



Medical Development Center

Al Salam Bulletin

Volume # 11

Overview about Salam Bulletin:

It is more important than ever that you stay aware of latest related news, public health advices, narrative experiences, trainings and being provided links to valid sources for further reading / fact-checking. As the pandemic continues to rage the world, Medical development Center is highlighting a number of Bulletin sources for you to keep abreast of the development of COVID-19.



Message from CEO

The heart of the healthcare sector is celebrated on International Nurses Day.

“A Nurse is often the first and last person a patient sees during their hospital visit. A nurse is strong enough to tolerate everything, and soft enough to understand everyone. Our nurses: Your thoughtfulness and dedication are reflected on the work you do and truly appreciated during challenging times especially now.

Thank you for your relentless efforts and irreplaceable service.

Salute to All the Nurses who are the backbone of health care system.”



*Chief Executive Officer
Dr. Ayman S. Al Mutawa*



The international council of nurses announces International Nurses

Day theme for 2021

icn.ch

Nurses :A Voice to Lead : A Vision for Future Healthcare

[Read more...](#)



[National Nurses Day: May 6 -2021](#)

[national today.com](#)

The heart of the healthcare sector is celebrated on National Nurses Day on May 6. Often the first and last person a patient sees during a hospital visit, nurses are truly the rock stars!

[Read more...](#)



SAVE LIVES CLEAN YOUR HANDS



[World Hand Hygiene Day – 5th May 2021](#)

[who.int](#)

WHO calls on health care workers and facilities to achieve effective hand hygiene action at the point of care.

Campaign theme: Achieving hand hygiene at the point of care.

Slogan: Seconds save lives – clean your hands!

[Read more...](#)



COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



[Coronavirus vaccine Q&A](#)

[medicalxpress.com](#)

In this Q&A, expert of the Mayo Clinic answers questions about vaccine vaccinated even if you've recovered from COVID-19 infection.

[Read more...](#)



[Moderna – Data Shows Covid -19 Vaccine 90% Effective After 6 Months](#)

[cnbc.com](#)

Moderna - Covid-19 vaccine was more than 90% effective at protecting against Covid and more than 95% effective against severe disease up to six months after the second dose, the company said Tuesday, citing updated data from its phase three clinical trial.

[Read more...](#)



[Reduce risk of severe Covid with regular activity](#)

[edition.cnn.com](#)

A history of being consistently active is strongly associated with a reduced risk of severe Covid-19, according to a new study. Physical inactivity is

linked to more severe Covid infection and a heightened risk of dying from the disease.

[Read more...](#)



[Ongoing Trial Shows Pfizer Covid-19 Vaccine Remains Highly Effective After Six Months](#)

edition.cnn.com

The ongoing Phase 3 clinical trial of Pfizer/BioNTech's coronavirus vaccine confirms its protection remains high for at least six months after the second dose.

[Read more...](#)



[Cleaning and Disinfecting Your Home](#)

cdc.gov

Cleaning with a household cleaner that contains soap or detergent reduces the amount of germs on surfaces and decreases risk of infection from surfaces. In most situations, cleaning alone removes most virus particles on surfaces.

[Read more...](#)



[FDA Advises States to Pause use of J&J Covid Vaccine](#)

cnbc.com

The FDA is asking states to temporarily halt using J&J's Covid-19 vaccine after six people in the U.S. developed a rare blood clotting disorder.

[Read more...](#)



[Patients Allergic to COVID Vax Got Dose 2 With Graded Dosing](#)

medpagetoday.com

A graded dosing protocol allowed two patients with hypersensitivity reactions to the first dose of Moderna's COVID-19 vaccine to receive their second doses safely, researchers said.

[Read more...](#)



[COVID Shot Earlier in Pregnancy Better for Baby](#)

webmd.com

The sooner a pregnant woman gets a COVID-19 vaccine, the more likely she is to transfer protective antibodies to her baby, a new small study suggests.

[Read more...](#)



[Covid-19: Pfizer Reports 100% Vaccine Efficacy in Children Aged 12 to 15](#)

bmj.com

The Pfizer-BioNTech covid-19 vaccine has shown 100% efficacy against SARS-CoV-2 in 12 to 15 year old in the preliminary results of a phase III trial. Pfizer announced the results in a press release, although full details have yet to be published.

