

Wellbeing 2016

February 2016



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The Importance of Sufficient Sleep for Children

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Promoting Health and Wellbeing

February 2016

Welcome to JHAH News, where we share the latest health and wellbeing news and current and upcoming events.

If you have any questions, suggestions, contributions or topics you would like to read about, please email them to the editor:

Salam.Jishi@JHAH.com

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 health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

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Zika Virus

Not present in Saudi Arabia but a consideration for international travelers

There have been no recorded cases of Zika in Saudi Arabia or its neighboring countries. This mosquito-borne viral disease is usually mild or asymptomatic but has been linked to nerve and muscle weakness and skull malformations. Zika virus outbreaks have been reported in Africa, Asia and some Pacific islands, and most recently in the Western Hemisphere, including Brazil and Puerto Rico. As the disease is spread by mosquitos, the risk is related to the presence of the aedes aegypti mosquito responsible for the transmission, which is present in the southern part of Saudi Arabia.

If you are planning international travel you may wish to consider the following recommendations from the U.S. Centers for Disease Control (CDC):

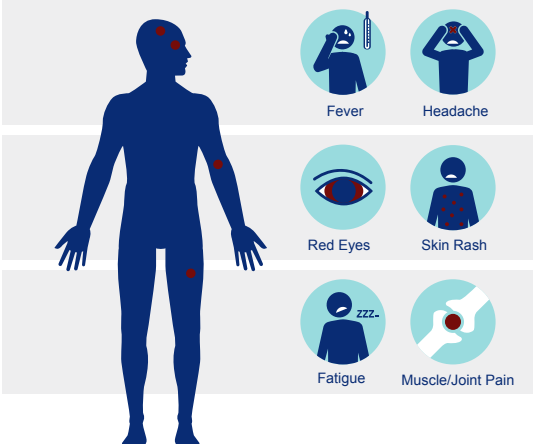


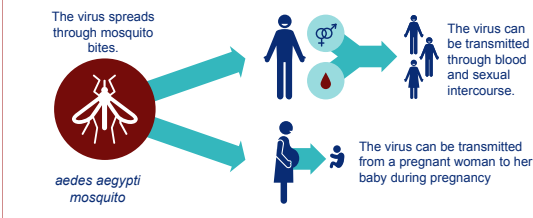
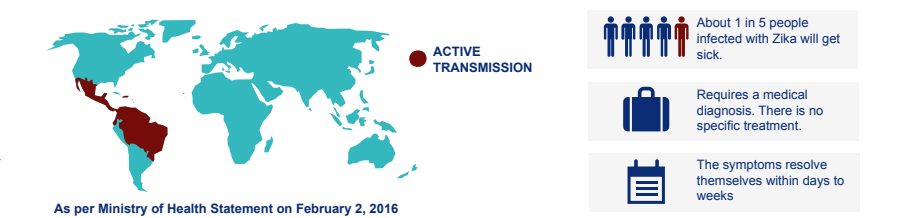
- Pregnant women and women who may become pregnant should consider postponing travel to any area where Zika virus transmission is ongoing.
- All travelers should take steps to avoid mosquito bites to prevent Zika virus infection and other mosquito-borne diseases.
- Zika virus infection should be considered in patients with fever, headache, red eyes, skin rash, fatigue and muscle and joint pain who traveled to areas with ongoing Zika virus transmission in the two weeks prior to onset of illness.
- Health care providers should report suspected Zika virus disease cases to the Ministry of Health to facilitate diagnosis and mitigate risk of local transmission.

Please see cdc.gov/zika for additional information on Zika virus and updated travel advisories.

ZIKA Virus

DISEASE SPREAD AND PREVENTION

مركز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare

SYMPTOMS	PREVENTION	TREATMENT
		
VIRUS TRANSMISSION		AFFECTED AREAS AND PATHOLOGY
		 <p>As per Ministry of Health Statement on February 2, 2016</p>

Fighting Cancer Together

2016 Johns Hopkins Aramco Healthcare Cancer Symposium

With a slight quiver in her voice from having faced cancer with family and friends, Dr. Zeina Khouri-Stevens, Chief Nursing Officer, Johns Hopkins Aramco Healthcare (JHAH), stated what most of the audience know too well. "Cancer is personal," she said in opening the 2016 JHAH Cancer Symposium held February 4 in the Dhahran Health Center Auditorium. She ended by reinforcing the theme of the event: that we should fight cancer together.

The day long symposium brought multidisciplinary experts from across JHAH, including oncologists, nursing, palliative care, nutrition and others, together to introduce and share new ideas and approaches to preventing cancer and caring for those facing the disease to the approximately 250 participants representing not only JHAH but also Al-Mana (Dammam, Hofuf and Al-Khobar), Al-Salama, Mouwasat (Dammam and Qatif) and Al-Moosa hospitals.

The objective of the symposium was to share the latest advances in cancer care, including those in cervical cancer prevention and screening, specialized cancer nutrition, cancer in children, colorectal screening, palliative care, and grieving. The symposium included presentations; lively question and answer sessions; and informative, interactive panel discussions.

"By far the most important point I wanted the audience to know regarding cervical cancer is that it is preventable if a woman has regular screenings to detect pre-cancerous lesions and to allow for early treatment," said Dr. Abboud Abdo, Obstetrics & Gynecology physician, JHAH.

"The key points the organizing team wanted people to take away from the symposium are 1) no one is beyond the threat of cancer, 2) cancer can and should be fought together, 3) many cancers can be prevented and 4) early detection saves lives," said Dr. Nafeesa Faris, head of the Cancer Care Service Line, JHAH.



What cancer patients want you to know

The following five points that cancer patients want people to know about them were shared by Dr. Zeina Khouri-Stevens, Chief Nursing Officer, Johns Hopkins Aramco Healthcare, in her opening remarks to the 2016 JHAH Cancer Symposium.

- Cancer does not always end when treatment does
- Cancer does not look the same on every one
- Some days are just hard
- Just because I do not look sick, doesn't mean I am not
- I am so much more than my disease

Fighting Cancer Through Exercise

On February 6, more than 300 people interested in fighting cancer through exercise gathered at the Duck Pond in Saudi Aramco's Dhahran community for the "We Fight Cancer Together" 6k walk. "We just had to be part of the walk for cancer," said Majed Alawiyat, radiation therapist, JHAH, whose wife and daughter joined him on the walk while his daughter in Riyadh joined them remotely via cellphone.

The field comprised serious athletes who saw it as an opportunity to not only support a good cause but to hone their running skills as well as social walkers who enjoyed conversation with friends while getting a good walk in. "I walk regularly anyway," said Francis Bautista, nursing staff scheduler, JHAH, "However, today I wanted to get something more than exercise out of my walk. I wanted to show my support for fighting cancer."

"The Walk for Those with Cancer is a powerful and inspiring opportunity to involve the community to show their love and support to not only those who are fighting cancer and cancer survivors," said Petronella Bezuidenhout, Cancer Care Service Line nursing supervisor, JHAH, and head of the symposium organizing committee, "but also to honor and remember those who fought bravely and lost the battle against this terrible disease, and to raise awareness about what we can do to stay well, inspire others and celebrate life."

After the walk, many people took advantage of the beautiful day, good company and comfortable park to relax, socialize and soak up some valuable Vitamin D provided free of charge by the sun.



**WE
FIGHT
CANCER
TOGETHER**

in collaboration with



Healthy Eating

Answers From Johns Hopkins Cardiologist Dr. Kerry Stewart

Good nutrition is an essential part of leading a healthy lifestyle; it can boost your immune system, ward off chronic conditions like heart disease and keep you at a healthy weight.

Is there a 'best diet' to follow? Johns Hopkins cardiologist Dr. Kerry J. Stewart answers this question and more.



What foods are good to boost your metabolism?

I do not believe in relying on a specific type of food to boost metabolism. More important, people should try to increase their metabolism by increasing physical activity. The muscles of the body are the engines that burn calories, and using them will burn more calories.

How do I prevent bloating while I'm trying to eat healthy and lose weight?

