

True Love

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound.

On checking, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health he told me that she had been there for a while and that she was a victim of Alzheimer's Disease.

As we talked, I asked if she would be upset if

he was a bit late.

He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she does not know who you are?'

He smiled as he patted my hand and said, 'She doesn't know me, but I still know who she is.' I had to hold back tears as he left, I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life. True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be. The happiest people don't necessarily have the best of everything; they just make the best of everything they have.'

'Life isn't about how to survive the storm, But how to dance in the rain.' We are all getting older tomorrow may be our turn.

Contributed by:
Dr. Kishan Pakkal

Value of Time

To realize the value of one year
Ask a student who has failed in the final exam

To realize the value of one month
Ask a mother who has given birth to a premature baby

To realize the value of one week
Ask the editor of weekly news paper

To realize the power of one day
Ask the daily laborer who has ten kids to feed

To realize the value of one hour
Ask the passenger who got jammed in traffic, on the way to airport

To realize the value of one minute
Ask the person who has just missed his train

To realize the value of one second
Ask a person who has just survived in an accident

To realize the value of milli second
Ask a person who has won a silver medal in Olympics

Contributed by:
Ms. Tabassum Javed
CRE- Zulekha Medical Centre



Zulekha Spirit

April 2011

Volume 7 The Voice of Zulekha Healthcare Group

Founder's Message

"It is always wonderful to see a rainbow after a downpour."

I'm pleased to see that we are truly poised to take the next step and scale new heights for our brand of care. It is a fulfilling experience for me when I look at the strides taken by our hospital through the years and this has been possible only due to the help of each one of you who contributed to the Zulekha Brand of Care.



Dr. Zulekha Daud

I'm overjoyed by the spirit of our extended corporate family who have dug deep during the tough times that witnessed many tribulations all over the world. Your resilience and commitment will surely bear success - in the form of the new hospital structure that is speedily progressing at Sharjah and more importantly in the reputation of the Zulekha Brand of care that is spreading far and wide.

Keep up the good spirit!

Towards JCI reaccreditation

Hospitals and healthcare services are vital components of any well-ordered and humane society. To us, at ZHHL patient, staff and visitors safety has and will always be a priority. We reiterate the same through standardized practices. These practices were recognized as was reflected in being awarded the JCI accreditation for both our hospitals and medical centre in 2007 and 2009 respectively. The reduction of medical error is a key role of any accreditation process. Working to the reaccreditation was very challenging as it involved maintaining the standards demanded by the accreditation which cover key focal points (patient safety, staff credentialing, control of infection, environmental safety, patient rights & education etc.), this was challenged by varying views and opinions of staff, staff turn over and emergence of new standards.

We share with you some of the initial contradictory views which were later addressed in JCI standards.

Staff thoughts	Addressed as JCI Chapter
So many Nitty gritty's in patient care. If this is quality & safety it is such a pain. What is there to gain?	IPSG International Patient Safety Goals
I know I am doing right Patients are patients! they will fight	Patient and Family Rights
What is clinical pathway? My colleague does different from me, so what both of us get the same fee	Quality Improvement & Patient Safety
My clinical assessment is right, My colleague should understand, appreciate and write.	Access to care & Continuity of care, Care Of Patients, Assessment of Patients
Legibility - Not an issue. Of course my own handwriting I can read Abbreviations great! Writing long words - such a bore	Management & Communication Information
Hand washing compliance? Why monitor something I did from childhood?	Prevention and Control of Infection
I am licensed to practice. Now why challenge my skills?	Staff Qualification & Education
Allergy prompts nagging	Medication Management & Use
Hospitals built on standard protocols. It has to be safe	Facility Management & Safety

However with repeated training and several interactive sessions staff views changed and effective implementation of safe protocols became a habit resulting in both the hospitals getting the reaccreditation in Dec 2010. It depicts, in no uncertain terms, our continuous commitment to quality and safe patient care. This status also brings additional responsibilities and challenges and we look forward to march ahead and improve upon ourselves in the path of healthcare quality.

