

NURSING & MIDWIFERY NEWSLETTER



جَمْعِيَّةُ التَّمْرِیْضِ وَالْقِبَالَةِ الْبَحْرَيْنِيَّةِ
Bahrain Nursing and Midwifery Society

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Editorial

As the chair of the media and public relations committee, I feel grateful and honored. Initially, I thought that it would be a challenging and stressful assignment because the committee's primary goal is to establish relationships, influence ideas, and convey messages that are relevant to BNMS, nursing, and midwifery professions. The committee is responsible for providing detailed coverage of all BNMS activities and events. Furthermore, it propagates the latest BNMS and nursing and midwifery news on various channels, including the nursing newsletter.

In the 8th edition of the BNMS newsletter, the editorial team tried to maintain the high standards presented in the previous editions. In this edition, we have included a diverse range of articles, and these include coverage of the recognition ceremony, an overview of the launch of the BNMS website, news about the upcoming workshop on innovative leadership practices for nurses, conference proceedings, a message from a pioneer in nursing, maternal health in Gaza, a nursing clinical story, a humanitarian mission, the BNMS solidary with Palestine, informal strategies for faculty development, participation in conferences, and words from a nurse graduate.

We hope you have a pleasant and informative read. If you have any suggestions or feedback, please contact us via our email address sent on the last page of this newsletter.



Shafeeqa Hasan Yaqoob
Head of Media and Public Relations Committee

Presidents' Welcome Note

Welcome to the eight editions of the Nursing and Midwifery newsletter. On the occasion of the National Day of the Kingdom of Bahrain, the board of directors and members of Bahrain Nursing and Midwifery Society extend their congratulations and blessing to His Majesty King Hamad Bin Essa Al Khalifa, King of the Kingdom of Bahrain, and His Royal Highness the Crown Prince and Prime Minister Prince Salman Bin Hamad Al Khalifa, and to the people of Bahrain may God grant us with security and prosperity.

On this good opportunity we would like to extend the highest expressions of thanks, appreciation and gratitude to His Majesty King Hamad bin Isa Al Khalifa, and to His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince and Prime Minister, for their great and unlimited support to nurses, and the ambitious and proactive initiatives taken by the wise leadership and the esteemed government to address health issues and support healthcare professionals.

Expressing at the same time our pride in the royal directives by His Majesty the King, By introducing the Prince Salman bin Hamad Medal for Medical Merit, which is awarded to doctors, nurses, and medical staff, as well as those who were martyred while performing their medical duties. Without a doubt, this high royal appreciation for all nurses and members of the health sector in the Kingdom of Bahrain represents a strong incentive and motivation for us to contribute to the development and sustainability of health services in a way that embodies the concept of comprehensive health coverage in accordance with the highest international standards.

As well as Her Royal Highness Princess Sabeekah Bent Ebrahim Al Khalifa, were she praised nurses in her statement. ***"As the world celebrates the efforts of the nursing profession, I would like to extend my sincere thanks and great pride of the sincere field work they provide and their recording of humanitarian attitude as they carry out their duties with persistence and determination. Bless you and your endeavors. Bahrain is proud of you". SCW 2020***

The recognition of the Nurses and Midwives by the country leaders in Bahrain emphasis the importance of our profession, make us proud and motivate us to serve and give more for our beloved country. Additionally, Bahraini Women's Day (BWD) this year focused on women's health, and our role for promoting women's health which is vital. The community awareness campaign for women's health, for example breast cancer awareness, diabetes, and obesity awareness continue to be implemented by dedicated nurses and midwives, we empower women's through providing health education and collaborating with health care services in Bahrain.

Today, we the members of the BNMS, would like to share our solidarity with the nurses and health care providers that extends beyond our country and stands with the heroes of Palestine and Gaza. Your sacrifices dear Gaza health care providers will always be remembered in our hearts. Our prayers to end the war and provide freedom and safety to the people of Palestine.



Dr. Jameela Jassim Mukaimer

Midwife Consultant- PhD., Msc., Bsc.
Primary Care Adult Nurse-practitioner
President of Bahrain Nursing and Midwifery Society



Our Newsletter No. 8

Once again, I am writing to express my strong gratitude on behalf of the editorial team, the authors of articles, and all our respected readers for their dedication and commitment towards sharing information and disseminating knowledge. The newsletter has seen a steady flow of excellent articles over the past year, and we value each and everyone. For 2024, we assure you that our mission to excellence will drive the BNMS newsletter, but this mission will not be achieved without the collective efforts to publishing high-quality nursing and midwifery articles. So, I invite you to participate and share.



Batool Al Mohandis RGN, D. Edu., BSc, MN, FPN&M
Chief editor

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16 December
Bahrain National Day

١٦ ديسمبر
العيد الوطني المجيد

On the occasion of the glorious National Day of Bahrain, the Bahraini Nursing and Midwifery Society extends its warmest congratulations and blessings to the wise leadership and to all Bahraini citizens. May God bring glory to our dear kingdom and make it secure.

يتقدم مجلس إدارة جمعية التمريض والقبالة البحرينية بأسمى آيات التهاني والتبريكات الى القيادة الرشيدة و جميع أفراد الشعب البحريني بمناسبة العيد الوطني المجيد لمملكة البحرين، وجعل الله مملكتنا الغالية في عزٍ وأمان



BNMS & the Bahraini Woman's Day 2023

There are 1.1 million nurses and midwives in EMRO, they are the largest number of health professionals in this region. The Bahrain Nursing & Midwifery Society (BNMS) is the National Voice for the 10,000 nurses and midwives in Bahrain, and we believe that our contribution to the health of women is vital and need to be supported and recognized.

The BNMS contributed to the Bahraini Women's Day (BWD) by sharing their stories, and their achievements to women's health and wellbeing in all sectors. The activities included a position statement by the BNMS president Dr. Jameela Mukhaimer, another was answering the question:

"Women Health: What does it Mean?" by nurse leaders. An inspiring story of nurses who persevered against hard and difficult life situation. A thank you campaign to work colleagues and conduct a nursing-health campaign addressing maternal and child health, mental health, and healthy lifestyle.

A Thank You Gesture



Out of respect and love for all nurses and midwives, and on the wonderful occasion of the Bahraini Women's Day, the president of the BNMS Dr. Jameela Mukhaimer along with few members of the board, visited the nursing administration at governmental hospitals and at the primary health care to thank and congratulate the nurses and midwives on their outstanding services and dedication to patient care. Boxes of chocolate and flowers were presented.

The meetings at the SMC attended by the Chief of Nursing Services, Mrs. Fatima Khairallah, Mrs. Hanadi Aish and Mrs. Layla Al-Fardan, Mrs. Najat Rustum chief services of private clinics, and Deputies of Nursing Services, Mrs. Tahani Abdul Amir and Mrs. Reem Jassim. And the meeting at PHC attended by Mrs. Waheeba Al Hilo the Chief of Nursing Services and Mrs. Mariam Mustafa, the Deputy chief nurse. On this occasion the president of the society praised the role of nurses and midwives in providing the best nursing services and health care, she also pointed to the role of the society in supporting nurses to improve standards and enhance their professional identity. The Chief of Nursing Services expressed their sincere thanks and gratitude for the appreciation by the Bahrain Nursing and Midwifery Society, which has a positive impact on them.



Mona Bucherry
BNMS Board member

Women health: What Does It Mean?

Mrs. Fatema Abdulwahed AlAhmed, a former Assistant Undersecretary for Resources and Services at Ministry of Health, a former President of GCC Nursing Council, and a nurse academic believes women's health refers to the overall well-being of females, encompassing physical, mental, and social aspects throughout their lives.

The fact that a woman's health is reflected in the health of her family and thus the health of society. This holistic perspective recognizes the importance of gender-specific healthcare. It involves reproductive health, addressing issues like menstruation, pregnancy, maternal care and menopause.

Mental health, nutrition, and access to healthcare services are also crucial components. Regular check-ups, screenings, and a healthy lifestyle are vital for maintaining women's health.

Women's health is essential for a thriving society, recognizing the unique health needs of women, emphasizing preventive measures, and promoting gender equity in healthcare is important to ensure optimal physical and emotional health throughout their lifetime.

Ensuring that women have the resources and support needed to lead empowered healthy and fulfilling lives is crucial to achieve optimal health outcomes that will lead to sustainable communities.

Furthermore, Women's health plays a pivotal role in sustainable development, influencing social, economic, and environmental aspects. Access to comprehensive healthcare, education, and gender equality empowers women, fostering a healthier and more resilient society. Integrating women's health into sustainable development goals is essential for achieving long-term well-being and progress.



