

What We're Up To!

September 2018



كابيتال هيلث
Capital Health

ثقة و فخر Trust & Pride

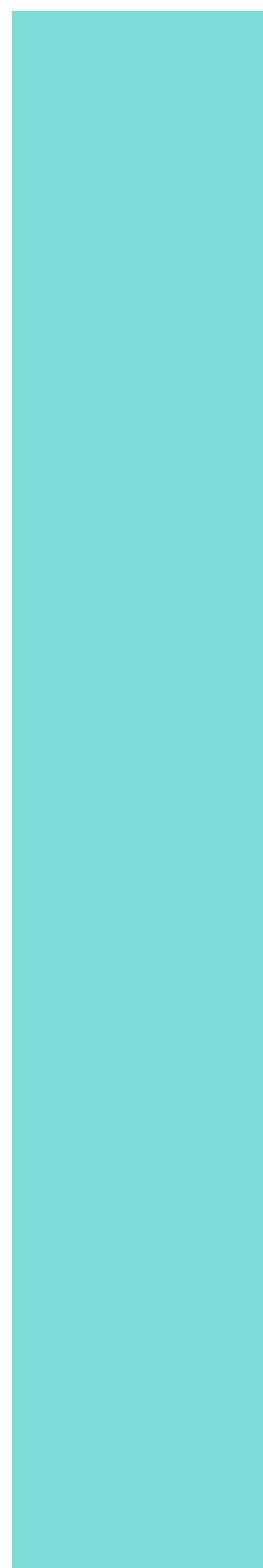
Part of the Capital Health Network

مستشفى التأهيل التخصصي
Specialized
Rehabilitation
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Shirley Ryan
AbilityLab
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مركز هيلث شيلد الطبي
Health Shield
Medical
Center.

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CEO Message



“We’ve all heard phrases like “All it takes to succeed is hard work...” and words like “long hours” to describe achieving goals. An while all this might be true, I found that for me it is always about **DEDICATION**.

The quality of being committed to a task or **p u r p o s e** ... that’s **DEDICATION**.

Some of you know the story of how I followed my dreams and made medicine a big part of my life. For this issue of our newsletter, I find I want to also share with you that I succeeded and achieved my goals, because I was **DEDICATED** to it. The act of binding yourself (intellectually or emotionally) to your task is Dedication; I see this in many of us at Capital Health and I want to thank you for being **dedicated** to us and to the patients we take care of.

I see it in our **Facilities** team, dedicated to ‘constructing’ the best hospital we can; in our **Human Capital** team, dedicated to ‘assembling’ the finest talent we can; in our **IT** team, dedicated to ‘setting up’ the smartest systems we can; in our **Clinical** team, dedicated to ‘gathering’ the most compassionate doctors and nurses we can; in our **Quality & Operations** team, dedicated to ‘establishing’ the most superior standards we can; in our **Finance** team, dedicated to ‘ensuring’ the most transparent fiscal practices we can; in our **Business Development** team, dedicated to ‘planning’ the most astute path we can; in our **Marketing** team, dedicated to ‘achieving’ brand supremacy.

- Dr. Mishal Al Kasimi
CEO, Capital Health



Ask a Doc!



Question: How can I help my child sleep better?

Answer: The main culprit behind improper sleep is disrupted sleep hygiene; proper sleep hygiene can be defined as habits that help promote a healthy sleep pattern using behavioral interventions. If you've taken your child has no health issues, then start insisting on following a schedule every night, no matter how cranky or hyper your child might be.

Dr. Mishal Al Kaismi - Consultant Pediatrics



Question: At what age should men and women be screened for colon cancer?

Answer: Virtually all colon cancers develop from non-cancerous polyps that can become malignant as they grow in size. Colonoscopy is a safe and effective tool to detect polyps. If you're 50 or older schedule a screening colonoscopy with your doctor. Age is the number one risk factor for colon cancer with 81 percent of cases occurring in people over the age of 45.

Dr. Rami El Moukari - Consultant Gastroenterologist



Question: At what age should children start seeing a dentist?

Answer: From the age of two years and upwards children should visit the dentist every six months for a routine checkup. It helps to make your child's first visit to the dentist a fun one. They don't have to receive any treatment. A few minutes in the dentist's chair or examining their own teeth in a mirror can help them become familiar with the checkup routine.

