

H.E. THE MINISTER'S SUPPORT TO THE COLLEGE OF HEALTH SCIENCES



As part of H.E. the Minister Dr. Khalil Hassan's visit to Ministry Directorates, he met with the College of Health Sciences Dean, Mrs. Batool Al-Muhandis, the Faculty Council and other faculty members. He presented the MOH strategic directions in general and specifically, the Academic Affairs. He expressed his admiration of the caliber of faculty and programs. He wished to see more visible roles for the faculty in their provision of Health Care Services, working jointly with Hospitals, Health Centers and the Community. He predicts a great opportunity for the College to affiliate with a University.

The Minister shed light on the Health Economy, and stressed the need for more equitable financial distribution of the Ministry's total budget. He anticipates that the College will take active roles in opening its program on an afternoon and evening basis. In this way, the College will both serve the health community and share in generating revenue.

The Faculty Council stressed to H.E. the need for a new staff cadre and improving student facilities. He welcomed their request and added the College will be decentralized, given the authority and the autonomy it desires to do what it sees right, to improve the staff cadre and College facilities.

Dr. Khalil reflected on his vision to transform Bahrain into a Health Tourism Resort to attract patients and improve the economy. He also talked about the health insurance initiative. The most noticeable direction was on strengthening the concept of prevention and health maintenance - integrating the Ministry of Health functions with that of all governmental and non-governmental organizations to share and be partners and active role players in supporting the preventive health care for the community of Bahrain. He concluded with the proverb "**Prevention is better than cure**".

CHS OFFERS SHORT COURSES

Perineal Repair for BDF

The Nurse-Midwifery Program has designed a two-week short course on Perineal Repair that consists of theory and practice. It was prepared for nurse-midwives who need to gain skills in Perineal Suturing. The first course will be conducted in March for seven nurse-midwives from the BDF Hospital. Ms. Nadia Yousif and Ms. Rabab Jawhery will coordinate and conduct the course. It is worth noting that this course is in line with the CHS strategy of revenue generating initiatives.

SULTAN QABOOS UNIVERSITY DEAN VISITS CHS

In line with the College strategy to collaborate with other academic institutions in the region, the Dean of SQU, Dr. Bazdawi Al-Riyami and his team visited the College on the 19th and 20th January. The purpose of the visit was to learn about the BSN program and the physical facilities needed for establishing a nursing college. The Dean expressed his admiration of the standards and organization of the College.

EDITORIAL

Best wishes for a prosperous and Happy New Year. May you achieve all your goals for 2003.

Remember! The CHS Update is now available on the Ministry of Health Internet web site at www.moh.gov.bh Check it out and tell all your family, friends and colleagues! The current issue is on the MOH Home Page. Back issues can be found in the Archives. The CHS Update is now being distributed to all areas of the MOH, to other organizations in Bahrain, as well as to several places outside Bahrain. The College of Health Sciences was honored by a visit from the Minister of Health, H.E. Dr. Khalil Hassan who related the Ministry's Strategic Directions and how the College of Health Sciences fits into his "dreams". The College of Health Sciences has also identified Strategic Directions for 2003-2004. These directions are related to all levels and all areas of the College. The CHS continues to work on establishing Policies and Procedures, continues work on numerous College Committees, and continues to participate in many national and international meetings and conferences, as well as facilitating workshops and short courses for various groups of people. Several other people also visited CHS this month. With all these commitments, we highly appreciate that you are still finding time to write articles to maintain your CHS Update. And, **remember** by contributing to this newsletter you are marketing your major contributions to further the development of the College of Health Sciences. **DON'T FORGET THIS IS YOUR NEWSLETTER!**

The CHS Newsletter and Publicity Committee

"The most successful people think the furthest into the future. They are willing to make sacrifices in the short-term in order to enjoy greater rewards in the long-term." Brian Tracy

HRD ADVISORS FROM WHO-EMRO VISIT CHS

Dr. Ghanim Al-Shaikh, Regional Adviser for Human Resources Development and Medical Education and Dr. Ali Hassan Abadi, Technical Officer for Human Resources Development, World Health Organization – EMRO visited the College on 12 January 2003. They met with the Dean, Ms. Batool Al-Muhandis, the Associate Dean, Dr. Amal Akleh, and Dr. Mousa Al-Suwaileh, Chairperson of the Nursing Division and head of the WHO Collaborating Center for Nursing Development at CHS, as well as Betty Popovich, Coordinator of the Educational Development Center. Following lengthy discussions with the Dean, they will suggest in their report, that the Health Professions Education Program of CHS be linked with that of AGU. They see our proposed program as Diploma granting and a step towards the Masters Degree. Overall they were impressed by the College's achievements.

