

Wellbeing

2016

December

بكنز أرامكو الطبي
Johns Hopkins Aramco

Inside this issue:

**2016 JHAH
Patient-Centered
Projects**



**Nation without Abuse, There is
never an Excuse**



Promoting Health and Wellbeing

December 2016

Welcome to JHAH Wellbeing, 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 healthcare professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their healthcare provider. Your healthcare provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

JHAH Wellbeing 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

Inside This Issue

Nation Without Abuse, there is never an Excuse JHAH Abuse Awareness	1
2016 JHAH Patient-Centered Project	2
Progress in Tackling Patient Parking Experience	6
JHAH Highlights	8
Heart Disease and the JHAH Commitment	10
Ask the Expert, Answers from Diabetes Expert Dr. Rita Kalyani	12
Children and the Flu	14
Influenza Vaccine Available	15
Pumpkin & Carrots Soup	16
JHAH Bulletin Board	17
New Dhahran Core Area JHAH Pharmacy	18



Nation without Abuse, There is Never an Excuse

JHAH Abuse Awareness

A cool breeze blew and the sun shone brightly while nearly 150 gathered. People talked quietly or shared a laugh while they queued to receive their shirt emblazoned with a large purple ribbon. That peaceful morning you would have thought violence and abuse would have been the last thing on everyone's minds. Actually it was the reason they were there.

They had come to participate in the 2016 Johns Hopkins Aramco Healthcare (JHAH) "Nation without Abuse" awareness walkathon. "The walkathon brings people together to demonstrate that we stand together against abuse of any kind," said Dr. Hanan Al-Shaikh, JHAH Consultant Pediatrician and coordinator of the abuse awareness campaign that included the walkathon. "Abuse is a major health problem and causes both short and long-term consequences, and we need to let everyone know there is never an excuse for abuse."

In addition to the walkathon, the Abuse Awareness campaign included small events around JHAH and Saudi Aramco where people could learn more about how to prevent and recognize the signs of abuse as well as organizations to call, including the Saudi Arabian Social Protection Services Hotline 1919.



Moreover, an abuse event was held at the Le Meridien Hotel where both healthcare professionals and the public could learn about Saudi Arabian abuse laws, the types of abuse, the effects of bullying and the long term psychological and financial costs of abuse.

They were also able to visit an exhibition that included educational displays from the Ministry of Health, JHAH, the Family National Safety Program and the Saudi Philanthropic Organization for Special Needs Families (JASAD).

Number of Attendees: 700

- 270 General Public
- 230 Specialists
- 150 Students
- 50 Teachers and Counselors

2016 JHAH Patient-Centered Projects

- Al-Hasa Health Center
- 'Udhailiyah Health Center
- Dhahran Health Center
 - New Psychiatry Facility
 - Pediatric Immunization Clinic
 - Dhahran Primary Care Pharmacy
 - Dhahran Primary Care Children's Indoor Play Area
 - Negative Pressure Rooms
 - In-patient Wards
 - Patient Parking
 - Women's & Children's Medical Institute
- Core Area Pharmacy

“To achieve our mission of enhancing the health and wellbeing of the patients served at Johns Hopkins Aramco Healthcare (JHAH), JHAH is constantly evaluating patient services and determining how they can be delivered more effectively, efficiently and at a higher level of quality,” said Faisal Al-Hajji, JHAH Chief Operating Officer. “As such, we are in a state of constant planning and then implementing facility, technology and access improvement.”

New facilities, services and methods to deliver excellence at JHAH

In health care, new discoveries, innovative inventions, novel techniques and more holistic approaches to individual and community health and wellness are the only constant. These and the changing and increasing needs of patients, families and communities are what drive ongoing structural changes ,from upgrading emergency room facilities, renovating inpatient wards, building new facilities, remodeling outpatient clinics, implementing innovative technologies in the delivery of medication to constructing parking to make access easier.



Al-Hasa Health Center

At the beginning of the year, a major milestone in the revitalization of the entire Al-Hasa Health Center (AHC) took place as the new combined Emergency Room and Fast Track (Urgent Care) facility was opened.

The Emergency Medical Services facility has a centralized registration area where during the initial exam, a patient is directed to either one of the 16 individual treatment areas on the ER side or one of the 6 treatment areas on the Fast Track side.

The medical team at Al-Hasa has all of the essential support services (radiology, pharmacy and laboratories) close at hand to expedite treatment, and you as a patient have access to a wide range of specialized treatment areas including pediatric observation areas; an OB/GYN area; a Trauma Wing (with 3 beds); an isolation room; as well as being served by Pyxis, the latest in automated medication dispensing systems designed to reduce medication wait time and error.





