



OUR MISSION

To provide patients with accessible, comprehensive, high-quality specialty care in a safe and compassionate environment.

WORDS FROM THE CEO

HHUMC: A Rising Star from the Ashes of a Devastated Country.

Dear HHUMC family, patients, and the community we serve: HHUMC or as it is well known Hammoud University Hospital has proven itself to be one of the pillars in providing healthcare services to a large catchment area in Lebanon as well as people from abroad. Its legacy is well imprinted in the minds of many people- those who were born in this hospital, worked here, or medically treated with passion, enthusiasm and professionalism. In the past couple of years, several issues had negative impact on the hospital. For example, the dire situation in Lebanon (Massive economic collapse, Covid19- pandemic, Beirut Port blast etc) have led the hospital to go through rocky paths. In addition, the exodus of most of the healthcare team from doctors, nurses, technicians have added salt into the wound making the unpleasant experience that we are going through even worse for the steadfast and resolute group of us who decided to stay and continue the mission of helping people. Despite all the challenges of the turmoil Lebanon is going through, the new administration (after the hospital has been acquired in January 2021) along with the medical team represented by doctors, nurses, technicians and administrators have set an unyielding commitment to have this hospital rise from the ruins of a devastated

economy and blossom over the coming years to become one of the most important medical centers in the region. In one year, we were able to turn the negatives into positives, and losses into gains, postponement into renovation. This has been done in a culture nurtured with empathy, enthusiasm and perseverance. Our vision has been established on three pillars: Excellent Quality of care, Patient satisfaction, and financial stability.

“OUR VISION IS HELD ON 3 PILLARS:

- 1. EXCELLENT QUALITY OF CARE**
- 2. PATIENT SATISFACTION**
- 3. FINANCIAL STABILITY**

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These 3 pillars will lead us to become a recognized university hospital that provides services with compassion and innovative healthcare. Our medical staff has proven to be one of the most capable personnel in the field of medicine. Despite our country's dwindling resources, the hospital with its clinical team has set forth an example of integrity, success and



determination to provide the best care that can be possibly provided to patients where their goals are met, family concerns are answered, collaboration and shared decision making are geared to provide the best care, and transparency in our transactions. In addition, a strategy has also been set and actions have been launched to renovate the hospital and present it in its best features in terms of up-to-date technology, architect and recruitment of additional personnel to help this enterprise move forward. In conclusion for this inaugural HHUMC Newsletter, I want to assure that everyone here at our hospital is committed to working diligently to provide the excellent services that our patients have grown accustomed to. I truly look forward to hearing about your experience at our hospital either directly by phone or email and through your response to one of our patient surveys. Thank you for giving us an opportunity to serve your healthcare needs.

Ibrahim Omeis,
MD FAANS EMBA
CEO and Chairman

EVENTS & CAMPAIGNS

Letters of Hope

To spread hope and joy among cancer patients, HHUMC welcomed a number of ngos and groups including Crush Kancer with a Smile, Volunteering Marathon, Healing Hope Cancer Foundation, and Lebanese Pharmacy

Students' Association - LPSA is a joint entertaining activity to exchange letters of hope to face cancer with courage and positivity. The atmosphere was full of happiness, music and dancing in which nurses and doctors participated.

Patient Safety Awareness Week

On the occasion of Patient Safety Week, the quality department in collaboration with the hospital departments organized several activities that shed a light on the importance of patient safety. The activities included explaining to the public the rights and responsibilities in patient safety. The nursing and non-nursing departments were involved during this week where they were

divided into six groups, each took a patient safety goal and created a project or model that illustrates the goal. At the end of the week, a gathering was done to present the projects that were done and all the employees will vote for the best and creative one. Dr. Omeis expressed his pride in the efforts that were exerted by the groups and thanked them. He then distributed the gifts for the winners and participants.

Women's Healthy Weight Day

Women's Healthy Weight Day honors women of all sizes and focuses on healthy living and improving overall health with activities like healthy eating and physical activity. On Jan 2022 ,21, HHUMC in collaboration with Rentokil Boecker, Aruba, Nevella and Optifast organized a healthy lobby campaign at the hospital lobby where the dietetics department provided free

consultations to women in addition to many giveaways.



