

# MEDICAL DEVELOPMENT CENTER

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 26



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 Breastfeeding Week – 1<sup>st</sup> – 6<sup>th</sup> August, 2022

awareness days.com

Set every August for the first seven days of the month, World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.

[Read more...](#)

### Medical Mnemonics

#### ECG – Causes of ST segment Elevation “ELEVATION”

- Electrolyte abnormalities (eg: Hyperkalemia)
- Left bundle branch block
- Early repolarization (Benign)
- Ventricular hypertrophy
- Arrhythmia, Aneurysm of LV, Aortic dissection
- Thrombotic occlusion, Trauma, Treatment, Tumors
- Injury, Inflammation (Pericarditis)
- Osborn waves (Hypothermia, Hypercalcemia)
- Non-occlusive vasospasms (Prinzmetal’s angina)



## What to know about extended breastfeeding: Pros and Cons.

medicalnewstoday

Nursing beyond the time that is typical or common in a culture — often beyond 1 or 2 years — is considered extended breastfeeding. It can offer numerous benefits to both the nursing parent and child. However, extended breastfeeding or chest feeding can also pose some challenges.

[Read more...](#)



## Breastfeeding supplements to increase milk supply: Effectiveness and choosing

medicalnewstoday

Breastfeeding or lactation supplements may help increase a person's milk supply when nursing. Usually, lactation supplements contain plant or herbal ingredients. There is little research into the effectiveness or safety of lactation supplements. Some studies suggest the benefits are psychological rather than physical.

[Read more...](#)



## Consumption of extra virgin olive oil during pregnancy increases the level of antioxidants in breast milk and in infants

medicalxpress

The consumption of extra virgin olive oil (EVOO)—a product with widely known benefits for our health—increases the level of phenolic compounds in breast milk and can cross the placental barrier, reaching the descendant.

[Read more...](#)



## Longer duration of exclusive breastfeeding has protective effect on childhood asthma, says new study

medicalxpress

Pregnant women and new mothers are often presented with information on the benefits of breastfeeding their infants. A new study in *Annals of Allergy, Asthma and Immunology* shows that a longer period of exclusive breastfeeding was associated with decreased odds of current asthma.

[Read more...](#)

## Evidence Based Abstract

### Development of COVID-19 severity assessment score in adults presenting with COVID-19 to the emergency department

Kiran Azizi, et al.  
BMC Infectious Diseases.  
Published on 27th June 2022

#### ABSTRACT:

**OBJECTIVES:** We developed a Covid-19 Severity Assessment Score (CoSAS) to predict those patients likely to suffer from mortalities within 28 days of hospital admission. We also compared this score to Quick Sequential Organ Failure Assessment (qSOFA) in adults.

**METHODS AND ANALYSIS:** CoSAS includes the following 10 components: Age, gender, Clinical Frailty Score, number of comorbidities, Ferritin level, D-dimer level, neutrophil/lymphocyte ratio, C-reactive Protein levels, systolic blood pressure and oxygen saturation.

**RESULTS:** CoSAS proved to be a good score to predict Covid-19 mortality with an Area under the Curve (AUC) of 0.78. It also proved better than qSOFA (AUC of 0.70). More studies are needed to externally validate CoSAS.

To know more, [CLICK HERE](#)

## Drug Study

### TRAZODONE

Generic name: Trazodone [ TRAZ-oh-done ]  
Brand name: Desyrel, Desyrel Dividose, Oleptro  
Drug class : Phenylpiperazine antidepressants

#### What is Trazodone?

Trazodone is an antidepressant that belongs to a group of drugs called serotonin receptor antagonists and reuptake inhibitors (SARIs). Trazodone is used to treat disorder. It may help to improve your mood, appetite, and energy level as well as decrease anxiety and insomnia related to depression.

#### Trazodone side effects

Fast or pounding heart beats, fluttering in the chest, sudden dizziness, unusual thoughts or behavior, easy bruising, low level of sodium in the body.

#### Warnings

You should not use trazodone if you are allergic to it, or if you are being treated with methylene blue injection. Do not use this medicine if you have taken an MAO inhibitor in the past 14 days. A dangerous drug interaction could occur.

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



### First Aid Management for First Degree Burn



First degree burns are burns which involve the outer most layer of skin. The skin is usually still intact, but may appear to be red, very warm, or hot to touch and painful. There may also be small blisters and swelling in and around the area of injury. Initial first-aid treatment for a first-degree burn includes the following:

#### DO's:

- ✓ Stop the burning process: cool the burn with running cool (not cold) water for at least 5 minutes. If the victim starts to shiver, stop the cooling process.
- ✓ Remove all jewelry, watches, rings, and clothing around the burned area as soon as possible.
- ✓ Administer an over-the-counter pain reliever such as ibuprofen or acetaminophen for pain.
- ✓ Cover the burn with a sterile gauze bandage or clean cloth. Wrap the burned area loosely to avoid putting too much pressure on the burn tissue.
- ✓ For small area burns, apply soothing lotions that contains aloe vera to the burned area to help relieve the pain and discomfort.
- ✓ Seek medical attention if there is a persistent fever not relieved by medication or redness that may extend beyond the border of the burn or pain is not controlled by ibuprofen or acetaminophen.
- ✓ Drink plenty of fluids (electrolyte containing solutions) if the person appears to be dehydrated.

#### DON'Ts:

- ✓ Do not use ice. Do not over cool!
- ✓ Do not use any butter, ointments, or other home remedies on the burn. Such substances may trap the heat in the tissue and makes the burn worse.
- ✓ Do not break any blisters...leave intact.
- ✓ Do not delay seeing medical attention if the burn is larger than the size of the victim's palm.

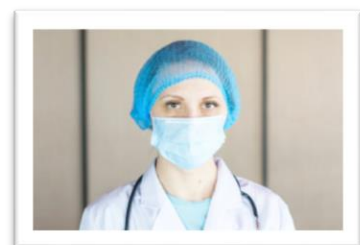
### VIDEO



### Topic: 10 Essential Tips to Breastfeed a Newborn

To watch [CLICK HERE](#)

### NEW COURSES



### Topic: Noncommunicable Diseases 2022: Surveillance, Implementation and Evaluation

Number of modules: 15

Certification: All participants receive a certificate from the WHO Regional Office for Europe after successfully completing the NCD course

To know more and register, [CLICK HERE](#)

## MEDICAL QUIZ



### Topic: Meningitis Quiz

To attend quiz, [CLICK HERE](#)

## MEDICAL INFOGRAPHICS

