

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 46

مستشفى السلام العاصمية
Al Salam Al Assima 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 Health Day – April 7, 2024

who.int

World Health Day - is an annual event celebrated on the 7th of April, aimed at raising awareness about the importance of global health and drawing attention to key health challenges. Organised by the World Health Organization (WHO), this day is an opportunity for individuals, communities, and organizations worldwide to come together and work towards achieving the Sustainable Development Goals (SDGs) related to health.

2024 Theme: “My Health – My Right”

This year’s theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

[Read more...](#)



World Immunization Week, 24th – 30th April 2024

who.int

World Immunization Week, celebrated in the last week of April, aims to highlight the collective action needed to protect people from vaccine-preventable diseases.

The goal of World Immunization Week is for more children, adults and their communities to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives.

World Immunization Week Purpose:

- Raise global awareness about the importance of vaccines and to Promote vaccination as a key tool in disease prevention.
- Educate the public about vaccine benefits and safety and protect from preventable diseases.
- Encourage governments and communities to prioritize immunization.

[Read more...](#)

Q&A session on World Health Day



What is World Health Day?

World Health is observed as a global awareness day to encourage participating nations to promote information and resources related to better health.

Why is World Health Day important?

This day is important because it draws attention to and builds awareness for specific health concerns.

When was World Health Day first celebrated?

World Health Day made its debut in 1949 on July 22, and then it was moved to April 7 in 1950.

What is the best way to preserve health?

The best way to maintain health is to preserve it through a healthful lifestyle rather than waiting until sickness or infirmity to address health problems.

What are the five main factors for maintaining good health?

1) Diet 2) Rest 3) Exercise 4) Posture and 5) Avoiding the use of alcohol, drugs and tobacco.

To Know in detail, [Click here ...](#)

Tips for Maintaining a Healthy Lifestyle

- Maintain a healthy weight
- Eat nourishing foods
- Limit processed foods and sugar
- Drink water and stay hydrated
- Exercise regularly
- Reduce sitting and screen time
- Get outdoors
- Get plenty of sleep
- Limit alcohol
- Quit smoking (if you smoke)
- Take a multivitamin
- Get regular health checkups

To Know in detail, [Click here ...](#)

Top 5 Reasons Why Immunization is Important

Immunization is one of the more important medical interventions. Over the course of history, it has helped keep millions of us protected against some of the most devastating and deadly diseases ever to befall mankind.

Here are 5 reasons why immunization is important for every child!

- Immunization saves lives.
- Immunization protects the next generation.
- Immunization can help save money.
- Various types of disabilities in children can be avoided by timely immunization and intervention.
- Immunization is important to protect your family and friends.

To Know in detail, [Click here ...](#)

Myths & Facts

Immunization

MYTH: “I’m breastfeeding, so my baby is protected from infections.”

FACT: Breastfeeding is not a substitute for vaccination. Breastfeeding provides some protection against certain infections, especially viral respiratory infections, ear infections and diarrhea. But this protection is incomplete, temporary, and can be overcome if your baby is exposed to large amounts of a specific germ.

MYTH: “If so many other people are vaccinated, my child doesn’t need vaccines.”

FACT: Yes, they do. Relying on actions of other parents to protect your unvaccinated child only works if everyone else is vaccinated. If many parents take this attitude, fewer children will be immunized, and diseases will start to spread quickly.

MYTH: “There will be fewer side effects if I delay my baby’s vaccinations”.

FACT: Vaccines protect babies as early in life as possible against diseases that can make them very sick (such as pertussis). Babies respond well to vaccines at a very young age. Side effects from vaccination are not more common in young babies than older children.

MYTH: “Most diseases for which vaccines are given are not serious.”

FACT: All of the diseases that children are vaccinated against are serious. They can all cause serious illness, complications and death, even with the best medical care.

To Know in detail, [Click here ...](#)

New Program

Onboarding Doctors Orientation Program

Al Salam Al Assima hospital pleased to announce that an Onboarding Orientation program was implemented for all newly joined Doctors for a period of 5 days.

The aim was to orient and familiarize all newly recruited Doctors with the processes and systems in the newly joined workplace.

Sessions from different Departments were given and Doctors were taken for hospital tour to introduce them to all Chiefs and Departments.



Kuwait Page



To Know the Kuwait immunization 2023 coverage profile [Click here...](#)

To Know the Kuwait Covid – 19 vaccination coverage status [Click here...](#)

SASH Events in March 2024

Title: ABS school students Field trip

Date: March 04th 2024

Time: 0900 hrs – 1115 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Tachycardia Bradycardia Management

Date: March 04th 2024

Time: 1230 hrs – 1330 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

"Tachycardia Bradycardia Management"

Objectives:

- A brief introduction about the importance of algorithms
- How to calculate the heart rate from the ECG in regular and irregular rhythms
- How to manage cases with Tachycardia according to the updated guidelines
- How to manage cases with Bradycardia according to the updated guidelines

Speaker:

Dr. Islam Mahrous
Consultant /Chief
Heart and Vascular Center



Title: Dyslipidemia in Cardiac Patients

Date: 06th March 2024

Time: 1330 hrs – 1430 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

"Dyslipidemia in Cardiac Patients"

Objectives:

- Outline latest diagnostic criteria for DLP, risk stratification and proper intervention

Speaker:

Dr. Khaldoon AlHumoud
Consultant
Heart & Vascular Center



Name of event: HR & Admin General Orientation Programme

Attendees: SASH & SAHH Newly joined employees

Date: March 07th 2024

Time: 0900 hrs – 1500 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center