Mrs. Fatema Abdulwahed



BNMS Solidarity with Palestine

Dear Colleagues,

This article is written in Arabic, in summary all the statements reflect solidarity of the BNMS members with our brothers and sisters of Palestine.

اعزائي أعضاء جمعيتنا المحترمين

ادعوكم لنكتب رسالة محبة واحترام تجاه أهلنا واحباؤنا في فلسطين الحرة كلماتها وعباراتها تنم عن فخر واعتزاز واجلال لما نشهده من شجاعةٍ وصبرٍ وصمود رسائلنا ستكون شهادة للتاريخ و أرجو أن لا نبخل بكلمة أ . بتول المهندس

اعزائي أهلنا في غزة والطواقم الصحية والتمريضية

أعضاء ومجلس إدارة جمعية التمريض والقبالة البحرينية يعبرون لكم عن الدعم لا محدود قلوبنا و السننا تلهث بالدعاء لكم ونقدر تضحياتكم العظيمة وندعو الله بالنصر والتوفيق.

دكتوراه جميله مخيمر

رئيسة جمعية التمريض والقبالة البحرينية

منصورين و الناصر الله

كريمه سيد ابراهيم

فلسطين العزة والكرامة وشعبها
رمز البسالة والشجاعة والشموخ.

يا الله
لَسْنَا نَشْكُ بِالْفَرَجِ أَبَدًا
نحن فقط نرقبُه من أيّ اتجاه
سيأتي
سبحانك لا يُخَلِّفُ وعدك، ولا
يُهرِمُ جندك
د فريبا الدرازي

فلسطين قلب العرب ورمز القوة والشجاعة والتضحية توكلتم
على الله فمنحك أعلى درجات الجنة بالشهادة .. شكرا لشعب
أيقظ الضمائر ووحد المسلمين من بعد الشتات ..
صفية حمادة

عذرا يا أطفالي ويا اخواني واخواتي في

فلسطين. انتم اصبحتم اجمل عطر من
رائحة دمانكم واعطر من مسك الدنيا
كلها

د. فخرية ديري

يا ناس اشلون انشوف اطفال فلسطين
يموتون ولي بجروحه يتالم
يا الله أم وأب مفجوعين يصرخون لفقد
اطفالهم
يا الله الطف بحالهم وفرج عنهم وانصرهم
ليلي اصبعي

فلسطين يا مهبط الأديان وجوهرة القلوب. يا موطن
الشهداء و بلد البواسل. اجتمعت كل قلوب العرب على
حبك وتعالت الأصوات بالدعاء بأن تبقيين صامدة أبية
مهما طال الزمان ورغم قوة السلاح والعدوان. سوف يأتي
نصر الله قريبا ويتحقق الحلم ويجتمع المسلمون للصلاة
في المسجد الأقصى

والى أرواح الشهداء نقول هنيئا لكم جنات تجري من تحتها
الأنهار لا حزن فيها ولا ألم ولا فراق. ستبقى كل لغات العالم
تتحدث عن تضحياتكم وعزمكم وصبركم. عشت فلسطين
دولة عربية عاصمتها القدس

د إيمان طواش

أحببتنا في فلسطين
نحن فخورين جداً بعزمكم وإيمانكم
بفضيلتكم
قلوبنا معكم ... ودعائنا لكم
نشد على إيايكم
وندعو لكم بالصبر والقوة والثبات
أعزائنا الطاقم الطبي في فلسطين
واجتهتم الموت بكل جلد رغم قسوة
الظروف
وكما عهدناكم انتم مثال التضحية والتفاني
نعزز بكم وباخلاصكم
كله بعين الله
وعين الله ترعاكم
ليلي مهدي

فلسطين هي الزهرة وسط
الأشواك. فلسطين في القلب
دوما وليس يوماً.
شريفه حسن

نعم نتفخر ونعزز بصمودك يا فلسطين

{ كم مَن فِتَّةٌ قَلِيلَةٌ غَلَبَتْ فِتْنَةً كَثِيرَةً يَأْذُنُ اللَّهُ }

منى الرمل

وعلى مدى ايام متتالية، يقف العديد من الاطباء والمرمضين ليلا نهارا، لاستقبال
مئات الاصابات الخطيرة او الجثث الهامده، يعملون تحت ضغط عملي ونفسي.
يعيشون على وثاق جرحين بدل الجرح الواحد، فمن المحتمل ان يجداوا فردا من
عائلاتهم مستهدفا دون اي مقدمات تذكر.
ومن جهة ثانية، لديهم عائلات اخرى تنتظرهم في بيوتهم وبعاجتهم في هذه
الاقوات العصبية.
فريق التمريض في مستشفيات غزة، ندرك الصعوبات التي تواجهونها يوميا في
العمل، و نقدر الجهود التي تبذلونها لرعاية المصابين والجرحى.
انتم حقاً أبطال على خط النار، تمنى لكم الصحة والسلامة، ونأمل أن تتمكنوا من
الاستمرار في العمل الشاق والمهم الذي تقومون به.
ندعو الله أن يحميكم ويحفظكم، وأن يمنحكم القوة والصبر لمواجهة التحديات
التي تواجهونها.
حسن عبدعلي

صبراً يا فلسطين العز فإن عين الله ترعاكم

فاطمة عطية العراذي

اللهمّ سخر لفلسطين ملائكة السماء وجنود الأرض ومن عليها وأفتح لهم
أبواب توفيقك ، ويسر أمرهم وقوي عزيمتهم ، ومد صبرهم ... اللهمّ أكرمهم
وأحفظهم واجعل لهم من كل ضيق مخرجاً اللهمّ ، أنصرهم على من عاداهم
وأفتح لهم فتحةً مميّنةً، اللهمّ احفظ فلسطين وأهل فلسطين يامن لا تضيق
عندك الودائع ..اللهمّ آمين." اللهم نستودعك اخوتنا في غزة يارب يا كريم
ياحي يا قيوم ندعوك باسمك الأعظم ان تحفظ شعبها وارضها وجوها
وبحرها

اللهم نستودعك اخوتنا في غزة يارب العالمين

أمينه معتوق

ارتعد القلب حزنا
وجفت العروق وجعا
ورغم الضيق والحزن
مازلتم في شموخ وثبات
لكم الله ..ونسأل الله الثبات
ماباليد حيلة.. ربما توصل لكم قلوبنا بالدعاء
فيارب احمي ارض العزة فلسطين ومن عليها
أختكم حميدة

ما يفعله طاقم التمريض في مستشفيات غزة هو ملحمة بطولية يجب
أن يخلدها التاريخ. فأنت تستطيع انجاز عملك الطبي وأنت تحت، ليس
الضغط فقط.. بل تحت التهديد بالقتل وقصف المستشفيات، لهو
شيء استثنائي لا نشاهده إلا نادرا. ورغم ما يحدث لم نسمع عن أي
تقاعس منهم أو تراجع أو استسلام لا لسبب تلك التهديدات ولا لسبب
ما تمر عليهم من حالات تدمي القلب والعين. انها فعلا مهنة انسانية
في ذاتها لكن هؤلاء الأبطال تخطو ذلك وجعل من هذه المهنة عمل
بطولي يستحق الإشارة والإشادة.

شفيقة حسن

اهلي واحبابي في وطني الغالي فلسطين

فعلا ربنا معكم احسن من كل العالم.
اهلي واحبابي في غزة الإباء والصمود لقد علمتم العالم دروسا تدرس بمعنى الرجولة تحت الظلم،
وحب الوطن والتضحية بالروح والدم والولد والعائلة فداءا لتراب الوطن الغالي.
لن يفلق الغاصبين بطردكم من ارضكم فلسطين الشرف والإباء، أرض الآباء والأجداد وعاصمتها
القدس.
عظيمين انتم يا اهلي بغزه الفخر والعزه، فمن النادر صمود اي شعب أعزل من نساء، أطفال، مسنين،
وشباب امام المجازر بتفجير الأحياء السكنيه والمستشفيات والمدارس والجموع والكنائس واي مكان
فيه تجمع مدنيين أمنيين يتفجيرا ما يزيد عن قنبلتين ذريتين من القنابل والحصار والكارثة الإنسانية.
عذرا شهداء غزة، أطفال غزة الأبرياء وأمهاتهم وأبائهم وأخواتهم إخوانهم واعمامهم وعموم أهلهم
علي هدر دمكم الزكي بظلم الظالمين وانطفاء نور عين واذان جنباء العالم ٢٥ل يوم دون تدخل
وكانهم شلت حركتهم والسلتهم ودفث اذانهم بطنين الخذلان، لقد كنتم صوت الحق والشرف
عن امه عربية كامله.
لكم شرف الشهادة وجنه الخلد فعند الله تتلاقى الخصوم وتأخذ الحقوق بعدل.
سامحونا لبعدا عن مساندتكم على الأرض، ولكن نعدكم بالدعم باستمرار المقاطعه لكل الداعمين
المؤيديين للطاغية وتدمير اقتصادهم، والدعم الإلكتروني بنشر الحقيقة للعالم، والدعم المادي
لتوفير متطلبات الحياة الاساسيه عند فك الحصار والدعاء..الدعاء.
اللهم يا علي يا قدير ارحم الشهداء في غزة وفلسطين وتقبلهم بقبول حسن واشفي الجرحى وافرجه
عليهم بالنصر يا الله

اختكم الفلسطينية

ميسون بلوط

شكراً أهل غزة لأنكم علمتم جيل جديد معنى القوة و
الشجاعة و الصبر .. لأنكم جسدتم المعنى الحقيقي
لحسن التوكل على الله .. و لأنكم قدمتم درس يثبت
للعالم أجمع أن صاحب الحق لا يمكن اسكاته أو التغلب
عليه .. الحق سوف يظهر لا محالة و الظلم سوف يزهدق
لا محالة .. وأنتم أصحاب الحق و كل شرفاء العالم يقفون
معكم.