SECOND YEAR BSN STUDENTS GIVE PATIENT/HEALTH EDUCATION TALKS IN THE COMMUNITY

The second year BSN students at CHS are required to take 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, including development of posters, brochures and multi-media presentations. Their packages are based on a thorough needs assessment and identification of behavioral objectives. This semester seven groups of students



presented teaching sessions on various topics, such as Hypoglycemia, Croup, Osteoarthritis, Sinusitis, Osteoporosis, ECT and Hypocalcaemia. The teaching sessions were presented in various community settings for a variety of clients: BDF

Hospital, SMC ENT Ward, SMC Surgical Clinic, Manama Social Center, MOE Boy's School, as well as at CHS for AD students. The presentations were EXCELLENT, as the students developed their skills in team teaching at a very high level. The talks were well received by the community and patients, with most participants wanting to know when and where they can attend more of these talks. Students can repeat any of these presentations to other groups who are interested.

INAPPROPRIATE UTILIZATION OF CHS WEB SITE

It is not unusual for incidents between people to take place in any organization, but such incidents need to be resolved in a most professional manner. Unfortunately, a recent incident found its way onto the CHS Web site, specifying the names of faculty and tarnishing the reputations of others. In dealing with this issue, the Associate Dean along with a team, including the Counselor of the College are looking into the matter to prevent it from happening again. The Dean's message to everyone involved, in particular the students, is to think of the ethical implications of this conduct coming from future health professionals. Remember that the most valuable assets of this College are its faculty and students.

CORE COMMUNICATIONS FOR TEAM BUILDING

The **SIX** most important words:
"I APPRECIATE YOUR TRYING TO HELP"

The **FIVE** most important words:
"YOU DID A NICE JOB"

The **FOUR** most important words:
"WHAT IS YOUR RECOMMENDATION?"

The **THREE** most important words:
"IF YOU PREFER"

The **TWO** most important words:
"THANK YOU"

THE MOST IMPORTANT WORD:
"WE"

EYE SCREENING WORKSHOP FOR PRIMARY SCHOOL SOCIAL WORKERS

Within the framework of cooperation between the Ministry of Health represented by the College of Health Sciences and the Ministry of Education represented by the Directorate of Activities and Student



Services, the CHS conducted the first workshop for children's eye screening for the social workers from the boys' and girls' primary schools between 23 December 2002 and 18 January 2003. There are plans to train approximately 200 social workers on the mechanics of eye screening for government school children. All the workshops will be conducted in Al-Ala Al-Hedhrami Boys' Primary School.

All the workshops will be organized by Mrs. Fatima Murtadha Al-Hashimi, coordinator of the Eye Screening Program in government and private schools and will be supervised by Mr. Jasim Al-Mehardi and Ms. Lulwa Al-Thekair, specialists of the Health Counseling Unit in the Students' Services Section, MOE. The workshops aim at familiarizing the participants with the mechanics and measuring of eye screening, action taken in emergencies and identifying the cases needing referral to the Ophthalmology Department. Through this project cases of shortsightedness and color blindness were discovered and have been referred to the eye clinics at the SMC.

ONLINE LEARNING PRESENTATION

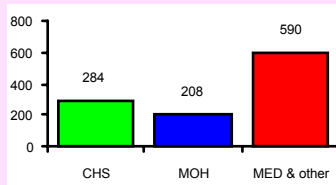
Rising enrollments and costs, shift towards lifelong learning, greater demand for anytime/anywhere learning, and the requirement for Online Services are common issues facing Higher Education Institutions today all over the world. EDUTECH Middle East from Dubai gave an Online Learning presentation to CHS faculty and HID staff at the HID on 29 December 2002 to show us how to resolve some of these issues through demonstration of software products and services that power the total e-Education Infrastructure for education providers. As a result of this meeting, a team has been formulated to plan the process and the tools to be used in order to assess faculty's readiness to implement online learning. The team will be chaired by Dr. Adel Diari, head of the CGS Dept. and includes members from Nursing, CGS EDC and HID. Based on the results of the assessment, a workshop will be conducted by Blackboard on implementing technology-based teaching at the College.

