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مركز جونز هوبكنز
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WellBEING

January 2018

JHAH is the first
to implement
"Epic" Electronic
Health Record in
the Kingdom



Register Now

MyChart

Your Online Health Portal

Photo By: Layla Gafashat

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Is Your Medication Safe?

Expired Medications can be less effective and may even be toxic

**Is your medication safe?
Expired medications can be less effective and may even be toxic.**

Formulation type	Expiry details	Comments
 Oral Tablets/ Capsules	Manufacturer's expiry date, as printed on the packaging.	Check the expiry date before using.
 Inhalers	Manufacturer's expiry date, as printed on the packaging.	Check the expiry date before using.
 Oral Liquids	6 months from opening, or as recommended by the manufacturer.	Write date of opening on the label.
 Topical Medication, such as creams, lotions and patches	6 months from opening, or as recommended by the manufacturer.	Write date of opening on the label.
 Sterile Eye/Ear Nose drops/ Ointments	One month after opening.	Write date of opening on the label.
 Insulin	Unopened vial or pen, as recommended by manufacturer (store between 2- 8 C).	Used insulin for 28 days, or as recommended by manufacturer.



MyChart

Empowers you to manage your healthcare through an easily accessible online portal.



MyChart Patient Portal

In MyChart you can view a summary of your clinic visits, which shows the reason for the visit, your diagnosis, physician's orders, advice and any instructions given.

Plus...you can:

- View information about your medication history
- Access medical history
- Receive preventive care reminders
- Download and print immunization records and blood group certificates

MyChart is where you

- View lab test results
- Schedule appointments
- Request medication refills
- Request to be placed on the wait list for specialist appointments.
- Communicate with your clinicians

Why?

The patient portal, MyChart, is a part of JHAH's new advanced electronic health record (Epic).

This is a cutting-edge technology that is more accessible and will offer new functionalities and replace the medical service catalog on Saudi Aramco HR online.

MyChart will be activated when the new electronic health record (Epic) goes live in 2018. We encourage all patients to sign up now in order to be ready to take advantage of the new functionalities.

How to Register

Fast Track Registration for MyChart

Step 1

Contact the MyChart Help Desk at MyChart@JHAH.com or by calling 800-305-4444, extension 8 or, from a mobile/out-of-kingdom +966-138-777-3888, extension 8, to receive your fast track link by text message or email. You may also request a MyChart fast track link at your next clinic visit.

Step 2

From the MyChart home page you can complete the registration process by selecting your username, password and a security question.

Register for MyChart Without an Activation Code

Step 1

Visit the MyChart home page, www.JHAH.com/MyChart.aspx

Step 2

Click "sign up now", and follow the steps to log in and request for your MyChart portal to be activated.



Use MyChart as your health dashboard

In MyChart you can see a graphic display of your lab results over time e.g., your cholesterol levels over the course of a year and this helps you to understand how your treatment and lifestyle are impacting your health.



Use MyChart to better manage your diabetes

Working with your physician you can better manage your diabetes by tracking your glucose level at home and entering the results in MyChart. The readings are sent to your physicians and monitored



Helps you stay healthy

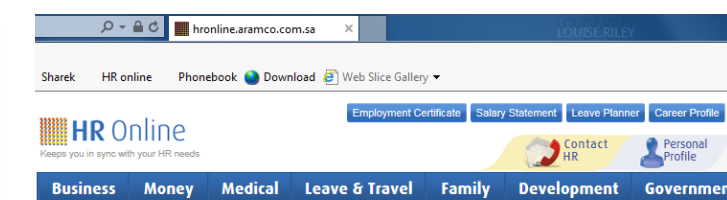
Through MyChart you will receive reminder notices for important preventative health actions such as, screenings, immunizations and health checks.



MyChart improves your medication management

Easy online access using MyChart enables you to:

- request medication refills
- access information about your medications
- view your current medications



MyChart will offer new functionalities and replace the medical service catalog on Saudi Aramco HROnline. From January 26, this enhanced portal will be available for JHAH patients.

There will be a few disruptions during the transition period.

Starting January 5: to schedule medical appointments, that would occur after January 26, please call the JHAH Centralized Contact Center at 800-305-4444 and follow the prompts.

Starting January 14: to request medication refills/renewals please call the JHAH Centralized Contact Center at 800-305-4444 and select 'Pharmacy'. From January 26, you can request medication refills/renewals and other functions on MyChart.

You can register now for MyChart, in order to ensure all your current HROnline functions are not only maintained but enhanced. To register and see the full range of benefits, visit: <http://jhah.com/mychart.aspx>.

HelpDesk

If you need help signing up for MyChart or would like to ask a question please contact:

The MyChart Help Desk

E-mail: MyChart@JHAH.com

Phone: 800-305-4444, extension 8

Or, from a mobile or out-of-kingdom: +966-138-777-3888 extension 8 (during working hours)

If you have a customer service concern please contact Patient Relations by emailing PatientRelations@JHAH.com or calling 800-305-4444 (during working hours)

JHAH's Advanced Electronic Health Record 'Epic' Launches in January 2018

This marks a kingdom-first and heralds new era of advanced care



patients and care teams have greater access to more complete information. Epic will incorporate scheduling and registration, clinical documentation, computerized provider order entry, ePrescribing, charge capture, and improve the critical connection to affiliate and referring physicians across JHAH. It can also be easily used on mobile and other handheld devices, allowing more flexibility for care providers.

Externally, communicating and collaborating with our outpatient clinics is paramount to ensuring the best possible care. By giving providers a complete, secure, online, real-time view of a patient's record, the entire care team can make better and more coordinated decisions that ultimately lead to the best ultimate outcomes.

MyChart - patient-access to online medical record

Epic's patient portal enables patients and authorized family members to securely view such personal information as test results, medication records and immunization records. By making health information available to patients online, we can invest more time taking care of more complicated questions and seeing patients. This patient portal helps us treat patients as partners in their own care.

Placing JHAH at the forefront of health care information technology, we will be the first hospital in the Kingdom to launch what is widely regarded as the global leader in electronic health records (EHRs). Epic will connect all caregivers to a single record for each patient so that an informed decision, based on the most up-to-date information, can be made on the care of the patient. It will organize patient information, provide suggested actions and guides for caregivers, and coordinate care across multiple specialty settings.

Epic has a proven track record. It is secure, confidential, and reliable.

Today Epic is used by more than 250 health care organizations worldwide including Johns Hopkins Medicine and many other leading health care institutions. Moving to Epic's integrated EHR is a smart choice for both our hospital and our patients. JHAH continues to lead the way by being the first hospital system in Kingdom to implement Epic.