[Read more...](#)



Thrombotic Thrombocytopenia after ChAdOx1 nCov-19 Vaccination

nejm.org

Several cases of unusual thrombotic events and thrombocytopenia have developed after vaccination with the recombinant adenoviral vector encoding the spike protein antigen of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) (ChAdOx1 nCov-19, AstraZeneca).

[Read more...](#)



First-Ever Single-Use, PCR Quality OTC COVID-19 At-Home

labmedica.com

The US Food and Drug Administration (FDA) has issued an Emergency Use Authorization (EUA) for the first-ever single use, over the counter (OTC) sale of a COVID-19 test kit that delivers PCR quality molecular accuracy in 30 minutes or less at home.

[Read more...](#)



INTERNAL MEDICINE



New Method Uses Device Cameras to Measure Pulse, Breathing rate and Could Help Telehealth

sciencedaily.com

Telehealth has become a critical way for doctors to still provide health care while minimizing in-person contact during COVID-19. But with phone or Zoom appointments, it is harder for doctors to get important vital signs from a patient in real time.

[Read more...](#)



Shortness of Breath: What it is and When to Contact a Doctor?

medicalnewstoday.com

The sensation of shortness of breath is subjective. For instance, some people may describe the feeling as a sensation of suffocating. For others, they may feel unable to take a deep breath.

[Read more...](#)

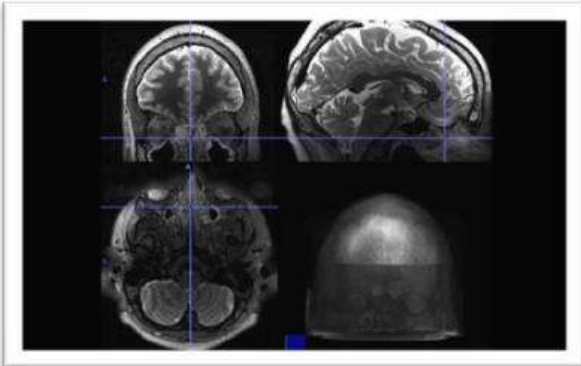


What are the Symptoms of a Bladder Infection During Pregnancy?

medicalnewstoday.com

Bladder infections can affect anyone, but the symptoms may differ depending on a person's age and sex. Without treatment, a bladder infection can develop into a kidney infection, which can have serious complications.

[Read more...](#)

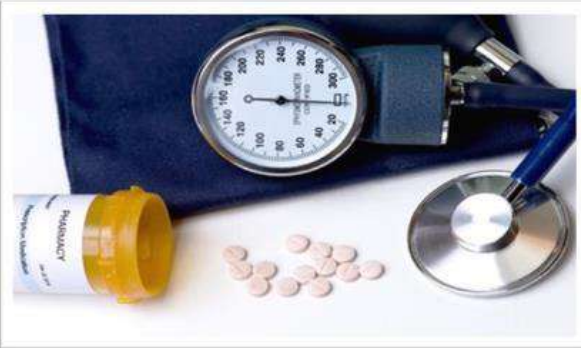


[Chronic Sinus Inflammation Appears to Alter Brain Activity](#)

medicalxpress.com

The millions of people who have chronic sinusitis deal not only with stuffy noses and headaches, they also commonly struggle to focus, and experience depression and other symptoms that implicate the brain's involvement in their illness.

[Read more...](#)



[Certain High Blood Pressure Medications may Alter Heart Risk in People with HIV](#)

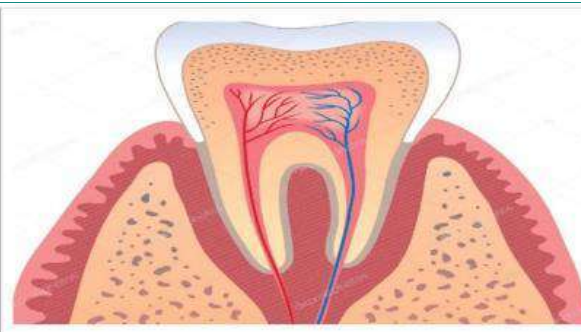
eurekaalert.org

When people with human immunodeficiency virus (HIV) develop high blood pressure, the type of medication chosen for their initial treatment may influence their risk of heart disease, stroke and heart failure, according to new research.

[Read more...](#)



DENTISTRY



[Effects of Curing Lights on Human Gingival Epithelial Cell Proliferation](#)

jada.ada.org

Light-emitting diode (LED) and quartz-tungsten-halogen (QTH) curing lights are used commonly in clinics. The aim of this study was to assess the effect of these lights on the proliferation of human gingival epithelial cells.

