

NURSING & MIDWIFERY NEWSLETTER



IN THIS ISSUE

- 1 A Nurse Member of the Supreme Council of Health
- 2 ICN Congress - 2025 Helsinki
- 3 The International Nurses Day Seminar - 2024
- 4 Interprofessional Collaboration in Maternity Services
- 5 Nurses as Case Managers (DM)
- 6 BNMS In Local & Regional Conferences

Editorial

Every year on May 12, we celebrate International Nurses Day (IND) to recognize the tireless efforts of nurses, who are the backbone of any healthcare system. This year, the ICN celebrates the day under the theme “Our Nurses, Our Future, the Economic Power of Care” to highlight the economic value of nursing.

Besides being caregivers, our nurses are economic powerhouses. In this issue, we are celebrating the significant contributions of nurses in Bahrain and advocating for their recognition. Our articles include various clinical projects implemented by Bahraini nurses, which have resulted in transformative improvements in healthcare delivery.

These articles will cover a range of topics such as bridging the gap: nursing shortages and their legal-ethical ramifications, the use of play therapy during self-care teaching for children and adolescents with type 1 diabetes mellitus, application of VIT elation-associated pneumonia prevention bundle in ICU Bahrain, journey into professional wet cupping therapy, commitments to community service, interprofessional collaboration in maternity services, the economic power of early detection program at PHC in nursing care, vaping and its challenge to public health, a glimpse from the past “ICU Care of Tetanus Newborns”, ICN Congress-2025, the BNMS IND seminar, the nomination of Dr. Fariba AlDurazi and Ms. Sumaya Hussain, reflection from a nursing student, BNMS webinar about the Human Papillomavirus (HPV) vaccination, and BNMS collaboration and partnership.

We hope these articles will inspire you to recognize the economic power of the care that nurses provide. As a result, we hope you will work hard to achieve sustainable goals that meet the needs of the population while reducing reliance on hospital care. We are inviting you to share your success with the BNMS newsletter.



Our Newsletter No. 10

It is with great pride and sincere privilege that I am writing this brief message to present the 10th edition of the Bahrain Nursing and Midwifery Newsletter. A quarterly published both online and in paper format.

This edition embodies excellent number of articles from clinical nurses on varied nursing specialty matters. We are certain that this edition will leave a positive impression in the mind of all readers. In the last edition, we have announced our aim to establish **Bahrain Nursing and Midwifery Scientific Journal (BNMSJ)**, we hope to formulate a taskforce in the future to begin the processes for the creation of our scientific nursing Journal.

On behalf of the editorial team, and the authors of all the articles, accept our sincere appreciation for the dedication and commitment towards sharing information and disseminating new nursing and midwifery initiatives. As we stated before, we value each one of the valuable articles, and please keep the flow of the outstanding work.



Batool Al Mohandis RGN, D. Edu., BSc, MN, FPN&M
Chief editor & the founding member of BNMS Newsletter

Contents

	Page No.
Presidents' Welcome Note	P 2
BNMS Collaboration & Partnership	P 4
Reflection on the International Nurses Day Seminar - 2024	P 7
BNMS In Local & Regional Conference	P 9
Baby Blues vs. Postpartum Depression	P 14
Nurses as Case Managers...	P 16
Journey into Professional Wet Cupping Therapy	P 18
Bahraini Nurses Launch an Infection Control Guide	P 19
A Glimpse from the Past	P 22
From Aspiration to Impact	P 24



Shafeeqa Hasan Yaqoob
Head of Media and Public Relations Committee

Presidents' Welcome Note

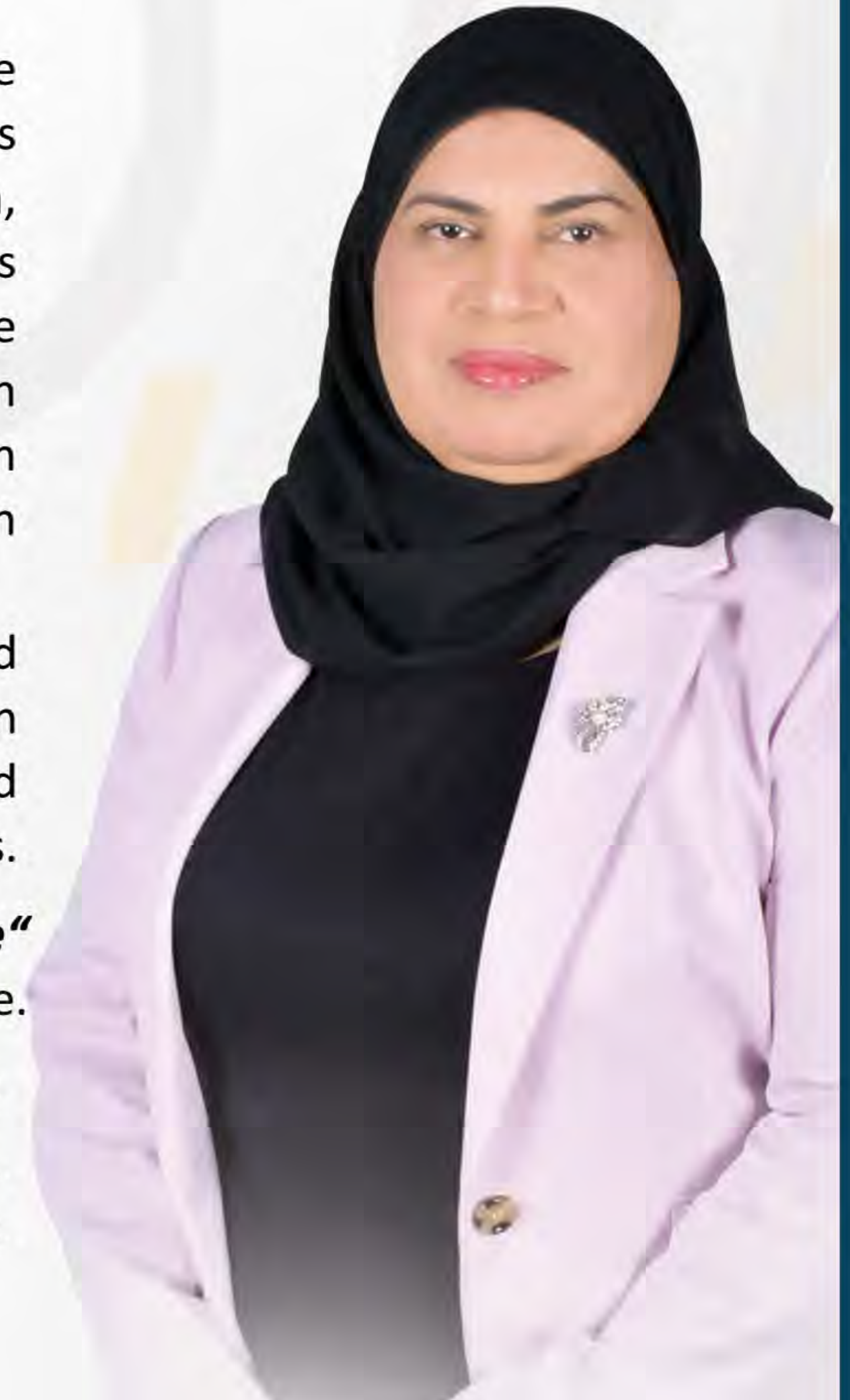
Dear nurses, midwives, nursing students and community members, we celebrated the International Nurse's Day on 12th of May. On this special day, I congratulate all nurses around the world and extend our sincere thanks and gratitude to our nurses in Bahrain, who exert all their energies, efforts and sacrifices to provide a quality care to all members of Bahrain society. We are celebrating International Nurse's Day this year with the recognition by His Royal Highness the Crown Prince and Prime Minister Prince Salman Bin Hamad Al-Khalifa, at the weekly Ministers Cabinet meeting as he addresses Bahrain nurses and acknowledges their role in maintaining quality healthcare services for Bahrain community.

This recognition by the highest leadership in Bahrain reflects the importance of nurses and midwives to secure health services, thus open the door for development of the profession in the cabinet agenda. There is a national concern regarding the shortage of nurses and midwives in Bahrain, which makes it a priority for increasing the number of Bahraini nurses.

The ICN theme of this year is **"Our Nurses Our future, the Economic Power of Care"** this reflect the economic cost of nursing services, and maintaining sustainable workforce.

