

MEDICLINIC
PULSE

The graphic features a central vertical axis with a sharp, high-amplitude peak. On either side of this central peak, there are two smaller, lower-amplitude oscillations, creating a pulse-like pattern.

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MEDICLINIC PULSE

Mediclinic Al Ain Region, Medical Newsletter, Edition 2

August 2020

Welcome note

Dear colleagues,

Welcome to the second issue of "Mediclinic Pulse".

The goal of Mediclinic Al Ain Region is to consistently improve clinical outcomes; provide a community outreach service; develop an integrated service between the Mediclinic hospitals and clinics in Al Ain, increase patient satisfaction and staff engagement

In addition to most of the basic medical and dental services, we have other specialties such as obs and gyne, gastroenterology, bariatric and plastic surgery, neurosurgery, family medicine, adult rheumatology, paediatric sub-specialities such as paediatric neurology and neuro-disabilities, paediatric gastroenterology and neonatology, audio-vestibular medicine and cochlear implant.

New services such as adult pulmonology, clinical genetics, feto-maternal medicine and interventional radiology have already started in one of the hospitals and will be extended to the other very soon.

Our patients have on-site access to all diagnostic imaging, including MRI and CT scans, ultrasounds, fluoroscopy, mammography, and routine x-rays.

The past couple of years have been extraordinary. We have achieved JCI accreditation, ISO accreditation for our lab, registered by the DOH as a cancer screening program centre, and developing neuroscience centre of excellence.

During the COVID-19 pandemic, we worked closely with public hospitals and Department of Health by sharing medical care for both COVID and non-COVID patients, providing other services such as telemedicine, home delivery of medications, as well as the implementation of our home visit service. Now all our hospitals and clinics are COVID free.

As we always say, our greatest asset is our staff, comprised of a multi-disciplinary team of physicians in all specialties, professional nurses, technicians and therapists, who work as a team to uphold Mediclinic's commitment to excellence in helping patients and their families resolve their health problems, providing individual treatment options and care plans for each patient. Our staff are committed to providing culturally competent and appropriate patient centred care of the highest quality, with the highest level of compassion.

The road ahead still provides many challenges. I am confident that through our collaborative efforts we will continue to achieve the best outcomes for our patients.

All the best

Dr Abdulgader Bader
Medical Director,
Mediclinic Al Jowhara Hospital



New Services

Telemedicine service

Due to COVID-19, we had to be proactive and shift our approach to meet our patients' expectations.

One of the new services that was recently introduced was Telemedicine. Patients can now get the best medical advice from the comfort of their own home. Mediclinic is here to help whenever, however and wherever our patients need us, whether in person, by video or through pharmacy home delivery.



Medication Home Delivery

Another new service is the Medication Home Delivery. Since our focus is to support and be available for our patients, we made sure that all patients have their medication delivered to their houses after issuing a prescription, whether consultation done physically or via telemedicine. Patients would leave their prescribed medications in the designated box located in at Pharmacy and our team will get in touch with the patient to confirm delivery date and time.

Home Visits

Premium healthcare should be provided anywhere; therefore Home Visits is now available for our patients. Patients can book the services needed to be done at the comfort of their home. Service starts from postnatal care and new-born assessment, physiotherapy, post discharge follow up visits, wound care, phlebotomy services as well as physician consultations. Patients can call and book their appointment in a very smooth manner.



Heart failure at Mediclinic Al Ain Hospital

Our Heart Failure clinic is managed by a multidisciplinary team, providing comprehensive diagnosis from early to advanced stages through medical treatment, regular follow-up, coronary interventions, and electric device therapy in the advanced stage

Treatment and management of cardiovascular diseases and heart failure risk factors including Coronary artery diseases (acute and chronic), Valvular heart diseases, Systemic hypertension, Diabetes mellitus, Peripartum cardiomyopathy.



