

Zulekha Spirit

September 2008

Volume 2 Zulekha Hospital's Newsletter

CEO's Greetings

'Well begun is half done' and with the success of the inaugural issue of Zulekha Spirit, we can safely say that "well begun is well done!".

In this issue of Zulekha Spirit, we proudly announce the ongoing environment sensitive EFFORT and quality standards that's being pursued by every member of our corporate family. In our pursuit of excellence, we have once again taken up fresh challenges to firmly establish the responsible international quality care that has become a benchmark of Zulekha Hospitals. One



such initiative is the CAP - Accreditation for laboratories; that is currently in the 'mock' stage at our Dubai facility. We will be following the previous year's JCI certification for both our hospitals with more international standardizations to further consolidate the 'quality care with concern' motto of Zulekha Healthcare Group for the forthcoming years. Let's work towards establishing quality at the core of caring.

Warm Regards

Zanubia Shams

Our Labs pursue CAP (College of American Pathologist) Certification

The CAP program is the highest Accreditation for Clinical Laboratories. Both the Zulekha Hospitals are applying for the CAP Accreditation as we believe that our patients should get the best possible care and accurate results will benefit Doctors to reach a correct diagnosis. The CAP organization has a strict evaluation process whereby their set standards have to be met by the labs that are applying for their accreditation.

The CAP Gold standards for each of the sections, namely, Microbiology, Biochemistry, Serology, General Pathology, Hematology, Histopathology and Cytopathology, would be further verified with

proficiency testing; in addition with the checking on the overall Quality Management Systems of the lab. This strict and rigorous evaluation system also checks on other aspects like the qualification of the lab staff, facility and safety issues of the lab and also effective automated information systems. The equipments in the lab are also tested and calibrated on a regular basis so that the results generated are accurate and precise. All this is audited to give the CAP Accreditation.

Applying for the CAP program entails the quality auditors coming in to evaluate the whole process. Hospitals that want the best possible working

process in place are affiliated with the CAP program. The seal provided by the CAP body indicates that the lab that has this accreditation meets the highest standards.

Mission Statement of CAP: The College of American Pathologists, the leading Organization of Board-certified Pathologists, serves patients, pathologists, and the public by fostering and advocating excellence in the practice of pathology and laboratory medicine.

Contributed by Dr. Nirmal (Manager - Quality, Sharjah)

Physicians watch and learn complex keyhole heart surgery

Doctors hope to perform such operations in the UAE

ADRIAN MURPHY
NEWS REPORTER

amurphy@awraqpublishing.com

More than 100 UAE-based physicians watched the most complex keyhole heart surgery live in a first-of-its-kind educational course in the emirate.

The doctors were joined by more than 100 physicians from around the world, who

SIMPLE PROCEDURE

A straight forward interventionalist procedure, which would be commonly performed in the UAE hospitals, would be a small and recent blockage in the middle of the artery.

The blockage could be 80 to 90 per cent and using an angioplasty or deflated balloon on a wire the blockage could be moved when the balloon is inflated. A stent would then be fitted to act as a scaffold.

came to watch Dr Fayal Shawl administer interventionalist treatment on chronic heart disease patients.

Dr Shawl was operating at the Zulekha Hospital in Dubai - where he pays visits every month from the United States - while live footage was transmitted to physicians in Hyatt Regency.

They saw Dr Shawl push wires up through the groin of four separate patients to help unblock their arteries, while a panel deliberated on what should be done next.

The operating theatre at the Zulekha Hospital literally became a theatre, as giant screens at the hotel relayed pictures of the beating heart and wires moving in to move the blockages along.

Dr Azzan Binbrek, head of cardiology at Rashid Hospital and co ordinator of the programme, said interventional procedures were not new to the UAE, but the level of complexity with the cases Dr

Shawl was dealing with was something only he and others from outside the UAE can administer.

"At the moment we are not able to deal with such complex cases, but with courses such as this we hope to close the gap," he added.

"Dr Shawl's skills are tremendous and this is the best way for a large number of people to see the complex procedures and, in a sense, learn the tricks of the trade."

One of the patients Dr Shawl was treating was a 73-year-old man who was a smoker, and suffers from hypertension and has had previous heart treatment.

One of the man's arteries - which carries blood from the heart - had been blocked for several months.

The tricky procedure saw the man's vessels cleared using an angioplasty, or balloon type procedure, which inflates the artery allowing the blockage move along and then with



More than 100 UAE-based physicians watch a complex keyhole heart surgery live at Hyatt Regency

SUPPLIED

DIFFICULT PROCEDURE

A less straight forward procedure, which may be something some physicians in the UAE would not tackle, is a complex one.

