

# Wellbeing

November

2016



Inside this issue:  
Medical Residency  
Program at JHAH

## JHAH Fun Day for Children with Diabetes



Promoting Health and Wellbeing

November 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](mailto: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.

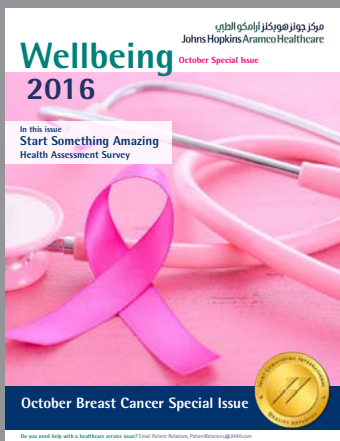
JHAH News Home Delivery

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](mailto:Health.Information@JHAH.com)

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# Medical Residency Program at JHAH

Johns Hopkins Aramco Healthcare (JHAH) made a major step forward in May when it successfully obtained accreditation by the commission to serve as a training center for five programs: Pathology, Pharmacy, Emergency Services, Anesthesia and Family Medicine. Currently very few private healthcare organizations in Saudi Arabia are accredited as training centers. The JHAH model offers a unique North American, evidence-based medical care model and exposure to consultant-based patient care.

"Residency is post graduate level medical training for a licensed physician who is interested in obtaining advanced training in a particular specialization," said Dr. Abdulrazzak Amir, Head of the Office of Clinical Affairs and Nephrology Consultant. "Prior to the rigorous evaluation conducted by the Saudi Commission for Health Specialties, a team at JHAH looked deeply at our capabilities and determined it was best to apply for five specializations: Pathology, Pharmacy, Emergency Services, Anesthesia and Family Medicine."

A decades old dream is realized as JHAH began its Medical Residency program to train Saudi Arabia's next generation of physicians. This milestone was reached in October when the first 18 Saudi medical residents began training at JHAH. This program positions JHAH as a medical education institution in Saudi Arabia and is a key component of its vision to advance health professionals in the Kingdom.

"The role of primary care is critical to the wellbeing of the population and plays a central role in the care of an aging population," said Dr. Amir. "We are very pleased to have all five programs accredited, but are particularly pleased with the Family Medicine accreditation as there is a critical need for family medicine practitioners in Saudi Arabia."



## JHAH's Medical Residency Program includes these specializations:



Pathology



Pharmacy



Emergency Services



Family Medicine



Anesthesia

# Start Something Amazing Health Assessment Survey



**If you have taken the the Health Assessment Survey, Thank You. If you haven't, don't miss out! You have until December 31, 2016 to complete it.**

For the second year, the Population Health Division of Johns Hopkins Aramco Healthcare (JHAH) is offering the JHAH Health Assessment Survey to all Aramco employees and dependents 18 years and over who are registered to receive health care at JHAH or at a Medical Designated Facility (MDF) and JHAH employees and their dependents 18 years and older.

The JHAH Health Assessment Survey, being administered by Wellsource, a leading provider of scientific, evidence-based health risk assessment solutions and wellness tools, provides you and your family with valuable health information about your health and wellbeing, risk factors you have, and how your life style is affecting your long term health.

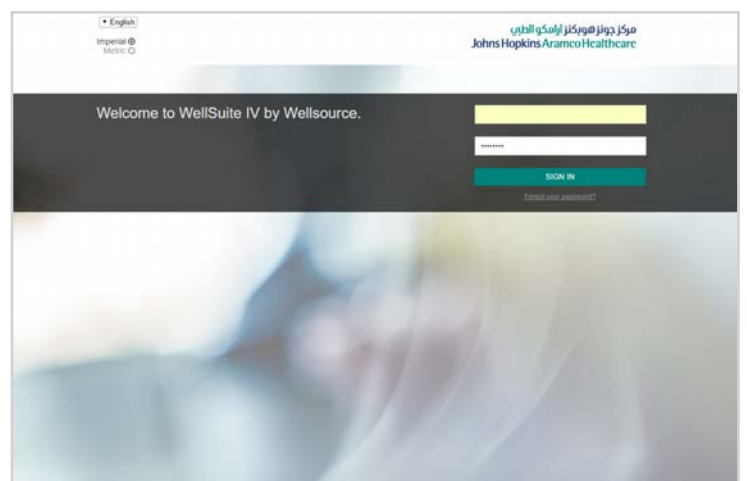
## How do I access the survey?

