



Zulekha Spirit

March 2009

Volume 3

Zulekha Hospital's Newsletter

President's Message

'Perseverance pays rich dividends' and in the case of our commitment to quality, I am confident that we will inherit a rich legacy of trust as our reward. In this issue of Zulekha Spirit, we proudly announce the ongoing pursuit of 'high quality care' by every member of our corporate family. In our endeavour to set new benchmarks of excellence in healthcare, we have once again taken up fresh challenges to reaffirm our competencies. After undergoing CAP - Accreditation for laboratories; our Zulekha Medical Centres have now applied for



JCI quality accreditation while both our hospitals (Dubai and Sharjah) have undergone respective Dubai Quality Awards audits.

I must reiterate that this steadfastness to quality will surely benefit each member in their personal pursuits as well especially when we have extended our care timings from 7am till 11pm. As the world faces one of the most challenging times, let us take the opportunity to stay focused on our promise to deliver high quality care with concern.

With Warm Regards

Taher Shams

JCI for ZMC, QUSAIS



The current promise in the healthcare industry is for organizations to deliver quality healthcare services. Zulekha Hospitals has achieved this milestone with the JCI accreditation of its two facilities at Dubai and Sharjah. We want to extend this same trend at our other facilities and referral centres, starting with the accreditation of the Zulekha Medical Centre, Qusais. We believe that patients being treated at the Medical Centre also deserve healthcare services that are at par with internationally accepted standards and guidelines. It is this belief that has led us to pursue JCI accreditation for our Medical Centre at Qusais.

When we achieve this, Zulekha Medical Centre, Qusais, would be the first medical centre in Dubai to be awarded JCI accreditation. At a time when the UAE and Dubai in particular is pursuing international and global recognition, we want to consolidate this movement by being the first medical centre in Dubai to deliver the highest healthcare quality.

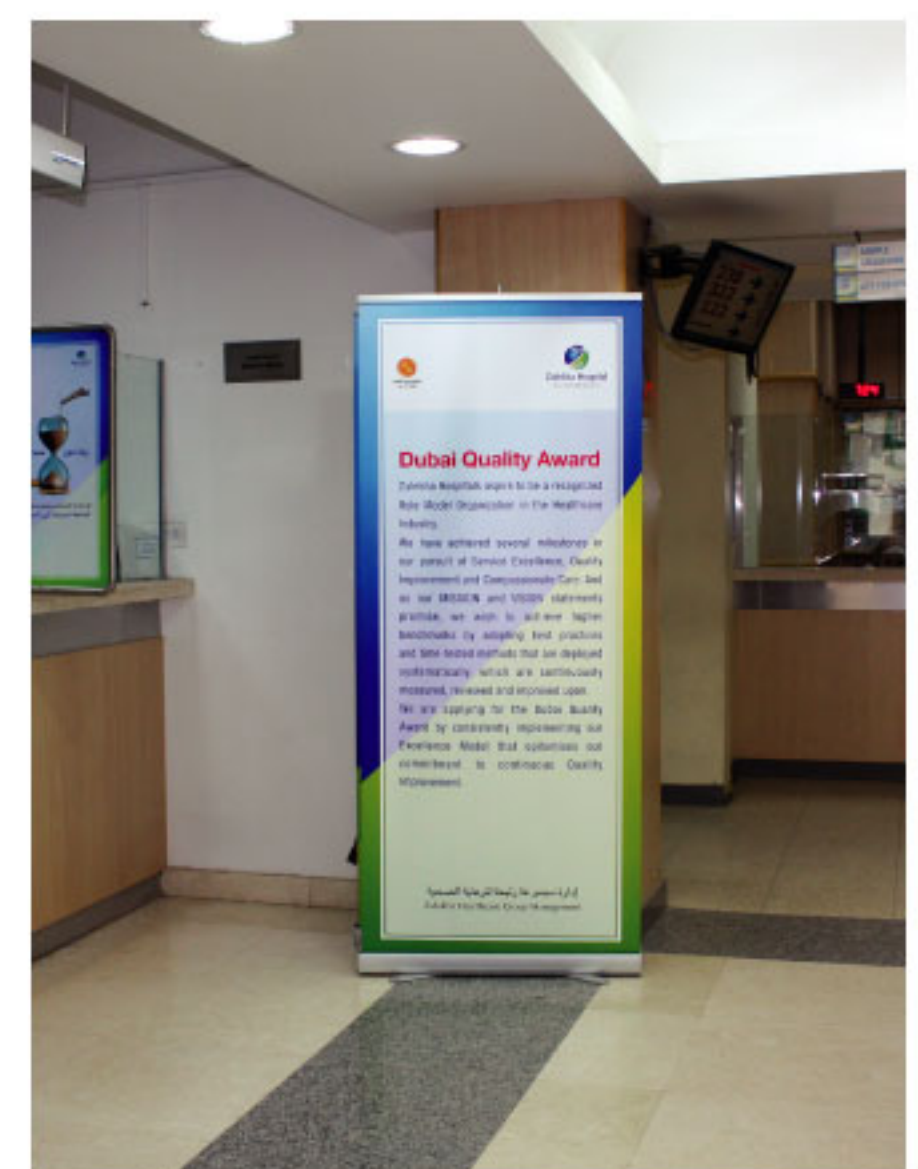
Our MISSION and VISION statements define our commitment to providing high quality healthcare and we want our establishments to achieve the high standards established by Zulekha Hospitals. We want patients receiving treatment at our medical centre to be assured that they are receiving care of international standards.