The health organizations challenges are to maintain adequate number of Nurses and Midwives to secure health services and maintain the economic growth, this needs collaboration of Nursing and Midwifery workforce for planning and developing strategies to insure the sustainable resources.

In Bahrain we work toward developing these strategies in collaboration with concerned stakeholders, while emphasis the BNMS members role in maintaining adequate workforce.



Dr. Jameela Jassim Mukhaimer

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

A Nurse Member of the Supreme Council of Health



Dr. Fariba Al Darazi

Congratulations to Dr Fariba Al Darazi on her new appointment as a Supreme Council of Health (SCH) member in the Kingdom of Bahrain. Dr. Al-Darazi served on the Council a few years ago. This is not just a personal achievement, but a significant milestone for us, the nurses and midwives. It signifies the presence of a pioneer leader at the highest level of Bahrain's health system, inspiring us all to strive for excellence.

It's even more special that her appointment coincided with the International Nurses Day celebration in May 2024. Bravo, dear Dr. Fariba. You always make us proud.

We are delighted to announce Ms Sumaya Hussain Abdul Rahman's appointment to the newly established Quality and Clinical Standards Committee at SCH. Congratulations Ms Sumaya. Also, we would like to take a moment to acknowledge the significant contributions of Ms Badriya Al Kuwaiti, the first nurse member of the Supreme Council when it was established, and later Dr Leena Khonji. We are truly grateful for your service.

ICN Global Partners Meeting on Nursing and Midwifery



Bahrain Nursing and Midwifery Society participated in the International Council of Nursing Global Partners meeting that was held during the World Health Organization (WHO) General Assembly meeting in Geneva- Switzerland on 24th to 25th of May 2024. The participation was opened for in person and virtual attendance, the BNMS President Dr. Jameela Mukhaimer and the Vice President Mahbobah Zainal has attended the two days meeting virtually.

The meeting discusses the global health challenges and the health workforce to meet them, and the progress and implementation of global strategies direction for nursing and midwifery 2021-2025. Additionally, the data requirement for health workforce solutions to achieve global health goals and targets was included. Various concerns were discussed as data availability and considerations for the followings; equity, access and availability of nurses and midwives through the lenses of international mobility and migration, small island developing states, and advanced practice of nurses and midwives. Providing essential public health functions, including Emergency Preparedness and Response, and Preserving Mental Health; Governance and Policy Leadership; and Data Availability for Policy, Planning, and reporting was also part of the discussion.

Recommendation was made through focusing on **Major milestones and leadership** opportunities for nursing and midwifery leaders was proposed, while the WHO Executive Board and decisions regarding the agenda for the 78th World Health Assembly and the anticipated governance action for 2021-2025 was recommended.

ICN Congress 2025 Helsinki



We are delighted as the BNMS to announce the 30th ICN Congress to be held in Helsinki, Finland, 9-13 June 2025. This prestigious international gathering of thousands of nurses and midwives will be under the theme: Nursing Power to Change the World.

The congress will be a platform for disseminating knowledge, experiences and innovations in the fields of nursing. It will provide huge opportunities to build partnerships and professional relationships. We the nurses from Bahrain will participate and ensure our presence in this global event.

To complement the participation in the congress, we will experience the magic and wonderful scenery of Finland. So, dear Bahraini nurses, let us send our abstracts to complement global papers and showcase our contribution to the world of health knowledge.

BNMS Collaboration & Partnership Meeting with KHAMH



In an effort by the BNMS to extend cooperation with health institutions, a visit was made to King Hamad American Mission Hospital on 4th May 2024. Dr. Jameela Mukhaimer, President of the Society, Mrs. Muna Bucheery and Mrs. Layla Saleh, Board Members, attended the meeting. Dr. Cherian George, CEO of the Hospital, and Mrs. Elize de Bod, Head of Nursing, also attended.

Dr. Jameela highlighted BNMS's role in improving nursing services in Bahrain through educational and training courses for nurses. She expressed her aspiration to enhance cooperation opportunities.

Dr. George welcomed the cooperation and praised the society's efforts. At the end, the president of BNMS expressed her appreciation to the Hospital administration for building bridges of cooperation.

BNMS Meeting with Tamkeen

The BNMS visited the Tamkeen Foundation to discuss cooperation. Dr. Jameela presented a report on improving nursing services in Bahrain through education and training. She expressed interest in collaborating with Tamkeen.

The meeting was attended by Society President Dr. Jameela Mukhaimer, Board Members, Ms. Mahbooba Zainal, Ms. Muna Bucheery, and Ms. Hameeda Abdulwahab, and representatives from Tamkeen, Dr. Sayed Mohamed Al-Qassab, Director of Business Sections and Mr. Hamad Taher the Director of Projects and Government Initiatives.



Dr. Mohamed welcomed the collaboration and praised the society's efforts to enhance health services. Dr. Jameela thanked the Tamkeen Foundation for supporting Bahrain's health system and expressed sincere appreciation for their tireless efforts.

BNMS Meeting with Public Health



BNMS has praised the positive outcomes of their visit to the Public Health Directorate and underscored the importance of discussing ways of collaboration in health promotion to enhance the health of individuals and the community by planning to conjoin in some of the activities and events.

The visit parties have highlighted their roles, responsibilities, achievements and future activity plans in enhancing bilateral collaboration. The meeting was attended by Board members Ms. Eman AlJahmi and Mrs. Muna Bucheeri.

From the Public Health Directorate, Dr. Buthaina Ajlan, Chief of the Nutrition Section; Dr. Ameera Alnooh, Head of the Noncommunicable Diseases Unit; Dr. Kawther Aleid, Head of the Antismoking and Tobacco Group and Dr. Fajer Alammadi, were in attendance.

A Nurse Earns A Prestigious Academic Title

In an interview, Batool Al Mohandis asked Prof. Hussain Nasaif about his recent promotion to Associate Professor which is a significant achievement in an academic career. Here are his responses to the questions presented to him:

1. What are the prerequisites to earning this prestigious academic title?

The prerequisites for becoming an associate professor typically include:

- **Academic Qualifications:** A doctoral degree (PhD) in nursing or a related field.
- **Teaching Experience:** Several years of successful teaching at the undergraduate or graduate level.
- **Research and Publications:** A strong record of scholarly research, including publications in reputable, peer-reviewed journals.
- **Service to the Institution:** Contributions to the university through committee work, program development, and other service activities.
- **Professional Development:** Continued growth in the field through attending conferences, workshops, and obtaining certifications.
- **External Recognition:** Positive evaluations and recommendations from peers, both within and outside the institution.

2. Who honoured you with this academic title?

The decision is usually made by a promotion committee at RCSI Dublin comprising senior faculty members from all RCSI campuses, based on a thorough review of the candidate's qualifications, contributions, and achievements.

3. What do you say to your colleagues who aspire to get this title?

To colleagues aspiring to become associate professors, I would say:

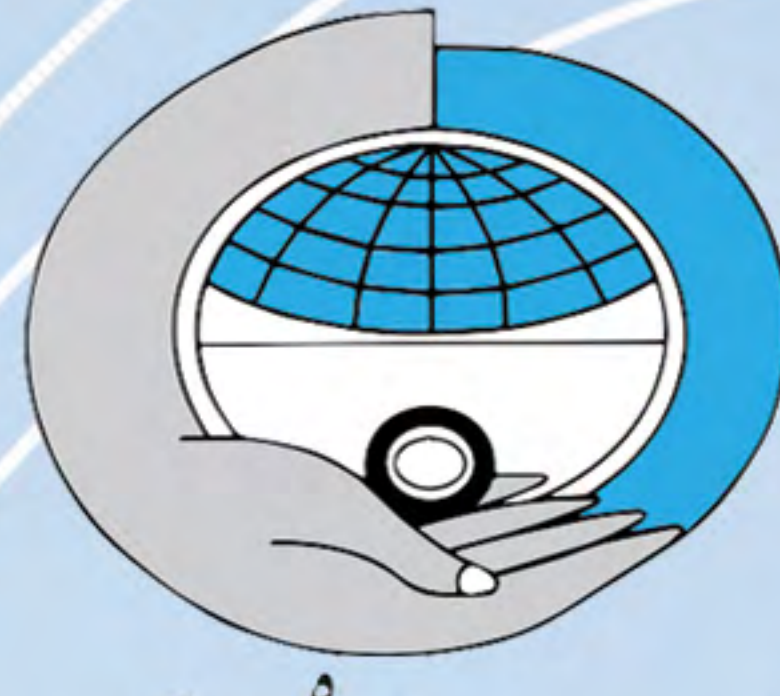
- **Stay Committed:** Dedication to your teaching, research, and service responsibilities is crucial.
- **Pursue Excellence:** Strive for excellence in all aspects of your work. Publish high-quality research and continuously improve your teaching methods.
- **Seek Mentorship:** Find mentors who can guide you through the promotion process and provide valuable feedback on your work.
- **Network:** Build professional relationships within and outside your institution. Collaborate on research projects and attend academic conferences.
- **Be Persistent:** The path to promotion can be challenging, but persistence and resilience are key. Learn from setbacks and continue to push forward.

