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Johns Hopkins

Aramco Healthcare

# WellBEING

Summer 2021

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*Protect  
Yourself from  
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Legal Disclaimer: All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a healthcare professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their healthcare provider. Your healthcare provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

# JHAH Ethics Consultation



## What is an ethics consultation?

The Ethics Consultation Service and Ethics Committee support patients, families and caregivers as they work together to find solutions to ethical questions regarding patient care.

An ethics consultation helps people in healthcare, and patients and their family members answer the question "what is the right thing to do?" in a caring and supportive environment. It can offer recommendations that healthcare providers and the patient (or the patient's family) may use in their decision-making, while retaining the authority and responsibility to make their own decisions.

Additionally, an ethics consultation/ethics committee can help to ensure that varying perspectives are aired and that the dialogue to address the issue is respectful, inclusive and confidential.

## Who can request a consultation?

Anyone involved with a patient can ask for an ethics consultation, from the patients themselves, their

families, the attending physician, and healthcare team members, to healthcare managers and administrators.

## What type of cases qualify for a consultation?

A few examples of cases that qualify for an ethics consultation include:

- Uncertainty as to who should make healthcare decisions or how to make those decisions for patients too sick to speak for themselves.
- Conflict arising between values or religious beliefs and a recommended course of treatment.
- Disagreement over whether starting, continuing, or ending treatment, such as breathing tubes or feeding tubes, is the right thing to do.
- Moral distress about a health care decision.
- A complex medical situation that also raises ethical concerns.
- Conflict arising between the autonomy of the patient

and treatment provided by healthcare staff.

- Addressing uncertainty as to who should make treatment decisions for a patient who is incapable of participating in the treatment decision-making process for themselves.

## How do I ask for an ethics consultation, and what happens when I do?

A patient or their appropriate decision-maker can place a request for an ethics consultation with any member of the healthcare team caring for the patient. The team member will then contact the Ethics Consultation Service or the Medical Ethics Committee.

- A patient/family member can send a direct e-mail to [medicaethics@jhah.com](mailto:medicaethics@jhah.com)
- The ethics consultant/committee will contact the relevant parties and assess the situation with those involved.
- If appropriate, the ethics consultant/committee will facilitate a discussion among the people involved to help clarify values and reach a consensus on an ethical care plan.

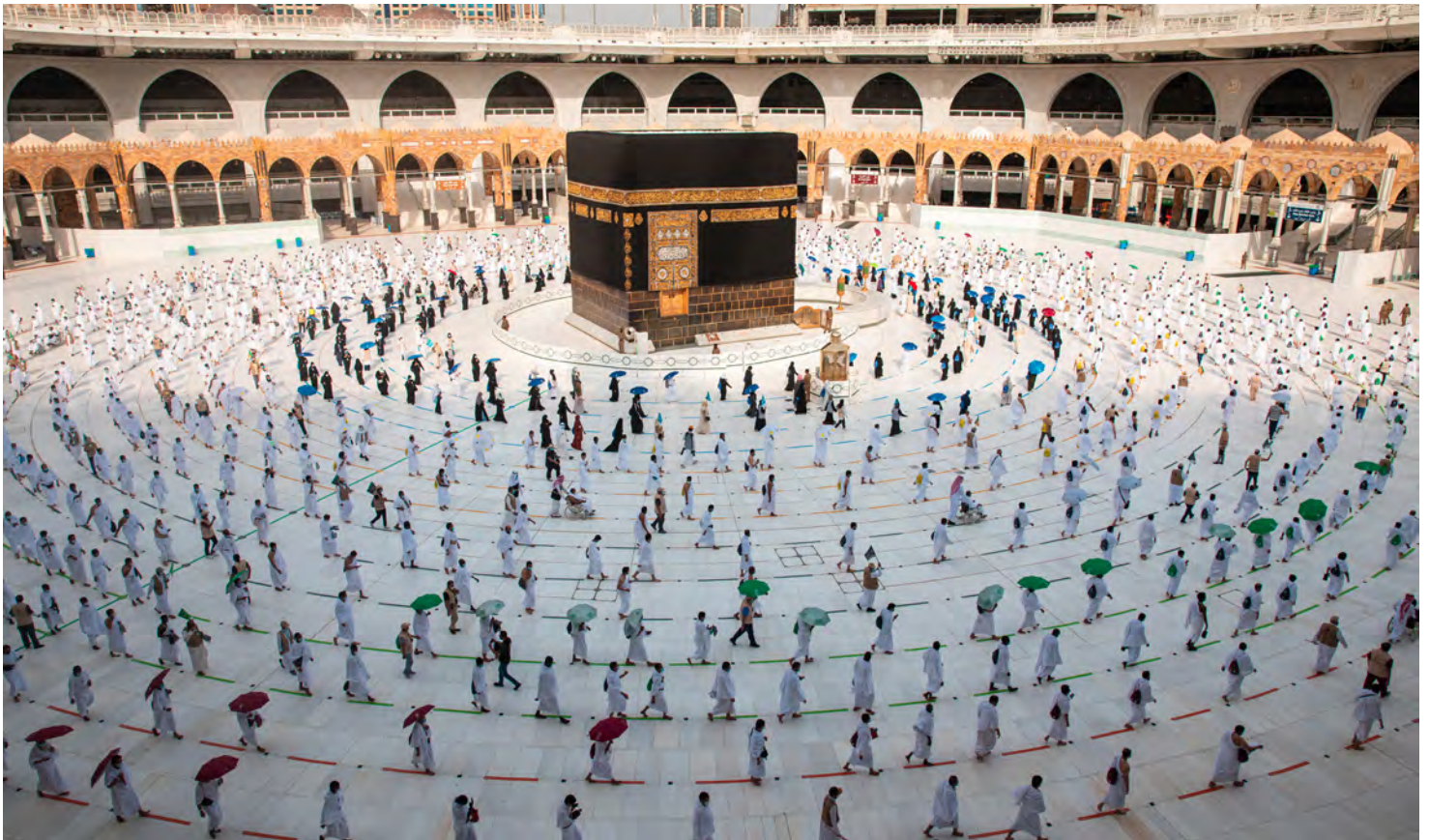
## How long does the process take?

Depending on the urgency and the acuity of the situation, the process from start to finish for an ethics consultation could take a few hours (for some patient treatment questions) or a few days or even weeks (for more complex, less urgent issues).

The subject of ethics consultations are also not necessarily limited to current issues and decisions. Much can be learned by reviewing past situations as well.



# Hajj in the Shadow of COVID-19 Pandemic



Muslims are performing Hajj this year for the second time under the COVID-19 pandemic. The nature of Hajj requires the pilgrim to adhere to many preventive precautions to preserve his health. These Health precautions should be taken more seriously during Hajj as Muslims are witnessing Hajj in the light of the COVID-19 pandemic. Here we have collected the most important medical advice provided by JHAH experts for pilgrims this year:

Preventive precautions for performing Hajj during the COVID-19 pandemic

Although only people who received the COVID-19 vaccine can perform Hajj this year, pilgrims should continue to follow the below precautions:

- Wear a mask in public places
- Wash hands properly using soap and water for 40-60 seconds, or clean hands using hand sanitizer for 20-30 seconds
- Adhering to social distancing measures by leaving a safe distance between you and others

## Prevention of heat-related illness

Hajj this year falls in the summer season. Accordingly, pilgrims must be mindful of their protection from heat-related illnesses. Heat-related illnesses such as heat rash, heat cramps, heat exhaustion, and heatstroke occur when the body is exposed to high temperatures or the sun for a prolonged period of time. Symptoms of heat illness range from skin irritation in skin rash cases, vomiting, headaches, fatigue, fever, rapid heart rate, confusion, and seizures in cases of heatstroke. Ignoring early heat illnesses' signs may lead to developing heatstroke. Heatstroke is a life-threatening condition that requires immediate emergency. To avoid heat-related illnesses, one should:

- Avoid being exposed to the sun between 10 a.m. to 3 p.m.
- Make sure to drink adequate amounts of water and fluids
- Avoid performing Tawaf and Sa`y during the noontime
- If you are traveling in your car, allow time for it to cool down before driving

- Make sure to use an umbrella in case you need to go out at noon

## Sunburns

Sun exposure for long periods causes sunburns. Symptoms of sunburns include but are not limited to redness, swelling of the skin, pain, blisters, fever, chills, and fainting. When exposed to severe sunburns, the person should seek immediate medical help. To prevent sunburns, try the following:

- Avoid excessive exposure to the sun between 10 a.m. to 3 p.m.
- Apply sunscreen
- Use an umbrella to protect your skin from sun rays

## Foot problems during Hajj

Foot problems are a common concern during Hajj. Pilgrims may need to walk for long distances during the performance of the Hajj rituals. Friction resulting from walking may cause foot blisters, and the situation may worsen if you wear the wrong shoes. Once feet become blistered, it is hard to walk on them until blisters have healed. Remember, prevention is always better than cure.

How can you avoid foot injuries and complications during Hajj? And how can you choose the right shoes to prevent or minimize foot problems?

- Choose the appropriate size shoes so that they are not narrow or wide to avoid friction with the skin and the accumulation of fluids under the upper skin layer
- Ensure that the shoe protects the foot from the front and back, and avoid open shoes
- Avoid shoes with a flat design and those made of poor materials, as this year's Hajj falls in the summer season, which increases the chance of getting foot blisters

- Avoid standing and walking for long hours and use transportation instead of walking
- Avoid walking barefoot
- Keep your feet clean and dry

## Dehydration

*Why is dehydration one of the most common health problems during the Hajj season?*

Staying hydrated is a key element to maintain health. The nature of the Hajj calls for long walks or prolonged exposure to the sun. When exposed to the sun or the hot weather, the body sweats to cool itself—excessive sweating results in dehydration.

