

Al Maha Center to provide pediatric care services for children

Minister of Public Health HE Dr Hanan Mohamed al Kuwari recently visited the site of Hamad Medical Corporation’s (HMC) Al Maha Child Development and Rehabilitation Center at Wakra Hospital campus. Due to be completed in 2020, the purpose-built Al Maha Center will revolutionise pediatric care services for children with developmental, complex, and long-term healthcare needs.

Talking about the importance of the new center, Al Kuwari said, “I am extremely proud to be here today to mark the start of the next phase of construction of the new Al Maha Center. It is critically important that we continue to offer the very best care and support to children with special healthcare needs by expanding and improving our services. Once open, this new facility will offer young people and their families the best possible specialist treatment and support. The facility is the first-of-its-kind in Qatar and will be one of the largest in the region.”

The facility will ensure that those receiving care will have access to high-quality care in a nurturing, relaxing and healing environment. The care provided at the new facility will be founded upon evidence-based principles, providing an integrated service model and family-centered approach. The vision for the Al Maha Center is to become an internationally recognised pediatric facility uniting a number of services, including specialised programs such as early intervention care.

The new Al Maha Center will provide its young patients with a range of treatment and rehabilitation services including a gait lab, a life skills programme, music and art therapy classes, and a hydrotherapy pool. Although some of these services are currently available at HMC’s Qatar Rehabilitation Institute, it is the first time they will be offered under one roof to pediatric patients.

Precautionary measures to confront the new coronavirus

The Ministry of Public Health has announced that it will continuously monitor the epidemiological situation and take precautionary measures to confront the new coronavirus. Cases of the virus have been reported in the People’s Republic of China and several other countries, but none have been registered in Qatar. PAGE 03

Don’t let children stand in a moving vehicle with open sunroof

Do you drive your car keeping the sunroof open? Hamad Injury Prevention Programme (HIPP) at Hamad Medical Corporation’s Hamad Trauma Center has warned all about the hazards of driving with passengers, especially children standing in vehicles with an open sunroof. PAGE 03
Al Maha Center to provide pediatric care services for children with developmental, complex and long-term healthcare needs

**HEALTH CHECK TEAM**

**DOHA**

O mark three years of the achievements of ‘Screen for Life’ Documentary, Primary Health Care Corporation (PHCC) has recently released a 10-minute documentary which outlines the expanded suites, the screening process, success and potentials of the programme.

The documentary, made in Arabic with English subtitles, helps viewers understand the programme’s achievements, the people involved, its screening suites and the screening process. The documentary can be seen in PHCC health centers in Al Wakra, Leabaib and Rawdat Al Khail and on ‘Screen for Life’ social media channels, including YouTube. It will also be used as content to support PHCC’s participation in conferences and events.

The documentary explains in detail the screening process for breast and bowel cancer and how quick it is. It also presents the special features of the suites especially the state-of-the-art equipment, the welcoming and professional staff, and the complete privacy for male and female visitors. The documentary is also enriched by testimonials by PHCC officials including PHCC Director Dr Mariam Abdulmalik and Manager of Screening Programmes Dr Sheikha Abu Shaikha. Testimonials were also given by renowned Qatari Chef Aisha al Tamimi, a breast cancer survivor and a supporter of the Program; and TV anchor Ageel Saleh al Janahi, the Programme ambassador.

Commenting on the launch of the documentary, Dr Abu Shaikha said, “We want as many people as possible to get to know more about this potentially life-saving programme and what it has achieved and can achieve if people take up the regular screening offer. It is important that people realise that regular screening saves lives. There is almost a 100 percent survival rate from breast cancer when it is caught at an early stage, while the survival rate from bowel cancer is around 90 percent when caught early. The documentary will help us further disseminate this important message and we encourage all citizens to view it and encourage their friends and families to do the same.”

The population-based ‘Screen for Life’ program aims to promote education, awareness and early detection of breast and bowel cancer – the most commonly diagnosed cancers in Qatar and a leading cause of death among men and women in the State. It is conducted under Qatar’s National Cancer Program and in accordance with the country’s National Health Strategy 2018-2022.