[Read more...](#)



[Ice-cream Toothache: Cold Food and Drinks Pain Explained](#)

bbc.com

Scientists believe they have worked out why biting down on ice or drinking something really cold causes excruciating pain for some people. People with dental decay are prone to it because the pathway is exposed.

[Read more...](#)



DERMATOLOGY



[Now Cleared for Neck Treatments: SkinPen Precision](#)

practicaldermatology.com

SkinPen Precision from Crown Aesthetics is now cleared for the treatment of wrinkles on the neck. The clinical trial also showed that the SkinPen Precision device is safe for use with a depth of up to 2.5mm on the neck.

[Read more...](#)



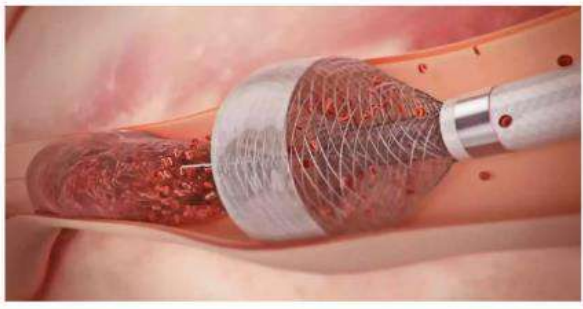
Pembrolizumab Demonstrates Robust Activity in Advanced and Recurrent/Metastatic CSCC

dermatologytimes.com

Pembrolizumab has demonstrated robust durable anti-tumor activity and promising survival in both the locally advanced and recurrent metastatic cutaneous SCC cohorts, said during a presentation of the data.

[Read more...](#)

CARDIOLOGY

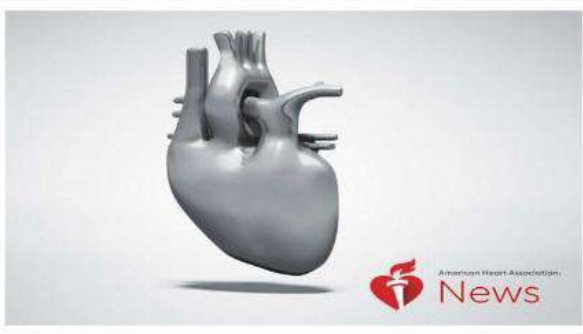


Cath Lab Team Easily Trained to Do Stroke Intervention

medpagetoday.com

Establishing an endovascular therapy program at a cardiology Cath lab could be done with a minimal learning curve if operators had prior experience with carotid stenting, one tertiary university hospital reported.

[Read more...](#)

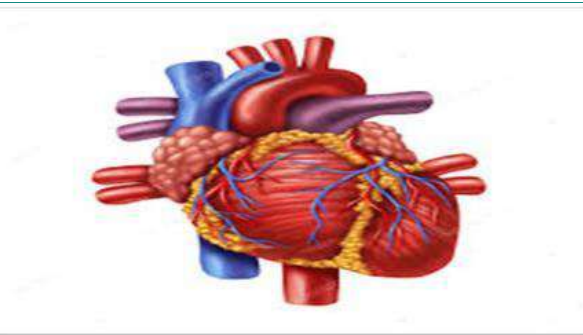


Flu may Play Part in Plaque-Rupturing Heart Attacks

medicalxpress.com

Getting a flu vaccine can reduce the risk of a common type of heart attack in people 60 and older, according to new research that suggests the virus plays a role in rupturing plaque.

[Read more...](#)



Vitamin D, Calcium Supplements, and Implications for Cardiovascular Health

medscape.com

Vitamin D and calcium supplements are commonly used, often together, to optimize bone health. Multiple observational studies have linked low serum 25-hydroxyvitamin D concentrations with increased cardiovascular risk.

[Read more...](#)

OPHTHALMOLOGY



Protective Equipment Designed to Enhance Safety at Slit Lamp, During Cataract Surgery

healio.com

Simple additions to standard personal protective equipment can further enhance safety during ophthalmology examinations and cataract surgery.

[Read more...](#)



[A Single Injection Reverses Blindness in Patient with Rare Genetic Disorder](#)

medicalxpress.com

A Penn Medicine patient with a genetic form of childhood blindness gained vision, which lasted more than a year, after receiving a single injection of an experimental RNA therapy into the eye.