### *How to prevent dehydration?*

You can avoid dehydration by drinking enough fluids. The recommended amount of water that the body needs is equivalent to eight glasses of water per day. It is advised to increase this amount in case of fluid loss through sweating or in the event of diarrhea and vomiting.

### *How to Avoid digestive problems?*

- Avoid foods prepared under unhygienic conditions
- Stick to your meals regular schedule to avoid indigestion
- In case of diarrhea, drink plenty of fluids, rest, and avoid sun exposure to prevent dehydration
- Follow good personal hygiene; always wash your hands before and after eating and after using the restroom
- Eat to boost your energy and support your immune system. Fruits and vegetables are some of the most essential sources of vitamins, minerals, antioxidants and other nutrients that support the immune system.

## What to take with you?

When you prepare your bag for Hajj, make sure the following necessary items are packed:

*(Please note that this list only covers basic necessities, as Hajj this year is limited to people who do not suffer from chronic diseases)*

- Hand sanitizer
- A sufficient number of masks so you can change them periodically
- Pain reliever and antipyretic
- Analgesic creams for muscle injury
- sunscreen cream or lotion
- Skin moisturizer to prevent skin from drying out
- Personal care items such as scissors and nail clippers

## References

*Heat-Related Illnesses (Heat Cramps, Heat Exhaustion, Heat Stroke). (2021). Retrieved 24 June 2021, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/heat-related-illnesses-heat-cramps-heat-exhaustion-heat-stroke>*

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*Sunburn. (2021). Retrieved 24 June 2021, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sunburn>*

*Exposure, S. (2021). Search: sun exposure. Retrieved 24 June 2021, from <https://m.x-plain.com/HealthEncyclopedia/HEakJHAH.php?key=jhahx-he201708&c=zYK4R2XiXGZufc->*



# *Save lives, become a volunteer JHAH Blood Donor*



On June 14, the world celebrates “World Blood Donor Day”, thanking blood donors for their selfless act and raising awareness of the importance of donating safe blood.

***Approximately 60 percent of the population is eligible to donate blood, yet less than five percent do.***

Somewhere in the world, every three seconds someone needs blood. To meet this need nearly 120 million units of blood are donated every year. Regular blood donations from healthy people are vital to ensure that safe blood will be available to save lives when people need transfusions due to severe

trauma from accidents; complex surgery; cancer treatment, or regular transfusions for conditions such as sickle cell disease. There is a constant need for blood donations because blood can be stored for only a limited time before use.

Be a hero by becoming a JHAH blood donor. Read our expert advice on blood donation guidelines and how you can play a role in saving lives.

## **Who can donate?**

Healthy people aged 17 and above, weighing at least 50 kg.

## **How does blood save lives?**

Blood contains many life-saving components. Within six hours of donation, it can be processed into products required to treat a variety of medical conditions. Some of the products acquired from blood transfusions include:

- Red blood cells, which carry vital oxygen through the body. These are used for patients who have suffered blood loss due to trauma or surgery.
- Plasma, used mainly in the emergency treatment of shock or for severe burns.

- Platelets, which play an essential part in blood clotting. For instance, platelets are used to treat patients with severe hemorrhage or leukemia. Often, one single patient will need platelets from 10 or more donors, within a short period. These cells have a life span of only five days. Hence, blood bank stocks need to be constantly renewed.
- Cryoprecipitate, which contains the clotting substance absent in patients who suffer from hemophilia.

### What are the benefits for donors?

- The satisfaction of knowing they are making a difference in the community by helping others.
- The knowledge and assurance that adequate supplies of blood are available for them, their family, and others.
- The benefits of checking blood pressure, hemoglobin, and pulse rate every time they donate blood.

***Donating blood uses about 650 calories.***

### Why should I become a regular blood donor?

- One unit of blood can save three adult lives or up to six newborns
- There is no substitute for human blood.

### Is donating blood safe?

Donating blood is safe; there is no risk of contracting any disease through donating blood. Each donor receives his or her sterile blood bag and needle each time.

### How much can I donate?

You can donate 450 ml, three to four times a year. Each of us has about five liters of blood in our body, which is continuously replenished.

### What are some of the guidelines that I should follow?

- Eat well-balanced meals and increase your fluid intake to help restore blood volume after donating blood.
- Practice regular physical activity to strengthen the body and improve blood circulation.
- Avoid tobacco products as they do not help the body to formulate new blood.
- Reduce caffeine intake, as caffeine reduces iron absorption. Do not drink coffee or tea or cola with meals.
- If you wish to use supplements, it is advisable to speak to your doctor and to go for complete supplements that contain all the nutrients, including iron.
- Do not drive for long distances after donating blood.

- If you experience dizziness during or after donation, inform the blood bank technician, keep your head lower than the donation chair, and drink an adequate amount of water (around two cups). It is important to not leave the donation chair by standing up too quickly.

### Where can I donate?

Call the JHAH Blood Bank at Dhahran Health Center on 870-6638 or 870-6770 during regular working hours, or you can register at JHAH.com, scan the QR code to visit our Blood Donation webpage.

***Did you know? There are dedicated Blood Donor parking spaces next to the JHAH Dhahran Day Surgery main entrance.***

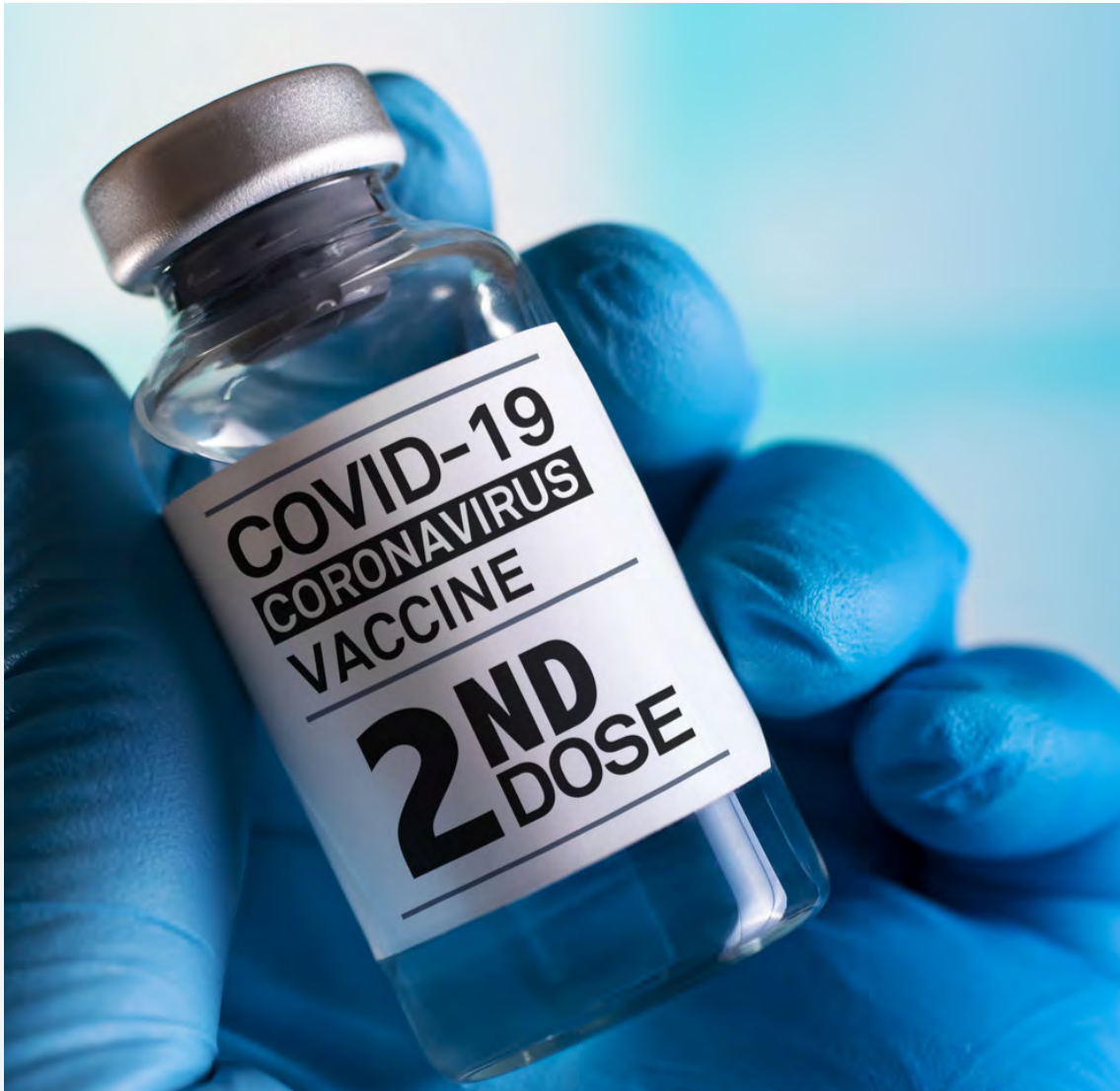
***Save a life, sign-up today to become a #JHAHBloodDonor***





# Together We End the Pandemic

## Important COVID-19 Vaccination update



Following the MOH directive, JHAH is pleased to offer second dose COVID-19 vaccinations to persons **40 years or older** who received their first dose at JHAH. Book your second dose appointment at JHAH through MyChart today!

### Information about the second dose

#### How do I book an appointment for the second dose of the vaccine?

You can book your appointment using MyChart if you are registered for care at JHAH. You can also contact our call center at 800-305-4444 to book an appointment.

#### Note:

*If you received Pfizer as your first dose of COVID-19 vaccine, please ensure to schedule your second-dose appointment at Dhahran Primary Care or Al-Hasa Health Center.*

### I want to know more

You can learn more about the COVID-19 vaccination and second-dose appointments at [JHAH.com/CV19-Vax](https://JHAH.com/CV19-Vax).