DUBAI QUALITY AWARDS

We at Zulekha Hospitals want to contribute towards having a healthy community by delivering high quality healthcare. We want to be recognized as a Role Model Organization in the Healthcare Industry. We have achieved many milestones on our Service Excellence and Quality Improvement journey. Hence, keeping in view Zulekha Hospitals MISSION and VISION statements, we want to achieve higher Excellence through the adoption of good practices and soundly-based approaches that are deployed systematically and which are continuously measured, reviewed and improved upon. We are going for the Dubai Quality Award by applying the Excellence Model to demonstrate our commitment to Continuous Quality Improvement. The Dubai Quality Awards is an initiative of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. According to him, 'The competitiveness of our local companies against world-class standards is one of the most crucial necessities for accomplishing our mission and achieving our strategic objectives. Since its inception, the Dubai Quality Award has been providing a valuable framework for companies to measure their business performance and to achieve higher growth through leadership, innovation and continual improvement. Companies that use the excellence model for improving their performance will be better equipped to address the requirements of modern organizations. The growth and prosperity of such leading organizations will undoubtedly contribute to our local economy'. We at Zulekha Hospitals want to be part of achieving this mission of the UAE government.

The application of the Quality methodology of the FOCUS P-D-C-A, has helped us to achieve the

Joint Commission International (JCI) Accreditation. We are applying the RADAR methodology for the Dubai Quality Award. This methodology is based on the Excellence model which is used by the European Foundation for Quality Management (EFQM). We want to use this model as a tool for Self Assessment, as a way to Benchmark ourselves with other similar organizations, as a guide to identify areas for Improvement and as a structure for the organization's Management System. The Excellence model recognizes there are many approaches to achieving sustainable excellence in all aspects of performance and is based on the premise that: Excellent results with respect to Performance, Customers, People and Society are achieved through Leadership driving Policy and Strategy, that is delivered through People, Partnerships and Resources, and Processes.



Our Champions

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

EMPLOYEE OF THE MONTH - DUBAI



Ms. Jiji Thomas
OT Nurse
May '08



Mr. Noman Khan
Insurance Cashier
June '08



Mr. Senthilkumar N
Reception - ZMC
July '08



Mr. Mohd Faizal
Accountant
October '08

EMPLOYEE OF THE MONTH - SHARJAH



Ms. Roselyn Marana
Asst. Manager - Stores
May '08



Mr. Abdul Rassak
Executive - MRD
June '08



Ms. Shehnaz Khan
Healthcare Attendant
July '08



Ms. Soja Sreejith
Technician - Lab
August '08



Mr. Mothi K. Baba
CRE - ZMC
September '08



Ms. Sandra Madriaga
CRE - Front Office
October '08

High-risk Pregnancy and Foetal Medicine Workshop '09

Zulekha Hospital along with Sheikh Khalifa Hospital Ajman hosted top-tier specialists at Symposium on High-risk Pregnancy and Foetal Medicine.