Recently you received an important email from shbatch@aramco.com.sa titled "Reminder: JHAH Health Assessment Survey." It contains user IDs for you and your family to access the JHAH Health Assessment Survey and to begin taking control of your health. Please don't send anything to this email address as it is no longer valid.

To take the survey, go to **JHAH.com** and click on the Health Assessment tab.

If you have any questions about the survey, email **HAHelp@JHAH.com**

The JHAH Health Assessment Survey password for your first login is wellbeing16

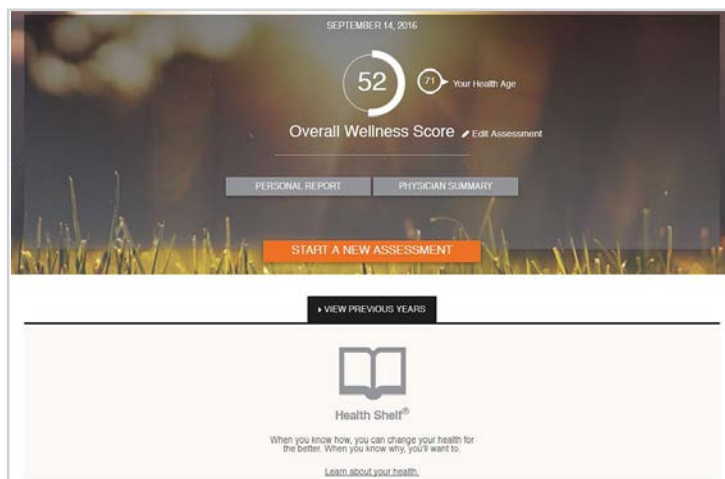


## How long does it take to complete the survey?

The survey takes about 20 minutes to complete and can be done on a computer, tablet or smartphone at your workplace or in the privacy of your home. The survey includes questions about your general health, diet, activity level and other lifestyle-related questions.

## What happens after I complete the survey?

When you complete the survey, you will receive a Personal Summary Report that provides you with your personal health profile and links to information that can help you improve your health and wellbeing.

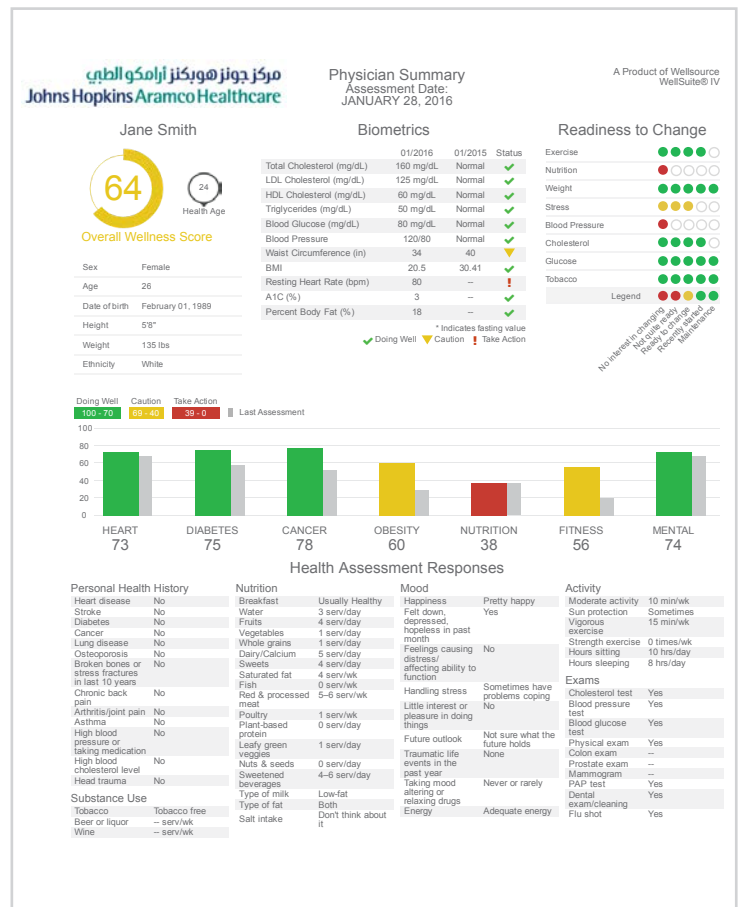


## Who can take the Health Assessment Survey?

You and family members over the age of 18 years who are enrolled with either JHAH or an Aramco Medical Designated Facility (MDF).