امينه جناحي

يضيق الصدر وتزعج النفس لأجلك يا فلسطين، ابق
قوية بأهلك وإيمانهم لحين اليوم الموعود،

يعيش الفلسطينيون أسوداً شامخين ويبقوا صقورا
محلقة بالحق وستبقى فلسطين حرة وقوية ما دامت

الحياة تدب بالأرض

مريم ميرزا

أهلنا في فلسطين..
يامن هم على الحق ظاهرين لعدوهم
قاهرين، صبراً فإنما النصر صبر ساعة،
وان قضية نصركم محسومة من عند رب
عزيز قوي، فصبراً حتى يحين آوانها.

ناصر قاسم

خبرتنا يا قلوب الوالهيبن
عن جراح ودموع وأنين
ملحمة بسطرها أهل غزة يكتبون قصصنا عن جريح لم يزل
يلفظ الأنفاس بين الراحليبن
وعن الإحساد لما أصبحت
نحن بانتظار الفرج الرباني
بانتظار المخلص الموعود
مليحة سهوان
وبقي الدم الطاهر الزكي
إبانهم بدمائهم وأرواح .
ألا ان نصر الله قريب
نحن بانتظار الفرج الرباني
بانتظار المخلص الموعود
مليحة سهوان
وعن الألقاض ماذا تحتها
من ضحايا قتلوا مستبسلين
وقفوا وقفة حر صامد
يتلقون رصاص المعتدين
سألوا عنا فلما علموا
أننا نحيا حياة الغافلين
قدموا أنفسهم في جولة
صمدوا فيها صمود الفاتحين
ربحوا فيها حياة حرة
عند من يرفق قدر الصادقين
حذني عن غارة جوية
من عدو ماله عقل ودين
يقتل الأطفال في جنح الدجى
يشعل النيران في وجه الجنين
يقصف المشفى فلا مرضي
لهم حزمة ترعى ولا شيخ خزين
ياإلهي ، بلغ السيل الزبي
من بغاة في التجني مسرفين
ياإله العرش نصراً حاسماً
وأنهزاما عاجلاً للمجرمين
أبيات للدكتور عبدالرحمن العشماوي
قرأتها فلامست مشاعري ولم استطع
ان اتخطاها
منى بوجيري

The Vulnerable Pregnant Women in Gaza

Since the 7th of October 2023, an escalating humanitarian crisis has increased rapidly in Gaza due to ongoing clashes between the Palestine and Israel. Innocent civilians were stranded in their homes and became refugees, including children, pregnant mothers and families. This conflict caused the loss of over 11,240 lives and left 27,000 people injured.

For the estimated 50,000 who are currently pregnant in Gaza, access to midwives is the single most important factor in stopping preventable maternal and newborn deaths. Pregnant women are facing serious conditions as there is no access to safe delivery services, especially premature delivery. The health sector is collapsing, and a severe shortage of medical supplies is affecting reproductive health care.

The Continued strikes on hospitals and clinics is a contravention to humanitarian and civil law and the right to get health, due to heavy shootings and airstrikes, 47 out of 72 health accommodations /hospitals are shut down in Gaza. A lot of patients with chronic diseases are not able to get access to health facilities or to get medication. Restoring medical assistance and desperate health needs in the areas affected are the top priorities of the people of Palestine.

The reproductive health care is severely affected. Midwives and nurses are scrambling to ensure safe deliveries and playing an important role amid growing violence in Gaza. Obstetric doctors are performing cesarean sections in the operating room for pregnant women without anesthesia amidst the heavy shelling alongside scarce medical supplies.

The maternal healthcare sector in Gaza is facing immense challenges as 50,000 pregnant women will give birth without maternal care in the coming weeks. Most of the hospitals are partially functioning and not fully operational and have a severe lack of maternal supplies, especially umbilical clips, oxytocin, and blood.

We as Bahraini midwives state that the health of women and children in Gaza must be protected, they are at an increased risk of malnutrition, poor sanitation, and lack of maternity care. We must come together, and through all humanitarian agencies, call for peace and cease fire and bombing of civilian and innocent people.



Sakina Yaser
BSc, RM, RN
Nurse Midwife at King Hamad
University Hospital

The Humanitarian Mission by Bahraini Nurses



In 1991, after the liberation of Kuwait from the Iraqi invasion, large number of foreign health workforce left Kuwait. Bahrain was one of the first countries to respond to the humanitarian call and send assistant to stand by the Kuwaiti medical workforce to serve in the hospitals and care for many injured and sick patients.

They began their inspection of the wards, there were newborn in incubator left without nursing care, their families fled the country, there were patients with sever burns and other injuries.



Four faculty from the College of Health Sciences volunteered to join the medical team these were: Amina Abdulla, Dr. Mouza Swaileh, Fatema Jemali, and Rabab Jawhrya and Naeema Algasser. This was a unique experience as Kuwait was just freed for the invasion. Around 25 Bahraini health professionals from MOH travelled to Kuwait via buses carrying medical and emergency supplies.

The situation was unbelievable and heartbreaking. The Bahraini team began right away to assist the nurses and the Bahraini surgeons began operating and saving lives. The team was awarded medals of recognition and bravery by the Minister of Health in Kuwait for scarifying their lives and volunteering at times of war.



When the team reached their destination, they faced a strange and ghostly scene, the country seemed deserted, no human being was seen on the roads, and no cars, only UN cars and buses driving through the empty streets. Most of the hospitals were empty. Ibn Sina was the only operating hospital. The Bahraini team stayed in some of the empty wards, they used these wards as resident until they finished their mission.

Amina Abdulla
Retired Nurse Faculty

The ITO: A Multidisciplinary Life Saving Project

In late 90s many healthcare providers face serious challenges during the provision of care in various healthcare settings. One of the challenges was the lack of unified standards for the management of patients experiencing cardiac arrest as the emergency/CPR team graduated from different regional and international colleges and had different training backgrounds. In addition, it was not mandatory for a health care professional to be a certified Basic Life Support (BLS) provider, while in many countries it was one of the pre-requisites to be BLS certified and for some to be Advanced Cardiac Life Support (ACLS) certified prior to employment, clinical practice or clinical training in a health care facility.

In 2001 the College of Health Sciences fulfilled the criteria to become an affiliate with the American Heart Association "International Training Organization" (ITO) which later changed to "International Training Center" for offering Life Support courses for the college students and other health care providers within the Ministry of Health and other private hospitals in Bahrain. The courses included Basic and Advanced Cardiac Life Support, Arrhythmia recognition and Advanced Pediatric Life Support (PALS). The trainees included college students, and multidisciplinary health care providers from different health care settings. They included physicians, nurses, paramedics, respiratory therapists, anesthesia technicians, physiotherapists, dietitians, dentists, and dental hygienists. The Heart saver First Aid was another course, the target audience included non-healthcare providers, schoolteachers, and the public.

In a study, the outcome of these training courses was very positive, participants reflections included being confident in dealing with emergency and challenging life-threatening situations. Since its establishment in 2001 the College of Health Sciences International Training Organization/Center has trained around 10,000 healthcare providers and 2000 from the non-healthcare providers.



Amina Matoon
RN, MSN, APN.
Former Head of the Cardiac Nursing
Program and ITC Coordinator

Nurses Detect Potential Problems

As a Head Nurse in the Hematology unit, it's part of my daily routine to conduct rounds in the wards. During one of my rounds, I observed that a particular patient had been admitted to the unit multiple times in a short period, with just a one- or two-day gap in between each admission. Additionally, from my observation and assessment, I noticed a marked change in his behavior and attitude, which suggested signs of drug dependency.