Increased complexity calls for state-of-the-art EHR

Internally, our healthcare delivery system has become more complex. As a result, stronger efforts are needed to ensure that both

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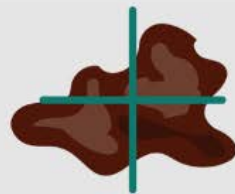
Melanoma?

Warning Signs in Moles

Moles are common, non-cancerous lesions on the skins. Most people have them. Over the years they may change color or hairs may grow in them. There are, however a few things to watch. If you notice any of the below or if a mole starts to itch, becomes red or begins to bleed, contact your physician.

Asymmetry

The two halves are not similar



Border

Edges are irregular or blurred



Color

Uneven and more than two colors



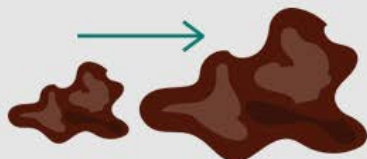
Diameter

More than a 6mm diameter



Evolution

Any change in size, shape or colour should be reported



Healthcare, Sports & Patriotism



Saleh Wadei (middle row waving far side) and Abdullrahman al-Dharman (middle row waving toward the camera) proudly represent Saudi Arabia at the Opening Ceremony of the fifth Asian Indoor Games in September 2017 at Ashgabat, Turkmenistan.

Few people are fortunate enough to use their passions to give back to their country and community. Saleh Wadei and Abdullrahman al-Dharman are. Both are physical therapists at JHAH, and both are physical therapists for many of the national teams of Saudi Arabia including indoor athletics, cycling, swimming and weightlifting.

“When I was young I was interested in sports. I still am,” said JHAH senior physical therapist Abdullrahman Al-Dharman.

“Physical therapy caught my interest because I could have direct contact with the sport.”

Most of the time, the two can be found in JHAH Rehabilitation Services, Saleh at the Dhahran Health Center and Abdullrahman at the Al-Hasa Health Center. Other times, if you watch the Saudi national teams on television, you might catch a glimpse of them on the sideline caring for the players and cheering for their team.

A letter of Appreciation

Dear Dr. Rigamonti and Mr. Hajji,

I apologize for the length of the email; I want to ensure that everyone involved is included.

I want to begin by first expressing my sincere appreciation and thanks for the excellent medical care and treatment that my wife received during the entire delivery process of our baby daughter Misk. She is truly a blessing, and we feel blessed to have had her at Johns Hopkins Aramco Healthcare.

Our wonderful care began at admission where we felt nothing but positive atmosphere and saw smiles all around. The doctor welcomed us and comforted my wife and guided her through the process to come. The Midwife, Samantha Makwembere, was a true angel. She spared no effort to support my wife even to the point of offering me her papers so I could fan my wife during the most intense part of the delivery.

I previously attended the birth of my son Abdulelah and my daughter Mariah, but the care given by Sam was truly different, and my wife insists to say to her "Samanatha, you are a blessing. You made me relax and helped me not worry. Words cannot express my appreciation", Zahara.

Personally, I can tell you that prior to doing anything, Sam patiently took whatever time necessary to explain the steps and purpose of each procedure she did to my wife and baby before doing it. This really made my wife at ease throughout. My wife was totally involved and allowed to make informed decisions about choices of painkillers, care management, etc. This really made my wife feel safe during the delivery. Sam was psychologically wise through "positively" guiding my wife and assuring her of a safe delivery during the last pushes, which resulted in the smoothest birth ever, alhamdulillah. There were no complications or need for any surgical intervention afterwards.

These exceptional skills could not be demonstrated unless Samantha was very well trained, worked in a supportive environment and of course had a personal commitment to patients, which Sam truly has.

Once my wife and Misk moved to their room in 3H, the care there was also second to none. They took full care of my wife and daughter with smiles from everyone, including housekeeping. Whenever my wife buzzed the nursing station, she was answered in seconds and her requests were addressed in literally only a few minutes. Gincy Jacob and Lourdu Ranganathan were very attentive to my wife's requests. At one point they even had a cardiologist come and examine my daughter for a potential ASD condition, which he did in a very timely manner. Alhamdulillah, Misk was fine.

The discharge instructions by Gincy were very thorough and clear, and the assistance provided by Analiza Catoto to escort my wife in the wheelchair and to place my daughter in the car seat was a nice ending to this very happy story.

Also Oqab AlOnizi and his colleagues at the admission desk greeted me with big smiles, congratulated me with nice words, and smoothly and timely processed my papers on behalf of the other registration desk as I was busy and not been able to come during normal business hours.

My wife told me when she returned home with Misk, it was like a dream. This made me so happy and certainly proud that we have such world-class medical care at JHAH. I am sure that the entire JHAH team demonstrates daily no less than what we have seen. I kindly request that you express my sincere thanks to your great team.



و لله الحمد من قبل و من بعد

Ammar Altaf and Zahara Zawawi

JHAH Radiology Fully Digital

This elevates patient care, access and quality because digital radiography produces higher quality images within seconds and requires up to four times less radiation than computed radiography, improving workflow, efficiency, and patient safety.



Caring Profile

Dr. Ahmed Al Tayyar

Occupational Medicine Specialist

Education

- 2015 - 2017 - Masters in Engineering & Management, MIT School of Engineering and Sloan School of Management
- 2012 - Fellow of the Royal College of Physicians & Surgeons of Canada, Occupational Medicine, University of Toronto, Canada
- 2011 - Fellow of the Royal College of Physicians & Surgeons of Canada, Internal Medicine, University of Toronto, Canada
- 2011 - Diploma of Industrial Health, University of Toronto, Canada
- American Board of Internal Medicine
- September 2014 - September 2015, Fellowship in Quality Improvement Patient Safety, Armstrong institute, Baltimore, USA

Professional Background

2015 - Chief of Preventive Medicine (A)

2014 - 2015 - Head of Occupational Medicine (A)

2014 - 2015 - Senior Physician for Firefighters

2012 - 2015 - Pre-Employment Physician Team Lead for Pre-employment Evaluations for Saudi Aramco

Quote

"I look forward to tackling healthcare challenges by using heart, hand and mind in a collaborative approach with a growth mindset. I hope to play a key role in transforming the healthcare system through disruptive innovation and systems thinking, while leveraging JHAH's human capital to better serve our community and provide optimal care more effectively and efficiently than ever before."



