

Wellbeing 2016

May 2016



Ramadan Special Issue



Inside This Issue

Promoting Health and Wellbeing

Ramadan Special Issue/May 2016

Welcome to JHAH News, where we share the latest health and wellbeing news and current and upcoming events.

If you have any questions, suggestions, contributions or topics you would like to read about, please email them to the editor:

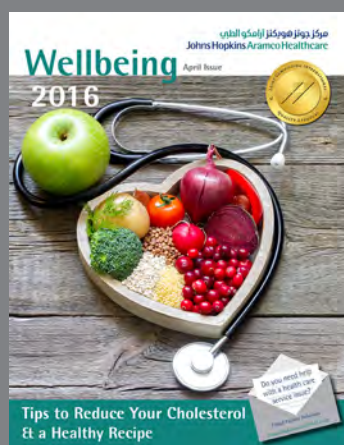
Salam.jishi@JHAH.com

All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

JHAH News Home Delivery

Register the personal email addresses of all your family members, and they too will receive the latest JHAH health and wellness news. Email:

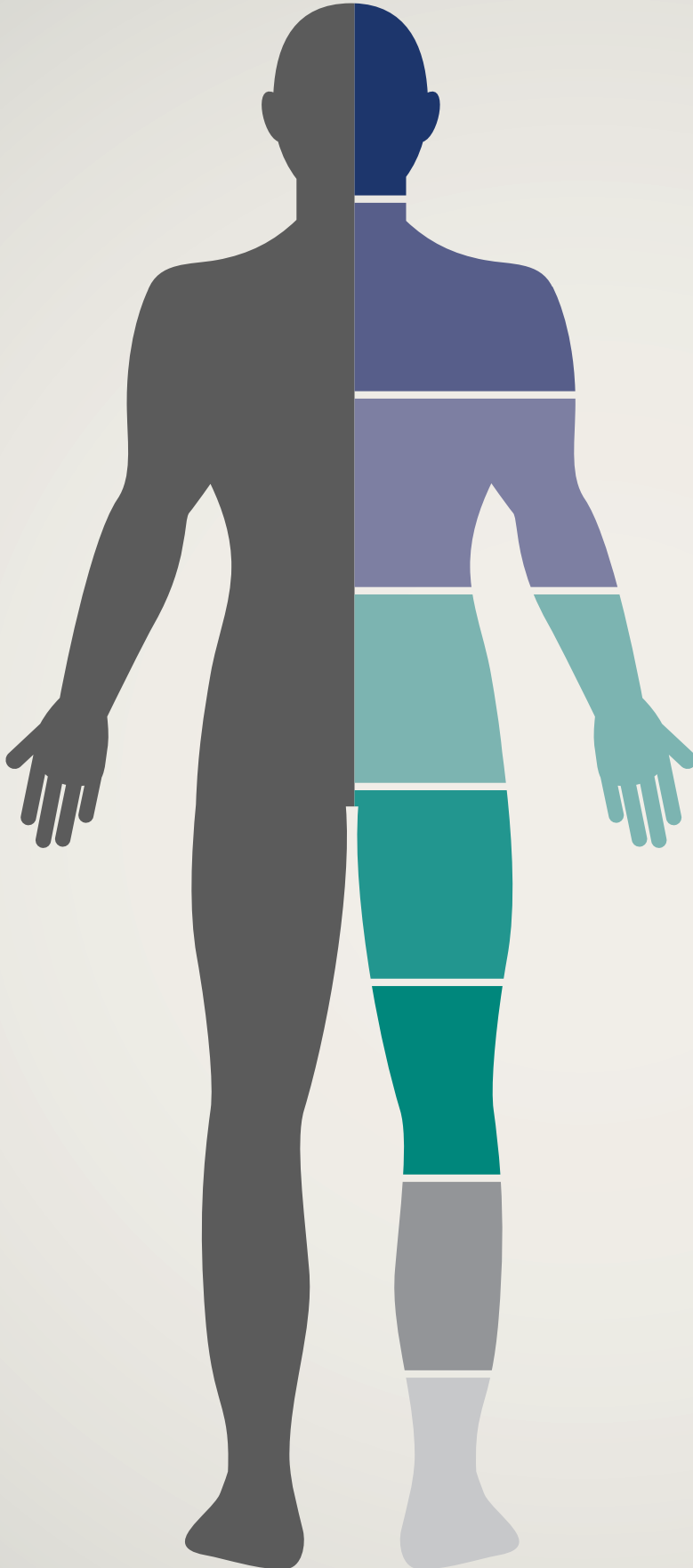
Health.Information@JHAH.com



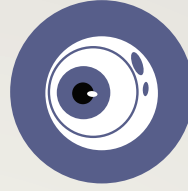
Health Benefits of Fasting	1
Can Fasting Hurt Me? Health Complications Associated with Fasting	2
Fasting: The Good, The Bad, and The Healthy	6
The Holy Month of Ramadan: FAQ for non-Muslims	7
Exercise Plan During Ramadan	8
Pharmacy Recommendations During Ramadan	10
Help for Managing Multiple Medications	11
Food in Ramadan: What Can Help or Harm You	12
Live Longer, Live Healthier: How to Quit Smoking during Ramadan	13
JHAH Healthy Recipes	14
JHAH Operating Hours in Ramadan	17
JHAH Highlights	18
Welcome to Your New Immunization Area	19
Primary Care Pharmacy Implements Advanced Technology	20
Expansion of JHAH Dhahran Mother & Baby Unit (3H)	22
Patient Insight Program Survey: Parents Spoke, JHAH Listened	23
New Look, More News: The JHAH Website Upgrade	24
Working Together for Safety and Health	25
Opportunity	26
May Community Outreach Lecture Announcement	28
Are we ready for an Emergency? Best to Test than to Guess	29
The People Element: Human Factors Engineering	30
JHAH Recruiting Milestones: April 2016 Career Fairs	31
JHAH Welcomes New Employees: 65 Employees Join JHAH in April	32
The Latest in Diabetic Care	33
Connect with JHAH	34
JHM Online Seminars	35
JHAH LinkedIn	35
Your Voice: Patient Satisfaction Survey	36
Caring Profile: Marwa Makhdoom	36
JHAH Bulletin Board	37
Tips to Avoid Dehydration in Ramadan	38

Health Benefits of Fasting

Infographic designed by: **Dalia Basrawi**



Improves focus, concentration, brain functions, and heart health as it lowers the cholesterol level & blood pressure.



When fasting, water levels decrease in the blood, which reduces the secretion of various glands in the body, including the amount of fluid within the eye.



Reduces the amount of blood pumped by the heart. It also reduces blood cholesterol and therefore lessens the risk of atherosclerosis, high blood pressure, and blood clots in the arteries.



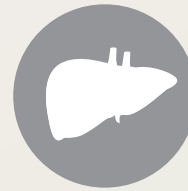
Empowers smokers to quit smoking.



Supports adopting healthy eating habits as the reduction in food consumed throughout fasting causes the stomach to gradually shrink, meaning eating less and feeling full faster.



Lack of water intake during the day reduces fluids in the body, providing a respite for the kidneys to eliminate wastes.



Fasting reduces the proportion of fat in the body, including liver fat, which activates the liver cells and helps to remove toxins from the body.



Lowers blood sugar and reduces the risks of diabetes.



Supports detoxification and cleansing of the digestive system by not eating or drinking throughout the day. Improves absorption of nutrients from the intestines.

Can Fasting Hurt Me?

Health Complications Associated with Fasting

Fasting and Diabetes

It is important that individuals with diabetes consult their doctor before they begin to fast during the Holy Month of Ramadan in order to help them control their blood sugar, avoid complications from fasting and achieve their planned health objectives.



General Guidelines for Diabetic People during Ramadan

- There are multiple types of diabetes. Some diabetics only need to diet to control their blood sugar, while others need to take pills or insulin in addition to their special diets. Children and young patients with diabetes depend on daily insulin injections to control their blood sugar, where insulin doses and timings are scheduled to match with their meals. Generally, those patients are not advised to fast to avoid high or low blood sugar levels, which can result in coma and other serious health concerns.
- Patients who are on controlled diets need to speak to their doctors before fasting. If they are allowed to fast, they have to follow the same meal plan, which includes three meals: (evening) Iftar, (Sahoor) Fajr and midnight. The Iftar meal should be taken right after sunset (not to be delayed) to avoid low blood sugar levels, while the Sahoor meal should be eaten as close to Fajr (predawn) as can be permitted.
- Diabetics who are fasting and are on oral pills or insulin are advised to avoid exercise during the daytime, especially in the afternoon, to avoid low blood sugar levels. Patients can exercise (walking) 1 to 2 hours after the Iftar meal for 30 to 45 minutes with a doctor's approval. Patients should always carry their Diabetic ID cards, along with a source of fast acting carbohydrates, such as three dates, to quickly consume in the event of a low blood sugar event (hypoglycemia).
- Diabetics on oral pills who take them once a day (extended acting) are advised to consult with their doctor to determine if they have to change the dosage timing. Generally, patients are advised to have one tablet at Iftar (evening) time and just half a tablet during Sahoor, to avoid low blood sugar levels during the day.
- Pregnant diabetics are advised not to fast to avoid low blood sugar levels, ketosis and other health concerns. This might put them and their unborn babies at risk.
- It is very important to monitor your blood sugar levels before meals and before taking oral medications or insulin, recording the results and discussing them with the assigned medical experts.
- With the doctor's approval patients, who are on diuretics, are advised to take them after the Iftar meal rather than after Sahoor, to avoid dehydration and thirst during the daytime, as well as other health concerns.

