



SEASON'S GREETINGS

We would like to take this opportunity to wish everyone greetings of the Season for National Day, Ascension of King Hamad, Christmas, the New Year and the upcoming EID. Hoping your holiday season is warm with good cheer, and everything happy is yours through the year.

CHANGE OF ADMINISTRATION AT CHS



Dr. Shawki Ameen has taken over as Dean from Batool Al-Muhandis. Dr. Aneesa Al-Sindi has been appointed as the new Deputy Dean, replacing Dr. Amal Akleh. His Excellency the Minister of Health, Dr. Khalil Hassan, has given Dr. Ameen directions to upgrade the College of Health Sciences into a Royal College for Medical and Health Sciences. His Excellency, Dr. Hassan, also issued an order making CHS responsible for all Health Ministry training activities, in addition to its own programs in nursing and allied health. Dr. Ameen joined the MOH in 1981 and has been heading its Family Practice Residency Program (FPRP) for several years. He also specialized in medical education from the University of Dundee in Scotland. He was head of the Ministry's Primary Care Training, as well as president of the Arab Board of Family Medicine for eight years. He has also been an external examiner for the Arab Board, the Royal College of General Practice, and the Egyptian Board of Family Medicine, as well as serving as a short-term consultant for WHO.

Dr. Al-Sindi got her PhD in epidemiology and population health from the London School of Hygiene and Tropical Medicine at the University of London. She also holds a Masters Degree in Physiology and a Diploma in Health Care Management. Dr. Aneesa joined the College in 1982 as a lecturer and later headed the Life Sciences Department. She was promoted to Chairperson of the Integrated Sciences Division before becoming Associate Dean. She was also a WHO short-term teaching and learning materials. She conducted a research study on Obesity Among Adolescents in Bahrain.



The Deans' goals are to upgrade the quality of training at CHS and make the College a regional training center of excellence, as well as a supporting and accrediting body. They also want to improve the cadre of the CHS faculty, which will be approved soon. The EDC, which is an essential part of the College, will also be improved and expanded so that it can provide support to CHS staff, students and programs in the areas of curriculum, innovative teaching methods and assessment. The deans will also focus on the outcomes of the College and the type of students graduated, as well as upgrading facilities.

EDITORIAL

We apologize for the delay in putting out the CHS Update, but with the advent of Ramadan and so many holidays during November and December, contributions were delayed. Therefore, this is a combined November-December issue. Our goal is to publish the newsletter within 10 days of the end of each month. With everyone's cooperation in submitting articles by the deadline, we can meet this goal. With this issue, we welcome a new administration to CHS – a new dean and associate dean. Several faculty participated in local and overseas meetings/conferences. The CHS continued to work on numerous College Committees, as well as facilitating workshops and short courses for various groups of people. BSN students gave health education talks in the community and Syrian fellows came for training. Starting with this issue, we will include a monthly review of a book and a website, as well as articles about innovative teaching methods, and complementary and alternative medicine. **The CHS Update is still being distributed to all areas of the MOH, to other organizations in Bahrain, and to several places outside Bahrain, as well as being available on the MOH website.** If you would like to receive a paper copy of the Update, please inform the Newsletter team. **Remember** by contributing to this newsletter, you are keeping everyone informed of your major contributions to further the development of the College of Health Sciences and the Ministry of Health, as well as helping to market the College. **DON'T FORGET THIS IS YOUR NEWSLETTER!**

*Betty Popovich, Chairperson
CHS Newsletter and Publicity Committee*

CONTRIBUTIONS NEEDED

We encourage all faculty and staff to contribute to this newsletter to increase communication in CHS and to share achievements and activities with each other. The Newsletter Team is putting out monthly issues for the benefit of all College faculty, staff and outside readers. It can only succeed if everyone participates and submits articles, on time, without being repeatedly reminded. The articles don't need to be in final form. The reporters will come to you to write up the information if you like or even a phone call with the details is adequate. Photographs are encouraged. We would like each Division and Department to assign a person to be responsible for submitting your news on time to any member of the Newsletter team. Please submit the name of the assigned person (s) to the Editor as soon as possible. Please remember, Dr. Shawqi plans to link Newsletter contributions to end-of-year evaluations.