Dhahran Health Center

Negative Pressure Rooms

Unless you or a loved one has ever needed one, you likely don't know what a Negative Pressure or Isolation Room is. Negative pressure and isolation are applied to control airflow to prevent germs from leaving or entering a room. They are used when a patient has or is suspected of having an infectious disease or is so ill that even minor germs can be dangerous for them.

"Ward 2A has been our isolation ward, but we recently expanded our isolation capacity with the newly renovated Ward 5C intensive care unit," said Dr. Khouri-Stevens. "Ward 5C is made up of single bed rooms that are much quieter and seem much larger because the negative pressure equipment was installed in the ceiling."

'Udhailiyah Health Center

At mid-year, 'Udhailiyah also started being served with a new level of emergency services when Johns Hopkins Aramco Healthcare (JHAH) opened its new Emergency Medical Services (EMS) facility at the 'Udhailiyah Health Center. The new EMS doubled the capacity of the previous service to fourteen from seven.



Isolation Room

In addition, an isolation room with negative pressure equipment is now in service near the JHAH EMS triage area. This location allows for JHAH to minimize any chance of spread of infection to its staff or other patients.

Women's & Children's Medical Institute

The Women's & Children's Medical Institute, which will provide a central location for the delivery of specialty care and GP services for women and children, is now in the planning phase.

2016 JHAH Patient-Centered Projects

Wards

The renovation of Ward 5C was tied closely to the renovation of Wards 3A and 3B, which have been combined into one Step Down Intensive Care Unit (SDICU). The new SDICU provides 18 single patient rooms with four able to accommodate one extra bed each should the need arise.

More mothers and their newborns can rest in privacy due to the opening in the Mother & Baby Unit (Ward 3H) of six new single occupancy rooms. The ward now has twenty-six single occupancy rooms, offering our new mothers and their babies a quiet, nurturing environment.

Inpatient Surgical Ward 1B is opened with 30 single bed rooms. The initial phase, renovating Unit 1A, is complete with 14 single bed rooms.

This makes a total of 36 new rooms opened at Dhahran Health Center in 2016.

New Psychiatry Facility

A new psychiatry building is under construction on the south side of JHAH Dhahran. When completed, all psychiatry, including both inpatient and outpatient services, will be consolidated into one building at the Dhahran Health Center.

The facility will provide 20 inpatient beds separated into male and female units, with four beds available for pediatric patients when needed, and an exercise facility. The outpatient unit will include eight consulting and eight psychotherapy rooms, biofeedback rooms, group therapy and therapeutic activity rooms and a medical treatment room. Two beds will be equipped to accommodate patients with chronic comorbid medical conditions.

Primary Care Immunization Room

As part of the enhancement of Primary Care services, a new Adult & Pediatric Immunization Room was opened in 2016 that not only allows for more immunizations to be given but provides a place to relax while a patient and family wait to ensure there is no reaction to an immunization. Immunization room includes eight immunization cubicles, a preparation room and a comfortable waiting area.



A Place for Children to Play

Recently children visiting JHAH Primary Care (Building 50) were provided with a welcoming, active play environment to enjoy. The new play area was officially opened by Faisal Hajji, JHAH Chief Operating Officer, and has been joyfully explored by our young visitors. The thoughtful design includes playscapes, padded walls and cushioned flooring. Additionally, the equipment is suitable for children with limited mobility.

The children's play area is conveniently located near the new Primary Care Pharmacy and Immunization Room and provides seating just outside for parents and caregivers to relax while keeping an eye on the children.



Dhahran Primary Care Pharmacy

The new pharmacy in the Dhahran Primary Care Clinic, Building 50, utilizes robotic medication dispensing systems that not only improve patient safety but as importantly allow pharmacists now sitting at one of 13 cubicles to answer patient questions and explain medications in a semi-private, relaxed setting. The introduction of the new pharmacy has had a positive impact on Patient Satisfaction Survey scores in part due to 80% of patients now being served within 15 minutes.

The Dhahran Health Center isn't the only JHAH center using robotic dispensing systems. Loose pill dispensing systems are used throughout JHAH and are now in use in the new Al-Hasa Health Center EMS and the 'Udhailiyah Health Center EMS. Another is expected to be operational in the Ras Tanura Health Center Specialty Clinic by the end of November.

Plans are in place to have an integrated robotic system like the one in Dhahran in the new Al-Hasa Health Center.

Immunization room and the new Primary Care Pharmacy. For convenience, an air conditioned walkway leads to the cafe located nearby.