Tips to Avoid Weight Gain

مرکز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare

Avoid	Solution	Avoid	Solution
 <p>Fried Food</p>	<p>Use little oil in cooking, steam, bake or grill your food. Try baked Samboosa rather than fried. Do not add oil/butter or ghee on the top of Harees or Jareesh.</p>	 <p>Fatty Foods</p>	<p>Consume fruits, vegetables, nonfat yogurt or laban for snacks. Increase the intake of vegetables and salads without adding oil or salad dressings.</p>
 <p>Creamy Soups</p>	<p>Make whole grain or vegetable soups</p>	 <p>Large Amounts of cooked rice or pasta</p>	<p>Use one cup.</p>
 <p>High Meat Consumption</p>	<p>Limit meat portions to 5-6 ounces (same for Fish or Chicken).</p>	 <p>High Carbohydrates Consumption</p>	<p>Mix your steamed rice with legumes or vegetables to add flavor, fiber, and to increase your satisfaction.</p>
 <p>Eating too many Dates</p>	<p>Limit Dates to three pieces.</p>	 <p>Added Nuts to Food</p>	<p>Nuts are healthy additions to any diet, but they are high in calories, so limit the amount of nuts.</p>
 <p>Sweets</p>	<p>Replace sweets with fruits.</p>	 <p>High Sugar Intake</p>	<p>Add only a small amount to your drinks to replace it with a sugar substitute.</p>
 <p>Full Fat Dairy Products Gishta (heavy cream)</p>	<p>Use low fat Labnah. Use low fat/nonfat milk and dairy products.</p>	 <p>Sweetened Juices, Vimto, Gamardine (apricot nectar)</p>	<p>Drink unsweetened juice or diet drinks.</p>
 <p>Dehydration</p>	<p>Increase your water intake.</p>	 <p>Being Inactive</p>	<p>Practice walking for 30-45 minutes/day, or take a swim, or go to the exercise room.</p>

Infographic is designed by: **Dalia Basrawi**

Can Fasting Hurt Me?

Health Complications Associated with Fasting

Fasting and Gaining Weight

As a result of cultural influences, the Holy Month of Ramadan can significantly contribute to weight gain because fasting Muslims tend to prepare too much oily food and break their fast with a feast. Iftar is not Iftar without LoQaimat and deep-fried Samboosas.

In addition, the Vimto drink has practically become a standard during Ramadan. Unfortunately, all of these give you too many calories.

The solution is to eat moderately, grill rather than fry, avoid artificially sweetened drinks, and ensure that you do not miss the Sahoor meal.

Fasting and Constipation

Many people may experience constipation, which is the most common gastrointestinal problem during Ramadan. The movement of food through the digestive system takes longer than normal. This can result in the wastes becoming hard and defecation being irregular and painful.

To prevent constipation during Ramadan, here are some helpful suggestions:

- Consume at least five servings of fruits and vegetables daily. These will provide your body with substantial amounts of fiber.
- Choose whole-wheat bread (rather than white) and fiber containing cereals (rather than refined).
- Add vegetables, legumes, or corn to rice and pasta dishes and soups, such as Mojadarah (lentil rice).
- Include salads such as Tabbouli, Fatoush, Hummus, Moutable, Baba Ganouch, beans, etc., at your Iftar and Sahoor meals and for snacks as well.
- Include fiber rich soups, such as grains, vegetables or lentils at your Iftar and Sahoor meals and snacks to provide your body with both fluids and fiber.
- Consume sufficient fluids, such as water, vegetable juice, unsweetened fruit juice, low fat or nonfat milk and fat free soups with your meals and snacks.



Fasting and Heartburn

Stomach acid, which digests food, is usually reduced during fasting. However, the smell of food can incite the brain to signal the stomach to produce more acid which in turn can lead to heartburn. How should you deal with heartburn during Ramadan?

- If you are re on antacids, continue taking them, preferably with the Sahoor meal.
- After fasting, eat in moderation.
- Avoid oily, deep-fried and very spicy foods.
- Reduce your caffeine intake.



Fasting and Headaches

Headaches while fasting can be triggered by hunger, dehydration, poor sleep, or withdrawal symptoms caused by not smoking or an absence of caffeine in your system. Do not miss the Sahoor meal, make sure that you drink enough water, gradually and consistently. Ensure that you get enough rest and finally, take the opportunity given to you during the Holy Month of Ramadan to quit smoking.



Fasting: The Good, The Bad, and The Healthy

How to lose weight during Ramadan?

The Holy Month of Ramadan can provide a very good opportunity to lose weight, if one can exercise self-control and not overeat when breaking the fast. However, like everything else, too much of anything can turn against you. What does this suggest?



The Good

Although fasting starts at dawn, the body actually enters a state of fasting eight hours after the last meal. By that time, the body has already finished absorbing nutrients from the food consumed earlier. Now the fun part starts: the body starts to burn glucose to create energy and when that runs out, it starts to burn fat. This is how we begin to lose weight.

The Bad

Do not extend your fast longer than necessary in the hopes of burning more fat, because if you fast for too long, your body will actually start to breakdown muscle protein for energy. The more times that you unnecessarily extend your fast, the more protein that will be burned in order to fuel your body. Essentially, you will be starving yourself. No one typically reaches the starvation stage during the Holy Month of Ramadan since the fast is broken at sunset every day, but you can do more harm than good by fasting for longer periods or by not eating enough after the fasting time (daylight hours) is complete.

The Healthy

Remember that you will not lose weight and then keep the weight off simply by fasting. You will have to tie that together with establishing health habits, such as:

- Vegetable soups/grain soups are recommended rather than cream soups in order to reduce the intake of fat, cholesterol and calories. Vegetable soups/grain soups are rich in fiber, antioxidants and low in calories and fat.
- Meat should be lean and if poultry, should be skinless.
- Dates should be consumed in moderation. Three individual pieces are equivalent to one serving of fresh fruit or 1/2 cup of unsweetened fruit juice.
- Milk products are recommended to be low fat or non-fat in order to reduce the intake of fat, cholesterol and calories.
- Raw or cooked vegetables, in addition to fresh fruits. These are rich in fiber, minerals, vitamins and antioxidants and low in salt, fat and cholesterol.
- Limit consumption of creamy and sweetened desserts and sugary drinks. Fresh fruits are recommended instead.
- Carbohydrates should be consumed as per your prescribed diet plan. Carbohydrates should be complex, as these are rich in fiber, in addition to their reduced impact on blood sugar. One cup of cooked Hareese (crushed wheat) may replace one cup of cooked rice. The recommended daily allowance of lean meat or skinless chicken may be cooked with the Hareese.
- Baked Samboosa is better than fried. Three pieces of Samboosa may replace the combined servings of lean meat and bread.
- Be safe and cautious about food. Avoid keeping food at or above room temperature for more than 2 hours.
- Consult your dietitian to discuss your plans for meals during the Holy Month of Ramadan.

By: **Layla Gafashat**

The Holy Month of Ramadan

FAQ for non-Muslims

By: Layla Gafashat

What is Ramadan?

Ramadan is the name of the ninth month on the Islamic lunar calendar. The original meaning of the word Ramadan is scorching heat. Muslims abstain from any eating or drinking during all of the daylight hours. The precise start date each year is confirmed in the Kingdom of Saudi Arabia by the sighting of the new moon. This year Ramadan is expected to begin on Monday, June 6th, 2016.

How long do Muslims abstain from eating and drinking?

Muslims abstain from the break of dawn until sunset throughout each day for the entire month. From sunset until the break of dawn of the following day, Muslims can eat and drink.

Why do Muslims go through the hardship of fasting?

Muslims do not see the month as one of hardship, but of opportunity. Ramadan provides an opportunity to connect to one's creator; to feel the hunger pains of the less fortunate who do not have the means to eat on a regular basis; to reconsider one's priorities; to practice discipline and to cleanse one's body of impurities; to draw closer to both family and one's community.

Do children, sick and old people need to fast?

A major condition for fasting is reaching puberty, being healthy and sane. Therefore, children who have not reached puberty and sick people are exempted from fasting. The same goes for the elderly who cannot cope with the rigors of fasting. However, those who are temporarily sick must re-fast for the days that they may have missed after Ramadan.

Who else is exempt from fasting?

Women who are having their menstrual period or who are experiencing post-partum bleeding should refrain from fasting as it could be harmful to them. People who are traveling may also break their fast if they feel that keeping it would harm them. In addition, if pregnant or nursing women feel that fasting can harm them or their infants,

they can break their fast. However, all the cases mentioned above must re-fast for the days that they may have missed after Ramadan.

How can non-Muslim co-workers help their fasting colleagues?

They can refrain from eating, drinking or smoking in public during the day. They can dress conservatively and speak softly. When they are at the gym, they should discreetly drink their water. They should put away coffee cups, water bottles, etc., that remind fasting Muslims of food and drink.

Is there a certain greeting for Ramadan?

The traditional greeting during the Holy Month of Ramadan is "Ramadan Mubarak" or "Ramadan Kareem", which means have a Blessed or Generous Ramadan.

What else should we know about Ramadan?

Here in the Kingdom of Saudi Arabia, life changes for one month, not only for the Muslims but for the non-Muslims as well. Work timings and the pace of living changes. Attention is refocused and yes, the energy levels of Muslim colleagues may begin to flag as the month progresses.

What's Eid al-Fitr?

The name Eid al-Fitr means "feast of the fast-breaking". It takes place on the first day of the month that follows Ramadan. The traditional greetings are "Eid Mubarak" or "Eidkum Mubarak", which means "have a blessed Eid day".

Fasting during Ramadan is not an excuse for not practicing regular exercise. It is important to continue exercising during Ramadan to keep the metabolic rate, fitness level, and body systems functioning well.

EXERCISE PLAN DURING RAMADAN

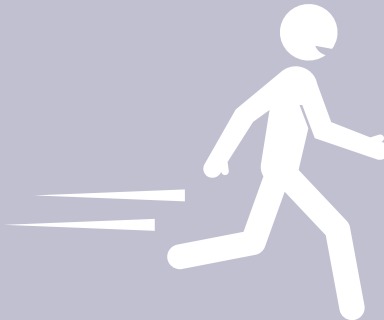


Infographic designed by: **Dalia Basrawi**

Activities while Fasting



Activities after Breaking your Fast



Practice brisk walking or jogging or swimming for 30-45 minutes a day.

Stretch your arms and legs before and after Taraweeh.

Limit fried foods or consuming large Iftar meals, as these will make you feel sleepy, fatigued and unable to do your exercise.

Divide your meals into small and frequent ones. Consume light and low fat meals and increase your intake of fruits and vegetables.



