



DUBAI QUALITY
APPRECIATION
PROGRAM

ZulekhaSpirit

Feb 2010

Volume 5 The Voice of Zulekha Healthcare Group

Founder's Message

"As this year begins, I wish well being, joy, success and harmony to every member of our Group. I also wish for more application from every one, because your dedication gives meaning to our brand of care - with compassion and dignity.

The advent of new life-saving technologies and break-through medical practices has got us to the point where delivering high class health care and quality care is a daily expectation. We must provide the very best of both worlds.

Very often, new beginnings bring winds of



change and improvements that touch our efforts. Let us welcome change because these learnings will enrich our experience.

In my opinion, now will be a good time to re-learn our brand values, so that we are once again reminded of our humble duty towards the society. We must never forget that we are also the ambassadors of humanity at its caring best.

Yours truly,

Dr. Zulekha Daud

Everyday Energy Conservation



ENERGY CONSERVATION

The principle applied for Energy conservation is – reduce energy usage. Energy can be conserved if used efficiently and can result in substantial financial savings, reduction in environmental hazards and can increase personal satisfaction to a genuine global cause.

Most of us do not consider energy conservation as an issue of great importance, because of the fact that we rely on things to function and they do, without realizing that they function because of energy. And if at all we feel that things are functioning because of energy, we feel that energy is available in abundance, not realizing the FACT that there is a limit to the source of energy and also the impact that used energy has on the environment. The choices we make about how we use energy will impact our environment, our lives as well as the lives of the future generation.

Almost all the energy used to make our lives comfortable is in the form of electricity, which is generated from renewable and non-renewable sources. Renewable sources of electricity include air (wind power), water (hydropower) and sun (solar energy). Non-renewable sources of electricity are from natural resources and include

fossil fuels such as oil, gas and coal.

Why is energy conservation important?

Because of the limited amount of non-renewable energy sources on Earth, it is important to conserve our current supply or to use renewable sources so that our natural resources will be available for future generations.

Energy conservation is also important because consumption of nonrenewable sources impacts the environment. Specifically, our use of fossil fuels contributes to air and water pollution. For example, carbon dioxide is produced when oil, coal, and gas combust in power stations, heating systems, and car engines. Carbon dioxide in the atmosphere acts as a transparent blanket that contributes to the global warming of the earth, or "greenhouse effect." It is possible that this warming trend could significantly alter our weather. Possible impacts include a threat to human health, environmental impacts such as rising sea levels that can damage coastal areas, and major changes in vegetation growth patterns that could cause some plant and animal species to become extinct. Sulfur dioxide is also emitted into the air when coal is burned. The sulfur dioxide reacts with water and oxygen in the clouds to form precipitation known as "acid rain." Acid rain can kill fish and trees and damage limestone buildings and statues.

Tips for energy conservation:

- Turn off lights and unplug appliances when not in use.
- During winters, open the window coverings on the sunny side of your house to take advantage of the free heat of the sun.
- Dry clothes outside to reduce usage of the dryer.
- Try using vegetation on the sunny side of your house for heat insulation and shading purposes.
- Most importantly, educate yourself and share

energy conservation tips with others

Examples of how energy is wasted at our work places:

- We use printouts to send information. If we use the 'Outlook', we would reduce the amount of electricity used for printing the papers thereby conserving small amounts of energy. Calculate the number of papers that can also be saved by using the 'Outlook'
- We do not unplug or switch off devices when leaving office. Unplugged appliances (printers, pulling electricity which is eventually wasted. Imagine how much our organization can save if all of our electrical appliances at our workstations are not just put off, but unplugged (100 appliances use at least 2 units of electricity over a 10 hour period when not in use which equals to 4000 units of electricity wasted per month for no reason!)
- Lights being switched on during bright working days. Sunlight is enough in most of our rooms, but still we switch on the lights. So much of electricity can be saved during the day time also
- Water is left to flow freely from taps. It requires a lot of electricity to pump water to the tanks. Encouraging all of us to contribute our part to ensure that the global warming concerns are minimized by practicing energy conservation techniques.