4. How does it feel to become a professor in nursing?

Becoming a professor in nursing is a deeply rewarding experience. It feels like the culmination of years of hard work, dedication, and passion for the field. It is an honour to be recognized for one's contributions to nursing education, research, and practice. This title also comes with a sense of responsibility to continue advancing the profession, mentoring the next generation of nurses, and making a positive impact on healthcare.



Prof. Hussain Nasaif
 RN, BSc, MSN, CANP, FFNMRCSI,
 Doctor of Nursing Practice
 Director of BSc (Hons) Nursing Programme, RCSI Bahrain



جَمْعِيَّةُ التَّمْرِیْضِ وَالْقِبَالَةِ الْبَحْرَیْنِیَّة

Bahrain Nursing and Midwifery Society

12th May 2024 International Nurses' Day

On International Nurses Day, we express our gratitude to the hardworking nursing staff and midwives for their utmost dedication in serving humankind.

Their relentless dedication is preserving valuable lives, bolstering our healthcare system, and ensuring the well-being of all.





Reflection on The International Nurses Day Seminar - 2024



With great pleasure, the Bahrain Nursing and Midwifery Society hosted a Joint National Event for the International Nursing Day 2024 celebration with partnership and collaboration of all health institutions in Bahrain, including Governmental Hospitals, Primary Health Care Centres, Awali Hospital, and Ibn Al Nafees Hospital.

The aim as stated by the BNMS was: **To reshape perceptions and demonstrate how strategic investment in nursing & midwifery can bring considerable economic and societal benefits.**

The seminar was held on Saturday the 18th of May 2024. The theme & logo was shared by the ICN:

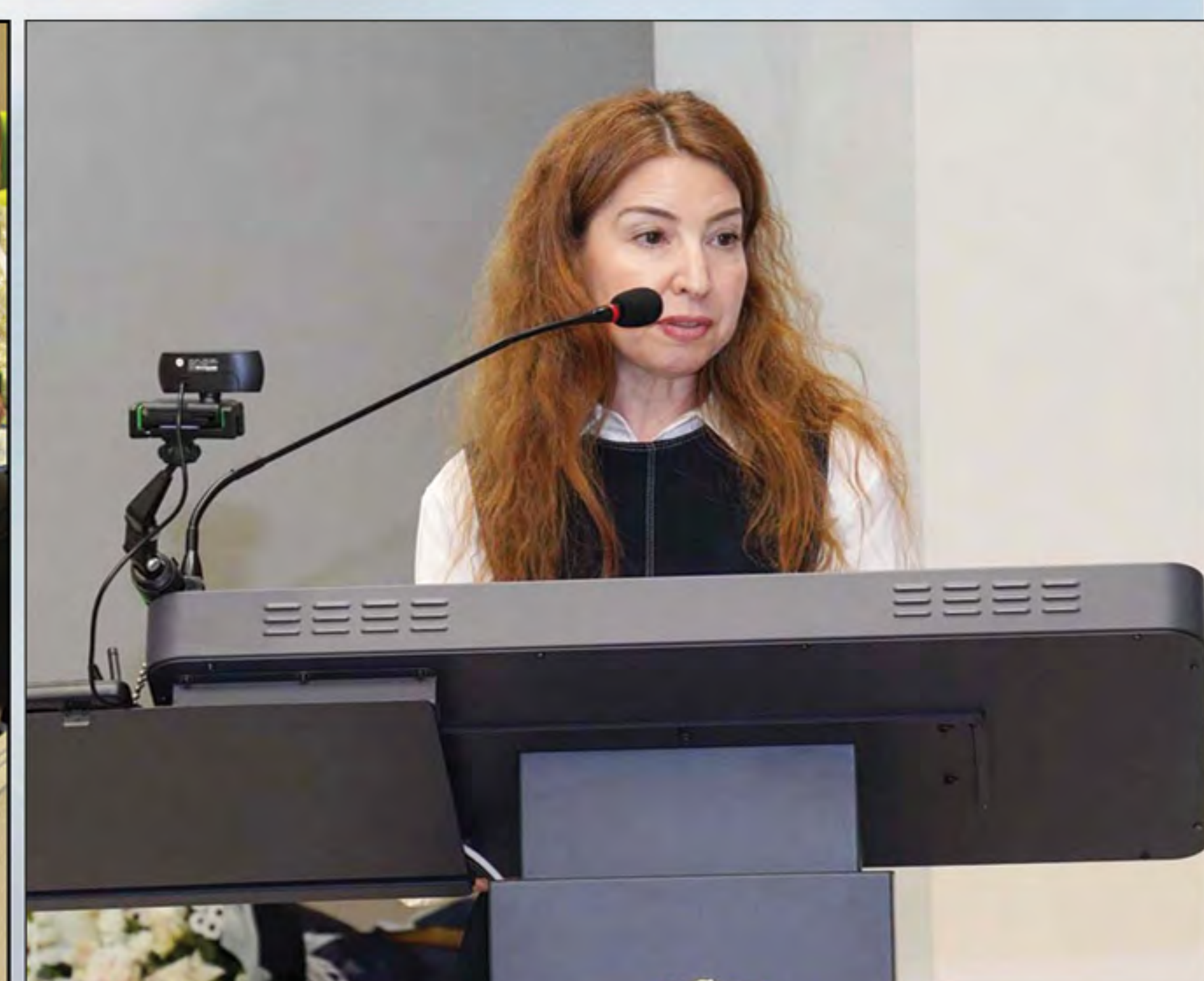


A grand opening ceremony was held beginning with speeches from HE Dr. Lulwa Showaiter the Undersecretary of MOH, followed by an inspiring speech from the President of BNMS Dr. Jameela Mukhaimer, then by the host of the event, Dr. George Cheriyan speech, the CEO of King Hamad American Mission Hospital. Last a motivating speech by Mrs. Myrna Traboulssi the Head of Nursing at Awali Hospital

The program included a plenary session including five main speakers, nurses, physicians, and senior manager from Tamkeen. These were HE Ms. Fatima Abdul Wahid, Dr Raja Al Yuosif, Dr Haifa Aljassim, Dr. Leena Khonji, and Dr. Sayed Mohammad Al Qasab. Set of debatable and controversial panel questions were drafted by the session moderated, Batool Al Mohandis. These focused on the economy of health, its challenges and reform.

The seminar also invited six clinical nurses from different health sectors in Bahrain. They presented their inspiring clinical projects that had a positive impact on health economy.

The seminar was attended by nearly 200 nurses from all health sectors in Bahrain. The seminar evaluation indicated an excellent overall rating. NHRA awarded all participants with 6 CME hours.



BNMS In Local & Regional Conferences



RMS IND Forum

The Royal Medical Services (RMS) invited members of the Bahrain Nursing and Midwifery Society (BNMS) to join the celebration of International Nurses Day at the Crown Prince Center for Medical Training and Research on May 11th, 2024. During the event, they presented scientific papers highlighting the relationship between nursing and the economy and the importance of investing in nursing personnel.

Dr. Jameela Mukhaimer spoke about sustainable nursing and midwifery workforce, while Mrs. Batool Al-Muhandis presented the root cause analysis of the economic and social impact of the health system.



Dr. Leena Khonji discussed global and national nursing workforce challenges, and Mrs. Muna Bucheery shared her experience of Leadership: the art of empowering future nurses. Additionally, Mrs. Eman AlJahmi presented a research paper on preventing facial pressure injuries for healthcare providers adhering to COVID-19 personal protective equipment requirements. Mrs. Fatima Khairallah participated with a paper entitled "The Essential Role of Nurses in Healthcare: From Frontline to Leader."



مستشفى ابن النفيس ش.م.ب (مقولة)
 IBN AL-NAFEES HOSPITAL CO. B.S.C (C)

Participation in the Ibn Al-Nafees Conference



Bahrain Nursing and Midwifery Society (BNMS) participated in the Innovative Medical Practice Conference, on the 9th and 10th of May 2024 at Ibn AlNafees Hospital. In the conference academia, industry leaders, experts, and innovators converged to explore the latest trends and exemplary practices in medical innovation and digital transformation within the healthcare sector. The program included the various sessions, workshops, and activities that were taking place over the two days.

