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Medical Achievements



GALLBLADDER REMOVAL ALONG WITH 18970 STONES

The General Surgery & Laparoscopic Surgery Unit at Al Kindi Hospital sets a global record in removing 18970 STONES from a 27-year-old patient

CHECKOUT THE FULL STORY ▶▶▶



16-Year-Old Male Defeats Crohn's Disease
Under The Treatment of Dr. Raed Al Marzooq

READ MORE ▶▶▶

Chairman

Dr. Faisal Al Mosawi

CEO

Dr. Ebtisam Al Dallal

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Al Kindi Hospital Unveils New Outdoor Digital Screen to Promote Community Health Awareness



Dr. Ebtisam Al Dallal
Chief Executive Officer

Al Kindi Hospital is proud to announce the installation of a brand new outdoor digital screen as part of its ongoing commitment to social responsibility and community well-being. This state-of-the-art display will serve as a dynamic platform for spreading awareness about the latest medical trends, innovations, and vital healthcare tips.

Public health education is a cornerstone of our mission at Al Kindi Hospital," said [Dr. Ebtisam Al Dallal- CEO of Al Kindi Hospital]. "This digital screen will allow us to reach a wider audience and empower individuals to make informed decisions about their health."

The outdoor digital screen will showcase a variety of informative content, including:

- **Latest Medical Advancements**
- **Preventive Health Tips**
- **Wellness Campaigns**
- **Latest Offers**



AL KINDI HOSPITAL EXPANDS ITS TEAM! MEET OUR RECENT JOINERS



Dr. Hussain Al Ajooz
Consultant Pediatrician,
Allergy & Asthma



Dr. Amir Shahzad
Consultant Urologist



Dr. Husain Alaradi
Resident -
Surgical Department



Prof. Mohamed AbdelGhaffar
Consultant Pulmonary
Diseases



Dr. Deena Al Shabib
Consultant ENT



Dr. Hasan Frookh Jamal
Consultant Endocrine and
Diabetes



Staying hydrated is important for overall health, especially during the summer months. Here are some tips to help you stay hydrated during exercising:

1. Drink plenty of water, aim for 8 – 10 cups per day and more if you are active.
2. Eat water-rich food, like watermelon, cucumber, and celery.
3. Monitor your electrolytes if you exercise heavily or sweat a lot and replenish them by drinking oral rehydration formula or coconut water.
4. don't reach the point where you feel dizzy or very fatigued. listen to your body.
5. Take a good snack before your exercise that contains a good amount of carbohydrates.
6. Avoid high sugar content drinks and minimize the intake of caffeinated drinks.

Ms. Hana Ali
Clinical Dietitian

AL KINDI HOSPITAL PERFORMS A SURGERY ON YOUNG MAN WITH RECORD-BREAKING GALLSTONE REMOVAL

Watch the Video



In a remarkable medical feat, Al Kindi Hospital's General Surgery Team, led by Dr. Abduljabbar Mirani, successfully removed a staggering 18,970 gallstones from a young man's gallbladder. This procedure, marks the highest number of gallstones ever removed in the GCC and Middle East.



The surgery itself lasted for an hour and a half. However, the sheer volume of gallstones necessitated a meticulous counting process that took an additional three hours.



"This case was truly exceptional," said Dr. Abduljabbar Mirani, General Surgeon at Al Kindi Hospital. "The number of gallstones is unprecedented in our region, and the successful removal highlights the expertise and dedication of our surgical team."



SALMAN AMIN'S STORY WITH GALLBLADDER REMOVAL



Watch the Video



In 2018, I underwent gastric sleeve surgery. A few years later, I started experiencing severe upper abdominal pain. I made an appointment with Dr. Ali Al Baqali, a Gastroenterology Consultant, who advised to begin the diagnosis with blood tests. The results showed elevated liver function tests. He then referred me to Dr. Abdul Jabbar Mirani, a Consultant General Surgeon, for further investigation. An MRI scan was performed to determine the cause of the elevated liver function tests. After reviewing my results, the medical team discovered gallstones, including stones in the CBD (common bile duct).