As a result, I met with his wife to confirm any changes in his behavior and attitude at home. She verified that he had changed as he overused his opioid medicines, caring less about his general look and being uninterested in family activities. During the conversation, I found out that he had recently lost his business and was in financial trouble.

After discussing the case with the primary physician and the psychiatric support team, we decided to conduct further evaluation of the patient. Following multiple sessions with the multidisciplinary team, it was determined that the patient was suffering from drug dependency due to a business breakdown.

An appropriate treatment plan was administered, and the patient showed significant improvement. As a result, he was able to return to his normal life and reunite with his family. Reflecting on this case, nurses not only help prevent major health issues, but they also aid in detecting any potential problems, and intervene at the right time.

A Thank You From a Coma Patient

While battling a critical illness, I fell into a brief coma. As medication silenced my body, my voice and a part of my mind faded away. In that quiet space, surrounded by prayers and anxious anticipation, I entered a world of my own, and his is where my story begins.

Upon waking, I found myself in a familiar environment, convinced I was in Qatif. I asked the ICU nurse in a hoarse, muffled voice, "Are you from Qatif?". The ICU nurse, unaware of my question, she asked me to speak up. I repeated, this time with all my might, "Are you from Qatif?"

Her laughter and smile confirmed my assumption was wrong. "No, I'm Bahraini," she replied.

"But I'm in Qatif," I insisted, "What are you doing here?". She gently corrected me, "You're in the Intensive Care Unit at Salmaniya Hospital."

Disbelief washed over me. I scanned my surroundings, finally noticing the hospital branding on the bedsheets and blanket. Confusion lingered until a familiar face arrived – my relative. Relief washed over me. "Where am I?" I asked, finally able to seek confirmation. I was indeed in Salmaniya Hospital, in Bahrain.

But my story doesn't end there, let me tell you more about my virtual world....

When the staff nurse appeared, I tried to whisper, but my voice wouldn't cooperate. Unable to speak, I asked for a notebook and a pen. She agreed, promising to return when I had finished writing or needed anything. With a sigh of relief, I knew my voice would finally be heard.

I whistled, a signal that I had finished writing. The nurse, overjoyed, instructed me to whistle whenever I needed something or felt alone. This simple gesture became my lifeline, connecting me to the caring medical staff who filled my days with conversation and laughter, easing the pain of my recovery.

From the depths of silence, I found my voice again, not just through speech, but through the power of human connection. Thank you to all nurses.



Breast Cancer Awareness Campaign



The Social and Scientific Activities Committee and Midwifery Committee in Bahrain Nursing and Midwifery Society collaborated with Primary Healthcare Centers to organize a three-day clinical screening campaign for breast cancer awareness among women. The campaign was held at the Yousif A. Rahman Engineer Health Center in Isa Town on October 25th, 26th, and 28th, 2023, from 4 pm to 8 pm.

Trained midwives and nurses examined the female participants and provided proper education on the importance of regular breast self-examinations and early detection. Out of 18 participants, 7 were positive for signs of Breast cancer and referred for further investigation in the Women's Health Clinic at the Health Centers. This campaign has been organized for the second consecutive year to promote early detection of breast cancer.



Eman AlJahmi
 MSc, RN, IIWCC (ZA), FFNMRCSI
 Head of the Social and Scientific Activities Committee

A Message to Nursing Students

My address is to all my young boys and girls who have just graduated from high school and entering into their professional studies in order to pursue their career, I advise them to consider two major aspects in selecting their specialty: First to make sure the specialty you are going to choose is required by the country and serves the nation to fulfill local human manpower.

Secondly, the individual interest and willingness to develop your career in selected specialty which can provide you sustainable jobs and self-satisfaction which can lead you to continued growth and success.

For those, who have already selected to enter into Nursing field, nursing is a very challenging and rewarding profession, people in this field requires high skills, interpersonal and understanding to deal with the community as they deal with people's health and life.

Nurses and all medical related professionals must know that health and treatment does not only happen in hospitals, but it happens in places where people live, work, learn and play and that developing health in non-medical communities depends on your valuable contribution in ensuring and enhancing health of individuals and society.



Mrs. Khadija Al Qahtani
 RN, BSc, MSc, Community Health
 Specialist & Nurse Practitioner.

The Informal Strategies for Faculty Development

Batool Al Mohandis, the ex-dean of the CHS and director of the SoNM at RCSI-Bahrain believes there are two strategies for faculty development (FD): formal and informal strategies. Given the many challenges facing nursing academic institutions including financial challenges, high turnover, early retirements, and shortages of qualified and experienced faculty, it is incumbent upon us as academicians to search and adopt alternative solutions for FD and thus forwarding the standard of nursing and midwifery education to higher standards.

Although having a balanced model for FD is ideal, adopting Informal methods can serve as an ongoing precursor for FD and will ultimately lead to high standard academic system and the production of fit for purpose nurses and midwives.

The FD informal methods are usually self-managed, easy to adopt, and locally based. Methods such as learning circles, peer support, coaching, and in house workshops can be extremely effective and user friendly. To understand the strategies for formal FD, these include attending post graduate courses, Lectures from curriculum experts, and attending education development seminars and conferences.

It is important to note that the informal FD strategies are by no means disorganized and haphazard. It requires a leadership mindset that integrates and values the environment of continuous learning and learning management. The precise activities for FD must include objectives, description, format, time schedules, and feedback. Moreover, the principals of flexibility and relevancy are essential.

Batool Al Mohandis

My Experience As Expat Faculty

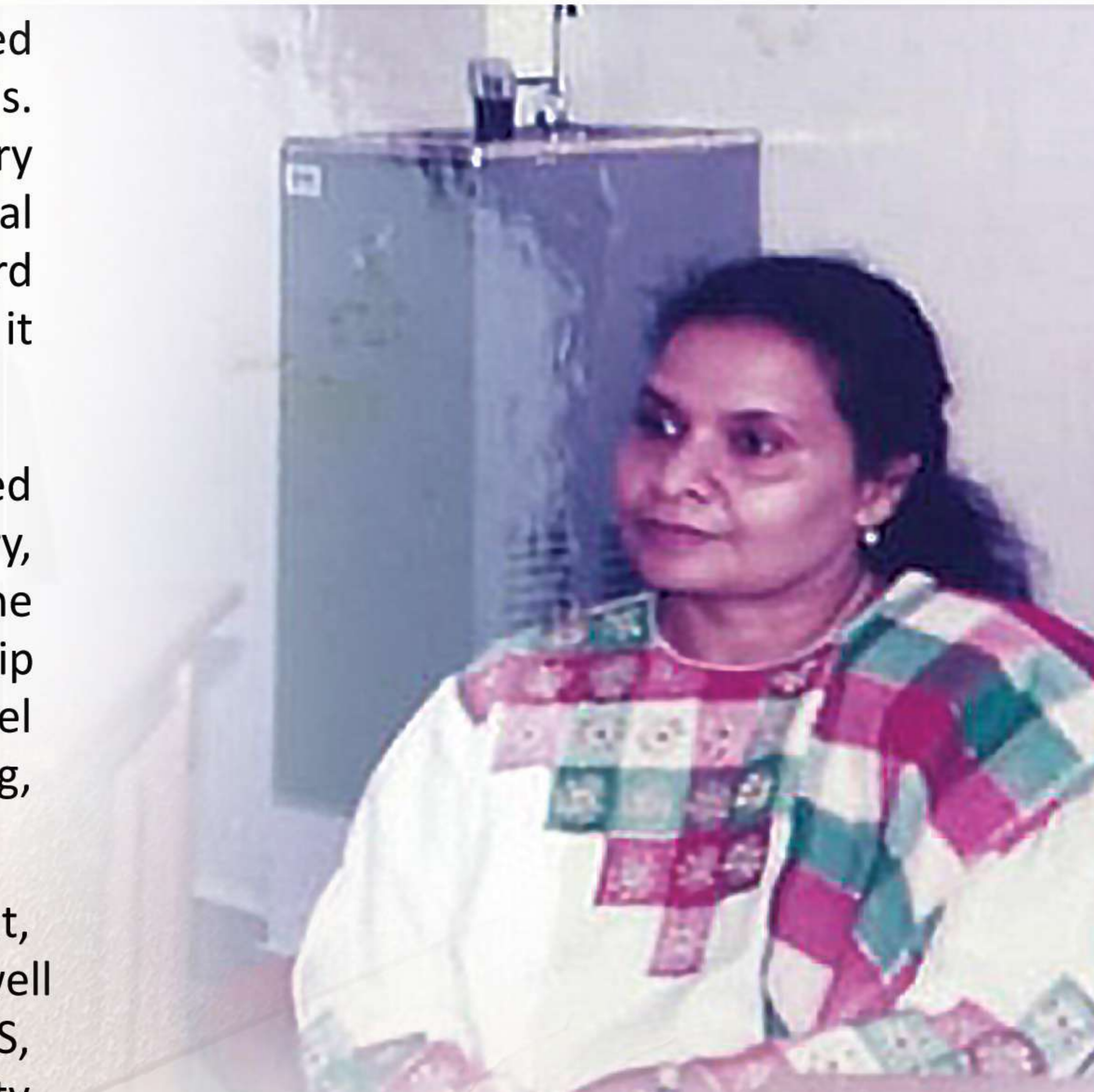
My memory goes back to 1980 May 1st when I joined College of Health Sciences. I was interviewed by Ms. Ann Taylor, Mrs. Philip, and Mrs. Fariba. We had very few students that time for Associate Degree, Practical Nursing and Midwifery programs. We were in ward number one. Though a small portacabin building it bonded us with lot of affection and harmony.