During the conference, there was a nursing session on Human Resources and Clinical Innovation. Dr. Jameela Mukhaimer, the president of BNMS, presented an overview of women's health in the Kingdom of Bahrain. Dr. Fariba AlDurazi spoke about meeting the future health workforce requirements in the Eastern Mediterranean Region as according to the WHO reports by the year 2030 we will face a severe shortage of nurses and midwives, while Dr. Zahra Bader explained the impact of workforce planning on healthcare service innovation. Dr. Rabab Habib discussed the determinants of innovation ambidexterity for healthcare transformation in the Kingdom of Bahrain. Additionally, Mr. Ali Darwish shared his experience with applying innovation in technology through telemedicine and its effect on improving healthcare services.

Mrs. Batool AlMohandis and Mrs. Shafeeqa Hasan conducted a workshop titled "The Code of Conduct & Ethics": Every Doctor and nurses Must Adhere to educate the participants about professional conduct and civil law, and how to distinguish between the two. The facilitators provided examples of ethical dilemmas faced by healthcare providers and discussed methods for resolving them.





Women's Health Conference from May 2nd to 4th, 2024

Ten members of the midwifery Committee at Bahrain Nursing and Midwifery Society had been sponsored by the society and attended the Women Health Conference held on 2nd to 4th of May 2024 at the Radisson Blue Hotel in Bahrain. Dr. Jameela Mukhaimer participated as speaker in this conference. Her topic title was **Evidence-Based Natural Birth**, which was an extensive literature and obstetric guidelines review for maintaining safe and healthy environment for pregnant women and their families during pregnancy and birth.

She explained that Natural physiological birth could be promoted by Six evidence-based care practices these are; avoiding unnecessary medical interventions involving the use of induction of labour, and pharmaceutical agents; performing episiotomy; while providing psychological support; health education; and non-supine positioning during labour can reduce the hormonal effect of anxiety that cause prolong labour.

Prompting newborn rooming and giving the choice for women to have natural birth through birth plan is necessary for safe delivery outcomes. Achieving the best possible physical, emotional, and psychological outcomes for the woman and her baby requires a model of care in which health systems empower all women to access care that focuses on the mother and newborn. Midwives' and obstetricians are the main responsible health team members for achieving these outcomes and maintaining evidence-based practice natural birth, through prenatal care, health education of mother to be and her family.

Mrs. Huda (Head Nurse-Midwife from AL Salam Hospital) had presented the **history of Midwifery services in Bahrain and focused on the midwife shortage**. This is the first women health conference, and we look forward for active participation of midwives with poster and oral presentations of research in the next conference.



Participation in the AL Basrah Conference

The Bahrain Nursing and Midwifery Society (BNMS) attended the third International Scientific Conference on Nursing and Medical Sciences in the Republic of Iraq, at the invitation of the University of Basrah. The conference was held on May 28th and 29th, 2024, with international and local participation from Bahrain, Syria, Algeria, Egypt, Iran, and Kurdistan. Over 100 scientific research papers were presented under the slogan "Nursing is the Cornerstone for Facing Challenges in Developing Healthcare."

At the conference, Dr. Jameela Mukhaimer, President of the BNMS, spoke about the history and development of nursing and midwifery professionals in the Kingdom of Bahrain, and the challenges faced by the profession in practice, academia, and administration. She also participated in a research paper titled **"Digitalization of Nursing Practice and Education; Eastern Mediterranean Region Perspective."**

Education Plus, along with the Society's members also participated in the conference. Nurse Salah Al-Aradi conducted a workshop on trauma management and discussed the basic procedures that nurses should follow.



Nursing Interventions to Mitigate the Risk of Catheter-Associated Urinary Tract Infection (CAUTI)

Many invasive procedures and devices are used in modern healthcare to provide medical care and assist in the recovery of patients. Catheters and ventilators are two main examples.

Infections, known as healthcare-associated infections (HAIs), include bloodstream infections linked to central lines, urinary tract infections (UTIs) linked to catheters, and pneumonia related to ventilators. Since these conditions pose a serious risk to patient safety, healthcare interventions have significant roles to monitor and prevent them.

UTI refers to an infection affecting the kidney, bladder, ureters, or urethra, according to the National Healthcare Safety Network (NHSN), UTIs are the most frequent type of reported HAIs. About 75% of UTIs that are acquired in hospitals are linked to urinary catheters, (CDC, 2015). A study including 99 hospitals under the Ministry of Health (MOH) in Saudi Arabia revealed that the incidence of catheter-associated UTIs (CAUTI) was 1.68 per 1000 urine catheter days (Aldecoa et al, 2022). Catheters should therefore only be used when necessary and should be taken out as soon as they are no longer required.

Nurses play a significant role in preventing hospital-acquired infections. Utilizing a urinary catheter bundle is one of the most important ways that nurses prevent CAUTI. The bundle consists of a collection of evidence-based therapies that, when used together, lower the CAUTI risk and improve patient outcomes, the nursing interventions to care for patients with urinary catheters are by implementing the Components of the urinary catheter bundle which include:

- 1- Avoid unnecessary urinary catheters
- 2- Insert catheter using a strict aseptic technique
- 3- Maintain catheters based on recommended guidelines (daily care)
- 4- Review catheter necessity daily and remove promptly

The primary carers for hospitalized patients are nurses, who evaluate the patient's needs and create the daily care plan. The caregiver at home and in the hospital needs to pay attention to urinary catheter care and management; The catheter needs to be properly secured to prevent accidental movement that could injure the urinary tract.



References



Mrs. Dheya Abuidrees
 BSc, RN, MSc in Infection Control
 Infection Control Coordinator, American
 Mission Hospital.

Implementation of a Ventilator-Associated Pneumonia Prevention Bundle in SMC

Ventilator-Associated Pneumonia (VAP) is one of the most frequent ICU-acquired infections and the leading cause of death among patients. Nurses have a significant role in preventing nosocomial infection, including VAP. The aim of the study was to evaluate the effectiveness of an educational intervention to improve the knowledge regarding ventilator-associated pneumonia (VAP) and practice of VAP prevention bundle among the intensive care unit (ICU) nurses in SMC in Bahrain.

A quasi-experimental study was conducted. 58 nursing staff were enrolled during the data collection period. The data collection tool was a self-administrative questionnaire. Data were analyzed with descriptive and inferential statistics.

The overall knowledge score was significantly higher after the intervention ($P < 0.001$); out of the 58 nurses enrolled in the study, (0%) had poor knowledge, 3(5.2%) had a moderate level of knowledge, and 55 (94.8%) had a good knowledge at the post-phase. Nurses' adherence revealed an improvement after the intervention, in which the overall adherence score was significantly high ($P < 0.001$). However, the Pearson correlation showed no association between nurses' knowledge and practice of VAP prevention bundle in order to prevent ventilator-associated pneumonia.

This study concluded that the levels of knowledge about VAP and practice of the VAP prevention bundle can be improved by implementing a relevant educational program for nurses in ICU. The findings of this study as well provide evidence of the importance of a continuous training program for ICU nurses to ensure quality patient care in the critical care unit.



Mrs. Zainab Alaswad
MSN, BSc, RN



Midwifery: Interprofessional Collaboration

In the modern healthcare setting, patient care involves a variety of healthcare professionals including doctors, nurses, midwives, and other allied health professionals, as well as support services staff (Thistlethwaite, 2012). These professionals must work together with their colleagues from the same profession and other disciplines (Bagayogo et al., 2016). With the growing complexity of diseases like Covid-19, and the increasingly fragmented nature of patient care, IPC is strongly recommended to enhance patient care and outcomes (Costanza, 2015).

In reflecting on my experiences, I apply the concept of IPC within my team, particularly in cases of conflict. Through IPC, we emphasize the importance of working together with specialists and understanding different medical perspectives. This ultimately helps us bridge the interprofessional gap and keeps our focus on our common patient-centred professional goals.

As a Midwifery nurse professional, it is crucial to encourage the team's engagement with OB/Gynaecology professionals, paediatricians, and Maternity staff. One effective approach that I have adopted is to plan mutual training workshops, conduct debates and audits, and assess competencies. This provides an open setting for interpersonal communication and knowledge sharing. Additionally, by promoting networking and communication between doctors, nurses, and midwives in maternity, we can positively impact medical outcomes and service quality.