There can be many reasons for bloating; constipation is one that comes to mind. This can often be helped by increasing fiber in the diet and by drinking more water or other low-calorie liquids. However, for weight loss, try to avoid high-calorie drinks like soda. Bloating can also be caused by certain foods. Everyone knows about beans, but others that cause bloating include broccoli, kale and cabbage.

What is the best diet?

The best diet is the one that works for you. However, as your question suggests, we really have not figured that out yet. There are many choices, but it seems like a well-balanced diet with carbs, fat and protein is a good healthy choice.

We have done a few studies suggesting that a low carb approach can be very effective and safe in terms of blood glucose, insulin and cholesterol levels, and people lost a considerable amount of weight. The key for each person is finding a diet that they enjoy, that is easy to follow, and that can be sustained over time to avoid regaining weight. Also, it is important to increase physical activity. Many studies have shown that physical activity is critical to help keep the weight off over time.



Kerry J. Stewart, Ed.D.

Director, Clinical/Research Exercise Physiology
Professor of Medicine

Dr. Kerry J. Stewart is a Professor of Medicine in the Cardiology Division and is the Director of Clinical and Research Exercise Physiology. He studies exercise training for cardiovascular disease and heart failure, exercise training for diabetes and hypertension, weight loss effects through diet and exercise on body composition and CV health, exercise for cancer patients and increasing physical activity in the community.

Dr. Stewart holds a bachelors degree from Brooklyn College and an Ed.D. from Columbia University in Applied Physiology. He is a Fellow of the American Heart Association, the American College of Sports Medicine, and a Master Fellow of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Dr. Stewart was the President of AACVPR from 2000 to 2001, and was given its Award of Excellence in 2009.

I want to keep my size, but tone my body. I know I need to exercise, but I'm not sure where to start. Also, what foods should I eat?

Exercise guidelines recommend a combination of aerobic activities like walking or cycling and also resistance training using weights, resistive bands, or calisthenics. It is the resistance exercise that will help to maintain your muscle tone and prevent muscle loss as you get older. You do not have to eat anything special to maintain muscle tone—just do the exercises.

I have heard that juicing is bad because it removes fiber. Is that true?

This is one of the downsides of juicing. You are leaving one of the key components of the fruit behind—the fiber. In addition, the juice is very highly concentrated with sugar. Overall, this is likely to be less filling and therefore, many people end up increasing their daily calories if they “over” juice. It is better to eat the apple whole, including the skin, rather than squeeze it and just drink the juice.

Are there specific fruits I should avoid if I am trying to lose weight?

Fruits can be a double-edged sword in a weight loss diet. Though they contain many healthy nutrients, they are often very high in sugars; Therefore, eating too much fruit can make it difficult to lose weight and may even lead to weight gain.

For example, a banana has 100 calories and about 27 grams of carbohydrates. An apple has about 115 calories and 30 grams of carbohydrates. Eating just two of these a day would provide more than 100 grams of carbohydrates. You can do the math, but it becomes difficult to lose weight if the number of carbohydrates starts creeping over 100 grams per day. A well-balanced diet with carbs, protein and fat is a more sensible approach for most people.

This article was originally published online by Johns Hopkins Medicine. See the original article here:

<http://www.hopkinsmedicine.org/health/articles-and-answers/ask-the-expert/healthy-eating-answers-from-cardiologist-dr-kerry-stewart>

Johns Hopkins Aramco Healthcare Offers First Advanced Nursing Degrees in Saudi Arabia



The first cohort of doctoral students receive their white clinical coats from Johns Hopkins School of Nursing (JHSON) university leaders and JHAH hospital administrators.

Clinical nurses in Saudi Arabia can now earn a new doctoral degree in nursing without leaving the Kingdom thanks to a new program developed by Johns Hopkins Aramco Healthcare (JHAH) based in Dhahran and Johns Hopkins University School of Nursing (JHSON) in Baltimore, Maryland.

The Doctor of Nursing Practice (DNP) degree is a professional doctoral program that prepares clinical nurses to be leaders, executives and role models. Students also learn evidence-based practices that research shows can improve the lives of patients, their families and communities.

"Having strong nurses with higher-level competencies is good for business, it's good for patients, and it provides a workforce that's not just following orders but is part of a team. Teams are what make health care the best, and anything we can do to support and empower our teams is positive," said Dr. John A. Ulatowski, interim chief executive officer of JHAH.

The doctoral program began in August 2015 with 13 students – nine Saudis and four expatriates. All of them have master's degrees in nursing, work for JHAH and meet the rigorous requirements of JHSON's program.

The prestigious program, one of the best in the world, is not easy. The students must complete two years of academic,

clinical, management and leadership studies. They also conduct an independent research project and present their findings. While most of their time will be spent at JHAH medical facilities in the Eastern Province, they will travel to the JHSON campus in Baltimore for two weeks of studies and clinical training each semester. The students have agreed to continue working for JHAH for at least two years after graduation.

"I've been really impressed with Johns Hopkins Aramco Healthcare's vision for nursing and for helping women to move forward and thrive in their careers. Being able to advance your education while keeping a job and being with your family is a huge asset," said Dr. Patricia Davidson, JHSON dean, and a professor in the doctoral program. "With most doctoral degree programs, people have to pack up and move overseas for three years. This is a much more integrated, flexible way and a good model for the future."

The new doctoral program also may encourage Saudi nursing colleges to develop master's programs, according to Dr. Zeina Khouri-Stevens, chief nursing officer at JHAH and adjunct faculty at JHSON. "Providing graduate nursing programs in the Kingdom would enable Saudi nurses to get a master's degree without leaving their homes and families, while also giving them more career opportunities and preparing them to enter a doctoral program."

While the first cohort's members are JHAH nurses, the possibility of accepting external candidates in the future is being explored with the help of an advisory council, whose members include deans of Saudi nursing colleges and hospital directors of nursing. At its first meeting in February, the council discussed the higher education track leading to the doctoral program and noted that while Saudi students must have a master's degree to apply, there are no graduate nursing programs in the Kingdom.

Last year, Davidson and Khouri-Stevens led JHSON faculty members and JHAH staff on a tour of the Kingdom's undergraduate nursing schools and met with their deans, staff and faculty. They found the undergraduate programs to be academically rigorous, with internships that produce well-trained nurses who are ready for master's degree programs.

"We were impressed with the bachelor programs. They are robust, heavy in theory, with lots of clinical practice," Khouri-Stevens said.

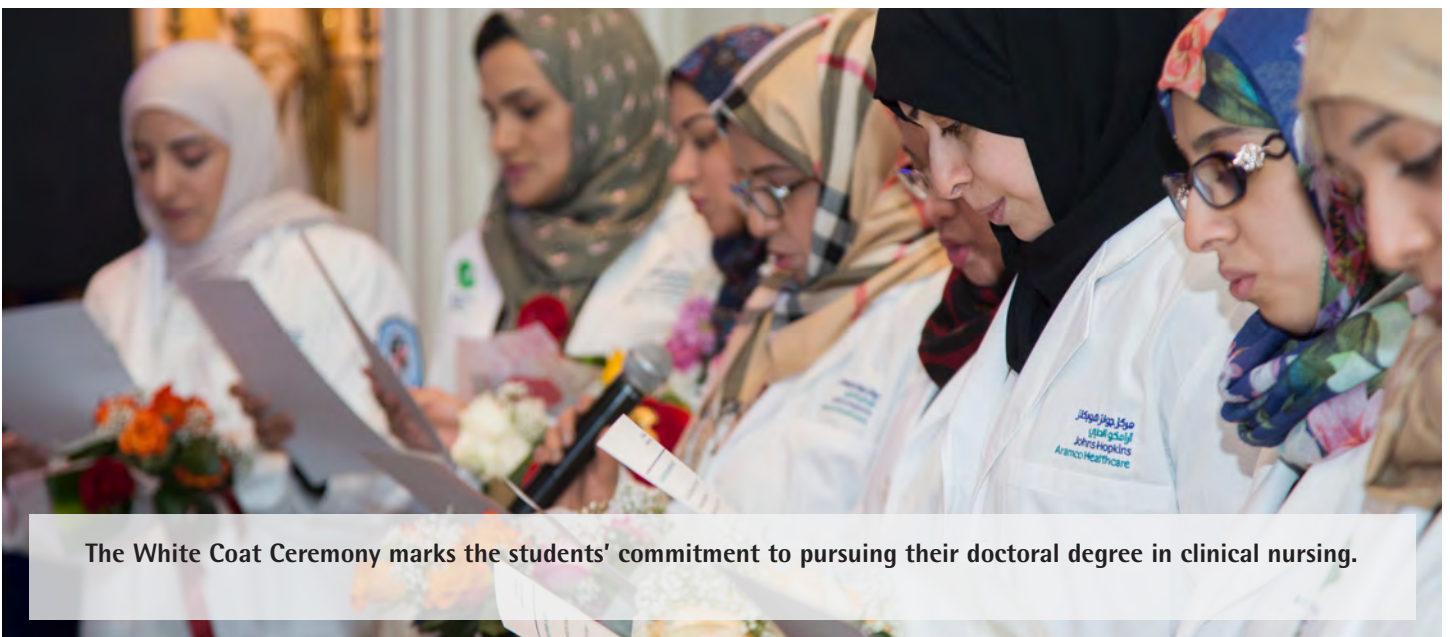
Davidson agreed. "The pre-licensure programs in Saudi Arabia are actually very strong. The need we see is for leadership development for nurses already in practice, and Johns Hopkins can offer our experience in advanced nursing education programs and our resources to help move things forward in the event that post graduate programs are proposed."