Dr. Kishan thanking the convenors of the workshop, Dr. Suyashree Palkar and Dr. Sana Abbassi

High-risk Pregnancy and Foetal Medicine Workshop '09 was convened by Dr. Suyashree Palkar (Consultant – Foetal Medicine at Zulekha Hospital, Sharjah) along with Dr. Sana Abbassi (HOD - Dept. of Obs & Gyn, Sheikh Khalifa Hospital, Ajman).

This symposium is part of Zulekha Healthcare Group's concerted effort to deliver better care and usher in global standards in the UAE through bringing together top-tier medical professionals and raising awareness on latest treatment procedures.

The symposium also featured consultants from Al Wasl Hospital, Tawam Hospital and Healthcare city as Faculty and Speakers.

Objective of the Workshop:

The Foetus forms an integral part of the practice of an Obstetrician and Gynaecologist. Study of the foetus and its associated problems (foetal medicine) is hence an upcoming specialized branch of Obstetrics and Gynaecology.

The High Risk Pregnancy and Foetal Medicine Workshop '09 aimed at giving insight into aspects of foetal medicine, which the obstetrician and gynaecologist should be aware of and incorporate into routine practice.

Multiple pregnancies are on the rise due to the advent of Assisted Reproductive Techniques. Practical and important guidelines for these high risk pregnancies and interactive discussion of various case scenarios and their management that will help in day to day decision making was also the objective of this workshop.

The UAE Ministry of Health designated six credit hours for this educational programme. More than 150 professionals from Gynaecology, Infertility, Radiology and Pathology registered for the symposium which was held on 14th February '09 at the Sheikh Khalifa Hospital, Ajman.

Zulekha Healthcare Group as one of the region's foremost centres for comprehensive healthcare has taken the mantle of demonstrative and interactive upgradation for the fraternity in the region. This workshop will set precedence to more such top-tier interactions within the specialized discipline of High-risk Pregnancy and Foetal Medicine.



The workshop was very well received by the fraternity

Toothbrush selection: A dilemma?



Various types of toothbrushes available in the market keep the buyer in a state of dilemma as to which one to choose, due to lack of information about the "quality" of it. Toothbrush is the most common device used for maintaining good oral hygiene. From relying on nature for bristles to the era of manufactured nylon bristles and from the concept of a common brush for the whole family to stressing on more than one brush per individual, toothbrushes have gone major metamorphosis.

Today, the market is flooded with various brands of toothbrushes, some with more attractive packaging and the others with effective

advertising, stating the size, shape, pliability, color, and other physical features, each claiming superiority of it over the other. This makes it very difficult for the consumer to select a suitable toothbrush of specific clinical use. Thus, it is necessary to provide guidelines to both toothbrush manufacturers as well as the consumer. An ideal toothbrush may be defined as the one which removes plaque effectively.

ADA has clearly stated their position and concluded that the method and toothbrush choice depends on patient oral health, manual dexterity, personal preference, the ability and their desire to learn and follow the prescribed procedures.

Toothbrush specifications as per ADA:

Brushing surface = 1 to 1.25 inches long (25.4 to 35.8 mm)

5/16 to 3/8 inches wide (7.9 to 9.5mm)

2 to 4 rows of bristles

5 to 12 tufts per row

80 to 86 bristles per tuft

Diameter of commonly used bristles are

Soft = 0.007 inch (0.2mm)

Medium = 0.012 inch (0.3mm)

Hard = 0.014 inch (0.4mm)

The care given to the teeth currently is determined by the type of toothbrush we use. Today there is a drastic change where we have a lot of different kinds of toothbrushes in the market. You can choose from them according to your preference. There are some possibilities to consider when choosing the type of a tooth brush you want to use. The choice will depend on your type of teeth and gums, your age, your dental condition and the purpose for the toothbrush.