Quality Team

Diabetes Screening @ Saipem



Movie

Animated break from work



Staff Welfare programmes

Carroms



Dumb Charades



An evening with RJ's at Sharjah Golf Club



Health Talk @ Mashreq Bank



Diabetes Screening for Home Centre employees



Our Own School

Dr. Zulekha Daud addresses the staff and students of Our Own School during their Silver Jubilee celebrations



Dr. Arvind Patel, JCI audit team leader confirms reaccreditation



Our Champions

Employee of the Month - ZH Sharjah



Mr. Hussain Jaorawala
Winner MARCH 2010



Mr. Dickclare Galanza
Winner APRIL 2010



Ms. Preetha Haridas
Winner MAY 2010



Mr. Zachariah Mathew
Winner JUNE 2010



Ms. Annaliza L
Winner JULY 2010



Mr. Rajesh Kumar
Winner AUG 2010



Mr. Muffaddal Chittalwala
Winner SEP 2010



Mr. Haja Malick
Winner OCT 2010



Ms. Jannete Alfaro
Winner NOV 2010



Mr. Pepito A C
Winner DEC 2010

Employee of the Month - ZH Dubai/ZMC



Mr. Akil Dalal
Pharmacist
Winner MARCH 2010



Mr. Ajith Mangath
Administration
Winner APRIL 2010



Mr. Aliasgar Happawala
(IT) Winner MAY 2010



Mr. Cesar Jr. Castanos
(IT) Winner JUNE 2010



Mr. Robert Pangan
House Keeping
Winner JULY 2010



Mr. V. Amar Singh
M.R.D
Winner AUG 2010

Nursing 10 Best Practices for Patient Safety



Nursing 10 Best Practices for Patient Safety

Delivering care that conforms to the standards of practice for Nursing, protects both your patients and you. Legally, Nurses are held accountable to deliver safe patient care.

Nursing standards of care are based on the latest scientific data from nursing literature. Including the rules & laws identified from Federal Department of Nursing (FDON), UAE Ministry of Health, nursing practice acts, JCI Standards, Nursing Associations and Organizations, Hospital policies, procedure and guidelines and even nursing job descriptions are also considered.

As Nursing standards change to accommodate advancements in healthcare settings, medicines, nursing and standard elements, keeping up with them can be challenging.

To help you maintain a high standard of practice and protect against legal problems related to your nursing care, there are key principles in providing safe patient care.

Many are simple, common-sense practices that need to remain at the forefront of nurses' work habits, including these 10 important safety measures.



1. Curb infection spread - Wash and sanitize hands before coming into direct contact with each patient. Data indicate that health care-associated infections are the most common serious hospital complication. Each year, they affect nearly two million patients, leading to an estimated 99,000 deaths, and cost the health care system as much as \$20

billion, according to the Centers for Disease Control and Prevention. The most frequent infection of this type is MRSA.

2. Identify patients correctly - Rely on at least two pieces of information, such as name and PIN (Patient Identification Number). This helps ensure that patients receive the medicine or other treatment and procedure intended for them. This also includes checking for the appropriate blood type and process before any blood transfusion procedure.

3. Use medicines safely - Label all drugs, including those in syringes, cups and basins. Take extra precautions with patients on blood thinners. With the enormous number of prescription drugs on the market, there is significant potential for error due to confusing brand or generic names and packaging. The Joint Commission's safety goals require finding out which medicines each patient is taking. Make sure that any additional medication doesn't conflict with current ones.

4. Avoid surgical errors - Follow The Joint Commission's "Universal Protocol" to Ensure correct-site, correct-procedure, correct-patient surgery. One effective strategy is called "time-out process." This is a specific period for all team members to independently verify an impending clinical action, according to the World Health Organization's Collaborating Centre for Patient Safety Solutions, which consists of The Joint Commission and The Joint Commission International.

5. Prevent Venous Thrombo-Embolism (VTE) - Eliminate hospital-acquired VTE, the most common cause of preventable hospital deaths. A free guide from the Agency for Healthcare Research and Quality spells out the essential first steps, presents evidence and identifies best practices, analyzes care delivery, and tracks performance with metrics and interventions. "Included in the guide are examples of standard order sets that can help ensure patients receive evidence-based care shown to prevent these clots," said Jeff Brady, MD, MPH, the agency's lead for the patient safety portfolio. It also would help to classify patients based on risk, ranging from low to mid and high.

