



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

Issue No. 49 | December 2025

# INH Newsletter

## HOPE • TRUST • LOVE



د. حسن العريض  
رئيس مجلس الإدارة

### نحتفل اليوم بيوم الطبيب البحريني

نحتفل بما يقدمه الأطباء من جهود متميزة تتسم بالإنسانية والرحمة والطموحة لكل المرضى، سواء كانوا يعانون من أمراض جسدية أو نفسية، اضطرابات غذائية، أو مشاكل العقم والحرمان من الذرية.

نحتفل بتفاني وإخلاص جميع الأطباء، الذين يعملون كرواد للرحمة والعطاء، ملتزمين بأعلى معايير الأخلاق المهنية والإنسانية، مقدرين دورهم الكبير تجاه المرضى وزملائهم في مختلف فروع المهنة الطبية ونحن في مستشفى ابن النفيس نخفر بكم وبالجهود المخلصة التي تقدمونها، إذ تمثلون مثالاً حيّاً للتفاني والمثابرة في علاج المرضى، وتجسدون أسمى معانٍ الإنسانية التي تجعل من الصحة تاجاً على رؤوس الأصحاء، وملاداً للمرضى الذين يبتلون ثقتهم في أيديكم بعد الله سبحانه وتعالى.

إن الأطباء، بمهمتهنهم النبيلة، هم الملاذ الآمن، الذي يلجأ إليه المرضى طلباً للشفاء والعافية، ومن خلال جهودكم المباركة تصبحون بحق ملائكة الرحمة جنباً إلى جنب مع زملائنا الأعزاء في التمريض.

وفي هذا اليوم المميز، نجدد شكرنا وتقديرنا لكل طبيب وطبيبة في مستشفى ابن النفيس، على ما يقدمونه من جهود نبيلة وعطاء مستمر. أتمن شعلة الأمل ونبراس الرحمة في مجتمعنا، وبهذا نقول لكم: فخرًا واعتزازًا بكم اليوم وغداً.

كل عام وأنتم فخر الطب والإنسانية

## Ibn Al-Nafees Hospital celebrated Bahraini Doctor's Day honoring the noble efforts of doctors and their humanitarian role in caring for the community



We celebrate hearts that heal and hands that give life to every Bahraini doctor, your courage writes stories of hope, your compassion mends what medicine alone cannot. At Ibn Al-Nafees Hospital, we see you in every act of care, in every moment of sacrifice, in every heartbeat you protect. Thank you for being the soul of healing, and the pride of Bahrain.

Happy Bahraini Doctors Day!





**Rahma Jaberi**  
CEO

## Embracing the Final Chapter of the Year

As we reach December 2025, I reflect with gratitude on the journey we have shared. This year brought growth, learning, and renewed dedication to the health and wellbeing of our community. Every achievement highlights teamwork, commitment, and the spirit that drives our success. On December 1st, we proudly celebrate Bahraini Women's Day, honoring women across all sectors.

At Ibn Al-Nafees Hospital, we work alongside inspiring women whose compassion, professionalism, and resilience enrich our workplace and strengthen our mission daily.

December also brings Bahrain's National Day, symbolizing unity, progress, pride, and loyalty to our Kingdom. The national spirit reminds us of solidarity and our responsibility as a healthcare institution devoted to serving Bahrain. Alongside these national celebrations, we extend heartfelt Christmas greetings, embracing the warmth and joy of the season. December is a time for reflection, gratitude, appreciation, and hope.

I sincerely thank our patients for their trust, our staff for tireless work, and our partners for continued support. Together, we approach 2026 with optimism, ambition, and a renewed pledge to provide exceptional care to all.

**Wishing you a joyful December and a New Year full of health, success, and fulfillment.**



# Breathe Well Conference 2025

Organized by Right Path Consultancy in collaboration with Ibn Al-Nafees Hospital, the **Breathe Well 2025** Conference marked a successful milestone in advancing respiratory care and innovation.





**Aziz Shabib**  
Radiology Manager

### Fast. Precise. Compassionate Imaging Care for Every Patient

The Radiology Department at Ibn Al-Nafees Hospital provides comprehensive medical imaging services supported by modern equipment and qualified healthcare professionals. The department plays a central role in the diagnostic pathway by assisting physicians in identifying, evaluating, and monitoring a wide range of medical conditions. The department offers all major imaging modalities, including interventional radiology procedures, and works in coordination with various clinical specialties to ensure accurate and reliable diagnostic outcomes.

The department is equipped with advanced imaging systems and staffed by trained radiologists and technologists. Results are processed and reported within standardized timeframes to support timely clinical decision-making. Emphasis is placed on patient safety, adherence to imaging protocols, and clarity in communication throughout the imaging process, from appointment preparation to final reporting.

The Radiology Department continues to serve patients referred from various medical units within the hospital, as well as from external healthcare providers, contributing to the diagnostic and therapeutic pathways required for patient management.

## In a Pioneering Step, Ibn Al-Nafees Welcome the New Internship Doctors with the Support of Government Hospitals



### INH Meets with RCSI Bahrain to Strengthen Student Internship Collaboration



### Ibn Al-Nafees Hospital joined the Oman National Day celebration

Reaffirming our commitment to caring for Omani nationals in Bahrain.



### Empowering Respiratory Diagnostics at Ibn Al-Nafees Hospital

Ibn Al-Nafees Hospital's Respiratory Team took part in hands-on training led by German experts, focusing on body plethysmography and advanced pulmonary function testing. This initiative boosts the team's expertise in respiratory diagnostics, aiming to optimize equipment use and enhance outcomes in respiratory disease management in order to reinforce our commitment to clinical excellence.



# 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: The Artistic Journey Behind My Calligraphy



Ebrahim Al-Samahiji  
Casheir

From a very young age, I found myself drawn to the world of Arabic calligraphy, almost as a natural extension of the creative rhythm within my family, where my older siblings excelled in handicrafts, lettering, and artistic design. Over time, this early spark grew into a true passion that I refined through specialized workshops and courses. My work has since evolved across various mediums mural calligraphy, engraved gemstones, notebook and wooden designs, and even commercial pieces such as gift plaques and wall art.

What began as a childhood hobby has flourished into an artistic experience that continues to shape everything I create.



# World Diabetes Day

## Ibn Al-Nafees Hospital Event



## Medical Camp, in collaboration with GIG Gulf Insurance at AluServ Bahrain



Pt. Farishta Ali Turab, Dt. Sara Alsaeed and Dr. Fatima Samiey

Dr. Noor Salman

## Abdulla Bin Yousif Fakhro Elderly Community Club



Dr. Khatoon Mohamed Alzaimoor  
Specialist Emergency Medicine



Dr. Husain Abduljalil Alhaddad  
General Physician

## Prostate Cancer Awareness Month

### Gulf Air



Dr. Mohamed Matar Alalawi  
Consultant - Urology



## Foulath Holding



## Nursing Continuous Education



Patients Right and Responsibility

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



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



SGLT2 Inhibitors from Glycemic to CardioRenal Protection

**Dr. Jaafar Abbas**  
Consultant Physician & Diabetologist

## Meeting with GlobMed to Further Enhance our Services and Reinforce our Partnership



## Continuous Medical Education Updates

### Abdominal Calcification



**Dr. Wadie Yousif**  
Consultant Radiologist, Vascular & Interventional Radiologist



### World Diabetes Day: A Reminder to Act



**Dr. Rafeeq Adnan**  
Consultant Endocrine and Diabetes

### Fever with Infection to Treat or Not



### Hypertension in Children



**Dr. Deena Mohamed**  
Consultant Paediatrician & Pediatric Nephrologist