JHAH's Dr. Amani Babgi (left), Director of Clinical Practice Education and Research, and Dr. Zeina Khouri-Stevens (right), Chief Nursing Officer, congratulate student Heba Al Mattar.

The doctoral program is one of several flagship projects to provide educational and research programs that will strengthen and extend JHAH's capabilities, such as medical and nursing programs, leadership training, and quality and safety activities. The program first began taking shape nearly two years ago as JHAH explored ways to develop career ladders, clinical advancement and leadership training for nurses. Johns Hopkins Medicine International and Saudi Aramco had already partnered to form JHAH. Working together on health care education and career development programs was a logical next step.

Because the JHSON program is being offered in partnership with a local health care provider, it is collaborative, culturally respectful and tailored to the needs of JHAH and the students, according to Davidson.



The White Coat Ceremony marks the students' commitment to pursuing their doctoral degree in clinical nursing.

Continued – Johns Hopkins Aramco Healthcare Offers First Advanced Nursing Degrees in Saudi Arabia

Khoury-Stevens said she has been impressed by the dedication, hard work and enthusiasm of all the students and the changes she is seeing in them already as a result of the doctoral program. "What's nice is that you can see the group mature tremendously. They are growing academically, professionally, in how they negotiate and in the way they look at health care," she said. "They are better researchers, more comfortable in their role, and different professionally."

In February JHAH and JHSON held a special White Coat Ceremony for the nursing cohort at Le Meridian Hotel in Al Khobar. The ceremony is a tradition and milestone for many health care professions, signifying a student's entry to a higher level of clinical practice and professional development.

Each doctoral candidate received a white clinic coat during the ceremony in recognition of a new phase of her studies that is focused on clinical leadership, evidence-based practice, excellence, and workplace and patient safety.

"Today underscores the bonding process as you continue your professional journey in the noble career of clinical nursing. This ceremony is designed to instill a commitment for passion of care and create a link among all health care professionals in providing quality care as a team," Dr. Andrea Parsons Schram told the cohort. Schram is a JHSON assistant professor and leader of the doctoral program.

Family and friends filled the hotel ballroom to show their support as the students walked across the stage in their bright white knee-length coats. The father of a Saudi student spoke to the audience on behalf of parents, thanking JHAH, JHSON and the families for supporting their daughters' professional dreams and goals.

"We appreciate the great support and encouragement extended to our daughters and we are very proud of what they have achieved," said Ali Mansour Al Rabaan, a Saudi Aramco retiree and father of student Maisa Rabaan. "Congratulations to our daughters for being selected for this program. Nursing is an important and honorable profession. You will make a difference in our communities by doing everything possible to ensure people get the treatment they deserve."

Afterward, the students beamed as they mingled with family and friends and hugged one another.

"It's a dream come true. I was always interested in advancing my profession, and being in the Kingdom's first doctoral nursing degree program is amazing," said Heba Al Mattar. "I believe we could lead the nursing profession in Saudi Arabia and be a role model for bringing it to the highest level and improving the care of our patients."

Maisa Rabaan also is passionate about her career and studies. "My goal is to earn the doctorate and to be a role model for other Saudi nurses. I feel that working as a nurse in the intensive care unit is in my blood," she said.

Liza Bailey, a third great-niece of founder and philanthropist Mr. Johns Hopkins and a board member for several Johns Hopkins entities, traveled to Saudi Arabia to observe the program and attend the ceremony. "The message from Johns Hopkins to these doctoral candidates is that we'll be behind them all the way. They deserve this opportunity, and we need them, the Kingdom needs them, to be leaders," she said.



Ali Mansour Al Rabaan, father of doctoral student Maisa Rabaan, spoke during the ceremony to thank JHAH and JHSON and congratulate the students for pursuing their dreams.



From left, Dr. John A. Ulatowski, interim CEO of JHAH, with student Maisa Rabaan, Dr. Peter Pronovost, and Liza Bailey, a third great-niece of Mr. Johns Hopkins.



Doctoral student Fatimah Al-Rashed joins her family after the ceremony.

Names of the first Cohort in the Doctorate of Nursing Program at Johns Hopkins Aramco Healthcare

1. Amal Al Ahmree
2. Angela Wilkins
3. Emma Daza
4. Fatima Al Rashed
5. Greer Barlow
6. Halima Al Talaq
7. Heba Al Mattar
8. Jacinta I Ukah-Ogbonna
9. Kawthar Al Hussain
10. Leena Al Mansour
11. Maisa Al Rabaan
12. Narmeen Talalwah
13. Siobhan Rothwell

The Kingdom's first Doctor of Nursing Practice (DNP) program began in August 2015 with 13 students – nine Saudis and four expatriates. All of them have master's degrees in nursing, work for JHAH and meet the rigorous requirements of JHSON's program in the U.S.



Doctoral student Narmeen Talalwah receives flowers from her son during the ceremony.

Distinguished Visitors from Johns Hopkins University



Liza Bailey, a Descendant of Johns Hopkins

Board of Trustees, Johns Hopkins University and Johns Hopkins Medicine
Board of Trustees, The Hastings Center
Formerly Credit Suisse First Boston

Liza Bailey is the third great niece of Johns Hopkins, the founder of Johns Hopkins University. In 2004, she joined a group of collateral descendants of the founder in endowing the Johns Hopkins Family Professorship in Oncology Research. She currently serves on the Board of Trustees of Johns Hopkins Medicine, Johns Hopkins Health System, Johns Hopkins International, and Johns Hopkins University, as well as the advisory councils for the Institute for Basic Biomedical Research, the Peabody Institute, and the Johns Hopkins Press. She is the Chair of the Audit Committees for the Johns Hopkins Health System and Johns Hopkins International, respectively. Additionally, she is currently on the Board of Trustees of the Hastings Center, a non-partisan research institute dedicated to addressing fundamental ethical issues in the areas of health, medicine, and the environment.

Liza's professional experience includes thirty four years in finance providing strategic advisory, investment banking, and investment management services.

Liza received her B.S.F.S in International Economics from Georgetown University's School of Foreign Service and is a Certified Financial Analyst. She is married to Professor Michael Musgrave, a music scholar, pianist, and a member of the Juilliard School faculty. They reside in New York City and the Hudson Valley and have two sons and three grandchildren who live in London.



Patricia Davidson, Ph.D., M.Ed., RN, FAAN

Dean, School of Nursing
Johns Hopkins University

Patricia Davidson, Ph.D., MEd, RN, FAAN, is considered one of the most influential deans of nursing in the U.S.

