



Newsletter

ISSUE No. 02

FEBRUARY 2024

info@alkindihospital.com

www.alkindihospital.com

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BOOK YOUR APPOINTMENT NOW

17 240 444

Al Kindi Hospital Enhanced Care in 2023 with a Focus on Patients: ICU Renovation, New Ambulance Services, and New Parking Experience

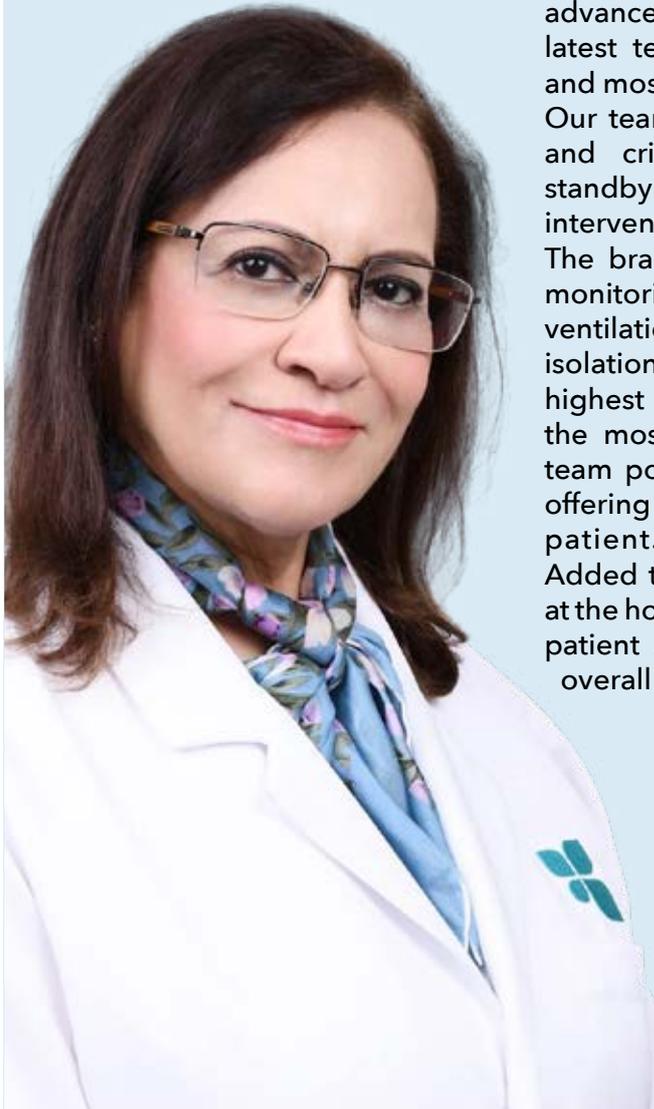
At the heart of our mission lies a commitment to improving community health. As we push the boundaries of innovation, we remain grounded in the fundamental principles of patient care. For every cutting-edge technology we embrace, we prioritize the human touch, recognizing the importance of empathy and understanding in the healing process.

As part of our commitment to providing exceptional healthcare service, Al Kindi Hospital has recently launched new Ambulance services and a state-of-the-art Intensive Care Unit (ICU), further solidifying our position as a premier healthcare provider.

Our Ambulance is fully equipped with advanced medical equipment and the latest technology, ensuring the fastest and most effective emergency response. Our team of highly trained paramedics and critical care specialists are on standby 24/7, ready to deliver life-saving interventions at a moment's notice.

The brand-new ICU unit has the latest monitoring systems, specialized ventilation technology, and dedicated isolation rooms. Our ICU provides the highest level of critical care for even the most complex cases. Our medical team possesses unparalleled expertise, offering exceptional care to every patient.

Added to that, The parking renovations at the hospital were designed to Improve patient accessibility and enhance their overall experience.



Dr. Ebtisam Al Dallal
Periodontal Medicine,
Surgery Consultant & CEO

Chairman

Dr. Faisal Al Mosawi

CEO

Dr. Ebtisam Al Dallal

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Medical Director's Message

Aspiring and Dedicated Medical Team: Al Kindi Hospital's Passion for Exceptional Care

In this era of rapid medical innovation, Al Kindi Hospital is committed to bringing high-quality, compassionate, and affordable healthcare to the region. Our mission is to provide patient-centered care, advanced technology, and exceptional clinical expertise. Our team of nurses, paramedics, physicians, and administrative staff are dedicated to delivering simple to complex healthcare solutions in a caring, healing environment. Our hospital has consultants in various departments who are among the top specialists in the Kingdom of Bahrain. Our licensed physicians and nurses are experienced in their specialties and dedicated to delivering personalized attention to each patient. We work together to prioritize hospital management by developing and implementing strategic plans to meet and exceed the healthcare needs of all our patients. We are proud of the life-changing care we provide and honored to work with talented professionals passionate about delivering exceptional care. Their compassion and deep commitment to our patients are sources of pride, and we are grateful to work with them in service of our community.

We are thankful for the valuable help and support from the National Health Regulatory Authority (NHRA), which has helped us become one of the leading healthcare institutions in the Kingdom of Bahrain. Even as change and challenges bring opportunity, Al Kindi Hospital remains well-positioned to succeed far into the future.

We are optimistic about the future in the year 2024, with the guidance and support of our CEO, Dr. Ebtisam Al Dalal. She inspires our entire team with her positive ideas and encouragement, and we are grateful for her leadership. We would also like to express our gratitude to all of our valuable patients who trust us with their healthcare needs and provide us with their feedback. We are confident that AL KINDI Hospital will continue to grow in the years to come and meet the expectations of our patients.

Dr. Ahmed Al Omda
Consultant Pediatrician &
Medical Director



Investing in People, Investing in the Future: Al Kindi Hospital's National Employment Vision



Demonstrating a strong commitment to social responsibility, Al Kindi Hospital stands out as a leader in national employment initiatives. Throughout the year 2023, the hospital actively participated in the national employment program, exceeding expectations by increasing the number of Bahraini employees by 35% which entitled the hospital to get well-deserved recognition from the Ministry of Labour.