If the patient's left main artery is affected at the mouth or at the beginning, then it proves to be more difficult as the chances of perforation and moving the blockage are greater. If there is chronic total exclusion, where an artery has been blocked for many months or years, then the blockage can be like a concrete set to the walls of the vessel. This has a success rate of 50 to 70 per cent.

Our Champions

EMPLOYEE OF THE MONTH - DUBAI



Mr. Apollo V Lapuz
Cleaner - HK
November '07



Ms. Biji Thomas
Staff Nurse
December '07



Ms. Evangeline Ramani Bai
Staff Nurse
January '08



Mr. Asif (Rafea Pharmacy)
Asst. Pharmacist
February '08



Mr. Deepu Pillai
Coordinator - Insurance
March '08

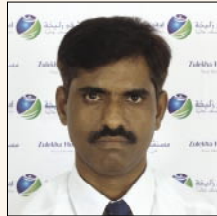


Mr. Shoeb Khan
Coordinator - MRD
April '08

EMPLOYEE OF THE MONTH - SHARJAH



Mr. Murtuza Bohari
Asst. Executive-HR
November 2007



Mr. Suryakant Laxman
Supervisor-HK
December 2007



Mr. Mohd. Iqbal
Cleaner-HK
January 2008



Ms. Akbarat Michel
Cleaner-HK
February 2008



Mr. Yohan Daniel
AC Technician - Maint.
March 2008



Mr. Zacharia Mathew
Chief Radiologist - Rad.
April 2008

The learning continues



Dr. Fayaz Shawl addresses the assemblage of cardiac specialists.



Dr. Shawl explains the ongoing procedure in a step by step fashion for the keen medicos.



Dr. Shawl presents a memento to Mr. Mumtaz Rahim as Dr. Kishan Pakkal looks on.

As always, our doctors benefitted from insightful presentations during Synapse and this time it was Dr. Fayaz Shawl's Live Demo.



Upcoming interventionalists and cardiac enthusiasts watch a presentation.



Everyone including the panelists are engrossed in Dr. Shawl's insights.



Dr. Shawl in animated discussion with Dr. Jay Yadav (left) and Mr. Vijay Bahn

My Kaleidoscope

Life Inspired - *Anonymous by choice*

It was one sunny afternoon, while I finished my work and was heading to our cafeteria to have a quick bite. It was past 2 pm, and the cafeteria personnel was busy clearing the food items.

While I stood waiting for my lunch I noticed a woman standing near the door. She looked dejected and sad. Staring at the clean floors of the cafeteria she was lost in some unknown thoughts while one of our house-keeping staff, Ms. Rose was trying to cheer her up. (Ms. Rose is now Asst. Store Keeper at Zulekha Hospital, Sharjah).

After a brief chat, Rose went ahead and asked the cafeteria person to pack a lunch box for this woman. Out of curiosity, I asked Rose who this lady was? And why she was packing lunch for this woman?

Rose said that the woman is a native of Pakistan, and she is very poor. Her child was admitted in the ICU and she has no money left even to buy food. Realising the situation, Rose used to buy lunch for this poor lady and also try to cheer her up during their little time together.

Here I was looking in awe, at the helping spirit of Rose (even though she drew limited salary at that point of time).

I was ashamed of myself, that I may be in a better position (salary-wise), but Rose displayed how far far above she was than most of us in terms of understanding Human emotions and love.

This incident touched me, and I made it a point to extend the same 'helping spirit' that I learnt from Rose whenever I see people around in distress.



Ms. Roselyn brings her brand of warmth and generosity to the Store-keeping department of Zulekha Hospital, Sharjah.

Earth-sensitive Progress

Global Warming is 'an increase in the average temperature' on Earth. As our Earth gets hotter, disasters like hurricanes, droughts and floods are getting more frequent.

How did this begin? The atmosphere surrounding earth has a natural supply of gases including carbon dioxide (CO₂). These gases capture heat within our atmosphere, creating a warming effect on the surface of Earth. This warming effect is the "greenhouse effect." Without the greenhouse effect, Earth would not be warm enough for us to live. It would just be a ball of frozen wasteland.

Before the Industrial Revolution, the natural emissions of CO₂ and other greenhouse gas (GHG) emissions were balanced and manageable. After the Industrial Revolution, increasingly larger amounts of GHG emissions were caused by humans. More and more fossil fuels such as oil, coal and natural gas were burned to run factories, power plants, planes, cars and trucks. These human-caused emissions added significantly to the natural sources of GHG and built it up beyond the Earth's natural capacity to balance it out. Since these gases capture heat and trap it in our atmosphere, it's causing an increase in global temperatures. Global warming has been noted considerably over the past century with the last two decades heating up more intensely.