PHCC releases new ‘Screen for Life’ Documentary

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Precautionary measures to confront the new coronavirus

HEALTH CHECK TEAM
DOHA
HAMAD Medical Corporation’s (HMC) Nesma’ak customer service center has recently achieved a high standard of quality, cost, efficiency, and effectiveness. This is a complex undertaking due to the continuous growth and diversification of the country’s population. Our Nesma’ak contact center assists over 1.9 million private healthcare facilities in the country. Residents are being asked to report any suspected respiratory infections, especially for travellers who have returned in the last two weeks from countries where the disease is reported to have been documented.

Additionally, the National Pandemic Preparedness Committee has issued precautionary recommendations, such as alerting healthcare providers, to ensure the timely detection and notification of suspected cases at local and global levels in coordination with the WHO.

Moreover, the national guidelines and protocols on the investigation and management of the novel coronavirus cases have been circulated to all public as well as private healthcare facilities in the country. Residents are being asked to report any suspected respiratory infections, especially for travellers who have returned in the last two weeks from countries where the disease is reported to have been documented.

Moreover, the National Pandemic Preparedness Committee has issued precautionary recommendations, such as alerting healthcare providers, to ensure the timely detection and notification of suspected cases at local and global levels in coordination with the WHO.

While a set of measures to prevent and control the spread of the virus is expected to be put into effect within the coming days, the National Pandemic Preparedness Committee has recommended to start thermal scanning immediately at HIA for travellers returning from China and to begin raising awareness about the symptoms of pneumonia, including high grade fever, cough and difficulty in breathing.

According to the updated clinical and epidemiological features of the emerging virus, the novel coronavirus is considered to be very similar to many coronaviruses that are typically transmitted from animals to humans. However, this novel virus is reported to have been transmitted from human to human with a course of illness that ranges from mild to moderate symptoms in the majority of people with the infection. Nevertheless, severe symptoms and complications or even death may occur in people who suffer from chronic diseases and lowered immunity.

It is worth noting that the disease can be prevented by avoiding travel to the areas where the disease is reported to be spreading, avoiding close contact with people who have symptoms of respiratory infections and regularly washing hands with soap and water.

MoPH has advised to avoid unnecessary travel to cities in the People’s Republic of China where the virus is currently circulating and to avoid close contact with animals.

The MoPH has also assigned rapid response teams and hotline numbers accessible around the clock to receive any notification or inquiries related to communicable diseases.

The hotline numbers are: 66740948 or 66740951.

HMC’s Patient Contact Center earns prestigious International Award

HEALTH CHECK TEAM
DOHA
AMAD Medical Corporation’s (HMC) Nesma’ak customer service center has recently achieved Center of Excellence certification by BenchmarkPortal. BenchmarkPortal is a global leader in the contact center industry, providing benchmarking, certification, training, consulting, and industry reports. The Center of Excellence designation is one of the most prestigious and coveted awards in the customer service and support industry.

Reserved for the top ten percent of all customer care centers surveyed by BenchmarkPortal, the Center of Excellence certification is based on best practices of customer service and overall performance. Only call centers that demonstrate superior quality, cost, efficiency, and effectiveness metrics receive this designation.

Assistant Executive Director, Hamad Patient Contact Center and Referral Book-
**DiabeTips**

**A good start**

Eating a healthy breakfast, such as the oatmeal, berries, nuts and yogurt shown below, has many benefits.

- **Healthy breakfast eaters are less likely to:**
  - Become obese
  - Develop Type 2 diabetes
  - Develop cardiovascular diseases

*Source: American Heart Association, TNS Photo Service*

**Help for diabetics**

Studies suggest that drinking tomato juice may lower the risk of heart attack and stroke for diabetics.

- **Fewer blood clots**
  - Platelet blood cells tended to stick together less in diabetics who drank tomato juice every day
  - That cut the risk of dangerous blood clot formation

*Source: Asia Pacific Journal of Clinical Nutrition, MCT Photo Service, TNS*

**A beneficial bean**

Studies show that drinking coffee may reduce the risk of developing type 2 diabetes, which affects about 315 million people worldwide.