Contributed by:
Dr. Nirmal Sagar
Zulekha Hospital - Sharjah

Zulekha Health Care Groups'
EFFORT
Earth Friends For Optimum Results Tomorrow

Our Champions

Every month, we at Zulekha Healthcare Group seek out performances that inspire the rest of us. The democratic nomination system ensures that every department gets a chance to showcase their spirit. This has been a continuing endeavour that has received support from all quarters.

Employee Of The Month - ZH Dubai/ZMC



Mr. Mathew Abraham
Data Entry Operator
March 2009



Ms. Huyam Hashim
Laboratory Technician
April 2009



Mr. Qaizar Husain
Purchase Executive
May 2009



Mr. Ajai Jose
Marketing Executive
June 2009



Ms. Cholita R Lleva
Cleaner/ House Keeping
July 2009



Senthil Kumar
Cashier ZMC Qusais
August 2009

Employee Of The Month - ZH Sharjah



Mr. Moideen Kutty
PRO / Administration
March 2009



Ms. Cicily John
Staff Nurse
April 2009



Mr. C.H. Murgaperumal
HK Staff
May 2009



Mr. Elmer Rivalal
IT Coordinator
June 2009

Diet Interview

EXPERT TALK

'THE SMELL TEST IS NOT GOOD ENOUGH'

Expired food may or may not have a negative impact on an individual. But, specialists advise to be safe instead of being sorry. Khairunnisa Anjum, a dietitian at Zulekha Hospital, Dubai said: "It is dangerous to consume food that has expired. It has to be discarded." Stale food has a strong odour, which is generally an indication to throw it away.

However, some canned foods appear fresh even after they have expired, due to the stable environment they are stored in. Khairunnisa said: "We should not depend on the smell. Before consuming any processed or canned foods, always check the expiry date." Neelufur Hanif, another dietitian at the same hospital, states that the taste of any food item should be a give away.

She said: "The best way to check whether a food item has deteriorated in quality is the expiry date. But, if the food item has a distinct taste or smell, it is bound



Khairunnisa Anjum




Neelufur Hanif

to be spoiled. Also, if there is any leakage in the can or packaging, it is advisable to discard it immediately." Most medicine bottles or packets also have an expiry date published on them. According to Neelufur, it is harmful to eat expired medication. She said: "Any medicine has a specific period of action." "That is the reason why all medicine bottles have an expiry

date published on them." After the expiry date has passed, the medicine loses its remedial qualities and has no positive effect on a patient. It is thus advisable to avoid consumption of expired medication, as it wouldn't have the desired effect on an individual, and might even harm him or her in the process.

— Rabab Khan


“ We should not depend on the smell of food. Before consuming any processed or canned foods always check the expiry date. It is dangerous to consume food that is expired. It has to be discarded.”
Khairunnisa Anjum
Dietitian

Gulf News featured Zulekha Hospital Dieticians in their column Expert Talk which is a popular column.

ZH celebrated Global Hand Washing Day on 15th Oct 2009

Zulekha Hospital celebrated Global Hand Washing Day on Thursday, 15 October, 2009. The main objectives of this day are:

- Foster and support a hospital-wide culture of hand washing with soap.
- Raise awareness about the benefits of hand washing with soap.
- Adhere to the principle of infection control and patient safety.

Although people around the world wash their hands with water, very few wash their hands with soap at critical occasions. Frequent hand washing with soap means lower rates of infectious disease: Clean Hands Save Lives!

Since our 2007 JCI accreditation, the Handwashing Program in Zulekha Hospitals have been working towards patient safety and an infection free environment. 'Design it, implement it, evaluate it and share it with your community' - That's the way Zulekha Healthcare Group is moving forward with the Handwashing Program.

The following activities were conducted on the day at Zulekha Hospitals:

Digital screens at waiting areas displayed the eight steps on 'Effective Hand washing Technique'.

A team of volunteers placed inside washrooms gave demonstrations to patients on how to do proper hand washing with the help of a hand washing technique leaflet.

Mr. Taher Shams (President, Zulekha Hospital) in his message for the campaign remarked "The global hand washing day campaign will be an ideal platform to communicate to the community on the importance of clean hands and healthy living. It's our responsibility to foster a culture of infection-free environment."