There are two major effects of global warming: Increase of temperature on Earth by about 3° to 5° C (34° to 41° Fahrenheit) AND Rise of sea levels by at least 25 meters (82 feet) by 2100.

How can we reduce Global Warming? Adopt any of the methods listed below and one can contribute to the reduction of global warming. But before that one must follow these basic steps. **Step 1. Educate oneself about global warming.** The more scientific facts we have, the more we can persuade others to make simple but effective changes in daily behavior. **Step 2. Learn and practice as much as possible about the policies before advocating them.**

Implementable Methods 1) *Choose vegetarianism or vegan meals:* Did you know that Livestock is responsible for more GHG emissions than transportation? This is due to the large amounts of petroleum used in creating ammonium nitrate fertilizer (for the corn fed to livestock) plus the cost of shipping that corn to the cattle and then shipping the cattle to slaughter and grocery. Vegetarian diets have been shown to promote good health and in most developed countries, eliminating meat from one's diet is as easy as making a responsible choice. 2) *Use compact fluorescent bulbs:* Replace three frequently used light bulbs with compact fluorescent bulbs/lamps and save 300 lbs. of CO₂ emission and save around one third tonne of GHG, along with the cost of six incandescent bulbs. 3) *Use public transportation:* Taking the bus or other forms of public transport lessens traffic load on the roads and reduces one's individual GHG emissions by an average of 1600 lbs. per year. You also save on parking money and time wasted looking for parking space. 4) *Ride a bicycle:* Taking the bike instead of a car is a very simple solution. 5) *Use the car as a tool against global warming:* If you

can't live without a car, then use it in a way that minimizes global impact. *Buy a hybrid car:* The average driver could save 16,000 lbs. of CO₂ per year driving a hybrid. *Buy a fuel efficient car:* Save up to 20,000 lbs. of CO₂ per year using a more fuel efficient car. *Keep your car tires inflated:* Check them monthly and save 250 lbs. of CO₂ per year. An air-pressure gauge also makes driving safer in hot countries like UAE. *Improve fuel efficiency:* Remove unused external objects such as roof racks, turning off your engine instead of idling for time (over 1 minute), and removing loads from the trunk/boot that are unnecessary. *Check your car's air filter monthly:* Save 800 pounds of CO₂ per year by cleaning your air filter and improve your car's mileage. 6) *Replace old appliances and get new energy saving products:* Old appliances such as fridges, washing machines etc., abuse energy. Save lots in power bill monies and CO₂ by replacing them. 7) *Weather-strip your home:* A simple method using insulation to weather-strip your doorways, windows and air conditioners will save 1,700 lbs. of CO₂ per year. 8) *Unplug unused electronic gadgets:* Electronic devices use energy even when they are in the stand by mode. Save over 1,000 lbs of CO₂ by unplugging them or switching them off at the wall switch. 9) *Grow fast growing plants:* Plants like bamboo grow faster and produce 35% more oxygen and require fewer chemicals and care. 10) *Use recycled paper:* Save 5 lbs. of CO₂ per ream of recycled paper. Recycle your paper only when it has been thoroughly used up! Print only when unavoidable.

Contributed by Mr. Alvin (Marketing - Sharjah)

Fun at Zulekha

The Zulekha group family thoroughly enjoyed, including the children who were in splits at the comically refreshing and wonderfully entertaining movie "Kung Fu Panda".



The colourful and excited dudes of Zulekha Group posing in their playful personalities before the panda movie took over.



Everyone dug into refreshments during the short entertaining performance prior to the movie show as if preparing for the laugh riot.



The gleeful exchange of children and grown ups after the movie gave enough evidence of the thoroughly entertaining Kungfu Panda.

Everyone who were at the Annual bash of Zulekha Group at Barracuda, Umm al Quwain also got to see some home-grown talent other than professional entertainers. The party was a glowing success.



The evening began with everyone crowding up in groups till the ice was broken.



Seen here are the talented bunch of Zulekha group who put together an infectious jig.



The enthusiastic performances of Bhangra dancers added to the rhythm of the evening.

Tasty tidbits

8 Tips For Making Healthier Choices

1. Base your meals on starchy foods

Starchy foods such as cereals, bread, rice, pasta are really important parts of a healthy diet. They are excellent sources of energy and the main source for a range of nutrients in our diet. Include whole grain varieties which contain more fiber and nutrients other than white or refined starchy foods. Include one starchy food along with each of your main meals. Starchy foods are not fattening, they contain less than half the calories of fattening food. You need to watch the fats you add when cooking and serving, because this is what increases the calorie content.