Dr. Mayada Kheriba - General & Cosmetic Dentistry



Question: At what age do you advise both men and women to start going for regular health check-ups?

Answer: Generally, at 35-40 years both men and women should be going for regular health check-ups. If there is a family history of any disease such as high blood pressure, diabetes, high cholesterol, this can be sooner and a tailored schedule can be made for the individual.

Dr. Nazia Salam - Consultant Family Medicine



Question: What is the most important thing to remember when sleep training?

Answer: The most important thing to remember when sleep training is to start when they're still a newborn to make for an easier transition. There's no such thing as too early to start sleeping training - you can start when your baby is between six-eight weeks. Many babies and their mothers will feel that separation anxiety, but you need to remember that this only becomes more difficult the older your child becomes.

Dr. Somia Tidjani- Specialist Pediatrics



Question: How can avoid getting back pain and slipped disc?

Answer: Pain in the back can come from many sources. Regardless of the final injury, there are common predisposing factors to most back problems. Weakness in the core muscles (abdominals, flank and back muscles) along with inflexibility of the back muscles, hamstrings and hip flexor muscles all contribute to biomechanics that increase risk. Poor posture and lifting or exerting oneself with poor technique are also significant factors.

Dr. William DeMayo - Director PM&R

Meet Reem!

Our Virtual Patient Guide.

Hi There!
My name is Reem.
It's lovely to virtually meet you all!



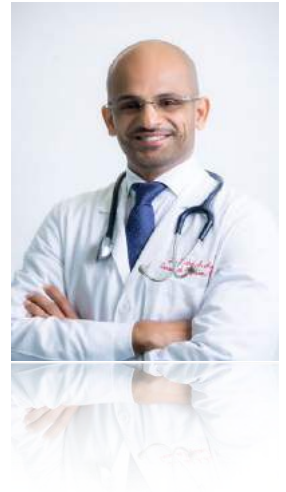
Throughout our patient and family handbooks, as well as on our websites, Reem will share useful tips to help make our patients' experience and stay with us as comfortable, convenient and safe as possible.

In the Hot Seat!

our CEO



Dr. Mishal Al Kasimi
CEO, Capital Health



Can you name a person who has had an impact on you as a leader?

My mother has had the largest impact in making me the leader and doctor I am today. Respect, leadership, communication, persuasion, bravery and pride – these are all attributes that I portray because of her.

What's one thing most people don't know about you?

I thoroughly enjoy teaching – so much so that I enrolled in a master's degree program in Curriculum and Instruction after I finished my medical degree and actually taught a nursing program in nursing concept 1 and nursing concept 2.

What's one productivity tip you wish everyone else knew?

I read this somewhere once and it stuck with me: “Create a mini crisis”. I find that most people thrive under pressure; the “crisis mode” allows them to accomplish more than they originally thought possible. I think sometimes, if you get that sensation by blocking out less time than you actually think you need, you'll find your focus improves when you begin working and ultimately finish on time.

Quote to live your life by?

“Progress and renaissance are not to be measured by reinforced concrete structures, but rather by building human being and providing citizens with everything that make them live in happiness and decent life.” – His Highness Sheikh Zayed bin Sultan Al Nahyan

How do you relax and switch off from the office?

I thoroughly enjoy jogging, cycling, camping and hiking. I believe a healthy body leads to a healthy mind and enables success in all that you do.

Finish this sentence, "the world would be a better place if only..."

.... people just understand there's no black and white or right or wrong - there's always context and perspective and everything is relative. We need to give ourselves the chance to understand each other.

It's a Good Idea to...



It's a good idea to speak with your doctor about the best techniques for performing **self-exams**. In addition to eating a healthy, balanced diet, exercising regularly, getting the proper amount of sleep each night and working to maintain a healthy work/life balance, all men over 20 years of age should perform self-exams – skin, oral, breast and testicle – at home on a regular basis.

It's a good idea to start **monitoring your moods**. Simply, a mood is part of your emotional rhythm, but a little less intense than an emotion. And it usually has a trigger, such as an event or experience. Everybody gets moody, but understanding your moods helps you manage them and feel better faster. Also keep in mind that sometimes moodiness signals a serious medical condition known as a 'mood disorder'.



