

# MEDICAL DEVELOPMENT CENTER

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 25. July 2022



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 Hepatitis Day – 28<sup>th</sup> July, 2022

who.int

World Hepatitis Day, 28 July, is an opportunity to step up national and international efforts on hepatitis, encourage actions and engagement by individuals, partners and the public and highlight the need for a greater global response as outlined in the WHO's Global hepatitis report of 2017

[Read more...](#)

### Medical Mnemonics

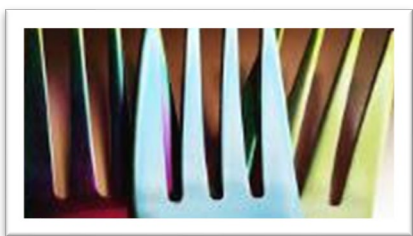
#### Symptoms of Bell's Palsy

#### “BELL’S Palsy”

- **B**link reflex abnormal
- **E**arache
- **L**acrimation
- **L**oss of taste
- **S**udden onset
- **P**ALSY of VII nerve muscles.

All symptoms are unilateral.

## Medical News

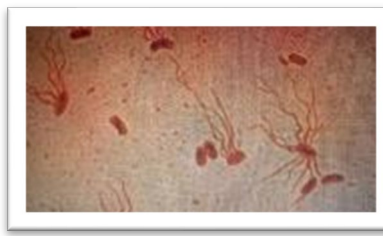


### Your taste genes might determine what you like to eat and your health

medicalnewstoday

There is a distinct correlation between metabolic diseases such as diabetes, and heart disease. Researchers from Tufts University presented evidence that a person's genetic disposition toward specific food tastes may impact their overall food choices, ultimately affecting their overall cardiometabolic health.

[Read more...](#)



### Typhoid causing bacteria have become more resistant to essential antibiotics spreading widely over past 30 years.

medicalxpress

Bacteria causing typhoid fever are becoming increasingly resistant to some of the most important antibiotics for human health, according to a study published in The Lancet Microbe journal. Antibiotics can be used to successfully treat typhoid fever infections, but their effectiveness is threatened by the emergence of resistant S. typhi strains.

[Read more...](#)



### Blood vessel breakthrough major step towards Alzheimer's disease

medicalxpress

A breakthrough in our understanding of Alzheimer's disease has revealed changes to blood vessels in the brain, potentially presenting a path for developing new drugs to help fight the disease, according to University of Manchester research published in Proceedings of the National Academy of Sciences.

[Read more...](#)



### Long-term exposure to air pollution linked to more severe COVID-19

medicalxpress

Researchers investigated the link between long-term exposure to nitrogen dioxide (NO<sub>2</sub>) and the need for ICU care and mechanical ventilation for COVID-19. They found that exposure to higher levels of NO<sub>2</sub> correlates to a higher need for ICU care and mechanical ventilation.

[Read more...](#)

## Evidence Based Abstract

### **Protocol: Understanding perceptions and factors involved in do does not resuscitate (DNR) decision making in the emergency department of a low-resource country: a mixed-methods study protocol**

Kiran Azizi, et al.

BMJ Open

Published on 14th September 2020

#### **ABSTRACT:**

**AIM:** The study aims to evaluate the perceptions and factors that influence the DNR decision-making of patients presenting to the emergency department in a low-resource setting and to generate a DNR decision-making protocol for healthcare professionals.

**METHODS AND ANALYSIS:** This is a sequential mixed method study beginning with qualitative research involving in-depth interviews with patient family members and focus group discussion with healthcare professionals. The consensual qualitative approach will be used to perform a thematic analysis to the point of saturation.

**ETHICS:** The proposal has been approved by the Ethics Review Committee at Aga Khan University, Pakistan. The participants will be the family members, the nursing staff, and the emergency department physicians who participate in DNR decisions. Prior written consent will be obtained from all participants in the emergency department after the DNR decision is made. Privacy and confidentiality will be maintained, study participation will be voluntary, and there will be the option to opt out at any time during the study.