IPC is essential in cases that require medical opinions from different specialists to effectively treat patients. As a strong advocate for IPC, my goal is to continue developing diverse and innovative approaches to strengthen the relationship between maternity professionals and to share my experiences with professionals in various specializations.



References



References



References



Mrs. Kareema Sayed Ebrahim Hasan Fadhl
 MSc, BSc, Midwifery Diploma
 Head Nurse Labour & Delivery Unit - SMC /GH



Baby Blues vs. Postpartum Depression

Having a baby is a big change in mother's life. They expect to feel happy and proud about the new member in their family, but many moms feel moody and overwhelmed instead. It's very common for women to have times of highs and lows or to feel "blue" after having a baby. These feelings usually start 2-3 days after birth and can come and go. It's normal to feel this way for a little while.

After giving birth, the hormone levels drop, which impacts mood. The newborn naturally wakes up at all hours, so moms aren't getting enough sleep. That alone can make them irritable, and it is a kind of stress they haven't dealt with before.

New mothers may experience feelings of worry, unhappiness, and fatigue. These feelings typically get better within a few weeks after delivery. If these feelings last for more than a few weeks, then moms could be experiencing postpartum depression. So, it is better to contact healthcare provider (a midwife or a doctor).

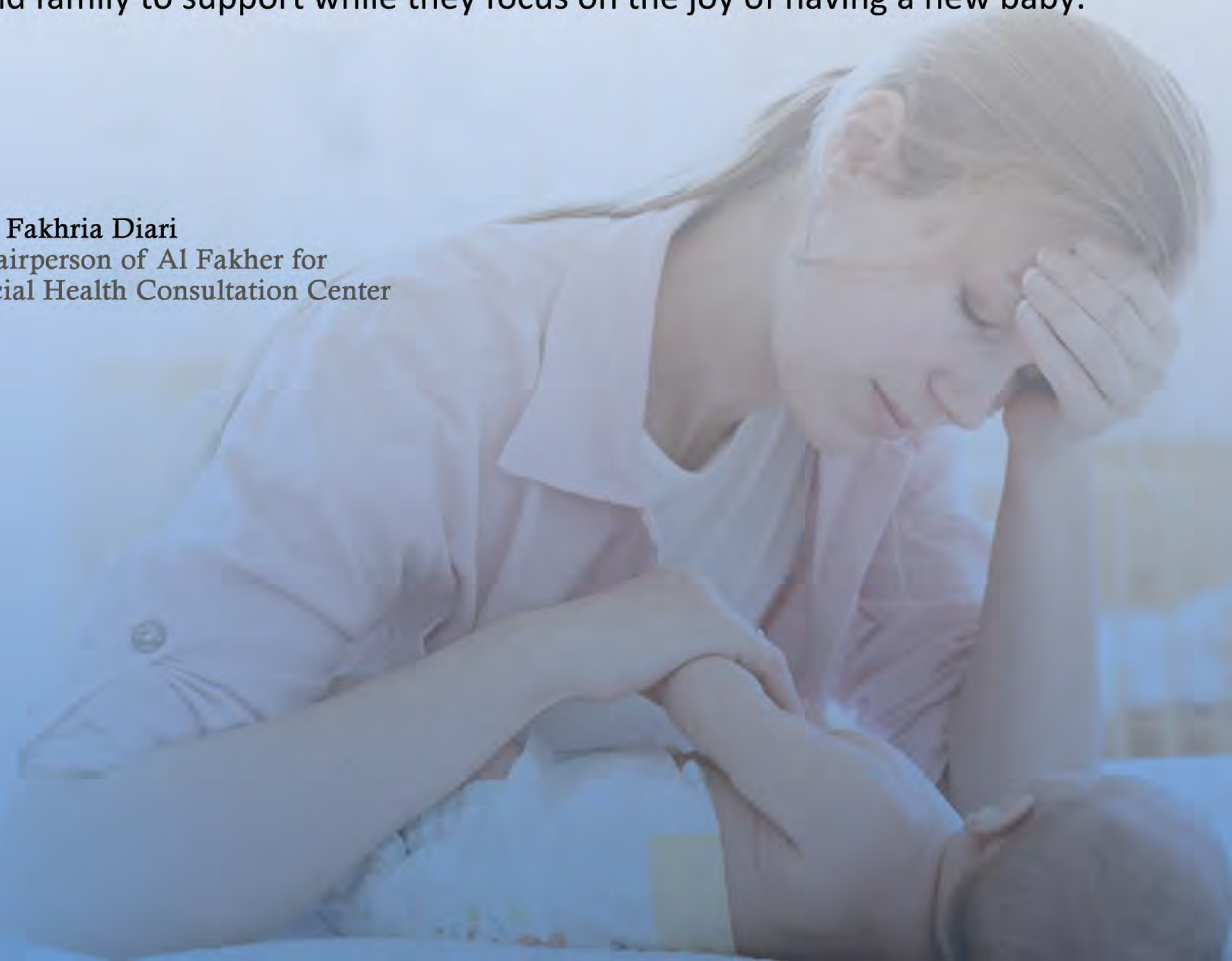
Some of the signs that moms with baby blues can experience include weepiness or crying for no apparent reason, impatience, irritability, restlessness, fatigue, insomnia (even when the baby is sleeping), mood changes, and poor concentration.

Approximately 70-80% of all new mothers experience some negative feelings or mood swings after the birth of their child. Studies show that depression is one of the most common problems women experience during and after pregnancy, they are real medical conditions.

To relieve baby blue mothers can talk with someone they trust about their feeling, connect with other moms in the community by telephone calls or support networking, maintain a well-balanced diet, make time for themselves – do something they enjoy (take a walk, take a bath, read, draw, or watch a movie). Make time to be with their partner, rest when the baby rests, ask for help whether it's caring for baby, preparing meals, helping with other children, or doing household activities. Mothers shouldn't be afraid to ask friends and family to support while they focus on the joy of having a new baby.



Dr. Fakhria Diari
Chairperson of Al Fakher for
Social Health Consultation Center



Implementing the Literature into Practice: Shurooq Diabetes Camp

I had the opportunity to volunteer in the Shurooq Diabetes Camp for the past two years. The camp was established to provide a supportive environment for children with type 1 diabetes. I joined the camp after learning about play therapy and how it could be effective for teaching children with type 1 diabetes.

At first, I joined so I could compare between the literature and the practice, but I ended up enjoying my time with the campers and the staff.

Moreover, the camp followed the guidelines provided in the literatures that I had read about, and I found the children to be well-educated about self-injecting and carbohydrate counting through fun games such as the carb song, site rotation on dolls and games organized by the diabetes mobile unit. The camp played an important role in the empowerment of children by teaching them how to live healthy and achieve their dreams.



Mrs. Kashwer Hasan Riza
BSc, RN. Awali Hospital

Early Detection Program in PHC

As Primary Health Care (PHC) nurses we have to provide a high-quality service that will contribute in reducing patient's harms, and enhancing their health status. Nurses should be knowledgeable about finances and economics and how they can play a very important role; so they will contribute in overall health of populations and the financial wellbeing of nations in direct and indirect way.

Early Detection Program is a new program to all Bahraini population that working on detecting of diseases according to health indicators related to age and gender. The program is mainly focusing on protecting individuals from diseases that may occur in the future (communicable and non-communicable diseases) and detecting them in early stages. In addition, it will raise the level of health education for the target group.

There are some diseases such as (cancer, hypertension, DM, obesity, breast cancer and , prostate cancer) costing a lot to treat them in the last stage and if they are detected early, it will help in maintaining economics and PHC finances.



Mrs. Jenan Qasim Safar
BSc, Certificated Canadian Triage.



Nurses as Case Managers...

A nine-year-old girl suffering from autoimmune hepatitis on chronic treatment, hoping to get rid of her medications. She developed type one diabetes mellitus with the typical symptoms of polyuria, polydipsia and polyphagia and diabetic Ketoacidosis.

Therapeutic education was completed with parents and child by the pediatric diabetes nurse educator for two consecutive days and the patient was discharged home with a diabetes home self-care management supply.

Few days later, the mother reported that her daughter was refusing the blood glucose testing and the daily insulin injections. Moreover, she started harming herself with sharp objects and burning her skin with hair straightener, and even threatening her mother with a knife.

The consultant doctor was informed, and the patient was referred to the psychiatrist. The patient visited the psychiatric hospital once for assessment and instructions were given to the parents including safety matters.