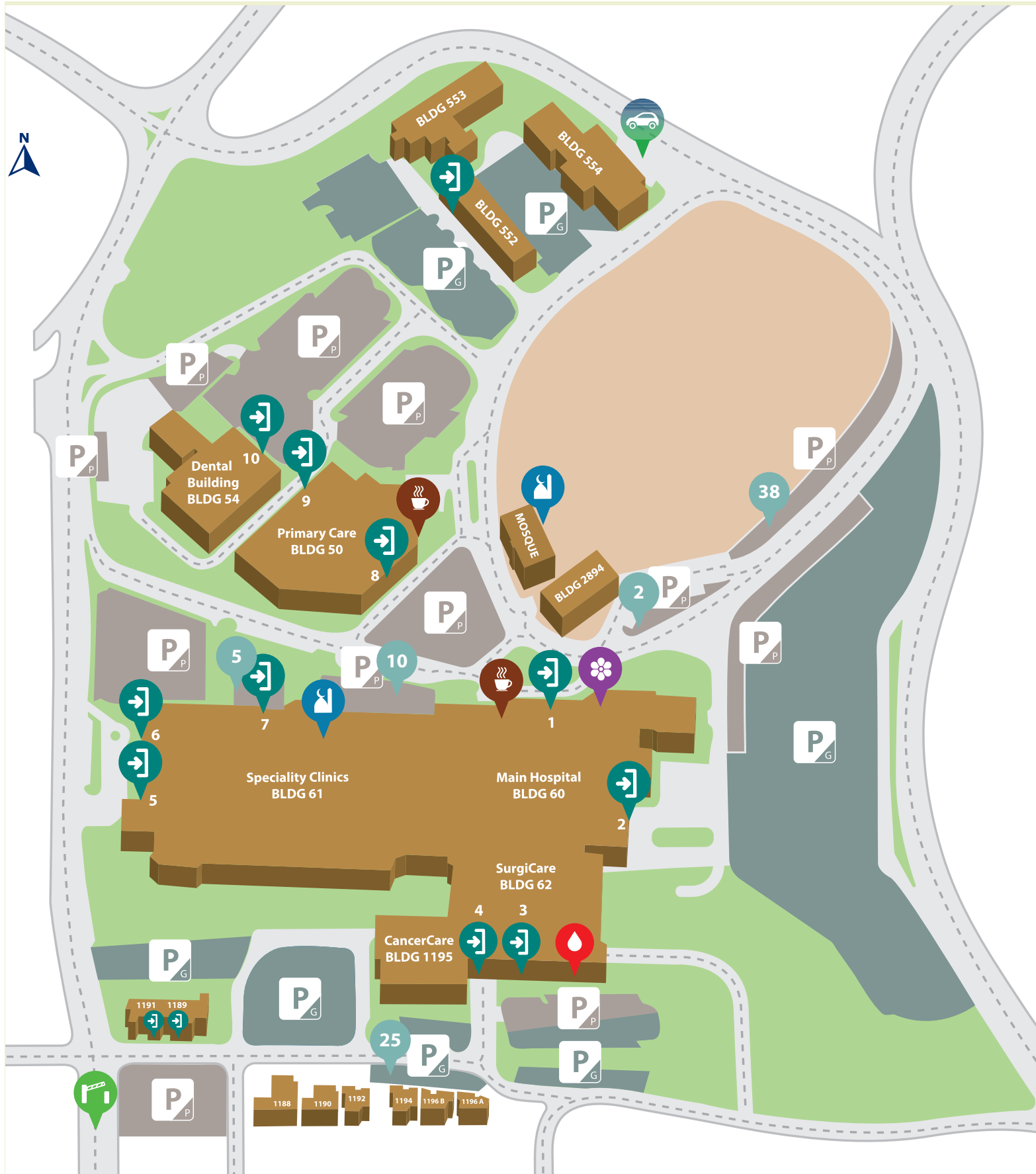


Core Area Pharmacy

Pharmacy Services opened a new medication pick-up location in the Dhahran Core Area to make it more convenient for Saudi Aramco employees working in that area to order and pick-up their medications.



Progress in Tackling Patient Parking Experience



Progress in Tackling Patient Parking Experience

To improve the parking experience for patients and visitors at the Dhahran Health Center, 80 new parking spaces were added and 119 were converted from public parking spaces to patient designated parking.

These additional parking spaces dramatically improved parking availability, which allows patients to arrive to medical appointments on time and improves patient satisfaction with JHAH services.

A new parking lot near the KFUPM fenceline (21 spaces) will soon be opened. This makes a total of 101 new parking spaces at Dhahran Health Center.