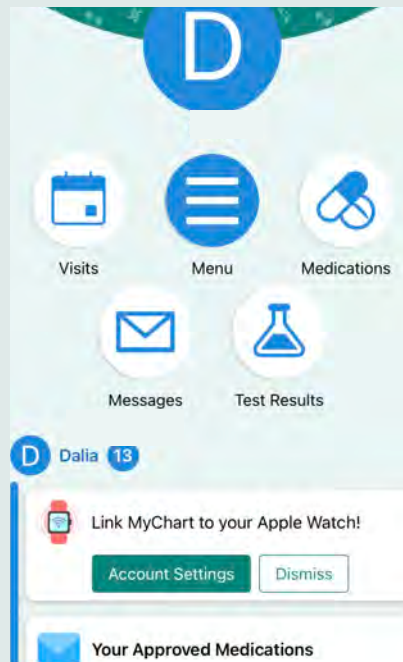
# MyChart Device Integration

## Pairing an Apple Watch to the MyChart mobile app

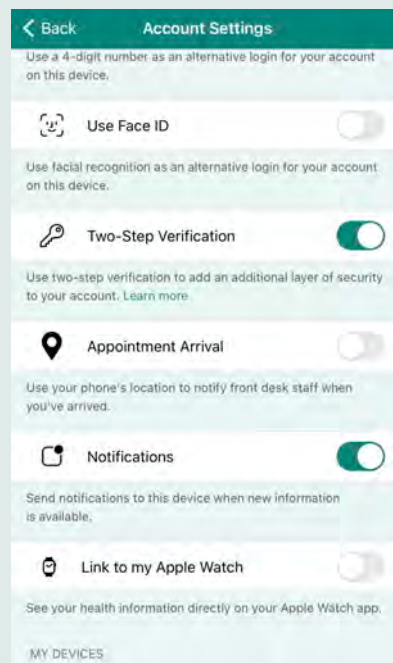
Do you have an Apple Watch? You can now pair it with the MyChart mobile app to receive notifications, view upcoming appointments, review medications, and more. Find out more on how you can manage your health at a glance, right from your wrist.

### How to pair your Apple watch with the MyChart mobile app

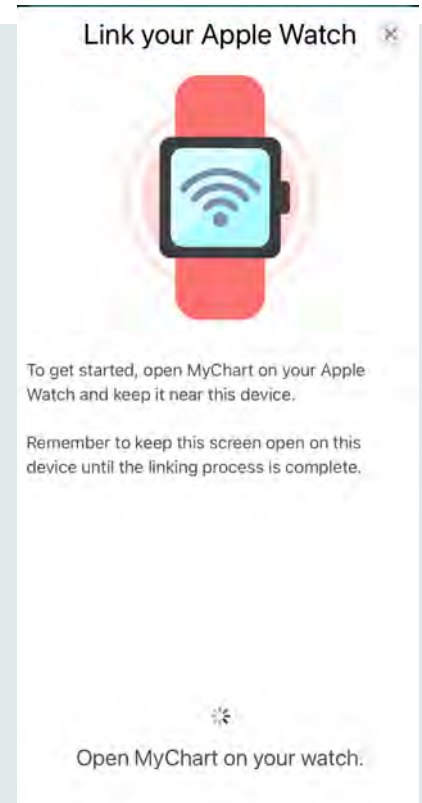
1. After logging in to MyChart on your mobile device, select 'Account Settings' from the health feed card that appears.



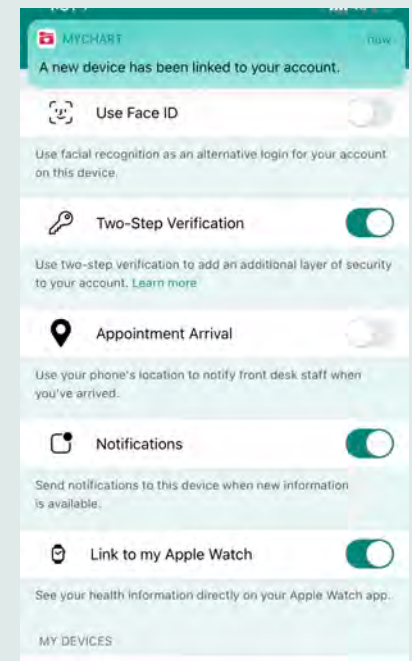
2. Enable 'Link to my Apple Watch'



3. You will be directed to a page that asks you to open MyChart on your Apple Watch. Note: make sure to keep both devices close to each other and this page open to ensure it pairs.



4. You will receive a notification informing you that a new device has been linked to your account. You will now be able to see your health information directly on your Apple Watch MyChart app.



*If you open your MyChart app before linking to JHAH, you will be prompted to log in to JHAH's MyChart app on your mobile and link your Apple Watch from 'Account Settings'.*

# MyChart Bedside



## MyChart Bedside

### With MyChart Bedside, your chart is in your hands

MyChart Bedside helps you stay involved in your care during your stay at JHAH. This new feature gives you real-time access to:

- Your treatment plan
- Your lab results
- Information about your care team

### Bedside goes beyond your chart as well. You can:

- View menus of the day
- Check-in on a loved one (proxy) from home
- Communicate with your clinicians, and more

When you check-in for your stay, log in to the MyChart app on your mobile phone or tablet to get started. You will see a section on your home page titled 'Your Hospital Stay' with features tailored to where you are in your care.

### Need help with MyChart?

To read our FAQs, How-to guides and information on how to register, visit our 'About MyChart' page on JHAH.com.

If you would like help signing up for MyChart, or would like to ask a question, please call 800-305-4444 and follow the prompts.

**MyChart Bedside helps you stay involved in your care during your stay at Johns Hopkins Aramco Healthcare.**

**Use Bedside to learn about your Care Team, check lab results and view your daily schedule, including medication administrations and procedures.**

### Check in on your loved one from home

Want to stay up to date with your loved one's care from home? Using Bedside, it's easy:

- If you are accessing Bedside using a tablet, a JHAH nurse will need to add you as a 'proxy'. You will need to be at the hospital to activate this.
- If you are accessing Bedside using a mobile phone, log in to MyChart and go to your loved one's (proxy) account directly to view their chart in real-time. You will not need to be at the hospital to view this information.

### Is Bedside available in Arabic?

The Bedside feature is only available in English. However, if you are accessing Bedside from a mobile device that has Arabic enabled (MyChart setting is switched to Arabic) then certain aspects of Bedside will be available in Arabic.

**Find out more about Bedside, scan the QR code.**





# Enhancing Patient Safety Culture



In March 2021, 42 units across Johns Hopkins Aramco Healthcare (JHAH) took part in an Armstrong Institute for Patient Safety and Quality facilitated survey, the Hospital Survey on Patient Safety Culture (HSOPS), to measure and enhance patient safety.

## **A comprehensive patient safety measurement tool**

The survey was administered to measure organizational conditions that may lead to adverse events, raise awareness about patient safety, identify strengths and opportunities for intervention, and evaluate the impact of patient safety initiatives and interventions.

The HSOPS survey asked JHAH staff to assess patient safety culture across 10 safety dimensions using a 6-point response in terms of agreement or frequency. HSOPS safety dimensions include communication about the error, communication openness, handoffs and information exchange, hospital management support for patient safety, organizational learning- continuous improvement, reporting patient safety events, response to error, staffing and work pace, supervisor, manager, or clinical leader support for patient safety, and teamwork.

## **Exemplary staff engagement and commitment**

The survey closed in April with a remarkable 77.7% overall participation rate, exceeding the target set before the survey was administered. Comparing 2018

to 2021 'Average % Positive Response' results, overall, JHAH improved by 15% from 57% to 72%. JHAH's performance exceeded the US Agency for Health Research & Quality (AHRQ) benchmark of 71%.

JHAH's strongest performance, where JHAH's performance was higher than the 2021 AHRQ benchmark, was in the categories of Organizational Learning – Continuous Improvement, Supervisor, Manager, or Clinical Leader Support for Patient Safety, Communication about Error, Handoffs and Information Exchange, and Hospital Management Support for Patient Safety.

*"JHAH is continually striving to improve the culture of safety," expressed Yasser Abed, Chief Nursing Officer (A), "The results of the 2021 JHAH HSOPS survey are indicative that JHAH is progressing well towards establishing a positive safety culture. Our 2021 results further exemplify JHAH's foundation in communication on mutual trust, by shared perceptions of the importance of safety and by confidence in the efficacy of preventative measures."*

The results from the survey will be used to develop targeted action plans and determine areas for improvement.

# How to make children winners?

By Naheel AlBareshi



Teaching children to win and excel is essential — but only under the proper circumstances. They should be taught how to win, lose, and overcome adversity in the right time and ways. In general, we should teach the child what winning is, and what it takes to be a winner. The concept of competition should be introduced to children gradually at the right time, and they should be taught that the most important competition is one where you compete against oneself.

Early emphasis on competition and winning has a detrimental effect on growth in several important skill and fitness areas. We should never deny a child the right to fail because failing is part of the developmental process. Because in the wrong environment, childhood competitive experience creates a person who cannot cooperate with others and lacks the ability to improve.

An alternative to early competition is sports instruction. Children can try out many different sports. A variety of experiences develops well-rounded skills and allows a more rational basis for sports specialization during the teenage years.

For instance, children can take lessons in gymnastics, tennis, skiing, diving, horse riding, dancing, and ice-skating — all in a non-competitive environment.

Except in sports where early participation is essential — figure skating, gymnastics, and swimming — children should avoid serious athletic competition before they are ten years old.