CHS DONATES BOOKS TO SOMALIA

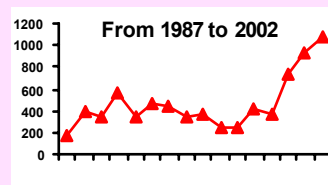
Following the WHO Somalia Fellows visit to CHS and their presentation about their current situation, the College decided to donate 2,000 used books to Somali Health Institute. The books include medical, nursing, allied health, education and health sciences. The books are being shipped soon. *If any faculty or staff have any used books in the above categories that they would like to donate along with the library books, please bring them to the Ahmed Al-Farsi Library by 15 February.*

EDC MEDIA SERVICES EXCEED 1,000 JOBS FOR 2002

The Educational Development Center completed 1,082 Media Service jobs in 2002, consisting of photography, computer-generated graphics, editing, exhibits, posters and printed materials, i.e. booklets, brochures, certificates, invitation cards, and flyers. This indicates a 17% increase in the workload for 2002 over 2001, without any additional equipment and one less staff for part of the year. The workload has tripled in the past three years, since 1999, when only 362 jobs were completed. This shows that MOH staff are utilizing the media production services much more than in the past. Graph 1 shows the "Total Media Workload in 2002 for all MOH Depts." Graph 2 shows all the media services performed by the Educational Development Center since EDC started keeping track in 1987 through 2002.



Graph 1



Graph 2

Besides the Media Services EDC provides to the entire MOH and CHS, EDC provides technical support, as well as helping prepare presentations, supporting conferences/workshops, teaching, serving on committees, etc. If any MOH staff need help with any aspect of Educational Development related to their jobs, please call the EDC on 279-682.

COMMITTEE NEWS

Community Partnership and Health Promotion Committee

The CHS Community Partnership and Health Promotion Committee planned and implemented a First Aid workshop for 30 elected students from 1st, 2nd, and 3rd level from Jidhaf's Intermediate Boy's School on 14 December 2002. The workshop covered fractures, burns, wound care and CPR. The workshop was facilitated by CHS faculty Nadia Adbahi, Amina Matoq and Esmat Khadim. They used discussion, demonstration and practice, and video to teach the students. The students enjoyed the workshop and learned a lot.

Ethnographic and Documentation Committee

The Ethnographic and Documentation Committee has recently been re-formulated. Naseema Al-Arrayed has been elected Chairperson and Rabab A. Wahab has been elected Vice-Chairperson. Committee members include: Layla Moh'd Hussain, Fatima Murtada, Muyassar Sabri, Fahima Darwish, S. Abbas Ali Ebrahim, Hanna Jaffar Bucheeri and Hussain Ali A. Hussain.

COMING EVENTS

- The Staff Welfare Committee is hosting a presentation on **27 January 2003** from 11-3 pm by Mrs. Muneera Al-Khalifa from CSB on CSB Roles, Policies and Regulations at the Educational Development Center, Rooms 113-114. Refreshments will be provided. Please try to attend.
- Opening of the AL-MAARIF Auditorium has been postponed due to finance constraints. It will be opened in February 2003.

DIVISION/DEPARTMENT NEWS

Educational Development Center

PLEASE NOTE: If you plan to request the LCD projector when you are using the EDC Lecture Hall, please be aware that we DO NOT have a computer with a CDROM drive. Also, the LCD projector only has a resolution of 800 x 600, and it doesn't support most new laptops, so you will not be able to run your presentation properly if you use high-resolution graphics.

The EDC now has a film scanner, which can scan negatives and slides, so we can scan images for on-screen presentations or small brochures and booklets, but not at the high quality that is required for publications (due to storage problems). We thank AUTP, Dr. Ahmed Ahmed for transferring this equipment to EDC from the MOH Planning Section.

Allied Health Division

Pharmacy Program

The Allied Health Division welcomes **Mr. Sayed Mahmood Alawi Rhadi Al-Qallaaf** who has recently joined the College as a full time lecturer in the Pharmacy Program. Mr. Sayed has a Master's degree in Clinical Pharmacy from Bradford University in the UK. Prior to joining CHS, he worked as a Drug Inspector in the MOH Pharmacy and Drug Control Directorate from 1990-1994 and as a Senior Pharmacist in SMC from 1994-2002. We are privileged to have him as a faculty member and wish him all the best.



Dental Hygiene Program

The recently re-opened Dental Hygiene Program has hired two new faculty members to teach in the program – **Mrs. Shahrzad Ebrahim Babayan** from the MOH Dental Section on a part-time basis and **Dr. Pragah Sawhney** as a full time faculty member. We welcome them as part of the CHS faculty team.

CHS 2002 ANNUAL REPORT

We hope you are in the process of putting together your accomplishments for 2002, individually and for your Division/Department. We need to know any publications or research you did, professional presentations and workshops, and any national or international professional activities you were a part of (conferences attended, consulting, professional memberships, reviewer or editor, etc.). From Divisions/Departments we need a maximum two-page summary of the highlights of your area for 2002. From Committees, give us a one-page summary that indicates your goals and objectives, committee membership and accomplishments for 2002. Submit this information to Betty Popovich by **15 February 2003** so the team can begin compiling and organizing the information.