The nurse educator followed the case on daily and regular basis over the phone and met with the patient and her parents, explained the blood glucose log record results and taught the parents and the patient how to deal with hyperglycemia and hypoglycemia fluctuations at home. The educator supported the parents and the patient in their hard time, they were very tired and helpless at this stage.

Linking the patient with community resources, the nurse educator registered the child with the Bahrain Diabetes Society and attended the sessions. The mother was very happy and got relieved meeting other patient's mothers and the child got friends that changed her thoughts regarding her illness.

The patient's new friends were using insulin pumps and that made the child insist more on having the same to decrease finger pricks and self-injections. The parent provided the insulin pump and got support from her hospital for monthly consumables.

Reflecting on the educator's role, to drive better outcomes in this special case she used different approaches. She applied the behavioral change theory, the social learning theory and empowerment. She helped the patient and her parent to achieve the desired outcome and live a better life.



Mrs. Fathiya Rajab
 BSc, RN, Certified Diabetes Educator (CDE) & Certified Insulin Pump Trainer (CPT) Governmental Hospitals

Community Service: Leading by Example

Sameera Buhassan's impressive nursing career and extensive community service have made her a respected figure. Her career began as a cardiac nurse specialist in the Cardiac Care Unit from 1997 to 2007 before becoming a nursing lecturer at the University of Bahrain in 2007, a role she held until 2018. She currently serves as an external examiner for nursing courses at the RSCI- MUB.

Her commitment to community service is equally remarkable. The journey began during secondary school in 1991 to 1993 with her involvement in diverse health volunteer programs through General Organization for Youth and Sport. Then, as a nursing student during university, she participated in several health-related activities. This dedication continued till she joined the University of Bahrain as a lecturer, where she led the social and scientific committee for many years, providing and organizing numerous health, social, and scientific activities for the campus and broader community. She has also served as the head of the female committee at Sadad Youth Center since 2012.

"Community service is essential for improving societal wellbeing and growth," Sameera affirms. "Even busy professionals can play a significant role in providing enriching community activities."

True to her words, She has spearheaded the evolution of a small, female-focused health educational corner in her village into a series of large-scale, annual health campaigns and festivals. These events, covering a range of topics from Breast Cancer Awareness Day, Mental Health Day, to World Health Day.

Sameera's inspiring story demonstrates the profound impact that can be achieved when professional expertise is combined with a genuine passion for serving others. Her leadership and dedication have transformed countless individuals and set an example for future healthcare professionals and community leaders.



Mrs. Sameera Isa Buhassan
 MSc, BSc, Cardiac Care Nurse Specialist



Journey into Professional Wet Cupping Therapy

Throughout my career as an Accident and Emergency Specialized Nurse, ancient healing approaches have captivated my attention. My journey into professional cupping therapy began with a deep curiosity and a desire to explore alternative healing methods. Little did I know that this path would lead me to profound and transformative experiences with both patients and the practice itself.

I was introduced to cupping therapy for the first time through the NHRA Approved Basic Principles of Cupping Therapy Course, which was held in Bahrain for professionals. Intrigued by the process and its benefits, I boarded on a journey of learning and apprenticeship under their guidance. I quickly realized that in addition to intuition and sensibility, the art of wet cupping is also dependent on skills and technique.



The process itself is simple. It involves placing cups on specific points of the body and creating a vacuum to draw out toxins and stagnant blood. The cups are left in place for a few minutes before being removed, requiring small, controlled incisions through which the impurities are expelled. In my initial attempts at practicing wet cupping therapy, I was filled with a mix of excitement and apprehension.

I meticulously prepared the equipment, ensuring everything was sterile and ready for use. With each patient, I approached the process with care and reverence, mindful of my responsibility to facilitate their healing journey.

One of the most striking aspects of practicing wet cupping therapy is the profound connection it fosters between the practitioner and the patient. As I administered the therapy, I found myself listening not only to the physical cues of the body but also to the stories and emotions shared by those seeking healing. It was a humbling reminder of the interconnectedness of mind, body, and spirit in the healing process.



Over time, as I gained experience and confidence in my practice, I witnessed the transformative power of wet cupping therapy in the lives of my patients. Many reported feelings lighter, more energized, and free from ailments.

Today, as I reflect on my journey into professional wet cupping therapy, I am filled with gratitude for the opportunity to serve as a conduit for healing.



Mrs. Zainab Juma AlAsam
 BSc, ENP, RN, Certified in Cupping Therapy
 Management Director in Be Well for Family Medicine & Diabetes

Bahraini Nurses Launch an Infection Control Guide

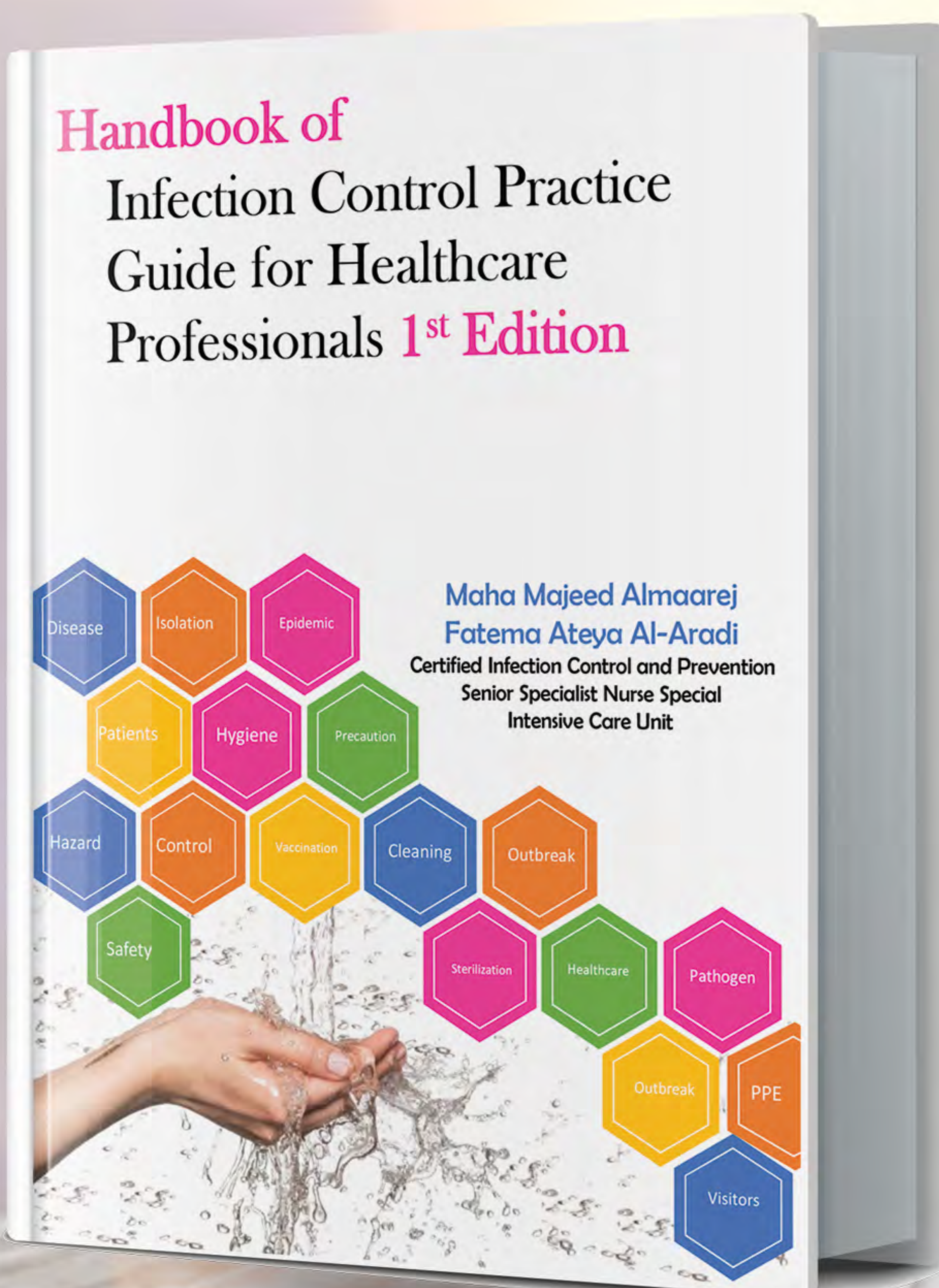
In a significant step forward for Bahrain's nursing services, two Bahraini nurses, Maha Majeed Almaarej and Fatima Ateya Al-Aradi, have launched a specialized guide on infection control and prevention in Bahrain in English language.