It's a good idea to read **Nutrition Labels**. Food labels can help you and your family make healthy choices about the foods you are buying. It can help you limit the amount of fat, sugar and cholesterol in your diet by making it easy for you to compare one food item with another and choose the one with lower amounts... If you're trying to eat healthfully, the nutrition label becomes a must-use tool for making better food choices.

It's a good idea to get **BLS Training**. BLS is Basic Life Support. BLS training is the foundation for saving lives after cardiac arrest and many other life-threatening conditions. The techniques are administered when a victim appears to be unconscious, choking, or suffering from cardiac arrest. The BLS techniques work to circulate a minimal amount of oxygenated blood throughout an individual's body to minimise damage to organs and the brain in the event their heart stops beating. BLS techniques are administered while waiting for paramedics or first responders to arrive.



Office Ergonomics: A Brief

Understand Office Ergonomics!

The health risks associated with prolonged sitting are made worse by poorly designed work stations that promote poor postures and lead to musculoskeletal disorders (MSDs) and repetitive strain injuries (RSIs).

Ergonomics is the study of people at work. The goal of ergonomics is to prevent injury at work and promote a safe and healthy office lifestyle. Soft tissue injuries and musculoskeletal disorders can be caused by many day-to-day office lifestyle factors. Some common MSDs include carpal tunnel, tendinitis, muscle strain and degenerative disc disease.

The first step to **prevention** is an **understanding** of what causes MSDs. These injuries occur from exposure to risk factors over a period of time. Risk factors that may cause MSDs:

- Repetitive motions
- Sustained or sudden exposure to force
- Awkward postures
- Overhead lifting
- Frequent wrist movement



Ways to Prevent Injury

A proper set-up promotes a neutral posture (a comfortable posture in which the joints are aligned) and allows the body to be supported as much as possible to reduce muscle activity during the day.

Ideally, a person who is five feet one inch tall should be seated at a desk that is about 24 inches high. For every additional three inches of worker height, the desk should be another inch higher. Thus, a person who is six feet tall should work at a desk that is 27 inches high.

When a work station is properly set up, the worker's feet should be flat on the floor. In some cases, a short person may have the chair raised to accommodate the height of the desk but, consequently, his feet do not touch the floor. In such a situation

The height of the work station is part of the cause of discomfort in the hand. But another reason for hand and wrist pain is how the worker uses the mouse.

Glare on a monitor can cause eye strain and symptoms including headaches and blurred vision. Part of the solution lies in proper placement of the monitor in relation to light sources. Make sure there is no window either right behind or right in front of the screen. Ideally, the desk should be perpendicular to a window, rather than parallel to it. Tilting the screen is also helpful.

Office Ergonomics – OSHA Guidelines



Correct Posture and Office Chair.

- Push your hips as far back as they can go in the chair.
- Adjust the seat height so your feet are flat on the floor and your knees are equal to, or slightly lower than, your hips.
- Adjust the back of the chair to a 100°-110° reclined angle. Make sure your upper and lower back are supported.
- Adjust the armrests so that your shoulders are relaxed and elbows are at about 90° angle while typing on a keyboard.

Proper Keyboard and Mouse setup.

- Position the keyboard directly in front of your body.
- Determine what section of the keyboard you use most frequently, and readjust the keyboard so that section is centered with your body.
- Adjust the keyboard height so that your shoulders are relaxed, your elbows are in a slightly open position (about 90°-100°), and your wrists and hands are straight (neutral position).
- Keep the tilt of your keyboard at the negative angle. This will make your wrists at the most neutral posture and will prevent development of the carpal tunnel.
- Wrist support can help to maintain neutral postures and pad hard surfaces. However, the wrist support should only be used to rest the palms of the hands between keystrokes. Resting on the wrist support while typing is not recommended. Avoid using excessively wide wrist support, or wrist support that is higher than the space bar of your keyboard.
- Place the mouse as close as possible to the keyboard.

An articulating keyboard tray can provide optimal positioning of input devices. However, it should accommodate the mouse, provide leg clearance, and have an adjustable height and tilt mechanism. If you do not have a fully adjustable keyboard tray, you may need to adjust your workstation height, the height of your chair, or use a seat cushion to get in a comfortable position. Remember to use a footrest if your feet dangle.