6. Customize hospital discharges - Create an easy-to-follow plan for each patient. It should include a medication routine, a record of all upcoming medical visits, and names and

Nursing 10 Best Practices for Patient Safety

numbers of whom to call, if problems arise. These steps can help decrease potentially preventable readmissions by 30 percent, according to the agency. Medications and follow-up care may have changed due to hospitalization so "It's not only telling the patient about any changes in medication regimens and what needs to happen after discharge, but also actually scheduling appointments for follow-up evaluation and care," he added. Equally important is documenting vital information clearly so that a patient understands.

7. Use good hospital design principles - Prevent patient falls with evidence-based design of patient rooms and bathrooms as well as decentralized nurses' stations. This allows for easier observation and access to patients. Falls can result in serious injuries, extend a patient's stay and dramatically drive up health care costs.

8. Assemble better teams and rapid response systems - Encourage everyone in the team, including junior members, to speak up. "One

thing that can be a barrier to effective communication is the hierarchy that exists on healthcare teams," Brady said. A free tool kit called Team STEPPS (Strategies and Tools to Enhance Performance and Patient Safety) can be tailored to any health care setting, from emergency departments to ambulatory clinics.

9. Share data for quality improvement - This gives relevant staff and their managers the opportunity to evaluate performance and staffing levels relative to patient outcomes and set organizational goals for improvement.

"The future of health care is evidence-based practice. To have the evidence, you need to collect the data and make comparisons - your nursing unit's performance versus similar hospitals' performance for the same type of unit," is one of the example.

"The days are gone when nurses did what seemed right, or did things because that's the way they had always been done. Our decisions today should be made based on a scientific

foundation. We should have data that allows us to make the best practice decisions possible. We know what practices lead to reduced fall rates, reduced hospital-acquired pressure ulcers and other adverse patient outcomes."

10. Foster an open-communication culture - Minimize mistakes by communication between doctors, nurses and other health professionals. A similar strategy worked for the airline industry. Through interactive sessions, nurses learn to maintain awareness in changing clinical situations. This approach "challenges nurses to think differently about their work and empowers them to transform their practice."

References: AMN Healthcare 2010; The Joint Commission International Standard 2010

Nurses Zone article on Patient Safety; Nursing Journal on Patient Safety 2008

Contributed by:

Sr. Amy M. Miranda
Nursing Quality Facilitator,
Zulekha Hospital- Sharjah

Quotes

1. Be courteous to all, intimate with a few and let those few be well tried before you give them your confidence.

True friendship is a plant of slow growth and must undergo and withstand the shocks of adversity before it is entitled to the appellation.

By
George Washington 15th January 1783

2. When someone blushes with embarrassment, when someone carries away ache, when something sacred is made to appear common, when someone's weakness provides the laughter, when profanity is required to make it funny, when a child is brought to tears or when everyone can't join the laughter, its a poor joke.

By
Cliff Thomas

3. In a positive and fair environment, a marginal performers output goes up. In negative and unfair environment, a good performers output goes down.

Anonymous

4. The biggest disease today is not leprosy / tuberculosis but rather the feeling of being unwanted.

Mother Teresa

5. A friend is one who stands by and believes in what one's friend does, irrespective of self interest.

One who is not carried away and changes impression by what others say about ones friend.

Anonymous

One week free Diabetes screening for the Patrons



Diabetes Screening for SEWA employees



Dr. Zulekha Daud inaugurates New IP Pharmacy at Zulekha Hospital - Sharjah



Mock Fire Drill



12 Foods That Keep Your Heart Healthy

12 Foods That Keep Your Heart Healthy

According to the latest figures of the National Statistical Coordination Board, **heart disease** is still the **number one killer**, claiming over 77,000 lives a year. The **second** is also a cardiovascular disease, **stroke**, which kills over 50,000 people a year. But the good news is, heart disease and stroke are lifestyle-related ailments, so a few changes in your everyday life can mean a huge decrease in your chances of getting one.

Sunday, September 26, is World Heart Day, and according to the World Heart Federation, what this means is it's time to take responsibility for the health of your own heart. And the first step to doing that is to be aware of what's good and bad for your ticker.

Below we have listed a dozen super foods that can help keep your cardiovascular system in tip-top shape to get started in your heart-healthy regimen.

FATTY FISHES

Not only do salmon, tuna or sardines taste good, but they are also chockfull of omega-3 fatty acids. These unsaturated fatty acids keep clotting at bay and reduce blood pressure. Omega-3 also helps regulate electrical impulses to keep your heart beating at a consistent rate. The American Heart Association says to aim for at least two servings a week.

