

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 30

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



International
Day of
Persons with
Disabilities

3 DECEMBER

International Day of Persons with Disabilities – Dec 3 2022

un.org

The 2022 global observance to commemorate the International Day of Persons with Disabilities will be around the overarching theme of innovation and transformative solutions for inclusive development, covering in three different interactive dialogues the following thematic topics:

- Innovation for disability inclusive development in employment
- Innovation for disability inclusive development in reducing inequality
- Innovation for disability inclusive development: sport as an exemplar case

Theme – “Transformative solutions for inclusive development: the role of innovation in fueling an accessible and equitable world”

[Read more...](#)



National Influenza Vaccine Week 6-12 Dec 2022

nationaltoday.com/

National Influenza Vaccination Week (N.I.V.W.) is observed between December 6 and 12 as a gentle reminder for you to stay protected in the upcoming winter months. If you haven't already taken your vaccination shot, it's not too late. We encourage you to get your dose as early as possible. The season for flu is quite unpredictable; it can begin as early as fall and last up to spring. Conventionally, flu activity is at its peak during winter, and so public healthcare professionals, advocates, and communities join hands to promote flu vaccination. Many people tend to show a cavalier attitude toward flu, dismissing it as a bad cold. But it's more than that. It can cause serious health

[Read more...](#)



NATIONAL INFLUENZA VACCINATION WEEK FAQs

- What's the best time to get the flu vaccine?
- When is the right time to get the vaccine for a pregnant person?
- Can I get infected after vaccination?
- How long does the vaccine take to work?

[Read more...](#)



What to Know about Influenza Vaccine?

Nationaltoday.com

Side Effects: Influenza vaccines have mostly proved to be safe. Common side effects include muscle pain, tiredness, and mild fever among 5–10% of children.

Time to Recover: Flu patients with good immunity normally take about two weeks to recover, but some people might develop serious complications.

Contagious Before Symptoms Show: The flu is highly contagious even before visible symptoms appear you must strictly avoid contact with anyone for up to five to seven days after you are diagnosed.

[Read more...](#)



Influenza Vaccine Effectiveness for Prevention of Severe Influenza-Associated Illness Among Adults in the United States, 2019-2020: A Test-Negative Study

Carlos G Grijalva et.al.;

© The Author(s) 2021. Published by Oxford University Press for the Infectious Diseases Society of America

ABSTRACT:

Influenza vaccine effectiveness (VE) against a spectrum of severe disease, including critical illness and death, remains poorly characterized.

They conducted a test-negative study in an intensive care unit (ICU) network at 10 US hospitals to evaluate VE for preventing influenza-associated severe acute respiratory infection (SARI) during the 2019-2020 season, which was characterized by circulation of drifted A/H1N1 and B-lineage viruses. Cases were adults hospitalized in the ICU and a targeted number outside the ICU (to capture a spectrum of severity) with laboratory-confirmed, influenza-associated SARI. Test-negative controls were frequency-matched based on hospital, timing of admission, and care location (ICU vs non-ICU). Estimates were adjusted for age, comorbidities, and other confounders.

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

Do you know?

Understanding Flu Viruses

There are two main types of human flu viruses: types A and B. The flu A and B viruses that routinely spread in people are responsible for seasonal flu epidemics each year.

Flu Symptoms:

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

fever* or feeling feverish/chills

cough

sore throat

runny or stuffy nose

muscle or body aches

headaches

fatigue (tiredness)

some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.



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

Myths Vs. Facts

Myths and Facts About Influenza Vaccination

MYTH: Flu vaccines can cause flu.

FACT: Flu vaccines are made with flu viruses that are either weakened, inactivated (killed), or recombinant (made without influenza viruses or eggs). Therefore, flu vaccines cannot cause flu. It typically takes 2 weeks for the flu vaccine to become effective and during those 2 weeks, it is still possible for a vaccinated individual to get flu or another respiratory virus.

MYTH: Flu vaccination is not necessary every year.

FACT: Immunity from the flu vaccine declines over time, so annual vaccination is critical to provide the best protection. And since the vaccine may change each year to match circulating flu viruses, it is important to get vaccinated annually.

MYTH: Healthy people don't need a flu vaccine.

FACT: Anyone can get the flu, even young, healthy people. Getting vaccinated each year is important for everyone age 6 months and older. And vaccination can help prevent the spread of the virus to others who may be vulnerable to flu and related complications.

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

Flu Treatment



Usually, you'll need nothing more than rest and plenty of fluids to treat the flu. But if you have a severe infection or are at higher risk of complications, your health care provider may prescribe an antiviral medication to treat the flu.

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

What is the difference between a cold and flu?

Influenza (flu) and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses, including rhinoviruses, parainfluenza, and seasonal coronaviruses.

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

Side Effects of Tamiflu



IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



Influenza Prevention



Fight the Flu
It starts with you

Get vaccinated
Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.



Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.



Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.



Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.



SIH November 2022 Events

Topic: HAZMAT Training

Presenter: Dr. Janvier Gasana

Date: 9 November 2022

Venue: Abdul Rahman Al Ateeqi Auditorium



Topic: World Diabetes Day

Date: 14 November 2022

Venue: Abdul Rahman Al Ateeqi Auditorium



Topic: World Antimicrobial Awareness Week

Date: 21 November 2022

Venue: Abdul Rahman Al Ateeqi Auditorium



Topic: Annual Safety Week

Date: 27 November 2022 – 1 December 2022

Venue: Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center