Education would be much more effective if its purpose was to ensure that by the time they leave school every boy and girl should know how much they do not know, and be imbued with a lifelong desire to know it.

- William Haley

ACADEMIC COUNCIL MEETING

The new Dean, Dr. Shawki Ameen, chaired his first Academic Council Meeting held on 2 December 2003. The minutes of the last meeting held in September 2003 were reviewed and approved. Several new items of business were discussed: Appointment of Chairperson and Heads of Programs, Appointment of Counter Parts by Rotation, Amendments to the Cadre Proposal which will be ready soon, Update on Recruitment of New Faculty, Re-introduction of the Summer Session for Generic BSN, College IT Requirements for 2003/2004, Minor Work Plans, CHS Policy Manuals and other College activities. The Dean then gave a presentation that highlighted the current situation and future plans based on the CHS Vision and Mission that have previously been identified. Areas that need to be strengthened in order to achieve the College's Vision and Mission were identified. Dr. Shawki emphasized and focused on the following issues:

- Review the College intake process to achieve good caliber of graduates
- Review and upgrade the program curriculums and teaching methods
- Review the Divisions' assessment methods
- Strengthen and upgrade the College Programs
- Strengthen the student/faculty interactions
- Mastery Learning
- Student-centered approach

The Dean also stressed to the Academic Council members to share the meeting proceedings and outcomes with all the faculty members in their Divisions/Departments.

STUDENT INTAKE FOR 2003-2004

The College of Health Sciences received 433 applications for 2003/2004 for BSc in Nursing (Direct) and AD in Medical Lab Technology, Pharmacy, Public Health and Dental Hygiene. Of these, 250 were eligible for the interview out of which 109 were selected for admission. Students were also accepted into the BSc Nursing Completion program, as well as into Post Basic Community Health Nursing, Midwifery, Psychiatric Nursing, and Cardiac Care Nursing for a Grand Total of 162 new students for 2003/2004 (see Table 1). The total number of graduates in the year 2002 until 1 October 2003 was 232 (see Graph 1). 759 people participated in special programs offered by the College during the Academic Year 2002/2003 (see Table 2)

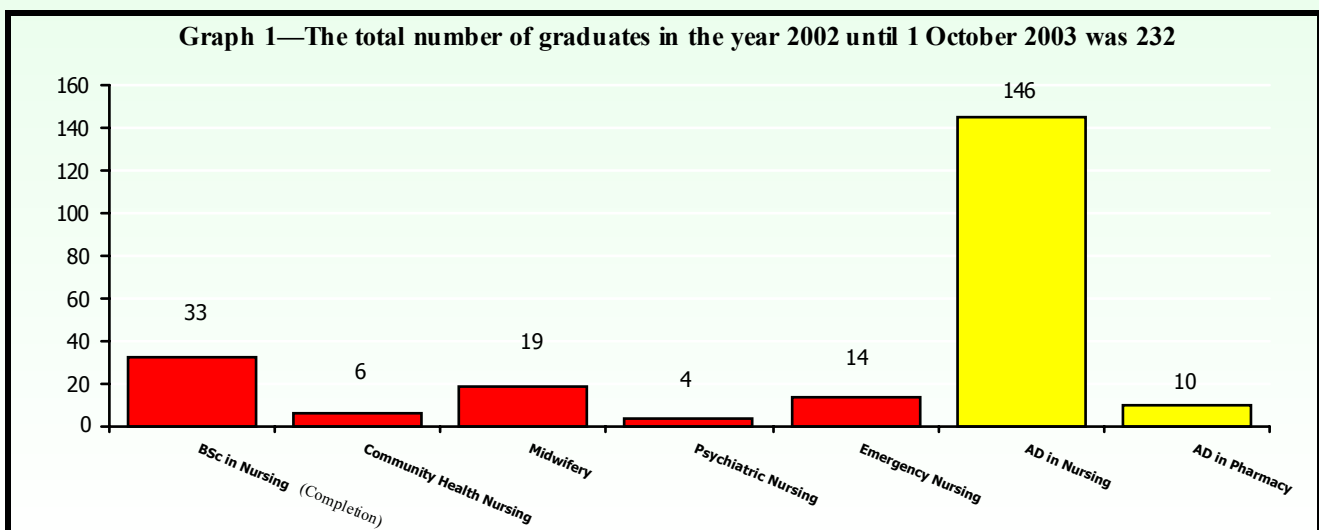
Table 1—Total Number of new Students Enrolled in Academic Year 2003-2004