Clinical Genetics

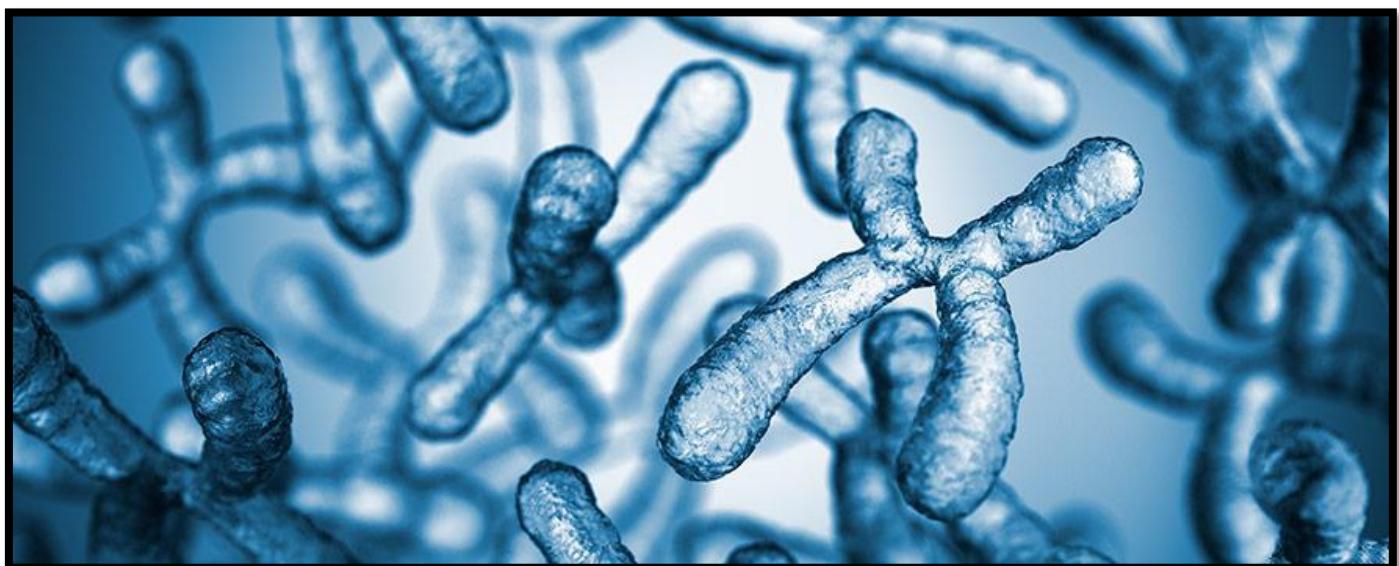
The Genetics Clinic at Mediclinic Al Ain Hospital provides healthcare for adults and children with genetic diseases or who are suspected to have genetic diseases. We provide clinical evaluation, perform genetic and metabolic tests, advise on management, and undertake genetic counselling for patients and families.

We provide comprehensive genetic evaluation for children and adults who can be referred from a variety of medical specialities including Family Medicine, various Internal Medicine subspecialities (e.g. Cardiology, Neurology, Oncology and Endocrinology), Paediatrics, Ophthalmology, ENT, Obstetrics and Fetal Medicine.

Genetic counselling and preventative genetics

We also provide genetic counselling for patients and families and advise about prevention:

1. Genetic counselling about genetic and metabolic diseases
2. Genetic testing and counselling for carriers of genetic diseases
3. Pre-marital genetic evaluation, screening, testing, and counselling
4. Prenatal genetic evaluation, counselling and testing (e.g. NIPT)
5. Genetic evaluation and counselling for pre-implantation genetic diagnosis and screening (PGD/PGS)



Success Stories

Aortic Surgery Case

This is a case of a severe arterial occlusion in three big principal arteries in the body, usually it comes in old age, but for this 31 years old patient, it was very unfortunate to indicate the severity of such a lesion. Despite that he is in a young age, he has a big arterial problem that prevented blood to irrigate legs and pelvis, in summary; he could not walk properly even after only few meters.

Technically, the patient's arteries are smaller than normal, which caused the arteries to be easily diseased and more difficult to suture and open. We had to choose between changing the 3 arteries completely by an artificial graft that may last longer or just have an opening part of the occluded arteries by endovascular techniques.

To overcome these difficulties, Dr. Khaled Abdel Aal has invited a colleague consultant vascular surgeon from Mediclinic Airport Road and operated together to reduce the operative time.

Patient was well prepared with medication for the post-operative period by expert contribution of many doctors in different specialties. The journey was even smoother by the support and the resilience mind-set of the nursing team and Patient Service Department.