Infection control team headed by Nurse Sareena Mathew, visited Far Eastern English School, Sharjah as part of the social responsibility drive, to impart training to the children on safe hand washing practices.



Our ZH Dubai team with the Hand Washing Presentation kit during World Hand Washing Day.



Our ZH Sharjah team demonstrating correct Hand Washing method during World Hand Washing Day.



Zulekha Hospital (Dubai and Sharjah) staff made best hand washing technique presentations in the neighbouring schools on World Hand Washing Day.

Our 'Well Woman Campaign'

Zulekha Hospital and Friends of Cancer Patients (FOCP) launched the first comprehensive "Well Woman Campaign" from October 2009 till January 2010, dedicated to Breast and Cervical Cancer awareness in the region.

This campaign organized by Zulekha Hospital and FOCP is supported by the Supreme Council for Family Affairs, Sharjah Municipality, Sharjah Transport, Sahara Centre, Mega Mall, Turrino Advertising and Sahara Advertising company. The campaign addresses all UAE residents with the majority of activities taking place in Sharjah and Dubai.

This year, the campaign theme is 'Cut down the risk of Breast and Cervical Cancer.' The campaign comprises of awareness activities that are dedicated to educating women, men and families on Breast and Cervical cancer prevention in terms of early detection and regular screenings.

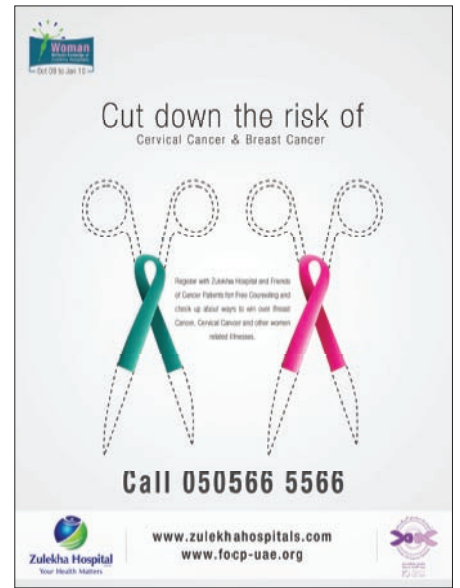
Every year Zulekha Hospital organises the 'Pink Ribbon - Walk in campaign' as an initiative for our patrons, but this year Zulekha Hospital has invited the governing bodies and local ministry to join hands in this initiative along with Friends of Cancer Patients.

"Well Women Campaign targets and encourages every woman, man and child in our society to learn more about the disease and how to detect it. Early detection of Cervical and Breast cancer is crucial for successful treatment, and people need to understand this in order to become more proactive in terms of taking regular screenings and self examinations seriously," said Ms. Ameera Bin Karam, President - Board of Trustees, Friends Of Cancer Patients.

"Our thought behind this campaign is to create awareness in such a manner that will help women take charge of their own health. Once we achieve this we hope that they will gradually develop in to a habit to take precautionary measures against Breast cancer and Cervical cancer as well" said Dr. Zulekha Daud (Managing Director, Zulekha Healthcare Group).

The UAE health profile findings posted on www.focp-uae.org shows Breast Cancer as one of the ten most common cancers in the UAE for emirati and non-emirati women.

Based on these findings, the campaign activities involved awareness drives at Malls, Lectures at Sharjah Ladies club, Family talks at Supreme Council and discounted screening are offered for women at Zulekha Healthcare facilities. The discounted screening facilities available at Zulekha Hospital (Dubai & Sharjah) and Zulekha Medical Centers (Dubai & Sharjah) provide personal screening tests by female doctors who also offer counseling, expert suggestions for self examination that can be consistently used for early detection.



The press ad that launched the Women's Wellness campaign got printed in leading publications across UAE. This idea was then carried forward to all other media of communication.



Dr Zulekha Daud and Dr K. Pakkal at the press meet in Supreme Council for Family Affairs' office.



Zulekha staff and campaign volunteers distributes campaign certificates at the American University.



Our campaign booth inside Sahara Centre helped create awareness amongst shoppers.