Children are not born physically, mentally, or emotionally prepared for competition. Instead, infancy, childhood, and adolescence are periods of development and learning. And during these periods, self-improvement is the essence of winning.

Introducing a progression of challenges to children in small steps gives them a chance to develop the tools needed for good future performance. In such scenarios, our role is not to push the child to compete to win! Instead, our part is to help children understand that they will be on a winning path if they keep improving.

View every small gain and progress as a success and a winning experience for the child. After all, small but successive, short-term goals are

much easier to achieve than grand, unapproachable ones.

## For example:

A winner is a person who plays up to his or her potential. This means a child who almost catches the ball or loses a tennis match but performs better than last time is still a winner. If they do one more pull-up, jump one inch further or hit one more ball over the net, they are a winner.

Another critical role for us as parents and coaches is to help children comprehend that there will always be someone who can perform better. But through practice, they can and will improve. If they continue to progress, they will eventually outperform other people and achieve incredible results that were once unimaginable.



# About Naheel AlBareshi



For me, being a nurse means always giving support and putting an effort to improve the quality of life, regardless of the current state of their wellbeing.

While carrying this feeling of responsibility in my heart 24 hours a day can be stressful, it motivates me to put myself in a never-ending process of learning and creativity. Both of which are needed to create better ways of delivering support to others.

That's why I keep myself updated by enrolling in new courses, reading self-development and communication books, and participating in outreach activities.

For example, aside from my nursing proficiency, I earned the following certificates through the years:

**2007:** Graduated as Diabetic Educator from King Saud University Hospital in SA

**2015:** Diploma Certificate in the Caring for Older People (Stonebridge UK Associated Colleges)

**2016:** Certified as Fitness trainer (USA: International Sports Sciences Association)

**2017:** Certified as Basic Life Support Instructor (Registered in AHA)

**2018:** Certified as Specialist in Sports Nutrition (USA: international Sport Sciences Association)

**2020:** Certified as Youth Fitness Trainer (USA: international Sport Sciences Association)

In all of these courses, I persevered to ensure I attained the highest scores while also getting recognition from the certifying institutions.

But if you had to ask me what I believe is my most important contribution to improving the quality of life, I would have to say it is the establishment of the Pediatric Fitness Clinic.

The Pediatric Fitness Clinic, a first-of-its-kind clinic in Saudi Arabia, was started in September 2009 with the main, but not the only, goal of helping children between the ages of 4 to 14 adapt to a healthier lifestyle.

To this end, my approach is to teach children exercises that offer benefits specific to their age, and at the same time, can be done from their homes, at public walking tracks, or the playground.

# Antioxidants Requirements by Smokers

By Basem Futa



Smoking negatively affects our physical health. It increases the risk of diseases and leads to high levels of free radicals in the body; these are cancer and heart disease-causing agents.

To fight free radicals and eliminate their negative impacts on smokers' health, a diet rich in antioxidants is recommended to compensate for some of the damages caused by smoking. It will not prevent health problems caused due to smoking but it may delay acceleration of the disease.

## What are antioxidants?

Antioxidants are nutrients mainly found in fruits, vegetables, and healthy oils, and are important in protecting cells, and preventing

various diseases; they inhibit the oxidation process in the body that accelerates aging and cause diseases. Antioxidants fight and neutralize free radicals in organs.

## Why smokers need more antioxidants

Smoking increases the production of free radicals which increases the risk of cancer, heart disease, and stroke while speeding up the aging process and weakening the bones.

## Where to find antioxidants (antioxidants' rich food)

The best way to increase antioxidants for smokers is through a healthy and well-balanced diet. The richest sources of antioxidants are brightly colored fruits and vegetables including:

- Beets
- Grapes
- Prunes
- Berries
- Cantaloupes
- Squash
- Apricots
- Pumpkins
- Mangoes
- Watermelons
- uavas
- Bananas
- Oranges
- rapefruits
- Green leafy vegetables (spinach and cabbage)

*The following vitamins support the healing process for smokers:*

- Vitamin A is an antioxidant and found in sweet potatoes, carrots and milk.
- Vitamin C is abundant in many fruits and vegetables including strawberries, oranges, tomatoes and green peppers.
- Vitamin E is found in nuts, seeds, wheat germ, healthy oils, soy beans, mangoes, broccoli, garlic, onions, and cruciferous vegetables.

## What about passive smoking?

Passive smokers are people who live with smokers or are in their company. This causes them to breathe the smoke. With more exposure to tobacco, their risk for cancer, heart disease and stroke will



increase. Therefore, smokers are advised not to smoke in enclosed areas with other people such as in living rooms or dining rooms. Additionally, active and passive smokers are advised to follow the below nutritional guidelines to reduce their risks for cancer, stroke and heart diseases.

### Other nutritional guidelines

- While smokers have a high risk of developing heart diseases, stroke, and cancer, overweight and obese smokers are at a higher risk. It is recommended that they maintain their body weight within a normal range.
- Smokers are encouraged to practice regular physical activity to boost their cardiac system with oxygen which improves their cardiac functions and respiratory muscles.
- It is recommended to reduce salt intake in addition to saturated fats (butter, full cream dairy products and animal fat) and limit trans-fats (ghee, shortening) that are mostly found in pastries, crackers and fast food.
- Limit excessive intake of caffeine and drink green tea as it is rich in antioxidants.
- Consume a minimum of 2-3 servings of oily fish such as salmon, tuna and sardines per week to nourish the body with Omega-3 fatty acids.
- Reduce frying and replace it with baking, steaming and grilling.
- Increase intake of fiber rich foods such as fruits, vegetables, whole grains, legumes and cereals.
- Trim visible fats from meat and remove skin of poultry.
- Choose low-fat or non-fat dairy products.

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# Shopping for the Best Vaccine

By Dr. Ramzi Banda



Several years ago I needed to buy a new car. Not being a smart shopper or one with much knowledge in cars, I enlisted the help of a friend well known for his technical prowess and shopping acumen.

In just the previous two years, he had bought and sold more cars than I have done in my entire life. So when we went car shopping, he asked me to stay quiet and let him do the talking. All he wanted to know from me was my budget and the size of car in which I was interested.

Armed with this information, he assured me that I would get the best car for my money. And sure enough, within a day or two, he made the choice which I blessed, and I drove out of a particular car dealership with a brand new car that lived up to my expectations.

When I eventually asked him about his shopping “tricks,” he told me there were none. Instead, his approach was that when you buy anything, be it a

car or a cell phone, you need to decide what you want it to do for you and what your tolerance level is for its potential shortcomings.

A car's purpose is transportation, and you expect it to perform glitch-free for several years.

Everything else is extra.

Whether it is a famous brand and has luxurious leather seats or any other amenities doesn't matter. The car should get you around and do it without causing you any hassle - that's what is essential. Of course, if you want to spend more money, you can add the options. But that is why they are called options.

A few days ago, I thought of that incident again when one of my patients asked about the best vaccine against COVID-19. His approach was like that of a car shopper, but with a lot fewer available choices.

He wanted to know which vaccine gives the highest immunity and has the least side effects. After all, a vaccine is supposed to provide immunity with minimal

side effects. My answer was simply, "whatever is available to you."

However, he was not satisfied; he wanted the Bentley of vaccines!

So far, most countries have offered a limited choice of vaccines. While there are over a dozen out in the market, only two or three are approved in any one country. So shopping for the best vaccine is easy. You need to visit only two or three "dealerships."

Yet, it is much harder than shopping for a car, especially because of all the hype and publicity surrounding what has become unnecessarily a contentious topic.

Remember the two shopping conditions set out by my friend: utility and tolerance of failure? Let us apply them here.

Vaccines are supposed to provide immunity from infection. So far, all the vaccines out there do that. And while the efficacy figures vary, it is important to note that we do not have a single head-to-head trial to pass a verdict about the superiority of one over the others.

Each one of them is tested against a placebo, but more importantly, they were tested in different populations and at varying times. Efficacy now entails immunizing against one or more of the variants, whereas efficacy circa 2020 was simply against the "parent" virus.

Similarly, when it comes to side effects, the balance is not tilted one way or another. Each one of them has been associated with rare but potentially severe side effects. But association is not causation, and when the numbers are spread out and analyzed, the odds of these side

effects for any one of the vaccines are no higher than they are in the general unvaccinated population.

So which one is the Bentley? All of them or none of them, depending on your perspective.

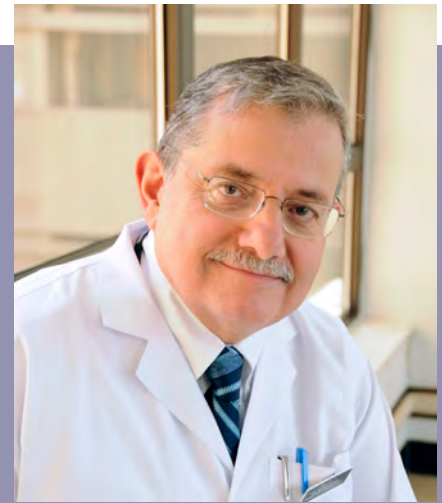
But does it matter? Whichever vaccine one selects is as good as any. All of them are pretty effective and safe.

Are any one of the vaccines 100% safe or 100% effective? Unfortunately, the answer is no. Because in medicine, as in life, there are very few things that reach that level of perfection.

There is, however, an overarching critical consideration. Failure to get vaccinated is a guaranteed risk, if not for the individual, then for their family, colleagues, and society as a whole. And the faster we get people vaccinated, the less likely it is that the virus will linger around and acquire more mutations, which may render the available vaccines less effective. Therefore, it is mandatory that we all get that jab and not fret over which one it is.