بوابة رقم ٦ 6 Gate		مواقف عامة General parking	
مسجد / مصلى Mosque / Praying Room		مواقف المرضى Patient Parking	
مدخل مبنى Entrance		كوفي شوب Coffee Shop	
1. المدخل الرئيسي Main Entrance		متجر ورود Flower Shop	
2. مدخل خدمات طب الطوارئ Emergency Services Entrance		بنك الدم Blood Bank	
3. مدخل الجراحة SurgiCare Entrance		مركبات أرامكو السعودية Saudi Aramco Vehicles	
4. مدخل رعاية مرضى السرطان CancerCare Entrance		مواقف جديدة New Parking	
5. مدخل الرعاية الجراحية Surgical Clinic Entrance			
6. مدخل العيادات التخصصية Speciality Clinic Entrance			
7. مدخل العيادات التخصصية Speciality Clinic Entrance			
8-9-10. مدخل الرعاية الصحية الأولية. Primary Care Entrance			

JHAH Highlights

Dr. Calkins Visit to JHAH

Johns Hopkins Medicine Professor of Cardiology, Dr. Hugh Calkins, visited JHAH in December to expand training on electrophysiology procedures to diagnose and treat heart rhythm disorders. Dr. Calkins also supported JHAH clinical staff as they performed complex procedures to treat conditions such as atrial fibrillation (AFib). AFib is the most common type of irregular heartbeat in Saudi Arabia and is associated with elevated risks of blood clots, stroke, dementia and death.



Healthy Vending Food? Who Knew?

You thought vending machines only sold junk food. Didn't you? The answer is not at JHAH they don't. This then leads to a second question. JHAH has vending machines?

The answer is a resounding yes. JHAH installed vending machines in its Dhahran and al-Hasa emergency rooms and in the Dhahran Day Surgery. "We did this so patients and their families who are in the emergency room or in day surgery have safe, healthy food and beverage options available nearby," said Dr. Basem Futa, JHAH Nutrition Advisor. "To ensure the food is nutritious, properly prepared, packaged, priced and not allowed to expire, our JHAH Clinical Nutrition Services Committee established rigid quality, safety and nutrition guidelines."

The quality of the offerings wasn't the only thing the committee considered. Hand sanitizer dispensers were placed near the machines to minimize the spread of germs, and recycling bins were placed nearby so the packaging can be properly recycled.

The machines currently available are being studied to evaluate the feasibility of expanding the vending machine program into other areas of JHAH.

JHAH: Advancing Medical Discovery in Saudi Arabia

December - Experts from Johns Hopkins Medicine (JHM) and Johns Hopkins Aramco Healthcare (JHAH) taught a 3-day intensive research course that is a critical step forward in realizing JHAH's goal to launch its own research program and advance medical discovery in Saudi Arabia. More than 30 physicians, nurses and pharmacists participated in the interactive course, titled Introduction to Clinical Research Methodologies, and began developing research projects that will be presented at JHAH's first research summit next year.

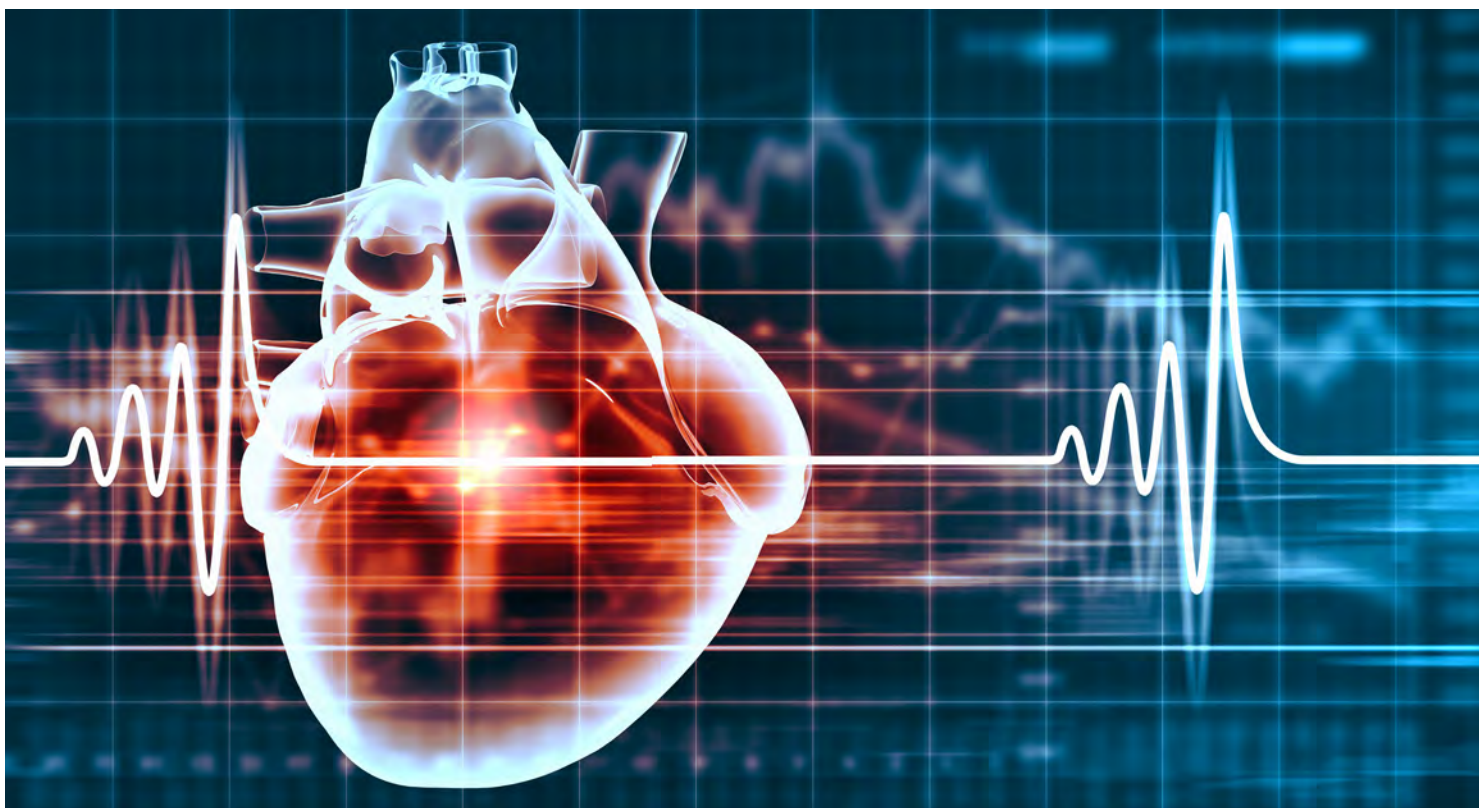
During the course, Dr. Edgar Raymond Miller, III, MD, PhD, Deputy Director, Johns Hopkins Institute for Clinical and Translational Science, Research Clinical, Education, Training and Career Development Program and Professor of Medicine, delivered the first research Grand Round from the JHAH Office of Academic Affairs. The topic, "Blood Pressure as an Exposure and Outcome in Pragmatic Trials," explored research modalities, outcomes and methodology.