There after our progress was very fast. We started with BSN bridging program and then Midwifery, Community, Psychiatry, & later on the Cardiac and the Emergency Nursing programs. The efficient leadership we had enabled us to perform to the optimum level of function. Initially we had problem-based teaching, then we switched on to Case Based curriculum.

I am proud to say that we could graduate efficient, committed, smart young graduates. Since we have well structured, equipped hospital attached with the CHS, we were able to use all resources including speciality units in SMC. As clinical teachers, we enjoyed caring for patients along with our students. Our students acquired all clinical skills, knowledge and positive attitude through adequate clinical exposure.

Personally speaking, the 35 valuable years of experience as a faculty is my testimony that they were the most satisfying, valuable, enjoyable, and memorable years of my life. I am indebted to all my colleagues who encouraged, loved, supported and guided me throughout my stay in Bahrain.

The harmonious interpersonal relationship that we maintained in the Nursing Division is worth mentioning. The working atmosphere was very smooth though demanding. My gratitude goes to all our heads of programs & heads of departments. I am thankful to God Almighty for giving me this Golden opportunity to be part of the CHS.



Valsamma Thomas

To Do What Nobody Else Will Do!

Rawsi Williams once said, "To do what nobody else will do, a way that nobody else can do, in spite of all we go through; is to be a Nurse." As a nurse, I have come to recognize and appreciate the truth behind those words. The journey to becoming a nurse has been a transformative one for me and it taught me invaluable lessons in patience, discipline, and compassion by treating patients as if they were my own family.

During my nursing education, I began to see the immense value of nurses as a critical pillar in healthcare and the significant amount of work they put in for patients' comfort, well-being, and health. Whether locally, regionally, or internationally, the contribution of nurses to the community cannot be overstated. I participated in voluntary work in Bahrain and Vietnam during my college years, and I encourage future nurses to do so as well. Volunteering as a nurse has allowed me to broaden my horizons and gain a deeper understanding of the communities' healthcare needs.

Now, as a registered nurse, I want to encourage fellow nurses and nursing students to believe in themselves and their abilities. We hold immense power and have the potential to make a positive impact on the world. Let us keep learning, growing, and pushing forward to achieve our goals.

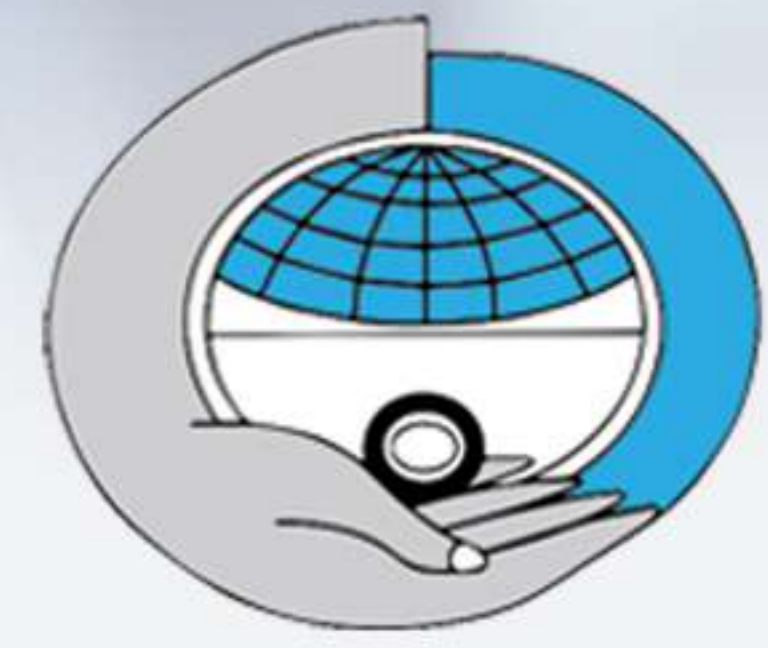
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Zainab Jaafar Alderazi
Nurse Graduate – RCSI-MUB

COMING SOON



جمعية التمريض والقبالة البحرينية
Bahrain Nursing and Midwifery Society

Workshop

“Innovative Leadership Practice”

One of the challenges facing nursing and midwifery in many countries, including Bahrain, is nursing leadership and promotion of supportive leadership approaches to create a positive practice environment, improve the quality of care and ensure patient safety. Therefore, the Bahrain Nursing and Midwifery Society is organizing a workshop.

The workshop title is **“Innovative Leadership Practice: Its Meaning, Characteristics, and Benefits for Nurse Leaders”**. The workshop aims to introduce the concept of innovation leadership and how it can be applied to create an innovative nursing work environment and drive excellence in providing nursing and midwifery care. The workshop objectives are:

- Present the regional and global initiatives to strengthen nursing and midwifery.
- Identify the characteristics of innovation leadership.
- Discuss ways to create an innovative nursing work environment.
- Explore the quality and excellence models driving innovation.
- Present nursing leadership challenges to innovation in Bahrain.
- Discuss strategies to address challenges to innovation and opportunities in Bahrain.
- Present success stories in nursing services and education in Bahrain through innovative leadership.
- Present key strategies and actions to strengthen nursing and midwifery in the Arab region.

The target group will be nurse managers, practising nurses, midwives from hospitals and primary health care centres, and educators from the public and private sectors.

The main facilitators and speakers are Dr. Fatima Rifai from the UAE and Dr. Fariba Al-Darazi from Bahrain; both are pioneers in nursing leadership and building a culture of nursing excellence around the region. Other speakers will contribute by presenting their expertise in leadership in education and services. The dates for this workshop will be announced soon.

BNMS at Abu Dhabi Conference.

Bahrain Nursing and Midwifery Society took active part in the Second International Conference on Nursing, Midwifery and Allied Medical Professions held in Abu Dhabi National Exhibition Centre from 9th to 11th November 2023. The conference, organized by Burjeel Holding Company, includes a group of keynote speakers, plenary sessions, panel discussions, workshops, interactive presentations on the platform, and a poster exhibition. Ten Members of Bahrain Nursing and Midwifery Society participated in the conference and eight members presented research papers and shared panel discussions, including Dr. Fariba al Darazi, Dr. Naeema Al Qaseer, Dr. Jameela Mukhaimer, MS. Amina Matoq and Ms. Maryam Yaqoob the faculty from School of Nursing and Midwifery at RCSI-MUB.



Dr. Jameela Mukhaimer

The BNMS at the 1st Gulf Healthcare & Sport Congress



Bahrain Nursing and Midwifery Society (BNMS) nominated ten of her members to attend the 1st Gulf Healthcare & Sport Congress which was held on November 9th -10th, 2023 at the Diplomat Radisson Blu Hotel Manama, Bahrain

The congress was organized by the College of Health and Sport Sciences in partnership with Education Plus. It aimed to promote knowledge exchange and share successful experiences from different countries in the field of healthcare and sport sciences.

The scientific program included presentations of scientific papers and panel discussions about different topics related to healthcare including nursing, Pharmacology, laboratory, physiotherapy and rehabilitation.

The Membership and Resource Development Committee, participated in the congress by teaching and encouraging the participant to perform cardiopulmonary resuscitation in order to enhance the skills and capabilities of nurses and other health care professionals. Moreover, the committee intended to attract Nurses membership from different health care sectors.



Mrs. Mahbooba Zainal
Mrs. Mona Bucherry

BNMS at Doha Conference

Sixteen members from Bahrain Nursing and Midwifery Society attended the 3rd Arab Nurses and Midwives Conference was held on November 17th and 18th, 2023 at the Westin Doha Hotel in Doha, Qatar.

