



Overview about Salam Bulletin:

Al Salam bulletin is your one stop comprehensive newsletter, for all the latest healthcare content. Stay updated with latest healthcare related news, public health advice, narrative experiences, trainings and links to valid sources for further reading / fact-checking. Medical Development Center highlights Bulletin sources for you to keep abreast of the latest developments in COVID-19 and trends in the Healthcare industry.

Message form CEO

Dear SIH family, it is a great privilege to lead a highly competent team like yours in Al Salam International Hospital.

We have faced challenges imposed by the Covid-19 pandemic and all its variants during the year 2021, yet we continued to serve our patients and their families with dedication, determination, and excellence in quality of care.

I salute each one of you, may the upcoming 2022 be a successful year with your hard work, dedication, and achievements.



HEALTH AWARENESS DAYS



National Glaucoma Awareness Month – January 2022

nationaltoday.com

Glaucoma's one of the leading causes of vision loss and blindness. It's actually a group of diseases where pressure builds up and damages the eye's optic nerve. National Glaucoma Awareness Month, in January, reminds all of us to get regular eye exams and show support for those suffering. There's currently no way to restore vision lost from glaucoma.

[Read more...](#)



COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE

Omicron Variant: What You Need to Know?

cdc.gov



CDC has been collaborating with global public health and industry partners to learn about Omicron. The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

[Read more...](#)

COVID-19 Vaccine Booster Shots

cdc.gov

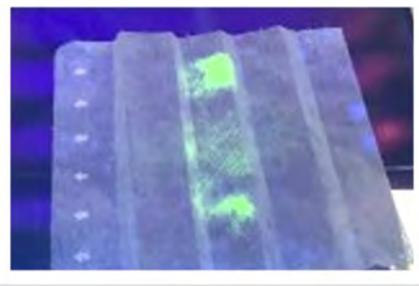


Everyone ages 16 and older can get a booster shot. If you are 18 years or older you may choose which COVID-19 vaccine you receive as a booster shot. Some people may prefer the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

[Read more...](#)

Japanese Scientists Develop Glowing Masks to Detect Coronavirus

kyodonews.net



A team of scientists at a university in western Japan has developed masks that glow when exposed to ultraviolet light if they contain traces of the coronavirus, using antibodies extracted from ostrich eggs. With testing continuing to put them into practical use, the team aims to gain government approval to sell the masks possibly next year.

[Read more...](#)

FDA Authorizes Pfizer Boosters for 16- and 17-Year-Olds

webmd.com



The FDA has authorized booster doses of Pfizer's COVID-19 vaccine, clearing the way for millions of teenagers to get a third dose of vaccine starting 6 months after their second dose. The FDA said it was basing its emergency use authorization of boosters for 16- and 17-year-olds on data from 200 people who were ages 18 to 55 when they received a booster dose.

[Read more...](#)

7 Ways to Treat UTI Without Antibiotics

medicalnewstoday.com



UTIs are among the most common bacterial infections in the United States. Increasingly, people want to know whether non-antibiotic treatments can resolve UTIs. We explore this possibility and provide seven evidence-based home remedies that can help treat UTIs.

[Read more...](#)

Newly Identified Hormone may be a Critical Driver of Type 1 and Type 2 Diabetes

medicalxpress.com



A newly discovered hormone named fabkin helps regulate metabolism and may play an important role in the development of both type 1 and type 2 diabetes, according to research led by the Sabri Ülker Center for Metabolic Research at Harvard T.H. Chan School of Public Health.

[Read more...](#)

Preterm Birth Risk Strongly Linked to Pre-eclampsia

sciencedaily.com



Women who gave birth to a premature baby after developing pre-eclampsia were 17 times more likely to experience another preterm birth if pre-eclampsia emerged again, new Curtin University research has found. Similarly women whose first pregnancy ended in a preterm delivery were at an increased risk for each pregnancy complication in the second pregnancy.

[Read more...](#)

Types of Lactose Intolerance Tests

medicalnewstoday.com



Lactose intolerance is an inability to digest a type of sugar found in milk and dairy products. Breath, blood, and stool tests are types of lactose intolerance tests that can measure the body's ability to break down lactose. Doctors will also want to rule out other conditions that have similar symptoms including Celiac disease.