PROGRAMS	MALE	FEMALE	TOTAL
BSc in Nursing	13	52	65
AD in Medical Lab Tech	1	12	13
AD in Pharmacy	-	10	10
AD in Public Health	10	-	10
AD in Dental Hygiene	2	9	11
POST BASIC			
BSc in Nursing (Completion)	4	18	22
Community Health Nursing	-	11	11
Midwifery	-	9	9
Psychiatric Nursing	2	3	5
Cardiac Nursing	2	4	6
GRAND TOTAL	14	128	162

Table 2—Total Number of Participants in CHS Special Programs—Academic Year 2002-2003

SPECIAL COURSES	MALE	FEMALE	TOTAL
SHORT COURSES			
English courses	73	45	118
First Aid	78	51	129
Physical Assessment	2	-	2
Hospital Aid Training Program	17	27	44
Ministry of Education Lab Assistant Program	5	6	11
INTERNATIONAL TRAINING ORGANIZATION (ITO)			
Basic Life Support (BLS)	72	157	229
Advanced Cardiac Life Support (ACLS)	68	106	174
BLS Instructor	10	12	22
ACLS Instructor	7	8	15
WHO FELLOWSHIPS			
Special Programs for WHO Fellows	9	6	15
GRAND TOTAL	341	418	759

Graph 1—The total number of graduates in the year 2002 until 1 October 2003 was 232



FACULTY/STAFF PROMOTIONS

During 2003, 27 faculty and staff have been recognized for their outstanding performance and achievement. Twelve staff were promoted, two staff received quality steps and seven staff were given special incentives. Recent promotions in 2003 include: **Ms. Batool Al-Muhandis, Dr. Amal Akleh, Dr. Sara Thomas, Ms. Rabab A. Wahab, Ms. Amina Matoq, Mr. Hussein Ali, Ms. Nadia Ali Hassan, Mrs. Regi Joyson, Ms. Sumaya Faraj, Ms. Selvin David Giriya, Mr. Sayed Abbas and Ms. Fahema Darwish.** **Ms. Annie Babu and Ms. Fatima Abdulla** received Quality Steps. Staff who received special incentives for organizing and implementing the Gulf Education Expo 2003 and the Career Expo 2003 include **Betty Popovich, Layla Moh'd Hussain, Muyassar Awadalla, Eman Al-Tawash, Naseema Al-Arrayed, Wedad Al-Banna and Fatima Jamali.** We congratulate everyone and wish them further success in achieving their endeavors.

ITO NEWS - BLS/ACLS COURSES



The ITO recently finished BLS and ACLS instructor courses for SMC doctors and nurses. The BLS Instructor course was completed on 18 December and the ACLS Instructor course finished on 25 December. **Mrs. Amina Matoq**



conducted the courses. Two CHS nursing faculty, **Hala Halabi and Sumaya Faraj,** also successfully completed the ACLS Instructor course. More BLS and ACLS provider courses will be provided in the near future. For further information, contact the ITO secretary on 25555 Ext 5702.

SYRIAN FELLOWS

Mr. Moh'd Al- Ruz and Mr. Bassam Al-Badder, two short-term fellows from Syria, visited the College from 23 December 2003 – 5 January 2004. They worked with the Educational Development Center, HID and Health Education Section to learn photography, preparation of LCD multi-media presentations and how to evaluate and develop Health Teaching/Learning Materials, as well as learning advanced graphic programs and designing simple web pages. They made a presentation about their fellowship on 4 January in the EDC.