This conference was organized by Hamad Medical Corporation (HMC) and focused on the collective impact of nurses and midwives in shaping global healthcare and building a better future. It included poster and research presentations, panel discussions, and professional development workshops.

Dr. Fariba Al Darazi, Nursing and Health Workforce Development Consultant was the keynote speaker, her paper titled '**Shaping a Resilient Future in Global Health**'.

The BNMS participation in these conferences is intended to promote a sense of community and collaboration between nurses and midwives across the GCC and the Arab countries.



Layla Mahdi
Msc, BSc, RN, Neonatal Nurse
Specialist

The 1st Arab Resuscitation Council Scientific Conference

The Bahrain Nursing and Midwifery Society (BNMS) received an invitation to attend the 1st Arab Resuscitation Council Scientific Conference, held in Dubai, United Arab Emirates, from 24th to 26th November 2023, with the theme "**For Life, We Meet**".



The primary focus of the conference was to discuss ways of preventing and reducing out-of-hospital cardiac arrest, promoting Samaritan law, and implementing high-performance CPR with ongoing training. The conference also provided an excellent opportunity for decision-makers, healthcare providers, researchers, and practitioners to network, exchange knowledge, and explore innovative educational techniques. It is worth mentioning that BNMS is a member of the Arab Resuscitation Council.

Shafeeqa Hasan
MSc, BSc, RN

ICN New Logo



The International Council of Nurses updated its visual identity in July 2023 through a fresh new logo. The logo reflects commitment and continuity to evolve and better serve the global nursing community. The logo is a modern interpretation of the ICN heritage and values, it conveys energy, creativity, and passion of the profession.

This new branding will help to communicate more effectively with nurses around the world, it will help strengthen ICN's position of influence as a global voice of nursing.

The new logo maintains the essential elements of the 1999 version, but in a new and modernized version. It incorporates the following meanings:

The Flame, which represents Nightingale's leading light and the tradition and heritage of nursing. The Globe, which represent ICN's international reach and inclusion of people around the world.

The Base, whose shape is reminiscent of Florence Nightingale's lamp, but also, together with the globe, represents a human form, this can be seen as both the figure of a nurse leading the way and each person at the center of health care, being served by nurses across the globe.

Announcement International Nurses Day



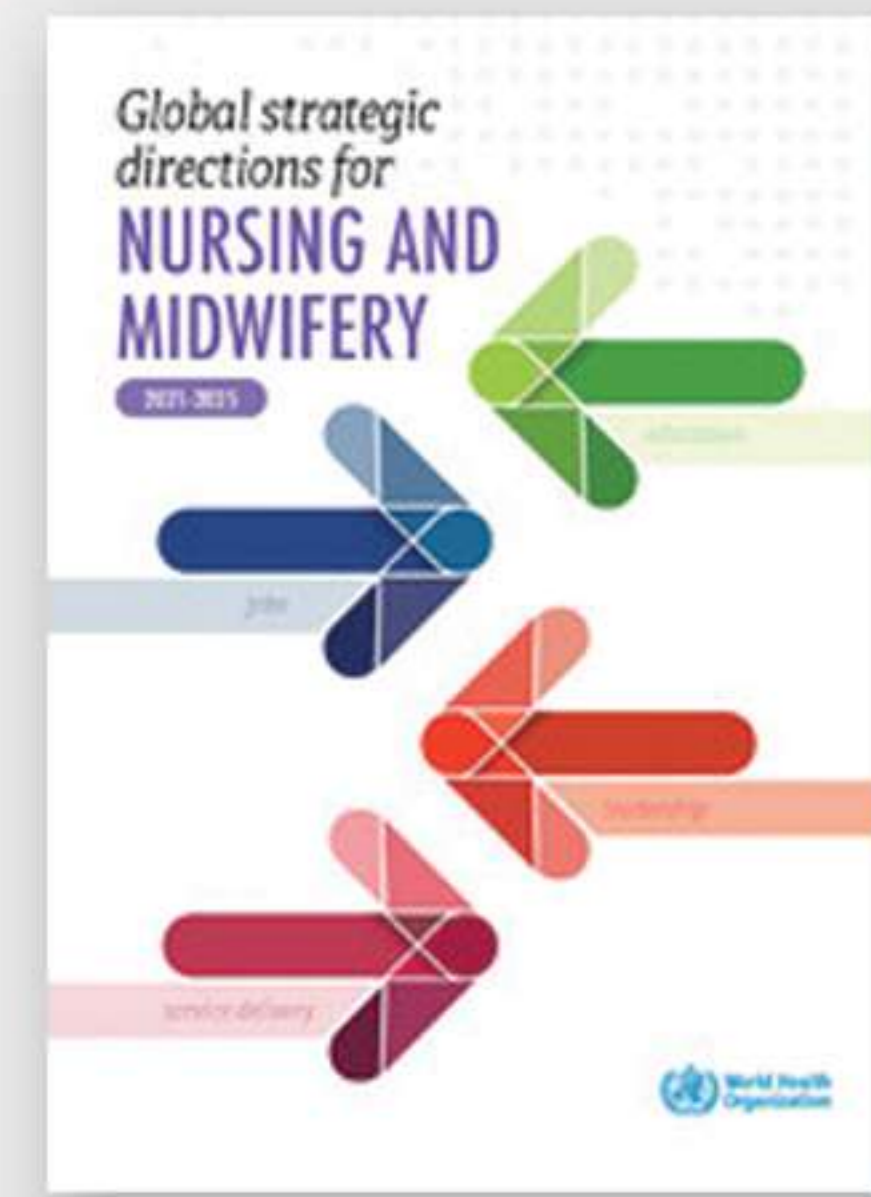
**OUR NURSES.
OUR FUTURE.**
International Council of Nurses
The economic power of care

IND is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

Our Nurses. Our Future. The economic power of care.

Despite being the backbone of health care, nursing often faces financial constraints and societal undervaluation. IND 2024 aims to reshape perceptions, demonstrating how strategic investment in nursing can bring considerable economic and societal benefits.

Read These Publications



Global Strategic Directions of Nursing and Midwifery 2021-2025.



Scan Code

The WHO Global Strategic Directions for Nursing and Midwifery 2021–2025 presents evidence-based practices and an interrelated set of policy priorities that can help countries ensure that midwives and nurses optimally contribute to achieving universal health coverage and other population health goals.
Publisher - World Health Organization, 2021

The Global Voice of Nursing: A history of the International Council of Nurses from 1899 to 2022



By Lindsey Williamson (Author)



Scan Code

Written by ICN's Senior Communications Advisor, Lindsey Williamson, the book chronicles the work of the organisation from its origins in the women's movement of the later 19th Century, through the turmoil of the Great Depression, the World Wars of the 20th Century, up to the rapidly changing health care scene of the late 20th and early centuries, including the COVID-19 pandemic and its aftermath ...



Global Patient Safety Action Plan 2021-2030 Towards Eliminating Avoidable Harm in Health Care

By World Health Organization · 2021



Scan Code

This global action plan was adopted by Seventy-Fourth World Health Assembly in 2021 with a vision of “a world in which no one is harmed in health care, and every patient receives safe and respectful care, every time, everywhere”. The purpose of the action plan is to provide strategic direction for all stakeholders for eliminating avoidable harm in health care and improving patient safety in different practice domains through policy actions on safety and quality of health services, as well as for implementation of recommendations at the point of care. The action plan provides a framework for countries to develop their respective national action plans on patient safety, as well to align existing strategic instruments for improving patient safety in all clinical and health-related programmes.

The BNMS Website

Creating the Bahrain Nursing and Midwifery Society (BNMS) website was one of the objectives of the society in 2022. This platform aims to provide up to date information about the BNMS projects and activities. It also aims to be a reference for the history of Nursing and Midwifery in Bahrain. In addition, the website will share and announce all the professional and community activities that are organized by the BNMS. Furthermore, it can help nurses and midwives to be active members of their society and encourage collaboration and partnership with the GCC, the regional and international nursing and midwifery societies and associations.

The website task force team was established in 2022, the members include Dr. Jameela Mukhaimer, Mr. Marwan Al Dheeb, Mrs. Maha AlMaarij, and Mrs. Sharifa Hassan. The skeleton of the website was developed and discussed by the team and was approved by the board of the society.

The next step was to collect and organize the verified data. This work was done by Mrs. Layla Mahdi who coordinated the work between the contracted web design company and the society. This was achieved by frequent meetings with the company to follow up and update the work.

The contents of the platform will include:

About the BNMS: Mission, Vision, Values, Objectives, Constitution.

History: of Nursing and Midwifery in Bahrain and History of BNMS.

Board members: the President and Board members

Membership: benefits, responsibilities, fees, statistics, become a member/renew, and suspension of membership.