The hard or firm toothbrush provides a strong set of bristles for large, sturdy teeth and gums. This brush is geared toward a mouth with significant dental needs. When using this type of brush, don't overdo the cleaning action, as it may rub enamel from the tooth's surface or make the gums raw by causing irritation. A medium brush works for people of all ages as long as your teeth are in good condition and your mouth is healthy. The bristles have some degree of flexibility, but provide a thorough brushing of all the teeth and oral areas. People with sensitive teeth or mouth sores may not want to choose this brush type.

A soft toothbrush offers gentle cleaning for children, the elderly, the infirm, those with braces or other dental fixtures, or oral conditions that may require special consideration. This type of bristle may not provide the level of detail that people with regular teeth will require. Kids' toothbrushes are smaller and shorter than the adult version. Designed in a variety of colors and styles, their theme characters make them seem almost like toys so that children may be more apt to brush when they can "play" with a friendly character. The idea is that kids will find this chore more attractive than boring.

Using a travel toothbrush, remember to wash it out thoroughly before replacing it in the travel case. Otherwise, bacteria can build up and create a

nasty mess for your mouth during the next use. You may want to purchase inexpensive disposable toothbrushes.

General Recommendations for Toothbrush Care

Do not share toothbrushes. Sharing a toothbrush could result in an exchange of body fluids and/or microorganisms between the users of the toothbrush, placing the individuals involved at an increased risk for infections. This practice could be a particular concern for persons with compromised immune systems or existing infectious diseases.

Thoroughly rinse toothbrushes with tap water after brushing to remove any remaining toothpaste and debris. Store the brush in an upright position if possible and allow the toothbrush to air-dry until used again. If more than one brush is stored in the same holder or area, keep the brushes separated to prevent cross-contamination

Do not routinely cover toothbrushes or store them in closed containers. A moist environment such as a closed container is more conducive to the growth of microorganisms than the open air.

Replace toothbrushes at least every 3–4 months. The bristles become frayed and worn with use and cleaning effectiveness will decrease. Toothbrushes will wear out more rapidly depending on factors unique to each patient. Check brushes often for this type of wear and replace them more frequently if needed. Children's toothbrushes often need replacing more frequently than adult brushes

There is a wide array of brushes available in many colors, designs, packages, each claiming to be better than the other. Keeping in mind the main purpose of brushing, that provides access to all areas of the mouth should be the suitable one, provided the patient uses proper brushing technique.

Contributor: Dr. Joji Markose

Specialist - Prosthodontist & Implantologist
Zulekha Hospital, Sharjah

Dental Conference



The Dental conference had attendees from all over UAE



Dr. Mohd A. Atalah proudly poses with Dr. Zulekha Daud



The entire team that made this Dental meet a great success

Emirates Identity Card



Zulekha Hospital, Sharjah conducts Emirates Identity card registrations for the benefit of all our employees.

Social Initiatives of Zulekha Healthcare Group.



A Blood Donation Drive was organised by the Zulekha Health Care Group at both hospitals in Dubai and Sharjah



Some of our employees donating blood at Zulekha Hospital, Dubai



Dr. Suyashree Palkar giving a free talk at Sheikh Khalifa Hospital, Ajman.



Dr. Adnan giving a free educative talk about Arthritis to members of Arthritis Club, Sharjah



