

# MEDICAL DEVELOPMENT CENTER

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 31



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.

### Message from CEO



#### Dear SIH family,

As we wrap up 2022 , I want to express my gratitude to our Healthcare Heroes. When faced with a tremendous challenge, it takes fortitude and perseverance to maintain a strong position as a healthcare provider. You have continued to deliver quality care to our patients in the last year. The hard work you deliver and the spirit you possess keep Al Salam viable as an essential health care provider in our community. Thanks for all your dedication. May the upcoming 2023 be a successful year and we together stay tuned to uplift the vision and mission of Al Salam hospital. Wishing you all a wonderful New year 2023.

### SIH 2023 Accreditation



#### SIH Journey in Accreditation CANADA

- SIH accredited CCP ( 2010 – 2013)
- SIH reaccredited with the new program Qmentum Gold level (2013 – 2016)
- SIH reaccredited with Platinum level (2016 – 2019)
- SIH reaccredited with Diamond level (2019 – 2022)
- Now SIH is working for reaccreditation and the goal shall be achieved in 2023.
- Period of reaccreditation : March 12<sup>th</sup> – March 16<sup>th</sup> 2023
- Theme for reaccreditation 2023: **“Patient Centered Care”**





### World Braille Day – 4<sup>th</sup> January 2023

timeanddate.

World Braille Day is annually celebrated on January 4, the birthday of Braille inventor, Louis Braille. The day recognizes the contributions of Louis Braille in helping blind and visually impaired people to read and write. Braille is a code that uses bumps and indentation on a surface to represent letters, which can be recognized by touch.

[Read more...](#)



### Diet Resolution Week - Jan 1-7 2023

nationaltoday

Diet Resolution Week is celebrated from January 1 – January 7 every year. The first week of the year makes it the perfect time to make a resolution to diet and eat healthily. It is never too late to start eating healthy. Making a change in our diet can go a long way when it comes to increasing our quality of life and having more energy as we get older.

[Read more...](#)

### Poor Nutrition and Harmful Effects



www.cdc.gov

Good nutrition is essential to keeping current and future generations healthy across the lifespan. A healthy diet helps children grow and develop properly and reduces their risk of chronic diseases. Adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, type 2 diabetes, and certain cancers. Healthy eating can help people with chronic diseases manage these conditions and avoid complications.

However, when healthy options are not available, people may settle for foods that are higher in calories and lower in nutritional value. People in low-income communities and some racial and ethnic groups often lack access to convenient places that offer affordable, healthier foods.

Some of the harmful effects of poor nutrition are:

- Overweight and Obesity
- Heart Disease and Stroke
- Type 2 Diabetes
- Cancer

[To know more Click Here](#)

## What is Patient Centered Care?

Patient-centered care is about treating a person receiving healthcare with dignity and respect and involving them in all decisions about their health. This type of care is also called 'person-centered care'.

## 5 Examples of Patient-Centered Care:

Patient-centered care is a conceptual health care practice that strives to maximize safety, value, comfort and support. It includes listening to, informing and involving patients in their care.

### Customized Care

Patient-based care should be customized according to patients' medical needs, internal values and informed choices. The justification behind customizing health care services is that each patient is different and deserves to have their different needs met and preferences respected. This translates to health care providers customizing environments to make them comfortable for each individual. For instance, one patient may want relaxing music in their recovery room, but another patient may simply prefer a hot room. Customizing care allows the patient's individuality to become an important component of decision making. An essential part of dignity and respect is provider sensitivity to cultural values.

### Continuous Relationships

Patient services should be organized and structured for a continuum of care instead of random episodes of care. Health care organizations don't only provide care, but they also provide long-term healing, collaboration and relationships. Thus, health care programs that focus on patients will not only worry about the quality and consistency of in-house care, they will also focus on educating patients to care for themselves after discharge. In order to offer this service, discharge procedures and policies must require health care providers to share understandable advice and valuable information regarding restrictions, dietary needs, medications and physical warning signs. Health care providers must provide information regarding clinical, social, physical and financial support resources.

## Internal Information Sharing

Health care providers, medical facilities and insurance organizations are notorious for withholding information from each other. Knowledge and information should be freely shared between patients, care partners and approved third parties. Patient-centered environment ensure that all members of the care team are continually aware of the patient's status, care plan and problems. This requires patients to be always informed and involved during the decision making process. An alarming amount of patients are not completely informed about their condition, prognosis and options. To reduce this problem, health care organizations should provide communications about clinical status, progress and prognosis.

## Supportive Environment

Patient care is provided should be provided in a comfortable and healing environment that offers peace and support. The center of patient-centered systems is the actual environment. Creating a healing environment for patients is achieved through relaxing music, color schemes, healing gardens and pet therapy programs. Some hospitals ensure that patients' rooms have pleasing scents, such as lavender, and available amenities. The level of physical comfort patients experience is directly related to higher levels of satisfaction and progress. Popular programs include pain management coaching, assistance with daily living needs and pleasant hospital surroundings.

## Social Support

Families and friends of patients should be considered an essential part of the care team because they promote the patient's healing process. Family and friends may support patients emotionally, physically and psychologically. They can help patients understand physicians' instructions and ask valid post-care questions. Some hospitals ask that patients bring individuals to participate in the health care experience with them. Due to the fact that many patients are in a state of fear, pain and discomfort, they often fail to hear or process the right information.