The team of JHM experts included: Edgar Raymond Miller, III, MD, PhD, Deputy Director - Johns Hopkins Institute for Clinical and Translational Science, Research Clinical, Education, Training and Career Development Program and Professor of Medicine; Stephen Juraschek, M.D. Research and Clinical Fellow, JHU, School of Medicine, Internal Medicine; Brian Matlaga, M.D. Professor, JHU, School of Medicine, Adult Urology; Nae-Yuh Wang, PhD, Associate Professor, JHU, School of Medicine, Biostatistics from Johns Hopkins Medicine. The JHAH team was led by Dr. Amir Abdulrazack and Dr. Salwa Sheikh.



Heart Disease and the JHAH Commitment

Expanding Cardiovascular Services at Johns Hopkins Aramco Healthcare



JHAH is focused intensely on enhancing and extending its cardiovascular services. "One of our primary concentration areas is our cardiovascular services," said Dr. Daniele Rigamonti, CEO. "We have a Partnership Contribution Agreement with Johns Hopkins Medicine that provides our clinicians with access to some of the world's leading cardiac and vascular specialists, and we are investing in new capabilities, facilities and programs such as our now one year old Phase II Cardio Rehabilitation facility to address this significant problem."

Talent Combined With Technology

Applying new techniques

During his recent fourth Cardiovascular Partner Contribution visit, Dr. James H. Black, III, M.D. and Chief of the Vascular Surgery and Endovascular Therapy Division and Associate Professor of Surgery at Johns Hopkins Medicine, worked with JHAH surgeons Dr. Wadie Bin Seddiq, Dr. Ghaith Khougeer and Dr. Abdulmutalib Masloom and the surgical team in the new JHAH Cath Lab to conduct seven complex vascular procedures.

"The vascular team set out to improve the care of patients by adding minimally invasive techniques to address peripheral

arterial disease (PAD). Over two days, the condition of seven patients whose PAD was a direct threat to losing their legs, was vastly improved by the catheter-based endovascular therapies of angioplasty, stenting and direct removal of clots that blocked their circulation," said Dr. Black. "The procedures were greatly facilitated by collaboration with the JHAH radiology and cardiology team. And an absolutely state-of-the-art imaging system in the JHAH Cath Lab set the stage for two days of successful outcomes."

JHAH Cardiologist conducts the first leadless pacemaker implant at JHAH

In early April, the U.S. Food and Drug Administration approved the use of wireless pacemakers that eliminated the need for the leads and any associated problems. In early October, Dr. Saad M. Hasaniah, Adult Electrophysiologist, conducted the first leadless pacemaker implant at JHAH. "For suitable candidates, leaderless pacemakers reduce the complexity of pacemaker surgeries," said Dr. Hasaniah. "And they should provide less complications for our patients allowing them to lead more comfortable, productive lives."

