

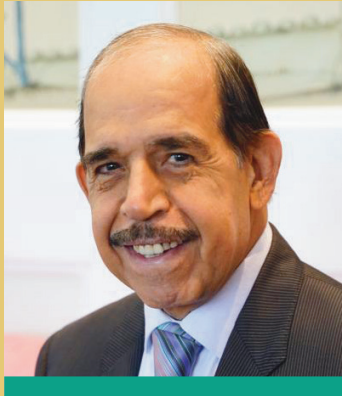


مستشفى ابن النفيس ش.م.ب (مقفلة)  
IBN AL-NAFEES HOSPITAL B.S.C (C)

Issue No. 46 | September 2025

# INH Newsletter

## HOPE • TRUST • LOVE



**Dr. Hassan Al-Arrayedh**  
Chairman

### Preserving Life Through Basic Life Support

**B**asic Life Support (BLS) is an essential set of emergency procedures designed to preserve life during cardiac arrest or respiratory distress. It begins with recognizing an emergency, ensuring scene safety, and checking the victim's responsiveness, followed by immediately activating the emergency response system. Key steps include opening the airway, assessing breathing, performing high-quality chest compressions at a rate of 100–120 per minute, and providing rescue breaths if trained. The use of an Automated External Defibrillator (AED) as soon as it becomes available is crucial, following the device's prompts carefully.

In our hospital, the importance of BLS cannot be overstated. It serves as the foundation for effective emergency response, enabling staff and healthcare professionals to act swiftly and confidently in critical moments.

### Always There When It Matters Most New Ambulance Launch

We are happy to welcome the newest member of the Ibn Al-Nafees Hospital family, our Emergency Ambulance! This momentous occasion was celebrated together with our top executives, management and staff, who proudly joined hands in marking this milestone. More than just a new vehicle, this ambulance represents our shared dedication to being there for our patients and community when it matters most.



### Newsletter Committee Kickoff Meeting

The Newsletter Committee Kickoff Meeting with Rahma Jaberi CEO, Dr. Hassan Mohamed, Ema Maria, Nada Al-Alawi, Gayathri Gopinath and Sara Alsaeed members to plan and shape the hospital's newsletter, marking the start of a collaborative effort to share updates and achievements.





**Rahma Jaberi**  
CEO

## Dear Team,

As we wrap up our third month together, I'm encouraged by the meaningful progress we are making not just in advancing our services, but in cultivating a culture of connection, purpose, and collaboration across the hospital.

Over the past month, we deepened our ties with key national entities, opening pathways to workforce development, specialized training, and resources that will strengthen our teams and extend our impact beyond our walls.

We also launched the Newsletter Committee in response to the growing interest and engagement around our internal newsletter. The committee's mission is to make each edition more engaging, informative, and reflective of who we are by highlighting our progress, spotlighting team voices, and celebrating the ideas and stories that shape our identity. It's a platform to connect, share, and grow as one team.

Above all, I value connecting with you directly. Listening to your ideas, understanding your challenges, and hearing your feedback are essential to shaping our collective future. My door is always open, and I welcome your thoughts as we continue this journey together.

Thank you for your dedication, your trust, and your commitment to our mission.

## Ibn Al-Nafees Senior Team meets H.E. Tamkeen CEO and team to explore internship opportunities, strengthened medical and Technical Career pathways, and Equipment Investment Support for INH new projects



## Supreme Council of Health Visit to Ibn Al-Nafees Hospital for Medical Internship Program Assessment

The visit commenced with a comprehensive presentation, followed by a guided hospital tour highlighting various departments and services. The delegation was warmly received and hosted by Chairman Dr. Hassan Alarayedh, Chief Executive Officer, Rahma Jaberi, Dr. Jaafar Abbas, along with the hospital's leadership team and senior management.



A committee has been formed under the Leadership of the Chairman Dr. Hassan Al-Arrayedh to oversee and ensure the successful accreditation of the Medical Internship Program





**Layla Al Thahabi**  
Nursing Manager

## Nurse Mentors: Shaping the Future of Nursing

The availability of nursing mentors is a crucial factor in ensuring successful mentorship, nurse retention, and continuous professional development. At Ibn Al-Nafees Hospital, the Nursing Department firmly believes in the importance of having dedicated nurse mentors within each unit. They are far more than supervisors; they serve as coaches, role models, advocates, and protectors of quality care. Nurse mentors uplift and guide individual nurses, while also strengthening team dynamics and fostering collaboration across departments. Their role ensures not only the professional growth of nurses but also the sustainability and advancement of the entire nursing profession.