Our volunteer distributed informative leaflets and awareness material at the booth in Sharjah University.



Our volunteer seen explaining campaign activity points to a shopper at the booth in Mega Mall.



Dr. A Sinha sharing important information about our campaign with the audience.



Our joint Press Conference for the awareness of Breast & Cervical Cancer.



Car branding of the campaign on Sharjah Taxis to increase visibility of our campaign message.

The importance of Nursing

Health care has been identified as number one public priority - and nurses play a central role in delivering health care.

Nurses advocate for health promotion, educate patients and the public on the prevention of illness and injury, provide care and assist in cure, participate in rehabilitation, and provide support. No other health care professional has such a broad and far-reaching role.

Nurses help families learn to become healthy by helping them understand the range of emotional, physical, mental and cultural experiences they encounter during health and illness. Nurses help people and their families cope with illness, deal with it, and if necessary live with it, so that other parts of their lives can continue.

'Nurses do more than care for individuals' Nurses have always been at the forefront of change in health care and public health.

'Nurses innovate' Florence Nightingale, regarded as the founder of modern nursing, is remembered as "the lady with the lamp" - yet she also collected data to prove that the main cause, by far, of fatalities in Crime and War was not enemy fire, but infections attributed to improper sanitation. She was a pioneering statistician, probably the first person in history to use graphs

and charts to persuade politicians to act.

Today's university-trained nurses learn to trust their own first-hand observations to generate important research leads on significant topics.



Nurses provide ongoing assessment of people's health. Their round-the-clock presence, observation skills, and vigilance allow doctors to make better diagnoses and propose better treatments. Many lives have been saved because an attentive nurse picked upon early warning signs of an upcoming crisis like cardiac arrest or respiratory failure.

Nursing is dynamic, complex, technologically challenging and, above all, nursing is about people and the human warmth and the tapestry of caring that is practiced in the art of nursing. Nursing is the skin of health care. Nurses keep

everything together and connect completely with the patients. Requests that go to the very heart of self-regulation, the standards of practice that nurses, through professional organizations, have



established to ensure nursing services delivered to the people are safe, quality nursing services. Services that are proudly delivered. Services the public expects and demands to be delivered.

"We must help the health decision-makers see the light. We must articulate our vision for nursing and that is excellence in nursing - to everyone."

Contributed by:
Mrs Hilda Sequeira and Nursing Team of Zulekha Hospital Sharjah

Evidence Based Nursing Practice

Introduction

Evidence Based Nursing is the new standard in healthcare. Health professionals should not center practice on traditions and beliefs but based on research and scientific development.

• Definition

EBP is the conscientious explicit and judicious use of theory derived, research-based nursing information in making decision about care delivery to individual or groups of patients and in consideration of individual needs and preferences.

• Purpose

The aim of Evidence Based Practice is to deliver high quality care to an individual patient or patients. There is an ongoing emphasis on development of nursing knowledge through research and theory building to improve the practice basis.

• Features

1. It is problem based approach
2. It brings together the best available evidence and current practice by combining research with knowledge and theory.
3. It facilitates application of research findings in to clinical practice.

• Steps involve in EBP

1. Defining the question
2. Collecting evidence
3. Critical appraisal
4. Integration of evidence
5. Evaluation of whole process

• Sources

1. Primary sources drawn from original research findings
2. Secondary sources including systematic reviews, meta-analysis, clinical guidelines or protocols.
3. Expert opinion

• Challenges

1. Evidence-based approach, may not work in all cases.
2. Literature may not be readily accessible
3. There may not be enough time to review the evidence before dealing with a pressing clinical problem.
4. Economic constraints and institution support may interfere with using research evidence to make clinical decision.
5. Integrating the best current research with clinical practice, intuition, knowledge of the condition, patient understanding and preferences to make the most effective decisions about delivery of care.

This is the abstract of the Presentation given by Mr. Sajith Pillai, Nursing Educator for the CNNS International Conference held on 7th November, 2009 in the Health & Science Campus, University of Sharjah.



The presentation of Zulekha Hospital at the CNNS International Conference in Sharjah.