Events and Activities: Professional Events such as Conferences, Seminars, Webinars, Workshops, Campaigns, and Community events.

BNMS Committees: names and their terms of reference.

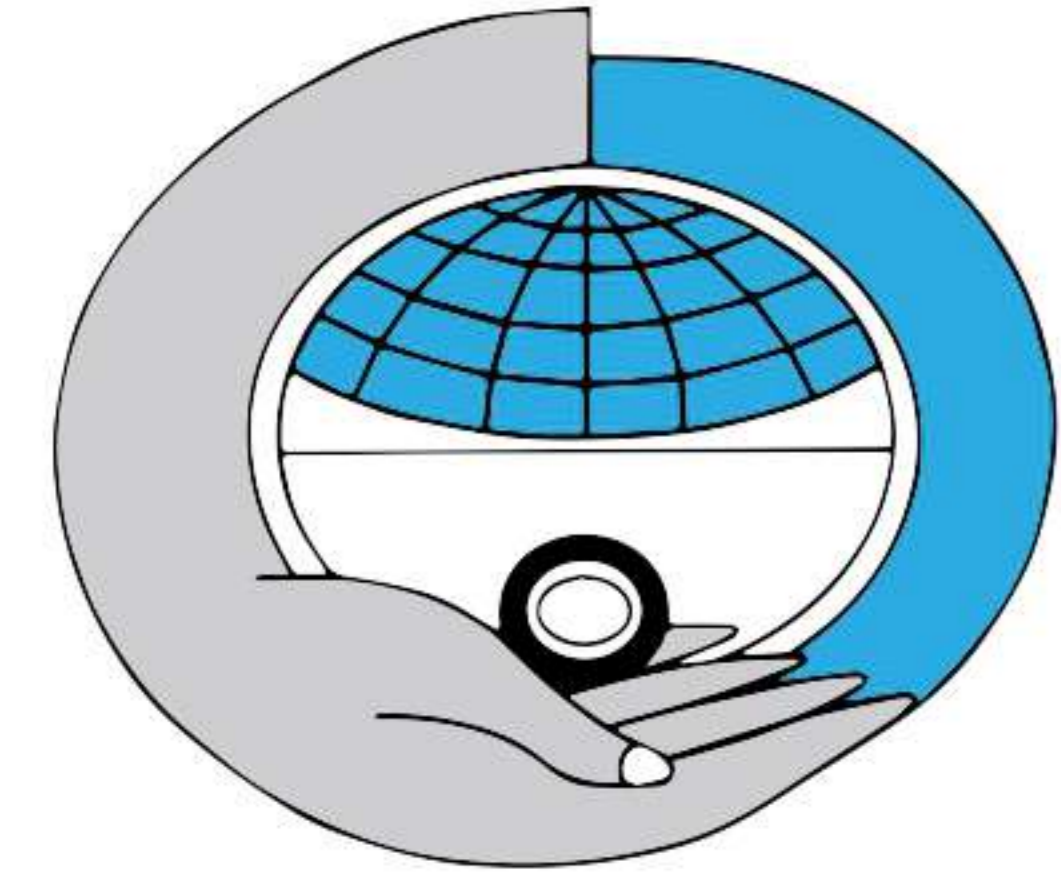
Publications: visual and written publications such as BNMS Newsletters, books, reports, and documentary films.

News & updates: news and announcements from nurses and midwives.

Establishing a website for Bahrain Nursing and Midwifery Society is a great achievement for the society and it is accomplished by the positive contributions of its members. The BNMS website is expected to be launched soon.



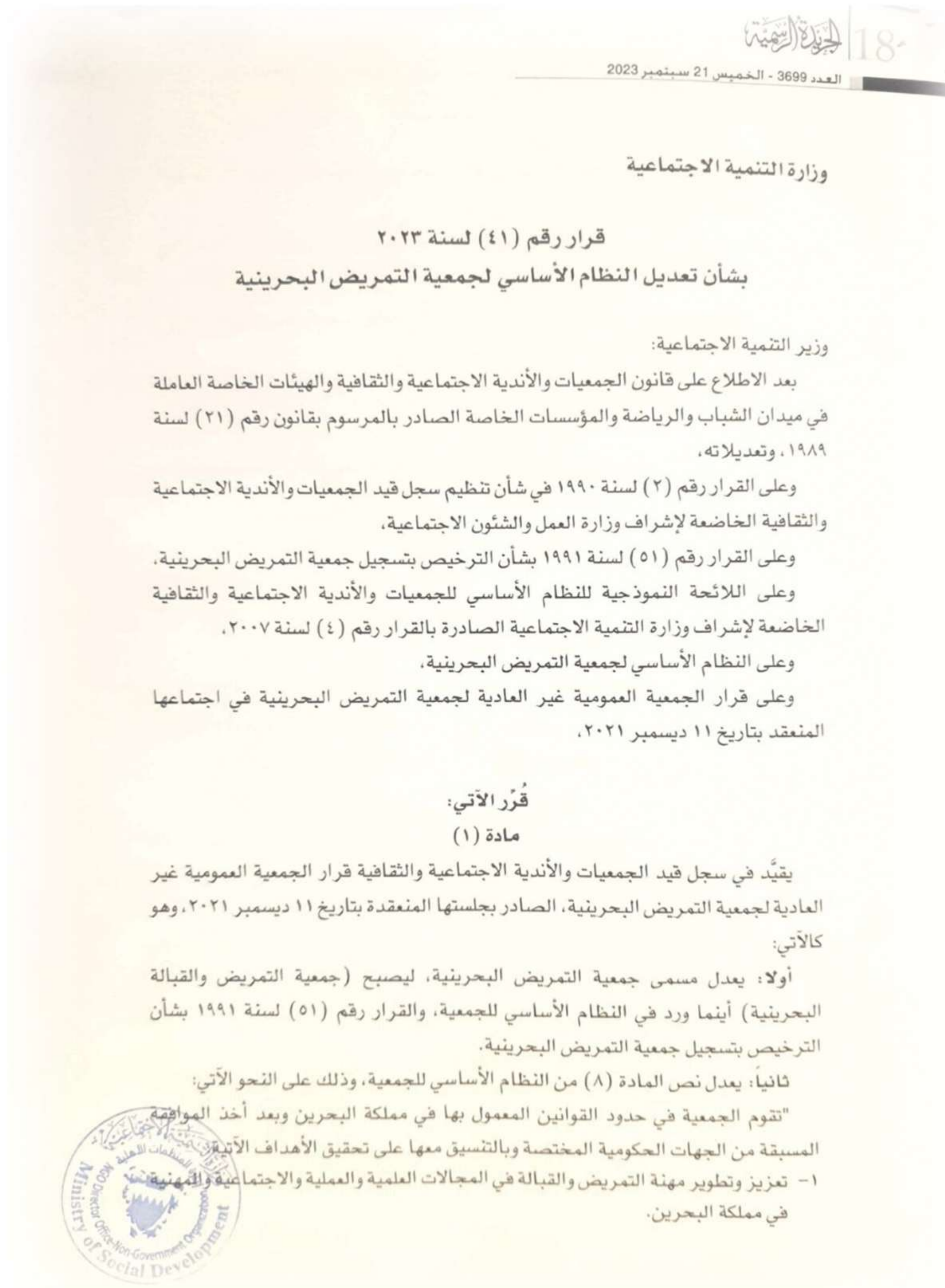
Announcements



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Bahrain Nursing and Midwifery Society

Following the approval of the Ministry of Social Development, the name of our nursing society is changed to **Bahrain Nursing and Midwifery Society**.

We like to congratulate all member nurses and midwives as we become one United professional society.



BNMS New Headquarter



The Bahraini Nursing and Midwifery Society is excited to announce that the new headquarter is now a reality. The BNMS is relocated to a new headquarter in the Tubli area, alongside the Service Street. A newly built flat that has a large hall occupying several office spaces, a sofa set seating area, and a 10-seater meeting area. There is a storeroom, kitchen, and rest room. The BNMS is proud to say that through this new location, its functions including meetings will be facilitated.



The address is: **Building number 075, road 011, block 0711, flat 33. Tubli area.**

The BNMS Conference Proceeding



This proceeding is dedicated to publishing the findings of the 1st Bahrain Nursing Society's International Nursing & Midwifery Conference held on 21st to the 23rd of December 2022 in the Kingdom of Bahrain. The theme was **Nurses a Voice to Lead - Invest in Nursing & Midwifery to Secure Global Health**. It includes the contributions made by researchers, nurse clinicians, educators, and practitioners at the conference. It is a written record of the work that is presented to hundreds of nurses and midwives during the three days.