CHS POLICY MANUALS

Dr. Amal Akleh (PAF Team member) will be in charge of supervising the CHS Policy Task Groups as well as compiling and submitting the policy manuals to the Dean's office. The deadline for completion of these manuals is two months.



2nd Year BSN STUDENTS TEACH PATIENTS AND THE COMMUNITY

The Educational Development Center teaches the CHS second year BSN students a course entitled "Teaching in Health Care Settings" taught by **Betty Popovich** and **Majeed Al-Hubashi** from EDC. As part of this course, the BSN students are required to design and implement a teaching package for patients, students in the schools or at CHS, or for any group of people in the community. Their packages are based on a thorough needs assessment and identification of behavioral objectives and include development of posters, brochures or booklets, and multi-media presentations, as well as utilizing innovative teaching methods. This semester, 21 students in seven groups presented teaching sessions on various topics, such as Breast Self Examination, Homosexual Behavior, Adolescence, Pre-marital Counseling, Diet and Nutrition for Adolescent Boys, Alternative Medicine, and SARS. The teaching sessions this year were presented in various community settings



for a variety of clients: SMC Training Dept. for staff nurses, and MOE Intermediate and Secondary Boys' and Girls' Schools, as well as at CHS for AD nursing students. The presentations were **OUTSTANDING**, as the students were very knowledgeable about their topics and developed their skills in **team teaching** at a very high level (more on this next month), as well as producing high quality media products. The talks were very interactive and well received by the participants, with most participants wanting to know when and where they can attend more of these talks. Several of the groups received calls asking for their presentations to be repeated to other students in the school or in other schools or settings. If you would like the students to repeat their presentations to other groups, please contact Betty Popovich on 279682.



CHS FACULTY ATTEND CONFERENCES/WORKSHOP/SEMINARS

GLOBAL FORUM FOR HEALTH RESEARCH *by Dr Mouza Suwaileh*

Dr. Mouza Suwaileh participated in the Global Forum for Health Research: Forum 7 that was held in Geneva, Switzerland from 2-5 December 2003. The Global Forum for Health Research is an independent international foundation in Geneva created in 1998 with the objective of helping correct the 10/90 gap in health research. The term "10/90 gap" is defined by the Global Forum in terms of expenditure on health research. Every year, more than US\$70 billion is spent on health research and development by the public and private sectors, but only about 10% of this is used for research into 90% of the world's health problems. The program of the Forum included plenary and parallel sessions. The focus was on:

- Experiences in research priority setting in health;
- Health and health research as economic investments;
- Gender, health research and global restructuring;
- Research on violence and injuries;
- Poverty and health research;
- Financing models for health research;
- Policy and systems research for health; and
- Research on non-communicable diseases.

The benefits of the forum are geared towards helping the participants bring country leaders together and create a movement for analysis and debate on health research priorities, allocation of resources, public and private partnerships, and access by the public to the outcomes of health research.

The great thing in this world is not so much where we are, but in what direction we are moving. — Oliver Wendell Holmes

CHS FACULTY ATTEND HEALTH CITIES CONFERENCE IN IRELAND

Dr. Adel Dairi and Dr. Hassan Al-Mullah from ISD attended a Conference in Belfast, Ireland from 18-23 October 2003 on Healthy Cities organized by the WHO European Region. The purpose of the Conference was to gain experience from the European countries and other regional offices in implementing the WHO Healthy Cities project. The Bahrain National Team are working to implement the Healthy Cities Program at the Governate level and aiming at declaring Bahrain the first Healthy Country in the World by the end of the Year 2005. Dr. Adel and Dr. Hassan are members of the Bahrain National Team.