Prioritizing the recruitment and integration of unemployed individuals and Bahraini talent, not only strengthens the local economy but also injects fresh perspectives and diverse skills into the hospital's operations, ultimately contributing to enhanced patient care and service excellence.

Looking ahead, Al Kindi Hospital remains committed to playing a proactive role in national employment endeavors.

Mr. Adel Al Hubaishi
HR Manager at Al Kindi Hospital

Al Kindi Hospital warmly welcomes our recent doctors who joined us in 2023!



Dr. Pranav Purushothaman
Specialist Endodontist



Dr. Nadia Radhwan
Obstetrician and
Gynecologist



Dr. Husain AlMukharraq
Senior Pediatric Hematologist
and Oncologist



Dr. Mahmood Abbas
Consultant Pediatric
Surgeon



Dr. Abduljalil Alashiri
Internal Medicine &
Hematologist



Dr. Fatema Al Alawi
Consultant Gastroenterologist



Dr. Georges Nicole Mezher
Consultant Anesthesiology



Dr. Feras Alalawi
Orthopedic Surgeon



Dr. Shaima Hamdi
Consultant Radiologist



Dr. Ahmed Zahra
Intensive Care Consultant



Dr. Huda Al Nasheet
Resident - Obstetrics &
Gynecology



Dr. Salah Mufleh Meshaal
Resident - Surgical
Department



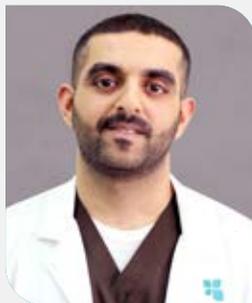
Dr. Maha AlKhunaizi
General Practitioner



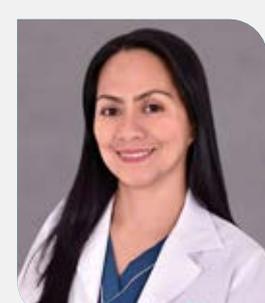
Dr. Yusra Hasan
General Practitioner



Dr. Ruqa Al Khawaja
General Practitioner



Dr. Amer Al Majed
General Practitioner



PT. Joemedelyn Domile
Physiotherapist

2023: A Year of Breakthroughs in Medical Diagnosis and Treatment

The year 2023 has been a remarkable one for medical advancements, with new techniques emerging in both diagnosis and treatment.

New In-House Allergy Test For 295 Different Allergens

We are thrilled to announce a new advancement in allergy diagnosis at Al Kindi Hospital! Introducing our brand-new, in-house laboratory allergy test called (ALEX 2). It is a multiplex allergy test allowing measurement of total IgE & specific IgE (sigE) against large numbers of allergen extracts & molecular allergen. The panel includes pollen, mites, cat and dog fur, insect venoms, moulds and yeasts, food and latex, supplemented with total IgE & more (295 different allergens) with results released in 3 days only.

Dr. Fadhel Al Sabagh

Consultant Immunologist & Allergist



Minimally Invasive Laser Treatments Arrive at Al Kindi Hospital

We are excited to announce a revolutionary advancement in proctology care at Al Kindi Hospital, laser technology for treating a variety of proctology conditions. This minimally invasive approach offers numerous benefits compared to traditional surgical methods, providing a quicker, less painful, and more comfortable experience for our patients. Unlike traditional surgery, which involves incisions and sutures, laser technology offers a gentler, tissue-sparing approach. This translates to reduced pain and discomfort and, Faster healing, Shorter hospital stays, and Reduced bleeding.



LASER PROCTOLOGY TREATMENT



- ✓ Latest Treatment Techniques
- ✓ Safest
- ✓ Lowest Surgical Intervention

Available Treatments



Haemorrhoids



Anal Fistula



Anal Fissure



Pilonidal Sinus Surgery

For bookings and inquiries please call
 **17 240 444**

Laser Proctology

Revolutionizing Anorectal Surgery with Minimal Invasiveness and Faster Healing

Dr. Abdul Jabbar Mirani

Consultant General Surgeon, Head of Surgical Department & Head of 24 Hours Clinic

The different types of Laser are being used in the field of medicines over a five decades but in the field of Proctology surgery it is emerging technique, in which diode laser is used to treat the diseases. Laser rays are different from other energy sources in which the heat produced and its penetration to the adjacent tissue is minimum. The laser works on the principle of vaporizing the solid tissue while converting the liquid into solid state.

the diseases focused mainly to anorectal region like Haemorrhoids(piles), Fissure in ano, Fistula in ano and Pilonidal sinus. As this is era of Minimal invasive surgery & after the invention of laser for treatment of the above-mentioned conditions, the outlook of treatment and fear of pain or recurrence has changed completely. The conventional treatment for these conditions used to be very painful and had a long-term effect in daily routine and lifestyle. By the use of laser in haemorrhoids, the dilated veins filled with blood

are converted to solid state resulting in gradual shrinkage of pile mass. In fissure-in-ano, the non-healing ulcerated area is ablated by laser leading to vaporization of ulcerated mucosa with subsequent healing by normal mucosa. In fistula and pilonidal sinus, the unhealthy granulation tissue is ablated with subsequent vaporization of unhealthy granulation tissue. Later, the cavity collapses and is replaced by healthy granulation tissue and subsequent healing of fistula and pilonidal sinus.

Proctology is a branch of Surgery which deals with

-  Less invasive
-  No or minimal post-operative pain
-  Less trauma
-  Heals Faster
-  Minimum duration of hospital stays (Can be done as Day-case surgery)
-  Very low recurrence rate as compared to open surgery
-  No or minimal bleeding
-  No need for long term pain relief treatment
-  No post-op fibrosis or risk of anal incontinence.