OLIVE OIL

The Seven Countries Study, probably one of the earliest research that links cardiovascular diseases to people's lifestyles, found that men in Crete had a predisposition for high cholesterol levels, but only a few died of heart disease because their diets consisted of high amounts of healthy oils, particularly olive oil. So replace your unhealthy oils when cooking and dip your breads in this healthy Mediterranean oil instead of slathering butter on it. Look for extra-virgin ones as they are the least processed.

OATMEAL

Start your day with a bowl of oats instead of those cured meats that are often laden with oil. Oats is also full of fat, but in the form of Omega-3, so it's not only good for the heart, but it will also help your skin look younger! The grains are also rich in fiber, which numerous studies have found to have lowered low-density lipoprotein or LDL (that's bad cholesterol for you and me). But don't just reach for any canister of oats! Make sure you get the least processed ones—normally marked as "old-fashioned" or "steel cut." In his bestseller The South Beach Diet (a regimen originally designed for the cardiologists' patients), Arthur Agatston MD recommends avoiding the instant or quick-cooking versions as they are heavily processed, making it as bad as refined sugars.

CHERRIES

Anthocyanins don't just make cherries ruby-red, but as this study shows, they are also a powerful

antioxidant that is responsible for lowering the risk of heart disease! Do get your cherries fresh if and when you can—cherries that are frozen for six months lose as much as 50 percent of their anthocyanins.

BLUEBERRIES

Out of all the berries, blueberries are the most anti-oxidant rich ones. In addition to that, researchers from the U.S. Department of Agriculture had identified a compound found in blueberries called Pterostilbene. This is chemically similar to the good stuff from grapes and red wine, Resveratrol, but as the researchers discovered, it's much better at lowering LDLs (low-density lipoproteins, also known as bad cholesterol) and even help prevent type-2 diabetes. A typical serving of blueberries is only half a cup, so feel free to go crazy with these little berries!

PEANUT BUTTER

Pennsylvania State University researchers pitted a peanut-based diet with the American Heart Association's Step II Diet and found that it lowered bad cholesterol and triglycerides (blood fats), but did not decrease the high-density lipoprotein (HDL, or good cholesterol). The AHA diet, on the other hand, did lower the LDL levels, but raised the triglycerid levels and even lowered the HDL levels. So it doesn't matter if you prefer creamy or chunky-spread some peanut butter on your whole wheat toast.

WATERMELONS

Not only will you taste summer in a slice of watermelon, but as Tufts University researchers in Boston found out, the fruit is also rich in potassium, a mineral that can reduce the risk of high-blood pressure and stroke. While there's no regulation on potassium, Kathleen Cappellano, the nutrition-information manager at Tufts University, says to aim for 2,000 milligrams a day. A slice of watermelon has about 660mg.

WHOLE WHEAT BREAD/BROWN RICE

Like oats, whole wheat breads and brown rice are rich in soluble and insoluble fiber, which acts as a brillo pad for your artery walls scrubbing away bad fats. But read the labels carefully! It might say "whole wheat" on the packaging, but if the ingredient list says "enriched flour," Dr. Agatston says it's just as bad as white bread. Enriched flour means grains have been stripped of their nutrients and fibers, and then later on have had some of the lost vitamins and minerals added back. The bottom line? It's not as good or as nutritious.

TEA

The next time you need a pick-me-upper, leave the java and reach for a cuppa. Research published by the American Heart Association reveals that knocking back three to six cups of tea a day can lower risks of heart disease by a third. Any tea will do as long as it contains tea leaves, so don't think you need to count on herbal teas

alone. Also avoid adding milk and sugar, as this will significantly decrease the health benefits.

SPINACH

Move on over, Popeye the Sailor Man! It's time to amp up consumption of these leafy greens! In The Physicians' Health Study, all the lutein, folate, potassium, and fiber in two-and-a-half servings of spinach helped test subjects cut heart disease risk by 25 percent. The same study shows that an additional serving reduces the risk further by 17 percent.

AVOCADOS

Dieters once avoided this creamy fruit because it has as much fat as a quarter-pound burger. However, this was before people knew the difference between good fat and bad fat, and a medium-sized avocado contains 30 grams of monounsaturated fats—that kind that helps reduce the bad fats. Also, researchers have found a substance called Beta-sitosterol present in avocados. This is also found to lower cholesterol levels. So enjoy your guacamole for a little viva la corazon.

