

MEDICAL DEVELOPMENT CENTER



مستشفى السلام العاصمة

AL SALAM AL ASSIMA HOSPITAL

ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 53



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

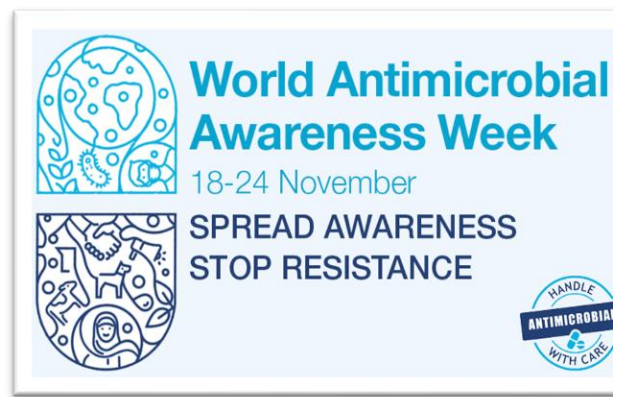


Lung Cancer Awareness Month November 2024

nationaltoday.com

Lung Cancer Awareness Month is observed annually in November and highlights the need for more research to be conducted while cultivating a better understanding of the disease. Tragically, lung cancer is the second most common cancer and is also known as the leading cause of cancer deaths in men and women worldwide. This is because lung cancer is difficult to identify, and many individuals don't experience any symptoms until the cancer has reached an advanced stage. It's for this reason that yearly lung cancer screenings are recommended to those who have a history of smoking or have quit within the past 15 years. This Lung Cancer Awareness Month, vow to educate everyone around you regarding the disease.

[Read more...](#)



World Antibiotics Awareness Week 18 - 24 November 2024

who.int

Antimicrobial Resistance (AMR) occurs when bacteria, viruses, fungi and parasites no longer respond to antimicrobial agents. As a result of drug resistance, antibiotics and other antimicrobial agents become ineffective and infections become difficult or impossible to treat, increasing the risk of disease spread, severe illness and death.

The World AMR Awareness Week (WAAW) is a global campaign to raise awareness and understanding of AMR and promote best practices among One Health stakeholders to reduce the emergence and spread of drug-resistant infections. WAAW is celebrated from 18-24 November every year.

The theme for the World AMR Awareness Week (WAAW) 2024 is **“Educate. Advocate. Act now.”**

[Read more...](#)

Screening for Lung Cancer

Screening means testing for a disease when there are no symptoms or history of that disease. Doctors recommend a screening test to find a disease early, when treatment may work better.

The only recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan, or LDCT). During an LDCT scan, you lie on a table and an x-ray machine uses a low dose (amount) of radiation to make detailed images of your lungs. The scan only takes a few minutes and is not painful.

Who should be screened?

The US Preventive Services Task Force (Task Force) recommends yearly lung cancer screening with LDCT for people who:

- Have a 20 pack-year or more smoking history, **and**
- Smoke now or have quit within the past 15 years, **and**
- AGE between 50 and 80 years old.

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

Risks of screening:

Lung cancer screening has at least three risks:

- A lung cancer screening test can suggest that a person has lung cancer when no cancer is present. This is called a false-positive result. False-positive results can lead to follow-up tests and surgeries that are not needed and may have risks.
- A lung cancer screening test can find cases of cancer that may never have caused a problem for the patient. This is called overdiagnosis. Overdiagnosis can lead to treatment that is not needed.
- Radiation from repeated LDCT tests can cause cancer in otherwise healthy people

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

About Antimicrobial Resistance

Antimicrobial resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. That means the germs are not killed and continue to grow. Resistant infections can be difficult, and sometimes impossible, to treat.

Antimicrobial resistance is an urgent global public health threat, killing at least 1.27 million people worldwide and associated with nearly 5 million deaths in 2019.

5 things to know:

1. Antimicrobial resistance occurs when germs defeat the antibiotic or antifungal drugs designed to kill them. It does NOT mean your body is resistant to antibiotics or antifungals.
2. Antimicrobial resistance can affect people at any stage of life. Infections caused by resistant germs are difficult—sometimes impossible—to treat. In many cases, these infections require extended hospital stays, additional follow-up doctor visits and treatments that may be costly and potentially toxic.
3. Healthy habits can protect you from infections and help stop germs from spreading.
4. Talk to your healthcare provider or veterinarian about whether antibiotics or antifungals are needed. Antibiotics and antifungals do not work on viruses, such as colds and the flu. These drugs save lives but can lead to side effects and antimicrobial resistance.
5. Tell your healthcare provider if you recently traveled to or received care in another country. Antimicrobial resistance has been found in all regions of the world.