## Who sees my survey report?

Only you and anyone you chose to view it will see your report. Once the survey is closed for this year, JHAH will use the combined data (NOT individual surveys) to ensure both its current and future programs and services meet the health and wellness needs of you and your family. This approach to healthcare is called Population Health, and JHAH is an advocate of this long-term approach to health and wellness.



You can save and print a Physician Report that you can share with your Primary Care Physician. This report helps your physician identify areas where the two of you can work together to improve your health.



# Pediatric Diabetes Fun Day



Having diabetes is serious, but on one day for young people with diabetes it is fun. That day is the annual Johns Hopkins Aramco Healthcare (JHAH) Pediatric Diabetes Fund Day, which was held on November 3, 2016.

"Actually the staff look forward to the day as much as the children and their parents," said Voleet Abdallah, JHAH pediatric case manager and co-coordinator of the event along with Sumiah Banimortada, another JHAH pediatric case manager. "It is a pleasure to watch the kids have fun and the parents relaxed and sharing diabetes core tips."

The event, held in the Dhahran Hills Park, included a magic show, cartoon characters entertaining the kids, food and lots of fun. The highlight of the event, however, is the award ceremony where children who have controlled their HbA1C level throughout the year are recognized and presented with a gift. "You can see the pride and happiness in the faces of the children who get recognized," said Ahlam Sarhan, supervisor of the JHAH Patient Teaching Center.



# Patient Experience

## Zuhair Abidi



Good morning,

Just wanted to say a big thank you for your relentless support in managing my son's diabetes over the last 7 years.

Zuhair was diagnosed with diabetes when he was 5 years old. We, as parents, were devastated to hear the news and thought our lives will never be the same; however, the dedication and commitment you all have shown over the years towards the wellbeing of our child has proven us wrong. As a result of your unconditional support, Zuhair is a happy, healthy 12 year old who never lets diabetes disrupt his dreams of enjoying life as a normal person.

We are very happy to see him healthy, and owe this to you all for being there for him all the time – during and/after business hours. Our special thanks goes to Mohammed Abduljabbar, Sumiah Banimortada and Voleet Abdallah for providing guidance and consultation whenever we needed. In addition, the diabetic day event plays a major role in encouraging and motivating the diabetic kids. We know it takes a lot of effort from so many dedicated individuals to put such an event together.

Thank you for arranging the event as our son looks forward to it every year.

**Regards,**

Hassan & Naveeda Abidi

# Patient Safety Excellence Milestone

## 365 days CLABSI-free in Pediatric Intensive Care Unit



Congratulations are in order for the 6C Pediatric Intensive Care Unit (PICU) team. One year CLABSI free.

Never heard of CLABSI? That's actually a good thing. One would hope you or a loved one never hears of it again. CLABSI stands for a Central Line Associated Bloodstream Infection. A central line (formally called a central venous catheter) is when a line is inserted into a large vein so that fluid, medicine, nutrients and blood can be given to a patient who is very ill and will likely be in the hospital over an extended time.

"Children in a pediatric intensive care unit are very sick, at high risk, vulnerable and require numerous medications," said Rabie Khodor Kilan, Quality and Process Improvement Specialist and Johns Hopkins Aramco Healthcare (JHAH) CLABSI Coordinator. "Preventing additional complications is important for any patient, but is particularly so for a young ICU patient."

"CLABSI prevention takes dedicated teamwork on a daily basis, and I am very proud of the JHAH staff who worked together to achieve this result," said Sharon Myers, Chief Quality and Patient Safety. "Our goal at JHAH is zero preventable harm."