Decode Your Stress Management Skills

Almost everyone experiences some form of stress. Take this quick quiz to discover what Johns Hopkins research has determined to be the best, heart-friendliest ways to cope with the stress in your life.

Stress can raise your blood pressure and make you feel sick. Unfortunately, many of the ways people cope with stress turn out to be bad for the heart, too, because they raise cholesterol and blood sugar or otherwise damage body systems.

“Stress is not good, but everyone experiences it. That’s why it’s so important to manage stress in healthy ways,” says Hugh Calkins, M.D., director of the Cardiac Arrhythmia Service at Johns Hopkins Medicine in Baltimore, Maryland, USA.

Test yourself to see whether you can tell the helpful stress management tactics from the ones that make things even worse.

Which of these activities is more apt to make you feel less stressed?

- a. Taking a long walk
- b. Taking a long nap

a. Taking a long walk. “Exercise is one of the best ways you can manage stress, and it has the added benefit of helping you burn calories so you can better maintain a normal weight and heart health,” Calkins says. While a quick nap can be helpful, sleeping longer than 20 to 30 minutes risks interfering with your overall sleep needs.

What should you eat if you feel stressed?

- a. Ice cream
- b. Nuts
- c. Potato chips

b. Nuts. They contain tryptophan, an amino acid found in protein that improves depression and promotes relaxation. Nuts are also part of a heart-healthy diet. Ice cream and chips may soothe you in the short run, but their empty calories and high sugar and sodium contents are all linked to heart damage.

Which of these is a proven way to relax when you’re stressed?

- a. Yoga
- b. Meditation
- c. Deep breathing
- d. All of these
- e. None of these



d. All of these. These relaxation strategies calm tension in both your mind and your body. You can practice these techniques on your own at home. You may want to sign up for a class to learn relaxation techniques.

Can medicine ease stress?

- a. Usually
- b. Rarely

b. Rarely. Stress management tactics, such as exercise, nutrition, relaxation and other mental approaches, are considered a better way to deal with stress than medication over the long haul. Be sure that your stress isn’t due to anxiety or depression, which are conditions that can be treated successfully with medication.



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Children and Stress

By: Reem Bubshait

As adults we tend to view kids as happy and bubbly. What could they possibly worry about? They do not have jobs; they do not worry about gas prices nor paying bills.

Stress is our reaction to the demands placed on us and how we respond to them. These demands are usually from outside sources such as job, school, friends and quite often family. Stress can also come from the way we perceive things; the way we think we should be doing things versus what we can actually do.

This being said, stress affects everyone, including children. In preschoolers, separation anxiety can develop when a young child is away from her/his parents or caregivers. As kids grow, stress occurs when they try to fit in with a new group, face bullying at school or when they feel pressured with school work.

Child stress is aggravated by more than what’s happening in their own lives. Does your child hear you arguing with your spouse or talking about trouble at work? Do not underestimate your child. You should be very careful when you discuss problems as children pick up your anxiety and start to worry.

Media and news cause children to stress. They tend to worry about their safety and loved ones when they listen to disturbing news of wars or natural disasters. You should always monitor and be aware of what your child is watching on TV and help him/her understand what is really happening.

There are other factors that magnify stress in children such as death in the family, illness or a divorce. As a parent, you should be aware of these factors and try your best to reassure and comfort your child.

Children have different ways of expressing their feelings. There are physical and emotional signs and symptoms that might indicate your child is stressed. Physical symptoms include a decrease in appetite or change in eating habits, stomach pain, headaches, nightmares and new or recurrent bedwetting. Emotional symptoms include anxiety, inability to relax, anger, crying, whining, aggressive or stubborn behavior, going back to behaviors done at a younger age or lack of interest in activities.

Parents can help their children cope and reduce stress by providing a comfortable, nurturing environment.



Here are some tips on how to reduce your child’s stress:

- Proper sleep, nutrition and regular exercise.
- Develop family routines such as a family play day or weekend movie night.
- Be a positive role model by displaying healthy behaviors.
- Be aware of what your child is watching on TV or reading on the internet. Avoid violent games or shows as they produce anxiety.
- Keep your child in the loop when changing homes or jobs as this will reduce stress developing from sudden change.
- Always make time for your child and listen to your child’s concerns and problems. Try not to be critical and understand what he/she is going through.
- Empower your child by allowing him/her to make choices and have some control in his/her life.
- Get involved with your child’s activities. Show affection and always use a reward system instead of punishment.
- Recognize signs of unresolved stress in your child.
- Seek a physician’s help when your child is having problems such as:
 - Becoming unhappy, depressed or withdrawn
 - Not interacting with family and friends
 - Having major problems in school
 - Becoming angry or displaying aggressive behavior

Sleepless Nights?

Try Stress-Relief Techniques

Tension can interfere with slumber, and sleepless nights can create even more stress. Learn about the link between anxiety and insomnia—and how to gain control.

In a recent survey, 44 percent of adults said stress had caused sleepless nights at least once in the previous month. All that tossing, turning and staring at the ceiling can leave you feeling tired and more stressed the next day. If you're caught in this vicious cycle of anxiety and insomnia, there's good news: Simple stress relief techniques can help you sleep better and feel calmer.

Understanding Anxiety and Insomnia

What's behind the "more-stress, less-sleep" connection? "If you're frequently triggering your stress response, your body never gets back to its baseline," says Luis F. Buenaver, Ph.D., a sleep expert at Johns Hopkins Medicine in Baltimore, Maryland, USA.

"Stress and sleepless nights are closely linked," Buenaver says. "If you're in pain, tend to worry or are coping with a difficult situation in your life, you may have more stress hormones than usual circulating in your body. A poor night's sleep adds even more. And those hormones may never be fully broken down. It's like running an engine in fifth gear all the time."

Stress Relief Techniques to the Rescue

"Activities that switch on the body's natural relaxation response feel great," Buenaver says. "And they have been proven by research to improve sleep. They help by reducing the release of the stress hormones cortisol and adrenaline and by slowing your heart rate and breathing. Your body and mind calm down."

Yoga, tai chi and meditation are helpful stress relief techniques. So are these two simple exercises that Buenaver recommends to patients who are struggling with sleepless nights.

Gentle breathing:

- In a quiet place, sit or lie down in a comfortable position. It may help to close your eyes.
- Breathe slowly in and out for about five minutes. As you inhale, breathe down into your belly. Focus on your breath.
- If you'd like, repeat to yourself, "Breathing in I am calm, breathing out I am coping."