It is the tragedy of the world that no one knows what he doesn't know – and the less a man knows, the more sure he is that he knows everything. – Joyce Cary, British Author

FATEMA ABDULWAHED PROMOTED

Fatema Abdulwahed Mohammed Ahmed, RN, MSN, CNS, ANP, has recently been appointed as the Chief Nurse for Primary Care and Public Health with a mission of raising the standard of practice and expanding the role of nurses in primary health care settings. She was the Ag. Head of the Baccalaureate Nursing Program at the College of Health Sciences. As a faculty and Advanced Practice Clinical Nurse Specialist in the field of Emergency/Critical Care, she actively participated in providing continuing education courses that support all the specialty programs and committees at CHS, SMC and Bahrain Defense Force Hospital Cardiac Center. In addition, she had a pioneer role in establishing the advanced nurse practice role in primary health care settings in Bahrain.



Ms. Fatima was a member in the ICN (International Council of Nurses) President Future Task Force (1997-1999) that aimed at developing the ICN vision and strategic plan for the new millennium. She is an active member in several councils, honorary societies and professional societies inside and outside Bahrain, including the Bahrain Nursing Society (BNS) and served in many leadership roles.

The Ministers of Health executive office of the Gulf Cooperation Council (GCC) honored her with the Nasseba Bint Kuab award for being the best nurse in Bahrain. In addition, she received the Dean's Academic Award from the School of Nursing at Widener University, USA in recognition of her outstanding academic achievements. We wish her all the best in her new position and look forward to collaboration between CHS and Primary Care.

Consider how hard it is to change yourself and you'll understand what little chance you have of trying to change others.

HEALTH INFORMATION

Pain by *Muyassar Sabri*

Pain is a universal experience. Its exact nature remains a mystery. Pain is an individual phenomenon. Understanding the concept of pain is necessary for analyzing its relationships with other concepts commonly related to the pain experience (e.g. anxiety, depression, mobility and social activity).

According to Mariam Webster's Dictionary of Current English 1994, pain "is an old French word 'peine' from Latin 'poena', from Greek 'poine', and all imply punishment or penalty" (p. 646). Pain is not easy to define. It is neither a purely physical phenomenon, nor purely psychological. McCaffery (1979) defined pain as "whatever the experiencing person says it is, existing whenever he or she says it does" (p. 11). Although a number of authors have proposed definitions of pain, the most widely accepted is that of the International Association for the Study of Pain, which has developed standard definitions of pain terms and its classifications. Pain is defined as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage" (IASP, 1979 p. 249). *(To be continued) References provided on request.*

FACULTY/STAFF NEWS

Moh'd Ghali Mubarak, Librarian in Ahmed Al-Farsi Library, will be leaving CHS to join Arabian Gulf University (AGU) as a Reference Librarian effective 8 February 2003. Moh'd was most helpful to all library patrons, and we will miss his excellent performance on behalf of CHS. We wish him success in his new endeavor.



Rula Al-Saffar has been appointed by Dr. Khalifa Al-Borasid, Chief of Medical Staff, to assess the Critical Care areas of Salmaniya Medical Complex (SMC), which includes the Burn Unit, Accident/Emergency, Intensive Care Unit and Cardiac Care Unit, in order to improve the quality of care provided at SMC. This is in addition to her role as Ag. Head of the Emergency Care Nursing Program at CHS.

Zahra Habib will begin working on her Masters degree in Health Policy and Population Study at Arabian Gulf University for two years starting from January 2003.

Congratulations to **Adel Diari** on the publication of his book, **FIRST AID IN THE HOME** (in Arabic). We hear he has other books in progress.

Sumaya Amer Alla Faraj and **Snehalata Roa** attended the AHA/ASA Basic Life Support course from 11-15 January 2003 as part of a group of 30 participants. They are now qualified to be BLS and ACLS providers.

Charles Price, after serving the College for nearly 6 years with great dedication, has resigned from the English Department effective 15 January 2003 to accept a position at University College of Science and Technology in Saar. Best Wishes in his new endeavor.

NEWSLETTER CONTRIBUTIONS

We thank everyone for their contributions to the fourth edition of 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 February CHS Update is 8 February 2003.** Submit your news **NOW!** We will accept handwritten or typewritten articles, but it would be helpful if you can give us your articles on a disk. Try to keep the articles as brief as possible. We reserve the right to edit articles to fit the space. We continue to receive lots of positive feedback on the CHS Update. With everyone's contributions and support, we will continue to keep everyone informed and at the same time, market CHS!

January CHS Update Team

Elizabeth Popovich, EDC – Editor-in-Chief/Writer//Reporter
Layla Moh'd Hussein, EDC - Design and Production
Denzil Browne, EDC – Design and Production
Muyassar Sabri Jaber, Nsg. - Reporter