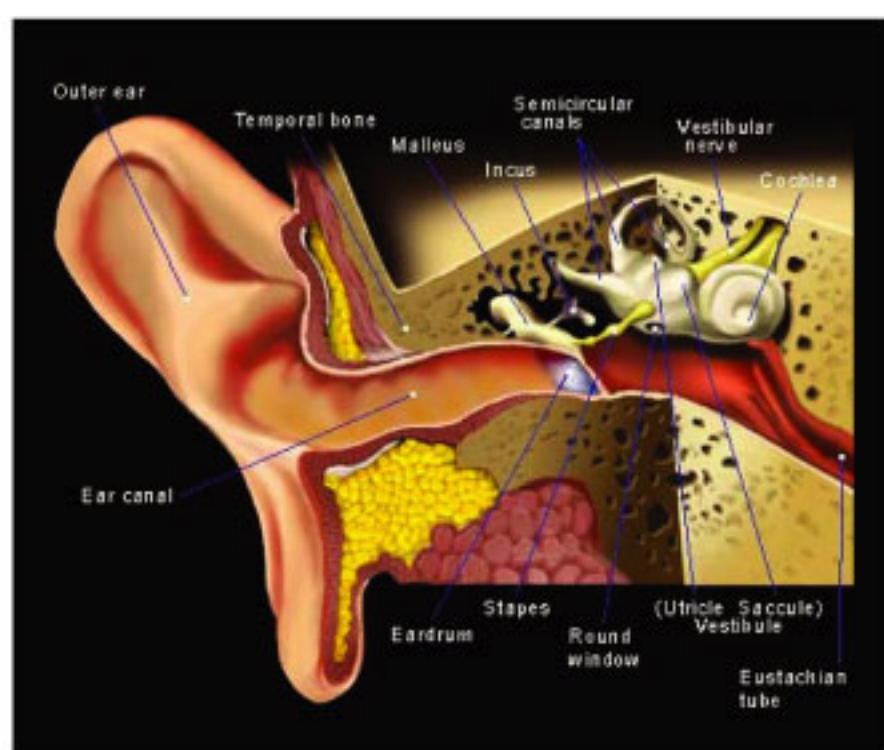
Dr. Neeta Warty (seen on the left) explaining a point related to fibroids at the Sharjah Ladies Club



Zulekha Hospital was the official First Aid supporter for the Golf tournament in Dubai.

Help me Doctor! I feel like I have a hole in my eardrum.

The ear consists of the outer, middle and inner ear. Sound travel through the outer ear and reaches the eardrum, causing it to vibrate.



The vibration is then transmitted through the three tiny bones (ossicle) in the middle ear. The vibration then enters the inner ear where the nerve cells are. The nerve cells within the inner ear are stimulated to produce nerve signals. These nerve signals are carried to the brain, where they are interpreted as sound.

A hole in the eardrum is known as PERFORATION. It can be caused by infection or trauma to the eardrum.

Quite often a hole in the eardrum may heal itself. Sometimes it does not cause any problems, however it may cause a discharge from the ear. If the hole in the ear drum is large, then hearing may be reduced.

If the hole in the eardrum has only just occurred, no treatment may be required. The eardrum may simply heal itself. If an infection is present, we may

need antibiotic. We should avoid getting water in the ear.

A hole in the eardrum that is not causing any problems can be left alone. If the holes in the eardrum causing discharge, deafness, or if the patient wishes to swim, it may be sensible to have the hole repaired. The operation is called MYRINGOPLASTY. You should discuss with your surgeon whether to wait and see or have surgery now.

For small hole, there is a 90% chance the operation can successfully close the hole. The success rate is not quite so good if the hole is large.

The operation can be done by making a cut behind the ear or above the ear opening. The material used to patch the eardrum is taken from under the skin. This eardrum graft is placed against the eardrum. Dressings are placed in the ear canal. We should have an external dressing and a head bandage for a few hours.

There are some risks that the patient must be aware of before giving consent to this treatment. These potential complications are rare. The patient should consult his/her surgeon about the likelihood of problems in his/her case.

The taste nerve runs close to the eardrum and may occasionally be damaged. This can cause an abnormal taste on one side of the tongue. This is usually temporary but occasionally it can be permanent.

Dizziness is common for a few hours after surgery. On rare occasion dizziness is prolonged. In very

small number of patients severe deafness may happen if the inner ear is damaged.

Sometimes the patient may notice noise in the ear, in particular if the hearing loss worsens.

The ear may ache a little but this can be controlled with painkillers provided by the hospital.

After the operation the patient will usually go home the day after the operation or sometimes the same day. The stitches will be removed 1 week after the operation.

There may be a small amount of discharge from the ear canal. This usually comes from the ear dressings.