One Year of Hope and Healing

Celebrating the Cancer Diagnostic & Surgery Unit's First Anniversary

The unit is the first of its kind in the private sector, it provides exceptional services that match international standards in this field with Bahraini medical staff, from expert surgeons, and consultants to distinguished technicians. Al Kindi Hospital has invested in very advanced radiological techniques as the diagnosis is carried out in this unit under one roof, this includes a 4D & 3D mammogram and Breast

Ultrasound which is performed by very qualified technicians with very accurate results with a base for performing surgical interventions.

Our team of dedicated professionals has provided compassionate care to every patient, and We have seen some truly remarkable results. In just 12 months, we have welcomed hundreds of patients, provided

exceptional care, and offered unwavering support to those facing some of life's toughest challenges. Beyond the numbers, what truly matters is the impact we have had on the lives of our patients and their families. We have seen hope rekindled, strength discovered, and spirits lifted, and we continue to strive to provide the highest quality patient care.



Al Kindi Hospital, Surgical Oncology Unit Saves a Teenager's Life with Complex Colorectal Surgery.

A new achievement credited to the surgical oncology diagnosis and treatment unit at Al Kindi Hospital, emergency surgery was performed for a 16-year-old patient suffering from inflammatory bowel disease (Crohn's disease), where the disease led to the formation of fistulas between the intestine and the abdominal wall, resulting in a perforation in the colon and severe abdominal distension and bloating, as the patient was in a very serious condition and suffered from fluctuations in vital signs from an increase in heart rate then severe drop in the heart rate to very dangerous levels and a drop in his blood pressure as well.

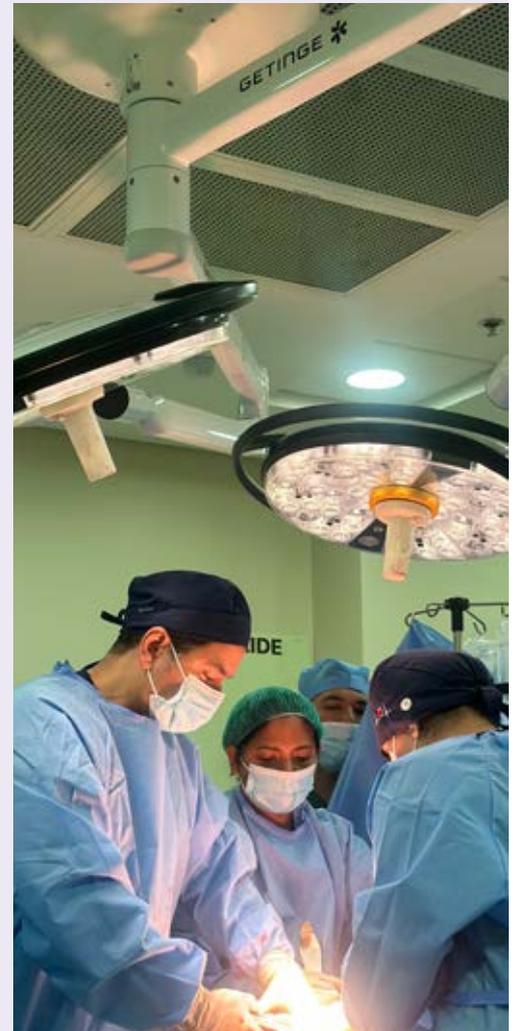
The medical caring team, consisting of surgeons, gastroenterologists, and anesthesia doctors began to resuscitate the patient and

diagnose the problem, and found the presence of free abdominal air outside the gastrointestinal tract.

The patient was then transferred to the intensive care unit, and then to the operating room on an emergency basis. The surgical team led by Dr. Raed AlMarzooq, General surgeon, surgical oncologist, and colorectal surgeon, removed the perforated and diseased part of the Colon, reconnected the bowel, and created an ileostomy. The patient needed to remain in the intensive care unit for five days. He was transferred to the ward, where he was cared for until he recovered and was discharged from the hospital after approximately 10 days. He continued to follow up in the surgical clinic until it was confirmed that he had recovered from surgery and complications of the disease.

Dr. Raed Al Marzooq

General Surgeon, Surgical Oncologist and Colorectal Surgeon



Achievement of Al Kindi Hospital's Laboratory

Al Kindi Hospital Laboratory Successfully Achieved 100% In the Quality Control Program

The program was designed to monitor the performance and quality of the hospital examinations used for HIV, Hepatitis, and Syphilis Virus Antigens

When you choose Al Kindi Hospital for your laboratory needs, you can be confident that you are receiving the highest quality diagnostic testing available.



LATEST NEWS

Al Kindi Hospital Laboratory
Successfully Achieves 100% in the
Quality Control Program

The program was designed to monitor
the Performance and Quality of the
hospital examinations used for:

HIV
Hepatitis
Syphilis Virus Antigens



Investing in the Future

Al Kindi Hospital and Tamkeen Join Forces to Support Bahraini Doctors

A meeting was held on March 1, 2023, between Al Kindi Hospital and Tamkeen to discuss ways to enhance continuous cooperation and strengthen the strategic partnership between the two institutions, and this came in line with the royal directives and in implementation of the initiatives to support doctors announced by the esteemed council of ministers, under the directives of His Majesty King Hamad bin Isa Al Khalifa and His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister.

The management of Al Kindi Hospital and all its staff welcomed the initiative with gratitude, emphasizing the

need for cooperation and coordination between the two institutions in order to serve this vital sector that supports the economic development process.

Dr. Ebtisam Al Dallal recognized the Bahraini government's significant investment in developing its medical professionals, as exemplified by the directives of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister. Dr. Ebtisam Al Dallal further extended gratitude to the Tamkeen Labor Fund for its impactful contributions towards achieving the goals and pillars of the Kingdom's Economic Vision 2030.

Dr. Ebtisam Al Dallal, said that the hospital is keen to parallel the plans and strategies launched by the government of the Kingdom of Bahrain, as they have an effective role in raising and developing the private sector in the field of health and its national cadres. She also expressed the permanent will to support this type of initiative, as Al Kindi Hospital is a pioneer in investing in training and qualifying national cadres, including doctors, nurses, and technicians. The percentage of Bahrization in Al Kindi Hospital's reached to more than 60%, and we seek to increase this percentage in the near future through new strategies.



