

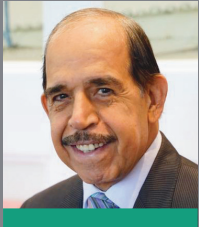


مستشفى ابن النفيس ش.م.ب (مقفلة)
IBN AL-NAFEES HOSPITAL B.S.C (C)

Issue No. 45 | August 2025

INH Newsletter

HOPE • TRUST • LOVE



Dr. Hassan Al-Arrayedh
Chairman

Educate yourself Everyday

As we continue to grow and excel in our fields, I want to take a moment to emphasize the importance of lifelong learning. In today's fast-paced world, the ability to adapt and evolve is more crucial than ever. Whether through formal education, online courses, reading, or engaging in discussions, investing in our knowledge not only enhances our personal growth but also strengthens our organization. Every day presents a new opportunity to learn something valuable. It could be as simple as reading an insightful article, taking a short online course, or participating in a workshop.

Why is it important?

Staying **Relevant** Industries are constantly changing, driven by technological advances and new research. **Innovation** Knowledge sparks creativity. The more you learn, the more ideas you generate. **Collaboration** When you commit to learning, you bring fresh perspectives to conversations. This not only fosters better teamwork but also enhances our overall workplace culture. **Resilience** Life can be uncertain, and continuous learning helps us adapt to changes, making us more resilient in the face of challenges. At Ibn Al-Nafees, let's foster a culture that values growth. Set a personal learning goal whether it's reading for 30 minutes a day, completing a course, or sharing useful insights with a colleague. Every effort, no matter how small, contributes to our shared success. As the saying goes, education isn't just preparation for life -it is life itself. Let's continue learning and growing together.

INH Ashura Clinic Ensures our Commitment to Serve the Community



A Grateful Salute to our Ibn Al-Nafees Ashura Clinic Volunteers



Mr. Rahma Jaberi
CEO

Dear Team,

As we step into the second month of our journey together, I want to take a moment to reflect on the positive momentum we are building across the hospital. Your commitment to excellence, compassion, and collaboration continues to shine through in every department, and I remain incredibly proud to lead such a dedicated team.

Over the past month, we've made progress on several key initiatives—from improving patient flow and enhancing care coordination, to laying the groundwork for future digital innovations. I've also had the pleasure of meeting many of you in your respective units, and I look forward to continuing these conversations, listening to your ideas, and ensuring we stay aligned on our shared mission: delivering outstanding care to every patient, every time.

As we move ahead, our focus remains clear: strengthening clinical quality, elevating the patient experience, and supporting the well-being of our people. Together, we are building not just a hospital, but a culture of care that sets new standards in the region.

Thank you for your hard work, your heart, and your unwavering dedication.







Dr. Jaafar Abbas
CMO

Guiding Hands Healing Heart

As we move forward in another dynamic season at Ibn Al-Nafees Hospital, I would like to take this opportunity to reflect on the profound contributions of our medical team “the guiding hands and healing hearts” that make our mission possible.

At the center of every patient’s journey is a physician, a compassionate listener, a clinical thinker, and a calm presence during life’s most vulnerable moments. Whether in outpatient clinics, emergency situations, or critical care units, our doctors lead with both skill and sincerity. The expertise you bring is built not just on years of education, but on empathy, resilience, and dedication to human life.

To our consultants and senior physicians, your leadership continues to shape the culture of safety, professionalism, and clinical excellence we strive for every day. Your guidance sets the standard and builds a legacy of mentorship for the next generation.

To our resident doctors, I extend heartfelt appreciation. You are not only learning the science of medicine, you are living the art of care. Despite the long hours, challenging cases, and steep learning curves, you show up with curiosity, humility, and an eagerness to serve. Your growth is a reflection of our future.

What unites us all, regardless of title or department, is a shared purpose to heal with skill, and to care with heart. At INH, continuing education, collaborative learning, and interdepartmental teamwork are not just programs they are part of who we are.

Let us never underestimate the quiet power of a physician’s presence **your voice can comfort, your decisions can save, and your example can inspire.** The impact you make may not always be seen immediately, but it is always felt. Your hands may carry the weight of responsibility, but it is your heart that brings hope.

Nursing Manager Conducts Regularly Monthly Meetings with Nursing Supervisors



Key Points Discuss:

1. Enhances Communication

- * Provides a structured time for open, two-way communication.
- * Ensures the nursing manager is aligned with leadership goals and expectations.
- * Reduces misunderstandings or delays in addressing concerns.

2. Supports Staff & Patient Safety

- * Allows early identification of safety concerns, staffing issues, or patient care problems.
- * Promotes timely interventions and follow-up on incidents or complaints.

3. Improves Operational Efficiency

- * Offers a consistent review of resources, supplies, and budget constraints.
- * Helps prioritize operational challenges and manage change effectively.

4. Encourages Professional Development

- * Gives the nursing manager a chance to receive feedback, coaching, and support.
- * Encourages discussion around leadership development and succession planning.

5. Strengthens Accountability

- * Tracks progress on departmental goals, action items, and quality improvement initiatives.
- * Reinforces expectations and creates accountability for follow-through.

6. Boosts Staff Morale

- * Discusses staff needs, recognition opportunities, and workforce challenges.
- * Helps address burnout, retention, and staff engagement proactively.

7. Aligns Goals and Strategy

- * Ensures the unit’s objectives are aligned with the hospital’s or facility’s larger mission.
- * Allows the supervisor to provide strategic direction and resources.