Since joining the Johns Hopkins School of Nursing in September 2013, she has introduced a new degree program (Master of Science in Nursing: Masters Entry into Nursing), doubled the school's Ph.D. program intake, and increased engagement with communities locally, nationally, and internationally. A global leader in cardiac health for women and vulnerable populations, Dr. Davidson has an established program of research in supporting individuals living with chronic conditions and developing innovative models of transitional care. A primary objective of her work has been to improve the cardiovascular health of underserved populations through development of innovative, acceptable, and sustainable initiatives internationally.

Since 2003, Dr. Davidson has secured over \$10 million in competitive research grants from national and international funding bodies and co-authored 320-plus peer-reviewed journal articles, 20 book chapters, and more than 100 peer-reviewed abstracts. She has mentored more than 35 doctoral and postdoctoral researchers and is an editor of *Circulation*, *Cardiovascular Quality and Outcomes*, the *International Journal of Nursing Studies*, *Collegian*, and the *Journal of Nursing Management*. She is on the editorial boards of a number of other scholarly journals.

Saudi Nursing Experts Serve as Advisors to New Doctoral Program

By: Merrell Foote

AL KHOBAR – An advisory council of nursing educators and professionals met for the first time in February to share ideas for enhancing nursing education and professions in Saudi Arabia.

The council is sponsored by Johns Hopkins Aramco Healthcare (JHAH) based in Dhahran, Saudi Arabia, and Johns Hopkins University School of Nursing (JHSON) in Baltimore, Maryland. Liza Bailey, a third great-niece of founder and philanthropist Mr. Johns Hopkins and a board trustee of Johns Hopkins Medicine, Johns Hopkins Health System and Johns Hopkins Medicine International, attended the inaugural meeting.

In 2015, JHAH and JHSON launched the Kingdom's first Doctor of Nursing Practice degree program. The cohort of nine Saudi and four expatriate candidates must complete two years of rigorous academic, clinical and leadership studies and a capstone project to receive the degree.

Dr. Patricia Davidson, council chairwoman and JHSON dean, thanked members for coming. "I look forward to great collaboration as we seek opportunities to support nursing in the Kingdom, especially the development of nurses as leaders," she said.

Council members include directors of nursing and deans from Saudi nursing colleges in Dammam, Jeddah and Riyadh, and from JHAH and JHSON. Together they bring to the table decades of nursing experience in Saudi Arabia and worldwide.

"I am honored to be here with all of you, and I feel we are moving forward to make positive changes in the nursing profession in Saudi Arabia," said Dr. Taqwa Omer, dean of the College of Nursing at King Saud Bin Abdulaziz University for Health Sciences in Jeddah.

The council discussed a variety of topics, such as developing in-Kingdom graduate nursing programs, strengthening undergraduate curriculum and internship standards, and forming regional internship programs that can offer broader experiences in multiple hospitals.

"There are guidelines regarding the quantity of internship and clinical hours, but the quality and structure of those hours can lead to more advanced practice. Leadership skills, critical thinking, clinical decision making are areas we need in practice and can focus on as well," said Dr. Zeina Khouri-Stevens, council co-chairwoman and chief nursing officer at JHAH.

The council plans to meet regularly at different sites, enabling members to visit nursing programs across the Kingdom.

"I'm delighted to see this group come together. I am optimistic and positive that we are going in the right direction and this collaboration is what is needed," said Dr. Elham Alateeq, dean of the College of Nursing at Dammam University.

Advisory Council Members

- Chair: Dr. Patricia Davidson, Dean, JHSON
- Co-Chair: Dr. Zeina Khouri-Stevens, Chief Nursing Officer, JHAH
- Dr. Ahmad Aboshaiqah, Dean, College of Nursing, King Saud University, Riyadh
- Dr. Elham Alateeq, Dean, College of Nursing, Dammam University
- Dr. Rita Anderson, Regional Nursing Director, Eastern Province
- Dr. Amani Babgi, Director, CPE&R, JHAH
- Dr. Hasnah Erfan Banjar, Dean, College of Nursing, King Abdulaziz University, Jeddah
- Julie Barritt, Nursing Internship Coordinator, JHAH
- Dr. Taqwa Y. Omer, Dean, College of Nursing, King Saud Bin Abdulaziz University for Health Sciences, Jeddah
- Dawn Parker, Director of Nursing, National Guard Hospital Affairs
- Dr. Andrea Parsons Schram, Assistant Professor, JHSON
- Dr. Hana Al Sobayel, Dean, College of Nursing, Princess Nourah University, Riyadh



The 2nd Annual Johns Hopkins Aramco Healthcare Patient Safety Symposium

Dhahran, Saudi Arabia

"As I look back on the past year, I am pleased with the progress we have made regarding patient safety," said Dr. John Ulatowski, Johns Hopkins Aramco Healthcare (JHAH) Interim Chief Executive Officer, during his opening remarks to the more than 300 attendees. "It is obvious the enthusiasm and knowledge that participants took from the first symposium have carried over, and I am sure this conference will be as informative and motivational."

Held February 2-3, 2016, JHAH partnered once again with the Johns Hopkins Medicine (JHM) Armstrong Institute to present the latest evidence-based practices regarding patient safety. The symposium, accredited by the Saudi Commission for Health Specialties, included participants from King Fahad Specialist Hospital in Dammam, King Faisal Specialist Hospital in Jeddah, JHAH medical designated facilities Al Mana Hospital in Hofuf, Khobar and Dammam, Mouwasat Hospital in Dammam and Qatif, Saad Specialist Hospital in Khobar, Al Ahsa Hospital, Al Moosa Hospital and National Guard Hospital in Al Hasa, Dr. Baksh Hospital in Jeddah and Yanbu' National Hospital in Yanbu as well as health care professionals from throughout JHAH.

"The quest for zero harm requires the determined, coordinated focus of an entire organization," said Dr. Peter Pronovost, Senior Vice President of Patient Safety and Quality at JHM, Director of the Armstrong Institute for Patient Safety and Quality, and leading expert on patient safety and quality of care, during his keynote remarks. "Overtime we have deepened our understanding of what it takes to consistently deliver high quality, harm-free care."



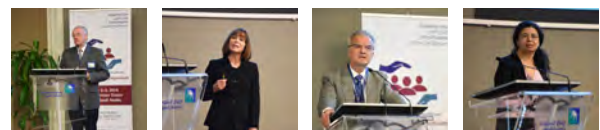
As JHAH focuses on patient safety as a critical aspect of enhancing the quality of clinical care within the Kingdom, it is partnering with The Armstrong Institute for Patient Safety and Quality, a world renowned leader in working with health systems to reduce preventable harm, improve clinical outcomes and experiences, and reduce waste in health care delivery.

The symposium provided an in-depth review of workplace cultures, systems, leadership behaviors and organizational structures that help ensure patient safety. Presenters from both JHM and JHAH shared their experience and knowledge and shed light on the issue of consistently delivering high quality, harm-free care.

"Over the past two years, JHAH has embraced the call to reduce preventable harm," said Dr. Pronovost. "There is a palpable enthusiasm for this mission as units begin adopting the Comprehensive Unit-Based Safety Program to reduce complications and improve their hospital and unit safety cultures."

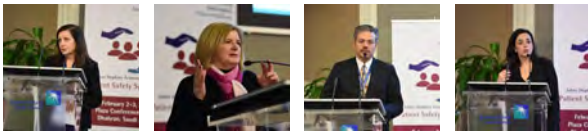
Since its inception, JHAH has conducted many activities to elevate awareness and create a patient safety culture. JHAH now has thirty-two patient safety fellows who successfully completed a rigorous year-long program that resulted in evidence-based studies in eight key clinical areas. The recommendations from that program are already having a positive impact, and those fellows are now actively championing patient safety and quality of care. Moreover, the second cohort is well into its journey to becoming certified patient safety fellows.

Pediatric ICU is implementing the Comprehensive Unit-Based Safety Program (CUSP) to enhance its patient safety culture. By using CUSP tools, Pediatric ICU has identified and is developing its short-term and long-term patient safety goals. Moreover, the Surgical Unit Safety Program (SUSP) has been implemented to reduce surgical site infections in colorectal surgeries. Currently the team is selecting its next project based on feedback obtained from the staff.



