



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

Issue No. 44 | July 2025

INH Newsletter

HOPE • TRUST • LOVE

NHRA Accreditation 2025

Last week was particularly demanding for our team as we underwent a comprehensive visitation and hospital assessment conducted by the **National Health Regulatory Authority (NHRA)**. The process was thorough and required the collective efforts, dedication, and coordination of all departments. Despite the challenges, it was a valuable opportunity to demonstrate our commitment to high standards of patient care and safety.

We extend our sincere appreciation to all staff members who contributed tirelessly throughout the preparation and assessment period. Your professionalism, teamwork, and continuous support were instrumental in navigating this critical phase successfully.



د. حسن العريض
رئيس مجلس الإدارة

كلمة رئيس مجلس الإدارة

المستشفى هي المرأة التي تعكس صدق المشاعر، وفناء النزيف وتجرد الإنسان من الألقنة التي يرتديها في مشاغل الحياة اليومية.

وفي ظل هذا التجرد، تنكشف الحقائق الكبرى: أن الحب، والرحمة، والغفران، الحاضرة هي ما يستحق أن نعيشه ونسعى له.

لقد سمعت جدران المستشفيات صلوات صادقة أكثر مما سمعته المساجد والكنائس وشهدت على قبل صادقة أكثر من تلك التي تمنح في المطارات.

في المستشفى ترى .. طبيباً أيقظاً ينقذ حياة متسول.

في العناية المركزة .. ترى يهودياً يعتني برجل عنصري.

ترى شرطياً .. ومداناً في نفس الغرفة يلتقيان نفس الرعاية.

ترى مريضاً غنياً ينتظر عملية زراعة كبد من متبرع فقير.

إنها تلك اللحظات التي يلمس فيها المستشفى جراح الناس فتقاطع العوالم إلهية، وفي هذا التلاقي للأقدار، ندرك أننا بمفردنا لسنا شيئاً.

الحقيقة المطلقة للإنسان لا تظهر غالباً إلا في لحظات الألم أو عند التهديد بخسارة نهائية.

المستشفى هو المكان الذي يخلع فيه الإنسان قناعه ويظهر على حقيقته.





Mr. Rahma Jaberi
CEO

Dear Team,

As we close out another month of service, I want to take a moment to express my deepest gratitude to each of you. Whether you're on the front lines providing direct patient care, working behind the scenes to ensure operations run smoothly, or supporting our community in countless other ways, your dedication is what makes our hospital truly exceptional.

Healthcare continues to present new challenges, but I am continually inspired by how this team rises to meet them, with compassion, innovation, and resilience. We have seen remarkable collaboration across departments where it reflected during the NHRA accreditation, meaningful outcomes for our patients, and a continued focus on improving the way we care for our community.

This month, I encourage each of you to take pride in the impact you make every day. While we can provide resources, training, and leadership, it's your commitment that brings our mission to life. True progress happens only when individuals choose to engage. Thank you for choosing to show up even on public holidays and weekends, to care, and to lead by example.

The success of any healthcare platform identified and acknowledged by individuals who make the difference in strategy, quality and services through their knowledge, enthusiasm and dedication. *A new Era of sourcing talents and new projects is marching forward for INH.* We play a significant role in the private hospitals sector in bahrain while healthcare is evolving at a rapid pace.

Let's continue to support one another, push for excellence, and never lose sight of why we do what we do.

INH-Presence at Family Medicine Summit



Ibn Al-Nafees Hospital was proudly represented at the **1st Bahrain International Conference on Family Medicine and Primary Healthcare**, held from 29 to 31 May 2025.

Dr. Jaafar Abbas served as a session facilitator, supporting academic exchange and professional development throughout the three-day event.

Dr. Loay Alekri, Consultant ENT Surgeon, delivered a talk on the latest guidelines for managing vertigo, offering practical insights into diagnosis and treatment approaches.

His talk provided a clear framework for approaching patients who present with vertigo, covered the most common causes of dizziness, treatment protocols and different methods in the management.

Dr. Alekri participation reflects his ongoing commitment to innovation in his specialty, and contributing actively to the advancement and continuous education in the kingdom of Bahrain.

Meeting with Ministry of Interior and Bahrain Matams

Chairman Dr. Hassan addressed the meeting chaired by the Ministry of Interior and attended by representatives of Bahrain Matams. The meeting was attended by nearly 250 people.



Hydrocephalus

Understanding Hydrocephalus in Children



Dr. Sherif Al Mekawi
Consultant Neuro & Spine
Surgery



Hydrocephalus is a condition where there is an increase in the cerebrospinal fluid (CSF) in the brain. CSF is a clear fluid that surrounds the brain and spinal cord, protecting them from injury, delivering nutrients, and removing waste. In a healthy brain, CSF flows through channels and is eventually absorbed into the bloodstream. However, in hydrocephalus, this fluid doesn't drain properly, causing it to accumulate. The result is increased pressure inside the skull, which can damage brain tissue over time.