Vaccination against COVID-19 is a choice, and no one should be forced to receive it against their will. But I submit to you that it is also a duty - to oneself, one's family, one's community, and humankind in general. We need to rid ourselves of this predicament, this nightmare that has hounded our daily lives for over a year. One that does not look to be going away soon.

We owe it to ourselves first - even if one feels young and healthy. After all, COVID-19 has claimed



many young and healthy lives.

We owe it to our families. So many families have suffered the loss of a loved one because another member brought the virus home to someone who meticulously followed the rules about masking and social distancing.

We owe it to our community. Businesses have gone belly up, people have lost their jobs, and children have lost a year of schooling.

And we owe it to humankind. We live in a highly interconnected world, and one can only feel safe and immune if all of us are safe and immune.

Therefore, for all the naysayers and the doubters, I say - please shed your doubts away, and for all those holding out for the Bentley of vaccines, I like to tell them that it is parked at their door or will soon be. While vaccines may not be the panacea to defeat the virus, which will require a multipronged approach, vaccination is the most effective step available to us.

So roll up those sleeves!



## *JHAH Non-Invasive Cardiovascular - Echocardiography Laboratory Achieves Echocardiography Accreditation by Intersocietal Accreditation Commission (IAC)*



Dhahran – June 2021 – JHAH has been granted as one of only two organizations in the Kingdom, and one of three in the GCC, with accreditation by the IAC in Echocardiography in the area(s) of Adult Transthoracic.

***“Achieving the Non-Invasive Cardiovascular Echocardiography Laboratory Accreditation, by the Intersocietal Accreditation Commission (IAC), is another example of JHAH clinical excellence,” expressed Dr. Fahd Algurashi, Chief of Staff (A) at JHAH. “I want to thank the technical and clinical teams in the Heart & Vascular Institute for their commitment and determination during the time of accreditation where JHAH was granted a three year term of IAC accreditation.”***

Accreditation by the IAC means that JHAH’s Non-Invasive Cardiovascular - Echocardiography Laboratory underwent an intensive application and review process and was found to be compliant with the published Standards thus demonstrating a commitment to quality patient care in echocardiography. Comprised of a detailed self-evaluation followed by a thorough review by a panel of medical experts, the IAC accreditation process enabled both the critical operational and technical components of JHAH to be assessed, including representative case studies and their corresponding final reports.

“We are very proud of achieving IAC accreditation in  
**Page 16**

Echocardiography,” shared Dr. Eric McWilliams, Chief of Cardiology Division, Heart and Vascular Institute. “This formal assessment from an internationally recognized committee is a testament to the quality of the echocardiography service here at JHAH. This is a reassurance to our patients that their echo studies are being performed by and interpreted by professionals operating at a very high standard.”

Echocardiography is used to assess different areas of the heart and can detect heart disease or signs of serious cardiovascular conditions. According to the World Health Organization (WHO), cardiovascular disease is the leading cause of all adult deaths (42 percent) in Saudi Arabia and according to the American Heart Association (AHA), more than 2,150 Americans die each day from cardiovascular disease. This amounts to about one every 40 seconds. As a result, cardiac services have remained a priority since Saudi Aramco and Johns Hopkins Medicine (JHM) partnered to start JHAH. Together, physicians, nurses, administrators, and technologists from JHM and JHAH remain dedicated to enhancing JHAH’s already strong cardiology service.

There are many factors that contribute to an accurate diagnosis based on echocardiography. The training and experience of the sonographer performing the procedure, the type of equipment used and the quality assessment metrics each facility is required to measure, all contribute to a positive patient outcome. IAC accreditation is a “seal of approval” that patients can rely on as an indicator of consistent quality care and a dedication to continuous improvement.



# Vaccinate your child against COVID-19

## Book an appointment at JHAH



In line with Ministry of Health (MOH) directives: We are pleased to remind you of the availability of first-dose COVID-19 vaccination appointments for children aged 12 years or older who are eligible dependents.

### Important information about the first dose for 12-18 year-olds

#### How can I book a first-dose COVID-19 vaccination appointment for my eligible child?

The COVID-19 vaccine is now available for children who are eligible dependents and are aged 12 years or older.

You can book a first-dose COVID-19 vaccination appointment for your children using MyChart if you are registered for care at JHAH. You can also contact our call center at 800-305-4444 and book an appointment.

#### Where can my eligible children get the COVID-19 vaccination?

- Primary Care Clinic at the Dhahran Health Center
- Al-Hasa Health Center

#### How can I prepare my child for the COVID-19 vaccination?

Make sure your child is ready to receive the vaccine before arriving for their appointment. Please ensure that a guardian accompanies them to their appointment. You can give your child paracetamol to lessen the side effects of the vaccine.

#### I want to know more

You can learn more about the COVID-19 vaccination and second-dose appointments at [JHAH.com/CV19-Vax](https://JHAH.com/CV19-Vax).



# Optimized Spaces for Compact Cars Provide Additional Parking

We are determined to reduce congestion and improve parking conditions for everyone at JHAH. To do this innovation and enhanced use of space is key.

On Sunday, May 2, the first trial lane of 'compact parking spaces' will begin in Dhahran, as shown on the map (right).

The compact car optimization will be phased in over the summer, to the area shown in orange on the map. This will add more than 40 additional parking spaces. Compact cars have a width of the 180cms or about 6ft, some examples are pictured below. The concept will be further expanded to allow for more parking space availability.

Drivers of larger cars, such as SUVs, are kindly asked to use the regular-sized parking spaces.

This is one of five major Parking Enhancement and Expansion Projects being implemented in 2021 to transform your work life experience.

## Examples of Compact Cars



Toyota Camry or smaller



BMW 5 series or smaller



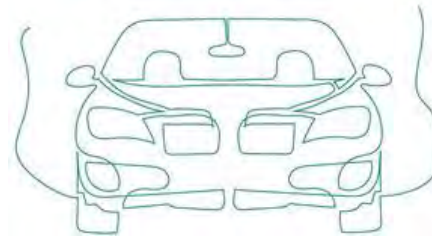
Mazda CX3 or smaller



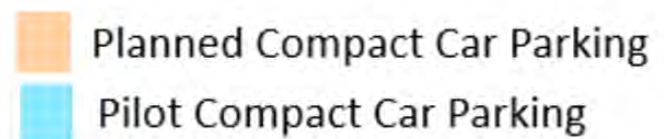
Porsche Macan smaller

## Parking Enhancement Project

Compact Car Optimized Spaces



JHAH Facilities Management & Services







# Become a patient at Johns Hopkins Aramco Healthcare



## How to register

1. On the Saudi Aramco corporate portal, go to **myhome**
2. Click on **My Information**
3. Select **My Family**
4. Select the individual to be registered, then click on **Change Medical Provider**
6. Once you click on Change Medical Provider, you can select **Johns Hopkins Aramco Healthcare, (Dhahran or Al-Hasa)**
7. You will receive an confirmation in your Saudi Aramco email Inbox.

For more information on how to change your registration, contact your local HR Service Center or visit HR Online.

**Eligible Saudi Aramco employees and their dependents are invited to register for healthcare at JHAH.**

## Stay healthy, stay updated We're here for you online **JHAH.com/COVID-19**

Learn about MyChart Video Visit and telephone consultations at [jhah.com/video-visit](https://jhah.com/video-visit)



#StaySafe  
#StayHome

مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

## The 76th Downstream Frontline Leadership Safety Workshop "Safety Boot Camp" Recognition Ceremony with Downstream Sr. VP

Hoor F. Alhazza at the recognition ceremony, received a certificate and a trophy presented by the Downstream Senior Vice President Mr. Mohammed Al- Qahtani for her participation as a guest speaker in the downstream safety event.

*Thank you for your trust in the RT team and myself in this outreach safety awareness activity as a pharmacy representative. I will share with you the photos taken at the event once received. -Hoor AlHazza*





## *JHAH Celebrated Blood Donor Day*

JHAH celebrated world blood donor day to raise awareness about the need for safe blood supply, and to thank volunteer, unpaid blood donors for their life-saving gifts. This simple gesture will not only retain our donors but will engage more blood donors and expand the circle of loyal and committed blood donors.



*From right to left: Blood donor Fawaz Alsharif, COO Salem Alshehri, Laboratory Senior Director Suha Alamoudi, Blood Bank manager Aqeel Alotaibi.*



*From right to left: blood donor Fahad Alwahibi, COO Salem Alshehri, Laboratory Senior Director Suha Alamoudi, Blood Bank manager Aqeel Alotaibi*



*Blood Bank Team*



# *Virtual Medication Management Counseling Service*



This service aims to provide virtual, secure, and face-to-face visits.

Have your medication questions answered, get your refills extended, and receive visual advice from your pharmacist, all from the comfort of your home.

Stay safe, stay home, save your time, call the pharmacy for any medication inquiry. Our pharmacists are ready to serve you. Scan QR code above to know more.

**Al-Hasa/'Udhailiyah**

013-533-6161

Sunday to Thursday 7 a.m. – 3 p.m.

**Dhahran/Ras Tanura/Abqaiq**

800-305-4444, option #4

Sunday to Thursday 7 a.m. – 3 p.m.

# Protect Yourself from Sun Exposure



Exposure to the sun is essential for vitamin D production in the body, which supports calcium absorption for building strong and healthier bones. But have you ever wondered how sun exposure might negatively affect your health?

Our JHAH experts highlight the health issues related to sun exposure and how you can protect yourself from the damaging effect of sun rays.

## Why is sun exposure harmful to your health?

Ultraviolet rays, or UV rays that come from the sun, are an invisible form of radiation. This can pass through your skin and damage skin cells. They can also cause eye problems, wrinkles, skin spots and skin cancer. Unexpectedly, this is not only limited to hot seasons or clear days.