Progressive muscle relaxation:

- In a quiet place, sit or lie down in a comfortable position.
- Take a few gentle breaths, in and out.
- Begin tensing groups of muscles one at a time as you breathe. Hold the tension as you inhale, then release it as you exhale. Take a few breaths as you notice (and enjoy) how relaxed each muscle group feels.
- Start with the muscles in your head, neck and face. Move down to your shoulders, hands and arms, back, stomach, buttocks, thighs, calves and feet.
- Repeat for any areas that are still tense.

"As you go through this exercise, feel the presence and absence of tension so you can spot lingering tension and do something about it," Buenaver says.

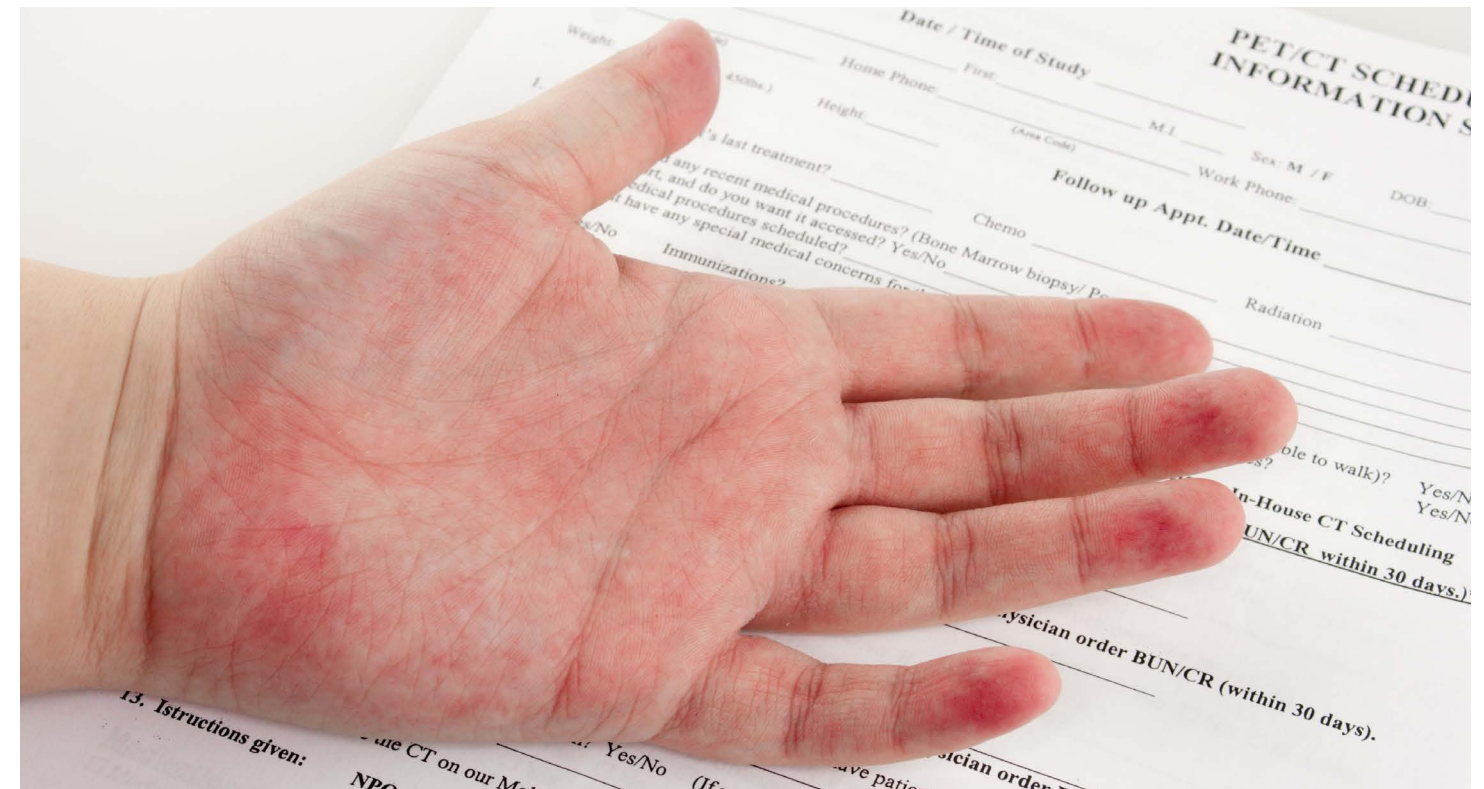


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Latex Allergies

By: David Cook, M.D.
Occupational Medicine Specialist



According to the Centers for Disease Control and Prevention, it is estimated that 1-6% of the general population are sensitive to latex, even though many have no symptoms.

Natural latex comes from the sap of the rubber tree and is commonly found in many consumer items including handbags, balloons, athletic shoes, rubber toys and underwear (the leg and waistbands) and in many medical items, e.g., disposable medical gloves, dressings and bandages.

Latex can cause dermatitis (itchy/red skin rash), a stuffy or runny nose, itchy eyes, and symptoms of asthma such as wheezing, chest tightness and difficulty breathing. A latex allergy most commonly develops after repeated exposure.

A latex allergy is diagnosed by a physician who confirms the diagnosis with a skin or blood test.

Most at risk

Those at particular risk of developing a latex allergy include:

- People with a history of allergies to specific foods such as apples, avocados, bananas, papaya, kiwi and tomatoes.

- People with allergies such as asthma, rhinitis and eczema.
- People who frequently use single-use latex gloves. These include healthcare workers, car mechanics and hairdressers.
- People requiring multiple surgical procedures. Around 40% of children with spina bifida have a latex allergy (Tabacco, A., Focarelli, B., et al., 2007).

Those with a latex allergy should...

- Avoid direct contact with all products and devices containing latex.
- Notify healthcare providers (physicians, nurses, dentists, etc.) about your latex allergy before any test or procedure.
- If you have a severe latex allergy, wear your medical alert identification and carry an epinephrine auto-injector

Johns Hopkins Aramco Healthcare has been latex-free for more than 5 years.

Toward a Society without Violence

JHAH shares the skills and knowledge to identify and stop domestic abuse.



The event comprised a forum and exhibition, including activities for family members of all ages.

Dhahran- On November 24-25, Johns Hopkins Aramco Healthcare (JHAH) conducted an event on the Al-Khobar corniche that focused on preventing domestic violence.

The event was opened by Haitham Al-Ruwaili, senior director of Corporate Affairs at JHAH and attended by Faisal Al-Hajji, chief operating officer. The event comprised a forum and exhibition, including activities for family members of all ages. "We appreciate JHAH's concern for everyone's well-being by helping us identify the signs of domestic violence," said Esailah Al Ghamdi, a school teacher who visited the event. "I learned about the many negative effects of domestic violence and ways to recognize and report it."