Hydrate your body and drink adequate amounts of water. Limit your intake of caffeine-containing drinks, such as coffee, tea and cola, as these will deplete your body of water.

Set simple exercise goals, such as walking to Mosque instead of using the car and park your car at enough distance to your office or supermarket.



Avoid strenuous exercise during fasting hours, such as running or weight lifting. These will lead to dehydration, fatigue, low blood sugar and muscle breakdown.



Stretch your muscles several times during the day.

Wait for two hours after your Iftar meal or before Sahoor meal to give your body the chance to digest the food.



Pharmacy wishes you and your loved ones a blessed and pleasant Ramadan

By: Hisham Momattin

The pharmacist plays a key role in providing personalized, patient centered counseling to ensure that patients are fully informed about treatment options and dosing time changes. If you have any questions about medications during Ramadan, please consult your clinician.



Tips for safe medication use during the Holy Month of Ramadan:

- Do not skip or change your medication doses on your own. Consult your clinician for advice and recommendations.
- Medications with a single daily dose in the evening can be taken with Sohoor.
- Medications with a single daily dose in the morning can be taken with Iftar.
- For medications taken twice daily, take the morning dose with Iftar and the second dose with Sohoor.
- For medications that are taken three times or more daily, consult your clinician.
- Fasting and certain diabetic medications, such as insulin or oral diabetic medications, can put you at risk for hypoglycemia (low blood sugar). Some diabetic patients might require adjustment to their insulin or oral diabetic medication doses. Consult your clinician.
- It is important to monitor your condition closely during Ramadan and consult your clinician immediately if you have problems with managing your condition.
- You may also want to schedule a follow-up consultation after Ramadan to discuss any necessary readjustments of your medication(s).



Some helpful questions to ask your health care professional:

- What are the risks of fasting based on my specific health history?
- What changes will I need to make to my diet during Ramadan to ensure my diabetes is appropriately controlled?
- Can I maintain my usual level of physical activity during Ramadan?
- Are there any situations where I should not fast?
- Whom should I contact in the case of an emergency?

Help for Managing Multiple Medications

Dealing with multiple medications each day—for you or a loved one—can be challenging. But it's not uncommon. So what can you do to make it easier—and safer? A Johns Hopkins Medicine expert shares the tips you need.

The best approach: "When you're using several medications, be proactive," says Jessica Merrey, PharmD, Clinical Pharmacy specialist at The Johns Hopkins Hospital and Certified Geriatric Pharmacist. "Taking medications as directed by your doctor, getting refills on time and staying alert to side effects and interactions all help keep you healthy."

These strategies can make managing multiple medications easier—and safer.

Fill your prescriptions at one pharmacy.

This makes getting prescription refills simpler—so you're more likely to take medications as directed. It also helps your pharmacist protect you from drug interactions. "The risk for side effects and drug interactions rises with each additional medication you take," Merrey explains. "Using one pharmacy keeps your medication records in one place, so the pharmacist can evaluate your risk and work with your doctor to avoid potential problems."

Use a pill dispenser or other reminder system.

"A pill box with compartments for each day of the week—and for morning, noon and night if you take medications several times a day—lets you know at a glance whether you've taken your medicines yet," Merrey says. "Your pharmacist may be able to fill your pill dispenser for you."

You can also keep a medication schedule to remind you what to take and when. (Post it on your refrigerator or inside a kitchen cabinet door.) "Make taking your medications part of your daily routine. Try setting a timer on your phone, watch or alarm clock," suggests Merrey. "You might always take them after you brush your teeth in the morning, for example."



Get prescriptions refilled early.

Running out could cause health conditions to worsen. Check expiration dates frequently and discard any medicines that are out of date. Your pharmacist may even be able to help you get multiple medications on the same refill schedule so you can make fewer trips to the drugstore, Merrey says.

Make a list—and update it regularly. Keep a list of the medications you take—with the name of the drug, the dose, how often you take it and why. Put a copy in your medical files at home, carry one in your wallet to show your doctor and give a copy to a loved one or friend in case you have a medical emergency. "Don't assume all of your health care providers know about all of your medications," Merrey says. "A list is essential. It can also help your doctor look for the sources of any side effects or interactions you may be having."

Get a yearly "brown bag" review.

Toss everything you take (prescriptions, over-the-counter remedies and supplements) into a bag and take it to your annual checkup for a review. "With age, the body absorbs and breaks down medications differently. Your doctor may change the dose of something you've used for a long time," she says.



JOHNS HOPKINS
M E D I C I N E

This content was originally published by the Marketing and Communications office of Johns Hopkins Medicine. It has been reprinted here with that office's permission. Additional reuse and reprinting is not allowed. Information is intended to educate readers and is not a substitute for consulting with a physician.

Food in Ramadan

What Can Help or Harm You

By: Layla Gafashat

As with any kind of food, a balanced diet is key. Another key is self-control. It is so tempting to keep on reaching for all that delicious food, so beautifully displayed. Without a balanced diet and self-control, almost all foods have the potential to harm you.

The first thing you need to consider is to ensure that your Ramadan food contains portions from all the essential food groups:

- Vegetables
- Fruit
- Grains (cereals), mostly wholegrains and/or high fiber cereal varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds
- Dairy products like milk, yoghurt and/or alternatives (preferably reduced fat)

Food that Helps

Complex carbohydrates are found in barley, wheat, oats, millet, semolina, beans, etc. This type of food releases energy slowly during the long hours of fasting. Food rich in fiber is also digested slowly. You can find these fibers in bran, cereals, whole wheat, grains, seeds, potatoes (with the skin on), vegetables and almost all fruit.

Food that Harms

Deep-fried, fat-rich, and sugary dishes are the biggest culprits in health issues that directly result from food. Anything that needs an excessive use of oil to cook should be avoided.

Try to avoid consuming a big Sahoor, and make sure that it includes slow digestive foods.

Cooking tips

- Avoid frying and deep frying.
- Shallow-fry (the difference in taste is minimal).
- Grill or bake.



Final thoughts

Food is a pleasure. It becomes even more of a pleasure during Ramadan. But too much food can turn into a silent killer. Always keep your weight (short-term impact) and your arteries (long-term impact) in mind while buying, cooking, and consuming food.

Live Longer, Live Healthier

How to Quit Smoking during Ramadan

By: Layla Gafashat

The Holy Month of Ramadan is not only for worship or fasting, it is also about habits, including spiritual, moral, and physical habits. There are very few habits worth breaking more than smoking, especially since smoking is considered a fast-breaker.

If you can quit smoking during the course of the entire day... why not try extending it through the night as well? In fact, aim high and cease smoking throughout the entire month of Ramadan!

Embrace the challenge, quit smoking, and live a longer and healthier life for both yourself and your loved ones. We wish you strength of will and hope that the following tips will help you to achieve this life-changing goal:



Write down your reason(s) to quit smoking.

I am quitting smoking for:

- My health.
- So I won't expose my loved ones to smoke.
- To set a better example for my children to follow.

Don't start gradually, go cold turkey.

Some smokers start by cutting back on the number of cigarettes. They end up smoking the same amount afterwards. You will have a better chance quitting if you stop completely.

Try to stay away from friends or acquaintances who smoke.

Stay home if you have to and spend this time with your family.

Avoid food or drinks that are normally associated with your smoking habit.

Find alternatives to these foods during the Holy Month of Ramadan.

When you feel the need to smoke, distract yourself with an activity.

Go for a walk around the neighborhood.

Go to the gym to exercise.

When the symptoms of the nicotine withdrawal gets hard

Remember that these symptoms will disappear after a few weeks.

Chicken Oat Soup

A filling, tasty and rich in fiber soup that is heart friendly.

Ingredients (6 Servings):

- 1 skinless whole chicken or skinless chicken pieces
- ½ cup dried oatmeal
- 2 tablespoons lemon juice
- Black pepper to taste
- 7 cups water

Preparation:

- Boil the chicken at low heat for 1 hour, until well cooked and then drain it. Save the chicken broth!
- Cut the boiled chicken into small pieces.
- Add the oatmeal to the chicken broth and heat at medium temperature for 15 minutes until the oatmeal is cooked well.
- Add the chicken pieces to the soup, and then add black pepper and lemon juice. Cook together for 5 more minutes at medium temperature.
- Serve with whole-wheat bread, fresh coriander, lemon, salad and non-fat or low-fat yogurt or laban for a more balanced and nutritious soup.

Fat and Calories Contents per Serving:

- Calories: 55 Calories
- Fat: 1.5 grams

Health Message: Chicken Oat Soup is rich in soluble fiber and is appropriate for people with heart disease, children, pregnant and lactating women and seniors. Diabetics can consume it (1 cup of chicken oat soup = 1 serving of carbohydrates). It is not recommended to be served for people with Gluten allergies.



Fattoush Salad

A delicious Lebanese and Syrian salad, rich in fiber, antioxidants and vitamins. It is most often served during Ramadan.

Ingredients (6 Servings-1 Cup Each):

- 3 cups toasted whole-wheat pita bread, cut in pieces
- 1 cup tomato, diced
- 1 cucumber, diced
- ¼ cup parsley, chopped
- ¼ cup green onions, chopped
- ¼ cup green pepper, diced
- 2 cups lettuce, chopped
- 3 cloves garlic, crushed
- ½ cup lemon juice
- 2 tablespoons olive oil
- ¼ cup fresh mint, chopped
- 1 teaspoon Sumac
- Black pepper to taste

Preparation:

- **Bread pieces:** Pre-heat oven to 300 °F (150 °C). Place whole-wheat bread pieces on a large baking tray and bake until the bread is golden and crisp.
- **Salad:** In a large bowl, combine lettuce, bread, cucumber, tomatoes, green peppers, onions, and parsley together. Toss gently.
- **Dressing:** In a small bowl, combine garlic, olive oil, lemon juice, mint, and Sumac; mix well. Pour dressing over salad and serve.
- Serve with whole-wheat bread, fresh fruits, low-fat or non-fat yogurt or laban for a more balanced and nutritious salad.