This proceeding can be considered a dissemination route and a safe keeping of the outstanding abstracts presented at the conference. We are delighted to present this proceeding as a gift to all distinguished participants who made our conference a success.

Batool Al Mohandis
The Proceeding Publication Coordinator.

The Editorial Team



Batool Al Mohandis

Chief editor & the founding member of BNMS Newsletter
RGN, D. Edu., BSc, MN, FFN&M



Shafeeqa Hasan

RN, M.Sc. in nursing , MBA



Maha Almaarej

Bsc, Pg. dip. in clinical research



Sharifa Hasan

The Newsletter Designer, Bsc



Fatema Ateya

MSc, BSc Nursing, Critical Care Nurse



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Bahrain Nursing and Midwifery Society



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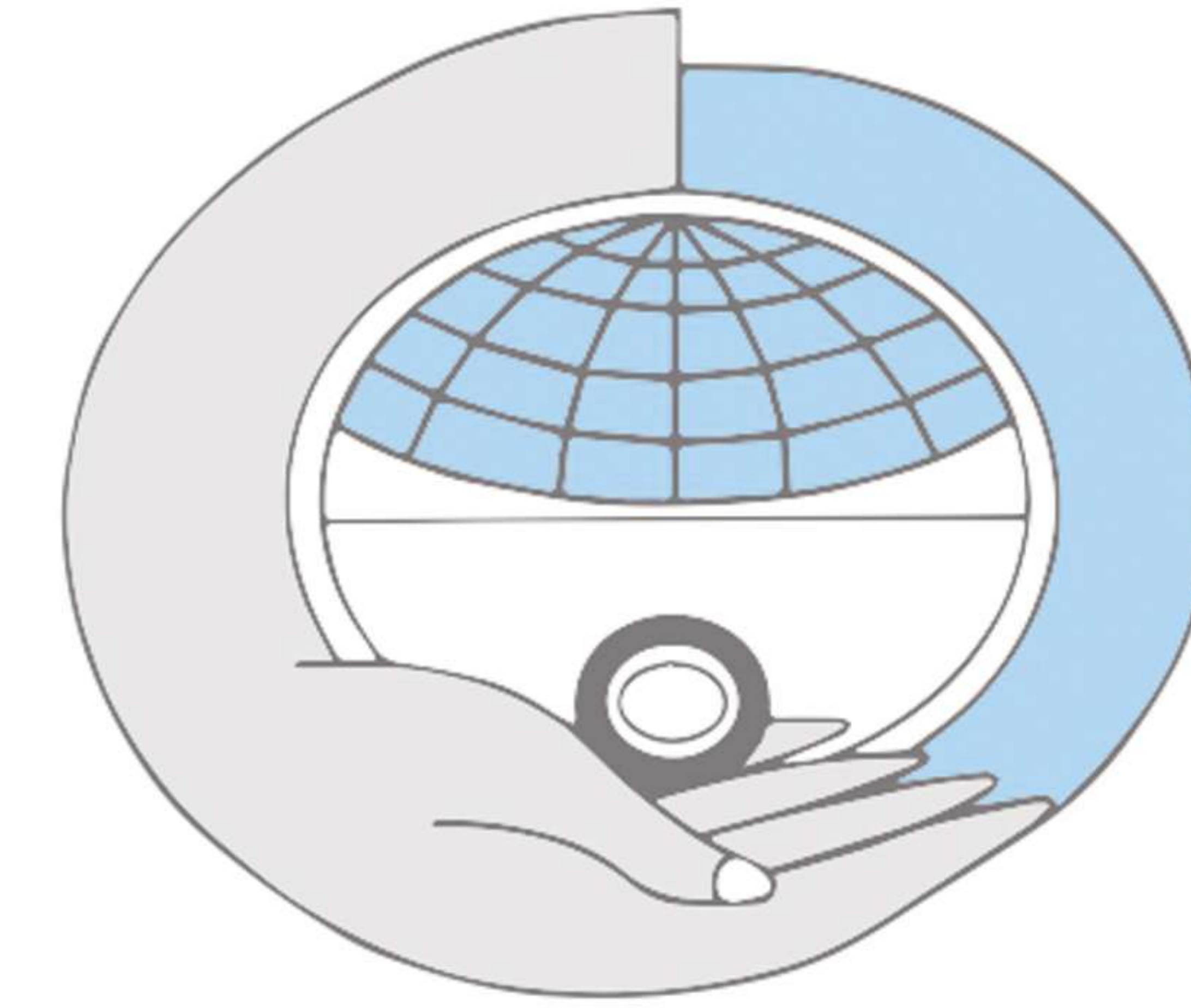


If you have any questions about newsletter, please feel free to contact us:

Shafeeqa Hasan

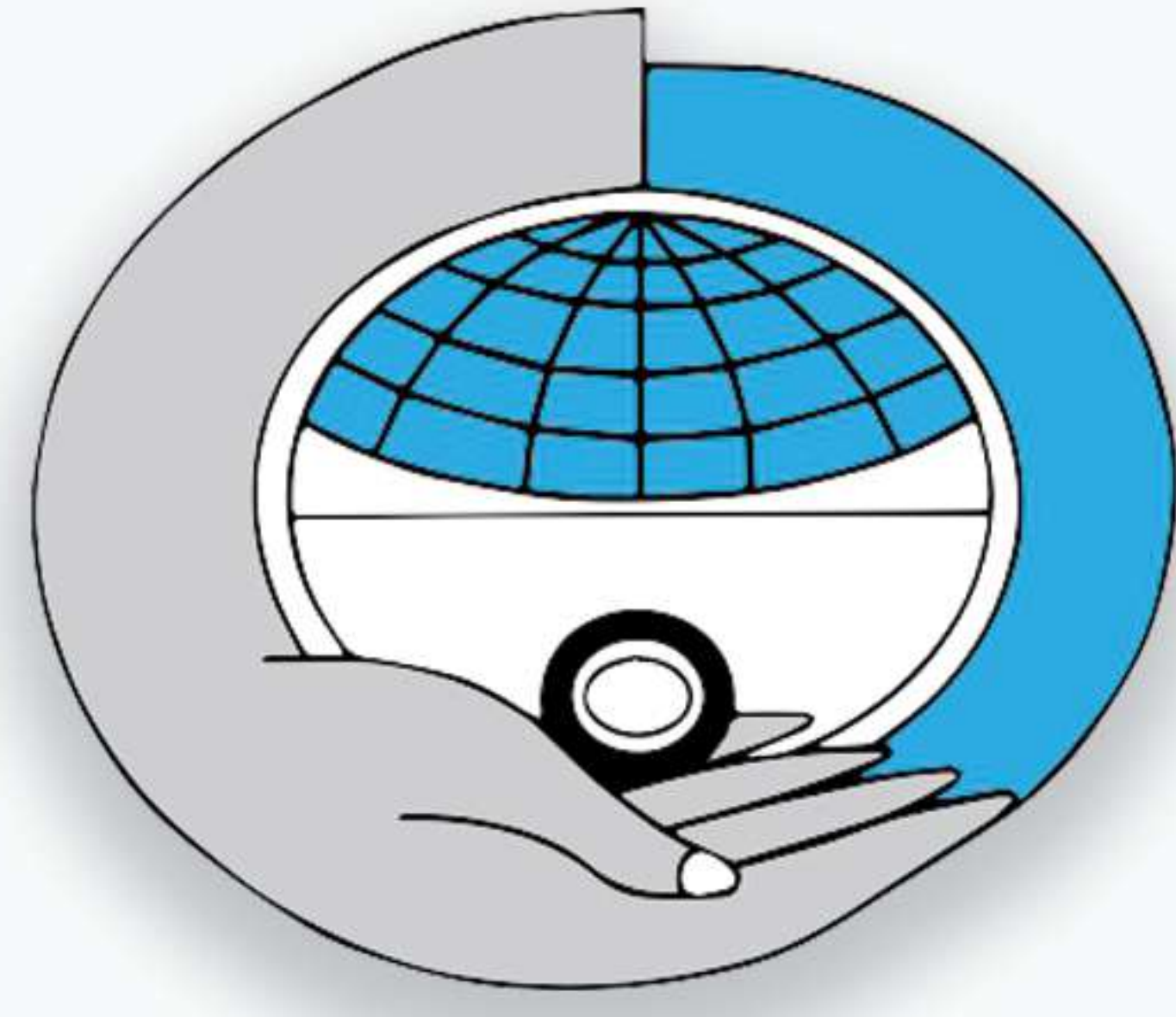
Head of Media and Public Relations

Email: shafeeqayaqoob@gmail.com



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Bahrain Nursing and Midwifery Society



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Bahrain Nursing and Midwifery Society