"Nurses are in unique position to improve patient safety because of their inherent proximity to patients and their critical role in health care delivery," said Dr. Zeina Khouri-Stevens, Chief Nursing Officer at JHAH.

Johns Hopkins Aramco Healthcare will continue down its path of improving patient safety and care at not only Johns Hopkins Aramco Healthcare but also at its partner organizations and other health care providers in the Kingdom of Saudi Arabia.



Johns Hopkins Aramco Healthcare Welcomes Two Distinguished Visitors

Ronald J. Daniels, the 14th president of Johns Hopkins University and professor in the Department of Political Science, visited Johns Hopkins Aramco Healthcare (JHAH) on January 26, 2016.

Along with JHAH Board Member Mohan Chellappa, M.D., President of Global Venture (JHI), Daniels visited JHAH as part of a tour of Saudi Aramco designed to provide him and Dr. Chellappa with a deeper understanding and familiarization with Saudi Aramco, the company whose employees and families Johns Hopkins Aramco Healthcare serves.

While visiting JHAH, they were escorted by Dr. John Ulatowski, JHAH Interim Chief Executive Officer, Dr. Zeina Khouri-Stevens, JHAH Chief Nursing Officer, Linda Gilligan, JHAH Chief Operating Officer, and Dr. Daniele Rigamonti, JHAH Chief of Staff.

Johns Hopkins Aramco Healthcare is proud of its collaboration with Johns Hopkins Medicine and Johns Hopkins University and looks forward to future endeavors.



Help Your Child Sleep Better

The Importance of Sufficient Sleep for Children

Sleep is an essential aspect of our daily life--at all stages of life. It is important to both our mental and physical health. Good sleeping habits contribute significantly to not only our own wellbeing, but a parents, over the wellbeing of our children.

Dr. Hanan Alshaikh, Consultant Pediatrician, Johns Hopkins Aramco Healthcare (JHAH), shares some information about the importance of sleep for children, and how parents can help create a healthy sleep environment for their kids.



Why is it important for children to get enough sleep?

Sleep is a significant contributor to development as a child grows into adulthood. A good night's sleep positively affects a young person's brain functions, cognitive behavior development, and emotional wellbeing, while also improving their learning ability and attention span. A well-rested child shows better abstract thinking skills, a stable mood, and an increase in productivity when compared to a child who does not get enough sleep.

Sleeping enough hours every night ensures that a child will have a sufficient amount of energy for a productive day with a heightened ability to concentrate and decreased impulsiveness in behavior.

How does poor sleep quality affect children?

In addition to affecting their growth and development, a common side effect of poor sleep quality is tiredness. Lack of sleep also affects children's cognitive abilities making it

more difficult to understand new concepts in part due to a reduced attention span and possible hyperactivity.

Lack of sleep also weakens the immune system and can contribute to weight gain due to an imbalance between Leptin, the hormone that decreases appetite, and Ghrelin, the hormone that increases appetite.

In adolescents who have their driver's license, not getting enough sleep results in slow and impaired cognitive functions, thus putting them at a higher risk for getting into an accident.

What factors cause children to sleep less than they should?

Environmental factors play a big part in whether or not a child will get the rest they need. Living in a noisy house where family members tend to stay up late can cause irregular sleep cycles in children. Not having a consistent, regular sleep schedule with set times for lights out during the school week as well as the weekend is also a major reason children suffer from insufficient sleep. (adults as well)

Medical issues such as asthma or obstructive sleep apnea, autism and neurological diseases like Cerebral Palsy can also keep your child up at night. With adolescents and children, not sleeping enough could be a direct result of having a television or other electronic devices such as cell phones and computers in their bedrooms.

How many hours of sleep do children and adolescents need?

The duration of sleep needed is age dependent; the younger you are, the more sleep you need. According to the US National Heart, Lung, and Blood Institute, the recommended amount of sleep is as follows:

- Newborns: 16–18 hours a day
- Preschool-aged children: 11–12 hours a day
- School-aged children: At least 10 hours a day
- Adolescents: 9–10 hours a day



What can parents do to help their children sleep better?

Parents can improve their child's sleep by incorporating the following habits into their child's sleep routine:

- Set a specific time to go to bed and to wake-up, and follow that routine during the weekend.
- Practice consistent bedtime rituals to prepare your child for sleep and to help them relax such as brushing teeth, wearing sleepwear, dimming the lights, and reading a bedtime story.
- Create a comfortable sleep environment that offers a quiet, clean space for your child to sleep.
- Ensure there are no electronics in the room.
- Designate a place where your child goes to sleep (the bed). The child should not play or rest there. It is for sleeping only. If the child is unable to sleep after 20 minutes of going to bed take them someplace else until they are sleepy.
- Avoid giving your children medications that might disturb their sleep. Consult with your child's physician.
- Your children should exercise and stay active throughout the day. This will help them be tired at the end of the day.
- Create a sleep progress chart that tracks how well your child is sleeping. If they follow the schedule, you can reward them to help motivate them to sleep on schedule.
- Decrease the amount of liquids your child consumes in the evening to avoid their need to go to the bathroom at night.

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Top Wellbeing Tips for Kids



As a parent you can contribute greatly to your child's overall wellbeing, follow these basic tips to help you develop a healthy lifestyle for your kids:

- Prepare healthy balanced meals and snacks for them and avoid junk food and sugary snacks.
- Create a healthy sleep routine for your child.
- Have your children participate in at least an hour of daily physical activity.
- Make sure your child is well hydrated by drinking enough water
- Develop your child's interests by recognizing their skills and what they enjoy doing and signing them up for classes that allow them to learn and develop.
- Ensure they eat fruits and vegetables everyday
- Be a positive role model by following a healthy lifestyle yourself.
- Spend time with them and plan fun family activities.



Caring Profile: Dr. Hanan Al-Shaikh

Consultant Pediatrician, JHAH



Education, Training & Qualifications:

- Bachelor of Medicine and Bachelor of Surgery (MBBS), King Faisal University College of Medicine and Medical sciences, Dammam, Saudi Arabia, 1995.
- Physician in development program for Saudi Arabia general practitioners at Saudi Aramco Dhahran Health Center. Oct. 1997- May 2001
- Four-year pediatric residency training at University of Ottawa Children's Hospital of Eastern Ontario, Canada, July 2001 –June 2005
- American board of Pediatric 2004, re-certification December 2014
- Canadian board of Pediatric 2005
- Fellowship in Quality Improvement Patient Safety, Armstrong institute, Baltimore, USA, September 2014-Sept 2015

Work:

- Consultant Pediatrician at JHAH

“Since my journey in medicine started and I became a pediatrician, I learned that the art of pediatric medicine is not only about curing disease but most importantly it is about how to amuse these children. Every child in this world is a flower that we need to take care of, and all the flowers together color the world with beautiful colors. Not only are our children the future, they are part of the present too, and so we need to be constant advocates for them at all levels.”

Healthy Eats for Our Kids

JHAH Unveils New Menu for Admitted Children in Pediatric Wards

Feeding a child can be tough and even tougher with an ailing child, it can feel as if one is feeding the mouth that constantly bites the finger. In a bid to make eating time fun, and as part of improving the quality of service and patients' satisfaction in Johns Hopkins Aramco Healthcare (JHAH), the Clinical Nutrition Service unit unveiled its new menu in a food gallery exhibition, on 27 January 2016, in the Dhahran health center cafeteria.

The event started at 11a.m. and was in two sections, first for JHAH in the cafeteria and then for parents and patients in the Pediatric ward 6A and 6B.

The healthy and well balanced menu, included hot and cold items which makes the main dishes, desserts, and snacks. They were carved and presented in the most creative way (Smileys & cartoon characters) which is designed to catch the attention of even the most ailing child.

"The well-presented and colorfully attractive meals, were cut in various shapes and sizes which should spark off imaginations and make the child have a wonderful interactions with the 'Smileys' on the plate" said Ghada Al-Habib, Supervisor of Clinical Nutrition Services.