Keep Your Heart Healthy

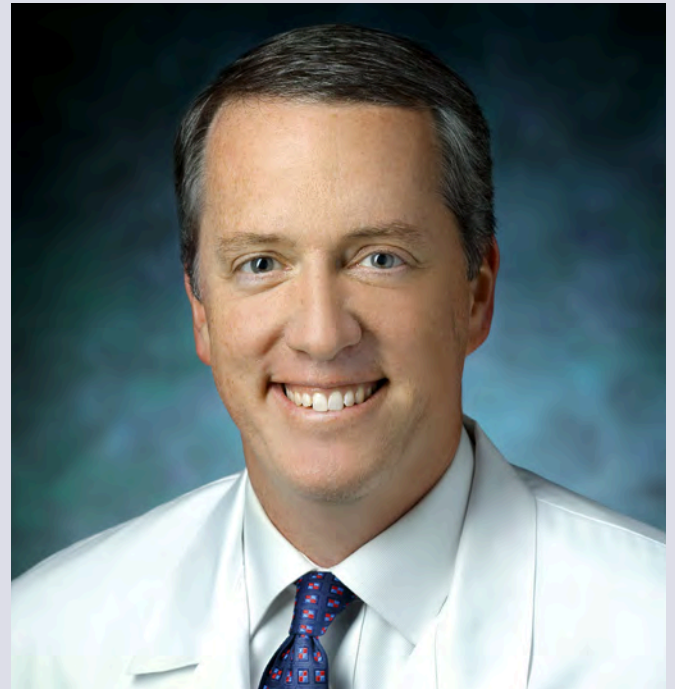
Based on Ministry of Health statistics, 45% of all deaths in the Kingdom can be attributed to cardiovascular disease. Cardiovascular disease is a killer. The programs previously described are designed to provide care to those suffering from an advanced stage of the disease; however, JHAH has many programs and activities, such as wellness programs, smoking cessation programs, nutrition services, the annual health risk assessment survey, publications, a community lecture series and social media, all designed to help you and your family adopt a healthy lifestyle that will reduce your risk for this deadly disease.

Ask your health care team about how you can take control of your health the next time you visit JHAH.

The JHAH Cardio Rehab Facility is One Year Old

On October 25, the JHAH Cardio Rehabilitation facility celebrated its one year anniversary. "We had a dream," said Heba al-Mattar, JHAH Cardio Vascular Institute Director of Nursing. "The cardio team with support from JHAH leadership has made it happen. I am very proud of everyone."

During this first year, the Cardio Rehabilitation facility has served nearly 250 patients. "Mashallah, the staff and facilities are very good," said Hamad Al-Nasser, retired storekeeper, Material Supply. "Before it was very difficult for me to exercise. Now after only a month and a half, I already feel better and am more comfortable with exercising."



James Hamilton Black, III, M.D.

Chief of the Division of Vascular Surgery and Endovascular Therapy

Associate Professor of Surgery

Johns Hopkins Medicine

Dr. Black joined the surgical faculty of the Johns Hopkins Hospital in 2004. He completed his General Vascular Surgery Fellowship in the Division of Vascular and Endovascular Surgery at the Massachusetts General Hospital and received his General Surgery Training in the Halsted General Surgery Training Program at the Johns Hopkins Hospital. In addition to his interest with open surgical reconstruction of carotid, extremity and complex aortic disease, he aggressively pursues the application of minimally invasive endovascular technologies for patients with aortic aneurysms and aortic dissection, occlusive disease of the carotid, renal, mesenteric, and lower extremity arteries. His research interests include the cellular and molecular events underpinning the development of aortic catastrophe in both atherosclerotic and connective tissue disorders, as well as diagnosis of aortic dissection and malperfusion syndromes.

Ask the Expert

Answers from Diabetes Expert Dr. Rita Kalyani



Diabetes is a serious disease that can lead to a number of complications, including heart disease, blindness, kidney failure and lower-extremity amputations. Dr. Rita Kalyani of the Johns Hopkins Division of Endocrinology, Diabetes and Metabolism clarifies common misconceptions about diabetes.

What is diabetes?

Diabetes is a serious disease that occurs when the body cannot maintain normal levels of glucose, an important energy source.

There are two major types: type 1 and type 2 diabetes. People with type 1 diabetes are unable to produce insulin, a hormone that helps the body metabolize glucose. People with type 2 diabetes can still produce insulin early in the disease, but the body doesn't appropriately respond to its effects.

In addition, gestational diabetes is a type of diabetes that is diagnosed during pregnancy in women.