Our Nursing Educator Mr Sajith Pillai who made the presentation on behalf of Zulekha Hospital.

How to face adversity

A young boy went to his father and told him about his life and how things were so hard for him. He did not know how he was going to make it and wanted to give up. He was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

His father took him to the kitchen. He filled three pots with water; in the first he placed carrots, in the second he placed eggs, and in the last he put some coffee beans. He let them boil, without saying a word.

In about twenty minutes he turned off the burners. He took out the carrots and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he took the coffee out and placed it in a bowl.

Father brought the son and asked him to feel the carrots. He did and noted that they were soft. The Father then asked him to take an egg and break it. After pulling off the shell, he observed the hard-boiled egg. Finally, the father asked him to sip the coffee. The son tasted it and asked, "What does it mean?"

Father explained that each of these objects had faced the same adversity: boiling water. Each reacted differently.

The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened.

The coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" Father asked him. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I?

Am I the carrot that seemed strong, but with pain and adversity it became soft and lost its strength?

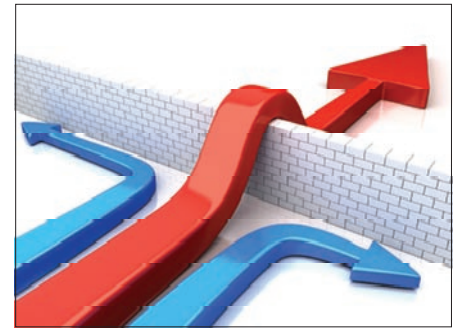
Am I the egg that starts with a soft heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough

with a stiff spirit and hardened heart?

Or am I like the coffee beans? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

How do you handle adversity? When the hour is the darkest and trials are greatest, do you elevate yourself to another level? Are you a carrot, an egg or coffee bean?

**Contributed by:
Dr. Kishan Pakkal**



Ramadan food distribution



Our marketing team packing assorted fresh fruit sets to distribute in the evening for fasting people during Ramadan.

Marketing Team Members of Zulekha Health Care Group, decided to go a step ahead for the help of under privileged people fasting on Ramadan days. Contributions were collected and 350 bags of assorted fresh fruits were distributed in various mosques at the time of Iftaar. The volunteers split into 2 teams and distributed fruits in 10 Mosques altogether.

The Qur'an tells us:

Believe in Allah and His Messenger, and spend (in charity) out of the (substance) where of He has made you heirs. For, those of you who believe and spend (in charity); for them is a great reward.

Al-Hadeed 57: 7



Our marketing team distributed food packages to needy labourers near mosques in labour camps across several emirates during Ramadan .

Iftar at Zulekha hospital - Dubai



After evening prayers on 18th Sept, our staff assembled at Dubai hospital to relish the Iftar delicacies.



Mr. Taher and Mrs. Zanutia with son Amir at Iftari

The WOW Factor



You may have recently noticed a number of books and articles about a concept called the "Wow" factor. Many consultants and business experts have been talking about this for years, but it was probably Tom Peters who really brought it to the forefront.

The "Wow!" factor boils down to one thing; exceeding the expectations of the customer. It goes past great customer service. In short, the basic idea is to bring the element of surprise into your business. The concept of Wow! yells out, "Surprise! Aren't you glad you bought from me, decided to do business with our company, etc.!"

There are many ways you and your organization can do it. Here are a few examples to illustrate the Wow! factor.

Kellogg Business School professor and marketing guru Dr. Lou Stern talks about his recent purchase

of a new car. On his way home he turned on the stereo system. Wow! He couldn't believe how great it sounded. All he wanted was a nice car, good service and a luxuriously smooth ride. He knew the radio/stereo system would be good, but he didn't think it would "blow him away." This was simply a surprise bonus.

Bill Gates, multi-billionaire and chairman of Microsoft, recently wrote a book on the future of technology, The Road Ahead. Surprise! The book included a CD with the entire book and more on it to be popped into your nearest computer. He predicts that books on CD ROM will be the norm in the future. And shouldn't his book "practice what it preaches." If you travel with a laptop computer that has a CD ROM drive you don't have to even take the book with you. Just take the disk and read from the screen. Wow!

