

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 45

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
Al Salam Al Assima Hospital  
ثقتكم أمانة TRUST



AL SALAM BULLETIN

## OVERVIEW ABOUT SALAM BULLETIN

Al Salam bulletin is your one stop comprehensive newsletter, for all the latest healthcare content. Stay updated with latest healthcare related news, public health advice, narrative experiences, trainings, and links to valid sources for further reading / fact-checking. Medical Development Center highlights Bulletin sources for you to keep abreast of the latest developments and trends in the Healthcare industry.

### Health Awareness Days



#### World Obesity Day – 4 March, 2024

[nationaldaycalendar.com](http://nationaldaycalendar.com)

Every year on March 4th, World Obesity Day encourages people across the globe to respond to the obesity crisis. It's also a day to increase obesity awareness, encourage advocacy, improve policies, and share experiences. According to the World Health Organization (WHO), obesity affected over 650 million adults in 2016. Today, that number is closer to 800 million. This number has tripled since 1975. Adults that have a body mass index (BMI) of 30 or more are considered obese. Poor health is one of the many consequences of obesity.

[Read more...](#)



#### Patient Safety Awareness Week

10-16 March 2024

[nationaltoday.com](http://nationaltoday.com)

Patient Safety Awareness Week takes place in March and this year, it takes place from March 10 to 16. Patient Safety Awareness Week is an event that was created to encourage education on healthcare safety. According to the World Health Organization (WHO), over 2.6 million deaths are due to unsafe care in hospitals in developed and developing countries. Through Patient Safety Awareness Week, the Institute for Health Care Improvement hopes to promote important discussions locally and internationally that will lead to improved healthcare safety for caregivers, patients, and the healthcare systems in general.

[Read more...](#)

## What You Need to Know

### Obesity, a Lurking Health Risk in Kuwait



In Kuwait, where the prevalence of overweight and obesity among both adults and children is among the highest in the world, the disease has been wrecking lives and livelihoods for decades. A ranking of countries around the world by the Global Obesity Observatory show that in 2018, for which the latest data was available, 36 percent of adults over the age of 18 in Kuwait were overweight and 44 percent were obese. The study also showed that while overweight was higher among men, obesity was found to be greater in women, with 37.6 percent men and 49 percent women being obese.

Efforts to create more awareness among mothers and integrating mandatory ban on fizzy drinks, crisps and chocolates on school premises to reduce the intake of fat and sugar by pupils, and adding compulsory physical education to the school curriculum, as well as creating more recreational spaces to promote physical activities, are expected to help reduce and prevent overweight and obesity among pre-school and school going children in Kuwait. Unfortunately, while the ban on unhealthy snacks and sugary fizzy drinks is monitored by the Ministry of Education, compliance has so far not been reported to be high.

To know more, [Click here...](#)

## Journal Publication – A Case Report

### Perforated Ischemic Ulcer at the Jejunum 9 Years Post-laparoscopic Roux-en-Y Gastric Bypass—a Case Report



Dr. Osama A. Elhardello, Dr. Mohammad N. Athamnah and Dr. Gaber H. ElSeify from Al Salam Hospital, General Surgery department, have published one case report in one of the most prestigious bariatric journals in the world.

#### Abstract:

**Background:** Obesity is a common disease among Kuwaitis. Multiple types of bariatric procedures are offered in Kuwait. R-Y gastric bypass is among the common surgeries performed. Early and late complications must be recognized as early as possible to avoid undesirable consequences.

**Case Presentation:** Here, we present a case of a 48-year-old lady presented as acute abdominal pain and diagnosed as Jejunum-Jejunal anastomosis site ulceration / perforation taking place several years from surgery.

**Discussion:** Etiology of late perforation can be attributed to ischemia. Computerized tomography (C.T.) scan is the gold standard for diagnosis. Management can be laparoscopic or open surgery depending on surgeon expertise. We performed a laparoscopic resection for the extended perforated jejunal recess and that was enough to resolve our patient's problem.

To know more, [Click Here...](#)

## 8 Rights of Medication Administration

Chances are that some of you may not have known that in addition to the well-known 5 right of medication administration, some experts have added 3 more to the list. When it comes to patient safety, it's never a bad time to review some of the basics and increase your awareness of newer recommendations.