What is prediabetes?

People with prediabetes have elevated blood glucose levels that are higher than normal but fall just below the criteria for diagnosing type 2 diabetes. Prediabetes is often a precursor to type 2 diabetes, but those with prediabetes can delay or prevent the development of type 2 diabetes by making healthy lifestyle adjustments.

Is diabetes preventable?

A: Based on current knowledge, it is not clear whether type 1 diabetes is preventable, but a healthy diet and regular exercise can dramatically decrease your risk of type 2

diabetes. Losing just 5 percent of your body weight can make a big difference. If you have type 2 diabetes, these same measures may help you manage your blood glucose without insulin.

How is diabetes managed?

If you have type 1 diabetes, you'll need to start taking insulin upon diagnosis. People with type 2 diabetes may initially be able to manage the disease with weight loss alone. Most patients, however, take pills; some take insulin. You should work with your doctor to make sure you're on track with your treatment goals.



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Rita Kalyani M.D. M.H.S

Associate Professor of Medicine
Editor-in-Chief, Johns Hopkins Diabetes Guide

Dr. Kalyani is an Associate Professor of Medicine at Johns Hopkins School of Medicine, Core Faculty at the Johns Hopkins Center on Aging and Health, and Associate Faculty at the Welch Center for Prevention, Epidemiology, and Clinical Research. She graduated with an undergraduate degree from Harvard College and completed her medical degree, residency, and fellowship at Johns Hopkins. She also obtained a Masters in Health Science degree in Clinical Investigation from the Johns Hopkins Bloomberg School of Public Health.

Dr. Kalyani is an active clinician and sees patients regularly in the Johns Hopkins Comprehensive Diabetes Center as well as attends on the general endocrine consultation service. She directs the Diabetes Management Service for Johns Hopkins' Total Pancreatectomy Islet Auto Transplant Program. She is NIH funded for her research, which focuses on diabetes and aging and investigates accelerated muscle loss, disability, and frailty in older adults with diabetes. Other research interests include sex differences in diabetes and heart disease and physical functioning in other endocrine and metabolic diseases. She is a member of the editorial board for the journal *Diabetes Care* and Co-Chair of the Professional Practice Committee, responsible for the American Diabetes Association's annual position statement: "Standards of Medical Care in Diabetes."

Q&A: Children and the Flu



How do you know it is the flu?

For most people, flu causes seven days or more of discomfort. In children, symptoms generally include fever, chills, body aches, sore throat, cough and nasal complaints such as stuffed or runny nose. Occasionally, kids can also have vomiting and/or diarrhea. The main symptoms that differentiate the flu from a common cold are the presence of fever (usually more than 38 Celsius, 101 Fahrenheit) and body aches.

Wash your hands, wash your hands and wash your hands!

The best protection against the infection is getting a flu shot. While no vaccine can provide 100% protection against an illness, the influenza shot provides good protection, and if someone vaccinated does contract influenza, he or she may end up with a milder case of the disease due to

partial protection of the shot. It should be emphasized that the strains of influenza change each year and that a new vaccine is needed annually to confer protection against the infection.

In addition to getting a flu shot, parents and children can also employ strategies to minimize their chance of getting or spreading the flu. In particular, handwashing should be performed regularly. The actual washing with soap should last about 20 seconds. If your access to soap and water is limited, then alcohol-based hand sanitizers also help to reduce spread of the flu. Other techniques include:

- Encourage family members to cover coughs and sneezes (and doing so onto their arms rather than their hands)
- Avoid sharing cups, utensils, etc. at school
- Keep your hands away from your face
- Discard used tissues into a garbage bin

Stay away from aspirin if your child has the flu

Even with the best preventive practices, it is possible that a child or family member may contract the flu. If this happens, you can generally expect a week or so of fever and discomfort. Treatment generally consists of rest, fluids and fever reducers such as ibuprofen or acetaminophen.

When a child has the flu, he or she should not be given aspirin because it can lead to a serious illness known as Reye Syndrome. In some instances, anti-viral medications may be prescribed to minimize flu symptoms. Call your pediatrician to ask if this is appropriate.

While flu treatment for flu generally involves rest, fluids and fever reduction, many parents wonder when it is appropriate to take their child either to the pediatrician or to the emergency room. If you notice the following signs or symptoms, an urgent medical evaluation is needed:

- Fever in an infant less than three months of age
- Difficulty breathing
- Looks extremely ill or lethargic
- Cannot drink or has no urination in eight hours
- Is not showing any signs of improvement after 3-4 days of fever

This list is by no means exhaustive. If you have any questions or concerns, you should contact your pediatrician. In addition, if your child appears to demonstrate any other unusual symptoms such as ear pain, facial pain, or a strange rash, you should contact your pediatrician.

