

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 24, June 2022

مستشفى السلام الدولي
Al Salam International 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 Blood Donor Day – 14th June, 2022

who.int

World Blood Donor Day takes place on 14 June each year. The Day was created to raise global awareness of the need for safe blood and blood products for transfusion, highlight the critical contribution voluntary, unpaid blood donors make to national health systems.

Theme: Give blood and keep the World-beating

[Read more...](#)



MEDICAL MNEMONICS

Features of a Life-threatening Asthma Attack (A CHEST)

A CHEST

- Arrhythmia/ Altered conscious level
- Cyanosis, PaCO₂ normal
- Hypotension,
- Hypoxia (PaO₂<8kPa, SpO₂ <92%)
- Exhaustion
- Silent chest
- Threatening PEF < 33% best or predicted (in those >5yrs old)





Dry Eyes and How can we get rid of it?

medicalnewstoday

Dry eye can be mild to severe. Mild cases may respond to over the counter (OTC) treatments, whereas more severe cases can require prescription medication. In rare cases, a person may require surgery to treat certain causes of dry eye.

[Read more...](#)



Multi-country Monkeypox Outbreak in Non-Endemic Countries

who.int

Since 13 May 2022, cases of monkeypox have been reported to WHO from 12 Member States that are not endemic for the monkeypox virus, across three WHO regions. Epidemiological investigations are ongoing, however.

[Read More...](#)



Removing plaque and tartar from teeth

medicalnewstoday

A professional dental cleaning can remove plaque and tartar from teeth. However, remedies such as brushing with baking soda and flossing daily may prevent tartar buildup and help remove plaque at home.

[Read more...](#)



New Vaccine Type Overcomes Cancerous Tumor Defenses

medicalXpress

A team of researchers affiliated with multiple institutions in the U.S. and one in Japan has developed a new type of vaccine that helps the immune system destroy cancerous tumors by overcoming their defense system.

[Read more...](#)





New Courses



Topic: Workplace Leadership and Management skills

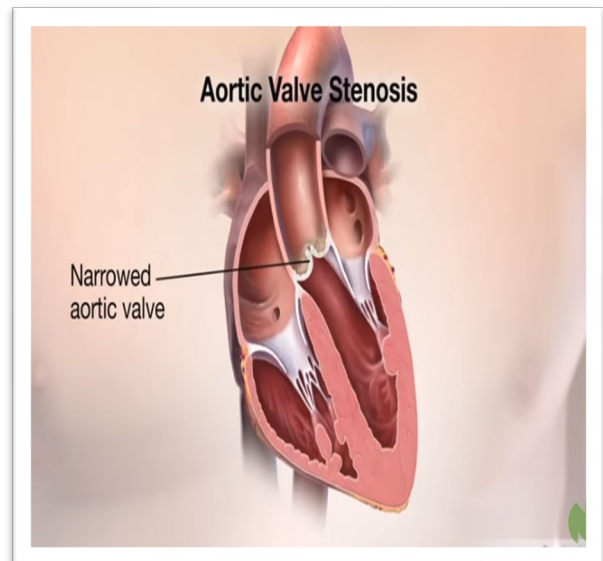
Number of modules: 3

- 1- Understand Leadership and Talent management
- 2- Negotiation Techniques and Stress Management
- 3- Course Assessment

Number of hours: 1.5-3 hours

To take course [CLICK HERE](#)

Medical Video



Topic: Transcatheter Aortic Valve Replacement (TAVR)

Percutaneous aortic valve replacement, also known as percutaneous aortic valve implantation, transcatheter aortic valve implantation or transcatheter aortic valve replacement, is the replacement of the aortic valve of the heart through the blood vessels

To watch [CLICK HERE](#)





OMEPRAZOLE

Generic name: Omeprazole

[oh-MEP-ra-zol]

Brand name:

PriLOSEC, PriLOSEC OTC, Zegerid

Drug class : Proton pump inhibitors

What is Omeprazole?

Omeprazole is used to treat excess stomach acid in conditions such as non-cancerous stomach ulcers, gastroesophageal reflux disease (GERD), active duodenal ulcer and erosive esophagitis. Omeprazole works by blocking gastric acid production and is from the group of medicines called proton pump inhibitors.

Omeprazole side effects

Severe stomach pain, diarrhea that is watery or bloody.

Warnings

Omeprazole can cause kidney problems. Tell your doctor if you are urinating less than usual, or if you have blood in your urine.

To know more about Omeprazole,

[CLICK HERE](#)

First Aid Management for External Bleeding



Minor Bleeding:

- Wash the area with soap and water.
- Apply dressing to the wound.
- Once the bleeding has stopped, apply antibiotic ointment and an adhesive bandage.

Major Bleeding:

- Apply dressings to the wound and put direct pressure on the dressings.
- If bleeding continues add more dressings and press harder.
- If there is a life - threatening bleeding from an arm or leg, use a manufactured tourniquet. Place it 2 to 3 inches above the injury. Tighten it and note what time you put it on.
- If the severe bleeding is on a body part that is not the arm or leg, pack the wound by placing a material like clean gauze or clothing tightly into the wound.
- Call Emergency number, if,
 - ✓ There is a lot of bleeding
 - ✓ You cannot stop the bleeding
 - ✓ You see signs of shock
 - ✓ The injury is from a fall, and you suspect a head, neck, or spine injury
 - ✓ You are not sure what to do