World Obesity Day

On the occasion of the World Obesity Day, the Dietetics Department at Hammoud Hospital University Medical Center, in collaboration with AlphaPro, InBody, Optifast, Aruba, Nevella, Fitness28 and Kassim Markiz, organized an awareness

campaign about the dangers of obesity and ways to prevent it. The dietitians provided free nutritional consultations and body composition analysis. Many patients participated in the campaign where their names entered the draw after they answered

questions related to nutrition. 5 people won prizes from Fitness28 gym and personal trainer Kassim Markiz, in addition to free nutritional consultations from the hospital's Dietetics Department.

World Kidney Day

On the occasion of World Kidney Day, HHUMC raised awareness on the importance of the kidneys, that cleans the blood, regulates blood pressure and filters out waste and toxins. Dieticians gave nutrition tips, nurses took the vital signs and free BUN

and Creatinine lab tests were offered to patients. The campaign was chaperoned by the Nephrology doctors who provided the patients with health tips to prevent having kidney diseases. The campaign was a success.

HEALTHY CORNER

تحتوي على الكثير من السعرات الحرارية وتسبب عسر في الهضم، كما أنها تسبب العطش في اليوم التالي. و لذلك من الأفضل استبدال الحلويات الجاهزة بالحلويات المحضرة في المنزل بطرق صحية تحتوي على كمية أقل من الدقيق والزبدة والسمن والسكر. كما أنه من الأفضل تناول الحلويات باعتدال بعد ٣-٢ ساعات من الإفطار، لتجنب مشاكل الهضم. كما أنه من الضروري الحد من تناول المشروبات التي تحتوي على سكريات كالمشروبات الغازية وعصائر الفاكهة والمشروبات الرمضانية التقليدية، بما لا يزيد عن كوب واحد يومياً، لاحتوائها على كميات عالية من السكر.

قسم التغذية

يشرب الحساء أو الشوربة فهي تعيد السوائل المفقودة أثناء الصيام، وتحضر الجسم لعملية الهضم، يفضل ما تكون الشوربة غنية بالمكونات الصحية كالخضار، عدس، أو دجاج والبتعاد عن الشوربات الجاهزة التي تحتوي على مواد مصنعة وضارة بالصحة. ومن بعدها يأتي الطبق الرئيسي الذي من المفصل أن يتضمّن النشويات المركبة كالأرز أو الخبز الأسمر والبروتينات الصحية كاللحوم أو البقوليات مع الخضار المسلوقة أو السلطات، و هنا يجب الحرص على استعمال أساليب الطهي الصحية (كالشوي، السلق، البخار والتحميص) وعلى استعمال كمية قليلة من الزيوت الصحية كزيت الزيتون والأفوكادو والمكسرات الصحية، وخاصة عند تحضير السلطات). الحلويات لذیذة في رمضان ويصعب مقاومتها ولكنها

وبالتالي تساهم في الشعور بالشبع، والزيوت الصحية أخيراً. بالإضافة إلى الخضار و حصة من الفواكه الكاملة و هي التمر في أغلب الأحيان. و هنا يجب الانتباه لعدم تناول أكثر من حبة واحدة. كما أنه لمنع العطش في اليوم التالي، يجب تجنب الأطعمة الحارة أو الأظعمة التي تحتوي على كمية عالية من التوابل، الملح و السكر، كالمعجنات، الفول لاحتوائه على الكثير من التوابل والحلويات أثناء السحور، واستبدالها بالفواكه والخضروات المنعشة الكاملة (و ليس على شكل عصائر) التي تحتوي على كمية عالية من امياه، المعادن و الفيتامينات. بعد كسر الصيام بالمياه والتمر، الإفطار يجب أن يكون متوازناً من حيث الكمية والنوعية. يفضل على الصائم أن يبدأ