When it comes to encouraging friends and family to participate in the patient-centered care process, hospitals need to provide accommodations, involve them in decision making and recognize that family members as caregivers.

## 10 Nursing Trends in 2023

1. Job growth will continue to rise
2. The Nursing shortage will be a top priority
3. Increased funding will impact staff
4. Reliance on travel Nursing and Per Diem staff will continue
5. Renewed focus on Nursing Mental health
6. Increase in patient wearable medical devices
7. Integration of primary care and behavioral health
8. Continued rise in virtual care
9. Increasing number of NP-Led practices
10. Data and privacy

To know more [Click Here](#)

## Top Medical News Sites

1. Medscape
2. News-Medical Life Sciences
3. Medgadget
4. Medical News Today
5. Medical Xpress
6. The BMJ
7. Medline Plus
8. Healio
9. Mobi Health News
10. Clinical Oncology News
11. World Health Organization
12. US Food and Drug Administration
13. Center for Disease Control & Prevention

## Shaping the Future of Health Care

Advanced technologies such as AI, cloud computing, robotics, wearables, and telehealth systems are just a few key trends that are taking the healthcare industry by storm. Because of this, healthcare leaders must find ways to ensure each patient's journey is secure, personalized, easy to navigate, and empowering. Furthermore, mental health, worker needs, and healthcare inequalities are other areas that healthcare leaders should consider in 2023.

As we have seen with the COVID-19 pandemic, the healthcare industry is constantly changing. By highlighting the rapidly advancing areas and key trends in the healthcare industry, leaders can identify which sectors they need to focus on and invest in that can bring significant value to their organizations.

Top 10 healthcare trends expected to take 2023 by storm and are described below:

1. Increasing patient engagement by improving the patient experience
2. Transforming healthcare with Artificial Intelligence
3. Adopting Robotics in healthcare
4. Investing in Mental health
5. Monitoring health through wearable technology
6. Addressing staffing shortages, clinical burnout, and employee retention
7. Boosting Cloud technology
8. Increasing utilization of telehealth systems
9. Ensuring data privacy and security
10. Focusing on healthcare inequalities with social determinants of health

To know more [Click Here](#)

## VIDEO



Topic: People Centered Care

To watch the video [Click Here](#)

## INFOGRAPHICS

**DISEASE-CENTERED CARE** vs. **PATIENT-CENTERED CARE**

Which Makes Sense for **Patients** & the Health Care System?

**DISEASE-CENTERED CARE**

- Defines patients by **their disease**.
- Sorts patients into **rigid treatment pathways**.
- Takes a **one-size-fits-all approach** based on the lowest-cost care.

**PATIENT-CENTERED CARE**

- Treats patients as **individuals**.
- Relies on a strong clinician-patient relationship built on **trust** and **shared decision-making**.
- Gives **patients and health care providers a voice** in treatment decisions.

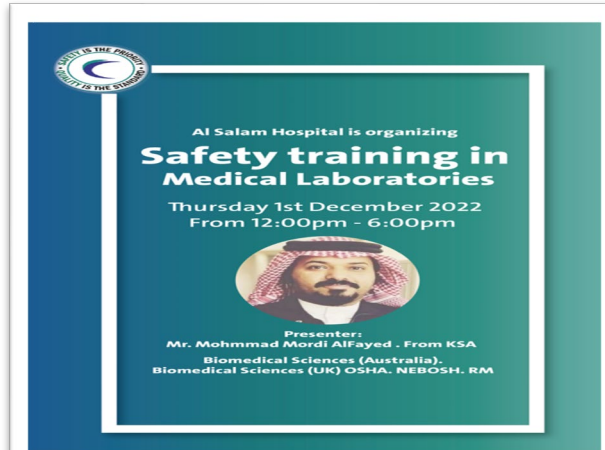


Topic: **Safety training in Medical Laboratories**

Date: 01.12.2022

Presenter: Mr. Mohmmad Mordi, from KSA

Venue: B1 auditorium



Topic: NRP course

Date: 23.12.2022 & 24.12.2022

Presenter: Dr. Muneef AlHathal & team (MOH instructors)

Venue: B1 auditorium

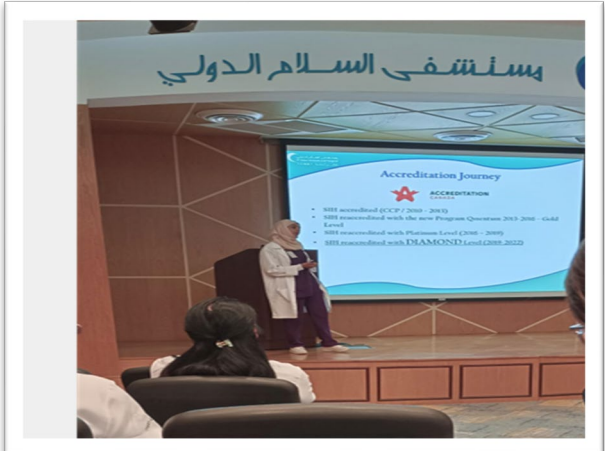


Topic: **ROP sessions for Accreditation awareness**

Date: 07.12.2022 – 29.12.2022

Presenter: Quality & Risk Management team, SIH

Venue: B1 auditorium



Prepared By Medical Development Center