Fat and Calories Contents per serving:

- Calories: 75 Calories
- Fat: 2.5 grams

Health Message: Fattoush is appropriate for people with heart disease, diabetes, children lactating and pregnant women and seniors. It is not recommended to be served to infants under one year of age or to people with chewing or swallowing difficulties, or to people with dairy or Gluten allergies.



Mansaf

A traditional Jordanian dish made of lean lamb cooked in a sauce of fermented dried yogurt. It is served with rice and garnished with almonds, sautéed onion and chopped parsley. It is rich in calcium, iron and protein. It is delicious, nutritious and full of taste and flavor.

Ingredients (6 Servings-1 Plate Each):

- 1½ cups rice
- 750 grams lean lamb, cut into pieces
- 1 tablespoon, canola oil
- 3 cups non-fat yogurt or 1 cup crushed and soaked Jameed (dried yogurt)
- 2 tablespoons roasted almond, flaked
- 180 grams whole-wheat pita bread (6 small loafs or slices – 30 grams each)
- 3 tablespoons fresh parsley, chopped

Preparation:

- Cook the rice and then set it aside. Boil the lean lamb for 1½ hours or until it is well done.
- Add the Jameed (dried yogurt), canola oil and let it boil for 30 minutes.
- Place one small loaf of whole-wheat Arab bread or one slice in a plate, put the cooked rice over it, and then arrange the cooked lamb pieces over the rice.
- Pour the cooked Jameed on top of rice and garnish it with chopped almond and parsley.
- Serve with salad or cooked vegetables for a more balanced and nutritious meal.

Fat and Calories Contents per Serving:

- Calories: 330
- Fat: 7.5 grams

Health Message: Mansaf is appropriate for people with heart disease as long as it is made with non-fat yogurt, lean lamb meat and unsalted. In addition; it is a healthy dish for children, pregnant and lactating women and seniors. Diabetics can consume it (1/3 cup of rice = 1 serving carbohydrate, without the bread). It is not recommended to be served to infants under one year of age, or for people with chewing or those with swallowing difficulties or dairy or Gluten allergies.

Rice Pudding

A hearty and nutritious dessert. The taste and flavor of rose water makes it delicious. It is rich in protein, calcium, vitamins and minerals and can be consumed as a snack.



Ingredients (6 servings-1 cup each):

- 1 cup of uncooked rice, short grain
- 4 cups non-fat milk (one liter)
- 6 tablespoons sugar
- 2 tablespoons rosewater
- 2 tablespoons cornstarch
- 2 tablespoons almonds, chopped
- 2 cups water

Preparation:

- In a saucepan, cooked the rice in water for 20 minutes until the rice becomes tender.
- Add the milk and sugar, the turn the heat down to low; simmer it and stir it occasionally to prevent sticking.
- Cook it for 45 minutes, then add the cornstarch and stir thoroughly.
- Add the rosewater to the mixture and bring it to boil for 1 minute.
- Remove from heat, allow sitting for 10 minutes to thicken, and then transfer it to serving bowls.
- Serve with fresh fruit salad to enrich it with fiber, vitamins, minerals and antioxidants for a more balanced and nutritious treat.

Nutritional Value per Serving:

- Calories: 200
- Fat: 2.5 grams

Health Message: Hearty Rice Pudding is appropriate for people with heart disease, children, pregnant and lactating women and seniors. Diabetics can consume it (1/3 cup = 1 serving carbohydrates). It is not recommended to be served to infants under one year of age or for people with milk allergies. Non-caloric sweetener can be substituted for sugar to reduce the calories and carbohydrates.

Watermelon Milkshake

Rich in Antioxidants, Calcium, Vitamin D and Fiber



Ingredients (4 Servings - 1 Cup each):

- 2 cups of liquid low fat milk (chilled)
- 3 cups of watermelon
- 1 teaspoon vanilla powder (5 grams)
- 4 cubes of ice

Preparation

- Cut watermelon into cubes, and remove seeds and keep the chilled
- Place the watermelon cubes in an electric blender, add the 2 cups of milk and the vanilla
- Blend the ingredients for 3 minutes until you get a smooth consistency
- Pour the milkshake into serving cups and place one cube of ice on top of each cup
- Serve immediately or refrigerate

Nutritional Value per Serving:

- Calories: 100
- Protein: 4 grams
- Carbohydrates: 15 grams
- Fat: 1 gram

JHAH Operating Hours in Ramadan

Abqaiq

- **Collection Laboratory:** 7 a.m. – 4 p.m.
- **Dental Clinic:**
 - 7 a.m. – 4 p.m.: June 6, 7, 8, 13, 15
 - 9 a.m. – 3 p.m.: June 9, 12, 14
 - 9 a.m. – 3 p.m.: June 16 to July 14
- **Request or cancel a dental appointment** online or call 800-305-4444.
- **Patient Relations:** contact us with your healthcare related concerns online, by phone 800 305 4444 or drop in to our office in Abqaiq 7 a.m. to 3 p.m. Sunday to Thursday.
- **Primary Care:** 7 a.m. - 4 p.m. Emergency Medical Service (EMS) for emergencies outside normal operating hours.

Al Hasa

- **Collection Laboratory:** 7 a.m. – 3:30 p.m.
- **Dental:** patients go to Abqaiq or 'Udhailiyah dental clinics. Request or cancel a dental appointment online or call 800 305 4444.
- **Patient Relations:** contact us with your healthcare related concerns online, by phone 800 305 4444 or drop in to our office in Al Hasa, 9:30 a.m. to 3 p.m. Sunday to Thursday.
- **Primary Care:** Sunday to Thursday: 7 a.m. - 3:30 p.m. EMS for emergencies outside normal operating hours.

Al Midra Wellness Center

- **Blood Donation:** (Closed during Ramadan)
- **Pharmacy:** (Sunday – Thursday, 11 a.m. – 3 p.m.).
- **Wellness:** Consultation, lifestyle wellness coaching and health screenings (Closed during Ramadan)

Ar-Rakah Clinic

- **Primary Care:** every Wednesday from 10 a.m. to 4 p.m.
- **To make an appointment:** call the centralised contact center on 800-305-4444, select option 1 for Dhahran. When speaking with the call agent, state that you are booking an appointment for Ar-Rakah Clinic.

Dhahran

- **Blood Bank:** is open for donations 8 p.m. – 1 a.m. Register online or phone 877-6770/6638 during regular working hours.

Collection Laboratory:

- Primary Clinic lab: 7 a.m. – 4 p.m. and evening 7 p.m. – 1 a.m.
- Cancercare lab 7 a.m. – 2:30 p.m.
- Specialty Clinic lab 7 a.m. – 4 p.m.
- **Dental:** open 7 a.m. – noon and 1 p.m. – 4 p.m. Request or cancel a dental appointment online or call 877-8088.
- **Mother and Baby Unit (3H) tour operating hours during Ramadan:** You may be referred by your physician during Ramadan.
- **Patient Relations:** – contact us with your healthcare related concerns online, by phone 800-305-4444 or drop in to our offices 7 a.m. to 4 p.m. Sunday to Thursday.
- **Primary Care:**
 - Clinic appointments: 7 a.m. – 4 p.m.
 - Walk in Care: 7:30 p.m. – 1:30 a.m.
 - Weekend Walk in Care 10 a.m. – 4 p.m. and 7:30 p.m. to 1:30 a.m.
- **Visiting hours:**
 - Saturday – Thursday, General Wards and ICUs 4 – 8 p.m.
 - Friday 12:30 – 8 p.m.
 - Official holidays 2 – 8 p.m.

Ras Tanura

- **Collection Laboratory:** 7 a.m. – 4 p.m.
- **Dental:** 7 a.m. – 4 p.m. Request or cancel a dental appointment online or call 800-305-4444.
- **Patient Relations:** contact us with your healthcare related concerns online, by phone 800 305 4444 or drop in to our offices in Abqaiq, Al Hasa, Ras Tanura, 7 a.m. to 4 p.m. Sunday to Thursday.
- **Primary Care:** 7 a.m. - 4 p.m. EMS for emergencies outside normal operating hours.

'Udhailiyah

- **Collection Laboratory:** 7 a.m. – 3:30 p.m.
- **Dental:**
 - 7 a.m. – 3:30 p.m.: June 6, 9, 12, 13, 14
 - Clinic Closed: June 7, 8
 - 9 a.m. – 3 p.m.: June 15 to July 4
- Request or cancel a dental appointment online or call 800-305-4444.
- **Patient Relations:** contact us with your healthcare related concerns online or by phone 800 305 4444.
- **Primary Care:** 7 a.m. - 3:30 p.m. EMS for emergencies outside normal operating hours.

JHAH Highlights



Patient Safety Success

Medical Intensive Care Unit (3B) has achieved one year (52 weeks) with zero incidences of CLABSI

This accomplishment represents 374 days with no harm to patients from Central Line-Associate Bloodstream Infection (CLABSI). CLABSI is one of the most deadly (mortality rates up to 25%) and costly hospital associated infections. In 2014 one in ten of our adult Intensive Care Unit (ICU) patients were put at increased risk after developing a preventable infection. JHAH is aiming for zero CLABSI rates in both Medical and Surgical ICU. The prevention of CLABSI was one of the Year One Armstrong Fellowship projects.

**JOHNS HOPKINS
ARMSTRONG INSTITUTE**
FOR PATIENT SAFETY AND QUALITY

JHAH Awarded MOH Certificate of Excellence – Second Year Running

Following a visit and inspection by the Ministry of Health Infection Command and Control Center, a certificate of excellence has been awarded to JHAH. This is the second year running that JHAH has earned this recognition for its role as a leading organization in performance related to infection control, procedures and practice related to the control and treatment of MERS-CoV. The inspection criteria was designed to assess preparedness for MERS-CoV. It included procedure and policy for MERS-CoV suspecting, reporting and registration in MOH online system (HESN). As such, JHAH thanks all those who contributed to these efforts and is looking forward to continue the best practices.



Welcome to Your New Immunization Area

New Immunization Clinic opens in Dhahran Primary Care

By: Bradley Wilkinson

It is always better to prevent than to treat. This is why you should keep your immunizations current. Through vaccination, your body develops immunity to a specific disease without actually suffering from it.