Al Kindi Hospital and NHRA

A Joint Commitment to Shaping Bahrain's Future of Healthcare



A delegation from the National Health Regulatory Authority visited Al Kindi Hospital on 10th October 2023 for the accreditation non-compliance follow-up. This visit exemplified Al Kindi's commitment to continuous improvement and its dedication to forging

alliances that ultimately benefit the health and well-being of the community. The delegation reviewed progress made in updating healthcare practices and open discussions also explored potential partnerships, paving the way for even greater strides in quality care delivery.

It marked a turning point, where challenges transformed into opportunities for growth and innovation, solidifying Al Kindi's position as a leader in the healthcare landscape.



We Listen and We Act

Introducing a New Way to Share Patient's Voice

We are excited to announce the launch of our new patient feedback system in the year 2023. Patient feedback is invaluable to us as we strive to continuously improve the quality of care we provide at Al Kindi Hospital. It helps us identify areas where we can excel, address any concerns, and enhance the overall patient experience. The online survey available on Al Kindi Hospital website is accessible from any device. Patients can also provide

feedback through phone calls, emails, and comment cards. Feedback summaries is regularly shared with our patient feedback committee, ensuring the patient's voice is heard and necessary corrective actions are taken.

To ensure accessibility to our feedback system we have distributed printed surveys and digital tabs to fill out the survey in all reception areas to receive responses in real time. The links to

the online surveys are available on the hospital website, social media pages, and as QR in all reception areas and in patients rooms.

To help us improve our service, Fill in the online survey https://www.alkindihospital.com/Home/Patients_Feedback

Send us an email at complaints@alkindihospital.com

Your Opinion Matters

Leave a review for your recent visit by filling the patients feedback form



Patient Voices, Powering Progress

Al Kindi Hospital Uses Feedback to Transform Healthcare System

As an essential component; Patient's Feedback is becoming a very more important tool in the improvement process of the health care quality system.

Al Kindi Hospital team is prioritizing the engagement of their patients during their journey of care delivery. In fact, patients are encouraged to interconnect throughout different levels of their treatment. Al Kindi Hospital values patients' perspectives and inputs as end users and an additional source to recognizing the problems in healthcare which are not identified by the normal pathways.

The data we are collecting from Negative Feedback are helping us to identify different ranges of gaps within our system and initiate the corrective actions as needed.

Dr. Hala A A.Gadir
Operation Manager - Medical Services & Insurance



AL KINDI HOSPITAL IS HERE TO SUPPORT YOU AS YOU EMBARK ON NEW BEGINNINGS

Medical Checkup Clinic Services



Pre-Employment Checkup



Expatriate Medical Checkup



Pre-University Medical Checkup



Pre-Marital Checkup



House Maid Medical Checkup



Health Screening For Males and Females

BOOK YOUR APPOINTMENT  17 240 488

Empowering Expecting Mothers Journey

Comprehensive Antenatal Classes at Al Kindi Hospital

We are thrilled to announce that our hospital will soon be launching a brand-new series of antenatal classes, designed to equip patients with all the knowledge and confidence they need for a smooth and joyful pregnancy journey.

We are confident that our antenatal classes will be an invaluable resource for expectant parents in our community. It is an opportunity to learn more about your baby's development, prenatal nutrition, common discomforts, and

ways to stay healthy and active throughout pregnancy. Explore different birthing methods, pain management techniques, breathing exercises, and relaxation strategies to prepare for labor with grace and strength. Discover essential newborn care tips, breastfeeding guidance, and strategies for establishing a nurturing and supportive postpartum environment. Share experiences, ask questions, and build a network of support with other expectant parents at the same stage of their journey. It is an opportunity for patients to

meet our team of experienced and passionate childbirth educators who are dedicated to empowering them on their parenthood journey. The classes will go beyond traditional lectures, incorporating fun activities, group discussions, and practical demonstrations to keep patients engaged and learning in a welcoming and supportive environment. Stay tuned for the launch announcement soon to be published on our social media channels.

Al Kindi Hospital's Luxurious Suites



Challenging Surgery Saves 52-Years Woman from a Large Tumor

Dr. Hatem Shawki, Head Of Obstetrics & Gynecology Department And Consultant Obstetrics & Gynecology - Infertility, recently underwent a successful major surgery to a 52-year-old woman. Concerned by unusual spotting, a 52 years female sought medical attention. Dr. Hatem Shawki, after reviewing her medical history and conducting a comprehensive examination, discovered a large mass of Fibrosis and Ovarian Tumors. Knowing the potential risks associated with such tumors, the doctor recommended surgery. The two-hour

procedure, while challenging, successfully removed a large mass of fibroid along with the uterus. The dedicated efforts of the surgical team and, as the doctor acknowledges, God's blessings, contributed to the operation's success. This woman's journey highlights the importance of seeking medical attention for even seemingly minor changes in your health. Early diagnosis and intervention can often lead to positive outcomes, as in this case. It's also a reminder of the skill and dedication of medical professionals who work tirelessly to improve the lives of their patients.



Dr. Hatem Shawki
 Head of Obstetrics & Gynecology
 Department and Consultant Obstetrics & Gynecology - Infertility

Watch The Video: <https://www.instagram.com/reel/C2XN46moygc/?igsh=OWo5MHRIYWtnM2p4>



Package Includes 2 Free Consultations

NORMAL DELIVERY

BD **500**

CESAREAN DELIVERY

BD **800**

Call today to book your appointment

📞 17240444/17240402

OFFER AVAILABLE DATES

January 01-01-2024 24-01-2024	July 07-07-2024 24-07-2024
February 02-02-2024 24-02-2024	August 08-08-2024 24-08-2024
March 03-03-2024 24-03-2024	September 09-09-2024 24-09-2024
April 04-04-2024 24-04-2024	October 10-10-2024 24-10-2024
May 05-05-2024 25-05-2024	November 11-11-2024 24-11-2024
June 06-06-2024 24-06-2024	December 12-12-2024 24-12-2024

Group Therapeutics Exercise Classes

The physiotherapy Department at Al Kindi Hospital recently introduced the group therapy classes for Knee and Back Pain management, these classes led by experienced physiotherapists, bring together individuals facing similar challenges for guided exercises tailored to strengthen their core and improve flexibility. It is an excellent opportunity for patients to connect with others who suffer from the same condition and share tips and encouragement. This can be a powerful motivator and provide a sense of belonging. Group therapy classes can be a valuable tool for managing knee and back pain. By providing education, exercise, and support, they can empower patients to take control of their condition and improve their quality of life.