The event, attended by more than 4,000, included a forum in which JHAH professionals in behavioral health, social work and pediatric services provided free consultations; abuse experts from governmental agencies discussed individual rights and the kingdom's stringent anti-abuse and child protection laws; and charitable organizations educated people on their services and shared information on family violence and prevention.

Local artists Salama Al Rasheed, Hamida Alsinan and Badriah Alnasser volunteered to paint live at the event to promote an awareness of domestic violence, while children enjoyed face painting and other activities. In addition, 85 people generously shared the gift of life in the JHAH Mobile Blood Donation Unit to help those who may be in need of blood.

"The painful fact is that violence happens here as it does everywhere else in the world, and it has many negative consequence," said Dr. Hanan Al Shaikh, JHAH pediatric consultant and co-coordinator of the event. "It is the responsibility of each of us to stop it and to report it to the proper authorities so people, particularly the most vulnerable, do not suffer."

To report suspected cases of domestic violence, call 1919.



The event included a forum in which JHAH professionals in behavioral health, social work and pediatric services provided free consultations; abuse experts from governmental agencies discussed individual rights and the Kingdom's stringent anti-abuse and child protection laws; and charitable organizations educated people on their services and shared information on family violence and prevention.



Mr. Faisal Al-Hajji, Chief Operating Officer at JHAH during his visit to the educational booths in the exhibition.



The event was opened by Haitham Al-Ruwaili, senior director of Corporate Affairs at JHAH.



"The painful fact is that violence happens here as it does everywhere else in the world, and it has many negative consequence," said Dr. Hanan Al Shaikh, JHAH pediatric consultant and co-coordinator of the event. "It is the responsibility of each of us to stop it and to report it to the proper authorities so people, particularly the most vulnerable, do not suffer."

Annual JHAH Diabetic Fun Day



Having diabetes as a child can be serious. The annual JHAH Diabetic Fun Day combined serious education and well care competition with lots of fun and laughter. Throughout the day, more than 300 young diabetic patients and their families had lots of fun, laughter, and education while parents shared their experiences with other parents and the children made new friends.



Best of Saudi Oncology 2017

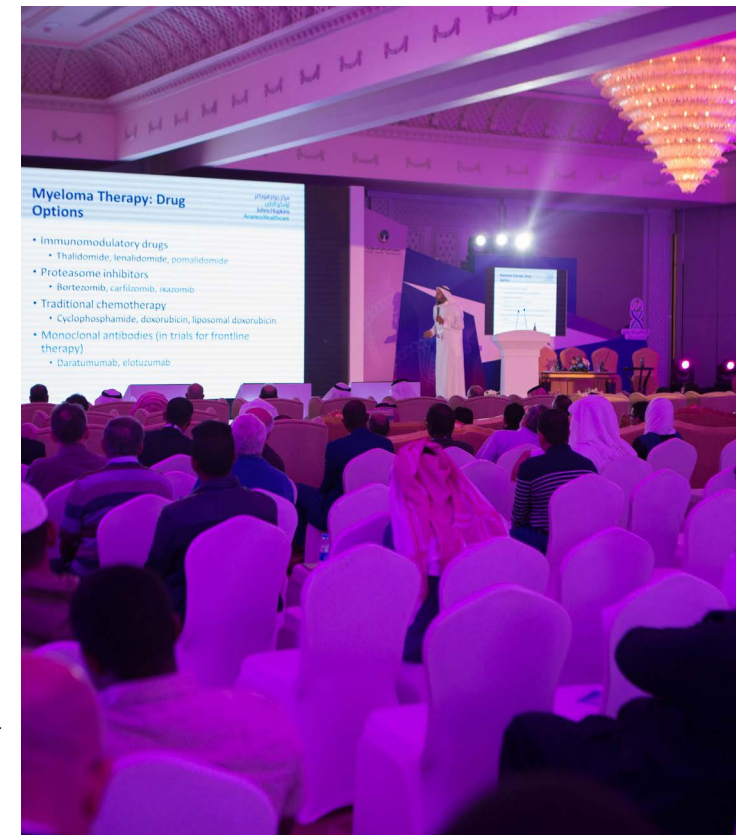


Advancing oncology care and finding cures for cancer in Saudi Arabia took a significant step forward on December 13-14, when the Saudi Cancer Foundation in partnership with Johns Hopkins Aramco Healthcare co-hosted the Saudi Cancer Foundation's 11th International Conference titled "Best of Saudi Oncology 2017."

Opened by H.E. Prince Saud bin Nayef, Governor of the Eastern Province, the event brought together nearly 1,200 participants from major cancer centers and hospitals in Saudi Arabia, the Middle East and Europe who contributed to and benefitted from two days of oncology presentations, exhibitions and informal conversations.

Prior to the event, the science committee for the event comprised every JHAH oncology physician, and during the event, nine JHAH oncology physicians conducted presentations and palliative care participated in the exhibition.

"The presentations were exceptionally informative and the discussions quite engaging," said Dr. Linda Lee, M.D., JHAH Chief of Staff. "The knowledge and experience shared, combined with the wider network of experts built as a result of this conference will no doubt have a positive impact on oncology patient care across the region."



Warm Winter JHAH Healthy Recipes

Curried Pumpkin and Carrot Soup

By: JHAH Clinical Nutrition & Food Services

Health Profile:

Curried Pumpkin and Carrot Soup is appropriate for children, pregnant and nursing mothers and seniors without the pepper. It is suitable for people with diabetes considering that one cup equals one serving of carbohydrates. It is appropriate for people with heart disease. People with kidney disease should consult their dietitian about the potassium content before eating it.



Curried Pumpkin and Carrot Soup is popular, delicious and full of flavor and aroma. It is also a wonderfully warming winter soup that is nutritious, healthy and rich in fiber and antioxidants.

Ingredients (6 Servings, 1 serving per cup)

- 6 cups of fat free chicken broth
- ½ cup whole basil leaves
- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 2 medium onions, chopped (one cup)
- 1 Tablespoon curry powder
- 3 cups pumpkins, peeled and cut into small cubes
- 1 cup carrots, peeled and cut into small cubes

- 1 Tablespoon ginger, crushed
- ½ Tablespoon peppercorns, cracked
- 6 wedges fresh lemon
- 1 ½ cup whole wheat roasted croutons
- ¼ cup parsley, chopped

Preparation

- In a medium size saucepan heat the oil, add the chopped onions, garlic, ginger, cracked pepper and curry powder. Sauté lightly on medium heat for 3 minutes.
- Add the cut pumpkins, carrots and basil leaves, then add the chicken broth and bring the soup to boil.
- Reduce heat to medium-

low, cover and simmer for 25 minutes.