## What are the health issues related to UV rays exposure?

UV rays can affect your health in a variety of ways. It can cause skin damage during any season or at any temperature. Exposure to sun rays can also cause eye problems, premature skin aging, and weakening of the immune system. Furthermore, it can damage

the skin and may even lead to skin cancer.

## Effect of sun rays on the skin

The skin is the body's largest organ. It protects us against heat, sunlight, injury and infection. It also helps regulate body temperature, stores water and fat, and produces vitamin D. Skin damage caused by sun exposure include:

- Skin cancer
- Premature skin aging
- The appearance of tiny blood vessels in the skin, especially on the face
- Thick skin
- Wrinkles.
- Brown spots, such as "liver spots" or freckles
- Small white spots on legs, arms and back of the hands

## Effect of sun rays on the eyes

Sun exposure can lead to the formation of eye cataracts. A cataract is a clouding of the lens in the eye. The clouded areas of the lens block some light from reaching the retina and reduce vision. The condition is common in older people. Sun exposure, however, is a leading cause of developing the condition at an early age.

## Effect of sun rays on the immune system

Repeated exposure to UV radiation can also damage the body's immune system. The immune system is responsible for protecting the body from germs and other foreign "invaders." Sunburns can suppress immune functions in people of all skin types.

## How to protect yourself from damage caused by sun rays?

Skin cancer and other health issues related to sun exposure are almost totally preventable. You can protect your skin from sun exposure by following these tips.

- Avoid prolonged exposure to the sun if possible. If you must be in the sun, cover up with sun hats, long sleeves, sunscreen and sunglasses.
- Wear sunglasses that wrap around the face and provide 100 percent UV protection.
- Apply sunscreen at least 20 minutes before sun exposure.
- Choose a sunscreen that protects you from both UV-A and UV-B rays.
- Babies should never be exposed to direct sunlight. Teach your children to apply sunscreen before they go out to play.
- Whenever possible, people should avoid exposure to the midday sun, from about 10 a.m. to 4 p.m.
- Avoid using sunlamps and tanning beds.
- Use extra care around water and sand as they reflect the damaging rays of the sun. This can increase your chance of getting sunburns.

# Nutritional Values of Fruits in Summer Season

*Written by Ghada Al Habib, Manager of Clinical Nutrition Services and Basem Futa, PhD, CFPM, Senior Dietary Specialist*



Fruits are a great option throughout the year, especially on those hot, humid days. They support hydrating the body, boost its energy and help reduce tiredness and fatigue. They are healthy, delicious, and nutritious - rich in fiber, vitamins, minerals, antioxidants, and anti-inflammatory agents. They reduce the risk of many non-communicable chronic illnesses, such as hypertension, heart disease, stroke, and cancer, and reduce food cravings.

Fruits are best consumed fresh with their edible skin or in a fruit salad - particularly those bright in color and rich in healthy nutrients. Dried fruits are another option. Fruits can be consumed as smoothies and can be part of the main meal, or eaten as a snack replacing fatty and greasy snacks like sweets rich in calories, sugar, and fat.

## Watermelon

Watermelons are one of the most highly nutritious and cooling fruits during the summer season due to their high water content. It's healthy and rich in vitamins A and C and antioxidants. Vitamin A boosts immunity and is beneficial for the skin and vision, while Vitamin C boosts immunity and offers many benefits for the

entire body. Watermelon also has Vitamin B6 which improves immunity and potassium which maintains the water balance in the body, reduces muscle cramps, and keeps the heart healthy.

Watermelon is a great source of lycopene, which gives it its pink-red color, and lowers oxidative stress and inflammation that protects from heart disease, stroke and cancer. In addition, its high water and potassium content support the electrolyte and fluid balance in the body, replenishing electrolytes and water lost during the hot season.





## Mango

Mangoes are rich in fiber, minerals, vitamins, including Vitamins A, B6, C, and E, folic acid, potassium, antioxidants, and anti-inflammatory agents. Mango is also rich in fiber that is useful for digestion and regulates bowel movement. The antioxidants help reduce the risk of many non-communicable diseases such as diabetes type 2, heart disease, stroke, high blood pressure, and some kinds of cancer, in addition to Alzheimer's and Parkinson's diseases.



## Papaya

Papaya is another great fruit that can be consumed fresh or dried during summer. It contains many essential nutrients for health, such as vitamins A and C, folate, and various antioxidants and anti-inflammatory agents healthy for all body organs. This fruit also contains ingredients that are beneficial for the digestive system.



## Guava

Guava is rich in soluble fiber, vitamin C, potassium and antioxidants. It supports immunity, mental health, skin, and vision and protects against many chronic diseases.



## Strawberries

Strawberries are nutritious, delicious and rich in antioxidants, fiber, vitamin C, folic acid, potassium, manganese and anti-inflammatory agents that reduce the risk of many chronic illnesses similar to many fruits. They also support a healthy digestive system and improve immunity.



## Grapes

Grapes are rich in antioxidants that keep the vision, heart and brain healthy, support immunity, and reduce cancer risk.





## Pineapple

Pineapples are a well-known tropical fruit that help in regulating blood pressure and the digestive system. It also reduces the risk of inflammation as it is rich in antioxidants and anti-inflammatory agents.



## Kiwi

Kiwi is rich in nutrients such as vitamins A, C, E, B6, magnesium, fiber, potassium and folic acid. It is beneficial for the digestive system and supports a healthy heart, liver, skin and hair. It also regulates the bowel and resolves constipation.



## Apples

Apples are rich in many nutrients, including fiber which regulates blood sugar and supports the digestive system. It also offers benefits for the heart and brain, and lowers the risk of stroke, cancer, and some neurological diseases.



## Bananas

The benefits of Bananas go beyond their potassium content, as they are rich in fiber, vitamins C and B6, and magnesium. Its fiber content regulates the digestive system and supports immunity by promoting the growth of good bacteria in the gut.



## Oranges

Oranges are rich in vitamin C, potassium, folate, vitamin B1, fiber, and many antioxidants and anti-inflammatory agents. They are optimal for controlling blood pressure and in fighting stroke, heart diseases and cancer. It's healthier and beneficial to consume fresh oranges than to drink their juice.



## Grapefruit

Grapefruits are one of the most nutritious citrus fruits and are rich in vitamin C, fiber, potassium, antioxidants and anti-inflammatory agents.

While it is an excellent fruit for heart health, it interacts with many heart and blood pressure medications. Therefore, individuals who take statins, corticosteroids, calcium channel blockers, anti-anxiety medications or immuno-suppressants should consult their physicians before consuming grapefruit or drinking its juice or any food item that contains grapefruit, such as mixed juices. They should read the food label carefully to look for grapefruit, and consult their dietitians in this regard.



Fruits are nutritious and promote health and wellbeing. So it's essential to include them in your daily diet, even as a snack. Fresh or dried fruit can be a delicious and healthy replacement for sweets. Most fruits have low fat and salt content but are rich in vitamins, minerals, fiber, antioxidants and anti-inflammatory compounds.

It's beneficial to consume four servings of fresh or dried fruits per day - especially those bright in color, with edible skin and seeds. At the same time, limit drinking fruit juices, as juices lose the fruit's natural fiber and have lower nutritional value than fresh or dried fruits. Fresh or dried fruits are also better for metabolism, weight management and appetite than their juices, and impact your sugar levels less.

Include fruits in your daily menu, in whichever way you like, and keep your mind and body healthy. Eat them raw, mix them with low fat or nonfat milk, laban or yogurt, or whip up a delicious smoothie or healthy dessert. If you are going to drink fruit juice, it is better to limit intake to one cup per day with pulp, without added sugar.

## Avocado

Unlike most fresh and dried fruits, avocados are low in natural sugar content and rich in healthy fats. These healthy fats are beneficial to heart health and vision. In addition, Avocado is rich in fiber, potassium, folate, and vitamins A, E and K.



## Peaches

Peaches are rich in fiber, potassium, and vitamins A, C, and E, in addition to antioxidants that fight the free radicals and lower the risk of heart disease, stroke and cancer. They are healthy when consumed fresh or eaten dried or canned. It's better to consume canned peaches preserved in water rather than syrup.



## Pomegranates

Pomegranates are one of the richest fruits in antioxidants and anti-inflammatory contents. Those buffer the free radicals in the body and lower the risk of many chronic and non-communicable illnesses.



