



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 in COVID-19 and trends in the Healthcare industry.

International Nurses Day, 2022



On International Nurses Day: Thank you to all of you.

We especially pay tribute to all SIH Nurses for their expertise, professionalism, and compassion in caring for our patients every day of the year. Nursing is without doubt a challenging career, requiring dedication and a willingness to embrace ever advancing clinical treatments and the demands of personal development to keep up to date with technology. This challenge is however taken up by nurses as an opportunity to continually strive to deliver the best care to those in need. We really value and appreciate your incredible efforts and the expertise and contributions you make in your varied roles as core members of the healthcare teams. We salute you for your dedication to making a meaningful difference in the lives of our patients and their loved ones in their times of greatest need. We wish you all a happy International Nurses Day!



HEALTH AWARENESS DAYS



National Mental Health Awareness Week – May 10-16, 2022

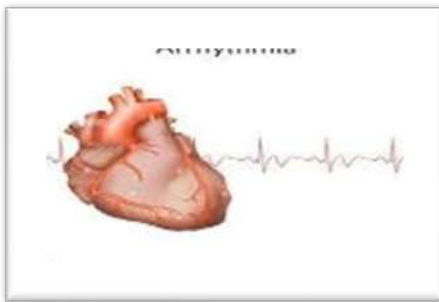
nationaltoday.com

National Mental Health Awareness Week is organized between May 10 and May 16. Mental health is still a taboo topic in many countries and communities. People who are mentally ill are not necessarily crazy, which is a general misconception. At least one in four people is in dire need of mental health checkups around the world.

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COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



COVID-19 and Heart: Can SARS-CoV-2 Cause Arrhythmia?

medicalnewstoday.com

The research, reported in the journal Circulation Research, explores recent findings that heart abnormalities are a common symptom of COVID-19 and could be a consequence of SARS-CoV-2 affecting the specialized pacemaker cells of the heart.

[Read more...](#)

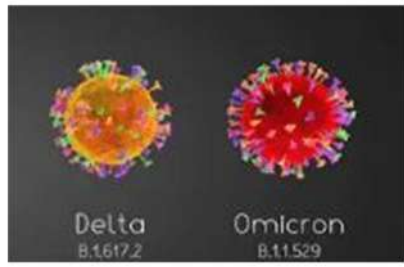


Long COVID: Primate Study Reveals Forms of 'Brain Injury'

medicalnewstoday.com

Brain fog is a term that has been coined to describe some of the cognitive effects some people can experience during and following SARS-CoV-2 infection. Long COVID can affect 3/10 people who have COVID-19. Over three-quarters of people with the condition report cognitive or neurological symptoms for months after infection, and many find them debilitating, according to recent studies. Some researchers are coining the condition “neuro-COVID Trusted Source” to describe this presentation of the disease.

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CDC: Some People Got Delta and Omicron Just 3 Months Apart

medpagetoday.com

From October 2021 to January 2022, eight children and two adults who tested positive and had whole-genome sequencing-confirmed Delta infection subsequently tested positive and had confirmed Omicron infection within 90 days, reported Brian Borah, MD, of the CDC, and colleagues in the Morbidity and Mortality Weekly Report.

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COVID-Related AKI Chronically Hard on Kidneys

medpagetoday.com

Critically ill, mechanically ventilated patients with COVID-related acute kidney injury (AKI) were at high risk for lasting kidney issues, according to a retrospective case-control study. This study compared 125 intubated patients in 2020: 56 with COVID-19 pneumonia and 69 with bacterial pneumonia. All patients developed AKI during admission, had similar baseline characteristics, and were discharged alive from Health Center.

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Caffeine Could Help Treat Attention and Memory Symptoms in ADHD

medicalnewstoday.com

A recent review summarizing studies in animal models of ADHD suggests that caffeine could help manage cognitive symptoms, such as deficits in attention, learning, and memory, in individuals with ADHD.

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Knee Replacement in the Obese: Bariatric Surgery Helps, may Even Obviate Need

medpagetoday.com

Severely obese patients slated for total knee replacement had generally better outcomes when they lost substantial weight beforehand through bariatric surgery, compared with usual treatment in a randomized trial. For this study, 82 patients with BMI values of 35 or greater were recruited from an academic orthopedic clinic in Melbourne from 2012 to 2016; those enrolled were followed for at least 12 months after arthroplasty (range up to 80 months).

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Clinical Challenges: Alzheimer's and Sleep may Share Bidirectional Links

medpagetoday.com

A Zephyr Endobronchial Valve System, or Zephyr Valve, is a device that doctors use to treat severe cases of chronic obstructive pulmonary disease (COPD) and emphysema. They may improve an individual's breathing and quality of life by increasing airflow to the healthy parts of the lungs.