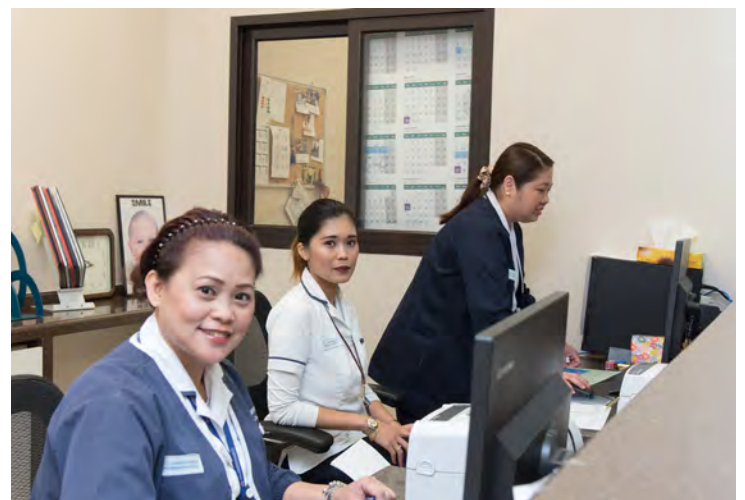
Johns Hopkins Aramco Healthcare has just made that a bit easier for you by opening its new immunization facility in its Dhahran Primary Care (Building 50). The new immunization area combines both child and adult immunization in one location, across from the main reception and the new pharmacy.

"The new facility is much more spacious and has a friendly atmosphere, and we've added two additional immunization stations," said Manal Jardenico, Supervisor Nurse, Complex Care. "This will make a patient's wait in our designated waiting area much more comfortable and should reduce their wait time."

The new immunization area includes a post immunization area where patients can relax while they wait to ensure there will be no reaction to their immunization. It also includes two spacious medication preparation areas for the nurses. "We are very pleased with and comfortable in our new immunization area," said Elsamma Pothen, JHAH Nurse. "Because we are comfortable, we will better serve our patients as we will be relaxed, and of course the patients will be too as the new facility is very welcoming and comfortable."

Patients can visit the immunization area by making an appointment or through a patient referral. Next time you take your child or come to see your physician, be sure to ask her/him to check your immunizations.

Keeping immunizations current can save your life or protect your future or that of your children!



Primary Care Pharmacy Elevates Patient Experience Through Advanced Technology and Modern Systems



Dhahran, May 15, 2016 - Johns Hopkins Aramco Healthcare (JHAH) welcomed the first patients to its new Primary Care Pharmacy. This Pharmacy is the first in the GCC region to integrate two advanced robotic medication dispensing systems (and only the second outside of the U.S.). While the dispensing systems operate behind the scenes they enable an immediate transformation in patient experience, which is clearly visible.

The extended waiting times, crowded space and transactional exchange between pharmacist and patient have been swept away and the new Pharmacy offers a welcoming environment with an individual consultation for each patient. The location is designed to provide a tranquil, healing atmosphere and includes 13 seated consultation cubicles. It is here that the pharmacist spends time discussing the medications with the patient. Meanwhile, the robotic system prepares, packages and labels the prescriptions, which are delivered by a conveyor mechanism to directly to the cubicle. This results in minimal wait times and maximum attention to the patients' needs and clinical outcomes.

Robotics Technology and Medication Therapy

The new robotic integrated medicine dispensing system is comprised of a Parata loose pill dispensing robot and two Consis D5 robotic systems to handle prepackaged medicines.

The planning and implementation of the robotic solution has been guided by a multi-year analysis of the medications being dispensed at JHAH. The outpatient pharmacies at JHAH process about 2.2 million prescriptions each year with approximately 2,000 different medications being prescribed and dispensed. The primary focus was on the most frequently prescribed medications – by robotically preparing and dispensing these medicines, about 80% of the total prescription volume can be handled by robots faster and unsurpassed accuracy; thus freeing pharmacists to educate and consult with patients. The system is designed to maximize efficiency, minimize human error and enable pharmacists to improve their clinical effectiveness.

“Our new model of pharmacy allows us to provide patient-centric care, meaning we work closely with health care providers and with patients to improve patient experience

and outcomes," said Dr. Khurram Mohammed, JHAH Chief Pharmacist.

The JHAH Dhahran Primary Care was also the first Pharmacy in the Middle East to implement the Parata loose pill dispensing system. JHAH will be installing another integrated robotic system, comprising the Parata and Consis D5, in the Al Hasa Health Center as part of the Al-Hasa Health Center expansion and revitalization. Additionally, the Parata system will be deployed in the Ras Tanura Health Center Specialty Clinic in the near future.



"Johns Hopkins Aramco Healthcare is bringing one of the world's most advanced medical dispensing technologies to our Dhahran Primary Care Pharmacy, and providing you with more personalized attention from our pharmacy team," said Faisal Al-Hajji, Chief Operating Officer (COO), Johns Hopkins Aramco Healthcare. He added, **"Our new Primary Care Pharmacy is one aspect of the JHAH strategy to create a caring experience for our patients and their families, while also expanding our facilities and increasing clinical services."**



The opening of six additional single occupancy rooms in the JHAH Dhahran Mother & Baby Unit (3H)



May 15, Johns Hopkins Aramco Healthcare marked the opening of six additional single occupancy rooms in the JHAH Dhahran Mother & Baby Unit (3H). The additional rooms expand the ward to a total of 26 single occupancy rooms, offering our new mothers and their babies a peaceful and nurturing environment. The expanded ward and single rooms are part of the JHAH strategy to offer enhanced patient and family experience while expanding services.



Patient Insight Program Survey

Parents Spoke, JHAH Listened

By: Tatiana Mezerhane

Children can sometimes be picky eaters. Sick children can often be even pickier. The nutritional wellbeing of our little patients is very important to us at Johns Hopkins Aramco Healthcare (JHAH). It is so important that we addressed it in our "Your Voice" inpatient survey. The survey asks about the "Availability of the type of food your child likes to eat." Moms and dads responded.

In the first quarter of 2015, fifty seven percent (57%) responded that the food their child likes is available. The JHAH Service Excellence organization fed that information (pun intended) to the folks in Clinical Nutrition and Food Services Unit, and they immediately took action to make changes in the menu.

In February a new pediatric menu was introduced. "Since the number of pediatric patients is small, we can tailor each pediatric meal to age, food preference as well as the usual food intolerance and nutritional requirement factors," said Ghada Habib, Supervisor, Medical Nutrition Services.

Since February, some of the mothers who stay with their children in the hospital have commented that the meals have become more varied and look nicer as they are cut into many friendly shapes and are colorful. Most importantly, this has resulted in the children eating better, and this satisfaction was reflected in the survey.

In the first quarter of 2016, sixty five percent (65%) of the responds indicated that the food their child likes is available. That is a nearly nine percent (9%) increase in the satisfaction level, and is a direct result of parents speaking and JHAH listening to "Your Voice."

In addition to the survey, Clinical Nutrition staff routinely ask parents for comments on the meals being served. One mother said that even though her daughter doesn't feel like it, she eats because the food is friendly. Another was told by her son that if she cut and served colorful food like that at home, he'd eat better at home too.

JHAH is committed to health care excellence, and we want to hear "Your Voice." When you receive an SMS message after your outpatient clinic appointment or a telephone call after hospital discharge, take a few moments and answer the questions and share your experience with us.

We have partnered with Health.Links/Press Ganey to collect the data, so your answers are completely confidential. Together, we can make changes for the better.

Pediatric Meal Size Categories

- Pediatric Meal Size Categories
- Pureed (birth to one year)
- Baby Regular (1-3 years old)
- Child Regular (3-7 years old)
- Child Normal (7-14 years old)

Your Voice
Has The Power
Of Change



New Look, More News

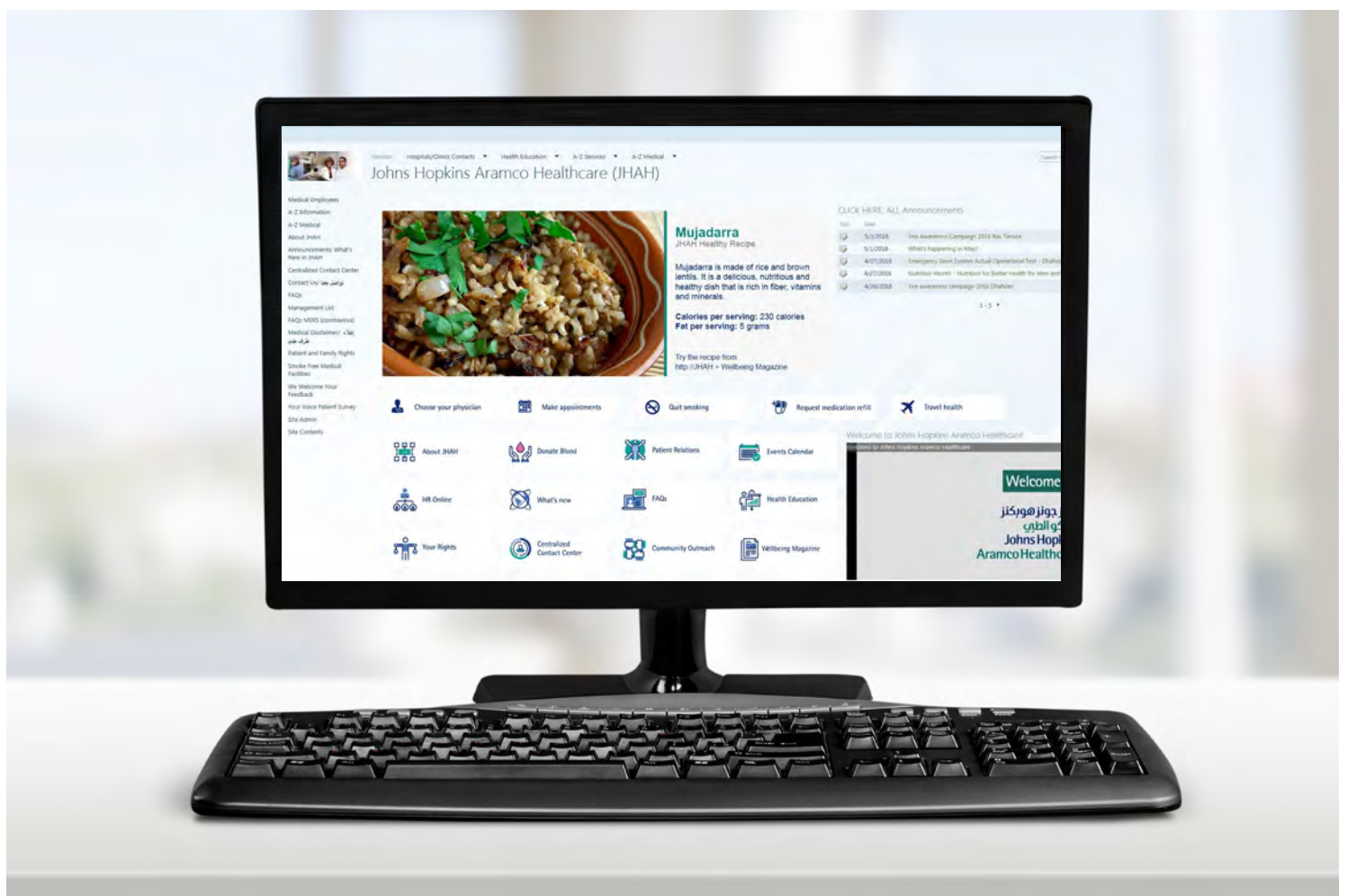
The Johns Hopkins Aramco Healthcare Website Upgrade (<http://JHAH>)