1. **Right patient**
  - a. Check the name on the order and the patient.
  - b. Use 2 identifiers.
2. **Right medication**
  - a. Check the medication label.
  - b. Check the order.
3. **Right dose**
  - a. Check the order.
  - b. Confirm appropriateness of the dose using a current drug reference.
4. **Right route**
  - a. Again, check the order and appropriateness of the route ordered.
5. **Right time**
  - a. Check the frequency of the ordered medication.
  - b. Confirm when the last dose was given.
6. **Right documentation**
  - a. Document administration AFTER giving the ordered medication.
7. **Right reason**
  - a. Confirm the rationale for the ordered medication
8. **Right response**
  - a. Make sure that the drug led to the desired effect
  - b. Be sure to document your monitoring of the patient



To know more, [Click here...](#)

Let's ensure  
**PATIENT SAFETY**  
at all times



**International Patient Safety Goals**

-  **GOAL 1** Identify Patients Correctly
-  **GOAL 2** Improve Effective Communication  
**Hand-Off Communications TST**
-  **GOAL 3** Improve the Safety of High-Alert Medications
-  **GOAL 4** Ensure Safe Surgery  
**Safe Surgery TST**
-  **GOAL 5** Reduce the Risk of Health Care-Associated Infections  
**Hand Hygiene TST**
-  **GOAL 6** Reduce the Risk of Patient Harm Resulting from Falls  
**Preventing Falls TST**

**Safety is everyone's responsibility**

**How to Prevent Obesity**



**Avoid stress**



**Eat healthy**



**Get rid of bad habits**



**Stop eating fast food**



**Exercise**



**Watch less TV**

## Events in February 2024

**Event:** Pan Arab Spine Society Conference 2024

**Date:** 1st – 3rd February 2024

**Venue:** Salwa Sabah Al Ahmad Hall, Kuwait

**Speaker:** Dr. Saif Ur Rehman (Consultant, Orthopedic Surgery and Sports Injuries Center)

**Topic:** Intra-Op Scoliosis Retroperitoneal Collection: Rare Case



**Title:** Nursing Orientation Program

**Date:** 17th – 22nd February 2024

**Time:** 0800 hrs – 1500 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium



# SASH Events in February 2024

**Title:** Basics of Breast Surgery

**Speaker:** Dr. Enver Ozkurt

**Date:** February 15<sup>th</sup> 2024

**Time:** 0900 hrs-1000 hrs

**Venue:** Online

**Objectives:**

- Provide up-to-date, guideline-referenced basic information on the epidemiology, diagnosis, treatment and follow-up of breast cancer.



**Speaker :**  
**Dr. Enver Özkurt**  
Breast Surgeon, Turkey  
Assoc. Prof. of Surgery, MD, FEBB, FACS



**Moderator:**  
**Dr. Mohammad N. Athamnah**  
Specialist, General Surgery

**Title:** Asthma: Interactive Case Presentation

**Speaker:** Prof. Naser Behbehani

**Date:** February 22<sup>nd</sup> 2024

**Time:** 13:00 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium

**Objectives:**

- Explain a practical approach to asthma diagnosis
- Understand the role of exacerbation in asthma outcome
- List the different conditions that may mimic asthma
- Understand the approach to treatment



**Speaker:**  
**Prof. Naser Behbehani**  
Consultant & Chief  
Chest Diseases Unit



**Moderator:**  
**Dr. Sania Shoeb**  
Consultant / Actg. Chief  
Internal Medicine

**Title:** Osteoporosis: An Overview

**Speaker:** Dr. Aysha AlFahad

**Date:** February 29<sup>th</sup> 2024

**Time:** 13:00 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium

**"Osteoporosis: An Overview"**

**Objectives:**

- To give an overview on the diagnosis and management of osteoporosis



**Speaker:**  
**Dr. Aysha AlFahad**  
Consultant  
IM/Endocrinology



**Moderator:**  
**Dr. Ahmed AlAshker**  
Consultant  
Nephrology

**Title:** Clinical – Radiological & Pathological  
Departmental Meeting

**Speaker:** Dr. Ali Hussein Malkawi

**Date:** February 29<sup>th</sup> 2024

**Time:** 10:00 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium

**" Clinical - Radiological and Pathological  
Departmental Meeting"**

**Objectives:**

- Discussion of some challenging cases in a multidisciplinary fashion.



**Presenter:**  
**Dr. Ali Hussein Malkawi**  
Senior Registrar, General Surgery



**Moderator:**  
**Dr. Hussein Mohamed Ibrahim**  
Consultant, General Surgery

**Prepared By Medical Development Center**