KNEE GROUP EXERCISE CLASSES

Classes Timing:

📅 Every Sunday & Tuesday

🕒 Two timing each day
9:00 AM and 6:00 PM

BD **60**

6 Sessions

BACK GROUP EXERCISE CLASSES

Classes Timing:

📅 Every Monday & Wednesday

🕒 Two timing each day
10:00 AM and 6:00 PM

FOR APPOINTMENTS PLEASE CALL

📞 **17240475 / 17240477**

Our new WhatsApp chatbot system is designed to make it easier and more convenient than ever for patients to connect with our hospital and access the information they need. The chatbot is a computer program that simulates conversations with human users through the WhatsApp messaging app. Our chatbot is trained to answer patients' questions about, Provide feedback on their experience at the hospital, and more.

To access the chatbot feature, patients can simply send a message to Al Kindi WhatsApp number +97317240444. The chatbot will respond to their message and then guide them through the process of getting the information or help they need. Patients can access the chatbot 24/7 from anywhere in the world.



Book an Appointment



Find a Doctor



Request a Call Back



Chat with Customer Care Team



View Offers

We are pleased to announce the activation of the WhatsApp service on the number **17240444**



SCAN ME



Our customer service team is available **24 hours** a day to provide assistance and support

Investing in our medical staff's growth, through continued medical education, has been a cornerstone of our success at Al Kindi Hospital in 2023.

Throughout the year, we hosted an impressive 55 Internal CME lectures, encompassing a diverse range of topics across medical, dental, and physiotherapy departments. Each session boasted exceptional attendance, with over 50 participants on average, besides some special guest speakers in some lectures demonstrating

our commitment to fostering a culture of continuous learning and professional development among our valued staff. These interactive sessions provided a platform for knowledge sharing, skill enhancement, and staying abreast of the latest advancements in healthcare. We are proud of the positive impact these lectures have had

on our patient care, as our well-equipped and knowledgeable staff consistently deliver the highest quality medical services. We look forward to building upon this success in 2024 and beyond, further solidifying our position as a leading center for healthcare excellence.





Empowering Well-being ila Cardholders Unlocks Exclusive Rates at Al Kindi Hospital

The year 2023 Witnessed a powerful partnership with ila Bank with annual renewal. ila cardholders got exclusive rates on a selection of our medical services including Cosmetology & Dermatology, Dental, Radiology, Laboratory Investigations, and more. This initiative breaks down barriers, with affordability and accessibility intertwined, a wider range of the community can now prioritize their well-being, leading to a healthier and more vibrant population.

مستشفى الكندي
Al Kindi Hospital
Healthcare Excellence

إيلا



د. ابتسام الدلال
الرئيس التنفيذي



السيدة ندى طراد
رئيس قسم الأعمال والعملاء

As part of Al Kindi Hospital's vision to continuously develop and improve the medical services provided to patients, a Memorandum of Understanding (MoU) was signed between Al Kindi Hospital and ila Bank.

This partnership aims to provide exclusive offers to ila cardholders

Al Kindi Hospital & NBB Partnership for Breast Cancer Awareness in October

Another valuable partnership was with the National Bank of Bahrain as we joined forces to raise awareness about breast cancer. In partnership, Al Kindi Hospital offered NBB Card holders an exclusive package designed to empower women with the tools for early detection and proactive healthcare for October.

This comprehensive package provided NBB Card holders with:

Two exclusive packages for the Mammogram screening and breast ultrasound, blood count test, thyroid function test, and free consultation all for a discounted price. By making screenings more accessible and raising awareness, Al Kindi Hospital aims to save lives and create a future where breast cancer is a story of early detection, successful treatment, and survivorship.

NBB  Pints

Exclusive Breast Cancer
Examination Packages
for NBB Cardholders

PINK
OCT
BER

وعي، مبادرة، أمل
Be Aware, Take Initiative, Have Hope



Building Champions, Building Health

Al Kindi Hospital Invests in Bahrain's Sporting Spirit

In partnership with the Bahrain Football Association, Al Kindi Hospital has pledged its support to the AFC Futsal Asian Cup Qualifiers as a Bronze sponsor. This BD 1,000 partnership with the Bahrain Football Association showcases Al Kindi's commitment to the Bahraini community. In the spirit of sportsmanship and community, Al Kindi pledges its support, believing that together, we can score a winning goal for health, well-being, and national pride.



Bahrain Sports Day

The Bahrain Sport Day was approved as a national event organized every year and involves all segments of Bahrain society. In celebration of Bahrain Sports Day, Al Kindi Hospital staff gathered in The Avenues Mall walkway. The air was filled with excitement as doctors, nurses, and other staff gathered for the walk. The walk was a great way for hospital staff to bond with colleagues from different departments. The celebration was a reminder of the importance of staying active and healthy, even for busy healthcare workers.



World Physiotherapy Day



As part of Al Kindi Hospital's dedication to community outreach, the hospital partnered with IKEA to deliver a comprehensive health session. Our passionate nurses team conducted thorough general health checkups for IKEA staff. Beyond the screenings, our Clinical Dietitian Ms. Hana Ali and Physiotherapists Ms. Naqaa Al Halwachi and Ms. Reem Al Ajmi delivered insightful awareness sessions that empowered employees with knowledge about preventative measures and healthy habits. The team tackled crucial topics like maintaining good posture, reducing workplace stress, and incorporating exercises into everyday routines and a healthy diet. Interactive lessons brought the message of healthy living to life with fun, practical exercises demonstrating everyday ways to stay active at work. This initiative, spearheaded by Al Kindi Hospital's Outreach Programs & Initiatives, exemplifies our commitment to promoting holistic well-being and building a healthier community, one workplace at a time.