In a fast paced society, it is sometimes difficult to look after your health. To help you with that, Johns Hopkins Aramco Healthcare invites you to visit its upgraded patient portal. The new site is dynamic and regularly changing so you always have access to the latest information. The site comprises four sections.

Once you come to the site, your eye will immediately be drawn to News In Brief, where you will find a range of articles providing health tips and news at a glance. You can view the latest JHAH announcements where you will find current events and a range of safety and health information. New announcements come in daily, so you will want to watch it closely.

On the lower left you can make appointments, sign up do donate blood, read your patient rights and access a range of services. On the lower right you will find a video with messages and information that will help you learn more about Johns Hopkins Aramco Healthcare.

The JHAH website is a work in progress, so we encourage you to share your comments and suggestions with us by emailing us at JHAHWebmaster@Exchange.Aramco.com.sa. Your voice will help us to continue providing you with relevant, useful information.



PLEASE NOTE: The website is only available through the Saudi Aramco Intranet. In future, JHAH will be providing these services through www.jhah.com, which is accessible to all our patients.

By: Bradley Wilkinson

Saudi Aramco and Johns Hopkins Aramco Healthcare Working Together for Safety and Health

The Johns Hopkins Aramco Healthcare Heartsaver Team recently brought about 100 Saudi Aramco employees, some from as far away as Riyadh, to the Dhahran Auditorium to update them on the new American Heart Association (AHA) guidelines for Cardio Pulmonary Resuscitation (CPR), first aid and use of an Automated External Defibrillator (AED).

"The Heartsaver team enjoyed working with the Saudi Aramco instructors who represented many of the company's business lines and focusing on one of the company's most important objectives: safety," said Maryam Aboul Naja, Heartsaver Team Leader.

"The workshop was a wonderful opportunity for us to ensure that the training we provide our departmental colleagues follows the latest JHAH guidelines, which are now certified by the internationally recognized American Heart Association," said Marie Hazelwood, Senior Statistical Assistant, Petroleum Engineering & Development.

Those interested in becoming certified in AHA Heartsaver CPR, first aid and AED can contact their training coordinator.



International AHA Certification

Recently, the Heartsaver Team was recognized as a training site by the American Heart Association and aligned with the JHAH American Heart Association Training Center. As a result, the JHAH AHA Heartsaver Training Center can do the following:

- Use AHA material and follow the latest internationally recognized guidelines.
- Certify Saudi Aramco instructors using AHA guidelines.
- Provide AHA certification in CPR, first aid and AEDs to Saudi Aramco employees, and the course will appear in the employee's Saudi Aramco training history and on the AHA database.

By: Sheila James

Opportunity



"Opportunity" - That word was often repeated during an event held April 28 on the Johns Hopkins medical campus in Baltimore, Maryland, USA, to celebrate 13 nurses from Johns Hopkins Aramco Healthcare (JHAH) who are enrolled in a new Doctor of Nursing Practice (DNP) program.

The program, developed by JHAH and the Johns Hopkins University School of Nursing (JHSON), is the first of its kind in the Kingdom of Saudi Arabia.

"Who wouldn't want to do this program?" asks Amal Al-Ahmed, a DNP student and recruitment manager for the nursing and clinical services department at JHAH. "Although it's a lot of work, this is a great opportunity."

To complete the DNP program and earn a terminal degree in nursing practice, students must complete two years of academic, clinical, management and leadership studies, culminating in an independent research project. This cohort of students, who graduate next summer, are tackling projects that will address how to improve access to cardiac rehabilitation, urgent care, RN recruitment and retention and end-of-life pain management, among other research topics.

"This program is my dream," says Leena Al-Mansour, a DNP student who has been a clinical nursing specialist in wound care since 2002. "I did my master's, and now I'm looking to advance my career. I want to improve my leadership skills and my clinical practice as well. This is a golden opportunity."

While most of the coursework is done in Kingdom, the DNP students were in Baltimore from April 25 to May 6 to fulfill the two weeks of academic and clinical training on the JHSON campus that are required each semester.

They learned from experts from across The Johns Hopkins Health System, through classes focused on advanced nursing health policies and nursing analytics to improve patient care, as well as through shadow days to see best practices being implemented in real time.

"We are seeing advanced practices while we're here at Johns Hopkins," says Maisa Al-Raban, a DNP student and JHAH clinical educator. "Yesterday I was shadowing a nurse practitioner in the ICU, and I went back to the other students and asked them, 'When are we doing to be like that?' I'm getting a lot of ideas from the Johns Hopkins Hospital that we can apply at JHAH."

Kawthar Al-Hussian, a DNP student and clinical nurse specialist in sickle cell and pain management, shares the belief that what they are learning in Baltimore will be put to good use when they return home. "I'm hungry for learning. I want to help lead the work on sickle cell in our hospital and in our country," she says.

Karen Haller, vice president of nursing and clinical affairs for Johns Hopkins Medicine International, praised the DNP students at the event in Baltimore, telling them, "Everyone has been very impressed with the Saudi students and nurses here. They found you to be extremely knowledgeable. You've been very eager to learn everything you can and have been working very hard. You're certainly a force to contend with—in a really positive way."



مركز جونز هوبكنز أرامكو الطبي Johns Hopkins Aramco Healthcare



أرامكو السعودية
saudi aramco

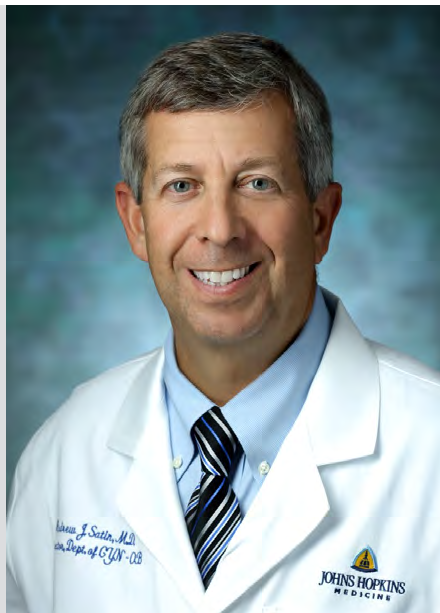


Location R&D Technical Exchange Center

Time 5 – 6 p.m.

You are invited to attend the
JHAH Community Outreach Lecture:
**“Innovation in Gynecology and Obstetrics:
Hot topics from Johns Hopkins”**
Monday, May 23, 2016.

To register, send an e-mail to: Inquiries@JHAH.com



Presented by:

Andrew J. Satin M.D.

The Dorothy Edwards Professor
Director of Gynecology and Obstetrics
Obstetrician/Gynecologist-in-Chief
*Johns Hopkins Hospital
Johns Hopkins Medicine*

Johns Hopkins Aramco Healthcare (JHAH) Community Outreach Lecture Series

A JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine faculty presentations.

For more information email Inquiries@JHAH.com

Are we ready for an Emergency?

Best to Test than to Guess

By: George Williamson

"This is only a drill." That is how you open any communications that is part of a disaster drill.

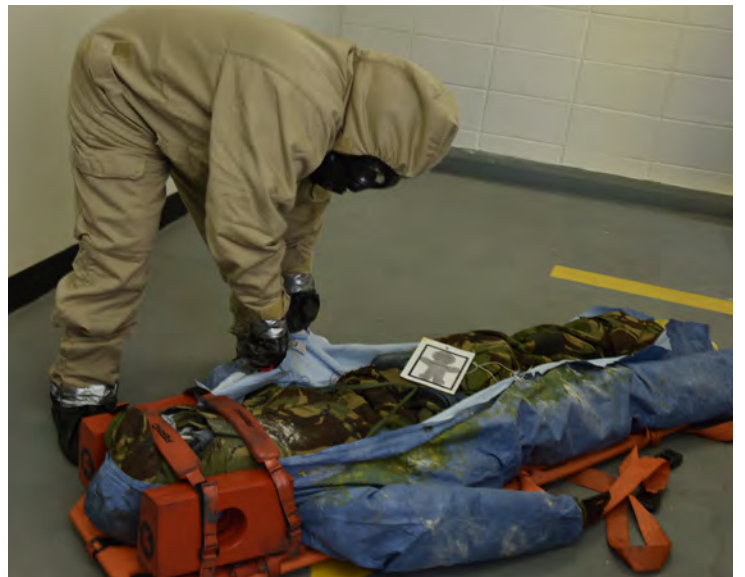
Recently 110 received a call that began with that statement followed by notification that there had been an accident in the Ras Tanura area involving a bus carrying an unidentified number of passengers and a truck carrying molten sulfur.