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How People with Psoriasis and/or PsA Use Analgesics?

medpagetoday.com

People with psoriasis, and particularly those with concomitant psoriatic arthritis (PsA), used more analgesics than the general population, recent study findings show. The exact reason for the difference was unclear but appeared to be the result of joint pain

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CASE STUDY

Case Report: Iatrogenic Obstructive Acute Kidney Injury due to Suprapubic Catheterization

Oxford Medical Case Reports, Volume 2022, Issue 2

Date of publication: 19 February 2022

CASE HISTORY:

The case of a 66-year-old man with stage G3b chronic kidney disease (CKD). CKD was secondary to recurrent stricture of the bulbar urethra, urinary outlet obstructions, recurrent urinary tract infection (UTI) and atrophic right kidney. Iterative replacements of the suprapubic cystostomy (SPC) were performed. Six hours after last SPC replacement, the patient presented to the emergency room with impaired general status, chills and 39°C pyrexia. He was tachycardic (120 beats/min) without hypotension or need for oxygen. The work-up revealed severe acute kidney injury (AKI) and UTI. Biochemistry showed elevated creatinine and urea (13.7 and 294 mg/dl, respectively), hyperkalemia (6.6 mmol/l) and metabolic acidosis (bicarbonate 10 mmol/l). Arterial blood gas analysis showed normal pH and lactate levels (lactate 3.5 mmol/l; reference range < 2 mmol/l). Urine and blood cultures were positive for Escherichia coli. Computed tomography (CT) of the abdomen showed severe left hydronephrosis and hydroureter due to the obstruction of the left distal ureter by the distal extremity of the SPC and the inflated balloon. Evolution was favorable after SPC's repositioning, after that the intravenous perfusion was set to match his urine output and a 7-day course of antibiotics. His daily urine volumes decreased from 4300 to 2400 cc at discharge.

CONCLUSION:

SPC is a common procedure for bladder drainage. Acute ureteral obstruction is a rare complication related to the procedure. SPC can cause recurrent ureteral obstruction and urosepsis. To avoid the occurrence of obstructive AKI, clinician should evaluate SPC's theoretical length needed. Also, prognosis of AKI depends on its stage, but also on its duration, and this case highlights the importance of rapid imaging in case of AKI for early detection and treatment of obstruction.

To know more about the case study, [CLICK HERE](#)

Lyrice

Generic name: pregabalin

Brand names: Lyrice, Lyrice CR

Drug class: Gamma-aminobutyric acid analogs

What is Lyrice?

Lyrice (pregabalin) was originally FDA approved as an anti-epileptic drug, also called an anticonvulsant. It works by slowing down impulses in the brain that cause seizures. Pregabalin also affects chemicals in the brain that send pain signals across the nervous system.

Uses and indication:

Lyrice is used to treat pain caused by fibromyalgia, or nerve pain in people with diabetes (diabetic neuropathy), herpes zoster (post-herpetic neuralgia), or spinal cord injury.

How to take Lyrice?

Take the medicine at the same time each day, with or without food. Do not crush, chew, or break an extended-release tablet. Swallow the tablet whole.

To know more about Lyrice , [CLICK HERE](#)



Systematic Review of Self-Monitoring of Blood Glucose in Patients with Type 2 Diabetes

Chircop et al;
Journal of Nursing Research,
DOI: December, 2021.
Volume – 70, Issue – 6, P.no: 487 – 497

ABSTRACT:

OBJECTIVE: The aim of this study was to conduct meta-analyses of glycemic control in non-insulin-treated participants with Type 2 diabetes: self-monitoring of blood glucose versus usual care, structured versus unstructured self-monitoring of blood glucose, and use of self-monitoring of blood glucose readings by clinicians to adjust (or modify) therapy versus usual care.

METHODS: Medline, Embase, and Cochrane Central were electronically searched to identify articles published from January 1, 2000, to June 30, 2020. Trials investigating changes in HbA1c were selected. Screening was performed independently by two investigators. Two investigators extracted HbA1c at baseline and follow-up for each trial.

RESULTS: Nineteen trials involving 4,965 participants were included. Overall, self-monitoring of blood glucose reduced HbA1c. Preplanned subgroup analysis showed that using self-monitoring of blood glucose readings to adjust therapy contributed significantly to the reduction. No significant improvement in HbA1c was shown in self-monitoring of blood glucose without therapy adjustment. The same difference was observed in structured versus unstructured self-monitoring of blood glucose.

CONCLUSION: HbA1c is improved with clinician therapy modification based on structured self-monitoring of blood glucose readings. Implications are for clinicians to prescribe structured self-monitoring of blood glucose to modify therapy based on the readings and not prescribe unstructured self-monitoring of blood glucose. Participants with suboptimal glycemic control may benefit most. A self-monitoring of blood glucose regimen that improves clinical and cost-effectiveness is presented. Future studies can investigate this regimen specifically.

To know more details, [CLICK HERE](#)



Features of Limited and Systemic Scleroderma CREST

Calcinosis

Raynaud's phenomenon

Esophageal dysmotility

Sclerodactyly

Telangiectasia



Video



Topic: Understanding Gastroesophageal Reflux Disease (GERD)

To watch [CLICK HERE](#)

Medical quiz



Topic: Test your Knowledge on Allergy

To attend quiz [CLICK HERE](#)

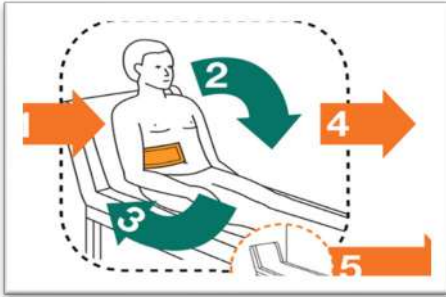
New Courses

Topic: Overview of Surgical Site Infections (SSI)

Note: Gain a Record of Achievement by earning at least 70% of the maximum number of points from all graded assignments

Duration: Approximately 5 hours

To Enroll [CLICK HERE](#)



Risk factors for colon cancer



Old age



Sedentary lifestyle



Low fibre, high fat diet



Diabetes



Chronic inflammation of colon like ulcerative colitis, Crohn's disease



Excessive alcohol consumption



Obesity



Smoking



Family history of colon cancer

Prepared By Medical Development Center