"Every part of each meal is enriched with the nutrients needed for the growth and development of the child, since each bite of the food counts" said Dr. Basem Futa, Nutrition Adviser. "These nutrients include: calories, protein, vitamins and minerals and are prepared in line with the nutritional guidelines of the International Pediatric Health Association and 'MyPlate Model' for kids."

Myplate model is an easy to use guide to feeding children nutritious and healthy meals created by the United State Department of Agriculture (USDA). It is a colorful plate divided into sections for vegetables, fruits, grains, and foods high in protein. With it, parents do not need to remember measurements of foods.



Futa also mentioned that the meal will be served with the newly purchased food carts which is compartmentalized into cold and hot sections, designed to maintain the food temperature and most importantly preserve the quality.

"This initiative will be sifted, depending on the positive feedbacks and suggestions captured during the event, and the plan is to implement it during the weekly menu. In the future, the initiative will be expanded to include the health care network hospitals where our team will work with medical designated facilities' (MDF) dietitians to implement what is applicable for their operations." Said Munir Hasweh, a senior dietitian.



JHAH Healthy Recipe for Children

Healthy Pancakes

Pancakes are popular with children of all ages. When they are served with fruits such as blueberries, strawberries and melon, they provide health vitamins and minerals. selections of fruit cuts or slices. Below is a healthy recipe for pancakes. Try making them with your children. It will be fun and tasty.

Ingredients (12 Portions)

- 2 cups all-purpose flour
- 15 g baking powder
- 1 tsp salt
- 2 cups low fat Milk
- 30 g butter (melted)
- 2 eggs
- ¼ cup sugar (4 Tbsp.)
- 1 Tbsp. vanilla

Nutrition facts for a portion

- Calories: 130 Calories
- Fat: 4 g

Preparation

- Mix the flour, baking powder, salt and sugar in a large bowl.
- Sift the mixture and place it in another bowl.
- In a small bowl, mix the milk, eggs and melted butter and pour the mixture in the middle of the sifted flour. Combine until you get a smooth batter, then add the vanilla.
- In a medium heated lightly greased pan, pour a scoop of the batter (depends to the desired size); and heat the pancake until getting golden brown color each side of the pancake.
- Place the pancake on a cutting surface and with a cutter, cut the pancake in a desired shape and garnish it with sliced or cut fruits.
- Serve it with one teaspoon of honey, if desire.



Special Care, Special Attention, Special Children

The JHAH Pediatric Dental Symposium

How many people enjoy having dental work done? The fact is many people have some level of anxiety when visiting a dentist. For one population, those fears can be overwhelming—children with special needs. On February 7-6, the Johns Hopkins Aramco Healthcare Dental Services Department conducted its 2016 Pediatric Dental Symposium under the title: A Multidisciplinary Approach for Special Needs Pediatric Dental Patients.

The symposium was not just about tooth and gum care, it took a multidisciplinary approach to pediatric dentistry focusing primarily on a patient population that needs and deserves extra special attention because they are often very sensitive, can be difficult to communicate with and new surroundings often make them anxious.

During the two day symposium, medical experts from many disciplines discussed a range of topics including Oral and Dental Care for Children with Cancer, Autism Spectrum Disorders, Pediatric Cardiology for the Dental Practitioner, Sickle Cell Disease, Childhood Type I Diabetes Mellitus, Vitamin D Deficiency in Children, and ADHD in Childhood.

"The speakers had not only a strong background in dental and medical care but also expertise in a wide range of disciplines that are relevant to the care and wellbeing of pediatric dental patients," said Dr. Ahmed Rozi, JHAH Consultant Pediatric Dentist. "They introduced us to concepts and techniques that will help us enhance the quality of care we provide our patients. However, the true value of this symposium was the opportunity to interact and share the unique insights of each and every one of us."

The audience gained new information in several sensitive patient care areas, key among them were congenital cardiac defects; the latest statistics on certain diseases in the Kingdom of Saudi Arabia; the management and approach to treatment of children with autism spectrum disorder; and cleft lip and palate types, diagnosis and treatment.

"I was particularly impressed with having the psychological aspects in dental care for children included, specifically special needs children with Autism and ADHD," said Dr. Yasein ElGadal, head of the JHAH Psychiatric Services Unit.

The 2016 Pediatric Dentistry Symposium was just one of many events Johns Hopkins Aramco Healthcare conducts to meet its mission of enhancing health and wellbeing in an environment of quality, growth and learning.



مرکز جونز هوبكنز أرامكو الطبي Johns Hopkins Aramco Healthcare



أرامكو السعودية
saudi aramco



Your invitation to the *JHAH Community Outreach Lecture*

Location Dhahran Health Center Auditorium, building 60.

Time 5 – 6 p.m.

Monday, Feb.22, 2016.

“New Non-invasive Therapies for Weight Loss”

Wednesday, Feb.24, 2016.

“Defining and Achieving High Quality Care for Those with Sickle Cell Disease”

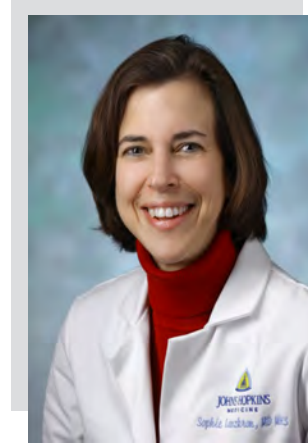
To register, email Inquiries@JHAH.com



Presented by:
Anthony Kalloo, M.B.B.S., M.D.

Professor of Medicine
Johns Hopkins University

Director of The Division of Gastroenterology and Hepatology
Johns Hopkins Hospital



Presented by:
Sophie Lanzkron, M.D., M.H.S

Director of Sickle Cell Center for Adults
Johns Hopkins Hospital

Assistant Professor of Medicine and Oncology
Johns Hopkins University School of Medicine

Johns Hopkins Aramco Healthcare (JHAH) Community Outreach Lecture Series

A JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine faculty presentations.

For general inquiries email Inquiries@JHAH.com

An Open Cavity or Small Incision

Which would you prefer?

Open vascular surgery is costly. By its very name, open vascular surgery exposes the patient to possible infection and a lengthy recovery period that includes time in an intensive care unit before being stepped down and eventually sent home for a prolonged period of recovery. Quality of life is adversely impacted, and the costs associated with the procedure and recovery are significant.



Dr. James Hamilton Black, III, M.D. and Chief of the Vascular Surgery and Endovascular Therapy Division and Associate Professor of Surgery at Johns Hopkins Medicine, was back for the third time at Johns Hopkins Aramco Healthcare (JHAH) working with JHAH physicians Wadie Bin Seddiq, Head of Vascular Surgery Services, and his partner, Dr. Ghaith Kougeer, to provide more patients with an option to open vascular surgery and to add to the types of endovascular interventions that are offered at JHAH.

"We are working toward offering a full spectrum of endovascular services," said Dr. Bin Seddiq. "Currently about 80% of our endovascular surgeries are performed as open vascular with 20% now being minimally invasive procedures. Our goal is to reverse those percentages, and we are well on that path as a result of our collaboration with Dr. Black and Johns Hopkins Medicine."

It's a Fact

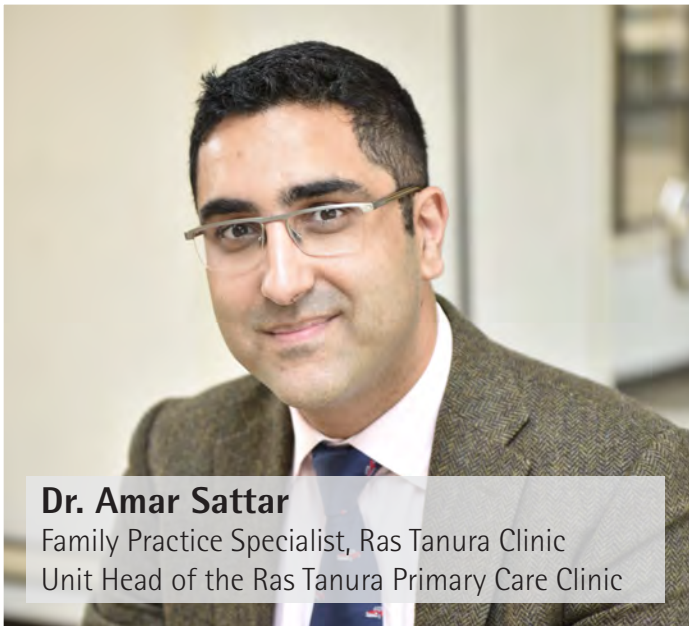
Smoking not only kills, it impairs healing.