Optimal Computer Screen.

- Center the monitor directly in front of you above your keyboard.
- Position the top of the monitor approximately on your eye level. (If you wear bifocals, lower the monitor to a comfortable reading level.) If using two monitors they should be placed as close to one another as possible and if used equally, they should be arranged so that the split between the two is right in the middle of the body to help minimize neck twisting. If using one predominantly, that monitor should be placed directly in front of the body with the less frequently used monitor to either side.
- Sit at least an arm's length away from the screen and then adjust the distance for your vision.
- Reduce glare by careful positioning of the screen.
- Place screen at right angles to windows. Adjust curtains or blinds as needed.
- Adjust the vertical screen angle and screen controls to minimize glare from overhead lights.

Document and Telephone Placement

- Position source documents directly in front of you, between the monitor and the keyboard, using an in-line copy stand. If there is insufficient space, place source documents on a document holder positioned adjacent to the monitor.
- Place your telephone within easy reach (left-handed users should place it on the left, right-handed users on the right side of the workstation.)
- Use a headset or speaker phone to eliminate cradling the handset.

Preventative Care ...LadyBird Nursery





Panic Attacks Quiz.

1- Panic attacks are repeated attacks of fear that can last for several minutes.

- A- True
- B- False

2- Panic disorder is a type of _____ disorder.

- A- Anxiety
- B- Depressive
- C- Imaginary
- D- Mood



3- Risk factors for panic disorders can include...

- A- Family History
- B- Medical conditions
- C- Major life stress
- D- All of the above



4- Who suffers more panic attacks?

- A- Men
- B- Women

5- Panic attacks are often mistaken for _____.

- A- Schizophrenia
- B- Heart Attacks
- C- Paranoia
- D- All of the above



6- Panic disorder is not a "real" illness.

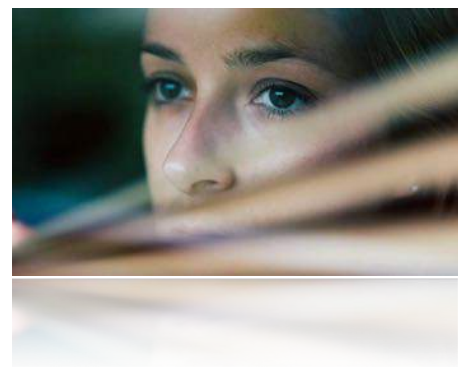
- A- True
- B- False

7- People who suffer from panic disorders should avoid chocolate.

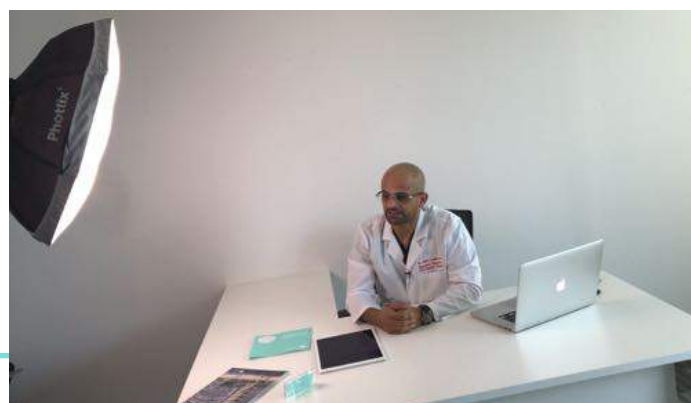
- A- True
- B- False

8- Are there treatments for panic disorder?

- A- No
- B- Yes



So Much Going On!





Simulation Galore!



Answer Sheet: Panic Attacks Quiz.

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- B- Yes

The hallmark symptom is a fear of losing control, of disaster, or of imminent death even though there is no real danger present.

Panic attacks can have symptoms similar to those of a heart attack, such as chest pains, shortness of breath, extreme agitation, rapid heart rate, and feelings of terror.

Panic disorder can be effectively treated using psychotherapy, medications, or a combination of the two. Cognitive behavior therapy is a form of psychotherapy that helps the individual learn alternative ways of thinking and reacting to situations that provoke panic attacks. Anti-anxiety medications and antidepressants are two classes of medications that have been successfully used in the treatment of panic disorder.

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