NUTS

Like olive oil, nuts—particularly walnuts and almonds are rich in mono and polyunsaturated fats, and in case you've forgotten, they're the good fats that escort the bad cholesterol out of your life like a bouncer to a bad drunk. Nuts are also a good source of Omega-3 fatty acid and fiber. But hold off on the honey-roasted or salted variety and instead go for the plain roasted ones.

Contributed by:
Ms. Divine Ganadin
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Channel 4 Radio Network

"The Beat Diabetes Initiative" to raise awareness about Diabetes with the support of Landmark group & Channel 4 Radio Network



Poem

OH ZULEKHA! MY ZULEKHA!

Being the most efficient and competent is your vision, To provide high quality service is your mission; International accreditation is your immense goal, You are the epitome of success that touches my soul.

People's good health truly matters to you, A virtue of merit, so untainted and true; No uncertainty that you are everyone's envy, You are the magnet of power, wealth and prosperity.

Like a woman, you are the most gracious. A heart full of goodness and the most precious; If there could be another birth like you, The world will be great and so anew.

I wrote this poetry to symbolize my gratefulness, As being a part of you is a true happiness; My humble act of honor I offer to thee, That I kept in my heart, and so now it's free!

Written by: **Jonah B. Judilla**
Dedicated to: ZHHL and Dr. Zulekha Daud

Zulekha Nursing team observes International Nurses Day



Free Hearing Screening Test for DUCAB Employees



FACTS ABOUT PLASTIC BOTTLE

1. Most plastic water bottles fall into one of two types: those designed for a single use, such as the kind purchased at drugstores and grocery stores, and bottles designed for multiple uses, which can be bought at camping, sporting goods and often health food stores. The two types of bottles are made from different types of plastic, which have various benefits and possible adverse effects.

Plastics Used

2. Most single-use plastic water bottles are made from Polyethylene Terephthalate (abbreviated PET or PETE). If you look at the bottom of these bottles, you will see they are marked with a 1, which is the resin identification code (used for recycling) associated with PET. Larger 3- and 5-gallon water bottles can be made with polycarbonate, which is marked with a 7 or the letters "PC" on the bottom.

Reusable bottles can be made from several kinds of plastic: High-Density Polyethylene (HDPE, marked with a 2), Low-Density Polyethylene (LDPE, marked with a 4), Polypropylene (PP, marked with a 5); or Polycarbonate (PC, marked with a 7).

Problems with PET

3. Scientists are concerned that reusing PET bottles causes the plastic to degrade, leaching phthalates into the water they contain. Most concern has centered around the phthalate DEHP (also called BEHP), which has been shown to cause women to give birth to boys with smaller genitalia and undescended testes, and DEHA, which may be a carcinogen and is known to cause liver problems. Recent German studies

have also shown that PET bottles leach other hormone-disrupting, estrogenic compounds into the water they contain.

Problems With Polycarbonate

4. Polycarbonate plastics are made using the chemical Bisphenol A (BPA). Unfortunately, regular consumption of cold beverages from polycarbonate bottles has been shown to increase the concentration of BPA as detected in urine.

Many scientists are concerned that BPA poses a health risk to humans. Although the scientific data is divided, researchers have shown that government-funded studies are significantly more likely to report health risks from BPA than are industry-funded studies.

Most of the research on BPA effects has focused on its properties as a xenoestrogen. Synthetic

xenoestrogens have been linked to certain types of cancer, lowered levels of testosterone and other ill effects. According to Environment California, BPA exposure (even in very low doses) has also been linked to obesity, attention deficits, lowered sperm counts and early puberty onset.

Safe Plastic Types

5. The safest types of plastic water bottles appear to be polyethylene (marked with a 2), polyethylene (marked with a 4) or polypropylene (marked with a 5). However, research in the field is ongoing, and some health advocates advise that choosing a bottle made from glass, stainless steel or enamel-lined aluminum may be a safer choice.