The medical team began by removing the CBD stones, a procedure performed by Dr. Ahmed Al Saegh, a Consultant Gastroenterologist. Following this, Dr. Abdul Jabbar Mirani recommended immediate laparoscopic cholecystectomy (gallbladder removal surgery).

After a successful surgery, I would like to express my deepest gratitude and thanks to the Al Kindi Hospital medical team, particularly the general surgery department, for their excellent care. Special thanks go to Dr. Abdul Jabbar Mirani for his expertise, cooperation, and support throughout my recovery journey.



16-YEAR-OLD MALE DEFEATS CROHN'S DISEASE AT AL KINDI HOSPITAL

Watch the Video



A 16-year-old boy has successfully overcome the challenges of Crohn's disease under the treatment of Dr. Raed Al Marzooq and the dedicated medical team at Al Kindi Hospital.

The patient's journey to recovery was complex. Previous surgery at another facility had resulted in life-threatening complications, including a severed leg artery. Despite overcoming these initial hurdles, the young man continued to suffer from Crohn's disease, developing painful fistulas.

Seeking relief, the patient turned to visit Dr. Raed Al Marzooq. After a thorough evaluation involving advanced laboratory and imaging tests, the patient underwent a complex surgical procedure to remove the infected portion of the intestine. A meticulous digestive tract reconstruction, including creating a protective stoma, was successfully completed.

This demanding operation, which lasted several hours, represents a significant medical achievement and highlights Al Kindi Hospital's commitment to providing exceptional care for even the most challenging cases.



SUCCESSFUL LAPAROTOMY MYOMECTOMY OFFERS HOPE FOR A 24-YEARS OLD FEMALE

Dr. Fadheela Al Najjar
Consultant Obstetrics and
Gynecology & Urogynecology



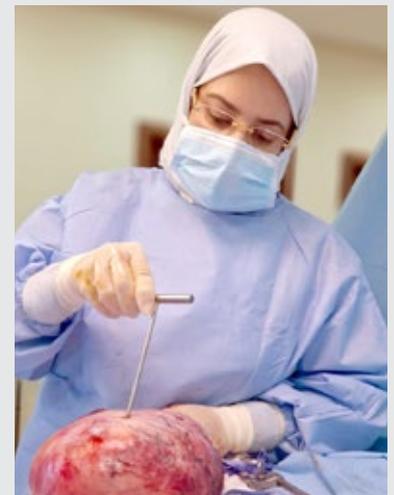
A 24-year-old woman sought help after months of heavy menstrual bleeding and pelvic pain. These symptoms significantly impacted her daily activities and emotional well-being. The patient immediately booked an appointment to consult Dr. Fadheela Al Najjar who diagnosed the patient with large uterine fibroids. Dr. Fadheela Al Najjar recommended undergoing a myomectomy since it is the best course of action to alleviate the patient's suffering.

A myomectomy removes fibroids while preserving the uterus itself. This is particularly beneficial for younger women who may desire to have children in the future. Dr. Fadheela Al Najjar's expertise in minimally invasive techniques likely translates to a faster recovery for the patient.

Uterine fibroids are benign tumors that can affect many women. While some experience no symptoms, others face heavy bleeding, pelvic pain, and even fertility issues. In this case, the large fibroids caused significant problems for the young patient. Here are some of the common symptoms that the patient experienced:

- Heavy menstrual bleeding and pain
- Abdominal bloating
- Urinary and bowel problems
- Urinary incontinence

This successful case highlights Dr. Fadheela Al Najjar's skill and Al Kindi Hospital's commitment to providing advanced surgical solutions for women's health concerns.



WHAT IS FOCUS PDCA

It is an acronym that describes all the steps and actions that need to take place during the process improvement period.

