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AL SALAM BULLETIN

Volume # 67

Medical Development Center

OVERVIEW ABOUT AL SALAM BULLETIN

Al Salam bulletin is your one stop comprehensive newsletter, for all the latest healthcare content. Stay updated with latest healthcare related news, public health advice, narrative experiences, training, and links to valid sources for further reading / fact-checking. Medical Development Center highlights Bulletin sources for you to keep abreast of the latest developments and trends in the Healthcare industry.

New Year Message From CEO

Dear Al Salam Family,

As we step into the New Year, I extend my sincere appreciation for your dedication, discipline, and commitment to excellence. Your efforts continue to strengthen our hospital and the quality of care we provide our patients.

In the year ahead, we will remain focused on advancing patient safety and clinical quality while fostering a culture of teamwork and accountability. With a clear vision and shared commitment, I am confident we will achieve new milestones together.

Wishing you and your families a healthy, successful, and rewarding New Year.

- Dr. Ayman S. Al Mutawa, CEO

Whispers of a New Beginning-2026

Small Moments, Big Changes

1. Express gratitude regularly
2. Break big tasks into smaller steps
3. Limit screen time
4. Take breaks during the day
5. Focus on progress
6. Set a consistent sleep schedule
7. Learn to delegate
8. Celebrate your achievements
9. Practice patience and empathy
10. Resolve conflicts quickly and kindly
11. Set boundaries respectfully
12. Create a workspace that inspires
13. Develop a professional skill
14. Talk to someone when you need support

How to Make New Year's Resolutions That Last?

- ❖ **Be Specific:** "Read more" is vague. "Read 12 books in 2026" is clear and trackable.
- ❖ **Start Small:** Tiny changes lead to big habits. A 10-minute walk each day can evolve into a full fitness journey.
- ❖ **Focus on Identity, Not Just Action:** Instead of "run a marathon," try "become someone who runs consistently."
- ❖ **Build Routines, Not Rules:** Rules break. Routines flex and evolve.
- ❖ **Track Progress Visually:** Habit trackers, journals, and photo documentation (like snapping progress pics and adding them to a personal album) help keep motivation alive.
- ❖ **Expect Imperfection:** Missing a day or slipping up is normal. The goal is consistency — not perfection.

What You Need to Know?



What Makes Winter Illnesses More Common?

apollo247.com

Several seasonal factors combine to make winter the ideal environment for respiratory viruses. As temperatures drop, people naturally move indoors, spending longer periods in proximity, which increases the likelihood of person-to-person transmission.

- More indoor time increases person-to-person spread
With windows closed and less fresh air circulating, viruses linger for longer and can pass easily through coughing, talking, or touching shared surfaces.
- Dry indoor air helps viruses survive and irritates the airways
Heating systems lower humidity, allowing viruses to remain airborne longer while also drying out nasal passages, making it easier for infections to take hold.
- Seasonal viral patterns contribute to predictable surges
Many respiratory viruses, including influenza and RSV, naturally peak in colder months due to environmental conditions and human behavior.
- Heaters and enclosed spaces reduce ventilation
Reduced airflow limits the dilution of viral particles in the air, increasing exposure risk in homes, offices, and public transport.
- People gather more closely at events and holidays
Social gatherings, travel, and crowded indoor activities create ideal opportunities for viruses to spread quickly through communities.

Common Winter Illnesses and Their Symptoms

Understanding what each illness looks like helps you decide when to rest, when to call a clinician, and when urgent care is needed. Individual risk factors also matter, including age, pregnancy, chronic conditions, or weakened immunity.

The Common Cold

- Viral infection caused by rhinoviruses, coronaviruses, and others
- Symptoms include a runny nose, mild fever (often in children), sneezing, sore throat

Read more...

Q & A Corner

Respiratory Syncytial Virus (RSV) - Frequently Asked Questions

[ncirs.org](https://www.ncirs.org)

What is Respiratory Syncytial Virus (RSV)?

RSV is a common virus that can infect people of all ages. It can cause a range of respiratory illnesses – from mild upper respiratory colds to severe lower respiratory conditions like bronchiolitis (in infants), bronchitis and pneumonia.

Symptoms of RSV disease can include:

- runny nose
- cough
- fever
- wheezing and difficulty breathing (including exacerbations of underlying lung disease such as asthma).

How is RSV disease spread?

RSV is spread through droplets from an infected person's cough or sneeze. These droplets can:

- be inhaled by others
- land on surfaces, where the virus can live for several hours.




Who is most at risk of severe RSV disease?

RSV can infect people at all ages; however, severe disease is most common in:

- infants and young children under 12 months of age
- young children aged under 24 months with underlying medical conditions
- older adults
- Aboriginal and Torres Strait Islander adults
- adults with underlying medical conditions.