Reaching 365 days with no harm to PICU patients from CLABSI is a milestone worth marking. Earlier this year JHAH

celebrated the one year CLABSI free achievement by Medical Intensive Care Unit 3B. These achievements are the outcome of sustained, multidisciplinary collaboration between a number of stakeholders including the CLABSI Steering Committee headed by Dr. Daniele Rigamonti, Physicians, Nursing, Infection Prevention and Control, Quality and Process Improvement as well as with support from the Armstrong Institute.

"This achievement will not only boost patient's confidence in our capabilities and services but also help the hospital meet its overall goal of delivering excellent world-class medical care. Proud to be part of the team."

**Shanty Mathew**  
**Infection Control and Prevention Group**

"The physician is responsible for insertion and discontinuation," said Thabile Gabuza, 6C Unit Supervisor. "The nurses, in this case the 6C nurses, care for the central line and ensure it remains infection free. We worked together to achieve this result, but it doesn't end here. Our efforts continue day in and day out."

"Following strict procedures when inserting and removing the central line is critically important to eliminating CLABSI," said Dr. Sami Almajed, Pediatric Intensivist/Pediatric Pulmonologist. "Equally important is the daily care of the central line bundle by the nursing staff. I too am very proud of the 6C team."

The benchmark set by Johns Hopkins Medicine for all of its intensive care units is less than 1% CLABSI rate for all patients with central lines. One year is a remarkable achievement; however, JHAH has set for itself a rigorous goal to have zero CLABSI at JHAH.

"JHAH has a range of programs, initiatives and actions to prevent infection," said Dr. Jaffar Al-Tawfiq, Chair, Prevention and Control of Infection. "That ranges from something as basic but critically important as proper hand hygiene to processes that ensure there is no preventable harm done."



# JHAH Celebrated World Heart Day



World Heart Day booths included habits such as smoking that are known to damage your heart and cardiovascular system, healthy food options, and monitoring of blood pressure.

"By reducing your cardiovascular risks, you will protect your own heart Consulting Cardiologist, and the hearts of those you love," said Dr. Alaa Ujayli, "Working on controllable cardiovascular risk factors would reduce the current rate of mortality in the Kingdom." Saudi Arabia currently leads the world in obesity and diabetes rates, has higher than average rates of smoking and blood pressure and is listed as one of the world's least active populations.

These were the key messages of the Johns Hopkins Aramco Healthcare (JHAH) World Heart Day events held on September 29, 2016.

You can take charge of your health by keeping your blood pressure, cholesterol and weight in the normal range, quitting smoking and avoiding second hand smoke, eating a healthy diet and regularly exercising. Consult with your physician prior to beginning an exercise program.



# Patient Experience

## Rene Thomson

My interaction at JHAH began with my Primary Care Physician, Dr. Jawad Kharouf, who referred me to the Pain Clinic after medications and physical therapy did not relieve my back pain. From there I was referred to Dr. Ibrahim Mohammed who suggested I try cortisone injections to relieve the pain before exploring surgical options. This approach did provide some relief.

While on my annual vacation, I decided to have the procedure done in the U.S. I returned to work after a few weeks of bed rest. I decided to visit Dr. Kharouf because I was still experiencing some pain and swelling. I was advised that pain and swelling was normal for this procedure, but when I mentioned to him that I had radiating pain in my leg when I touched the incision site on my back, he immediately determined there was a problem. An MRI was ordered, and the results revealed a cerebral spinal fluid leak.

The MRI results were sent to Neurology for review, and I got an appointment with Dr. Majid Attas, but due to the fact that he was on leave, the appointment wasn't until three weeks. Due to the severity of the leak, Dr. Khalid Siddiqui, Dr. Omar Eldonosary and Dr. Hussam Hamdan viewed my report and called me in for a consultation on the day following the MRI results review. During that consultation I was advised to have surgery the same day as prolonged delay could result in serious complications. Due to the fact that that Dr. Siddiqui, Dr. Hamadan and Dr. Eldonosary explained in detail the procedure and precautionary steps that may need to be taken if any complications were to arise, I was very comfortable with doing the surgery on such short notice.

