

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 27

مستشفى السلام الدولي  
Al Salam International Hospital  
TRUST ثقتكم أمانة



AL SALAM BULLETIN

## 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 and trends in the Healthcare industry.

### Health Awareness Days



#### World Patient Safety Day – 17 September 2022

who.int

Medications are the most widely utilized interventions in health care, and medication-related harm constitutes the greatest proportion of the total preventable harm due to unsafe care, let alone the economic and psychological burden imposed by such harm.

The theme of World Patient Safety Day 2022 is “**Medication Safety**” with the slogan “**Medication without Harm**”.

[Read more...](#)

### Medical Mnemonics

#### Key Physical Findings in Elderly Patients who Fall or Nearly Fall

##### “I HATE FALLING”

- **I**nflammation of joints (or joint deformity)
- **H**ypotension (orthostatic blood pressure changes)
- **A**uditory and visual abnormalities
- **T**remor (Parkinson’s disease or other cause)
- **E**quilibrium (balance) problem
- **F**oot problems
- **A**rrhythmia, heart block, or valvular disease
- **L**eg-length discrepancy
- **L**ack of conditioning (Generalized weakness)
- **I**llness
- **N**utrition (poor; weight loss)
- **G**ait disturbance



## How Cutting 1 Gram of Salt Per Day Can Lower Risk of Heart Disease, Stroke

Healthline

Reducing salt intake by 1 gram per day can significantly lower your cardiovascular risk, according to a study completed in China and published in *BMJ Nutrition, Prevention, & Health*. The researchers reported that the benefits of lowering salt intake would apply to people of all ages. Other potential (but not tracked) benefits of reducing salt intake include reductions in chronic kidney disease and stomach cancer.

[Read more...](#)



## FDA approves less painful formula of Humira biosimilar for autoimmune disorders

medical news today

Biotech company Samsung Bioepis and global healthcare company Organon recently announced that the Food and Drug Administration (FDA) has approved their jointly developed medication called Hadlima (adalimumab-bwwd) for treating several disorders, including arthritis, ulcerative colitis, and plaque psoriasis.

[Read more...](#)



## Distress leads to higher COVID vaccine rates, less adherence to distancing guidelines

medicalxpress

People who were more distressed—showing signs of anxiety or depression—during the COVID-19 pandemic were less likely to follow some best practice recommendations from the Centers for Disease Control and Prevention, according to a new study by Washington University in St. Louis researchers.

[Read more...](#)



## World's first mini organ transportation to a patient with ulcerative colitis

medicalxpress

Tokyo Medical and Dental University (TMDU) research team announced on July 7 that it has succeeded in the world's first clinical transplantation of a "mini organ" (also called an organoid) into a patient with ulcerative colitis (UC). UC causes inflammation and ulcers (sores) in your digestive tract. It can be debilitating and can sometimes lead to life-threatening complications.

[Read more...](#)

## Evidence Based Abstract

### Effect of Communication Skills on Patient Safety among Surgical Team Members in Operating Room: A Qualitative Study

Behzad Imani, Shima Bahrami Jalal.  
Journal of Patient Safety and Quality Improvement.  
Published in April 2022

#### ABSTRACT:

**OBJECTIVES:** Improvement of communication skills and all activities among the surgical team members during the operations can accelerate the patient safety (PS) and reduce the rate of surgical errors (SEs). Besides, the real impact of communicational skills on PS needs more attention. Thus, in the present qualitative investigation, the authors aimed to assess the probable significant relevancy among the impacts of precise communication of surgical team members and PS in operating room (OR).

**MATERIALS AND METHODS:** The grounded theory approach was hired for investigation and the samples were selected purposefully. Then, interviews were applied among the surgical team members (n=8), including anesthesiologists, surgical technologists (STs), and the surgeons. Finally, Strauss and Corbin's assays were used for data analysis.

**RESULTS:** The findings revealed that the interfering agents influencing PS can be categorized into two time-periods of prior to the surgery (with 5 subcategories) and during the surgery (with 3 sub-groups).

To know more, [Click Here](#)

## Drug Study

### POTASSIUM CHLORIDE

Generic name: Potassium chloride [ poe-TASS-ee-um ]

Brand name: Kal Potassium 99, Klor-Con, K-Tab

Drug class : Minerals and electrolytes

#### What is Potassium chloride?

Potassium is a mineral that is found in many foods and is needed for several functions of your body, especially the beating of your heart. Potassium chloride is used to prevent or to treat low blood levels of potassium (hypokalemia).

#### Potassium chloride side effects

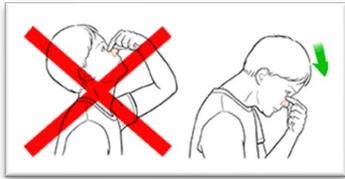
Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat. Side effects may include slow heartbeat., chest pain or pressure and signs of bowel problems.

#### Warnings

You should not use potassium chloride if you have high levels of potassium in your blood, or if you also take a "potassium-sparing" diuretic. To be sure potassium chloride is helping your condition, your blood may need to be tested often.

To know more about Potassium chloride, [Click Here](#)

## First Aid Management for Nosebleeds



### DO's:

- Sit down comfortably and tilt your head forward.
- Lean forward. If there is blood in your mouth, spit it out.
- Press firmly on both sides (soft part) of the nose with the tips of your thumb, index, and middle fingers for at least 10 minutes. Breathe through your mouth. Repeat if bleeding recurs.
- You may consider using saline or oxymetazoline nose drops, hemostatic gel, lubricating or antibiotic nasal ointment as prescribed by your doctor.

### DON'Ts:

- Don't panic. Remain calm.
- Do not tilt your head back, lie down or put your head lower than your body.
- If there is blood in your mouth, do not swallow it.
- Do not dig, stuff tissue into your nose, blow your nose or sneeze with your mouth closed.
- After the bleeding has stopped, avoid straining, carrying heavy things or physical exercises. It can take up to two full weeks to heal after a nosebleed.

### WHEN TO CONTACT HEALTHCARE PROVIDER:

- If you can't stop the bleeding in about 15 minutes.
- If the bleeding is heavy, such as gushing blood.
- If the injured person has trouble breathing.

## VIDEO



### Medication Safety

To watch [Click Here](#)

## NEW COURSES



### Topic: Advancing Diagnosis and Treatments for Inherited Retinal Diseases: The Latest Evidence and Patient Perspectives

Credits: 1.5

#### Agenda

1. Real-world Patient Perspectives: The Burden of IRDs
2. Practical Considerations for Genetic Testing for IRDs
3. Examining the Role of Genetic Counselors Before and After Genetic Testing
4. Emerging Gene-Based Therapies for IRDs
5. Question & Answer Session

To know more and register, [Click Here](#)



## MEDICAL QUIZ

**Topic: MRSA Quiz**

To attend quiz, [Click Here](#)

## MEDICAL INFOGRAPHICS

**10 R's of medication administration**

- Right Patient
- Right Dose
- Right Medication
- Right Time
- Right Route
- Right Documentation
- Right Assessment
- Right to Refuse
- Right Patient Education
- Right Evaluation

Logo:

**Prepared By Medical Development Center**