[Read more...](#)

Case report: Suspicious Nevi – Diagnosis is a query?????????

Tara L. Braun et al.;
Journal of Clinical Advisor,
Date of publication: 15th December, 2021.

CASE HISTORY:

A 65-year-old White man with a history of nonmelanoma skin cancers presents to the dermatology clinic with a mole on his right leg that has been present for 6 months. The patient notes that the lesion is not painful, itchy, or bleeding. He reports that the mole started as a small lesion but has grown steadily over the last half year. The patient states that he goes sailing several times a year and reports a history of several blistering sunburns. Physical examination reveals a 1.2- × 1.3-cm hyperpigmented lesion with irregular borders and color variegation on the patient's right lower leg.



Can you diagnose the condition ?

- A. Seborrheic keratosis
- B. Melanoma
- C. Benign nevus
- D. Lentigo

Answer: The patient was diagnosed as **MELANOMA**
To know more about the case report, [CLICK HERE](#)

DIOVAN

Generic name : valsartan (val SAR tan)
Brand name : Diovan
Drug class : Angiotensin receptor blockers

What is Diovan?

Diovan is an angiotensin II receptor blocker. Valsartan keeps blood vessels from narrowing, which lowers blood pressure and improves blood flow.

Uses and indication:

Diovan is used to treat high blood pressure in adults and children who are at least 1 year old. Lowering blood pressure may lower your risk of a stroke or heart attack.

How to take Diovan?

Take Diovan at the same time(s) each day, with or without food.

To know more about Diovan, [CLICK HERE](#)



Nasogastric/nasoenteric catheter in the adult ICU

Pinheiro et al;
JBI – Evidence Implementation,
DOI: December, 2021.
Volume – 19, Issue – 4, P.no: 367 – 376

ABSTRACT:

OBJECTIVE: To implement best evidence-based practices in the management of the nasogastric catheter in patients admitted to adult clinical intensive care.

METHODS: A base audit was performed, which screened for the education of the nursing team aimed at the knowledge of the best practices, approaching the barriers related to nonadherence to the best practices and a follow-up audit.

RESULTS: The results of the base and follow-up audit showed positive variation in the percentage of adherence to the best practices proposed after the education of the nursing team. The implemented criteria that showed the greatest impact in practice ($P < 0.001$) were related to insertion and checking of the catheter and maintenance of the device with adequate lavage technique.

CONCLUSION: The results obtained from adherence to the best practices contributed to the enhancement of care related to catheter insertion, its maintenance, and withdrawal. Changes were made to the local care protocol, with care being taken to measure the exteriorized portion and to increase the frequency of catheter lavage. It is necessary to invest in the record in the chart of the care related to the management of the catheter to confirm the care provided and to assist in the clinical audit process.

To know more details, [CLICK HERE](#)



Causes of Pancreatitis GET SMASHED

Gallstones

Ethanol

Trauma

Steroids

Mumps

Autoimmune diseases e.g. SLE

Scorpion venom

Hypothermia, Hypercalcaemia, Hyperlipidaemia

ERCP, Emboli

Drugs (e.g. thiazide and loop diuretics, azathioprine)

Video



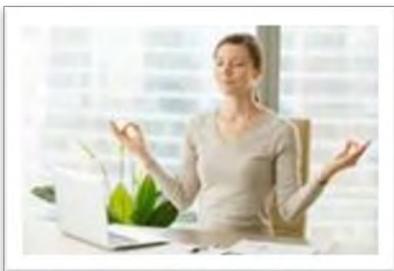
Topic: CPR in Action
To watch [CLICK HERE](#)

Medical quiz



Topic: Medical Intelligence Quiz
To attend quiz [CLICK HERE](#)

New Courses



Topic: Stress Management – Techniques for Coping with Stress

Duration: 1.5 – 3 hours
Total number of modules: 3

To take course [CLICK HERE](#)

Continuing Medical Education

Topic: Appropriate Use of Glucocorticoids in the Treatment of SLE

Note: Complete the activity before attending CME
CPD credit: 0.50

To attend [CLICK HERE](#)



GASTRITIS SYMPTOMS



NAUSEA AND
VOMITING



ABDOMINAL
BLOATING



ABDOMINAL
PAIN



INDIGESTION



BURNING
FEELING



LOSS OF
APPETITE

Prepared By Medical Development Center