- Remove from the heat and blend until smooth, then put it back on the heat and bring back to boil.
- Pour into six serving bowls.
- Garnish with the roasted croutons and chopped parsley.
- Serve hot with the lemon wedges.
- For a richer taste, add a tablespoon of light cream on top of each serving.

Fat and Calories

- **Calories per serving:** 100
- **Fat per serving:** 3 grams

JHAH Research Day

Better Understanding the Human Body and its Diseases



When Johns Hopkins and Saudi Aramco formed Johns Hopkins Aramco Healthcare three years ago, they quickly aligned to develop clinical research capabilities at JHAH and help propel the Kingdom’s ongoing drive for international competitiveness in biomedical research and technology. JHM is well-positioned as JHAH’s research collaborator. Of all U.S. academic medical centers, Johns Hopkins receives the most funding from the National Institutes of Health and dedicates the most in total research and development spending according to National Science Foundation’s rankings.

Following an initial assessment in September 2014, joint work began to enhance JHAH’s research program, clearly defining the needed infrastructure, establishing research-ready databases and making the environment even more encouraging for research possibilities. JHAH established the Office of Academic Affairs (OAA) tasked with coordinating research, training and educational opportunities and activities. The OAA formed a JHAH Institutional Review Board (IRB), accredited by the National Committee of Bioethics and recognized in 2017 as one of the top three IRBs in the Kingdom.

In December 2016, JHM and JHAH jointly presented a three-day course titled Introduction to Clinical Research to nurture the research culture at JHAH. Nearly 30 JHAH healthcare providers participated and drafted three research proposals that they then presented at the first Research Day event.

Research Day comprised a symposium in the Dhahran auditorium where researchers shared the findings of a select number of JHAH research projects and an exhibition where 32 JHAH researchers displayed their studies and discussed them with interested visitors.

Attending the event was Dr. Abdulaziz Mohammed Al-Swailem, Vice President for Research Support, King Abdulaziz City for Science and Technology (KACST) who said, “The JHAH Research Day provided an excellent opportunity for us at KACST to learn more about the medical research interests and capabilities at JHAH so going forward we can explore ways to align our resources to achieve our shared goals and have a positive impact on the health of people in the Kingdom, region and ultimately the world as well as contribute to the Kingdom achieving its 2030 vision.”

JHAH Research Day

Better Understanding the Human Body and its Diseases



JHM Experts Who Participated in the Research Course



Edgar R. (Pete) Miller III, Ph.D. M.D.
*Professor of Medicine and Epidemiology
 Johns Hopkins University*



Daniel E. Ford, M.D., M.P.H.
David M Levine Professor of Medicine and Psychiatry, Vice Dean for Clinical Investigation and Institutional Official Director, Institute for Clinical and Translational Research

Research Day Winners

Primary Investigator	Title of Poster	Ranking	Category
Iyad Eid	A Quality Improvement Project Decreases Incidence of Pulmonary Embolism Following Arthroplasty	1	Allied Health
Huda Alsayed	Molecular and Immunological Analysis of the Effect of Tumor Associated Macrophages on Prognosis of Hodgkin's Lymphoma in Saudi Patients	2	Allied Health
Dr. Amani Babgi	Analysis of Do Not Resuscitate Order (DNR) & Allow Natural Death (AND) Practice in Saudi Arabia: Experience of Three Major Centers	3	Allied Health
Rabie Kilan	Improve Perioperative Antibiotic Prophylactic for Colorectal Surgeries	4	Allied Health
Dr. Baraa Amir	Comparative Analysis of Community Acquired Methicillin Resistant Staphylococcus Aureus Nasal Carriage in Eastern Province of Saudi Arabia	1	Resident
Dr. Motazz Alarfaj	White Dot Syndrome: A Rare Case of Acute Posterior Multifocal Placoid Pigment Epitheliopathy Associated with a Prodromal Viral Upper Respiratory Tract Infection	2	Resident
Dr. Jumana Amir	Renal Limited Lupus-Like Nephritis: A Case Report and Review of Literature	3	Resident
Dr. Liqa Al Mulla	Ovarian cystic mature teratoma with associated pure hemangioma in an 11 year old girl: A rare case report with literature review	4	Resident
Dr. Abdulmajeed Hassan	Traumatic Subhyaloid Macular Hemorrhage with Complete Resolution Following Neodymium-Doped Yttrium Aluminium Garnet Laser	5	Resident
Dr. Najla AlDawsari	Knowledge and Practice of Recreational Tanning Among Female College Students in the Eastern Province of Saudi Arabia: A Cross Sectional Study	1	Consultant
Dr. Nouriya AlSannaa	The Clinical and Genetic Spectrum of Maroteaux-Lamy Syndrome (Mucopolysaccharidosis VI) in the Eastern Province of Saudi Arabia	2	Consultant
Dr. Eric McWilliams	Left Sided McConnells Sign: A Classic Finding in a Rare Condition	3	Consultant
Dr. Kawthar Hussain	Improving Transition of Care from an Inpatient to Outpatient Setting for Adult Patients with Sickle Cell Disease at Johns Hopkins Aramco Healthcare	1	DNP
Dr. Siobhan Rothwell	Compliance within 10 Minutes for Suspected ST Elevation Myocardial Infarction (STEMI) – A Quality Initiative	2	DNP
Dr. Maisa Rabaan	Evidence Based Strategies to Reduce Central Line Associated Bloodstream Infection in the Intensive Care Unit at Johns Hopkins Aramco Healthcare	3	DNP
Dr. Angela Wilkins	Improving Access to Care through the Integration of the Nurse Practitioner Role	4	DNP
Dr. Halima Talaq	Effectiveness of an Education Program in Improving Pediatric Intensive Care Unit (PICU) Nurse Knowledge, Confidence, and Competence in Managing Continuous Renal Replacement Therapy (CRRT)	5	DNP

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249
subscribers
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views

Johns Hopkins Aramco
Healthcare (JHAH)

Do you need help
with a health care
service issue?

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

How to Contact Johns Hopkins Aramco Healthcare

If you are a registered patient trying to make medical or dental appointments or to access medical services, please contact the Centralized Contact Center (CCC) by calling:

- 800-305-444 (in Kingdom)
- +966-13-877-3888 (out of Kingdom)

This automated service is available 24 hours a day 7 days a week. If you prefer to speak to an agent, please call the CCC during working hours (7 a.m. – 4 p.m.), Sunday–Thursday.