Some of the packing may fall out. If this occurs there is no cause for concern. It is sensible to trim the loose end of the packing with scissors and leave the rest in place. The packing in the ear canal will be removed after 2 to 3 weeks.

The patient should keep the ear dry and avoid blowing the nose too vigorously. Plug the ear with a cotton wool ball coated with Vaseline when taking a shower or washing the hair. If the ear becomes more painful or is swollen the patient should consult the ENT department at his/her local hospital or his/her general practitioner.

Finally the patient may need to take 1 to 2 weeks holiday from work.

Contributor: Dr. Hussein Hassan Al Kadiri
Specialist ENT Surgeon
Zulekha Hospital, Sharjah

A BEAUTRIPLE MOMENT: The first triplets delivered in Zulekha Hospital - Dubai



The triplets that brought joy at Zulekha Hospital - Dubai



The entire care team - Dr. Bindhu, Dr. Nada, Dr. Monika and Dr. Jincy with the triplet babies



The Administration team wishing Dr. Nada, Dr. Monika and Dr. Bindhu for the first Triplet Delivery at ZH, Dubai

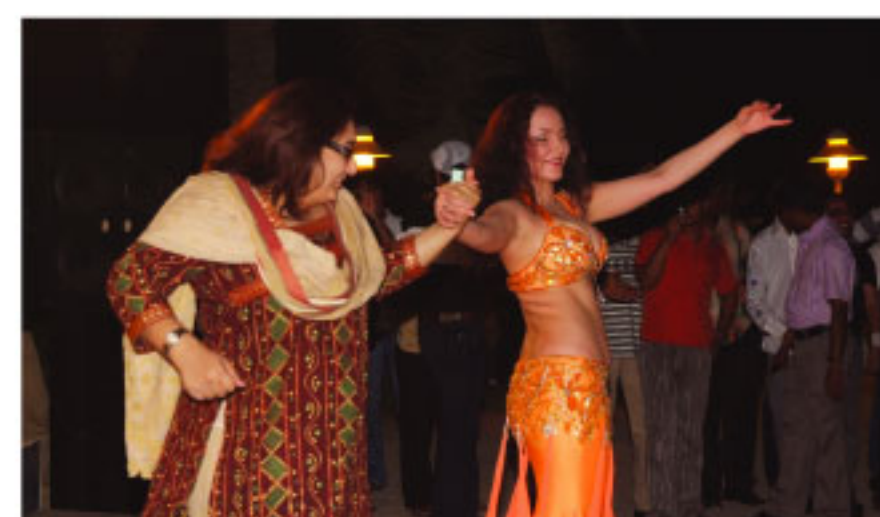
THE LIGHTER SIDE OF ZULEKHA



Everyone arrived in their best look for the gala evening



The girls at Zulekha Group strike fashionable poses



The CEO displays a sporting spirit when called to dance

Designer Babies!

Note: Although this article has been written in a light hearted mood, it is aimed to be an eye opener for young couples wanting to become parents!



Inheritance of a faulty gene is the sole responsibility of the parent, not the unfortunate beneficiary off spring. One must engage in intelligently conceiving a dynamic healthy child who is not only handsome but also humane or serene in behavior so one must conceive with their eyes open and not randomly choose their partner form the blue.

Badly matched couples may result in faulty byproducts of conception and result in various maladies and malformations such as:

1. Mental disorders including attitude problems, violent abnormal behavior or autistic children.
2. Formation of sugar babies and obese off springs

3. Congenital abnormalities such as spina bifida, spasticity saddle nose etc.

So it is essential to find the appropriate partner.

How to find the ideal compatible partner? This is not a hush hush affair as heard on a telephone call detailing the necessary requirements of an eligible partner which sounded more like asking for a brand new car from a show room, the original demand being

Type: German (actually wants European origin)

Model 1990: (wants an 18 year old)

Color: white (prefers fair complexion)

Height: 160cm

Fullness energy: 1600 horse power plus weight

No, No, No, it is better to type match your partner at fine marriage testing centers for the best compatibility where they will provide marriage and genetic counseling for mating competence, blood group matching, and thalassemia, sickle cell defects ruled out. Venereal disease and endocrine disease and previous illnesses in both families thoroughly investigated.