[Read more...](#)



ORTHOPEDIC



[How Your Joints Change as You Age?](#)

webmd.com

Joint pain and stiffness seem to go hand in hand with aging, not just old age. Starting around age 30, you begin to lose bone density and muscle mass, both of which can create strain and pain in your joints.

[Read more...](#)



[Surgical Sutures Inspired by Human Tendons](#)

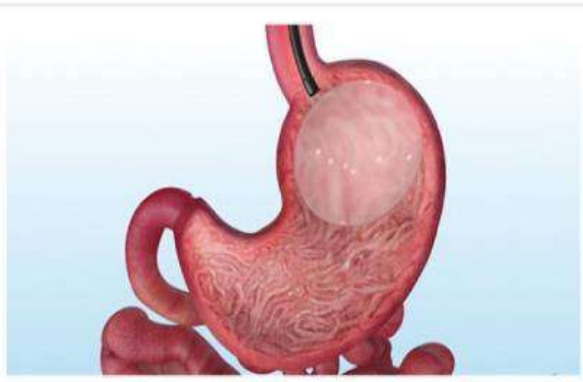
sciencedaily.com

Sutures can complicate matters by causing damage to soft tissues with their stiff fibers. To remedy the problem, researchers from Montreal have developed innovative tough gel sheathed (TGS) sutures inspired by the human tendon.

[Read more...](#)



GASTROENTEROLOGY



[AGA Backs Device for Managing Obesity](#)

medpagetoday.com

With obesity affecting 40% of the U.S. population, the American Gastroenterological Association (AGA) has released new recommendations on the therapeutic role of intragastric balloons.

[Read more...](#)



[Food as Medicine in the Management of Common Upper GI Symptoms](#)

journals.lww.com

The American Journal of Gastroenterology features new clinical research including dietary interventions to help improve common upper GI symptoms. Eating behaviors based on social and cultural norms are common culprits of malnutrition and GI symptoms.

[Read more...](#)



NUTRITION



Can a Common Food Preservative Harm the Immune System?

medicalnewstoday.com

A recent study has assessed the harmful effects of chemical food additives on the immune system, causing it to malfunction.

[Read more...](#)



Popular Diets Proven To Cause Lasting Damage To Your Body, According To Science

eatthis.com

At some point, almost everyone has considered going on a diet for one reason or another. For many, it's to drop a few pounds. For others, it's to "bulk up" while strength training.

[Read more...](#)



Beetroot Juice may Boost Health via Changes in Oral Bacteria

medicalnewstoday.com

A new study in older people suggests that drinking beetroot juice, which is rich in inorganic nitrate, promotes the growth of oral bacteria that are associated with these benefits.

[Read more...](#)



PHYSIOTHERAPY



There is No Evidence to Support Using Elastic Tape to Treat Knee Osteoarthritis

physiospot.com

Osteoarthritis (OA) is the most common disease of the joints affecting 6% of adults worldwide. The knee is the most commonly affected joint and is one of the leading causes of disability and pain particularly in people over 40.

[Read more...](#)



NICE Recommends Exercise, Psychological Therapies and Acupuncture for Chronic Pain

csp.org.uk

People with chronic pain should have access to non pharmacological interventions such as group exercise programmes, acupuncture and psychological therapies to help manage their condition.

[Read more...](#)



PHARMACY



[Novel Drug Approvals for 2021](#)

[fda.gov](#)

Innovation drives progress. When it comes to innovation in the development of new drugs and therapeutic biological products, FDA's Center for Drug Evaluation and Research (CDER) supports the pharmaceutical industry at every step of the process.

[Read more...](#)



[What is Zegalogue?](#)

[drugs.com](#)

Zegalogue is a prescription medicine used to treat very low blood sugar in people with diabetes aged 6 years and older. It is not known if Zegalogue is safe and effective in children under 6 years of age.

[Read more...](#)



LABORATORY



[Using Human Chorionic Gonadotropin as a Tumor Marker](#)

[aacc.org](#)

For more than 30 years, laboratories have used serum hCG testing in patients with gynecological and germ cell tumors to aid in evaluating therapeutic response and recurrence or metastasis.

[Read more...](#)



[Result, Dilute, Comment, or Cancel: How to Handle Icteric Samples?](#)

[aacc.org](#)

The presence of interferences such as hemolysis, icterus, and lipemia were originally detected by laboratory personnel via subjective visual evaluation of plasma after centrifugation.