Last year I bought a fruit basket for someone from Harry and David. They are a high end catalog retailer that sells food through the mail; fruit baskets, "Pasta of the Month," etc. One day the mail came and I was surprised to find a gift box from Harry and David. I couldn't wait to open it to find out who sent me this delicious box of

chocolate truffles. Surprise! It was a gift from Harry and David saying thank you for doing business with them. Wow!

The list of examples can go on and on. The "Wow" comes from, "Surprise! You weren't expecting this, were you?" How can you build this into your product or service? It doesn't always have to be something tangible that might cost a lot of money. It can be a follow up phone call or a simple thank you note. It is meant to make the customer feel good about doing business with you. I remember getting a phone call from a restaurant that some friends and I had been to the night before. I wondered why they would be calling me. Did I leave my credit card there? No, they just wanted to follow up with me to make sure I had a great meal and experience at their restaurant. That's all. Wow!

Putting Wow! into what you do and sell isn't very hard, but it is extremely effective. And I guarantee that for the receiver, it is a MOMENT OF MAGIC!

Contributed by:
Ajitabh Ranjan
Zulekha Hospital, Sharjah.

Zulekha Hospital Fourth Floor Inauguration



Founder Dr. Zulekha Daud officially opens the functioning of 4th floor in Zulekha Hospital, Dubai.



The delicious cake in pristine white and brand colours made for the 4th floor inauguration.



The women of our 'Well Women Centre' cutting cake during the 4th floor opening ceremony.

Saipem Vaccination at Sharjah dry docks



Our Doctors and clinical support staff helping out the staff in dry docks of Sharjah to give Saipem Vaccination.



Our Project Saipem Vaccination team seen together.

Tips for managing eye strain



Tips for managing eye strain due to prolonged computer use.

There are several minor changes that we can do

of our eyes when we work with a computer for long hours.

- The surrounding illumination should not be too bright. Cup your hands like a baseball cap over your eyes while looking on to the screen if immediate improvement occurs in clarity that means the surrounding illumination is too bright
- The computer should be kept at a distance of arm's length (25 inches)
- The centre of the screen should be below your eyes so that your head is slightly tilted while looking at the monitor and your elbows should be resting higher than your key board with feet flat on floor and back straight
- Take a break of 20 seconds after every 20 minutes of computer use by looking at something at a far distance or better still take a break of five min after 1 hour of continuous computer use
- Use a document holder near to your monitor if you are reading and typing at the same time
- Keep your computer screen and your eye glasses (if applicable) free of dust by wiping it every morning at least once
- Increase the size of computer font and keep the brightness and contrast of the screen moderate. Adjust till you are comfortable

Eye Check-up

The Department of Ophthalmology at Zulekha Hospital Dubai had conducted a '1-day Eye Check up' for the students of Sheffield School, Dubai.

A team of ophthalmologists and nurses gave various interactive presentations to the children that explained the importance of taking care of their eyes in this age.

Children were physically examined with the help of Eye chart and other simple methods. Basic introduction to the human eye was also done to help children understand the physical form of the human eye and its various parts.

Special emphasis was given to practically demonstrate methods of eye care.



Our specialist demonstrating the function of our eyes with the help of a student.



Nurse addressing the importance of eye to the student in Sheffield school, Dubai.

Hearing Screening

There are a variety of conditions responsible for hearing impairment in newborn infants. The high risk factors for hearing loss include extremely low birth weight, infections like Toxoplasmosis, Rubella, Cytomegalovirus, Herpes Simplex Virus, family history of hearing loss, syndromic conditions, Hyperbilirubinemia., etc

Profound implications of congenital (present at birth) or acquired hearing loss in infants and children may include lifelong impairments in acquiring speech and language, poor academic performance, personal and social maladjustment, and emotional disturbances. Many of these adverse sequelae may be prevented or mitigated by detecting hearing loss using neonatal hearing screening, regularly evaluating developmental milestones and auditory skills, and addressing parental concerns. In such a condition, it becomes mandatory that all the infants have access to hearing screening before 1 month of age.

