



CEO's Message



Welcoming the New Year, I wish that all from the Zulekha family be blessed with good health and happiness throughout 2012.

In parallel with the Zulekha Spirit, I consider New Year as a time for new beginnings with renewed energy that comes with our positivity and

optimism. We have come a long way in recent years and now we continue to grow to offer our best services to exceed the expectations of our patrons. In line with that we look forward to the establishment of our new hospital building among the key projects this year.

When I talk about growth, I must mention about our staff whose dedication and compassion continues to encourage our pursuit of excellence in healthcare. I would like to take this opportunity to thank our staff, and to extend my warmest new year greetings to them as we enter 2012. I hope we will continue to excel in our journey and to aspire beyond ourselves.

Take care.

Zanubia Shams

Editor's Note

We bring this first Edition of 2012 with a fresh new look and feel for the Zulekha Spirit. This volume marks the first issue generated after the formulation of the Group's first Newsletter Committee.

Spelling the need to extend care for the neonatal is the cover page article that deal with special care given for Baby Kent at the Sharjah Zulekha Hospital, Neonatal Unit. Our medical section that highlights the harms of cigarette smoking and tips to quit smoking permanently. A healthy and fit life is the way to becoming not only wealthy, but also wise. We have a section about things you can do to maintain mental and physical well-being with an interesting article on how to fight obesity.

To make it a fun read, we have featured a humour category in the center spread which is dedicated to our Hospital Group Events, Photographs and Event details. Staying Awake during Night Shifts is a perennial issue for all those who encounter them and some tips to manage nocturnal duty is featured. Finally, Common Energy saving bulbs is lined with EFFORT (Earth Friends For Optimum Results Tomorrow) Zulekha Healthcare Groups activity towards environmental safety.

Wishing you all a very Happy and Prosperous New Year and the years to follow, because YOU are the people who make THE Spirit of Zulekha Hospitals.

GOD BLESS ALL.

Dr. Vineet Luthra
Director - Administration
Zulekha Hospital, Sharjah

Journey of little Kent By NICU team, Zulekha Hospital, Sharjah



Meet KENT EMMANUEL, a little Premie. Kent was born at 25 wks at other Hospital and transferred to Zulekha hospital in critical condition, ventilated, with severe infection, bleeds in his head, PDA, anemia and low cell counts. Follow us, as we journey through little Kent's roller coaster ride of the NICU and the experience of his parents.

The Premie Experience for parents of Baby Kent, Willy and Julie. The premie experience

was the shattering of all their dreams-for a normal, healthy delivery, of the ability to carry home a beautiful squirming bundle after a short stay in the hospital.

He was lying there in the hospital room listening to the happy sounds of other families joined together by the birth of a grandchild, cousin, or nephew, and knowing that their child was miles away and may not survive long enough for them to see or simply touch.

It was that first glimpse of a skinny, scrawny, not much bigger than a Barbie doll child and feeling, fear, awe, and joy for such a fragile soul.

Couldn't even see how he looked like with tubes in his mouth and throat, ventilator pushing breaths in his tiny lungs, funny caps, wires and monitors and lines and what not....

Afraid to even touch him when he was so sick, his skin so thin and transparent.

You will find...

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BEHIND THE CONCEPT

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Journey of little Kent - Continued from Pg. 1

It was the experience of sitting by their baby's "bedside" day after day, week after week, month after month, alternating between the emotional high of "Look, his eyes are open," or "he's crying!" And the lows of "I'm sorry! Something has shown up in his ultrasound," or even "There is nothing else we can do ..."

And that he had infection again.....

"Infection, Infection, Infection!" they were tired of hearing this word all through his journey starting from other Hospital to Zulekha hospital, Sharjah. Why him?

It was hearing the alarms go off for the 15th time in less than half an hour because Kent stopped breathing or his oxygen saturation was dipping.

It was hearing Kent cry of distress as the nurses would insert yet another IV cannula and do another round of blood tests.

It was stress about signing consent for yet another central line? "He has no veins left. Will it be successful? Will he have any complications?"

It was meeting other parents of children who were doing far better. And wondering, "Why him?"

It was days of nightmarish testing and coping with less than positive results of the tests – his platelet counts were still low – he needed another transfusion.

Journey of little Kent

They would cry and that would make the NICU staff emotional too while talking to them, trying to console them.

It was thinking the nightmare was over ... only to realize it still was

In the form of-

Acronyms such as ROP, PDA, BPD, IVH which need to be followed

In the form of-

The suspense of eye check, wondering what the result would be? "Will he be able to see?"

In the form of-

The suspense of hearing test. "Will he pass the test?"