Emergency Medical Services personnel were immediately dispatched and prepared themselves to handle victims with simulated chemical contamination. Back in the Emergency Room (ER), medical teams readied themselves as well, dressing in specialized protective suits, preparing to follow the JHAH decontamination process of immediately sending the injured to the Decontamination Facility where they would be carefully undressed and their skin gently but thoroughly washed and rinsed. Once that is complete, the injured would be categorized as to the severity of their injuries in a process known as triage. Severely injured persons were sent to the ER for treatment and those with minor injuries were directed to Primary Care.

The training drill covered all aspects of a crisis such as direction and communications, which was overseen by the Ras Tanura Medical Emergency Response Center," said Dr. Hany Ebeid, JHAH Emergency Physician in Ras Tanura and the JHAH Disaster Committee Chairman. "Our role in an emergency is to manage and coordinate all available medical resources as well as coordinate with the other emergency support organizations who respond to any major incident."

"The purpose of the drill was to promote and enhance cooperation between all of the emergency response organizations," said Walid Hassan, Head of JHAH Emergency Medical Services at Ras Tanura. "The simulated rescue and medical care of the injured helped us look at ways to improve and honed our capabilities to respond to mass contaminated victim incidents."

"Disasters have happened and will happen again," said Dr. Hany Ebeid. "Qualified people, following well-rehearsed procedures and using good equipment are key to a successful disaster response." Further drills and training activities will be conducted all through the year throughout Saudi Aramco to ensure readiness.



The People Element: Patient Safety Story

Human Factors Engineering

By: Bradley Wilkinson

Every day we follow processes and use tools and technologies to make our lives more productive, efficient and effective. We use planners; we ride to work in cars; we use our cell phones; we work and play on computers; we cook our food; and we cool our houses.

Health care professionals do the same in their work. Multidisciplinary teams develop an integrated patient treatment plan; health care providers take your temperature with a thermometer; deliver medications through an IV; and use specialized equipment to conduct sensitive operations.

As health care processes and technologies become more complex, application of human factors engineering has been used to increase patient safety by identifying flaws in the design of medical devices, enhancing the human/technology interface and improving the analytical tools used to determine the causes of problems.

It is these processes, tools and technologies that were the focus of attention on April 27-28 when nearly 40 JHAH health care professionals from across the clinical spectrum met in the Saudi Aramco Technical Exchange Center to participate in the Improving Patient Safety with Human Factors Methods workshop conducted by Johns Hopkins Armstrong Institute for Patient Safety and Quality.



"Often when something goes wrong, immediately someone gets blamed when many times it is a process or system issue," said Dr. Ayse P. Gurses, Associate Professor in the Armstrong Institute and Schools of Medicine, Bloomberg Public Health and Whiting Engineering at Johns Hopkins University and lead facilitator/instructor for the workshop. "I love working with engaged clinicians like these at Johns Hopkins Aramco Healthcare to learn how to solve problems. I teach them the human factors concepts and methods, and they apply them to their areas of expertise." Su Lee, Assistant Director of Strategic Partnership at the Armstrong Institute, was the other facilitator of the day and a half workshop.

"The human factors workshop was a great opportunity to learn more about process mapping, root cause analysis and Failure Mode Effective Analysis (FMEA)," said Ameera Al-Eid, Quality Analytics & Improvement Group Leader at Johns Hopkins Aramco Healthcare. "I feel that I have been trained to investigate success and failure in patient care systems based on human factor elements by looking at all the contributing factors in our work environment. This includes staff involved, assigned tasks, organization, tools and technologies, physical structure and layout of the work place. Above all, it is clear that we need to think and execute our organizational mission as a team."

JHAH Recruiting Milestones: April 2016 Career Fairs

By: Loyal Al Khatib

In continuing to seek top talent to join JHAH and be part of its strategic intent to evolve into a health system of excellence, JHAH participated in various career fairs locally and internationally.

On April 13 and 14, JHAH was a sponsor at the "Nursing in Saudi Arabia Awareness Day" at the King Fahad Medical City (KFMC) in Riyadh. With over 400 nursing candidates applying for an opportunity to broaden their horizons in their field of clinical interest at JHAH.

On April 16, the JHAH recruitment team participated in a 4-day career fair at the University of Dammam. Seeking young talented professionals to be part of various career fields including, medicine, nursing, and other clinical specialties, resumes were collected from 1,833 prospective candidates.

On April 18, the JHAH recruitment team traveled to Cape Town, South Africa to take part in the International Conference in Emergency Medicine and Symposia. This four-day conference presented an exceptional opportunity to network and recruit top-tier emergency medicine specialists and nurses to be part of the transformative health care journey at JHAH.

On April 25, JHAH had a successful presence at the 33rd annual Career Day organized by the King Fahad University of Petroleum & Minerals (KFUPM). At this 4-day event in Dhahran, recruiters were able to share the career defining opportunities available at JHAH with students from different disciplines. The students were excited about the prospect of fostering their skills and developing their talents in their chosen field within JHAH. More than 1,800 resumes were collected from interested applicants.



Dammam University Career Fair - Dammam



South Africa Recruitment Fair - Cape Town



KFUPM - Dhahran



South Africa International Conference - Cape Town



King Fahad Medical City - Riyadh

JHAH Welcomes New Employees

65 Employees Join JHAH in April

Name	Job Title
Abeer Omar M AlAbdulhadi	Scheduler
Naif Dakkam AlYami	Medical Administrative Assistant
Mazen Mohammed AlQahtani	Respiratory Therapist
Samar Ahmed AlJizany	Medical Administrative Assistant
Mohammed Saad Meshal AlQarni	Associate Respiratory Therapist
Fahad Mohammed S AlBaran	Associate Business Analyst
Majed Ghabbash S AlShammari	Admissions Representative
Nasser Ibrahim AlDossary	Associate Call Center Representative
Emad Talal M AlBohamad	Medical Administrative Assistant
Noura Khaled AlNasser	Associate Nurse Clinician
Amani Farooq A Shabban	Medical Administrative Assistant
Ahmed Abdullatif A AlOmair	Associate Business Analyst
Mokarm Farooq A Shabban	Medical Administrative Assistant
Abdulaziz Ayidh M AlHarbi	Call Center Representative
Manal Mubarak J AlDossary	Medical Administrative Assistant
Layali Mansour A AlNasser	Medical Administrative Assistant
Mohammed Falah M AlQahtani	Imaging Technologist
Abdullah Mohammad A AlJafer	Junior Administrative Assistant
Fahad Dalmouk AlDossary	Engineering Assistant
Refah Ali S Abu Al Dam	Medical Administrative Assistant
Mohammed Salman A Al Najem	Medical Administrative Assistant
Maissaa El Khatib	Senior Nurse Clinician
Nurah Hjj A Al Misaad	Medical Administrative Assistant
Louie Neypes Arcilla	Nurse Clinician
Cherry Eden Daguro Apostol	Senior Patient Care Assistant
Abigail Klaudia Mabasa Barongan	Senior Nurse Clinician
Domingo Jr. Alarcon Gonzales	Nurse Clinician
Leah Tiletile Pulanco	Senior Patient Care Assistant
Mary Antonette Rocero Baticos	Senior Patient Care Assistant
Mohammed Nager Al Otaibi	Medical Administrative Assistant
Mansour Salem A Albowit	Medical Administrative Assistant
Hebah Khamis D Al Dossary	Medical Administrative Assistant
Abdulaziz Saad A Al Abbad	Associate Dispatcher
Ali Hussain S Atwah	Medical Administrative Assistant
Nawal Mehmas Al Otaibi	Medical Administrative Assistant
Maryam Khamis D Al Dossary	Medical Administrative Assistant
Reem Ali M Al Mozan	Medical Administrative Assistant
Altah Mohammed	Associate Business Analyst
Hussam Saeed A Al Ghamdi	Environmental Health Advisor
Nadia Naser Al Sulaiteen	Medical Administrative Assistant
Eman Ali M Al Ghamdi	Medical Administrative Assistant
Louise Rosalie Carron	Senior Dental Nurse Clinician
Abdulrahman Saud A Alohaymid	Medical Administrative Assistant
Ali Mohammed Al Dossary	Medical Administrative Assistant

Name	Job Title
Ibrahim Adel I Alamrah	Medical Administrative Assistant
Nasimeh Abdulkader Ismail Hamdi	Associate Program Coordinator
Mohammed Abdullah Al Taisan	Medical Administrative Assistant
Sumiah Sulyman Hasan Banimortada	Case Coordinator
Dhafer Ali Al Jaflan	Medical Administrative Assistant
Nada Basel Al Khadhra	Medical Administrative Assistant
Harsoon Serhan H Al Khaldi	Associate Dispatcher
Hind Bati Al Dossary	Medical Administrative Assistant
Mohammed Mubarak F Al Aboud	Medical Administrative Assistant
Ahmed Mosuh H Al Sari	Associate Dispatcher
Abdulaziz Omar E Al Shehab	Associate Dispatcher
Abdullah Abdu Al Somali	Medical Administrative Assistant
Alaa Mohammed J Al Hajri	Medical Administrative Assistant
Marwh Abdulaziz A Al Ghasham	Medical Administrative Assistant
Fahad Rabah Al Hujelan	Medical Administrative Assistant
Muhammad Ali Zia	Emergency Medicine Specialist
Elham Khalid A Al Abdulqader	Associate IT Technical Analyst
Meshal AlShabrami	Medical Administrative Assistant
Heba Abdullah H Alajjan	Administrative Assistant
Hamad Turki S Al Owais	Medical Administrative Assistant
Maha Ahmed Ismail El-Nadeef	Adult Psychiatrist



The Latest in Diabetic Care

April Distinguished Faculty Member Visit

By: Dana Bugaighis

As part of the Johns Hopkins Aramco Healthcare (JHAH) commitment to clinical excellence, JHAH regularly hosts distinguished Johns Hopkins faculty members. During their visit, these eminent clinicians participate in patient consultations with their JHAH counterparts; discuss medical care with JHAH health care providers, including conducting a Grand Round where they formally discuss a specific medical problem; and give a presentation at the JHAH Community Outreach Lecture series.