Right Heart Catheterization

Our cath lab at Mediclinic Al Ain Hospital (MAIN) is fully equipped to do complete hemodynamic assessment and right heart catheterization, including **thermodilution method** to accurately assess cardiac output and cardiac index (essential for assessment of aortic valve area), **pulmonary artery pressures and resistance** and vasoreactivity testing, (Gold standard for diagnosis and prognosis of pulmonary arterial hypertension case), **O₂ saturation step up** (Gold standard for assessment of shunt), as well as assessment of **low gradient, low output aortic stenosis** with dobutamine, Measurement of pulmonary capillary wedge pressure to distinguish cardiac vs. pulmonary etiology of dyspnoea, and much more.

The team at Mediclinic Al Ain Hospital have performed a right heart catheterization and left heart catheterization on a patient with angina pectoris and aortic stenosis where there was discrepancy between clinical and echo findings to accurately assess aortic severity. There was mild to moderate mitral stenosis but no significant aortic stenosis. He underwent PCI to severe OM stenosis.

The established indications for right heart catheterization include:

1. Evaluation of **pulmonary hypertension**.
2. The differentiation of **pericardial tamponade** from constrictive pericarditis and restrictive cardiomyopathy.
3. Diagnosis of left to right **intracardiac shunt**.
4. Hemodynamic assessment and monitoring of some complicated MI and **shock** cases.
5. Hemodynamic assessment of certain cases of **valvular disorders**, esp. when echo is discordant with clinical findings.

Fibroid Myomas Removal

Dr Samer Lababidi and Dr Maha Majed AlObaidi, Consultants Obstetrics and Gynecology at Mediclinic Al Jowhara Hospital (MJOW) extracted multiple fibroids, almost 40 large pieces, from the uterus of a 38-year-old woman, after a two-hour long surgery on the 12th of July 2020.

Patient had previous surgery of removal of myomas, however fibroids had grown over the past 8 years period. Due to size and amount of fibroids, laparoscopic approach wasn't an option, hence Doctor's team used C-section incision to perform the removal.

After successful surgery and 3 days recovery in the hospital, patient was discharged without any complications.

Uterine fibroids is a common gynaecological condition where non-cancerous tumours originate in uterus. If left untreated, they can enlarge and put pressure on surrounding organs like bladder and bowels. Doctors said that symptoms of the condition vary from heavy menstrual bleeding, painful menstruation, irregular bleeding and painful intercourse. Further development of fibroids is known to cause infertility and recurrent miscarriages.

Mediclinic Al Jowhara Hospital's First Knee Replacement

Dr Nina and her team of orthopedic surgeons performed first total hip replacement surgery at Mediclinic Al Jowhara Hospital. The surgery performed on a 49 years old patient, who had previous partial hip replacement... Dr Nina Djordjevic, Dr Waleed Aziz and Dr Khalid Elnour performed the operation that lasted for couple of hours. The patient was fully recovered and discharged home in good condition and continued rehabilitation with our Physiotherapy team. Patient is now enjoying a healthy live like never before. A documentary of his case has been recorded and will be shared soon.

Discovery of Bronchial Carcinoid Tumour

A patient with significant past medical history of pulmonary tuberculosis of over 15 years visited Mediclinic Al Jowhara Hospital on the 30th of June 2020. He was complaining of coughing and tightness of chest as well as not responding well to medical treatment. During his visit Dr Ahmed Elesdoudy, Specialist Pulmonary Disease discovered a mass causing near total occlusion of the bronchus of the medial segment of the left lower lobe. Multiple biopsies were taken and sent for histopathology. Patient is now under a conservative medical treatment plan.

Antenatal Class:

Our patients' wellbeing outside our premises is important to us as them at home. Therefore, and in spite of the current circumstances we made sure to be available for our maternity patients and newly moms. Our Antenatal focus did not stop for a single day as well as the resuming of our antenatal classes. We now have two classes monthly in Arabic and English covering the most important topics a mother to be would be concerned to know more details about.

Our upcoming Antenatal Classes scheduled on the 22nd of August 2020.



CME Activities:

Mediclinic is well known for its focus on raising awareness and sharing knowledge. Our CME program has been rich since before COVID and program is still going now via video conference by the usage of ZOOM or MS Teams.