It was days of joy at.....

- seeing the first eyelash appear,
- seeing him smile in sleep
- Kent gaining a whole ounce in one day
- Kent breathing by himself without any respiratory support.

It was heart filled with sorrow when he went back on CPAP with a setback and then wondering if he would be able to breathe again by himself!

It was a day of joy when he first had his bottle feed.

How overjoyed they were when they gave him first cuddle, with mixed feelings of emotions and the fear of holding him.

It was a day of melting hearts when he first went on breast!

It was moments of sinking hearts and hopes when he would turn blue every now and then and blurring vision with tears seeing expressions of worry on the faces of doctor and nurses!

Millions of questions would fly through their minds when NICU team would teach them how to observe his colour or would insist, they should learn, "how to revive him at home if he goes bad".

How they clapped their hands when they knew....

- He was free of infection
- Eye screen was normal
- That he passed the hearing test
- All the lines were out
- No more funny caps on his head.
- Bleeds in the head had almost resolved

And the final day....

Could not express their joy when Kent was finally discharged from NICU, tears of joy rolling down their cheeks as never ending streams!

It was the final realization that worries about developmental delay had to be dealt with, that reflex was a normal and unfortunate occurrence in many preemies, that he had to catch up growth.

It was that final hurdle before coming home!

It was the sorrow of not being able to find a reasonable apnoea monitor. Cost? Too much! Never mind...they would take turns and watch him.

It is still a dream....

the mental images of little Kent running and playing and chatting with others in a normal manner. We hope this dream comes true.

The preemie experience is a journey....

A journey through your soul in order to find the faith and strength to cope,

A journey of the mind when you face the emotional weariness,

A journey of the heart ... to accept that, no matter what,

This child is yours, and you will love this child no matter what.

Willy and Julie have since been celebrating Kent's birthday every month with smiles on their faces and keeping up hopes for future.

GOD BLESS THEM!

This is how they felt about ZULEKHA HOSPITAL and our NICU team.....

*Dearest Dr. Abha,
Thank you for helping us bring Kent into the world without any complications.
My wife and I would like to express our heartfelt appreciation to you and the staff nurses for the excellent care that you had given to our baby.
You have given us very reason to feel confidence in your knowledge and skill as a neonatologist.
We will forever carry gratitude in our hearts for your returning the gift of life to our baby, Kent.
May God always bless you as you continue to work with preterm babies and their families.*



Once again, our heartfelt "Thank You"

Willy, Julie & Baby Kent

How to Fight Obesity and Win!



If you are classified as obese is the result of consuming a high calorie diet of processed foods.

Causes of obesity

- food we eat, 'fast foods'
- lead an inactive, sedentary life
- physical inactivity

Fighting obesity has never been more difficult. Our entire society is built around processed foods. You have virtually no chance of being a normal weight if you are inactive and eat this kind of food. In order to defeat this cycle of inactivity and high calorie dieting that leads to rapid weight gain, you need to break out of the norm. To truly fight obesity you must avoid 'easy'

foods. Prepare fresh meals for yourself. Exercise as often as you can. There are cycles of health and weight loss that you can get into as well.

Modify your eating pattern

- Eat more high-fibre food like fruits, vegetables, wholemeal bread, cereals, peas and beans.
- Avoid food high in sugar like biscuits, chocolate, rich cakes, sweet pastries and soft drinks.
- Steam, grill, bake, boil or stir fry your food in very little oil.
- Eat regular meals starting with breakfast. Try not to skip breakfast.
- Avoid snacking while reading, studying or watching television.

- Take smaller servings and chew your food slowly.

Get Active

Regular exercise helps to keep your weight down. It also helps to relieve stress and makes you feel good. If you are busy, try to squeeze in some activities into your routine. You can start by:

- getting off a bus stop earlier and walking the remaining distance
- walking up the stairs instead of taking the lift
- walking to a place further away for lunch and back to office instead of taking the bus or Metro
- park further away and walk to your destination

How do I start exercising?

Choose exercises you enjoy according to your fitness level. If you are over 35 years old, very overweight or have medical problems, check with your doctor before you start on an exercise programme.

How often should I exercise?

Exercise vigorously (jogging, swimming, aerobic dancing) for 20 minutes at least three times a week or more till you perspire and breathe deeply without getting breathless. Losing weight successfully depends on:

- your enthusiasm and motivation
- setting realistic goals
- establishing lifestyle changes in eating and exercise pattern

Contributed by:

Sudheendran Chandroth
Insurance Co-ordinator
Zulekha Medical Centre

Live Smoke Free Life



Smoking is an addictive disease and is the world's leading preventable cause of premature death.