World Heart Day

In celebration of World Heart Day, Al Kindi Hospital's commitment to community wellness took center stage at the General Secretariat of the Shura Council. Our dedicated nurse's team conducted thorough general health checkups for Council members and staff. Beyond the screenings, Dr. Mahmoud Saraya - Consultant Cardiology, delivered an insightful awareness session that empowered participants with knowledge about heart health, risk factors, and preventative measures. Additionally, our clinical Dietitian Ms. Hana Ali gave practical tips on diet to better prevent and manage heart conditions. The team instilled valuable insights for maintaining a healthy heart. This impactful initiative, spearheaded by Al Kindi Hospital's Outreach Programs, exemplifies our dedication to building a healthier community.



Mental Health Day

Al Kindi Hospital, hosted a successful Mental Health Day event at the Bahrain Bourse on International Mental Health Day 10th October 2023. The event, attended by over 40 individuals, aimed to raise awareness about mental health issues and provide free health screenings as part of the hospital's commitment to community outreach.

The program featured an informative lecture delivered by Dr. Hasan Fadhl, Consultant Psychiatrist & Psychosomatic Medicine For Adults, who discussed various aspects of mental well-being, including common mental health challenges and the importance of seeking professional help when needed. The session fostered an open and engaging dialogue, allowing participants to ask questions and gain valuable insights into managing their mental health.

Following the lecture, attendees had the opportunity to undergo a range of free health screenings, including: Blood sugar test, Blood pressure, InBody machine report followed by a one-to-one session with our dietitian Ms. Hanan Ali. The event was a resounding success, with participants expressing their appreciation for the valuable information and free health services provided.



International Infection Prevention Week

In recognition of International Infection Prevention Week, Al Kindi Hospital proudly embraced the theme of "Celebrating the Basics of Infection Prevention." Throughout the week, the hospital hosted engaging activities and educational sessions highlighting the cornerstone practices that safeguard patients and staff. From hand hygiene demonstrations and interactive exhibits to informative talks, we emphasized the power of simple routines in preventing the spread of germs. The week served as a potent reminder that consistent attention to handwashing, environmental cleaning, and other fundamental measures forms the bedrock of a safe and healthy healthcare environment. This initiative underscored Al Kindi Hospital's unwavering commitment to providing the highest quality care, prioritizing patient safety every step of the way.



Celebrating the Fundamentals of Infection Prevention

Marking Infection Prevention Week, Al Kindi Hospital actively promoted better infection control practices and recognized healthcare workers' tireless efforts in reducing healthcare-associated infections. Through the combined efforts of the infection control, quality, and nursing departments, several engaging activities were organized including Informative educational sessions and a top poster competition. This initiative aligns with Al Kindi Hospital's commitment to patient safety and continuous quality improvement. By celebrating Infection Prevention Week, the hospital acknowledges the crucial role healthcare workers play in preventing infections and ensuring a healthy environment for all.

Ms. Mariam Mirza
Chief Nurse



RADIOLOGY SERVICES AVAILABLE AT AL KINDI HOSPITAL



MRI Providing Fast Accurate Result
Safety is our top priority



C T SCAN, The Smarter Imaging Choice!
Philips-Brilliance 64 slice C T SCANNER



The First Technology in Accurate Breast Cancer Diagnosis

The Latest in the Private Health Care

Mammography

- 3D Mammography
- Digital Breast Tomosynthesis (tomo), 3D Mammography
- Stereotactic Core Biopsy

For Appointment, Please Call

 **17 240 230**

Al Kindi Hospital's October Breast Cancer Campaign Reached Over 425 Females

Al Kindi Hospital's month-long breast cancer awareness campaign in October made a significant impact, visiting more than 10 companies and reaching an audience of more than 425 Females . The campaign aimed to raise awareness about breast cancer, encourage early detection and promote overall health and well-being. With our campaign slogan, "Be Aware, Take Initiative, Have Hope," we urge women to prioritize breast health through proactive screening and to face challenges with unwavering optimism. The initiative included various activities, such as:

Awareness lectures and Free breast checkups: Dr. Faten Mahdi, Dr. Fatema Sayed Hadi, Dr. Fatima Al Saffaf, Dr. Zahra Al Tahow, and Dr. Samah Al Amien delivered Informative talks to educate the audience about breast cancer risk factors, symptoms, and early detection method in addition to conducting clinical breast examinations to help participants identify any potential concerns.

General health checkups: In addition to breast cancer screening, participants had the opportunity to receive free checkups for blood sugar levels and blood pressure, along with body composition analysis using an InBody machine followed by a one-to-one session with our dietitian Ms. Hana Ali.

By offering these services free of charge, Al Kindi Hospital made vital healthcare accessible to a wider population, potentially leading to earlier diagnoses and better health outcomes. The campaign also fostered a sense of community and encouraged open conversations about breast cancer, a crucial step in breaking down stigmas and promoting awareness.

The success of the campaign highlights Al Kindi Hospital's commitment to social responsibility and its dedication to improving the health and well-being of the community.







Ruqaya's story is a testament of hope and resilience

This October, Al Kindi Hospital shines a light on hope and resilience amidst the fight against breast cancer. We celebrate Ruqaya, whose story embodies the power of early screening, positivity, and unwavering determination. Her journey serves as a beacon of inspiration for all women, reminding us that regular checkups and an optimistic spirit are essential weapons in this battle.

October 2019 marked a turning point in Ruqaya's life when she received a breast cancer diagnosis. Ruqaya suffered from breast pain without any other outward signs of breast color or shape change, however, through examination Dr. Amal Al Rayes meticulously detected a malignant gland. Though the news was initially challenging, Ruqaya found unwavering support in her family and Al Kindi Hospital medical team, especially Dr. Amal, she embarked on a remarkable journey of patience and self-discovery.