A heavy smoker who undergoes open vascular surgery can require more than 7 times longer in Intensive Care to recover than a non-smoker.

That is of course not to mention that smoking contributed to the need for the surgery in the first place.



Meet Johns Hopkins Aramco Healthcare Staff



Dr. Amar Sattar

Family Practice Specialist, Ras Tanura Clinic
Unit Head of the Ras Tanura Primary Care Clinic

Education

- Bachelor of Medicine and Bachelor of Surgery (MBChB) with Honors, Manchester University, U.K, 2002
- Diploma, Royal College of Obstetrics & Gynaecology, London, U.K., 2003
- Specialist Training in Family Practice, Oxford Deanery, U.K., 2006
- Membership of Royal College of General Practitioners, London with distinction, 2006
- Post Graduate Certificate in Medical Education, Oxford Brooks, U.K., 2008
- Post Graduate Certificate in Medical Leadership, University of Exeter, U.K., 2008
- Certificate of Clinical Teaching, University of Toronto, Canada, 2013

Work History

- House Officer at Stoke Mandeville Hospital, U.K., 2002-2003
- Residency Training, Wycombe General Hospital, U.K., 2003-2006
- Family Practice Specialist and Partner, Riverside Surgery, U.K., 2006-2012
- Board Member of Professional Executive Committee, Buks, U.K., 2010-2012
- Post Graduate General Practitioner Trainer, Oxford Deanery, U.K., 2008-2012

Quote

"I am privileged to have one of the best jobs in the world. I love the community and family spirit that we have at our clinic in Ras Tanura. It really allows me to get to know families, and to take care of them throughout the stages of their lives; it's truly a rewarding experience."



Dr. Roba Dally

General Dentist, Dhahran Dental Clinic

Education

- Doctor of Dental Surgery, University of Western Ontario, London, Ontario, Canada, 1999

Work History

- 1998-2015 private dental clinic, Mississauga, Ontario, Canada

Quote

"As a dentist, I often get asked "do you really enjoy working on people's teeth?" And to that, I always say «if you only knew» Dentistry has come a long way from just fixing teeth to focus on prevention as well as the treatment of diseases affecting the oral health of our patients such as cavities and gum problems. We help our patients maintain a healthy smile and a healthy body as well, and ultimately improve their quality of life. Being part of the multidisciplinary dental team here at JHAH is such a privilege and an unparalleled opportunity to provide my patients with the best standards of care. As a dentist, yes, I enjoy working on teeth; but moreover, I enjoy working on smiles, and giving my patients lots to smile about!"

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Connecting with the Future

Johns Hopkins Aramco Healthcare participates for the first time in Arab Health



Walking around Arab Health Exhibition & Congress, the largest health care event in the Middle East, was like stepping into a medical version of a global, technology village. Many of the 4,000 companies that participated in the exhibition showcased the latest in health care technology.

Arab Health was an opportunity for Johns Hopkins Aramco Healthcare (JHAH) to recruit, build professional networks and raise the organization's profile in the region. In its first year at the conference, JHAH co-sponsored an exhibit booth with Johns Hopkins Medicine International. In addition to

the booth, John Ulatowski, JHAH Interim CEO, and Gregory Komarow, Chief Human Resource Officer delivered speeches at the congress.

"Arab Health was an excellent platform for recruitment, connecting JHAH with health care professionals from across the globe," said Komarow. "With the career defining opportunities at JHAH, professionals can find career fulfillment and development opportunities in a patient-centered environment."

To fulfill its mission to enhance health and wellbeing in an environment of quality, growth and learning, JHAH is always seeking the best health care professionals and medical technology.



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JHAH Successful Presence at the King Saud University Career Fair



On February 8, 2016, JHAH participated in a career fair at King Saud University in al-Hasa. Seeking nursing professionals to join the organization, the JHAH recruitment team set out to share JHAH's mission and strategic intent to evolve into a health system of excellence. Successful interviews were conducted with 52 potential candidates and fresh graduates for nursing positions in various JHAH departments.

"It was a great event," JHAH recruiter Asma Sarakbi stated, "We met an excellent pool of young Saudi female health care professionals who can add real value to our organization, while we foster their professional growth & development."



Johns Hopkins Aramco Healthcare Welcomes 42 New Employees who joined the organization in January 2016

NAME	JOB TITLE/DEPARTMENT
Eugenio Lucas Taracatac	Warehouse Coordinator
Susan Kennedy	Nursing
Ahmed Farhan D Al Otaibi	Paramedic
Alaa Hassan A Kassarah	IT
Asma Abdulaziz A Al Amer	Senior HRIS Anaylst
Bandar Khalid Y Hawsawi	Assistant Engineer
Bashayr Saad A Al Ghamdi	Medical Receptionist
Ebtessam Fahad S Al Qahtani	Medical Office Assistant
Fares Ali Al Shahri	Office Assistant
Faris Saud S Al Dlaim	Public Relations Representative
Fusena Ali	Nursing
Ghadah Salem M Al Habshi	Office Assistant
Hajer Khalid F Al Jandan	Senior Invoice Verifier
Hassan Mohammed A Subai	Senior Anesthesia Technician
Jalilah Mohammed M Al Kumiry	Clinical Receptionist
Mary Christine McCoy	Senior Medical Secretary
Maryam Essa A Al Mubashir	Office Assistant
Mohammed Saleh M Al Amri	Public Relations Representative
Munirah Ahmed I Al Daej	Office Assistant
Nesreen Keefah S Ghazalah	Medical Receptionist
Nouf Mohammed R Al Khaldi	Senior Invoice Verifier
Siji Maliyackel Jacob	Nursing
Abeer Khatim M AlHarthi	Nursing
Afnan Salem Al Mukhaizeem	Associate Medical Records Tech
Anne Thomas	Nursing
Elham Mohammed A Beraiket	Medical Secretary
Elizabeth Wilson Speirs-Woodcock	Nursing
Eman Ahmed M Al Nasir	Medical Office Assistant
Ghada Samir O Bamousa	Nursing
Isam Al Sarakbi	Associate Public Relations Specialist
Janah Ali S Al Kahzal	Nursing
Jawharh Ali H Al Faify	Medical Receptionist
Marie Therese Mezher	Nursing
Muna Munaji Al Otaibi	Statistical Assistant
Nadia Yousef Al Mohammedi	Medical Office Assistant
Nimra A Chaudhri	Family Practice Specialist
Sally Joseph	Sr. Social Services Specialist
Sara Husain A Al Sunaidi	Nursing
Siham Fouzi A Al Somali	Nursing
Telestar Llusala Ramos	Nursing
Wala Sami S Al Beesh	Medical Office Assistant
Zenaida Dudar	Nursing
Mathew Kevin Pollick	IT

Warak Enab (Grape Leaves)

Warak Enab is a popular appetizer in Lebanon, Syria, Palestine and Egypt. It is prepared with grape leaves stuffed with rice. It is rich in fiber, vitamins and minerals.

Ingredients

- **Grape leaf filling:**
 - 1½ cups tomatoes, finely chopped
 - 2 cups uncooked white rice
 - 2 tablespoons lemon juice
 - 2 tablespoons olive oil
 - 1 tablespoon parsley, finely chopped
 - 1 tablespoon coriander
 - Black pepper to taste
 - 1 tablespoon dried mint
- 1½ jar grape leaves

Preparation

- Remove the grape leaves from jar or use freshly cut and soak them for 3 hours in cold water.
- Wash the rice with water and soak it for 1 hour.
- Mix the tomato, rice, parsley, coriander, pepper and lemon juice together.
- Fill the grape leaves with the above filling.
- In a saucepan, place stuffed grape leaves in layers over tomato cubes then pour lemon juice and olive oil on top.
- Add water and simmer it covered on low heat for about 1½ hours or until cooked.