Environmental Impact

6. Although drinking water may seem like a healthy choice, single-use plastic water bottles are not such a healthy choice for the planet. For one thing, the production and transportation of plastic water bottles uses significantly more water than the bottle contains. According to one study, a 1-liter water bottle uses 6.74 gallons of water in its production and transportation (and that only includes getting the water to the United States, not distributing it within the country). In addition, the production and distribution of that single bottle of water uses a liter of fossil fuel and is responsible for the emission of 1.2 lb. of greenhouse gases. Switching to a reusable water bottle is an easy way to reduce your impact on the earth.

Contributed by:
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RESEARCHERS CLOSE IN ON RISKY PLASTICS	
PLASTIC BY THE NUMBERS Seven grades are used in consumer goods, and sometimes the number and logo can be found on the product.	
SAFER PLASTICS:	PLASTICS TO AVOID:
Polyethylene terephthalate (PET or PETE). Used in containers and is safe for a single use in disposable soft drink and water bottle.	Polyethyl chloride (PVC): Used to soften plastic so it can be used for materials such as pipes.
High-density polyethylene (HDPE): Often founds in milk jugs and shampoo bottles.	Polycarbonate(PVC): Used to soften plastic so it can be used for materials such as pipes.
Low-density polyethylene (LDPE): Cling wrap, grocery bags and sandwich bags.	Polycarbonate (PC): May contain BPA, and has been used for baby bottles, water-cooler bottles and epoxy lining of tin food cans.
Polypropylene (PP): Used in syrup bottles, yogurt cups and diapers.	Source: The Ecomoderate and Mount Sinai Medical Centre

Management Lessons

1. One fine day, a bus driver went to the bus garage, started his bus, and drove off along the route. No problems for the first few stops - a few people got on, a few got off, and things went generally well. At the next stop, however, a big hulk of a guy got on. Six feet eight, built like a wrestler, arms hanging down to the ground. He glared at the driver and said, "Big John doesn't pay!" and sat down at the back. Did I mention that the driver was five feet three, thin, and basically meek? Well, he was. Naturally, he didn't argue with Big John, but he wasn't happy about it. The next day the same thing happened - Big John got on again, made a show of refusing to pay, and sat down. And the next day, and the next. This grated on the bus driver, who started losing sleep over the way Big John was taking advantage of him. Finally he could stand it no longer. He signed up for body building courses, karate, judo, and all that good stuff. By the end of the summer, he had become quite strong; what's more, he felt really good about himself. So on the next Monday, when Big John once again got on the bus and said, "Big John doesn't pay!" The driver stood up, glared back at the passenger, and screamed, "And why

not?" With a surprised look on his face, Big John replied, "Big John has a bus pass."

Management Lesson: "Be sure there is a problem in the first place before working hard to solve one."

Ideas are True Assets - Even if you are a Monk!

2. Once there was a monk living in New York. He was an ex-lawyer, who was now spreading spirituality and a more peaceful way of living. He was originally from India and was going back to his hometown in Punjab for a holiday. Before going to India, he went to his bank and asked them for a \$10,000 loan and in return, he told the bank he was willing to let them keep his \$200,000 Ferrari limited edition sports car as a security. Now the banker very gladly accepted and gave him the \$10,000 at a rate of interest of 3% per year. He took the money, and the bank in return, kept his Ferrari in their garage. Whenever he returned the \$10,000 with the 3% per annum interest, they would return his car. After he left, the bankers started laughing and wondering why he would do such a silly thing. He was either not as wealthy as people thought he was, or he was

extremely unaware of how finance worked. Leaving his \$200,000 car for just \$10,000 wasn't that smart - at least this is what they thought. After around one month he came back to the bank and gave them the \$10,000 and also 3% interest per annum, which works out to be \$25 for a month. The bankers handed him the key to the car and told him he could take his Ferrari from their underground parking. Now the bankers, who all had financial degrees and PhDs and MBAs from the best B-schools in the world, were curious about what he did with the money and were wondering why he took a loan of only \$10,000? He was considered to be a very wealthy man like quite a few other spiritual gurus. Why would he need such a small amount?

One of the bankers decided to be intrusive and politely asked him, "Sir, why did you take this loan? You surely didn't need the money: The monk smiled back and calmly replied, "Where else could I park my Ferrari for just \$25 a month in a city like New York and be sure it is safe?"

Contributed by:
Mr. Mirza Baig
Executive - Insurance

Synapse

'Synapse' is the brand name for Continuous Medical Education (CME) programme of Zulekha Hospital. It is the first branded CME programme in UAE where Zulekha Hospital's medical professionals invite and convene seminars by celebrated luminaries of the medical fraternity.