For more information, please visit the “Contact Us” page on our website <http://www.JHAH.com>

JHAH Bulletin Board

Emergency Numbers: Save These Numbers To Your Mobile Phone

- **Dhahran and all areas:** From a landline inside Saudi Aramco or from outside Saudi Aramco, dial 911.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0911.
- **al-Hasa:** Dial 911.
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0911.
- **‘Udhailiyah:** From your mobile phone inside ‘Udhailiyah, dial +966-13-576-7911.
- **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 Contact 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 first and third Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy.

- **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>.
- **Community Counseling Clinic:** Call +966-13 877- 8400, +966-13 877-3256, +966-13 877-8306
- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) Pharmacy (Sun to Thurs 12-4 p.m.)

Johns Hopkins Aramco Healthcare (JHAH) Invites Eligible Saudi Aramco Employees and Dependents to Register with Al Hasa or Dhahran Health Centers

Our facilities offer the latest in healthcare design, technology, and equipment, and deliver comprehensive patient-centered services.



The added benefits of receiving your health care in JHAH Al-Hasa include:

- Best-in-class patient rooms
- Fast access to primary care with 42 fully equipped physician exam/consultation rooms.
- Access to select specialist clinics in Al-Hasa Health Center, as referred by your primary care physician. The expansion incorporates 18 specialized services including Cardiology, Neurology, Dermatology, Geriatric, Gastroenterology & Endoscopy, ENT, Anesthesia, Orthopedics, General Surgery, Ophthalmology, and Occupational Medicine
- Full rehabilitation center include physical therapy, occupational therapy and speech language therapy



The comprehensive Radiology service has deployed the most advanced equipment in the region and is capable of cutting-edge diagnostics and interventional radiology for early detection of tumors.

- On-site laboratory services
- Flexible outpatient working hours
- A 24-hour fully equipped Emergency Medical Services and urgent care.
- Ease of parking

To learn more about services at Al-Hasa, visit the JHAH patient site.

<http://www.jhah.com/alhasa.aspx>



The benefits of receiving your health care in JHAH Dhahran include:

- JHAH offers 40 Specialty Services including Bariatrics, Cardiology, Dermatology, ENT, Gastroenterology & Endoscopy, Geriatrics, Neurology, OB GYN, Occupational Medicine, Oncology, Ophthalmology, Orthopedics, Rehabilitation and Surgery.
- 75% of JHAH physicians are western-board accredited.
- The Surgical Services use minimally invasive techniques to minimize recovery times so you can return to your regular activities quicker.
- JHAH diabetic patients control their condition three times more effectively than patients at other in-Kingdom healthcare providers.
- The Primary Care Pharmacy deploys sophisticated robotic dispensing systems, which minimize waiting times while increasing your consultation time with clinical pharmacists.
- Medication refills can be ordered online or by phone and collected at one of 23 pick-up locations throughout Saudi Aramco.
- An advanced Radiology department, using the most advanced equipment in the region with an average wait time of one to three days.
- On-site laboratory services.
- Flexible outpatient working hours
 - A 24-hour fully equipped Emergency Medical Services and urgent care.



To learn more about JHAH Dhahran visit JHAH patient site <http://www.jhah.com/dhahran.aspx>. For questions related to eligibility, contact your area HR Service Center.

Stress and Overeating



Stress is any change that requires you to adjust. The adjustment is registered in your brain as a threat, and causes a stress response in your body. Regardless of the source of stress, your body prepares to fight or flee from the change or source of threat. If you're stressed for a long time, your health can suffer.

Many people eat in response to stress. The key is to find other ways to nurture yourself that either don't involve eating, or if they do, involve eating healthy foods. To overcome emotional eating, we must understand what causes stress, recognize the symptoms and know alternatives that you can take instead of overeating, allowing you to take control of your life again.

What causes stress?

- **Major life changes:** Research indicates that some life changes, particularly those that are perceived as negative, can affect health.
- **Daily hassles:** Minor problems can be a greater source of stress than major life changes because they occur more often.
- **Job-related stressors:** Tight schedules and overtime contribute to time-related pressures. If job-related stress becomes too severe, burnout may occur.
- **Social stressors:** Although social support networks are one way to help manage stress, other pressures in society may cause stress. These include prejudice and discrimination.
- **Environmental stressors:** Environmental stressors include things like natural disasters, industrial accidents; and intrusive noises, smells; or sights.
- **Internal stressors:** These stressors lie within ourselves. Low self-esteem, unrealistic expectations, illnesses and exhaustion may contribute to stress and the need for stress management.

What are the symptoms of stress?

Stress can cause a variety of physical, emotional and behavioral symptoms. Please note that a number of other health conditions can also cause many of these symptoms. You should contact your doctor if any of these symptoms are severe or persistent.

Physical symptoms of stress include: Muscle tension and pain, headaches, weight loss or weight gain, fatigue, insomnia, heart palpitations, and indigestion.

Emotional symptoms may include: Crying, impatience, irritability, depression, anxiety, confusion, and low self-esteem.

Behavioral symptoms include: Absenteeism, overeating, lack of motivation, withdrawal, low productivity, inability to concentrate, and indecisiveness.

How can I combat emotional eating?

Behavior changes are integral to your goal of having better control over your eating habits as a result of stress. Exercise is a crucial part of the stress-free diet. By releasing the feel-good chemical endorphins, your body gets an almost instantaneous lift. Regular exercise helps

lower stress; burn calories; and decrease the chances of heart disease, diabetes, stroke and certain cancers. If all the benefits of exercise were available in pill-form, everyone would take it. A half-hour of exercise per day on most days such as walking or any other type of exercise is recommended.

For example, if you know you like to eat after a tough day at work, make a point of going out for a walk, take a shower, or listen to some music when you get home. Do not go to the kitchen until after you've reduced your stress levels a bit.

You can also focus on your reaction to triggers. For example, if there are specific people who cause you to eat emotionally, have a counter-strategy ready to go: Call a friend, find something to laugh about, or take a couple of deep breaths.

Changing some of your daily habits can also help you reduce your need for emotional eating. If you eat standing up or right out of the package, stop. Never allow yourself to do this, especially while standing at the counter or in front of the fridge. Force yourself to sit down and serve yourself one portion (check the package for portion sizes) of the food you desire and put the package away before sitting down. You can also try snacking

on fruits and vegetables, such as carrot sticks, celery sticks, grapes, apple slices, watermelon, or nuts.