After the surgery was done, I was moved to recovery. The nurse there called my wife to tell her I was in recovery and told her the ward they were moving me to. In addition, my wife was provided with a telephone number to the ward to get an update on my status. I spent eight days in the hospital, six of which I had to lie flat on my back without sitting up. The nurses and personal care assistants who cared for me during this period were very attentive and never too busy to assist me as I was unable to care for myself.

I would like to specifically mention the members of the staff that provided me with exemplary care after my procedure. These members include Novi Malaluan, Paulo Gonzalez, Cora Matawaran, Sheila Calma and Caroline Leech. They were prompt to answer the call button and always had a cheerful disposition. I sometimes apologized about calling them so frequently but they always replied "that's what we are here for." It did not matter if it was close to the end of their shift or not; they would stay over and then finish their reports and hand over. I was pleased to see this culture because I am used to a fast-paced environment where people are shuffled along. I felt very confident in the staff that took care of me. At nights when things were quiet, I would overhear conversations with other patients, and it was clear that they also received the same level of care I received.

I would like to thank you for all of your kindness and patience during my stay at JHAH. I would like to thank the doctors, nurses and staff for making my short visit as pleasant as possible. I have no hesitation in using JHAH for my family's health care needs and gladly recommend JHAH to my colleagues.

### **Rene Thomson**

Field Compliance Coordinator

Community & Public Projects Department

Home Ownership & Community

Saudi Aramco

# Patient Experience

## Stephen Cheshire

Dear Dr. Rigamonti,

I am approaching retirement on t December 31 after 16 years of service at Aramco and wanted to say thanks for the excellent medical care provided to me during that time. There are three areas I wanted to give positive feedback on, but more areas could be written about.

For GP care, Dr. Darley Cheriyan has provided wonderful care to all members of our family, compassionate and complete always, conservative when appropriate, but always with an excellent outcome. A true family doctor.

The Executive Health Program has been exceptional for annual check-ups for myself. Dr. Mark Reimer (followed by Dr. Bangi) was thorough and did succeed in showing me the lifestyle necessary to maintain good health. A very gentle professional.

The third area I want to talk about is Orthopedics, where by experience I have become an expert patient. The whole group, clinical and nonclinical, has looked after me well, and I want to recognize in particular the exceptional work of Dr. Mojieb Manzary and the support staff around him. These are not the only professional staff at Johns Hopkins Aramco Healthcare, just a representative high impact sample.

I arrived at Aramco in 2000 and was already suffering from patellofemoral pain in both knees. This eventually prevented all soccer refereeing and holiday hiking. When in 2008 all parts of the knee deteriorated, Dr. Manzary performed a Bi Lateral Knee Replacement with a new, harder plastic. I was fully informed and aware of the rigors of the operation and recovery. In fact I was very aware of the skills displayed during this seven hour surgery as it was done under epidural.

A rapid recovery was disturbed by a car accident that necessitated a revision of the left knee two years later. In this case I arrived in theater with questions on all the equipment and procedures. Despite large inserts, this operation was comfortable and interesting under epidural. I remember the delight in showing perfectly placed 17mm rods at the x-ray station that evening. Excellent nursing care followed this, and on day two I was mobile enough for discharge with a walking stick. Of course nursing and physiotherapy played a great part in my recovery. My only suggestion would be to make a thermal pool available for physiotherapy.

As I approach 65, I am still able to walk four 15 minute miles around the Dhahran golf course (with Dr Al-Shehri's approval). A preparatory retirement consultation with Dr. Morgan and Gamboa's clinic in Brisbane resulted in recognition of Dr. Manzary and compliments on the surgical outcome. The bottom line on this is quality of life.

**Stephen Cheshire**

Unconventional Focus Area Champion

Geology Technology Team

EXPEC Advanced Research Center

# How Do I know that Sphygmomanometer Is Accurate?

## Clinical Engineering at JHAH



Quick! What's the first word that comes to mind when you see the words health care professional? You thought of doctor, nurse, pharmacist, therapist or something along that line. Correct? Did any of you think of clinical engineer? Be honest.