By cultivating competence, compassion, and confidence, nurse mentors directly contribute to developing well-rounded healthcare professionals. The presence of skilled mentors has a direct impact on improving patient outcomes, reducing workplace burnout, and reinforcing a resilient healthcare system.

In essence, a nurse mentor does not simply train another nurse, they shape the future of nursing.

## Ibn Al-Nafees Hospital and SNIC Insurance Raise Awareness on Dehydration at Fives Group

In collaboration with SNIC Insurance, Ibn Al-Nafees Hospital organized a Dehydration Awareness Program for Fives Group employees, conducted by Clinical Dietitian Sara Alsaed. The event was well-attended by staff members, who learned about the symptoms of dehydration and effective ways to prevent it. Participants also enjoyed interactive session, and complimentary vital check-ups were provided as part of the initiative.



## International Delegation Visits Ibn Al-Nafees Hospital to Ensure Radiology Equipment Meets the Highest Standards

A delegation from the Atomic Energy Agency, in collaboration with Salmaniya Medical Complex and the Ministry of Health, visited Ibn Al-Nafees Hospital to review the radiology department's equipment and ensure their performance meets the highest international standards. This visit comes as part of the joint efforts to enhance radiology services.





**Mrs. Zahra Al Sammak**  
Nursery Nursing Supervisor  
& Breastfeeding Support  
Coordinator

On World Breastfeeding Day, we extend our heartfelt congratulations to all mothers and recognize their vital role in giving babies the healthiest start in life. Breastfeeding is a gift of love, protection, and nutrition.

As a healthcare team, we remain committed to supporting and encouraging mothers in this important journey toward building healthier families and communities.

## Ibn Al-Nafees Hospital Breastfeeding Support Event

Ibn Al-Nafees Hospital organized a breastfeeding awareness event with the participation of members of the Bahrain Nursing and Midwifery Society, in the presence of members of the Breastfeeding Support Committee at the Ministry of Health, and members of the Bahrain Reproductive Health Society. Breastfeeding can be challenging at first, but with the right support, many mothers succeed.

**B**reastfeeding is one of the most natural and beneficial ways to nourish a newborn. It provides all the essential nutrients a baby needs in the first months of life and helps build a strong bond between mother and child. Breastfeeding can be challenging at first, but with the right support, many mothers succeed.

lactation consultant play a key role in guiding and encouraging new mothers during this journey. Let us work together to promote breastfeeding as a healthy, natural start for every child.

**Eman Ahmed**  
Labour Room N.Supervisor





## Visiting Surgeon Pediatric Urology

Visiting Date

6 September  
2025



Dr. A.K. Singhal

## Physiotherapy Department Participation in Youth City 2025



## Lung Cancer Awareness Session at BPTC

Ibn Al-Nafees Hospital hosted an awareness session at Bahrain Public Transport company on Lung Cancer with Dr. Thuraya Zaid, Consultant Pulmonology & Sleep Medicine. Dr. Thuraya highlighted the importance of early detection, prevention, and treatment plans for lung cancer. The session concluded with an engaging interactive discussion, where BPTC staff had the opportunity to raise questions and share insights.



# Keeping Hearts Beating INH Leads the Beat

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.



## Talent of the month: A Bahraini Tale of Wood and Art



**Abdulla Eid**  
Receptionist

I'm Abdullah Eid, an employee at the Pre-Employment Clinic at Ibn Al-Nafees Hospital and a self-taught wood artist. Since childhood, I've been drawn to sketching and to the landscapes of Bahrain, where I learned to appreciate the character of wood and the stories in its grain. Pyrography (drawing by burning on wood) opened the door to a deeper craft. Today, I hand-make functional pieces that celebrate natural beauty: coffee tables, bowls, clothes hangers, cups, and key chains. I design to highlight the wood's grain, knots, and textures rather than hide them, shaping and finishing each piece by hand so it keeps its warmth and durability.



## Nursing Continuous Education



Time Management  
in Nursing

**Rn Fiona Princy**  
Staff Nurse W 33



BLS & Code Blue  
Preparedness

**Emma Maria Gardner**  
Head of Nurse Training &  
Continued Education



Communicable Diseases

**Lateefa Fardan**  
Head of Infection Control  
& CSSD

## Continuous Medical Education Updates

### Infectious Diseases in Dermatology



**Dr. Fatima Samiey**  
Specialist Dermatologist



### Introduction to Occupational Medicine Fit to Work Examination and Occupational Diseases



**Nawaf Alsaeed**  
Occupational Medicine Consultant

### Microbiome and its Rule in IBD and Autoimmune Diseases



**Dr. Ali Al Baggali**  
Consultant Gastroenterologist



### Can Supplements Food Replace Your Medications?



**Sara Alsaeed**  
Clinical Dietitian