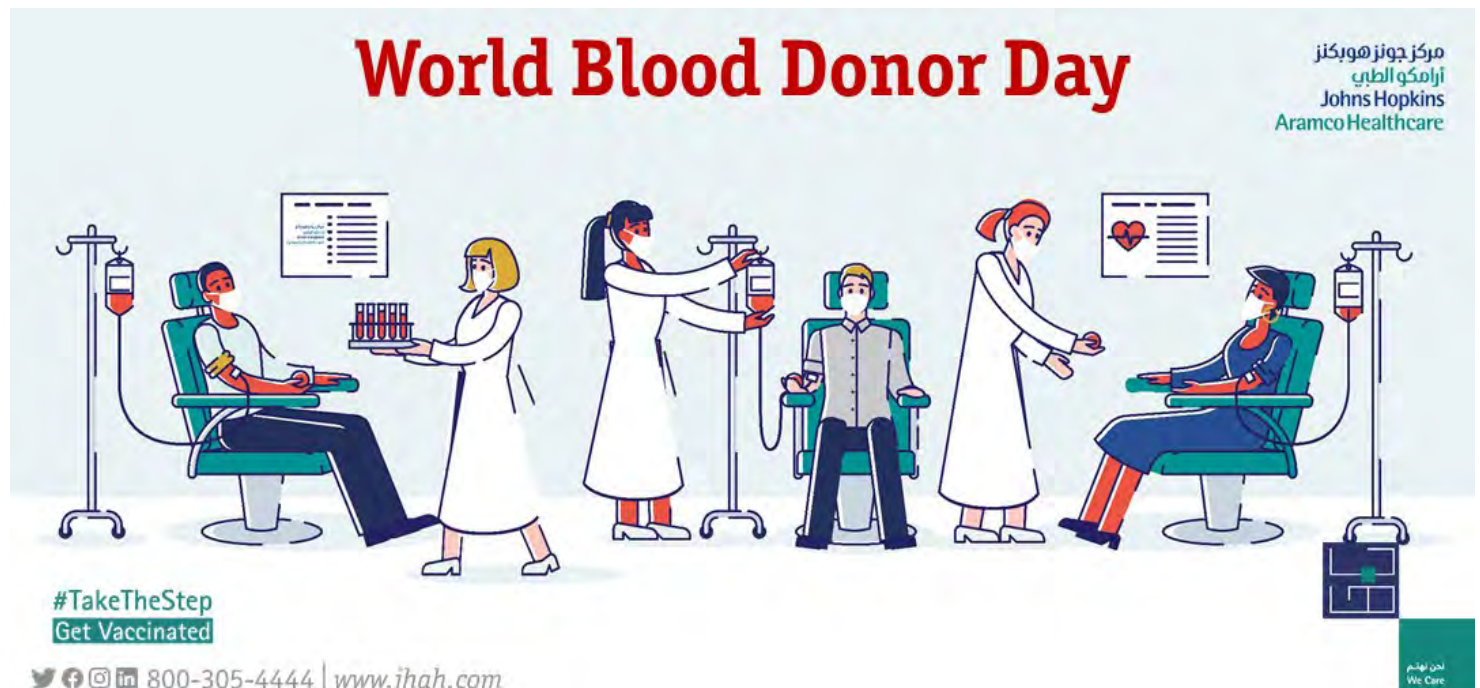
# Social Media Highlights

## What You Might Have Missed



At JHAH, the health and safety of our patients, staff and community members is our top priority. To prevent the spread of COVID-19, JHAH has updated the temporary guidelines for visitors, escorts and companions

## World Blood Donor Day



800-305-4444 | [www.jhah.com](http://www.jhah.com)

Be a hero by becoming a JHAH blood donor. Read our expert advice on blood donation guidelines and how you can play a role in saving lives at <https://bit.ly/3vIZvt6>

# Social Media Highlights

## What You Might Have Missed

### Meet Our People

مركز جونز هوبكنز أرامكو الطبي  
Johns Hopkins Aramco Healthcare



"Blood donation is the most important social service to humankind. Your blood is replaceable but life is not. Donate blood and keep the world beating"

Aqeel AlOtaibi  
Blood Bank Manager

#JHAHHeroes

If you are 60 years old or above and have received your first COVID-19 vaccination dose at Johns Hopkins Aramco Healthcare, we are happy to invite you to book your second dose. #TakeTheStep, Get Vaccinated.

مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

#TakeTheStep خذ الخطوة  
Get Vaccinated خذ اللقاح

800-305-4444 | www.jhah.com

وزارة الصحة  
Ministry of Health



# Social Media Highlights

## What You Might Have Missed

### World Food Safety Day

**Don't**

- Do not store eggs into the door's built-in container
- Do not store ready-to-eat food below raw food
- Do not store milk on the door
- Do not overstuff the fridge
- Do not place food against the back or the sides of the fridge

Place the least perishable items on the door

Leftovers and ready-to-eat food

Dairy, herbs and eggs

Deli, meat and fish

Fruit and vegetables

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أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

نحن نؤمن  
We Care

800-305-4444 | www.jhah.com

Through proper food storage, you can preserve the nutritional value of food and avoid food poisoning.

Environmental pollution threatens and impacts our health. Help protect the environment and your health by reducing your plastic consumption.

### World Environment Day

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أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

نحن نؤمن  
We Care

800-305-4444 | www.jhah.com



# Social Media Highlights

## What You Might Have Missed



To enhance and expand your access to care, JHAH is pleased to announce extended hours of service for Dhahran Dental Services and many specialty clinics. For a complete list of the extended clinics please visit our extended hours page

When you are dehydrated, your body does not have enough fluid to work properly. #StayHydrated and protect your body against dehydration this summer. To find out about dehydration symptoms, diagnoses and treatment, visit our health encyclopedia at <https://bit.ly/3c77cX8>

**I had my first dose of the COVID-19 vaccine. When will my vaccine status be updated in Tawakkalna?**

**According to the MOH, your vaccine status will be updated in Tawakkalna within 14 days of receiving the COVID-19 vaccination.**



Want to find out the latest updates and FAQs for JHAH's COVID-19 Vaccination program? Visit our vaccination page

**#TakeTheStep  
Get Vaccinated**




مركز لقاحات كورونا  
19-د-كوفيد  
Vaccine Center  
COVID-19

مرکز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare


نحن نعتز  
We Care

# Social Media Highlights


## What You Might Have Missed




Fast Pass is a digital wait list tool on **MyChart** that offers you earlier access to appointments by alerting you when new openings with our clinicians become available.



Scan the QR code for step-by-step instructions on how to sign up and to learn more about Fast Pass.



**MyChart**  
Hello Dana, there is a new opening for the appointment you are waitlisted for. Other patients have also received this message, appointments are granted on "first-come- first-served" basis



مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
AramcoHealthcare

Are you signed up for Fast Pass? Fast Pass is MyChart's digital waitlist tool that alerts you when new openings with clinicians become available. Sign up today!



#TakeTheStep  
Get Vaccinated

800-305-4444 | www.jhah.com

مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
AramcoHealthcare



Johns Hopkins Aramco Healthcare is pleased to offer second dose COVID-19 vaccination to Saudi Aramco employees and their eligible dependents who have been accepted to perform Hajj this year.



Hajj permit is required to receive the second dose of the vaccine.



#TakeTheStep  
Get Vaccinated

800-305-4444 | www.jhah.com

مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
AramcoHealthcare

COVID-19 vaccination is now available for children ages 12 to 18 of eligible Saudi Aramco dependents at Johns Hopkins Aramco Healthcare. For more information on booking,

Johns Hopkins Aramco Healthcare offers second dose COVID-19 vaccinations to persons who received their Hajj permit for this year. Call 800-305-444 to book your appointment.



# Social Media Highlights

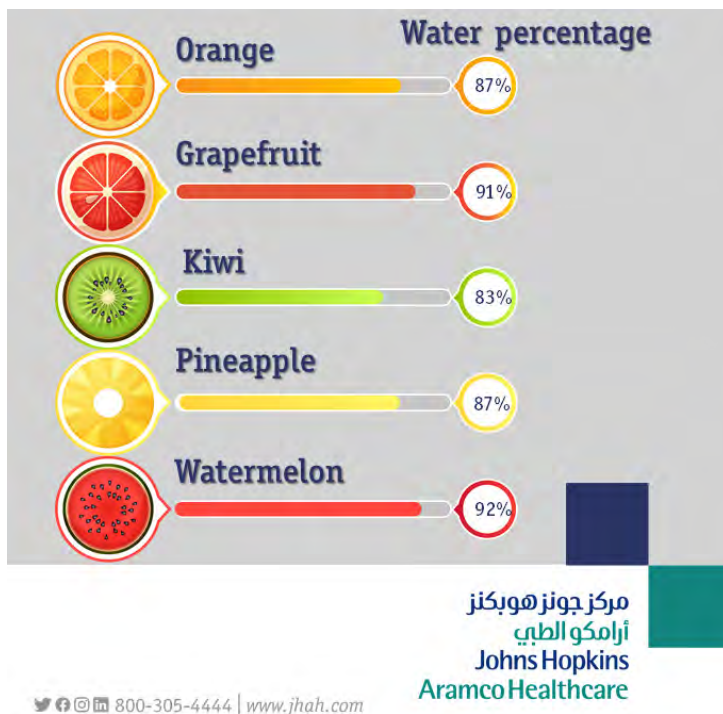
## What You Might Have Missed



We are proud to announce that JHAH's Non-Invasive Cardiovascular-Echocardiography Laboratory has earned the Echocardiography Accreditation by the widely respected Intersocietal Accreditation Commission IAC.



We are proud to announce that JHAH's Non-Invasive Cardiovascular-Echocardiography Laboratory has earned the Echocardiography Accreditation by the widely respected Intersocietal Accreditation Commission IAC.



Keep yourself cool and hydrated this summer with these refreshing, healthy and hydrating fruits.



Protect yourself from dust by following these tips.



# Social Media Highlights

## What You Might Have Missed



Manage your stress, feel connected and elevate your mood during the COVID-19 pandemic by practicing more yoga today. For mental tips to cope with the COVID-19 pandemic, read our mental health tool kit



With every day that passes without being vaccinated, you are increasing your risk of being exposed to COVID-19, becoming infected and assisting in the spread of the virus throughout your community. #TakeTheStep. Get vaccinated.

# Social Media Highlights

## What You Might Have Missed



Hypertension or high blood pressure can be controlled with lifestyle changes and medical treatment. To find out more about controlling high blood pressure, visit our health encyclopedia at <https://bit.ly/3u70Kp6>.



800-305-4444 | www.jhah.com

Pregnant women are at higher risk for severe illness from COVID-19. If you are pregnant, take the step, #GetVaccinated.

مرکز جونز هوبکینز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

### Get your Meningococcal Vaccination at JHAH

The JHAH Hajj Meningococcal Vaccination Program runs **July 1 – July 15** from **8 a.m. to 2 p.m., Sunday to Thursday**, no appointment necessary, at the following Health Centers:

- Dhahran Health Center
- Al-Hasa Health Center
- Abqaiq Health Center
- Ras Tanura Health Center
- 'Udhailiyah Health Center



Is Your Health Ready for Hajj? Drop in to receive your meningococcal vaccination at Johns Hopkins Aramco Healthcare.