[Read more...](#)



Healthcare Quality management



[How Hospital Supply Chains Affect Nurses, Patient Safety, and Margins](#)

[psqh.com](#)

Nurses face significant supply chain management problems that impact patient safety, efficiency, and hospital margins, says a [market report](#) released today that includes results from a nursing survey.

[Read more...](#)



How Healthcare Facility Design Can Improve Patient Safety?

psqh.com

As Vice President of Clinical Affairs and Chief Medical Officer for Midma healthcare industry through significant change and evolution.

[Read more...](#)



INFECTION CONTROL



Infections With Reused Urological Endoscopes Draw FDA Scrutiny

medpagetoday.com

Citing "numerous" reports of infections associated with reprocessed urological endoscopes, the FDA wants providers to pay extra attention to careful cleaning and inspection following use of these devices.

[Read more...](#)



New Technique to Evaluate Decontamination Methods for Filtering Facepiece Respirators

ajicjournal.org

Both ultraviolet germicidal irradiation and moist heat decontamination methods did not degrade the respirator performance. The ultraviolet germicidal irradiation and moist heat methods inactivated MS2 virus consistently.

[Read more...](#)



Improving Infection Control with Innovation in Sheet Technology

healtheuropa.eu

Hospital linens are a key vector in infection control: ASAP, Norway's next-generation sheet technology, can protect both patients and staff.

[Read more...](#)

Videos & New Courses

Topic of video : Covid -19 Vaccine Side Effects

To view the video click the link below.

https://www.youtube.com/watch?v=xn0pRq84j_M

Topic of Course : Leadership & Programme Management in Infection Prevention and Control

Organizer: WHO

To enroll for this course click the link below.

<https://openwho.org/courses/IPC-leadership-EN>



LIVE WEBINAR

Topic: AMR – Anti Microbial Resistance in a Changing World : Building Resilient Systems for Today & Tomorrow

Date - 13.05.2021

Time - 9:30 AM ET – 11.00 AM ET

To register, click the link below.

<https://info.rescueagency.com/webinar-cdc-ar-in-a-changed-world>

Educational Infographics

PRODUCTS THAT ARE USEFUL FOR THE EYES

HEALTHY EYES

- carrot
- blueberries
- citrus
- beet
- herbs
- apricot
- milk products
- chicken egg
- beef
- marine fish

WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

Activity	
Visit inside a home or private setting without a mask with other fully vaccinated people of any age	✓
Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness	✓
Travel domestically without a pre- or post-travel test	✓
Travel domestically without quarantining after travel	✓
Travel internationally without a pre-travel test depending on destination	✓
Travel internationally without quarantining after travel	✓
Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19	✗
Attend medium or large gatherings	✗

cdc.gov/coronavirus



Make the Migraine Prevention Quiz

Topic: Migraine Prevention

To take quiz, click the link below. Incase if you don't have account in Medscape, kindly create an account and take the quiz.

<https://www.medscape.org/viewarticle/930875>

SIH Offer

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<ul style="list-style-type: none"> فحص باطني إختبار وظائف الكلى أشعة الصدر تخطيط القلب تحليل البول تحليل الغدة الدرقية فحص الدم الشامل فحص السكر تحليل الكوليسترول فحص فيتامين (د) 	<ul style="list-style-type: none"> فحص باطني إختبار وظائف الكلى أشعة الصدر تخطيط القلب تحليل البول تحليل الغدة الدرقية فحص عرق الرحم فحص كثافة العظام فحص فيتامين (د)

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 أيام الخميس يرجى الفحص بقسم الطوارئ العامة بالدور الأرضي.
 الرجاء الصيام لمدة عشر ساعات قبل الفحص.
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Ramadan Mubarak

On the occasion of Ramadan we wish you all good health and present to you our full Checkup offer

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MALE CHECKUP	FEMALE CHECKUP
<ul style="list-style-type: none"> Physical Examination Chest X-Ray ECG CBC Blood Sugar level Kidney Function Test Vitamin D 	<ul style="list-style-type: none"> Physical Examination Chest X-Ray ECG CBC Blood Sugar level Kidney Function Test Vitamin D Liver function test Cholesterol, T.G Urine test Thyroid Function Test Pap smear Dexa scan

Checkup Hours:
 During Ramadan everyday from 10:00 AM to 3:00 PM except Fridays.
 • Please visit internal medicine clinic in 1st floor all days except Thursdays, General Emergency, Ground Floor on Thursdays.
 • Kindly fast for 10 hours before the test.
 • This offer cannot be combined with any other offer or agreements with insurance companies.

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