The fact is that whenever you visit Johns Hopkins Aramco Healthcare (JHAH) as a patient, you are touched by something that a clinical engineer is responsible for. It could be the sphygmomanometer used to measure your blood pressure or the ultrasound used to see your baby in the womb.

If it is medical equipment, it has to be regularly certified and calibrated to ensure the safety of patients and users and equally important the accuracy of the results. That is the responsibility of the clinical engineer, and JHAH has nearly 50 clinical engineers working dutifully behind the scenes.

"Clinical engineering is a specialty within biomedical engineering," says Yasser Badreddine, Clinical Engineering Services Division Director. "We are responsible for installing, upgrading, replacing, and maintaining all medical technology used in the organization as well as training end-users on the proper way to use the technologies."

The term healthcare professional goes well beyond those who directly interact with patients. Everyone at JHAH, including people handling admissions, finances, administration, security, building maintenance, communications, housekeeping and all the others, are dedicated to the health and wellbeing of patients, families and visitors to JHAH. The entire JHAH team comprises healthcare providers.

# Caring Profile: Mohammad A. Al-Ghamdi



## Mohammad A. Al-Ghamdi

Biomedical Technician

### Educational Background

- Diploma, Biomedical Engineering, Arab Development Institute 2010
- Trained at King Fahad Specialist Hospital Dammam 2010

### Current JHAH Position

Biomedical Technician

### Quote

"I work in Surgicare. Our team is responsible for ensuring that equipment such as DaVinci, Navigation and other surgical devices perform safely, accurately and reliably. That is a responsibility we do not take lightly."

## Influenza Vaccine Available

Flu vaccination can help prevent you from getting the flu. Protecting yourself also protects the people around you who may be more vulnerable to serious flu illness.

In line with the Centers for Disease Control (CDC), Johns Hopkins Aramco Healthcare (JHAH) recommends an **annual flu vaccine for everyone 6 months of age and older.**

*Protect yourself, your patients, family and work colleagues by getting the flu vaccination.*

The flu vaccine is available in all 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

Employees and dependents registered with a Medical Designated Facility should contact them directly or a **Ministry of Health (MOH)** center for details on the flu vaccination.

# Finding Hope When Hope is Lost

## Palliative Care at JHAH

By Bradley Wilkinson



What would I like to do with the days I have left on this earth? Who will take care of my spouse when I'm gone? How will my loved ones remember me?

End of life decisions are something few of us want to consider let alone act on while we are alive. It becomes more difficult and less likely that someone wants to deal with it when his or her life is being cut short due to a terminal disease.

"In Palliative Care, we ask terminally ill patients to consider such things," says Dr. Thomas J. Smith, Professor of Palliative Care, Director of Palliative Medicine and Professor of Oncology at Johns Hopkins Medicine (JHM). "Palliative care concentrates on improving quality of life by providing support to patients and families, and can be used at any point in any illness."

Recently Dr. Smith and Dr. Rab Razzak, Assistant Professor of Medicine, Johns Hopkins Medicine, visited Johns Hopkins Aramco Healthcare (JHAH) to continue work on the JHAH Palliative Care Partner Contribution Agreement to establish a palliative care program at JHAH. For Dr. Razzak this was his fourth visit; for Dr. Smith it was his third.

The JHAH palliative care team was established in April 2015 and at that time it comprised Dr. Samer Abushulliah,

Program Lead; Fatima Al-Rashed, Palliative Care Clinical Nurse Specialist who later became the Palliative Care Program Coordinator; Dr. Mohammed Al-Habib, Clinical Pharmacist; Kawthar AL-Hussain, Clinical Nurse Specialist; and Dr. Mustafa Ghazal, Staff Physician. Dr. Mohammed Al-Ghamdi, who completed a palliative care fellowship at McGill University in Canada, joined the team in July 2016.

"The JHAH program is coming together very quickly," said Dr. Smith. "The team has gone from a gleam in the eye to seeing patients and providing care in less than a year. Typically it takes an organization 2-4 years to get this point."

A palliative care clinical nurse specialist consult service began in July 2015. Since then, more than 300 consults have been conducted. "How people die remains in the memory of their family," said Al-Rashed. "Therefore, it is our responsibility to ensure that patients are comfortable and their symptoms managed while at the same time providing support to the family and the caregivers."

