FEATURED IN THIS EDITION

October is Breast Cancer Awareness
International Infection Prevention Week 2018
Improving Outcomes, Improving Care
CPR awareness day

MESSAGE FROM THE CEO

The whole world is excited about October Fest, but we, in Mohammad Dossary Hospital, we celebrate more.

Festivities that promote health awareness, illness prevention and health education.

In this month’s issue, join me as we again conduct the Infection Prevention Week and encourage our patients to observe clean and safe lifestyles.

Moreover, we are also celebrating the Quality and Patient Safety Week guiding us in bringing effective and safe patient services.

These two giant festivities only means one thing, our hospital, US, put our patients priority, their health, and most of all, their lives. Cheers!

October is Breast Cancer Awareness

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International Infection Prevention Week 2018

Mohammad Dossary Hospital with its staff, patients, and visitors celebrated the International Infection Prevention Week (IIPW) in October 13 to 18, 2018. This year’s theme Protecting Patients Everywhere focused on patient safety—a top priority of infection prevention and control.

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EARLY SCREENING FOR BREAST CANCER
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BREAST SELF-EXAM
According to The National Breast Cancer Foundation, Inc (https://www.nationalbreastcancer.org/breast-self-exam), breast self-examinations should be done at least once a month. Also, they made this guide to help us perform self-breast examination at our own convenience:

1. In the Shower
Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2. In Front of a Mirror
Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women’s breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3. Lying Down
When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

MAMMOGRAM
Mammograms are the best way to diagnose breast cancer early, it is an X-ray of the breast and done by expert doctors in the hospital or diagnostic clinics. It is advisable to be done as breast cancer will be easier to treat if it’s still in early stages and has a low probability of causing more trouble. Regular mammograms decrease the risk of getting the disease as it can detect breast cancer early.

BREAST MAGNETIC RESONANCE IMAGING (MRI)
A breast MRI uses magnets and radio waves to obtain images of the breast. It is used alongside mammograms to screen who are at high risk for breast cancer. It is however though only used for high-risk patients as then results would usually be inconclusive for moderately-risk.
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In line with the chosen topic, educational programs and activities for patients and staff were abundant throughout the week. One of the highlights was the lecture regarding Antimicrobial Resistance, a vital issue regarding the ability of microbes to stop the effects of antibiotics. Another essential part of the celebration was hand hygiene education to all. Hand hygiene, as the cornerstone of infection prevention, was taught to visitors, patients, and their family members. Nurses from various departments also showcased how fun hand hygiene can be as they performed dance numbers with the steps of hand washing.

The celebration done every third week of October is aimed to accentuate the importance of infection prevention among healthcare workers and hospital leaders as well as engage the community regarding the topic.
October 28, 2018, everyone is buzzed on the celebration of the Quality and Patient Safety Week with a theme IMPROVING OUTCOMES IMPROVING CARE. The QM and PS Department will conduct a four-day activity filled with fun and learning. This was headed by the QM and PS Director, Dr. Yasser Gamil and her three beautiful and smart coordinators, Miss Mary Kaye Tacuel, Miss Never Atef and Miss Farah Mohammad.

The first day was dedicated to the Poster Making Contest participated by all Nursing units and the Laboratory Department showcasing their artistic creativity and understanding of how quality influences their everyday work. Each contestant displayed their artwork in the lobby where the celebration was opened as well. Whilst all Department Heads, including the CEO, Dr. Suliman and the Vice President, Mr. Alharbi came to grace the event, each team prepared a comprehensive interpretation of the artworks and the selected judges from amongst the Departments Heads gave points and credits. As a souvenir, almost all participants including the audience got cute pins and ID laces that’ll embark the start of their program.

The second day conducted a Lecture given by Dr. Yasser Mohamed Gamil, the QMPS Director that was attended by most healthcare employees and the likes. The lecture tackled How Quality will benefit you?, its a very brief lecture aiming to enlighten us that Quality, no matter how complex it may sound, would always bring us to a great end. It may vary how we perceive it while its being observed, but the end point will always bring us security and satisfaction. The end part of the program was a Q &A where some attendees were randomly selected and asked a Quality question and was given a prize thereafter. Moreover, they awarded the winners for the poster making contest which are as follows:

- **Third Place** - Laboratory Department
- **Second Place** - OR/RR Nursing Unit
- **First Place** - Pediatric Nursing Unit

The third and fourth day were unit rounds that was teamed by the QMPS staff, Miss Mary Kaye Tacuel, Miss Neven Atef, Miss Fara Mohamed, together with selected Department Heads ensuring compliance and vigilance of staff to quality and safe healthcare services.

It was a very successful event and I am pretty sure, with such colorful festivity, Mohammad Dossary Hospital will continue to rise to excellence!
October 16 was set as the World Restart A Heart Day. In line with this, the Mohammad Dossary Hospital (MDH), in collaboration with the Saudi Heart Association, conducted a CPR training that was open to the public last October 19, 2018. It was conducted as part of MDH's awareness campaign and was actually the first of its kind to have taken place in the hospital's CPR Center.

Moreover, the Filipino and Indian communities who attended and participated in the said event were genuinely thankful for the knowledge and information shared by the CPR training instructors, who gave their precious time on a weekend. The said training program is very essential in saving lives of individuals during emergency situations. Knowledge from this can allow immediate intervention to be done to revive a dying person who suffers from cardiopulmonary arrest. The event was held with the support of the administration which made giving a few freebies to the attendees possible.