When is it OK to send the children back to school?

One of the most important questions is "When can my child go back to school?"

As opposed to the common cold (during which children frequently attend school), children with influenza must be kept out of school or day care to improve their healing and prevent spread of the infection to classmates. A child or adult should be fever-free (without any use of ibuprofen or acetaminophen) for at least 24 hours prior to returning to school or work.

When in doubt about the flu, consulting with your pediatrician is always recommended.



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Flu Vaccine Available

The flu vaccine is available in all JHAH health centers, Sunday to Thursday, from **October 2 to December 31, 8 a.m. – 2 p.m., no appointment necessary.**

- **Abqaiq:** Immunization Room P2-01
- **al-Hasa:** Immunization Room
- **ar Rakah Clinic:** Weekday Mornings
- **Dhahran:** Primary Care (Walk In Care Room 204)
- **Ras Tanura:** Room 1054 OB/Pediatric area
- **'Udhailiyah:** Primary Clinic Injection Room
- **Remote Area Clinics:** Visit the website for clinic locations

JHAH Healthy Recipe: Pumpkin & Carrot Soup

Pumpkin and Carrot Soup is full of taste, flavor, antioxidants, fiber, minerals and vitamins, and is a winter soups that really warms you up.



Nutritional Information per serving

- **Calories:** 80
- **Fat:** 2.5 grams
- **Cholesterol (saturated and trans fat):** 0 grams
- **Fiber:** 3 grams

Ingredients

- 6 cups freshly prepared chicken stock (fat free)
- 1/2 cup whole fresh basil leaves
- 1 Tablespoon canola oil
- 4 cloves garlic, minced
- 1 large onion, chopped
- 3 cups of pumpkin, cut into cubes
- 1 cup of carrots, cut into cubes
- 1 Teaspoon fresh ginger, crushed
- 1/2 Teaspoon black pepper
- 6 wedges fresh lemon
- 1 cup (60 gm) whole wheat croutons
- 1/4 cup parsley, chopped
- 1/2 cup fresh coriander, chopped

Preparation (6 Servings, 1 Cup Each)

- In a medium size saucepan heat the oil, add the onions, garlic, ginger, coriander, & pepper. Sautee lightly on medium heat for 3 minutes
- Add the pumpkin, carrots and basil leaves
- Add the chicken stock and bring the mixture to boil, then reduce the heat to medium, cover and simmer for 25 minutes
- Remove from heat and blend until smooth, then bring back to boiling
- Remove from the stove
- Serve hot
- Garnish with roasted croutons and chopped parsley
- Season with lemon to taste

Health Message:

Pumpkin & Carrot soup is a nutritious dish appropriate for people with heart disease, diabetes, pregnant and lactating mothers and seniors. People with diabetes should consider that 1 cup = 1 carbohydrate serving. People with kidney disease are advised to consult their dietician for potassium content.

JHAH Bulletin Board

Emergency Numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE

- Dhahran and all areas: From a landline 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
 - 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@JHAH.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.) 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>.

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 qualified Saudi nationals.

To apply, visit www.JHAH.com/careers

Do you need help with a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com

New Dhahran Core Area JHAH Pharmacy

Convenient, Patient-centered Care



Need to order a medication refill? Do you work in or close to the Dhahran Core Area? Now when you request a refill, you can have it sent for next day pick up at the recently opened Pharmacy located in North Admin (Building 175) room AN 1135.

"The Pharmacy Department is continually striving to improve services for our customers," said Dr. Khurram Mohammed, Chief, Pharmacy Services Division. "The opening of the Dhahran Core Area Pharmacy is another example of our commitment to patient-centered care."

Medication refills can be requested through HR online and selecting the Dhahran Core Area Pharmacy for pick up the next day.

In addition, you and your family members can request medication refills and pick up at the Dhahran Core Area Pharmacy by calling the JHAH Centralized Contact Center at 800-305-4444 In-Kingdom or +966-13-877-3888 Out of Kingdom.



Dr. Daniele Rigamonti, JHAH CEO, inaugurates the opening of the Dhahran Core Area Pharmacy on November 10, 2016.

From Left to right: Zakariya Dobayan, JHAH Director of Ambulatory Pharmacy Services; Haitham Ruwaili, Senior Director of JHAH Corporate Affairs Department; Dr. Mohammed Khurram, Chief of Pharmacy Services Division; Faisal Al-Hajji, JHAH Chief Operating Officer; Dr. Daniel Rigamonti, JHAH CEO; Khalid Natour, Head of the Medical Joint Venture Coordination Department; Meshaal Khaldi, Division Head for Office Planning Design & Project Division; and Fuad Ghamdi, Senior Supervisor of In-Patient Pharmacy Services.



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