# Social Media Highlights

## What You Might Have Missed

### An updated temporary guidelines for visitors at Johns Hopkins Aramco Healthcare

- New visitation hours are 4:00 p.m. to 6:00 p.m.
- One visitor per patient
- Only visitors, friends, and companions whose Tawakkalna health status appears as "Immune," "Immune by the first dose," or "Immune by recovery" will be allowed to enter JHAH facilities

You may contact your admitted loved ones at JHAH by calling the Centralized Call Center at 800-305-4444/option 7 from 7:00 a.m. to 10:00 p.m.



مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

800-305-4444 | www.jhah.com

Dedicating time to play with your children improves their cognitive abilities, skills and emotions. Play with your children and help provide them with a healthy growing-up journey.



At JHAH, the health and safety of our patients, staff and community members is our top priority. To prevent the spread of COVID-19, JHAH has updated the temporary guidelines for visitors.

## Slim Down and Power-Up



Dear Cafeteria Customers,

- Do you know that healthy meals promote your wellbeing and reduce the risks of many non-communicable diseases, such as diabetes, cardiac, hypertension, stroke, weak bones and cancer?
- Do you also know that healthy and low-calorie meals can help you lose excess weight, strengthen your muscles, bones and immunity, and power you up after your meal?

Select the 'Slim Down and Power-Up Meal' because it's well-balanced, heart-friendly, light (contains only 500 calories), and rich in protein, fiber, vitamins, minerals, antioxidants and anti-inflammatory agents.

The meal includes servings of non-fat soup, vegetables, fresh fruit, complex carbohydrates, lean protein and non-fat yogurt or Laban.

# JHAH Bulletin Board

## Emergency Numbers: Save These Numbers To Your Mobile Phone

- **Dhahran and all areas:** From a landline inside Saudi Aramco or from outside Saudi Aramco, dial 911.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0911
- **al-Hasa:** Dial 911
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0911
- **'Udhailiyah:** From your mobile phone inside 'Udhailiyah, dial +966-13-576-7911
- **Help with your healthcare:** Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-870-3888 out of Kingdom
- **Urgent healthcare access helpline for MDF patients** dial +966-55-600-0468 (after 4 p.m.)
- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-870-8400
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. To register, go to [jhah.com/pregnancy-wellness](http://jhah.com/pregnancy-wellness). You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the first and third Tuesday of the month. To register, email [Eman.Mutairi@JHAH.com](mailto:Eman.Mutairi@JHAH.com) (you must be 30 weeks or more into your pregnancy.)

**If you have an immediate medical concern, make an appointment with your primary care physician. In the event of a medical emergency, go to the emergency room at the nearest hospital.**

- **Appointments:** To make medical or dental appointments and to access multiple medical services, call:
  - Centralized Contact Center 800-305-4444
  - Out of Kingdom +966-13-870-3888

**Community Counseling Clinic:** Call +966-13 870- 8400, +966-13 870-8306

- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon. to Wed. 1- 3:30 p.m.) Pharmacy (Sun. to Thurs. 12-4 p.m.)

## Register for MyChart today

Visit [www.JHAH.com/en/about-mychart](http://www.JHAH.com/en/about-mychart)

- Find FAQs
- How-To Guides

If you need help signing up for MyChart, or would like to ask a question, call: 800-305-4444 (013-870-3888 from out-of-Kingdom) and select Option 8 (hours of service 7 a.m. to 4 p.m.)



# Demonstrating Excellence in Patient Care



Replying to @JHAHNews

شكرا جزيلاً على التنظيم 🙏

Translated from Arabic by Google

Thank you very much for organizing 🙏



توثيق ✅ فرحانه بالوردة شكراً لكم 🙏❤️🥰🥰  
@JHAHNews

Translated from Arabic by Google

documentation ✅ Happy with the rose, thank you 🙏🥰🥰❤️ @JHAHNews



@JHAHNews اخذنا اللقاح الله ينفع فيه و يكتب لي الخير  
يتم لي حملي على خير يارب 🙏🥰🥰

Translated from Arabic by Google

@JHAHNews We took the vaccine, may God benefit him and write me good and complete my pregnancy well, Lord 🙏🥰🥰



مركز جونز هوبكنز أرامكو الطبي  
تعرفوا على موظفي مركز جونز هوبكنز أرامكو الطبي، عقيل العتيبي،  
مدير بنك الدم. لمزيد من المعلومات عن كيفية التسجيل لتصبح متبرعاً  
بالدم، تفصل بزيارة: [bit.ly/2NvOTRu](http://bit.ly/2NvOTRu)  
#جها



Musab Aldulijan  
@musabaldiljan

Replying to @JHAHNews

أنعم وأكرم بالصدیق والعزیز عقيل ما شفنا منه إلا كل خير 🙏

Translated from Arabic by Google

The best and most generous friend and dear Aqeel, we have seen nothing but all the best from him 🙏

@JHAHNews  
 Shukra Lihseen Ta'amlakum ❤️❤️❤️  
 Translated from Arabic by Google  
 @JHAHNews  
 Thank you for your kindness ❤️❤️❤️



مركز جونز هوبكنز أرامكو الطبي  
 تعرفوا على موظفينا  
 Johns Hopkins Aramco Healthcare

التبرع بالدم من أهم الأعمال الإنسانية للبشرية. دمك قابل للاسترجاع ولكن الحياة ليست كذلك. تبرع بالدم لعالم يفيض

عقيل العتيبي  
 مدير بنك الدم

بريك المرهش  
 @braiksm

Replying to @JHAHNews

يستاهل ابن الخال عقيل هذا الثناء وهو يستحقه حقيقة  
 نسأل الله له الإعانة والتوفيق.

Translated from Arabic by Google

Cousin Aqeel deserves this praise, and he truly deserves it. We ask God to help him and grant him success.

11:44 PM · Jun 14, 2021 · Twitter for iPhone

Abdalmohsen  
 @Abdalmohsen017

Replying to @JHAHNews

Translated from Arabic by Google

Thank you from the heart ❤️



Basem Futa @basem\_futa · Jun 7

Replying to @JHAHNews

Excellent message. Thanks JHAH

شكرا لكم من القلب ❤️



# *JHAH Healthy Recipe*

## *Falafel Pita Sandwich*



*Serve with salad, nonfat or low-fat yogurt, or laban to make your falafel more balanced and nutritious. Tahini paste can be replaced with low-fat or nonfat yogurt.*

### **Ingredients (6 Servings-1 Cup Each):**

18 pieces baked falafel  
3 tablespoons tahini (sesame sauce)  
3 whole-wheat pita bread  
2 tomatoes, chopped  
1 onion, sliced  
¼ cup fresh parsley, finely chopped

### **Preparation:**

Prepare baked falafels that are made from chickpeas or use ready-made falafel mix. Baked falafel is healthier than fried falafel and provides fewer calories and fat.

Heat pita bread in the oven or the microwave and divide each into 2 halves.

Stuff each pita bread half with three pieces of falafel and vegetables and drizzle with tahini sauce.

### **Fat and calories per serving:**

- Calories: 230 calories
- Fat: 4 grams

# Announcing updated visitation guidelines



Dear Saudi Aramco employees and family members,

In alignment with the direction of the Saudi Ministry of Health (MOH), the JHAH temporary COVID-19 visitation guidelines have been updated for our visitors, friends, and companions entering JHAH health centers. Those receiving patient care are the most vulnerable to infection and these precautionary measures are in place to help safeguard our patients. Our foremost concern is the safety and well-being of the people under our care and these guidelines are effective immediately.

## Visitor Information Guide

### Updates to the visitation guidelines include

- Visitation hours (weekdays and weekends) are from 4 p.m. to 6 p.m. (
- One-Visitor-Per-Inpatient
- COVID-19 preventive visitor measures

## *COVID-19 immunization mandatory for entering JHAH*

Effective immediately, only visitors, friends, and companions whose Tawakkalna health status appears as "Immune," "Immune by first dose," or "Immune by recovery," will be allowed to enter JHAH facilities.

You may contact your admitted loved ones at JHAH by calling the Centralized Call Center at 800-305-4444/option 7 from 7:00 a.m. to 10:00 p.m.



# Patient Relations



Our multilingual Patient Relations team is here to talk with you about:

- Any concerns you may have with your care at JHAH
- Choosing or changing your Primary Care Physician
- Talk with you about a staff member who has “gone the extra mile” in caring for you or something you feel we could have done better

## Visit the Patient Relations office

Our offices are open Sunday to Thursday, 7 a.m. - 4 p.m. For urgent requests, while you are in the hospital, ask the nearest charge nurse.

### Dhahran:

- Emergency Services
- Surgicare, behind reception
- Gastrointestinal clinic area
- Building 61, in front of OB /GYN clinic
- Primary Care

### Al-Hasa Health Center:

Outpatient Clinics reception area

### Abqaiq Health Center

Administration Office

### Ras Tanura Health Center

building 2, ground floor

# Medical Liaison Office



Our Medical Liaison Office team is here to assist you with:

- Requests for medical reports/summaries
- Copies of medical records, diagnostic imaging and lab reports
- Issuing off-duty certificates
- Issuing escort certificates, Hospital Attendance, and disabled parking stickers

## Visit the Medical Liaison Office

Our offices are open Sunday to Thursday, 7 a.m. - 4 p.m. For urgent requests, while you are in the hospital, ask the nearest charge nurse.

### Dhahran Main Hospital

Building 60, main lobby

### Dhahran Primary Care

### Al-Hasa Health Center

Outpatient Clinics reception area

### Abqaiq Health Center

near the Primary Care waiting area

### Ras Tanura Health Center

Near the Emergency room reception