ENGLISH DEPT. FACULTY ATTEND US EMBASSY SPONSORED SEMINAR

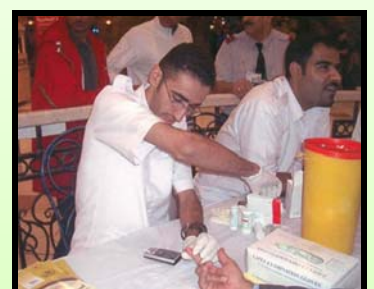
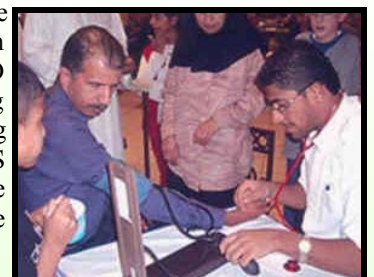
Moh'd Abbas, Aziz Hassan Ali, and Geta Ponnuchamy from the English Department attended a one-day seminar earlier this semester that was organized by the US Embassy at the Gulf Hotel on teaching English. Over 200 people participated. Five speakers from Bahrain University, the MOE and one from the US presented papers, which were followed by discussion. Participants refreshed ideas about English teaching and learned new innovative English teaching techniques. A summary of the seminar was shared with the entire English Department faculty.

Life is easier to take than you think. All that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.
— Kathleen Norris

CHS PARTICIPATES WITH BAHRAIN FRIENDSHIP SOCIETY FOR THE BLIND



College faculty and students participated in an activity with the Bahrain Friendship Society for the Blind held at the Bahrain Mall on 4 December 2003 from 5-9 pm. The 3rd year AD nursing students were involved in this activity, by checking blood pressure, blood sugar, vision, weight and distributing health education materials. **Mrs. Fatima Martada**, from CHS coordinated these activities with the Friendship Society for the Blind. She also serves as a member of the National Committee for Prevention of Blindness at MOH.



CHS FACULTY ATTEND CONFERENCES/WORKSHOP/SEMINARS

"PROJECT X" WORKSHOP

Dr. Adel Dairi, Dr. Hassan Al-Mullah and Dr. Amal Akleh attended a workshop on "Project X" – Fundamentals of Project Management from 6-10 December in the MOH Training Center that was organized by the MOH Under Secretary, Dr. Aziz Hamza's office. Mr. Peter Willis of the Saudi Development and Training Co., Ltd. facilitated the workshop, which aimed at preparing Project Managers in planning and executing projects according to specific Action Plans, as well as ways of team building.

ADOLESCENT COMMITTEE

The MOH Adolescent Committee was established in 1996 and consists of specialists from different professions in the Ministry of Health and in the Ministry of Education. Recently the Committee organized and conducted two training workshops. One was on Narrative Research, which was held from 20-24 December 2003. Two WHO Regional Advisors, Dr. Rames Khairi Mahaini and Dr. A. Halim Joukhadar conducted the workshop. The aim of this workshop was to train adolescents on narrative research. The second workshop was on Counseling Skills. It was held from 27-31 December 2003. It was conducted by Dr. A. Halim Joukhadar. The aim of the workshop was to train people who deal with adolescents in counseling skills on sexuality and reproductive health. The opening ceremony was held on 24 December at CHS Al-Maarif Auditorium under the Patronage of H.E. the Minister of Health. **Mariam Ali Al-Mulla** is the CHS representative on the MOH Adolescent Committee and helped to organize and facilitate the workshops. **Layla Moh'd Hussain** prepared all the certificates for the participants for both workshops.



"NARRATIVE RESEARCH QUESTIONNAIRE ON ADOLESCENT HEALTH" WORKSHOP

Mrs. Aysha Al-Shaikh was nominated by the WHO to participate in the training workshop on the elaboration of the "Narrative Research Questionnaire on Adolescent Health". The workshop targeted health and education staff that are involved with young people and adolescents, as well as some health researchers. The workshop approach dealt with a very unique research methodology that is currently applied to studying some sensitive issues such as sexuality, which was the main concern of the workshop. Aysha felt the workshop was very successful.



"The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be of far greater value than what you get."

REGISTRAR SECRETARIES ATTEND CSB WORKSHOP

Aneesa Al-Jasim and Sameera Sayed Marhoon from the Registrar's Office attended a 3-day workshop early this semester at the Civil Service Bureau (CSB) that aimed at developing secretarial skills. Covered in the workshop were communication skills, taking minutes of meetings and writing reports, various letter formats, as well as typing skills. We congratulate them and hope they will share some of their newly learned knowledge and skills with other secretaries at CHS.