بضعة أيام من بداية الصيام؛ حتى يصبح الانتقال إليه أسهل. من المهم أيضاً تنظيم كمية ومواعيد شرب المياه قبل شهر رمضان، و محاولة الحصول على ٨ إلى ١٠ أكواب يومياً على مراحل عدة و ليس قبل أو بعد تناول الطعام مباشرة لتخفيف الشعور بالانتفاخ. أما عن السحور فهو وجبة أساسية في هذا الشهر فهو يؤمن للجسم الطاقة الكافية لجعل الصيام أسهل تحقلاً يجب أن تكون هذه الوجبة غنية بالمكونات الغذائية الأساسية واهمها الكربوهيدرات التي يمتصها الجسم ببطء مثل الخبز الاسمر و الحبوب الكاملة، لأنها يمكن أن تساعد على الحفاظ على مستويات السكر الصحي في الدم، البروتينات كالحليب و مشتقاته و اللحوم على أنواعها؛ لأنها تبقى في المعدة لمدة طويلة،

المحافظة على النظام الغذائي خلال شهر رمضان

يعتبر الصيام خلال شهر رمضان الكريم فرصة لتحسين النظام الغذائي وكسر العادات الصحية السيئة، ولكن أغلب الصائمين يمارسون أخطاء شائعة ومنها الإفراط في تناول الأطعمة، وخاصة الحلويات والسكريات والمأكولات الدسمة في ذؤوامه، أيضاً لمكن زولايه قحايض لا يبسر مشاكل في الجهاز الهضمي. من الضروري الاستعداد للصيام قبل شهر رمضان من خلال تطبيق نظام غذائي صحي و متوازن؛ من أجل حماية الجسم من نوبات الصداع الحاد و تدريب الجسم على ساعات الصيام الطويلة، و ذلك من خلال الحدّ من تناول المشروبات التي تحتوي على الكافيين كالقهوة و الشاي و تخطي الوجبات الخفيفة قبل

An ounce of prevention is worth a pound of cure!

Vaccines are among the most important public health interventions in history, they prevented countless cases of disability and death worldwide. It is estimated that vaccines prevent, annually, 5 million deaths caused by smallpox, 2.7 million cases of measles, 2 million cases of neonatal tetanus, 1 million cases of pertussis, 600,000 cases of paralytic poliomyelitis and 300,000 cases of diphtheria. Thus, they improved productivity, social well being, educational outcomes, healthcare costs and decreased morbidity and mortality worldwide.

History of vaccines goes back to 1796, when the British physician Edward Jenner inoculated small amount of pus from the vesicles of cowpox into susceptible hosts to "vaccinate" them against smallpox. In fact, the term "vaccinate" comes from the scientific name of the pox viruses, which is Vaccinia viruses.

Subsequently, in 1881 trials to develop immunization against Anthrax, Cholera and Rabies were performed by the French scientist Louis Pasteur.

This was followed by intensive search to develop new vaccines against various bacteria and viruses using different techniques while insuring tolerability, safety and immunogenicity having in mind that it is much easier and more cost effective preventing a disease than treating it.

In 1980, vaccination was responsible for the global eradication of smallpox, while other diseases declined dramatically; like Polio, Haemophilus influenza type B, measles, invasive pneumococcal infections, Influenza, Hepatitis B and recently COVID19. Moreover, some vaccines play a vital role in the prevention of some cancers such as the human papillomavirus (HPV) responsible for the majority of cervical, throat and anal cancers.

It is well known that during political and financial crises, all diseases whose prevention and treatment depend on the continuity of healthcare, re-emerge.

For the past three years, Lebanon has been going through many challenges, such as the economic crisis with currency collapse, the increase rate of unemployment, the fuel price drastic hike in addition to the COVID19 pandemic that resulted in several

lockdowns. Ultimately, this has led to increase poverty, low minimum wage, high food prices, medical supplies and vaccines shortage, expensive transportation and avoidance hospital and clinic visits due to fear of contracting COVID19. As a result, most of the vaccine providers (pediatricians, family doctors and general physicians) have noticed a lower vaccination rate during the past two years. Unfortunately, routine vaccination for many Lebanese families became a luxury! Although there is no concrete data, some Lebanese physicians have observed an increase in the cases of Rotavirus gastroenteritis, complicated pneumonia, typhoid fever and seasonal influenza during 2021. Some of these infections are managed in the hospital and require the use of antimicrobial drugs that either became rare to find or very expensive.

The decrease in vaccine uptake is causing an increase in the number of infectious diseases, hence increase in population morbidity and mortality, making eradication of some diseases an elusive goal and reflecting negatively on herd immunity. The latter is the indirect protection of the vaccinated over the unvaccinated that may be too old, too young, or too immunocompromised to receive the vaccine.