This handbook, titled "**Handbook of Infection Control Practice Guide for Healthcare Professionals**," is a significant milestone for the nursing community. It serves as a reference for healthcare workers, aiming to enhance their skills and knowledge in preventing infections.

The launch ceremony, held on March the 19th, 2024, in Alayam Newspaper Hall was attended by prominent figures in Bahrain's nursing and medical field and families. They commended the nurses' accomplishment and acknowledged the impact of the publication.



The key features of the Handbook include various aspects of infection control and prevention, structured into clear chapters. The book also guides readers through topics like the chain of infection and methods for breaking it, hospital-acquired infections, and multi-drug resistant organisms. The book also provides the readers methods to assess their knowledge through competency checklists and review materials.



The significance of the Handbook is that it promotes awareness about infection control protocols among healthcare workers in Bahrain. The handbook also equips healthcare professionals with the necessary skills to effectively prevent infections. And the guide ultimately contributes to improved patient care and safety for both patients and healthcare workers.

The launch of this handbook signifies the dedication and expertise of Bahraini nurses. It positions Bahrain's healthcare sector at par with international best practices in infection control and prevention.



To purchase our handbook
please scan the QR code:



Human Papillomavirus (HPV) Vaccination

The Midwifery Committee of Bahrain Nursing and Midwifery Society (BNMS) organized two webinars on Human Papillomavirus (HPV) vaccination for healthcare workers and the public. The webinar was held on Saturday, March 30th, 2024 from 12:30 to 1:30 pm and 27th of April from 10:30 to 11:30 am. The main objective of the webinar was to raise awareness among healthcare workers and the public about the vaccine.

During the webinar, Dr. Basma Al-Saffar, a Public Health and Epidemiology Consultant, presented on the prevention of HPV-related diseases. She discussed the global and Bahrain-specific prevalence of HPV, as well as the disease associations with specific HPVs, focusing on cervical cancer. She also emphasized the importance of the HPV vaccine.

Mrs. Fatema Ebrahim, a community nurse specialist, addressed the nurse's role in HPV immunization for healthcare workers. She highlighted the critical role played by nurses in protecting the next generation from cancers caused by HPV through the HPV vaccine. Additionally, Mrs. Nasreen Sayed Maki, a Community Nurse, introduced the public to the vaccine and the importance of it to prevent virus-related diseases.



Dr. Basma Mohmood Al-Saffar
Consultant Public Health and Epidemiology



Mrs. Fatema Ebrahim
Msc, BSc, RN in PHC



Mrs. Nasreen Sayed Maki
BSc, RN in PHC

Mrs. Mahbooba Zainal
Head of Midwifery Committee

Navigating the Unknowns of Electronic Cigarettes and Their Impact on Public Health

Electronic cigarettes and vaping have become a significant concern in clinical medicine and public health due to their growing popularity, particularly among youth and young adults. In Bahrain, 19.5% of the adult population, which translates to around 267,639 individuals, are current smokers, posing significant risks to the country's public health. While touted as a safer alternative to traditional cigarettes, vaping exposes users to potentially harmful chemicals such as nicotine, heavy metals, and carcinogenic compounds.

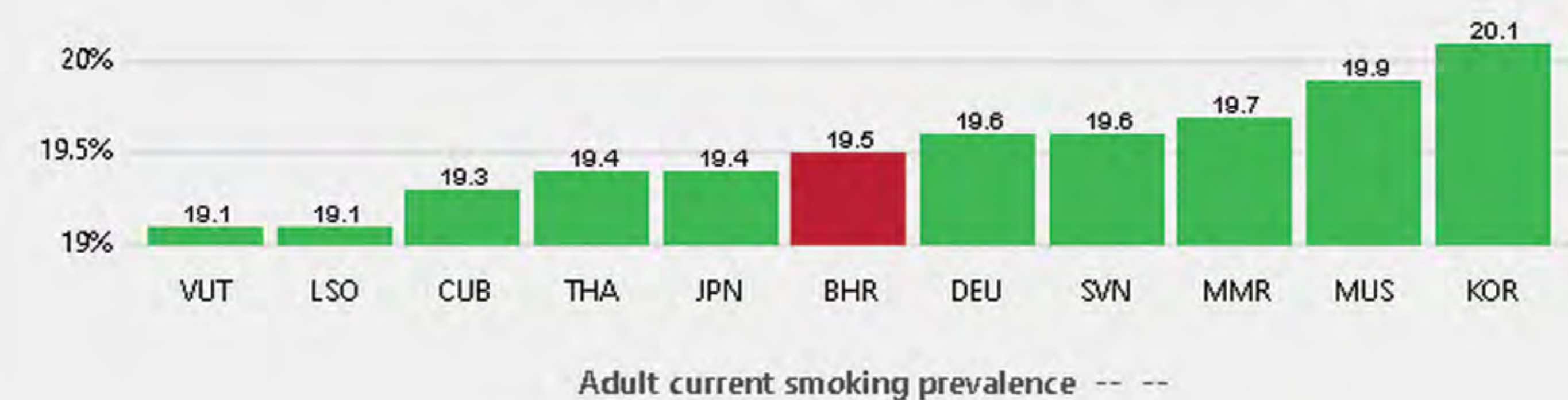
Furthermore, e-cigarette marketing strategies, particularly those targeting young people, raise serious questions about the ethics of these practices. Public health authorities have responded with policies that aim to regulate the sale and marketing of e-cigarettes and to educate the public on the potential risks associated with vaping. However, with the landscape constantly evolving and new products emerging, it is essential to stay informed and vigilant in our efforts to protect public health from this emerging challenge. The health consequences of tobacco smoking are devastating in Bahrain, where approximately **360 people** lose their lives every year due to tobacco-related illnesses, a tragic figure that underscores the urgency of tobacco control efforts in the country.

360

Deaths

360 people in Bahrain die from tobacco smoking-related diseases each year.

Countries with smoking prevalence similar to Bahrain



References

Let us not forget that behind every statistic about vaping among teens is a young person with a unique story, a bright future, and infinite potential. We owe it to them, and to ourselves, to prioritize their health and safety, and to do everything in our power to protect them from the potentially devastating consequences of vaping.

As we strive to safeguard the health and wellbeing of the Bahraini people, the issue of vaping, particularly among teenagers, remains a pressing concern. To assist those who wish to quit smoking, the Hoora Health Centre recently established a Smoking Cessation Clinic, offering expert guidance and support to those in need. For those seeking assistance or information about the clinic, you can call the **hotline at 66399855** during official working hours, or visit the center in person during the working days.



References



References



Mrs. Fatema Ateya Alaradi
MSc, BSc, Advanced Nurse Practice



A Glimpse from the Past



A Newborn with Tetanus

On a summer day in 1972, the Intensive Care Unit (ICU) door opened, and a mother and her newborn baby were wheeled in. The diagnosis was postpartum tetanus and neonatal tetanus (NT). At the time I was a staff nurse with one year experience and was assigned to the newborn baby. Back in the days, the ICU, which was situated in the old Salmaniya hospital, admitted patients of all age groups and with all types of emergency conditions.

Tetanus is initiated by tetanospasmin, an exotoxin created by *Clostridium tetani*. In this case severing and contamination of the umbilical cord stump with a rusted blade was the main cause. The early manifestations were weakness and lack of ability to suck, and in few hours the baby went into generalized tetanic spasm, full body rigidity, became blue, and he began to exhibit signs of asphyxiation.

Knowing that without emergency intervention and treatment, the baby will not survive, (Mortality rate above 90%). The decision was to initiate mechanical ventilation and sedation. In the absence of newborn ventilators, the baby was intubated and connected to an Ambu bag. The mechanical part of the ventilation was the nurses' hands. I immediately began Ambuing the baby and had to continue inflating and deflating the Ambu bag to the rate of 35 to 40 per minute with gentle pressure. I release my hands only when the next shift nurse takes over. We the nurses understood that our hands were assisting this newborn to live and receive the oxygen he desperately needed. Unfortunately, in few days, the baby succumbed to the severity of Tetanus and passed away.

My message to the young nurses is that your roles in caring for the sick have changed, today you have at your disposal technical, mechanical, and artificial intelligence to support you in delivering patient care, this should give you time to focus on the human aspect and raise the standards of your patient care.

A positive note at the end of this article, we thank God that this devastating infectious disease is eradicated in most countries due to immunization.