**FOCUS: Find, Organize, Clarify,
Understand & Select**
PDCA: Plan, Do, Check & Act

Dr. Hanan Madan
Quality Department Manager



Why - FOCUS PDCA

FOCUS-PDCA is a business strategy designed to improve processes

1. It provides a structure that guides the process of problem solving and process improvement.
2. It keeps everyone focused on the area and problem being addressed.
3. Establish a comprehensive analysis, response, action plan, and feedback loop to ensure success.
4. There is accountability for completing tasks.
5. It supports a culture of continuous improvement.
6. Changes and success are based on measurable data and observations.
7. This improvement strategy can be used in any type of industry.

FOCUS:

F - Find an Opportunity to Improve

Data Collection and analysis. Do you have a problem? Write a statement of the problem

O - Organize a Team

Include all the "stakeholders". This means include all the people that are part of the problem under study.

C - Clarify the Current Process

Stakeholders are asked to present information from their unique perspectives. Improvements can't take place until the current process is fully understood.

U - Understand the Problems/Variations in the Process

Identify all possible variations to the process. Benchmark or look for best-practice.

S - Select the Desired Outcome(s)

Select possible alternatives. If the problem(s) is a patient care issue, then put the outcome in patient terms. Outcomes must be clearly written for ease of data collection.

Find a process that
need improvement

Write a statement of
the problem

Organize
a team who understands
the process

Include all the
"Stakeholders"

Select
a process for
improvement

Clarify
the current knowledge
of the process

Current process id
fully understood

Understand
the root causes of
variation

Identify all variations.
Look for Benchmark or
best-practice



PDCA

ACT: Take corrective actions based on the differences between actual and planned results.

Plan: Recognize an opportunity and plan a change by establishing objectives for the expected goals.

Do: Implement the plan, execute the process and collect the data required for analysis.

Check: Analyze the results and compare with the expected results.analysis.

PLAN

- Write a concise statement of what you plan to do (Project for improvement).
- Put a measurement or an outcome that you want to achieve. You may have quantitative data like certain number of a procedure, or qualitative data such as receptionists noticed more congestion in the reception (waiting time).
- Write the steps that you are going to take.
 - The population you are working with
 - The time limit that you are going to do this project. And you may set a time limit of 1 week, but you find out after 2 days that it doesn't work. You can terminate the cycle at that point and think of new project.
- After you have your plan, you will execute it. During this implementation, you will be eager to watch what happens (the flow of the process).
- What did you observe? Here you will write down observations you have during your implementation. This may include how people react, how it fit in with your system or flow of the patient visit. You will ask, "Did everything go as planned?" "Do I have to modify the plan?"

DO

- Once you've identified a potential solution, test it safely with a small-scale pilot project. This will show whether your proposed changes achieve the desired outcome – with minimal disruption to the rest of your operation. For example, you could organize a trial within a department.
- As you run the pilot project, gather data to show whether the change has worked or not. You'll use this in the next stage.

CHECK

- After implementation you will check the results.
- What did you learn? Did you meet your measurement goal? Here you will record how well it worked, if you meet your goal.

ACT

- Here you will write what you came away with for this implementation, if it worked or not.
- If it did work, are you ready to spread it across your entire practice?
- If it did not work, what can you do differently in your next cycle to address that.

MEETING WITH MEMBERS FROM MOH TO DISCUSS FUTURE COLLABORATION



Al Kindi Hospital and the Ministry of Health (MoH) held a productive meeting to discuss future collaboration on a Breastfeeding Workshop. This initiative aligns with the MoH's ongoing campaign, "Breastfeeding: The Basic of Life," which emphasizes the importance of breastfeeding for mothers and babies.

This collaborative effort underscores both Al Kindi Hospital and the MoH's dedication to promoting breastfeeding awareness and education in Bahrain.

SHAREHOLDERS ANNUAL GENERAL MEETING



Al Kindi Hospital Celebrates Staff Excellence with Well-Deserved Promotions!

We are thrilled to announce the well-deserved promotions of several outstanding staff members at Al Kindi Hospital! Their tireless efforts, dedication, and expertise have been fundamental to our achievements, and we are incredibly proud of their contributions.