- **Health in four cups**
  - Drinking coffee increases blood levels of SHBG, a protein that regulates the hormones testosterone and estrogen, believed to play a part in the development of type 2 diabetes
  - Women who drank four cups of caffeinated coffee daily had higher levels of SHBG and were less than half as likely as nondrinkers to develop the disease

*Source: UCLA News, World Health Organization, TNS Photo Service*

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**HMC has world-class services to care for diabetic patients**

CATHERINE W GICHUKI

DOHA

HAMAD Medical Corporation (HMC) offers world-class care for people living with diabetes. HMC has three centres to treat diabetics, including the National Diabetes Center at Hamad General Hospital, Diabetes and Pregnancy Center at the Women’s Wellness and Research Center, and the Diabetes Center at the Al Wakra Hospital.

Speaking to media persons, Consultant Endocrinology and HMC Head of Endocrinology and Diabetes Dr Mahmoud Zirie said that HMC has a care plan for patients with diabetes and also a multi-disciplinary team to treat diabetes and to make sure that they match the international standards. “We were surveyed by the Joint Commission International (JCI).”

According to Dr Zirie, part of JCI survey was for disease effective treatment, that is, the Clinical Care Programme Certification. “Our diabetes management plan was surveyed against the international JCI standards and it was found out that our management plan matches the international standards.”

He further said that in a competition that is run by HMC annually-Stars of Excellence and the diabetes management plan in HGH and WWRC won the prizes for the year 2019.

HMC Senior Consultant Dr Buthaina Ibrahim al Owiniati who works at the HGH National Diabetes Center said that they have multiple clinics and services including patient appointments, education clinics, pediatric clinic, dietitian clinic, retina clinic and pharmacy. “Our store is also on the same floor so that our patients can be as comfortable as possible to give them the desired mode of treatment.”

According to her, the patients are happy that all these services are available in one place making their life much easier. “To have everything on one floor makes the patients’ experience at the hospital much easier.”

Dr al Owiniati said that all the medications offered there are FDA-approved medication for the treatment of obesity and diabetes.

She said that there is also a technology unit which updates the insulin pumps used by the patients and provides other services and facilities.

According to her they also have a 24-hour hotline for diabetes education where they educate their patients in between their appointments and clinics. “Patients can follow-up from 7am to 7pm to check his/her blood sugar levels at home. Besides calling the patient, the diabetes educator also contacts the doctor in case they need to make any changes in the treatment line. Therefore, the patients do not have to wait until their appointments to get the information.”

She advised the patients to cooperate with the service so that they can benefit from all the world-class services available at the centre. “We have the best service available and have a specialised obesity centre to treat obesity patients who need special care”.

“If these obese patients need a referral to any facility in HMC, for instance for bariatric surgery, balloon or endoscopic sleeve gastroplasty. Our aim is to have our patients comfortable as well prevent complications from his/her diabetes.”

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“*Our diabetes management plan was surveyed against the international JCI standards and it was found out that our management plan matches the international standards and we were certified with JCI certification for Clinical Care Programme Management for Diabetes in May 2019*”

– Dr Mahmoud Zirie
Don’t let children stand in a moving vehicle with open sunroof

O you drive your car keeping the sunroof open? Hamad Injury Prevention Programme (HIPP) at Hamad Medical Corporation’s (HMC) Hamad Trauma Center has warned all about the hazards of driving with passengers, especially children standing in vehicles with an open sunroof.

Director of the HIPP, the community outreach arm of HMC’s Hamad Trauma Center Dr Rafael Consunji, recently said that passengers, especially young children, are exposed to extremely high risk of severe injury and death if they are standing in an open sunroof in the event of a collision or even a sudden turn or stop.

“With the cooler weather, more motorists are not only driving with their windows open but even with children being allowed to ride in open sunroofs while the vehicle is moving. Allowing any unrestrained passenger, but especially children, to extend their hands/arms and head outside of the vehicle is extremely risky for several reasons."

He said an unrestrained child who is not in a size-appropriate car seat or seat belt has three times the risk of severe injury or death in a car crash or sudden stop from high speed. He says if that child is allowed to extend any part of his/her body from an open window then the child is exposed to additional risk – as they expose their head or hands/arms to direct trauma from other vehicles, roadside structures, and even pedestrians, adding that the chances of ejection from the vehicle are significantly increased. “Allowing children to stand in open sunroofs adds additional risk by exposing them to overhead signs and tree branches, plus an even greater chance of ejection and being pinned and crushed underneath the vehicle, in the event of a rollover. Rollovers are one of the most common causes of road traffic injury in Qatar,” said Dr. Consunji.