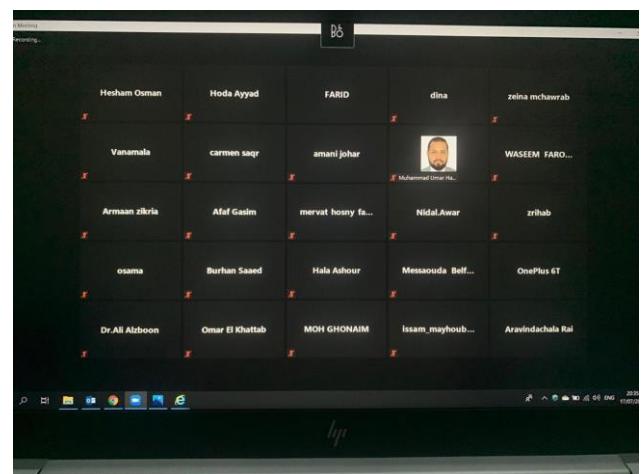
Here is a glance of the CMEs done before March 2020:

Back in November of 2019, we had a CME on Acute Neurology, followed in December with a focus on medical treatment for Atherosclerosis, then in January on Cardiology and the last physical CME took place in February concentrating on Uro-sexual dysfunction.



And via Zoom we had our first CME on the 17th of July 2020 focusing on paediatrics:

TIME	TOPIC	DURATION	SPEAKER
19:00-19:10	Opening remarks	10 minutes	Dr. Matouk M Zbaeda Medical Director Mediclinic Al Ain Hospital
19:10-19:50	Practical approach to a child with hypotonia	40 minutes	Dr. Mohamed Elhadi Al-Malik Paediatric Neurologist
19:50-20: 05	Q&A	15 minutes	
20:05-20:45	Approach to a childhood anaemia	40 minutes	Dr. Ahmed Al Issa Specialist Paediatrics
20:45-21:00	Q&A	15 minutes	
21:00	Remarks	10 minutes	Dr. Abdulgader Bader Medical Director Mediclinic Al Jawhara Hospital



We will continue with our CME activity via Zoom on monthly basis. Stay tuned for the lectures content and dates soon.

Welcome on-board! Alphabetical order



Dr Ahmed Amin Fadel
General Practice Dentist
MAIN



Dr Ahmed Al Neyadi
Consultant Ophthalmology
MJOW - ID



Dr Afra Aldhaheri
Consultant Rheumatology
MAIN - ID



Dr Ahmed Elesdoudy
Specialist Pulmonary Disease
MJOW and MAIN



Dr Alia Adwan
Consultant Obstetrics and
Gynaecology
MJOW



Dr Anna Marie Rivera
General Practitioner
MAIN



Dr Anwar Al Zaabi
Specialist Cardiologist
MJOW - ID



Dr Cynthia Sargunam
Specialist Dermatologist
MAIN



Dr Enas Alawi
Specialist General Surgery
MAIN - ID



Dr Eslam Siddig Alteengree
General Practitioner
MAIN



Dr Faseeha Aftab
General Practitioner
MJOW



Dr Hagir Eltigani Elhage
Specialist Ophthalmologist
MZAK/ MMAD - ID



Dr Hani Abdelmagid
General Practitioner
MAIN



Dr Hany Mousa
Specialist Paediatrician
MJOW



Dr Ibrahim Eldosoky
General Practitioner
MAIN



Dr Ibrahim Z Abujarad
General Practitioner
MJOW



Dr Jaber AlKhyeli
Consultant Orthopaedic
Surgeon
MJOW - ID



Dr Kassem Mohamed Al Kais
Consultant Family Medicine
MJOW



Dr Madhavan Mukunda
Specialist Gastroenterology
MAIN



Dr Marwa Allahouny
Specialist Anaesthetist
MJOW



Dr Rathi Sathiyan
Specialist Obstetrics and
Gynaecology
MZAK / MBAW



Dr Reetu Nagpal
Specialist Orthodontist
MJOW - ID



**Dr Sahar Shawky
Elshanshoury**
General Practitioner
MAIN



Dr Sharina Al Dhaheri
Consultant Internal Medicine
and Pulmonology
MJOW - ID



Dr Sultan Al Ameemi
Specialist Oral Surgeon
MJOW - ID



Dr Tahani Abu Zeineh
Consultant Obstetrics and
Gynaecology
MJOW / MAIN

THANK YOU FOR READING!