Dr. Firuza Parikh addresses Community Gynaecologists



Internal Medicine CME



June 2010

Cardiology CME



July 2010

GS & Urology CME



Nov. 2010

Paediatric CME



Nov. 2010

Multi-Specialty CME



Dec. 2010

Thoughts of the day

*Sometimes we struggle through a tasteless coffee till the last sip and we find sugar lying at the bottom.
THAT'S LIFE: ENOUGH SWEET BUT NOT STIRRED WELL.*

Two Rules to Follow For Wonderful Life.
**Failure should never go to Heart ,
Success should never go to Head.**

Ten- Self Improvement Activities

These self improvement activities will help you become more productive, get into the positive state of mind and achieve better quality of life. In this article you will also find out how to use your energy effectively, what is the quickest way to achieve personal growth and how to excel in every activity.

1. Use your energy on important things

If you want to succeed in life, you should not waste your energy on activities that do not bring any benefits. Such useless activities include surfing the Internet without any purpose, watching TV, worrying and wasting money.

When you are involved in such activities, you have no or little energy left for activities that can create a better future. It is worth prioritizing and accomplishing important tasks first, and then if you still have enough energy, you may decide to do the unimportant.

2. Focus on one task at a time

If you want to get perfect results, you should only concentrate on one activity. This way all your energy will go into it and you will accomplish it perfectly.

3. Control your thinking

To avoid chaos in your mind resulting in chaos in the outside world, you should try to observe your thoughts. Once you start doing that, you will notice how many negative thoughts you get daily. By observing negative thinking you will be able to emotionally disengage from it. As a result, negative thinking will affect you less and you will notice that your days are getting more peaceful and positive.

4. Get organised

To start living this way, you should start planning your day in advance. This will eliminate any stress caused by being late to a meeting or forgetting to complete some task.

You should also live in tidiness because by keeping your home clean you also keep your mental state clear and peaceful. Such mental state will benefit you in many ways, including improved memory and less negativity.

5. Live in the present

The majority of people do not live in the present. They either dwell on their past or daydream about the future. They seem to forget the most important time of all - the present.

You should enjoy every present moment because your current state of mind always manifests in the outside world, creating your future accordingly.

Therefore if your main mood is very positive, you will experience only happy days. However, if you dwell on negative thoughts, you are sure to encounter many obstacles and misfortunes in the present and days to come.

6. Complete each task in a perfect manner

Whenever you are working on some project, try to accomplish it in the best way possible. Always ask yourself 'Is this project turned out as perfect as it could possibly be?' If the answer is no, try to correct or add something to it until there is nothing that you can improve.

This way you will make sure that each single task you accomplish is done in an excellent manner.

Also, when you entirely focus on one task excluding everything else, you will notice that you start enjoying the task. If you concentrate on the task but still do not enjoy it, that means that you probably see the task as a means to an end rather

than the process.

If you enjoy your work, you will put only positive energy into it. As a result, your completed tasks will bring you success.

7. Challenge yourself

Nothing develops you more than challenges. Challenges force you to shift your comfort zone, experience new situations and make you grow. Without challenges life would be very boring and depressing.

Challenges are necessary for every human being who is seeking quality life. Only through trial and error you realise who you really are, which activities you like and what preferences you have.

8. Read personal development books

There is nothing more important than searching information about self improvement. Without reading any self improvement books or articles you cannot improve yourself.

9. Socialize only with positive people

Positive people can inspire, empower and make you happy. It is so much worth to be at least once in a while with positive people rather than constantly spend time with negative friends or relatives.

10. Exercise

Daily exercise develops determination, focus and patience. It improves your health and strengthens your body. It makes you more active, positive and invincible.

People who exercise every day are always perceived as strong-willed and disciplined.

Contributed by:
Mr. Murtuza Bohari - Executive - HR

Bubbles of joy at Zulekha Hospitals

Entertainment show at Paediatric division: clown, mascot, balloon bending, free face painting and a lot more.



Medical Assistance by Zulekha team for Rugby tournament



Wanderer's Club

New Hospital Site Progress



Zulekha Hospital observes Global Hand Washing Day



Dr. Zulekha sharing her expertise