If you often reward yourself with a meal out, or a snack, for doing some hard work or accomplishing some tough objective, try to reward yourself with something other than food. Instead, reward yourself by going out to the movies, reading a good book, meeting up with friends or planning an exciting trip.

Practice deep breathing to lower your stress, get plenty of sleep (at least 8-7 hours) and drink plenty of water to remain hydrated and to keep your hunger under control.

Learn to recognize true hunger. Don't keep unhealthy foods around, eat balanced meals, exercise regularly, and get enough sleep.

The more you become aware of your emotional eating patterns, the more you can do to stop them or at least limit them. Remember, emotional eating is just an attempt to manage your stress. So figure out a better way to manage your stress and you'll be on your way to figuring out a better way to manage your waistline.

JHAH Nurse Care Line



The Nurse Care Line is a new service designed to offer you an alternative to visiting your Primary Care Physician, Urgent Care Center or the Emergency Department by conducting a telephone interview to assess the urgency and severity of your symptoms and directing you to the “right care at the right place and at the right time”

The Nurse Care Line is not a diagnostic service rather it is designed to provide advice about treating the problem at home, suggesting a visit to a pharmacist, advising an appointment with your Primary Care Physician or to present for more urgent assessment in the Emergency Department. The Nurse care Line is staffed by specially trained nurses who speak both English and Arabic and is available from 7.30 in the morning to 3pm in the afternoon on regular working days.

To access the service please call 800-305-4444, and follow the prompts

Frequently asked questions
[All about the Nurse Care Line](#)

What is the Nurse Care Line?

- The Nurse Care Line is a telephone service that provides immediate, expert health advice from a registered nurse. The service is available between 7.30 am to 3 pm on normal working days

Is my call confidential?

- Yes, all information you provide remains confidential and records are fully secure.

Can I remain anonymous if I call the Nurse Care Line?

- Yes. The nurse will ask you for some basic personal details, but you may remain anonymous if you wish. All information provided remains confidential and records are fully secure.

What training and experience do the Nurse Care Line staff have?

- All calls are answered by registered nurses who have at least two years’ experience working in hospitals. In addition to clinical training, all Nurse Care Line staff are fully trained to provide expert health advice, information or triage over the telephone. Nurses also undergo ongoing training and supervision to maintain high quality clinical and communication skills.

Is the advice provided by the Nurse Care Line safe?

- Yes, you can be confident that the advice given is safe. The Nurse Care Line staff are supported by evidence based clinical advice that is constantly reviewed and updated to ensure information is accurate and clinically sound. The information is reviewed

regularly by highly-trained medical advisors from JHAH Primary Care.

What happens if I am calling about someone else?

- If you are calling about another person, you must have the consent of that person (unless the person is a minor). The person must also be with you and awake/conscious at the time of your call in order for the nurse to be able to provide triage and specific care advice. Otherwise, the nurse will only be able to give general information and direction.

What information will I be asked to provide and why?

- The nurse will firstly ask you some questions to ensure that you or the person that you are calling about is safe and that an emergency response is not required. The nurse will then gather some basic personal details that will assist them in providing you with the right health advice and the right care. Just like when you see a health care professional, the information is collected in order to create your confidential medical file. This file will be used in the future to help the nurse

understand your medical history as you keep using the Nurse Care Line service.

Is the Nurse Care Line able to write me a referral to a doctor or organize a priority appointment?

- The Nurse Care Line is not set up to write referrals. The nurse may suggest you see your Primary Care Physician the same day, they will then inform the Nurse working with your Physician to ensure they are aware you are coming or they may inform you to visit an emergency department, depending on your symptoms. The nurse does not provide a diagnosis but will be able to provide you details of the most appropriate place to be seen by the most appropriate Health Care Provider in the correct time frame or provide home care advice to prevent you or your family member having to attend for an unnecessary appointment.

Entertainment, Exercise and Education

JHAH Family Sports Day



“Not only did my family have fun at the JHAH Family Sports Day, we learned a lot about how to stay healthy,” said Suzan Ali, one of the attendees.

That seemed to be the general consensus of the nearly 300 people who joined in the JHAH Family Sports Day held Saturday, December 9. During the event, participants could pass through a series of health arches where they learned about healthy nutrition, benefits of walking regularly and maintaining an active lifestyle. At each station their event t-shirt was splashed with a different color so those who went through all stations not only gained a lot of valuable health information, they earned a brightly colored t-shirt.

“We wanted to combine entertainment, exercise and education for the entire family,” said Dr. Ameena Dabbagh. “We are pleased that people had fun, but our long-term goal is for people to adopt these healthy habits into their daily lives.”



Haraka Baraka

A Day of Fun & Health in Safwa



Nearly 2,000 people, adults and children included, recently took health and physical fitness seriously at Manarat Mushriqa Park in Safwa for Haraka Baraka, a day of sports, nutrition and fun, sponsored by Johns Hopkins Aramco Healthcare in collaboration with the Safwa Municipality.

The day was filled with sporting events, health awareness booths, painting competitions and more. Wilaya Fareed, leader of the Manarat Mushriqa team praised the efforts of everyone. “I am delighted to have the event in our park and would like to thank Johns Hopkins Aramco Healthcare, Safwa Municipality and all the organizers who made the event a success.”

Health Tips for the Winter Months

By: Sara Bader



During the cooler months, exercise and proper eating can be a challenge. As the temperature drops, it becomes more tempting to curl up under warm blankets with a cup of hot chocolate or soup.

Keeping the body nutritionally and physically fit during the cold weather is important to maintain a healthy weight and to boost immunity to avoid the cold and other illnesses that come during the cooler months.

Below are a few tips to stay healthy this winter.

- Eat fruits and vegetables because they are full of antioxidants. Make sure to choose fruits and vegetables that are in season and to eat five servings each day. Put them in a salad; eat raw or cooked vegetables or put them in your favorite soup.
- Keep hydrated. During the cool winter, dehydration can make flu symptoms worse and affect digestion. A slice of lemon with warm water is a great fluid choice.
- Portion size matters. Shorter days and longer nights tempt people to consume more comfort foods and snacks, in part because they are indoors longer. To avoid overeating, eat meals at the table with family instead of in front of the TV. Using smaller plates will help you reduce consumption. Healthy eating and adequate energy intake impact the immune system; therefore, eating proper portions helps keep you healthy during the winter.
- Get off the couch and move. No matter what the weather is like, try to find an exercise or activity that you enjoy so you are more likely to stick with it during the colder months.