Now The Next Important Question how to cook up your most perfect designer baby?

Ingredients: a perfectly matched young couple in a romantic relationship.

Methods: Healthy couple in fine, clean, fond relationship in a loving romantic atmosphere away from the stress and strain, fear, tension and anger of day to day life.

Making time: usually three months of untempted, undisturbed, enjoyable, loving times for the very first signs of viability (i.e. pregnancy)

The romantic atmosphere is extremely necessary as fear and anger may induce excessive hormonal activity which in turn may affect the ultimate chromosome a fetus may or may not finally inherit

The environment may also play an important role in regulating ones gene as was the case in an asian pregnant nanny working for a local national sponsor, the influence can occur from the womb stage when her fetus, exposed to constant arabic speech spoken by local children, she was taking care of, ultimately resulted in her child fluently picking up and even speaking arabic in the same guttural resonance of her local sponsor's children.

If the relevant points have been kept in mind one can now safely plunge into the creative world of the 'would be designer babies'.

**Contributor: Dr. Zubair Farooq,
Dermatologist & Venerologist
Zulekha Hospital, Dubai.**

Benchmarks in compassionate care

Zulekha Hospital has always emphasised the importance of Breast Feeding as the most healthy diet for babies. Reinstating our firm belief about breast feeding, Zulekha Hospital has now been recognized by the Supreme Council for Family Affairs and the premier authority promoting Breast Feeding (Breastfeeding Friends) for our continual application to this natural technique.



The Certificate that was awarded to Zulekha Hospital from the Breastfeeding Friends Society.

As a gesture to provide more care, Zulekha Hospital - Dubai & Sharjah have extended timings. This will augur well for the convenience of the working residents in the region. The specialists will also be available during off peak hours to attend to our patron.

7.00am to 11.00pm
More time to care

To accommodate the working hours of residents in UAE, we have extended some of our department timings. For your benefit, these departments will function from Saturday to Thursday between 7am to 11pm

For appointments,
call 04 217 5600 / 700 for Dubai
and 06 506 9200 / 300 for Sharjah

Zulekha Hospital
Your Health Matters

Quality Accredited by JCI, USA

• Anaesthesiology • Audiology & Speech Therapy • Cardiology & Interventional Cardiology • Dental • Dermatology and STD Clinic • Emergency • ENT • Endocrinology • Gastroenterology • Gynaecology & Obstetrics • Infertility • Internal Medicine • Laboratory • Neurology • Neurology • Nutrition & Lifestyle Management • Ophthalmology • Otorhinolaryngology & Prosthodontics • Orthopedics • Paediatrics • Pathology • Physical Medicine and Rehabilitation • Physiotherapy • Plastic and Reconstructive Surgery • Psychiatry • Radiology • Rheumatology • Surgery • Urology

• DUBAI: Al Rashid, Tel: 04 257 8888 • SHARJAH: Al Nazem, Tel: 06 555 8888 • email: info@zulekha.com
www.zulekha.com

Clean hands save lives!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others .it is best to wash your hands with soap and clean running water for 20 seconds . However if soap and clean water is not available, use an alcohol based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting



Purpose of hand washing in healthcare setting is to remove pathogenic microorganism ("germs") to avoid transmitting them to a patient.

Hand washing: An easy way to prevent infection Hand washing is a simple habit that can help keep you healthy. Learn the benefit of good hand hygiene, when to wash your hands and how to clean them properly. Hand washing is a simple habit, something most people do without thinking. Yet hand washing, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or



an alcohol-based hand sanitizer - a cleanser that doesn't require water.

Do you know the benefits of good hand hygiene and when and how to wash your hands properly?

The dangers of not washing your hands properly:

Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should-even after using the toilet. Throughout the day you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs. Infectious diseases that are commonly spread through hand-to-hand contact includes the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu can be much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the eighth-leading cause of death among Americans.

Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infection. According to the Centers for Disease Control and Prevention (CDC), as many as 76 million Americans get a food-borne illness each year. Of these, about 5,000 die as a result of their illness. Others experience the annoying signs and symptoms of nausea, vomiting and diarrhea.

Proper hand-washing techniques:

Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but aren't as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than is regular soap. Using antibacterial soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents-making it even harder to kill these germs in the future. In general, regular soap is fine. The combination of scrubbing your hands with soap-antibacterial or not-and rinsing them with water loosens and removes bacteria from your hands.

Proper hand washing with soap and water:

Follow these instructions for washing with soap and water:

- Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.
- Rub your hands vigorously together for at least 15 to 20 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.
- Use a towel to turn off the faucet.

Proper use of an alcohol-based hand sanitizer:

Alcohol-based hand sanitizers-which don't require water-are an excellent alternative to hand washing, particularly when soap and water aren't available. They're actually more effective than soap and water in killing bacteria and viruses that cause disease. Commercially prepared hand sanitizers contain ingredients that help prevent skin dryness. Using these products can result in less skin dryness and irritation than hand washing.

Not all hand sanitizers are created equal, though. Some "waterless" hand sanitizers don't contain alcohol. Use only the alcohol-based products. The CDC recommends choosing products that contain at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

- Apply about 1/2 teaspoon of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, until they're dry.
- If your hands are visibly dirty, however, wash with soap and water, if available, rather than a sanitizer.

When should you wash your hands?

Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

Always wash your hands:

- Before & after using the toilet
- After changing a child's diaper
- After touching animals or animal waste
- Before and after preparing food
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses
- When using public restrooms, such as those in airports, train stations, bus stations and restaurants
- Kids need clean hands, too

You can help your children avoid getting sick by insisting that they wash their hands properly and frequently. To get kids into the habit, teach by example. Wash your hands with your children and supervise their hand washing. Place hand-washing reminders at children's eye level, such as a chart by the bathroom sink for children to mark every time they wash their hands. Make sure the sink is low enough for children to use, or that it has a

stool underneath so that children can reach it. Tell your children to wash their hands for as long as it takes them to sing their ABCs, "Row, Row, Row Your Boat" or the "Happy Birthday" song. This works especially well with younger children, who may rush when washing their hands.

Older children and adolescents also can use alcohol-based hand sanitizers. Younger children can use them, too-with an adult's help. Just make sure the sanitizer has completely dried before your child touches anything. This will avoid ingestion of alcohol from hand-to-mouth contact. Store the container safely away after use.

Hand washing is especially important for children who attend child care. Children younger than 3 years in child care are at greater risk of respiratory and gastrointestinal diseases, which can easily spread to family members and others in the community.

To protect your child's health, be sure your child care provider promotes sound hygiene, including frequent hand washing or use of alcohol-based hand sanitizers. Ask whether the children are required to wash their hands several times a day -not just before meals. Note, too, whether diapering areas are cleaned after each use and whether eating and diapering areas are well separated.

Contributor: Ms. Sareena Meera Mathew
Infection Control Nurse
Zulekha Hospital, Sharjah

Condolences



Mrs. Shanty Varghese
OT Nurse



Mrs. Annie P. Abraham
OT Nurse

We are shocked to learn about the sad and untimely demise of our Colleagues and pay our heartfelt tributes to – Mrs. Annie P. Abraham and Mrs. Shanty Varghese (O.T. Staff Nurses) on 22nd February, 2009 in a tragic car accident. We express our deepest sympathy on behalf of the Management and Staff of Zulekha Health Care Group.

It would be difficult to measure the impact they have had on the many people's lives they touched, personally and professionally. Their passing away will not only leave a void in our lives, but in the hearts of all those who knew them. Their services to our Organization embodied the Zulekha Spirit and we pray for God to bless them in heaven.

We are saddened to lose such loyal and committed colleagues and convey our heartfelt condolences to their families. May the almighty bless their families with strength and courage to cope with this untimely and irreparable loss.

Dr. Zulekha Daud
Management & Staff of Zulekha Healthcare Group