In children, hydrocephalus can be congenital (present at birth) or acquired (developing after birth). Congenital hydrocephalus may be caused by genetic conditions or problems during fetal development. Acquired hydrocephalus can result from infections such as meningitis, brain tumors, head injuries, or bleeding inside the brain.

Signs and Symptoms:

The signs of hydrocephalus vary depending on the child's age.

• In infants, symptoms may include:

- o Rapid head growth
- o Bulging or tense soft spot (fontanelle) on the head
- o Vomiting
- o Sleepiness or irritability
- o Poor feeding
- o Eyes that seem to look downward (sunset eyes)

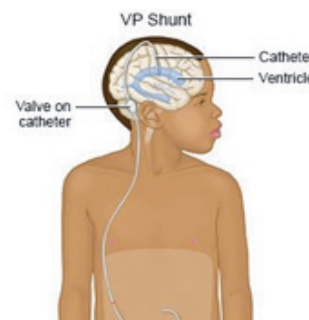
• In older children, signs might include:

- o Headache
- o Nausea or vomiting
- o Blurred or double vision
- o Trouble with balance or coordination
- o Delays in development or decline in school performance
- o Personality changes

Diagnosis and Treatment:

Doctors diagnose hydrocephalus using brain imaging techniques such as ultrasound (in infants), CT scan, or MRI. Once diagnosed, hydrocephalus usually requires surgical treatment.

The most common treatment is the placement of a **shunt system**. A shunt is a flexible tube placed in the brain to drain excess fluid into another part of the body, often the abdomen, where it can be absorbed. Another option in some cases is a procedure called **endoscopic third ventriculostomy (ETV)**, where a small hole is made in the brain to allow CSF to flow more freely.



Hydrocephalus is a lifelong condition, and shunts may need to be revised or replaced as a child grows. Children with hydrocephalus may face developmental, physical, or learning challenges, but with early diagnosis, proper treatment, and supportive care, many lead full and active lives. Regular follow-ups with a pediatric neurologist or neurosurgeon are important to monitor the condition.

Although hydrocephalus can sound frightening, understanding the signs and seeking prompt medical attention can make a significant difference. With modern treatment options and continued medical support, children with hydrocephalus can thrive.



Neurology Dept

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Ibn Al-Nafees Hospital, Kingdom of Bahrain





Alka Srivastava
COO

Dear Team,

I want to take this opportunity to express my heartfelt thanks to each and every one of you for your hard work, dedication, and teamwork throughout our recent accreditation process.

Completing this rigorous process is no small feat, it demands attention to detail, collaboration, and a shared commitment to excellence. I am incredibly proud of how everyone came together, supported one another, and demonstrated the best of what our organization stands for. At Ibn Al-Nafees, we work together to achieve excellence in patients' journey.

Your efforts not only ensured that we met the requirements but also reaffirmed our commitment to providing the highest quality services to those we serve. It is because of your professionalism and passion that we continue to grow and achieve great things together.

Thank you once again for your outstanding contribution. Let's keep this momentum going as we move forward, stronger than ever, into our next chapter.

With gratitude,

Visit of Mr. William Zhang – Mindray International

Mr. William Zhang, representing the International Sales and Marketing Department of Mindray, visited Ibn Al-Nafees Hospital as part of a strategic engagement initiative. The focus of the visit was to discuss Mindray's **latest advancements in AI-driven technologies**, Operating Theatre (OT) integration, and new innovations in anesthesia, portable ventilators, critical care monitoring, and advanced defibrillators.

The meeting included insightful discussions with both the Biomedical Engineering Department and Hospital Management of Ibn Al-Nafees Hospital. Key topics covered included future technology adoption, workflow enhancement, and clinical efficiency using Mindray's integrated solutions.

This visit was initiated by Bahrain Pharmacy and General Store BSC Closed, the exclusive distributor of Mindray in the Kingdom of Bahrain.



Muharram Preparations Discussed Security Meeting

His Excellency Sheikh Rashid bin Abdulrahman Al Khalifa, Governor of the Capital Governorate, chaired the Security Committee meeting at the Governorate, in the presence of His Excellency Mr. Hassan Abdullah Al Madani, Deputy Governor, several representatives from the security departments of the Ministry of Interior, Representative from MOH and Sr. Laila Al-Thahabi, Nursing Manager at Ibn Al-Nafees Hospital, represented the hospital at the meeting.

The meeting discussed the arrangements for the Muharram, including both security and service-related aspects within the jurisdiction of the Governorate.