Sometimes there's only one-way to find where you want to be and that's by going in a different direction. Where you've been doesn't really matter. . . the only thing that counts is where you are going

MOH SPECIALITY CONSULTANCY COUNCIL FOR HEALTH CARE

Dr. Wedad Al-Banna, CHS Counselor and Sayed Abbas Ebrahim, EDC Photographer have been appointed by the Minister of Health to be on the new MOH Speciality Consultancy Council for Health Care which is charged with setting policies for developing health services, making recommendations about plans and strategies to the MOH, giving consultation about Ministry Programs and Services, and providing suggestions to develop health services, as well as other duties as required. The first meeting was held on 31 December 2003. Dr. Wedad was appointed as the Secretary-General.

DIVISION/DEPARTMENT NEWS

Educational Development Center



The EDC staff conducted media development sessions this semester for most of the CHS students, including BS Nurses, Community Health Nurses, Dental Hygienists and for more than 100 AD Nursing Students. **Layla Moh'd Hussain** and **Denzil**

Browne taught the majority of the practical sessions and are now assisting the students in developing booklets/brochures, posters, overhead transparencies or multimedia presentations. You can contact the EDC Coordinator at 279682 if you would like a workshop conducted for your staff or students on media development, presentation skills, teaching methods, or any other educational topic.

English Department

On 29 December, the English Department conducted an English exam for 40 candidates who applied for a MOH Information Technician position.

MOE FIRST AID COURSES

The College continues to give First Aid courses for the Ministry of Education again this year. **Ms. Fatima Murtada** is the CHS Coordinator for the First Aid courses. Fatima has trained school health nurses from different regions to help in teaching the course. The first course was conducted from 11-15 October 2003. Twenty-six social workers, and sports and science teachers participated. The second course was from 29 November until 3 December 2003. There are seven additional groups waiting to take the course, and the last two groups will consist of males only. The participants have to pass both theory and practical exams.



The true aim of everyone who aspires to be a teacher should be not to impart his own opinions but to kindle minds.

- Frederick William Robertson

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. —Sir Winston Churchill

INNOVATIVE TEACHING METHODS—"USING KNITTING AND ORIGAMI TO TEACH STUDENTS HOW TO GIVE A GOOD DEMONSTRATION" By Betty Popovich



Origami is an ancient Japanese craft by which you fold and cut paper in a special way to make three-dimensional objects. **Knitting** is looping yarn or thread together with special needles to form cloth. **Hobbies** can help a person open up their mind to explore possibilities and help them to approach and solve a problem or situation creatively.

What do these have to do with teaching methods? Most people give poor demonstrations. Therefore, learners don't learn the skill(s) correctly? Using knitting opens up students' and teachers' minds to just how difficult it can be to learn a complicated skill if it is not taught properly.

By demonstrating knitting very quickly, with little explanation, and using small needles and yarn for a large group illustrates how frustrated learners feel when you teach them, in an improper way, a new skill related to their disease or new skills needed to become a health professional. This is especially apparent when they are asked to repeat the knitting. People who already know the skills are not asked to repeat it. Through follow-up discussion of the poor demonstration, learners usually identify all the negative points why the demonstration was ineffective, i.e. couldn't see, no rationale, demonstration was fast, no step-by-step explanation, not checking for understanding or if they are doing it correctly, no feedback about their performance and no handouts to specify steps in performing the skill. The demonstration of knitting is then repeated in a simplified, step-by-step way, using large needles and thick yarn and on an individual or small group basis to illustrate the proper way to teach a skill. However, **knitting** is too difficult to learn in a short time, but does illustrate the complexity of some skills. Therefore, **origami** is then used to illustrate the proper way of giving a demonstration and learning a skill. Everyone participates in making a box or other object as the teacher demonstrates, one step at a time; and ensures that each person has done each step correctly before demonstrating the next step. A checklist is also given describing each step with illustrations, and everyone succeeds in making a box. The differences in all the demonstrations and the positive things are then discussed. By the end of the session, everyone knows the difference between a good and bad demonstration without any lecture having been given, as well as having FUN in the process. This is a very interactive and positive way to learn about how to teach a skill. Other complex skills besides knitting that most students don't know, could also be used to illustrate this concept. Creative ways of teaching open up learners' minds to explore possibilities and help them to approach and solve problems or situations creatively. If you would like further information about this, or any other teaching method, contact Betty Popovich on Ext. 6682.