Health Message

Warak Enab is appropriate for people with heart disease, children, pregnant and lactating women and seniors. Diabetic patient can consume it, considering that (6 grapes leaves = 1 serving carbohydrate). It is not recommended for babies below one year of age or for people with chewing or swallowing difficulties. It is best to be served immediately and not kept at room temperature for more than 2 hours.



Yield: 6 servings (5 pieces each)

Service: Serve with salad and low fat or fat free yogurt or laban to make it more balanced and nutritious.

Fat and Calorie Content:

- Calories per serving: 170 calories
- Fat per serving: 5 grams

JHM Online Seminars



JOHNS HOPKINS M E D I C I N E

Johns Hopkins Medicine is pleased to offer online seminars throughout the year featuring experts who present the latest information on a variety of health topics. Each seminar is interactive and followed by a Q&A session with the presenter.

Each online seminar is live and consists of a 30 minute presentation followed by a 30 minute interactive question-and-answer session with the physician. Enjoy the presentations anywhere in the world, at no cost. An internet connection is required.

**Thursday,
February
25, 2016
7–8 p.m.
EST**

Advances in Transcatheter Valve Replacement

Join cardiac surgeon **John Conte, M.D.** and cardiologist **Jon Resar, M.D.** as they discuss new changes (including expanded eligibility requirements) to transcatheter aortic valve replacement (TAVR), a minimally invasive alternative for aortic stenosis.

**Tuesday,
March 8,
2016
7–8 p.m.
EST**

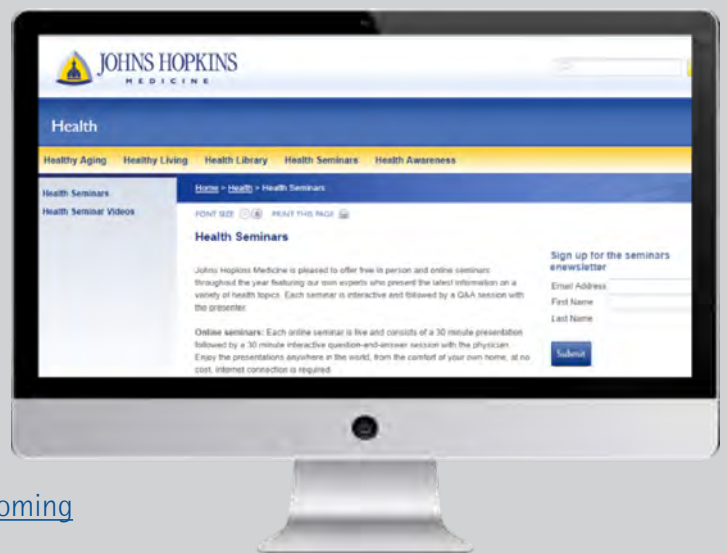
The Health Risks Linked to Hearing Loss

Research by hearing expert **Frank Lin** shows a strong link between age-related hearing loss and risk of mental decline, falls, and gait problems in older adults. Join Dr. Lin as he discuss what you can do to maintain good hearing health as you age.

**Tuesday,
March 15,
2016
7–8 p.m.
EST**

Pseudotumor Cerebri: What You Need to Know

Join neurologist **Abhay Moghekar**, who will discuss the latest in research, diagnosis and treatment of pseudotumor cerebri, a condition characterized by increased fluid pressure in the brain that can cause headaches and vision loss. Viewers will be able to ask Dr. Moghekar questions during the webinar.



<http://www.hopkinsmedicine.org/health/healthseminars/upcoming>

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We have partnered with Health.Links / Press Ganey,
the leading company in evaluating hospital services,
to help us improve

**We ask your cooperation in answering the survey
you may receive (via phone or SMS) to evaluate
your visit**

Your participation in the survey is optional. All information will be kept confidential,
and your responses will not be disclosed to caregivers

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Your Contact Information

For us to communicate with you easily,
kindly update your contact information
to ensure you regularly receive our
news.

Please make sure to update your mobile
number at reception during your visit
to the clinic.



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(JHAH)

We have more than

35,000

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**ARE YOU
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Emergency Numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE

- Dhahran and all areas: From a land line inside Saudi Aramco dial 110 for security for ambulance or fire. From outside Saudi Aramco, dial 997 for ambulance and 998 for fire.
- Abqaiq: From your mobile phone inside Abqaiq, dial +966-13-572-0110.
- al-Hasa: Dial 997 for ambulance and 998 for fire.
- Ras Tanura: From your mobile phone inside Ras Tanura, dial +966-13-673-0110.
- 'Udhailiyah: From your mobile phone inside 'Udhailiyah, dial +966-13-576-7110.
- Help with your health care: Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.
- Urgent health care access helpline for MDF patients dial +966-55-600-0468 (after 4 p.m.).

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 Call Center 800-305-4444
 - or out of Kingdom +966-13-877-3888
- Feeling Stressed? Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- Quit Smoking: JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@aramco.com.
- Become a volunteer: To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- Pregnant? Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa
- 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 1st and 3rd Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy. For more information about both programs, visit <http://JHAH > Health Education > Calendar of Health Care Events > Programs>.



- SMS Reminder: Never miss a medical/dental appointment. Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome > myInformation > Medical > Maintain SMS Reminder Details>.
- Dependents call 800-305-4444 to activate or deactivate the SMS reminder service and update a mobile number. SMS reminders are sent 48 hours prior to an appointment to all patients who are registered for the service and have booked their appointment at least 48 hours prior to the appointment.

Employee Online Access to Medical Services

- myhome Corporate Portal: <http://myhome > myInformation > Medical>.
- Campaigns and Programs online: <http://JHAH > Health Education > Calendar of Health Care Events>.
- Community Counseling Clinic: <http://JHAH > A-Z Services > Mental Health website>.
- Patient Relations: <http://JHAH > A-Z Services > Patient Relations>.
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- News from Medical Online: <http://JHAH > Announcements: What's New in Medical>.
- Al-Midra Wellness Center offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) and other services including Blood Donations (Mon and Wed 8 a.m. - noon) and Pharmacy (Sun to Thurs 12-4 p.m.). For more information visit <http://JHAH > A-Z Services > Al-Midra Wellness Center>.
- MDF Patients: View the MDF list of contacts and website links on <http://JHAH > Hospitals and Clinics Contacts > MDF>.

Do you need help with a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com

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Like us on Facebook

Like our official JHAH Facebook Page to learn about the latest health awareness news and upcoming events.

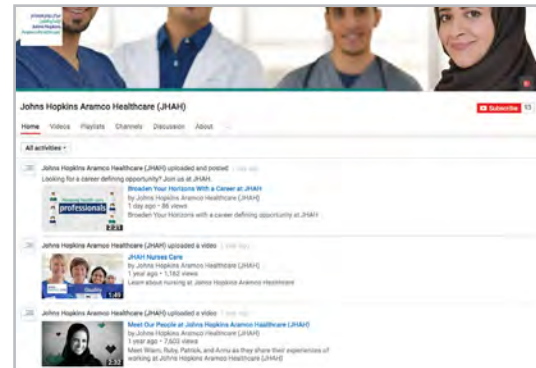


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Johns Hopkins Aramco Healthcare (JHAH)

Stay Healthy with Johns Hopkins Aramco Healthcare Moments

JHAH is collaborating with Saudi Aramco Radio on Studio 1 and Studio 2 FM to broadcast health tips that can guide you and your family on your way to wellness.

Studio 1-FM Frequencies

- 91.4 Dhahran
- 88.8 'Udhailiyah
- 103.8 Safaniyah/Haradh, Khurais, Shaybah

Studio 2-FM Frequencies

- 101.4 Dhahran
- 91.9 'Udhailiyah
- 107.9 Safaniyah/Haradh, Khurais, Shaybah

You can stream from any Saudi Aramco computer on the intranet <http://home.aramco.com.sa/Pages/homepage.aspx>

Studio