Read more...

Immunizations to Protect Against Severe RSV

	Who Does It Protect?	Type of Product	Who Is It Recommended For?	When Is It Available?
	Adults 50 and over	RSV vaccine	Adults ages 50-74 who are at increased risk of severe RSV AND Everyone ages 75 and older	Available any time, but best time to get vaccinated is late summer and early fall
	Babies	RSV antibody given to baby	All infants whose mother did not receive RSV vaccine during pregnancy, and some children ages 8-19 months who are at increased risk for severe RSV	October through March*
	OR			
	Babies	RSV vaccine (Pfizer's ABRYSVO) given to mother during pregnancy	All pregnant women during weeks 32-36 of their pregnancy	September through January

SASH Events in December 2025


Title: Arterial Blood Gases

Speaker: Dr. Mohamed Raza Shafiq

Date: 11th December 2025


Time: 1230 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



AL SALAM HOSPITALS
 قسائم امارة

Al Salam Al Assima Hospital
Cordially Invites you to Attend a
Session on

“Arterial Blood Gases: A Shortcut to Critical Decisions”



Speaker
Dr. Muhammad Raza Shafiq
Registrar Nephrology



Moderator
Dr. Ahmed AlAshker
Consultant, Nephrology


Title: Basic ECG Interpretation

Speaker: Dr. Islam Mahrous

Date: 09th December 2025


Time: 1200 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium


AL SALAM HOSPITALS
 قسائم امارة

Al Salam Hospital ELS Committee in Coordination with
Medical Development Center
Cordially invites you to attend a
Session on

“Basic ECG Interpretation for ACLS Candidate”



Speaker
Dr. Islam Mahrous
Consultant /Chief
Heart and Vascular Center

Title of the Event: Little Health Heroes – School Visit

Date: 03rd, 10th & 14th December 2025

Time: 1000 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title of the Event: Safe Journey for you & your Baby (Session held in Arabic)

Date: 04th December 2025

Time: 1600 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Mock Fire Drill in coordination with Kuwait Fire Force

Date: 1st December 2025



SAHH Events in December 2025

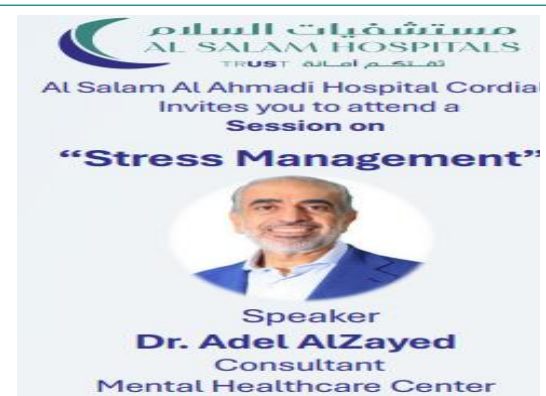
Title: Stress Management

Speaker: Dr. Adel AlZayed

Date: 18th December 2025

Time: 1000 hrs

Venue: SAHH Training Room/Hybrid



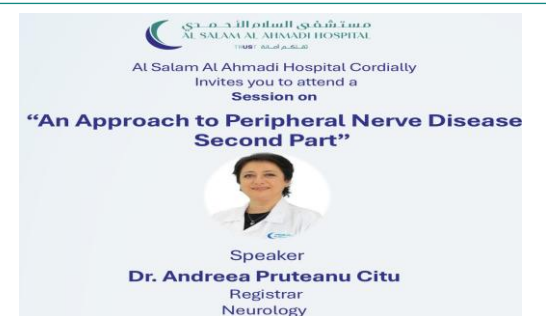
Title: Peripheral Nerve Disease

Speaker: Dr. Andrea Pruteanu Citu

Date: 13th December 2025

Time: 1300 hrs

Venue: SAHH Training Room/Hybrid



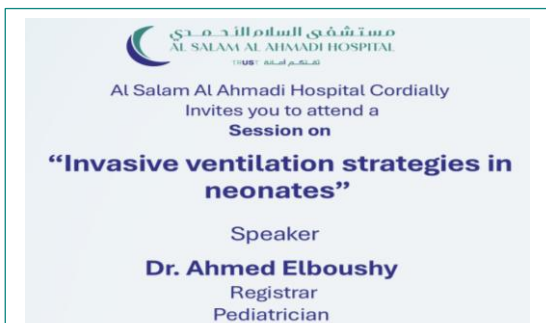
Title: Invasive Ventilation Strategies in Neonates

Speaker: Dr. Ahmed Elboushly

Date: 14th December 2025

Time: 1300 hrs

Venue: SAHH Training Room/Hybrid



Title: Mock Fire Drill in coordination with Kuwait Fire Force

Date: 14th December 2025