INH-AGU talks on Medical Internship Program

INH CEO Mr. Rahma Jaber together with the Strategic Manager Mr. Surjeet met with key staff from AGU to discuss a potential **collaboration for medical student internships**. Both parties expressed interest in developing a structured training program to support future healthcare professionals. Present in the meeting were Dr. Ghazi Abdul Rahman Alotaibi, Vice President Academic Affair, Dr. Abdul Rahman Yousif Ismael Vice President for Administrative Affairs, and Prof. Abdul Halim Fattah Daifalia Dean of College of Medicine and health and science.



CSSD Lecture: Tomson Paul on Instrument Recall

In a focused session for hospital staff, Tomson Paul highlighted the importance of monitoring sterilization through chemical and biological indicators, explaining that any positive indicator—signaling equipment malfunction—triggers an immediate recall. He emphasized that all instruments from the affected cycle and any processed afterward must be promptly identified, quarantined, and reprocessed under documented procedures. His key message: **monitoring plus a clear recall policy ensures CSSD quality and safeguards patient safety.**



Tomson Paul
CSSD Technician



Dr. Hassan Al Arrayed, Chairman and **Mr. Rahma Jaber**, CEO were present alongside **HE. Dr. Jaleela Bint Alsayed**, Minister of Health, and **Mr. Yousif Al Saleh**, Chairman of Awkaf Al Jafferia, at the opening of Ashoora Manama Clinic



Ibn Al-Nafees Hospital welcomes



Dr. Huda Abbas Ali

Consultant Obstetrician and Gynecologist

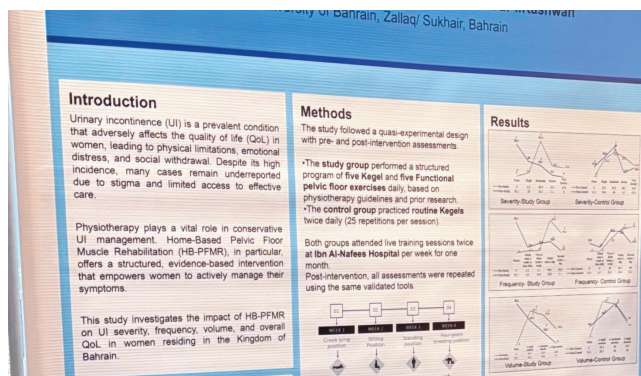
Clinic Services:

- Follow up of pregnancy and high risk pregnancy.
- Diagnosis and treatment of all gynecological disorders (menstrual disorders, fibroids, ovarian cysts, recurrent abortions).
- Diagnosis and treatment of infertility cases.
- Family planning counselling.
- All female screening.
- Menopause related problems management.
- Performing all gynecological surgeries and elective cesarean section.

Team of Professors from RCSI visit Ibn Al-Nafees Hospital .. Exploring Future Collaborating in Clinical Teaching



Representing Kingdom of Bahrain on the Global Stage



Physiotherapist Farishta Turab had the distinct honor of being selected to present her postgraduate research at the **World Physiotherapy Congress 2025**, held in Tokyo, Japan — the largest and most prestigious international gathering in the field of physiotherapy. Out of thousands of global submissions, only two research projects from the Kingdom of Bahrain were selected for presentation, and hers was one of the two chosen.

Her research highlights an innovative, evidence-based approach to improving women's health outcomes. Farishta proudly represented both the Kingdom of Bahrain and Ibn Al-Nafees Hospital, contributing to the global dialogue on physiotherapy research and clinical excellence. This recognition marks a significant milestone in her professional journey and reflects the growing impact of Bahraini physiotherapists on the international stage.

INH Leads the Beat

Keeping Hearts Beating

BLS in Action

We are committed to saving lives through continuous learning. Our ongoing **Basic Life Support (BLS)** training empowers staff with lifesaving skills, rapid response confidence, and hands-on experience—all aligned with AHA standards.

Because at INH, every heartbeat matters.



Nursing Continuous Education



Key Performance
Indicator

Dr. Sakina Sayed Salman
Quality Executive



Proper Lifting
& Handling

PT. Akhil
Physiotherapist



Confidentiality: Good practice
in Handling Patient
Information

Thristan Rom Lopez
Medical Records Specialist

INH Welcomes a New Ambulance



Continuous Medical Education Updates

Nutrition & Weight Management in the Era of Weight Loss Medication



Nagham Noureddine
Clinical Dietician



Crashing Women When Gynecology Meets the Emergency Room



Dr. Adeela Masood
Consultant Obstetrics and Gynecology

Personalizing Diabetes Care



Dr. Ali Al-Zan
Consultant Internal Medicine