According to Dr Consunji, it is important for parents and families to remember that one of the most important things they can teach and demonstrate to their children is the consistent use of a seat belt and size-appropriate car seat, on every journey, no matter how short or at what speed. “Oftentimes, it is the sudden and unexpected behaviour of other motorists that can transform a routine journey into a nightmare experience. Whether or not a passenger is restrained properly will determine whether they will be injured, or even die, as a result of a car crash.”
The Ministry of Public Health (MoPH), in cooperation with the Primary Health Care Corporation (PHCC), recently organised a training workshop entitled ‘How to manage medical waste in a sound manner in our institutions’ for 25 medical waste management workers at the PHCC, government and private hospitals, and transportation and treatment companies.

The workshop aimed to raise the efficiency and capabilities of those dealing with medical waste to achieve the proper management in health care institutions and companies transporting and treating medical waste.

The workshop represented a practical application of the efforts of the Ministry of Public Health to enhance the concept and clarify the risks caused by medical waste if not properly disposed of.

The event highlighted the health and environmental risks arising from the wrong management of waste from health institutions and set future plans for the optimal management of health institutions’ waste and disposing it in the proper ways to secure the protection of the health and safety of citizens and protection of future generations.

The workshop emphasised the need to put in place a mechanism to encourage coordination between various stakeholders to implement laws that ensure safe management of medical waste and to circulate the guidelines for managing and monitoring medical waste.

The workshop included three main axes related to medical waste represented in the definition of national, regional and international legislation applied in Qatar in the management and control of the waste.

In his presentation, Dr Musa Faai of the Environmental Health Department at the Ministry of Public Health, stressed the importance of legislation in medical waste management, which includes the regulating authority, the Ministry of Municipality and Environment; the supervising authority, the Ministry of Public Health; and the bodies producing and treating waste and their respective roles in the system.

The second aspect of the workshop reviewed the extent of application of the legislation in the government sector institutions, hospitals, companies, transportation and treatment of medical waste.

The third axis of the workshop defined the specifications required for the proper management of medical waste as one of the requirements for obtaining a professional practice licence by medical institutions from the Department of Licensing and Accreditation of Health Care Facilities at the Ministry of Public Health.
Screen for Life’ reaffirms commitment to securing physicians’ early screening awareness referrals

Since the beginning of the year 2019, ‘Screen for Life’ has engaged with 437 medical professionals through training sessions to secure their support to recommend regular screening for the diseases — the two main causes of cancer deaths in the country.

Screen for Life encourages women aged 45-69 to undergo complimentary mammogram tests at its spa-like screening suites in the Al Wakra, Leabaib and Rawdat Al Khail Health Centers and via its mobile screening unit. The tests should be repeated every three years. Screening for bowel cancer is offered for men and women aged between 50 and 74 years with early detection leading to a possible 90 percent survival rate. This screening is available at the three dedicated screening suites. Patients can also collect the Fecal Immunochemical Test kit – the FIT Kit – and take the simple test in the privacy of their own home, then simply take their sample to the PHCC for testing.

To encourage referrals from doctors, PHCC has established a dedicated and automated e-referrals process since 2016. This system can be accessed by physicians from any PHCC health center in Qatar.

Dr Abu Shaikha further said, “Our efforts to engage medical professionals in our campaign is aligned with the overall ‘Screen for Life’ mission of making Qatar a healthier nation in tune with the Qatar National Vision 2030.”
SMOKING IN CLOSED PUBLIC SPACES IS PUNISHABLE BY LAW

According to Article 17 of Law No. 10 of 2016 on the control of tobacco and its derivatives:

Without prejudice to any more severe penalty stipulated in any other law, a penalty of not less than one thousand (1000) Riyals, not exceeding three thousand (3000) Riyals shall be imposed on anyone who smokes cigarettes or tobacco or its derivatives, or permits smoking in closed public places where smoking is prohibited.

VIOLATION HOTLINE 50302001
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