Mrs. Batool Al Mohandis
 RGN, D. Edu., BSc, MN, FFN&M

Mental Health Nursing Experience Across the Countries

As a mental health nurse working in Bahrain since 2018, I felt the urge to improve my knowledge, and skills in the area of my specialty. In 2020 I decided to start my journey studying higher studies when I became a mental health nurse in the UK. I found many differences around mental health nursing comparing UK to Bahrain.

The first difference to start with was the demand for mental health nursing specialty in the UK, nurses must be specialists, whereas in Bahrain general nurses can work and be assigned to any specialty after graduation. Mental health nursing is a unique specialty and only specialist nurses can provide the skills and knowledge necessary to care for the clients suffering from mental health issues.

The other differences were in the Mental Health Acts, which the UK and most of the European countries developed in the 1980s to protect the rights of mental health care patients. Unfortunately, the Bahrain Mental Health Acts still has not been established and operationalized. Regardless, many health professionals working in mental health care services and patients suffering from mental health issues are becoming aware of their rights and demand to have the act.

Another difference is that in the UK it's not preferable to call clients visiting and using mental health facilities as "Patients", instead, they are called service users. Whereas in Bahrain we name clients who use our mental health care facilities as patients. This stigmatizes and increases the fears and anxieties that clients already have.

Now describing all the differences in mental health nursing in Bahrain, and the UK in an article won't be enough. But I'm glad to say that getting experience in the UK got me to propose innovative plans to improve mental health care services in Bahrain.

Finally, my message to nursing colleagues is to love what you do, give all you can, try new skills, and seek new opportunities because being a nurse means helping others change certain aspects of their lives.



Mrs. Zainab Abdulhusain Abusuhail
BSc, RN, MSc in Mental Health
Psychiatric Hospital



Students' Reflections

"From Aspiration to Impact"

Starting my nursing school journey turned out to be a life-changing event that brought with it unique difficulties. It allowed me to fulfill my aspirations to care for the sick, save lives and bring a smile to the patients.

When I first started my nursing studies, I found it difficult to adjust to the entirely different dynamic of the clinical setting, where patient care was the main priority. To move forward facing the change, having the chance to interact with healthcare professionals actively and taking advantage of the opportunity to put the skills I learned during the clinical training into practice was a primary key for me to adapt to this change.

Furthermore, Developing and practicing excellent teamwork and communication skills was crucial to my development as a nursing student and enabled my ability to work in the medical field and overcome this transformative journey. I believe every challenge I faced during my four years of nursing school broadened my horizons and strengthened my commitment to overcome many future challenges.



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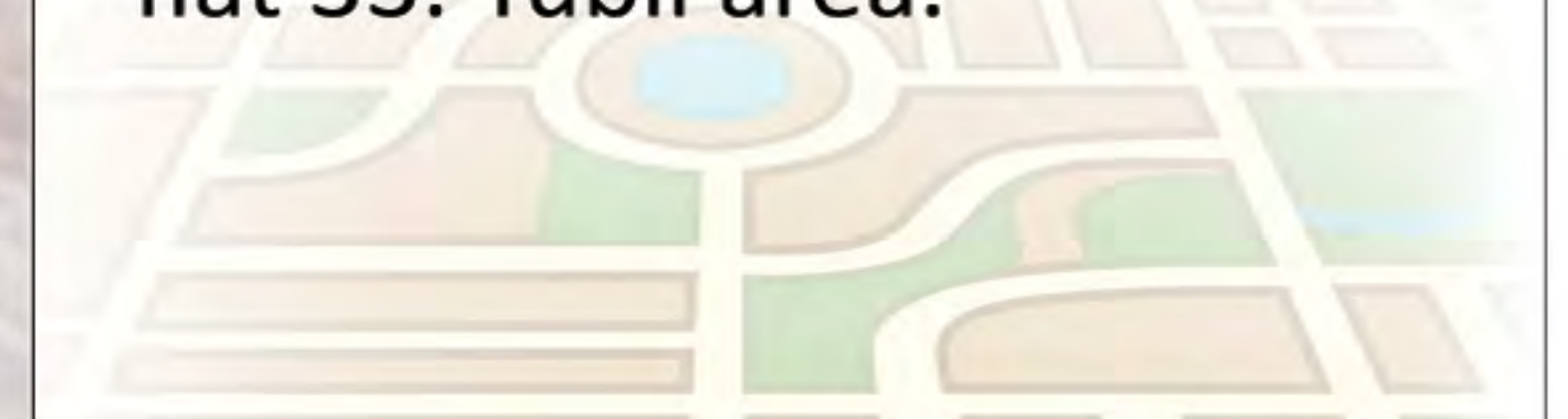
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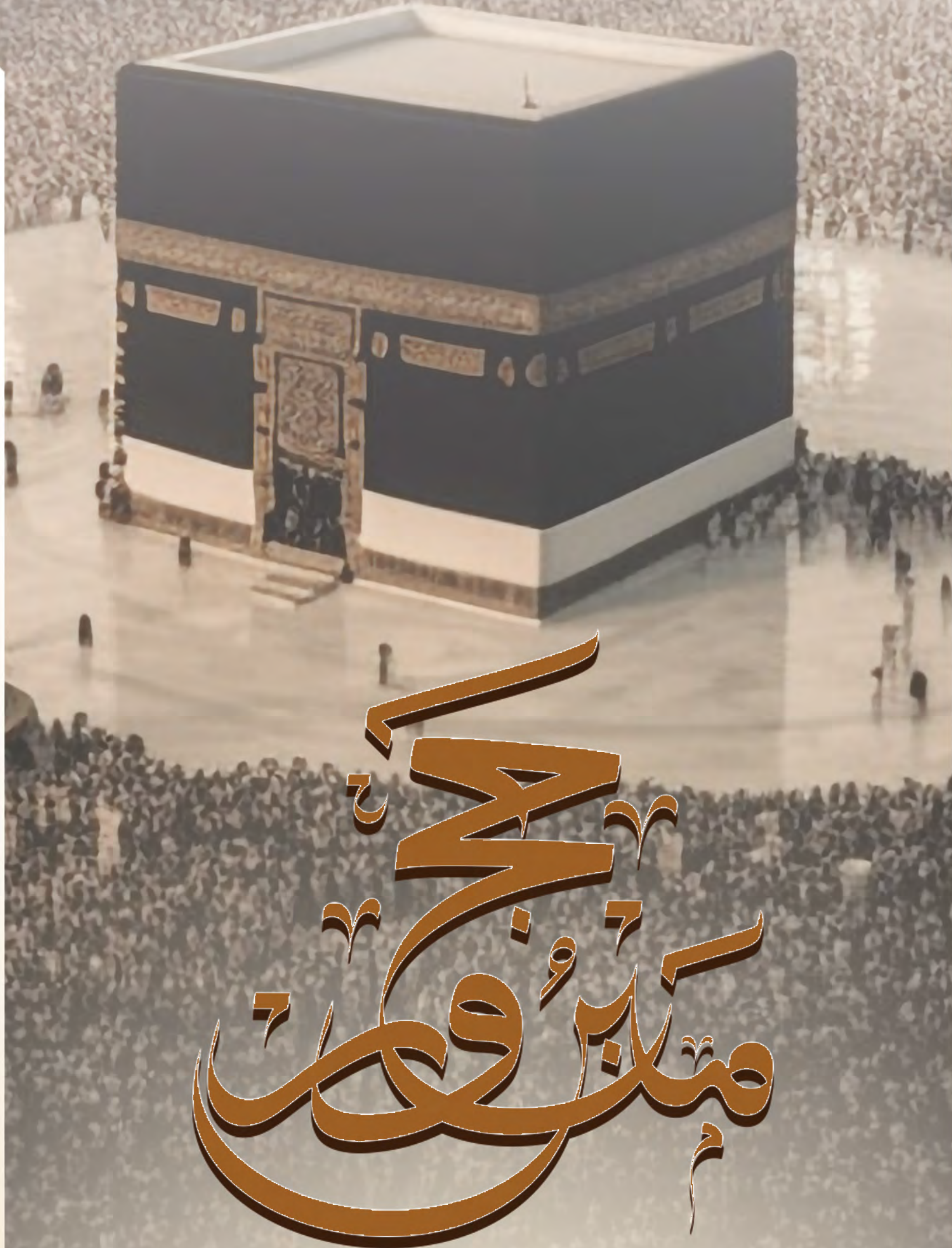
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