Hearing screening is the process of checking the presence or absence of hearing impairment in an individual using a simple and quick test. Zulekha Hospital, Dubai has undertaken one such initiative of Universal Newborn Hearing Screening (UNHS) in which hearing screening should be done for all the babies born in the hospital.

Tests which are commonly used for screening include Automated Auditory Brainstem Evoked Response Audiometry (AABR), Otoacoustic Emissions (OAE) and Immittance Audiometry (IA). Our hospital is currently using AABR for UNHS program. Early detection of hearing loss leads to early intervention which in turn helps in best possible development of communication and language skills and a better quality of life.

Contributed by:
Sneha Lata, Zulekha Hospital, Dubai.

Basketball team



Our group's basketball team display their Zulekha colours after a session of shooting hoops.

Heaviest baby



Zulekha Hospital is proud to declare the heaviest baby born in Zulekha Hospital Sharjah.

ZH & RTA Tie-up



Dr. Kishan receiving the plaque of recognition from CEO of Public Transport Agency, RTA Dubai, Mr. Essa Abdul Rahman Al Dosari

Church Talk



Dr. Laxmikant Sharma giving Diabetic Awareness talk to members of St. Michael's Church, Sharjah.

H1N1 Guidelines And Precautions

1



Cover your nose and mouth with tissue when coughing or sneezing

2




Dispose off used tissues properly immediately after use

3



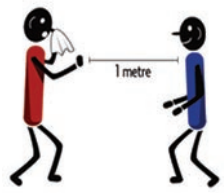
Regularly wash hand with soap and water

4



If you have flu-like symptoms seek medical advice immediately.

5




If you have flu-like symptoms keep a distance of at least a metre from other people.

6



Avoid hugging, kissing & shaking hands when greeting

7



If you have flu-like symptoms stay home from work, school or crowded places

8



Avoid touching eyes, nose and mouth with unwashed hand.

Our International Patients

"A relief on anxiety and worries after my experience with Zulekha Hospital.

I am very much impressed and thankful for the hospitality and care of all the staff who took care of me during my treatment.

Right from the Airport assistance, till my drop back after discharge was a memorable experience.

Care, hospitality, assistance, quality treatment and staff relate well to patient's problem is what I experienced with Zulekha Hospital and these are the qualities which a patient is looking for.

For this, please accept my heartfelt thanks to all Zulekha Hospital staff."

Mr. Diomedes Mota from Doha, Qatar was cared for at Zulekha Hospital, Dubai.

"I was treated at Zulekha Hospital for cardiac problem. The Doctors and Nurses are exceptionally good and skillful. The hospital is quiet impressive and for a patient like me flying from Doha, all arrangements were made and I am very very happy and relieved now after the treatment."

Mr. Ali Mohammed Nasser Al Hanai from Doha, Qatar was cared for at Zulekha Hospital, Dubai.

Ophthal Club



The first Monday of every month, the Ophthalmology Department of Zulekha Hospital organizes 'Ophthal Club Meet' in the conference hall at 1.30 pm. Apart from our Group's doctors, Ophthalmologists from the region's fraternity also attend this meet.

EIFF wishes Zulekha patrons



On the occasion of India's Independence Day, Emirates India Fraternity Forum (EIFF) took a unique approach by meeting the patients of our Dubai hospital as part of their 'Get Well Soon' Campaign.

Gynae Club



All our Gynaecologists along with the fraternity gynaecologists get together every month and make case presentations, discussions on the advancement in the field and clarifies clinical doubts. As of now, we have encouraging participation of about 30 attending members.

INTERESTING AGE CALCULATOR

- (i) Pick the number of days in a week you would like to have dinner at a restaurant (A)
- (ii) Multiply A by 2 and get (B)
- (iii) Add 5 to B and get (C)
- (iv) Multiply C by 50 and get (D)
- (v) If you have already celebrated your birthday this year, please add 1760 to D; If you haven't, then add 1759 to D and get (E)
- (vi) Finally, subtract your four digit birth year from E (eg: E - 1974).

You'll get a three digit number - the first digit confirms your preference for dinner and the last two digits of this number confirms your age. And in case you chose zero days to have dinner outside, you will get only your age.