It will also indirectly increase in secondary infections that complicate vaccine preventable diseases such as Staphylococcal pneumonia following Influenza infection. It will predispose to more antibiotic resistance that is a major health concern, because higher number of infections will definitely cause more antibiotic use, misuse, and abuse.

Vaccination is not only a valuable health investment, but it has also many economic benefits through a reduction in hospitalizations, clinic visits and medical interventions, by creating a healthier productive population and by minimizing work absenteeism. It is really hard to underestimate the value of vaccines.

Soha Ghanem, MD
Consultant Pediatric Infectious Diseases
Hammoud Hospital University Medical Center



“ VACCINES PREVENT ANNUALLY:

5 MILLION DEATHS

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The Importance of Learning Basic life Support (BLS)

Basic life support is a level of medical care used in emergency, life threatening situation until the victim can be cared professionally by a team of paramedics or at hospital. It can help people who are at choking or suffering from cardiac arrest. BLS is included in all first aid training courses, along with life-saving techniques and procedures such as cardiopulmonary resuscitation (CPR). As well as for members of the emergency services, this sort of first aid training can be particularly useful for people employed as health and social care workers, daycare providers, teachers and security personnel. Skills taught in BLS training course include:

- CPR algorithms for adults, children and infants
- Early effective cardiopulmonary resuscitation
- The importance of using automated external defibrillator
- Treatment for adults, children and infants who are choking
- Importance and use of teams during multi rescuer resuscitation
- Integrated post cardiac arrest care

Following the completion of an effective BLS training course, students will be able to provide basic life-saving measures to people who are in cardiac and/or respiratory arrest, as well as those with airway obstructions. From the mission of AHA, which represents and serves hospitals, health systems and other related organizations that

are accountable to communities and committed to equitable care and health improvement for all, our journey with life support programs was started at hammoud hospital university medical center on 2018. The aim of the center is to provide training on emergency cardiovascular care at local, national and regional levels under accreditation of the American heart association (AHA), it aspires to become the center of excellence in the region by offering life support courses. The center provides "Basic Life Support" and "Heart Saver" courses that targeted to save lives in a variety of different situations which required immediate attention. The course is offered by qualified instructors.

We have strong community outreach program where we performed sessions to hospitals (physicians, nurses, physiotherapist, residents, dieticians ...), university students and NGO's. A total of 735 providers were certified till now.

The basic life support course is a one day course consisting of video run in English and clinical demonstrations after each part, it last with skill test and written exam. The participant should register 10 days prior to the course, BLS eBook is provided to the participant once the registration process and payment are finalized. After the completion of the course, certification card (ecard) is submitted to the participants who will be a basic life support provider accredited from AHA and the certificate is valid for two years.

For registration and more information you can contact us on:

07/723888 ext. 1703

Donia El Soury
Staff Development
Department



NEW PHYSICIANS JOINING HHUMC

Physicians Name	Specialty
Mohamad Bahij Khalil	Orthopedic Surgery
Wissam Abedallah Oweidat	Obstetrics & Gynecology
Nader Fouad Hajj	Ophthalmology
Lara Kassem Bannout	Pediatric
Anis Jamal Mrad	Otorhinolaryngology-Head and Neck Surgery
Sonia Darwich El Ghouch	Ophthalmology
Manuel Rafic Taha	Diagnostic Radiology
Ahmad Hassan Taksh	Diagnostic Radiology
Hilal Kassem Skaiki	Diagnostic Radiology
Hassan Ahmad El Hajj	Nephrology
Hammoud Kassem Hammoud	Pulmonary - ICU
Ibrahim Mohamed Nasser	Pulmonary -ICU
Lara Moustafa Hassoun	Gastroenterology
Abdel Majid Mahmoud Reslan	Urology
Ali Ghazi Fawzi	Vascular Surgery
Ali Habib Eid	Gastroenterology
Samer Mohamad Terro	Cardiology
Mahmoud Mostafa Basho	General Surgery & Bariatric Surgery
Ali Ahmed Khalil	General Surgery
Hassan Ali Abdallah	Orthopedic Surgery
Maroun Fouad Bou Harb	Orthopedic Surgery
Youssef Moussa Daher	Gastroenterology & ERCP