Chemotherapy, the first hurdle, tested her resilience. Hair loss and physical changes were challenging, but. Surgery followed, and then radiotherapy, its 22 sessions a testament to her persevering spirit. Today, on continued hormonal treatment, Ruqaya shines with pride. Ruqaya's inspiring story is a beacon of hope, urging us all to prioritize self-care and face challenges with unwavering support.

We extend our heartfelt wishes for a speedy recovery to all women battling breast cancer. Together, let us bloom hope and defeat this challenge with strength and unwavering support.

Bahraini Doctors Day Celebration

In recognition of the extraordinary commitment and dedication of our medical professionals, Al Kindi Hospital proudly celebrated Bahraini Doctors' Day with a spirit of unity and appreciation. This special occasion served as a platform to acknowledge the tireless efforts of our doctors, who daily contribute to the well-being of our community with their exceptional skills, unwavering empathy, and resolute leadership. The event was graced by an inspiring speech from Dr. Ebtisam, whose words resonated with dedication, resilience, and a profound sense of service. She reminded all present of the immense responsibility doctors' shoulder, not just in healing illnesses but in fostering trust, offering comfort, and being beacons of hope. The event not only celebrated past achievements but also ignited a spirit of collaboration and innovation, reaffirming our commitment to delivering the highest quality healthcare to the people of Bahrain. We are deeply grateful for the contributions of our doctors and unwavering in our support for their continued growth and success. Their passion for health and unwavering dedication remains the cornerstone of Al Kindi Hospital's excellence.



Men's Health Month



In a proactive contribution to Men's Health Awareness, Al Kindi Hospital extended its reach beyond the walls of the clinic through a series of informative sessions held at various companies. Led by esteemed Dr. Ahmed Elsebaaie and Dr. Amer Al Majed, these sessions tackled crucial topics like men's specific health concerns, preventative measures, and maintaining a healthy lifestyle. The interactive format encouraged open dialogue and addressed potential anxieties related to men's health openly and professionally. This commendable initiative by Al Kindi Hospital underscores its commitment to holistic wellness and its dedication to empowering men to prioritize their health and well-being.



World Children's Day Event



Al Kindi Hospital Celebrates World Children's Day with Britus International School

Al Kindi Hospital brought the spirit of World Children's Day to Britus International School on 20th November 2023. As part of their ongoing community outreach program, the hospital's team hosted an awareness lecture on healthy eating for over 150 students. The event was a lively and engaging celebration of children's health and well-being.

The lecture, delivered by Ms. Hana Ali, Clinical Dietitian at Al Kindi Hospital, covered the importance of a balanced diet for growing bodies and minds. Ms. Hana used interactive activities to make learning about healthy eating fun and engaging for the young audience.

The students were particularly interested in learning about the different food groups and how they contribute to overall health. The event was a great success, and the students were left with a valuable understanding of the importance of healthy eating.



Al Kindi Hospital Celebrated World Diabetes Day with Special Event for Patients

Al Kindi Hospital in Bahrain marked World Diabetes Day with a dedicated event for its diabetic patients, offering a range of informative activities and valuable health resources. The event aimed to empower patients with knowledge, tools, and support to manage their condition effectively and live healthy lives.

The event kicked off with InBody machine analyses, providing patients with detailed insights into their body composition, including muscle mass, fat percentage, and water weight. This valuable information helps patients understand their individual needs and adjust their diet and exercise plans accordingly. Ms. Hana Ali, clinical dietitian at Al Kindi Hospital, conducted a workshop focusing on healthy eating for diabetes management. The workshop covered topics such as meal planning,

portion control, choosing the right carbohydrates, and incorporating diabetes-friendly recipes into daily routines. In addition, patients had the opportunity to undergo comprehensive health checkups, including blood sugar and blood pressure measurements. These assessments provide crucial data for monitoring diabetes and identifying any potential complications.

Al Kindi Hospital partnered with local healthy restaurant to offer patients discount vouchers for nutritious meals. Additionally, diabetic patients received discounted vouchers for the purchase of glucose test strips to get free glucometer, making essential diabetes management tools more accessible. Dr. Ebtisam Al Dallal, Periodontal Medicine, Surgery Consultant & CEO, provided one-on-one consultations to patients on maintaining optimal periodontal

health, which is particularly important for individuals with diabetes. These personalized consultations offered valuable tips and guidance for preventing gum disease and other oral complications. The event showcased a curated selection of vitamins and creams specifically formulated for the needs of diabetic patients. These products can help manage diabetic foot skin conditions, support wound healing, and address other diabetes-related concerns.

Overall, Al Kindi Hospital's World Diabetes Day event provided a platform for diabetic patients to gain valuable knowledge, access essential resources, and connect with healthcare professionals. Such initiatives empower patients to take control of their health and live fulfilling lives despite their condition.



Bahraini Women's Day Celebration

Al Kindi Hospital Celebrates Bahraini Women's Day: A Beacon of Appreciation and Empowerment.

Al Kindi Hospital held a vibrant celebration in honor of Bahraini Women's Day. This annual event, held on 1st December 2023, serves as a powerful platform to recognize the exceptional contributions of Bahraini women across all spheres of life, including the healthcare sector. The celebration began with a warm welcome address by Dr. Ebtisam Al Dallal, the hospital's CEO, highlighting the invaluable role of female healthcare professionals in delivering exceptional care to the community. This was followed by an inspiring video for Dr. Ebtisam valuable contributions to society throughout her journey emphasizing the power

of resilience and dedication that is a true inspiration to us all. The event was concluded with a fun activity designed as a lively quiz, putting participants' knowledge of Bahraini women's history to the test.

A highlight of the celebration was in honor of female hospital staff of all nationalities, nurses, doctors, and administrative personnel. All woman were appreciated for their tireless efforts and unwavering commitment to patient care. Their dedication and expertise form the backbone of Al Kindi Hospital's success, and the event provided a well-deserved moment of recognition and gratitude.

