connect with our team. Our goal is to change this view and show that we are here to support, not to punish.

We understand that our greatest asset is our staff. By focusing on training, mentoring, and open communication, we want to create a workplace where every team member feels valued and encouraged to reach their full potential. This commitment to helping our employees grow not only benefits them but also makes our hospital stronger.

Building a culture of support and teamwork is crucial for improving employee satisfaction and patient care. When our staff feels encouraged to develop their skills, they can provide better care for our patients.

As we look ahead, we are committed to transforming HR into a true partner in our mission. By investing time and effort into our employees and working to earn their trust, we can create stronger connections and a more united hospital community. On this International Human Resources Day, let's renew our promise to support our workforce and build a workplace where everyone can thrive. Together, we can ensure our hospital continues to provide excellent healthcare to our community.

Sister Layla Nursing Manager at the University Forum

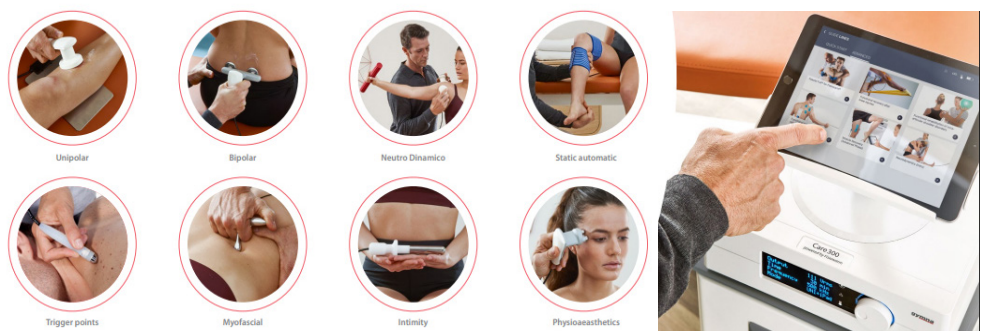


Welcome Our New CEO, Mr. Rahma Jaber

We are delighted to welcome Mr. Rahma Jaber as the new Chief Executive Officer of Ibn Al-Nafees Hospital. Mr. Jaber brings with him a wealth of experience and a proven track record in healthcare leadership. His vision and commitment to excellence align with our mission of delivering outstanding patient care. We look forward to his leadership and the positive impact it will bring. Please join us in extending a warm welcome and your full support as he continues his journey with Ibn Al-Nafees family.



TECAR – Setting a New Standard in Rehabilitation



At Ibn Al-Nafees Hospital, the Physiotherapy Department continues to lead in innovation and patient-centered care through the integration of the advanced TECAR (Transfer of Energy – Capacitive and Resistive) therapy system. We are proud to be the only facility in Bahrain equipped with the complete TECAR device along with all its specialized accessories, including neurodynamic tools. This non-invasive, clinically proven technology plays a crucial role in accelerating tissue repair, reducing inflammation, relieving pain, and enhancing mobility. TECAR therapy is effectively used in the treatment of all musculoskeletal conditions, neurological disorders, pelvic health cases, acute and chronic sports injuries, as well as both acute and chronic pain management. Uniquely, it can also be applied within the first 24 hours of injury, allowing for early intervention and significantly faster recovery. As part of our commitment to excellence in physiotherapy, TECAR enables us to provide more precise, efficient, and results-driven rehabilitation, improving outcomes and quality of life for our patients.

Ongoing Weekly BLS Training at Al Jasra Lecture Hall

We are proud to share that our Basic Life Support (BLS) training sessions are actively conducted every week at the Al Jasra Lecture Hall.

This initiative is part of our continuous commitment to strengthening emergency response capabilities among healthcare professionals. Led by our certified INH - AHA instructors, the training equips participants with essential life-saving skills, including high-quality CPR, AED use, and team dynamics in resuscitation scenarios.

The sessions are interactive, hands-on, and aligned with the latest American Heart Association (AHA) guidelines. These weekly sessions not only ensure compliance with international standards but also foster a culture of preparedness and patient safety throughout our institution.



Nursing Continuous Education



Patients Rights & Responsibilities
EMA Maria Gardner
Head of Nurse Training & Continued Education



Key Performance Indicator
Dr. Sakina Sayed Salman
Quality Executive



Confidentiality: Good practice in Handling Patient Information
Thristan Rom Lopez
Medical Records Specialist

Continuous Medical Education Updates

Management of DKD and CKD: Risk-Directed Holistic Approach



Dr. Sameer Al-Arrayed
Consultant Physician and Nephrologist



BURN



Dr. Zainab Alafeya
Surgical Resident

Sodium Bicarbonate in Critical Care



Dr. Hasan Mohamed
Consultant Intensive Care Medicine

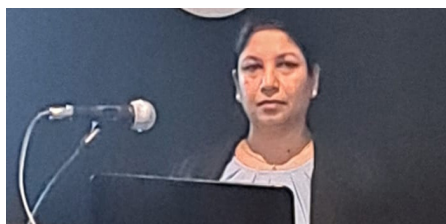


Medical Insurance Department Challenges



Dr. Hussain Al Aradi
Senior Medical Insurance Auditor

Reflections from the 2025 All India Ophthalmic Conference



Ms. Sigi George
QSI Manager