In April, JHAH hosted Dr. Mehboob Ali Hussain, Director of the JHU-UMD Diabetes Research Center at Johns Hopkins University and Professor in the Department of Pediatrics at Johns Hopkins University School of Medicine.

Dr. Hussain began his visit by delivering a grand round titled "Diabetes Management: What is on the Horizon?" to more than 250 JHAH staff members in the Dhahran Health Center Auditorium.

During the visit, Dr. Hussain was briefed on the diabetes management services available at JHAH; took part in a facility tour of the diabetic patient clinic, and met with JHAH dietitians, diabetic educators, diabetic care managers, physicians from a wide range of specialties. Dr. Hussain also met with Dr. Suhail Abushullaih, Endocrinologist and Chairman of the Diabetes Council, and discussed mutual issues related to diabetes care.

In addition, Dr. Hussain engaged an audience of nearly 100 Saudi Aramco community members and JHAH staff. During his presentation titled "The many Facets of Diabetes: How They are Avoided and Treated," he asked the audience about their lunch and then used that to explain blood glucose levels and the effect it has on their bodies. He ended the lecture by explaining the role diet and exercise play in managing sugar and insulin levels.

We are looking forward to welcoming OBGYN specialist Dr. Andrew Satin who will be visiting JHAH May 22 – May 24. He will be holding a Grand Round for all JHAH Staff as well as a Community Outreach Lecture.

The Community Outreach Lecture series is a JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine distinguished faculty presentations.



Connect with JHAH

We have more than
405 likes.
**ARE YOU ONE OF
THEM?**



We have more than
434 followers.
**ARE YOU ONE OF
THEM?**



We have more than
38,357 followers.
**ARE YOU ONE OF
THEM?**



We have more than
665 followers.
**ARE YOU ONE OF
THEM?**



We have more than
174 subscribers and
13,000 views on our
channel.

Follow us on our social media channels



Johns Hopkins Aramco
Healthcare (JHAH)



Johns Hopkins Aramco
Healthcare



@JHAH_NEWS



@JHAHNEWS



Johns Hopkins Aramco
Healthcare (JHAH)

JHM Online Seminars



JOHNS HOPKINS
M E D I C I N E

Johns Hopkins Medicine is pleased to offer online seminars throughout the year featuring experts who present the latest information on a variety of health topics. Each seminar is interactive and followed by a Q&A session with the presenter.

Each online seminar is live and consists of a 30 minute presentation followed by a 30 minute interactive question-and-answer session with the physician. Enjoy the presentations anywhere in the world, at no cost. An internet connection is required.

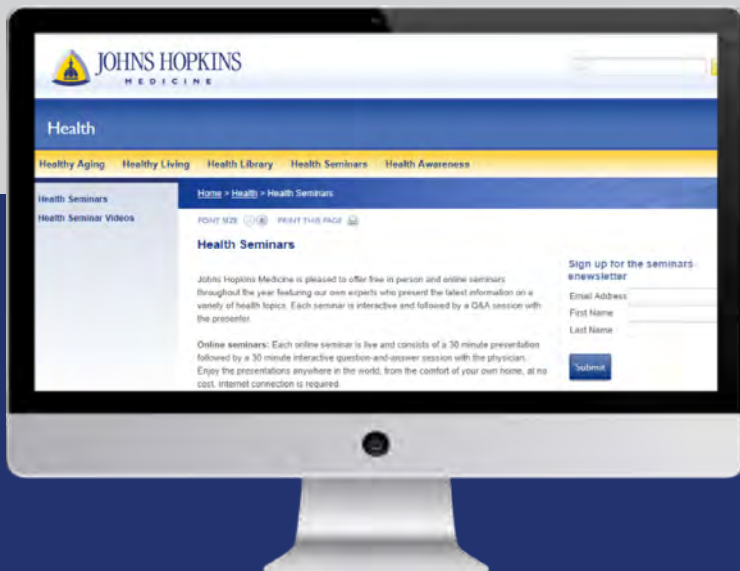
<http://www.hopkinsmedicine.org/health/healthseminars/upcoming>

Wednesday
May 25
7–8 p.m.
EST

Bullseye: The Facts About Lyme Disease
John Aucott, M.D. infectious disease expert specializing in Lyme disease, presents the facts about the disease and the latest treatments and therapies available.

Monday
June 6
7–8 p.m.
EST

Fertility Preservation – What You Need to Know
Join reproductive endocrinologist, Mindy Christianson M.D. to learn more about the topic.



مرکز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare

Broaden your horizons with a career at Johns Hopkins Aramco Healthcare.

Johns Hopkins Aramco Healthcare is pleased to announce the availability of job slots for Saudi nationals.

Visit our LinkedIn page:



Johns Hopkins Aramco Healthcare (JHAH)

We have more than

38,000

LinkedIn
followers

**ARE YOU
ONE
OF THEM?**



Stay Connected Update

Your Contact Information

For us to communicate with you easily, kindly update your contact information to ensure you regularly receive our news.

Please make sure to update your mobile number at reception during your visit to the clinic.



Your Voice Has The Power Of Change

We have partnered with Health.Links / Press Ganey, the leading company in evaluating hospital services, to help us improve.

We ask your cooperation in answering the survey you may receive (via phone or SMS) to evaluate your visit.

Your participation in the survey is optional. All information will kept confidential, and your responses will not be disclosed to caregivers



مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Marwa Makhdoom, ICU Physical Therapist at JHAH

Educational Background:

- Bachelor's degree in Physical Therapy from King Abdulaziz University, 2009
- Critical Care Fellowship from Houston Methodist Hospital, Texas, USA 2015

Work:

- ICU Physical Therapist in Johns Hopkins Aramco Healthcare since 2011.



Quote:

"I have found my greatest passion in working with the critically ill patients, often these patients are so sick that they lose extensive muscle power and decline in function due to bed rest. Physical Therapy is a very rewarding profession, it draws a big smile on the families once their loved one leaves the ICU and they are able to get back to their normal lives."

Emergency Numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE

- Dhahran and all areas: From a land line inside Saudi Aramco dial 110 for security for ambulance or fire. From outside Saudi Aramco, dial 997 for ambulance and 998 for fire.
- Abqaiq: From your mobile phone inside Abqaiq, dial +966-13-572-0110.
- al-Hasa: Dial 997 for ambulance and 998 for fire.
- Ras Tanura: From your mobile phone inside Ras Tanura, dial +966-13-673-0110.
- 'Udhailiyah: From your mobile phone inside 'Udhailiyah, dial +966-13-576-7110.
- Help with your health care: Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.
- Urgent health care access helpline for MDF patients dial +966-55-600-0468 (after 4 p.m.).

If you have an immediate medical concern, make an appointment with your Primary Care physician. In the event of a medical emergency, go to the Emergency Room at the nearest hospital.

- Appointments: To make medical or dental appointments and to access multiple medical services, call:
 - Centralized Call Center 800-305-4444
 - or out of Kingdom +966-13-877-3888
- Feeling Stressed? Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- Quit Smoking: JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@aramco.com.
- Become a volunteer: To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- Pregnant? Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa You must be 12 weeks or more into a pregnancy.
- Register for the Mother and Baby Unit Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the 1st and 3rd Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy. For more information about both programs, visit <http://JHAH > Health Education > Calendar of Health Care Events > Programs>.

- SMS Reminder: Never miss a medical/dental appointment. Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome > myInformation > Medical > Maintain SMS Reminder Details>.
- Dependents call 800-305-4444 to activate or deactivate the SMS reminder service and update a mobile number. SMS reminders are sent 48 hours prior to an appointment to all patients who are registered for the service and have booked their appointment at least 48 hours prior to the appointment.

Employee Online Access to Medical Services

- myhome Corporate Portal: <http://myhome > myInformation > Medical>.
- Campaigns and Programs online: <http://JHAH > Health Education > Calendar of Health Care Events>.
- Community Counseling Clinic: <http://JHAH > A-Z Services > Mental Health website>.
- Patient Relations: <http://JHAH > A-Z Services > Patient Relations>.
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- News from Medical Online: <http://JHAH > Announcements: What's New in Medical>.
- Al-Midra Wellness Center offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) and other services including Blood Donations (Mon and Wed 8 a.m. - noon) and Pharmacy (Sun to Thurs 12-4 p.m.). For more information visit <http://JHAH > A-Z Services > Al-Midra Wellness Center>.
- MDF Patients: View the MDF list of contacts and website links on <http://JHAH > Hospitals and Clinics Contacts > MDF>.



Do you need help with a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com

Tips to Avoid Dehydration During Ramadan

Water makes up around 70% of our bodies, and it's vital for all the organs and processes of the body, such as eliminating wastes, transporting nutrients, digestion and circulation.

Ramadan days this year are long and hot, and when we sweat, our bodies can become dehydrated, because we lose water. Dehydration is a risk and can affect our daily activities, leaving us fatigued, dizzy and constipated, and causing headaches and poor concentration.

To prevent dehydration during Ramadan, here are some helpful suggestions:

Be salt cautious, salt increases water requirements by our bodies, makes us feel thirsty, and puts an extra load on our kidneys to get rid of it, and when doing that, it depletes the body of water. To avoid this, reduce your salt intake and limit your intake of salty foods, such as olives, pickles, salty cheeses, ketchup, dressings, sauces, etc., Instead, try herbs, spices, garlic, onion, and lemon. These can be added to food to enhance its taste and flavor.

Gradually drink water and other fluids after the Iftar meal. Hydrate your body between the Iftar and Sahoor meals, rather than drinking a lot of fluids at Sahoor time, as this action will make the kidneys remove excess water quickly.

Try to limit your intake of sugary drinks, instead add low fat soup to your meal in addition to low fat laban and unsweetened fruit juice.

Diabetics need to control their blood sugar, as higher levels of blood sugar deplete their bodies of water and cause further dehydration.

Be caffeine cautious, as caffeine is a diuretic and depletes the body's water.

Avoid consuming a lot of protein, such as meat, fish or poultry. Our kidneys use the body's water to eliminate the end products of protein in urine; this increases the need for water and causes further dehydration.

Avoid excessive exposure to sun and remain in a cool and shaded area as much as possible.