In addition, Dr. Abushulliah completed a palliative care observership at JHM in October 2015, and Al-Rashed and Dr. Ghazal completed their JHM observership in March 2016.

## Additional Milestones

A Palliative Care Multidisciplinary Round began in December 2015 in Inpatient Cancer Unit 5B that includes a mini-palliative care section with three designated beds. The first palliative care patient was admitted on October 23, 2016. A Palliative Care Clinic was established in October 12, 2016, where patients are currently being assessed by both Dr. Al-Ghamdi and Al-Rashed. In addition, patients can still receive palliative care after going home through a Palliative Care Home Health Care pilot. "I visited my first patient at home on October 13," said Dr. Al-Ghamdi. "I was very touched. It was clear that the patient took comfort in my visit and the family was extremely gracious and grateful."

Any JHAH physician can order palliative care service by placing a consult or referral request in SAP if a patient meets any of the following criteria:

- A patient with advanced cancer who is suffering from physical, psychosocial or spiritual distress. The American Society of Clinical Oncology now recommends that any seriously ill cancer patient be co-managed by palliative care within 8 weeks of diagnosis.
- A terminally ill cancer patient with incurable medical illness who is not a candidate for active treatment.
- A patient with metastasis and progressive pleural/peritoneal or pericardial effusions.
- A patient with uncontrolled pain and symptoms.

This is only the beginning. The palliative care team with support from JHAH leadership are working to further enhance the service and ultimately establish a palliative care inpatient unit.

## What do Palliative Care Providers Do?

Multiple studies now show that patients live better and longer when they have palliative care involved. Palliative care providers do not work to hasten or postpone death. They work with patients facing life-threatening illness and their families to improve their quality of life by doing the following (WHO, 2016).

- Prevent and relieve suffering through early identification, assessment and treatment of pain and other physical, psychosocial and spiritual problems
- Affirm life and help see death as a normal process
- Integrate the psychological and spiritual aspects of patient care
- Offer a support system to help patients live as actively as possible until death
- Offer a support system to help the family cope during the patient's illness and during bereavement
- Use a multidisciplinary team approach, including bereavement counselling, to address the needs of patients and their families
- Use therapies such as chemotherapy or radiation therapy to enhance quality of life and work to positively influence the course of the illness
- Actively learn to better understand and manage distressing clinical complications

# Dr. Michael Streiff

## Johns Hopkins Medicine Distinguished Faculty Visit



Dr. Streiff is a Staff Physician at the Johns Hopkins Comprehensive Hemophilia Treatment Center, an Associate Professor of Medicine and Pathology and an associate faculty member of the Armstrong Institute for Patient Safety and Quality at Johns Hopkins Medicine (JHM). He is also the Director of the Johns Hopkins Anticoagulation Management Service and Outpatient Clinics and Special Coagulation Laboratory.

While here, Dr. Streiff presented a Grand Rounds on "New Horizons on Deep Vein Thrombosis and Pulmonary Embolism Management" to more than 250 JHAH Staff in the Dhahran Auditorium and the districts. Following Grand Rounds, he spent the day meeting with JHAH physicians from EMS to streamline the diagnosis of Deep Vein Thrombosis and gave a Community Outreach Lecture titled "The Silent Epidemic: Learn to Recognize the Signs of Deep Vein Thrombosis (DVT), a Low Profile Killer" where he discussed what DVT is, why we should care about it, how to recognize the signs and symptoms of the condition and how to safely treat DVT using either anticoagulants (blood thinners) or a thrombolytic agent. More than 70 people from the Saudi Aramco and JHAH community attended. To safely use anticoagulants, he suggested that you remember to take your medication at the same time each day and if you miss a dose to keep your physician informed.

Dr. Streiff concluded his visit in a series of meetings with the JHAH Lab team and with the Interventional Radiology team discussing the Palliative Care Partners in Excellence program.

The Distinguished Faculty Visits are part of the Partners in Excellence program that brings together the long tradition of quality medical care provided by SAMSO and now Johns Hopkins Aramco Healthcare (JHAH) with the renowned educational and clinical strengths of JHM. Partners in Excellence activities have brought more than 100 members of JHM faculty and staff to Johns Hopkins Aramco Healthcare (JHAH).