FACULTY/STAFF NEWS

Mrs. Achamma George recently joined the College as a Lecturer in the SBS Department. Please welcome her to CHS and extend your support and assistance.



Ms. Rukhsana Kawther returned from her studies at the University of Nottingham, UK. She received a Masters Degree in Advanced Nursing Practice.



Dr. Nahed Abdul Khalik has been appointed as Acting Head of the Public Health Program and will assume the academic and administrative responsibilities of the program. We wish her all the best in her new assignment.



We take this opportunity to welcome **Ms. Layla Habib Ahmed**, the new Secretary in the English Department. We welcome her to the College and wish her all the best in her new job.

APPOINTMENT OF DIVISION CHAIRPERSON AND HEADS OF PROGRAMS

Effective 6 December 2003, the following faculty have been appointed as Chairperson or Heads of Programs:

Dr. Adel S. Dairy – Ag. Chairperson, Integrated Sciences Division

Mr. Mohammed Abbas – Head, English Department

Ms. Fatima Jamali – Head, Direct Generic B.Sc. Nursing Program

Please give them your support and cooperation in their new positions.

COMMITTEE NEWS

Newsletter and Publicity Committee

Besides publishing the monthly College Newsletter, the Newsletter and Publicity Committee continues to be very active. In the process is establishing a communication network through GroupWise and the Internet, as well as planning for future College exhibits, in particular the Career Expo 2004 in March. The CHS Update is already on the MOH website. The Committee will also work on revising all the CHS program brochures to bring them up-to-date, as well as developing and disseminating health education materials. They are currently developing their Action Plan for 2004.

Staff Welfare Committee



The Staff Welfare Committee organized a CHS luncheon on 10 December at the Al-Dana Novotel on the seaside to welcome the new deans to the College, who were presented with gifts. Over 50 faculty and staff attended the luncheon, including some of our retired staff. We also said farewell to **Amira Abdul-Majeed Ali**, English Department secretary, who transferred to a new position in the



Ministry of Health. We all had a wonderful time, and also enjoyed Bahrain's beautiful winter weather.

Student Committee

Lunch At Causeway Restaurant

Students and Faculty attended a luncheon at the Causeway Restaurant on 1 December to celebrate EID. It was organized by the Student Committee and attended by many students, as well as the new Dean and Associate Dean, the CHS Counselor and other faculty. These activities are encouraged to enable students and faculty to get to know each other better and increase the student-teacher interaction.



Gergauon Celebration



CHS celebrated the middle of the month of Ramadan – Gergauon – on 10 November in the Al-Maarif Auditorium. The Student Committee organized the celebration. The program included a reading from the Holy Quran, a poem “Life's Illusion”, a word by student, Mariam Al-Mullah, a religious song by Issa Saleh, and a two part play acted by CHS students. The new Dean, Dr. Shawki Ameen gave gifts to the attendants. The celebration also included the traditional act of distributing “Gergauon” nuts and sweets.

COMPLEMENTARY AND ALTERNATIVE MEDICINE

by *Muyassar Sabri Awadalla*

Complementary and alternative medicine (CAM) use is wide spread and has been utilized by people instead of medicine alone, which cannot provide solutions for all health problems. Health professionals question the safety, efficacy, quality, availability and further development of such practices. However there is limited data on how conventional health professionals communicate with their patients about CAM. Therefore, WHO defined its role in CAM by developing WHO Traditional Medicine Strategy 2002-2005 to address issues of policy, safety, efficacy, quality, access and rationale for using CAM. Thus, education about CAM for health care providers is needed which may encourage them to promote and monitor CAM as a safe, efficient and quality practice. This will open our eyes to CAM practices. **So, we invite faculty who have an interest in, or practice any of CAM therapies to write an article for the CHS Update, so we can all benefit from each other's knowledge. We would like to make this a monthly column.**

The human body has two ears and one mouth. To be good at persuading or selling you must learn to use those natural devices in proportion. Listen twice as much as you talk and you'll succeed in persuading others nearly every time.