8. Builds Strong Leadership Collaboration

- * Fosters a relationship of trust and transparency between manager and supervisor.
- * Strengthens leadership team cohesion and shared decision-making.

1st Nephrology Symposium Meeting



Ibn Al-Nafees Hospital welcomes



Sara Alsaeed
Clinical Dietitian

Clinic Services:

- Nutrition Consultations.
- Diet plans for:**
 1. Weight Management.
 2. Cardiovascular Diseases.
 3. Diabetes Management.
 4. Pregnant and Lactating Women.
 5. Food Allergies and Intolerances.
 6. PCOS and Thyroid Problems.
 7. Gastrointestinal, Liver and Renal Diseases.
- Pre/Post Bariatric Surgery follow ups.

Physiotherapy Ibn Al-Nafees

Physiotherapy for the Elderly: Moving with Strength and Independence



As we age, reduced strength, balance, and mobility can make daily activities more challenging. At Ibn Al-Nafees Hospital, our Physiotherapy Department is **dedicated to helping elderly patients maintain independence, prevent falls, and improve their quality of life.**

Through personalized assessments and treatment plans, our physiotherapists work to enhance muscle strength, flexibility, coordination, and endurance. These programs are especially valuable for managing acute and chronic conditions such as arthritis, total knee replacements, osteoporosis, and general physical decline.

Physiotherapy supports seniors in performing everyday tasks, such as walking, dressing, and climbing stairs; safely and confidently. It also helps reduce the risk of injury and promotes a more active, fulfilling lifestyle.

In addition to the physical benefits, physiotherapy boosts confidence and supports emotional well-being by encouraging movement and engagement.

We believe that aging should never mean losing independence. With the right care, seniors can remain mobile, strong, and involved in the life they love.

How to Manage Diabetic Patients During Diabetes Journey with GXR & Glucovance



Dr. Jaafar Abbas
Consultant Family
Medicine & Diabetologist



How to maintain hydration in scorching summer heat?

Dehydration isn't just about Thirst. Even if you don't feel it, your body might be running low on fluids. And that can lead to Headache, fatigue, Muscle cramps, Constipation and Dull Skin. But don't worry, staying hydrated doesn't have to be complicated.

Here are 6 simple ways to keep your body hydrated all day long:

1. Drink a glass of water every 2 hours to reach a goal of 2 L per day.
2. Add ½ Liter of water for every hour of exercise to your daily routine.
3. Eat water-rich fruits and veggies such as watermelon, cucumber, strawberries, lettuce and zucchini.
4. Add a glass of water for every cup of Tea or Coffee to your daily routine.
5. Include Milk and Yogurt especially after workouts or during the day. They contain water, protein, and electrolytes that support your overall hydration.
6. Include Coconut Water and Broth (Chicken or Beef) to your daily routine. They are packed with natural electrolytes, these drinks help your body recover fluids lost from sweating or heat. They're especially great during hot days or post-exercise recovery.

Little habits like these can make a big difference in your energy levels, mood, and even your skin. Start small, stay consistent, and your body will thank you one sip at a time.



Sara Al Saeed
Clinical Dietician

PPD Allergy: What You Need to Know!



Dr. Fatima Samiey
Specialist Dermatologist

What is PPD?

Paraphenylenediamine (PPD) is a chemical commonly found in permanent hair dyes, black henna tattoos, and some textile dyes. While it helps achieve darker and longer-lasting color, it's also a well-known allergen that can trigger severe skin reactions in certain individuals. It can lead to symptoms ranging from redness, itching, pain, burning, swelling, blistering, to even shortness of breath in severe conditions.

How to Test for a PPD Allergy:

The gold standard is an in clinic patch test, performed by a dermatologist or allergist in a clinic or hospital setting. This is the most accurate method to identify PPD sensitivity.

If that isn't possible, you can try an open repeat-use test at home (not gold standard):

- Apply a small amount of the product to the same area daily — like behind the ear or inner forearm — for 1 to 2 weeks.
- Monitor for any signs of redness, itching, or irritation.
- Discontinue immediately if any reaction occurs.

PPD allergies can be serious, but with awareness and proper testing, they're manageable.



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Ibn Al-Nafees Hospital



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.



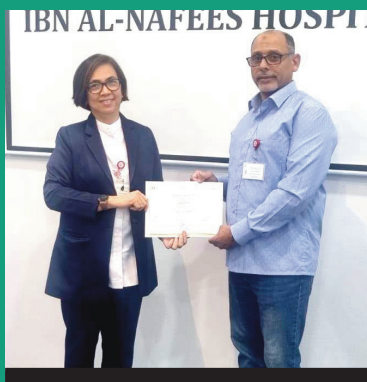
Nursing Continuous Education



Introduction to EWSL
Silja Varghese
Senior RN Daycase



Air Embolism
Teena Roshan
Nursing



Pain Gate Theory
Maroom Ali
OT Head

Consultants Short Break After the TCM at Hospital Cafeteria



Continuous Medical Education Updates

A Surgical Challenge How Did We Approached & Managed it?



Dr. Raj Kumar Gang
Senior Cosmetic & Plastic Surgeon



Intracerebral Hemorrhage



Dr. Hani Humaidan
Consultant Adult Neurology & Stroke

Dry Eye Syndrome Science Challenge



Dr. Hassan Al-Arrayed
Senior Consultant Ophthalmic Surgeon



Parameters of Pentacam



Dr. Heba El-Sayed Akl
Specialist Ophthalmologist