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

What you Need to Know

Top Tips for Quitting Smoking

Are you ready to quit? Here are our top tips to help you on the path to success:

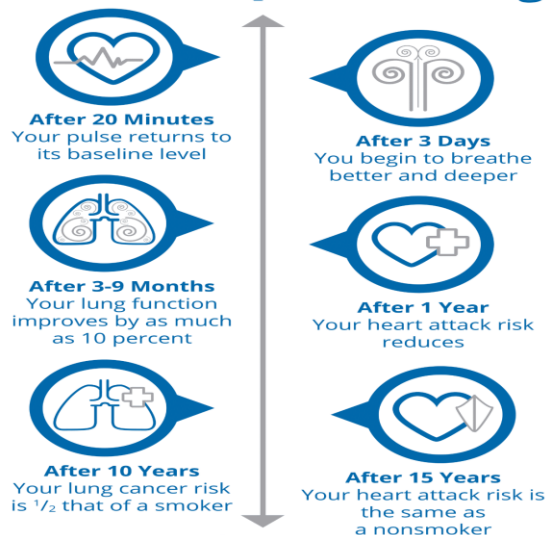
- 1- Focus on your motivators.
- 2- Build confidence.
- 3- Stress management is key.
- 4- It's never too late to quit.
- 5- Learn from past experiences.
- 6- You don't have to quit alone.
- 7- Medications are safe and effective and will help you quit and stay quit when used properly.
- 8- Every smoker can quit.

The first seven to 10 days are the toughest, and you may need the most help during these early days. Most smokers who return to smoking do so within the first three months. "Slips" (having a puff, or smoking one or two cigarettes) are pretty common. As long you keep trying and don't give up, you will be able to quit for good.

Many people run into bumps on their journey to becoming smokefree, such as:

- Gaining weight
- Urges to smoke
- Withdrawal symptoms

What Happens to Your Body When You Quit Smoking



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

Antimicrobial Stewardship

Antimicrobial Stewardship (AMS) refers to the optimal selection, dosing, and duration of antimicrobial treatment resulting in the best clinical outcome with minimal side effects to the patients and minimal impact on subsequent resistance. In simple terms, it refers to a coherent set of actions to promote the responsible use of antimicrobials. AMS is one of the three pillars of an integrated approach to strengthening the health care system. The other two include infection prevention and control (IPC) and patient and medicine safety.

The AMS programs have the following goals:

- To work with healthcare practitioners to prescribe 5^D's of antimicrobial therapy, which is the right Drug, correct Dose, right Drug-route, suitable Duration, timely De-escalation to pathogen-directed therapy.
- To prevent antimicrobial overuse, misuse, and abuse in inpatient, outpatient, and community settings, including the agriculture industry.
- To reduce antibiotic-related adverse effects, for example, C.difficile.
- To minimize resistance
- To reduce healthcare-associated cost

With the above goals in target, the AMS programs include the following core elements:

- Leadership commitment
- Accountability
- Drug expertise
- Action
- Tracking
- Reporting
- Education



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

SASH Events in October 2024

Special Event: Grand Opening of Al Salam Al Ahmadi Hospital

Date: 06th October 2024



Other SASH Events in October 2024

Event: Al Salam hospital received the MOH Safety star award for the second consecutive time

Project title: Ensuring Patient's Safety on the Adverse Effects of Inj. Ferric Carboxymaltose (Ferinject)"

Department Involved: Clinical Pharmacy ,Internal Medicine, Nursing and Quality department

Date: October 02nd 2024



CME Title: 5 H's & 5 T's of ACLS

Speaker: Dr. Haitham Hosney Elsamnody

Date: October 28th 2024

Time: 1200 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

Al Salam Al Assima Hospital Cordially Invites you to attend an ELS session on

"H's and T's of ACLS"

Objectives:

- To facilitate return of spontaneous circulation (ROSC).
- To avoid death and any physical or neurological damage.
- To optimize cardiopulmonary function and vital organ perfusion
- To regulate temperature and optimize neurological recovery.
- To anticipate, prevent and treat multiorgan dysfunction.

Speaker:
Dr. Haitham Elsamnody
Registrar
ICU



School Trip:

Ghars School: 2nd, 3rd & 7th October 2024

BBS School: 28th, 29th, 30th & 31st October 2024

Time: 0900 hrs - 1100 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center