To know more, [CLICK HERE](#)

## Drug Study

### **AMLODIPINE**

Generic name: Amlodipine [ am-LOE-di-peen]

Brand name: Katerzia, Norvasc

Drug class : Calcium channel blocking agents

#### **What is Amlodipine?**

Amlodipine is used to treat high blood pressure (hypertension), some types of angina and other conditions caused by coronary artery disease. Amlodipine is a calcium channel blocker that works by changing the movement of calcium in the heart and blood vessel cells. This widens the blood vessels which increases the blood and oxygen supply to the heart and lowers blood pressure.

#### **Amlodipine side effects**

Pounding heart beats or fluttering in the chest, worsening chest pain, severe drowsiness, dizziness, nausea.

#### **Warnings**

Before taking amlodipine, tell doctor if you have congestive heart failure or liver disease. Tell doctor about all other heart or blood pressure medications you are taking.

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

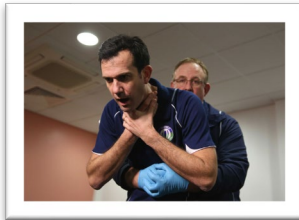
## First Aid Management for Chocking

### Mild Chocking:

- Encourage the person to cough to try to clear the blockage
- Ask them to try to spit out the object if it's in their mouth

### Severe Chocking:

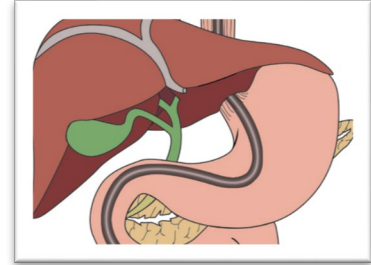
- **To help an adult or child over one year old:**
  - ✓ Stand firmly or kneel behind the person.
  - ✓ Wrap your arms around the person's waist so that your fists are in front.
  - ✓ Make a fist with one hand.
  - ✓ Put the thumb side of your fist slightly above the navel and well below the breastbone.
  - ✓ Grasp the fist with your other hand and give quick upward thrusts into the abdomen.
  - ✓ Give thrusts until the object is forced out and the person can breathe, cough, or speak or until the person becomes unresponsive.



- **To help an infant:**
  - ✓ Hold the infant facedown on your forearm. Support the infant's head and jaw with your hand.
  - ✓ With the heel of your other hand, give up to 5 back slaps between the infant's shoulder blades.
  - ✓ If the object does not come out after 5 back slaps, turn the infant over, supporting the head.
  - ✓ Give up to 5 chest thrusts, using 2 fingers of your other hand to push on the chest in the same place you push during CPR.
  - ✓ Repeat giving 5 back slaps and 5 chest thrusts until the infant can breathe, cough, or cry, or until they become responsive.



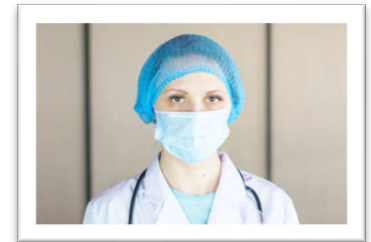
## VIDEO



### Topic: Endoscopic Retrograde Cholangiopancreatography (ERCP)

To watch [CLICK HERE](#)

## NEW COURSES



### Topic: Managing Health and Safety in Healthcare

Number of modules: 2

Number of hours: 3-4 hours

To take course [CLICK HERE](#)

## ➤ SPEECH AND SWALLOWING THERAPY

- Speech pathologist: Ms. Ameena Al Shamali
- Location: Physiotherapy Department, Floor B1
- Purpose:
  - ✓ To assess and treat pediatric speech and language delays and disorders
  - ✓ Assess and treating acquired communication disorders (stroke, neurodegenerative diseases)
  - ✓ Assess and treat swallowing difficulties in pediatric and adult population.



## ➤ Nasopharyngeal swab for MULTIPLEX PCR INFLUENZA A, B and RSV

- A multiplex reverse transcription (RT)-PCR method that has been developed is capable of detecting and subtyping influenza A (H1N1 and H3N2) and B viruses as well as respiratory syncytial virus (RSV) types A and B.



## ➤ CT VIRTUAL COLONOSCOPY

- Screening test for colorectal cancer or colonic polypi and detects stricture formation of the colon.