WEBSITES OF INTEREST

Beginning with this issue, we would like to feature a review of an interesting website each month. If you know of any websites you think the readers would find of interest, please send in the website and one or two sentences describing the contents. This month's website "Focuses on Your Family Health."

www.health.family.org This site includes health tips, medical reviews, articles, resources, healthy recipes, hot health topics, health problems, and information about various diseases, i.e. Alzheimer's disease, depression, diabetes, osteoporosis, etc. It is categorized by babies/preschool, children/teens, and men/women. It is also possible to contact certain doctors directly about specific health issues through this site.

Reviewed by Betty Popovich

Leaders must not allow themselves to mistake intentions for accomplishments.

NEWSLETTER CONTRIBUTIONS

We thank everyone for their contributions to the CHS Update. We apologize to anyone whose article had to be held over till the next issue due to lack of space. **Don't forget, the deadline for the January 2004 CHS Update is 25 January 2004.** Submit your news **NOW!** Try to keep the articles as brief as possible. We reserve the right to edit articles to fit the space.

BOOK REVIEW

"Don't Sweat the Small Stuff"

*Starting with this issue, we would like to include a book review of interest to our readers. If you know of any interesting book, please submit a **short** review to the Newsletter team. Our first book review is by **Dr. Mouza Suwaileh, Chairperson, Nsg. Div.***

Often we allow ourselves to get all worked up about things that, upon closer examination, aren't really that big a deal. We focus on little problems and concerns and blow them way out of proportion. A stranger, for example, might cut in front of us in traffic. Rather than let it go, we convince ourselves that we are justified in our anger. We play out an imaginary confrontation in our mind or tell someone else about the incident, rather than getting on with our day.

Why not instead simply allow the driver to have his accident somewhere else. Try to have compassion for the person, and remember how painful it is to be in such an enormous hurry. This way, we can maintain our own sense of well-being and avoid taking other people's problems personally.

There are many similar, "small stuff" examples that occur every day in our lives. Whether we wait in line, listen to unfair criticism, or do the lion's share of work, it pays enormous dividends if we learn not to worry about little things. So many people spend so much of their life's energy "**Sweating the Small Stuff**" that they completely lose touch with the magic and beauty of life. When you commit to working toward this goal, you will find that you will have more energy to be kinder and gentler to others. These, and many other examples and suggestions, can be found in **R. Carlson's book, Don't Sweat the Small Stuff – and It's All Small Stuff, published by Hyperion, NY, 1997.**

COMING EVENTS

- **18 February 2004** – Party for the MOE Lab Assistants, who completed the one year program in June, in the Al-Maarif Auditorium.
- **21 April 2004** – CHS Graduation at the Gulf Hotel Convention Center under the patronage of Shaikh Salman bin Hamed Al-Khali fa, the Crown Prince.
- **CHRONIC HEALTH PROBLEMS CONGRESS** sponsored by Bahrain Family Physicians Association – **10-12 May 2004. CALL FOR PAPERS** – deadline for submission of abstracts 29 February 2004. Everyone is encouraged to submit papers, as this is a part of the new Academic Cadre. For further information www.primarycare-bah.com or Chairman, 9602422.

November-December CHS Update Team

Elizabeth Popovich, EDC – Editor-in-Chief/Writer/Reporter
Layla Moh'd Hussein, EDC – Reporter, Design and Production
Denzil Browne, EDC – Design and Production/Photography
Sayed Abbas Ali Ebrahim, EDC - Photography
Muyassar Sabri Awadalla, Nsg. – Reporter
Eman Al-Tawash, Nsg – Reporter