## Dr. Angelo DeMarzo

### Johns Hopkins Medicine Distinguished Faculty Visit



Johns Hopkins Aramco Healthcare (JHAH) also hosted Dr. Angelo De Marzo from Johns Hopkins Medicine. Dr. De Marzo is a professor of Pathology and Oncology at the Johns Hopkins University School of Medicine and the Associate Director of Cancer Research Pathology at the Sidney Kimmel Comprehensive Cancer Center.

Dr. De Marzo started his two day visit by presenting a Grand Rounds lecture titled "Update on Prostate Cancer: Screening, Active Surveillance and Molecular Pathology" to more than 250 JHAH Staff in the Dhahran Auditorium and the districts. Following Grand Rounds, he spent the day meeting with JHAH physicians from the Pathology Division and touring the Histopathology and Cytology Laboratory.

In the afternoon, he gave a Community Outreach Lecture titled "Globalization and Cancer," where he discussed what cancer is, the major categories and types of cancers, common causes of cancer, and global cancer morbidity and mortality to more than 70 people from the Saudi Aramco and JHAH communities.

Dr. De Marzo concluded his presentation by discussing future global problems and potential global solutions to reducing cancer. These include reducing tobacco use, providing access to HPV vaccines, testing and pap smear screening, and making novel curative treatments more available.

## PARTNERS IN EXCELLENCE



In keeping with the promise of continuous education, Johns Hopkins Aramco Healthcare began a quality elevation program focused on sharing knowledge and experience in order to build a dynamic, autonomous health care organization. The Partners in Excellence concept blends the pre-existing decades long tradition of quality medical care provided by SAMSO with the renowned educational and clinical strengths of Johns Hopkins Medicine. To date, Partners in Excellence activities have involved more than 100 members of Johns Hopkins Medicine faculty and staff on-site at JHAH.

# Dr. Peter J. McDonnell

## Johns Hopkins Medicine Distinguished Faculty Visit



JHAH was pleased to host distinguished visiting faculty, Peter J. McDonnell, M.D., on November 6-8. Dr. McDonnell is the Chairman and William Holland Wilmer Professor of Ophthalmology at the Wilmer Eye Institute at the Johns Hopkins University School of Medicine.

JHAH's Chief of the Ophthalmology Division, Dr. Ramiz Al Hindi, was the JHAH host physician for Dr. McDonnell during his visit to JHAH.

During his visit, Dr. McDonnell met with JHAH interim CEO and Chief of Staff, Dr. Daniele Rigamonti, along with JHAH's C-suite members including the Chief Nursing Officer Dr. Zeina Khouri-Stevens to discuss JHAH's current initiatives. Dr. McDonnell participated in meetings with the Ophthalmology Division staff, the OR team, the Eye Clinic, the Chair of Neuroscience Institute, Chair of the Wellness Institute, the Senior Medical Advisor, Neurology Unit Head, ENT unit head, Chief Medical Referrals Office and the Chairman of Credentials & Privileges Committee.

Dr. McDonnell had the opportunity to tour JHAH's facilities, some Saudi Aramco facilities and the community.

On Monday, November 7, Dr. McDonnell presented the Medical Grand Round "New Therapeutic Strategies in Glaucoma and Age-related Macular Degeneration" to more than 250 JHAH staff in the Dhahran Auditorium. Later that afternoon, Dr. McDonnell presented "Regeneration of the Visual System- Saving Vision: The Promise of Nanomedicine" Community Outreach Lecture at the Saudi Aramco Research & Development Technical Exchange Center. More than 90 attendees including Saudi Aramco employees and their dependents and JHAH staff were present at the lecture and engaged in an interactive discussion with Dr. McDonnell. The Community Outreach Lectures are designed to enhance the health and wellbeing of the community and enrich the medical knowledge of healthcare professionals at JHAH and the Kingdom.

## 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 1<sup>st</sup> and 3<sup>rd</sup> 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>.



## Do you need help with a health care service issue?

Email Patient Relations  
[PatientRelations@JHAH.com](mailto:PatientRelations@JHAH.com)

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