2. Eat lots of fruits and vegetables



Try to eat at least five portions of fruits and vegetables every day. One portion = 80 grams of fruit and vegetable, or any of these

1 Apple, Banana, Pear, Orange or other similar sized fruit

2 Plums or similar size fruit

½ Grapefruit or Avocado

1 slice of Melon and Pineapple

3 tablespoons of vegetables (raw, cooked, frozen)

3 tablespoons of fruit salad or stewed fruit

1 tablespoon of dried fruit

1 glass (150 ml) of fruit juice

1 cupful of Grapes, cherries or berries

Add up your portions during the day. For example, you could have:

A glass of juice and a sliced banana with your whole grain cereal at breakfast + 2 portions of fruit salad at lunch + 2 portions of vegetables with your evening meal. (Remember potatoes count as starchy food, not as portion of fruit or vegetable)

3. Eat more fish: Including a portion of oily fish each week. Aim for at least two portions of fish a week, including a portion of oily fish. Choose from fresh or frozen (Avoid canned and smoked fish - they are high in salt.)

Oily fish - Some fishes are called oily fish because they are rich in certain types of fats, called omega 3 fatty acids, which helps keep our heart healthy. Salmon, Mackerel, Fresh Tuna, Sardines, Trout, Herring are examples of oily fish.

4. Cut down on saturated fat and sugar

There are two kinds of fat - saturated and unsaturated. Saturated fat increases the amount of cholesterol in the blood, which increases the chance of developing heart disease. Foods high in

saturated fats are: Meat pies, sausages, meat with visible fat. Cheese, butter. Pastry, biscuits, cookies. Cream, soured cream. Coconut oil.

At the same time having unsaturated fat lowers blood cholesterol. Foods rich in unsaturated fat are vegetable oils including sunflower oil, safflower oil, corn oil, soyabean oil, sesame oil, olive oil, nuts and seeds.

Look out for fat content on labels. Generally the labels will say how many grams (g) of fat there are in 100g of the food. More than 20g fat per 100g is High and 3g fat or less per 100g is Low.

5. Cut down on sugar

Foods that contain added sugars can also be high in calories, so cutting down could help you control your weight. Look for the carbohydrates (of which sugars) figure on the label. More than 15g sugars per 100g is High and 5g sugars or less per 100g is Low.

6. Get active and try to maintain a healthy BMI.



It's not a good idea to be under weight or overweight as both can affect your health adversely. If you think you need to lose weight, the main things to remember are:

Only eat as much food as you need - Make healthy choices - choose low saturated fat, low refined carbohydrates, low simple sugar and more of whole grain cereals, plenty of fruits and vegetables. Eat a variety of foods.

Physical activity is a good way of using up extra calories and helps to control weight. Try to start activities for small time laps every day and build up intensity gradually.

7. Drink plenty of water

Drink about 6 to 8 glasses (1.2 litres) of water or other fluids every day. But avoid drinking soft and fizzy drinks (they are high in added sugar).

8. Don't skip breakfast



Some people skip breakfast because they think it will help them lose weight. But missing meals doesn't help us lose weight and it isn't good for us

as we miss out essential nutrients.

Research shows that eating breakfast helps people to control their weight because when we don't have breakfast we are more likely to get hungry before lunch and snack on foods that are high in fat and sugar. Go for a wholegrain cereal with sliced apple and fruit juice for a healthy start of the day.

(Source: Food standard agency/uk)

Contributed by Ms. Amera (Dietician, Sharjah)

Insights

Kangaroo mother care for premature and small newborns

The kangaroo mother covers its baby in a pouch in its body which provides a total environment which is essential for development.

Human kangaroo mother care does the same for a premature newborn. 'Kangaroo mother care' involves keeping the baby on the mother's bare chest so that there is skin to skin contact between infant and mother.

The advantages - babies gain weight faster, stabilizes infants temperature and breathing, enhances bonding between mother and child, increases milk volume during breast feeding, fewer complications like 'Hospital Acquired



Infections' and sudden infant death, positive effects on cognitive and motor developments in the infant & earlier discharge.

Kangaroo mother care can be started soon after delivery and may be continued up to six weeks. This method can be used continuously or for shorter durations initially and increasing the duration gradually as tolerated. Kangaroo mother care has to be promoted on a wider scale in developed and developing countries since it considerably decreases mortality among newborns.

Contributed by Mr. Sajith B (Nurse Educator, Sharjah)

Caption Contest



For a surprise Gift, send in your Caption for this photo to marketing@zulekhaahospitals.com