Beyond the festivities, Al Kindi Hospital's commitment to Bahraini women extends

throughout the year. The hospital actively implements initiatives to encourage female leadership, provide career development opportunities, and break down gender barriers in the medical field. These ongoing efforts ensure that Bahraini women continue to excel and contribute meaningfully to the healthcare sector and beyond.

Al Kindi Hospital's Bahraini Women's Day celebration was not just a single event, but a powerful display of respect, appreciation, and empowerment. It was a testament to the hospital's unwavering commitment to nurturing and celebrating the contributions of Bahraini women, paving the way for a future where they continue to shine brightly in the healthcare landscape.





Bahrain National Day Celebration



In honor of Bahrain's National Day, the hospital hosted a celebration. The day served as a reminder of the values that bind the Bahraini community together: resilience, generosity, and a commitment to building a brighter future for all. A highlight of the celebration was a joyful group photo, capturing the smiling faces and vibrant spirit of the Al Kindi Hospital

community. Everyone received a Bahraini flag pin and a red scarf, adding a touch of national pride to their attire. The cupcakes decorated with Bahraini flag and hot drinks, created a warm and welcoming atmosphere as people gathered to celebrate. A big emblem of Bahrain became the centerpiece of the festivities, serving as a beacon of national pride for everyone present. The

National Day celebration at Al Kindi Hospital was more than just a festive event; it was a powerful reminder of the importance of community, pride, and shared values. The day served as a beautiful tribute to Bahrain's rich heritage and a heartwarming expression of unity among the diverse members of the Al Kindi Hospital family.



15th Anniversary Celebration



Al Kindi Hospital recently marked a momentous milestone - its 15th anniversary! The occasion was commemorated with a grand celebration on 21st December 2023 that reflected the hospital's dedication to exceptional patient care, cutting-edge technology, and a commitment to the community.

Since its inception in 2008, Al Kindi Hospital has carved a reputation for providing comprehensive medical services with a patient-centric approach. The hospital boasts a team of highly skilled and experienced medical professionals, equipped with the latest technology, to deliver the highest quality of care across various specialties.

The anniversary celebration was a vibrant tapestry of gratitude, recognition, and community spirit. It served as a platform to acknowledge the tireless

efforts of the hospital's staff, whose dedication has been instrumental in shaping Al Kindi's success story.

The event featured heartwarming tributes to the doctors, nurses, administrative personnel, and every individual who contributes to the smooth functioning of the hospital. Their commitment and compassion were celebrated with a speech, personalized appreciation cards, and interactive activities for entertainment.

Al Kindi Hospital's 15th anniversary celebration was a testament to its unwavering commitment to providing exceptional healthcare services to the community. It highlighted the hospital's position as a beacon of hope, offering not just medical expertise but also compassion, empathy, and a dedication to making a positive

impact on people's lives. As Al Kindi Hospital embarks on its next chapter, it carries with it the legacy of 15 years of excellence and a promise to continue delivering the highest standards of care for generations to come. Al Kindi Hospital celebrated its 15th Anniversary on. A journey of fifteen years signifies a remarkable story of dedication to patient care, innovation, and unwavering commitment to serving the community.

As we celebrate this anniversary, we also look forward to a future filled with hope and possibilities. We remain committed to pushing the boundaries of medical excellence, investing in the latest technologies, and expanding our services to address the evolving needs of our community. We are excited to continue playing a vital role in shaping the future of healthcare in Bahrain.







ALKINDI Deliver Excellent Medical Service which includes:

- 24 hours Department
- Dental Department with all specialties
- Pediatric & Pediatric Surgery and Neonatology
- Obstetrics, Gynaecology & Urogynaecology
- IVF
- Fetal Medicine
- General & Laparoscopic Surgery and Surgical Oncology
- Orthopedic Surgery & Diabetic foots
- Urology & Andrology
- Ear, Nose & Throat
- Gastroenterology & Liver Diseases
- General Internal Medicine, Endocrinology & Diabetes
- Cardiology & Cardiovascular Diseases
- Neurology
- Rheumatology & Osteoporosis
- Respiratory (Pulmonary diseases)
- Dermatology, Cosmetology & laser
- Allergy & Immunology
- Psychiatry & Psychotherapy for Children & Adult

Al Kindi Deliver the Following Supporting Services:

- Physiotherapy & Rehabilitat ion
- Dietitian Clinic
- Electro Neurophysiology Test
- Endoscopy Department
- Operations Theatres
- Laboratory
- Pharmacy

Radiology Department:

- MRI Scan
- CT Scan
- Digital Mammogram
- X-ray

مستشفى الكندي يقدم خدمات طبية عالية الجودة تتضمن:

- قسم ٢٤ ساعة
- قسم طب الفم والأسنان لجميع التخصصات
- طب وجراحة الاطفال وحديثي الولادة
- الأمراض النسائية والولادة والجراحة النسائية البولية
- علاج العقم باستخدام تقنيات أطفال الأنابيب والتلقيح الصناعي
- تشخيص أمراض الأجنة
- الجراحة العامة وجراحة المناظير وجراحة الأورام
- أمراض وجراحة العظام والقدم السكري
- أمراض وجراحة المسالك البولية والتناسلية
- أمراض وجراحة الأذن والانف والحنجرة
- أمراض الجهاز الهضمي وأمراض الكبد
- الامراض الباطنية العامة وأمراض الغدد الصماء والسكري
- أمراض القلب والاورعية الدموية
- أمراض المخ والجهاز العصبي
- الأمراض الروماتيزمية وهشاشة العظام
- أمراض الجهاز التنفسي
- الأمراض الجلدية وتجميل البشرة والليزر
- أمراض الحساسية والمناعة
- الصحة العقلية والنفسية للأطفال وبالغين

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- عيادة التغذية
- فحص فسيولوجيا الأعصاب
- قسم المناظير
- قاعات العمليات
- المختبر
- الصيدلية

قسم الأشعة:

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