"I extend my heartfelt congratulations to our dedicated employees who have recently attained these well-deserved promotions. At Al Kindi Hospital, we truly believe in fostering a culture that values growth and recognizes outstanding contributions. These promotions are a testament to the hard work and commitment you all bring to the table every single day."



Adel Al Hubaishi
Human Resources Manager

Al Kindi Hospital Proudly Announces Staff Promotions

Congratulations to:



S. Jaffar Faisal Alawi
Senior Accountant



Hussain Hammad
Senior Payroll & HR Coordinator



Hanan Saleh Alalawi
Senior Marketing Officer



Dr. Fatema Sayed Hadi
General Practitioner &
EMS Supervisor

Your commitment to excellence inspires us all. We wish you continued success and professional growth in your new roles!

AL KINDI HOSPITAL LAUNCHES “BEST EMPLOYEE AWARD” INITIATIVE TO RECOGNIZE EMPLOYEE EXCELLENCE

Al Kindi Hospital is proud to announce the launch of the “Best Employee Award” Initiative, a program designed to recognize and celebrate the outstanding contributions of our dedicated employees. This initiative acknowledges the vital role our staff plays in the success of the hospital and fosters a culture of appreciation and excellence.

Al Kindi Hospital believes that its employees are its most valuable asset. The “Best Employee Award” Initiative is a testament to this belief. By recognizing and rewarding excellence, we aim to:

Boost Employee Morale:

Enhance staff motivation and engagement through recognition.

Inspire Continuous Improvement:

Encourage employees to strive for excellence in all aspects of their work.

Attract and Retain Top Talent:

Demonstrate our commitment to employee appreciation and create a desirable workplace environment.



We are confident that the “Best Employee Award” Initiative will further strengthen our team spirit and empower our employees. We look forward to recognizing the outstanding contributions of our shining stars in the quarters to come!

CME – CONTINUOUS MEDICAL EDUCATION



Dr. Amal Madan
Autism: Spectrum Disorder & ADHD



Dr. Leena Elamin
Fluid Therapy



Dr. Mohammed Yasser
Diagnosis and Treatment of DVT limbs, 2024
Recommendations



Dr. Abduljabbar Mirani
Abdominal Pain



Dr. Ahmed Al Omda
Clinical Approach of Pediatric Cervical
Lymphadenopathy



Dr. Samah Alamein
Electrolytes Imbalance

INTERNATIONAL NURSES DAY CELEBRATION

Al Kindi Hospital celebrates International Nurses Day every year on 12 May to thank the nurses for their sacrifices and dedication and express our appreciation for their tremendous efforts in saving lives and caring for patients. It is also an opportunity to raise awareness about the importance of the nursing profession and its role in achieving comprehensive healthcare for all.



INFECTION PREVENTION AND CONTROL FORUM

Al Kindi Hospital staff participated in the Infection Prevention and Control Forum that was held on 6th May 2024 at Bahrain Polytechnic. The Forum aims to develop the healthcare worker's capacity in the file of Infection Prevention and Control.



CHILDREN AWARENESS CAMPAIGN



As part of Al Kindi Hospital's community initiatives, Educational activities were conducted for Juffair Nursery students to raise awareness about the correct handwashing technique and hand hygiene, coinciding with the celebration of International Nurses Day.



SAVE A LIFE – STROKE AND BLS AWARENESS CAMPAIGN IN COLLABORATION WITH SAHABAT AMAL VOLUNTARY TEAM

Al Kindi Hospital, in collaboration with the dedicated volunteers of Sahabat Amal, have participated in “Save a Life: Stroke and BLS Awareness Campaign.” This community outreach initiative aims to educate the public about stroke recognition, prevention, and the importance of Basic Life Support (BLS) skills.



مستشفى الكندي
Al Kindi Hospital
Healthcare Excellence



EMERGENCY MEDICAL SERVICES UNIT

Trust us to be
your lifeline in
times of emergency

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www.alkindihospital.com