Quit Smoking Now

Smoking causes or contributes to more than 40 diseases, of which 20 are fatal. For smokers the only preventive step that can reduce chances of fatality & minimize long term damage is smoking cessation. Nicotine quitting is not always easy.

How To Quit

Quitting is tough, less than 5% of actual quitters stop smoking permanently without help. Apart from high motivation to quit, other support system like Counseling and other modern therapies have helped quitters get rid of their addiction permanently.

If you are a smoker, it is never too late to stop smoking. The first step is knowledge – understand what smoking does to you by reading its harmful effects. Ask your family for support and ask your Doctor about ways to make your efforts successful.

Modern medicine has graduated from nicotine patches to modern safe pills which work on physiology of nicotine.

Contributed by:

Mr. Musaddique Koshish
Executive Pharmacy Purchase

Remember that once you've quit smoking – it's important to stay quit. Quit today and live healthier, live longer & live happy.

Time After Quitting	Health Benefits
20 min	Blood pressure & peripheral circulation may improve
12 hrs	Carbon monoxide level in blood may return to normal
48 hrs	Nicotine eliminated from the system, taste & smell improved
2-12 weeks	Circulation may improve & lung functions can increase
1-9 months	Shortness of breath & coughing may decrease
1 year	Excess coronary heart disease risk may become half that of smoker
10 year	Risk of lung cancer become half that of smoker
15 year	Risk of heart attack & stroke falls to the same level as a non smoker

LEADER - Leading by example...



Dr Zulekha Daud was conferred with New Global Indian Excellence Award for Community Outreach and Healthcare Leadership.

Dr Zulekha received the award from Mr. Aimaduddin Ahmad Khan, Honorable Health Minister Government of Rajasthan in a function at Pink City, Jaipur on Thursday, 5th January 2012.

New Global Indian Excellence Awards recognizes those who have made a difference in their professions or businesses, and positively impacted upon the lives of others. These awards of excellence are also designed to honor individuals and organizations that recognize the important connection between humankind and nature, to celebrate their success and inspire others to make such exceptional behavior the norm.

Memories...



Dr. Zulekha receives Mr. Lokesh Indian Ambassador to UAE



Mr. Sanjay Verma Consul General of India to UAE visits Zulekha Hospital



Mr. Lokesh Indian ambassador to UAE with ZH Core Management Team

ZH Events

Sports & Games @ ZHG



SYNAPSE - Continuing Medical Education on Seizure Disorder



ZH Events

New Facilities - NICU @ Zulekha Hospital, Sharjah



Beat Diabetes initiative



Sports & Games @ ZHG



Medical Support to Landmark Group for the Beat Diabetes initiative



Dr. Adnan Abdul Wahid receives memento from Friends of Arthritis patients, Supreme Council for Family Affairs, Sharjah

Diabetes Screening @ Zulekha Hospital



Diabetes education @ Zulekha Hospitals



Diabetes Screening @ Oasis centre



Diabetes screening and diet advice

How do I manage night shifts!!!

Nurses have to be flexible and work both day and night shifts when required. Working in the night shift has several advantages and disadvantages. The advantages are slower pace of work, simpler bureaucracy, more close knit relationships with other nurses, and a chance to learn more and be more self-reliant. There's also the disadvantage of continuously fighting off sleep, this condition improves the longer you're on night shifts.

Plan to manage Night Shift

1. Always eat a full meal before your night. Carry a few snacks as well, to keep hunger at bay.
2. Get at least 8 hours sleeps during the day. Granted the pace of work may be slower at night, but that doesn't mean you can sleep on the job. Your patients need the same diligent care during the night as they do during the day.
3. When you get home after daybreak, don't go to sleep immediately. Relax for a while, watch TV or do housework. Your body will tell you when you're ready to sleep and your sleep will be more relaxed.



4. Make sure you manage your shifts in such a way that you synchronize with your family's day and night schedules. .
5. To ensure you sleep soundly during the day, use earplugs and black out curtains. Create a 'nighttime' effect in your house to cheat your body into thinking that it's indeed night and time to sleep. Regular exercise will also help you go to sleep naturally and deeply.
6. Don't depend on drinks or sleeping pills to put you to sleep. This will not help your body establish normal circadian rhythms and your sleep architecture might be altered. For restful sleep, allow your body to relax, listen to soothing music and read a pleasant book. Stay away from activities that stimulate your mind or cause you anxiety, thus keeping sleep at bay.
7. Don't drink more than a cup or two of coffee in 24 hours. Caffeine may help you get past the occasional feeling of lethargy and stimulate you, but in the long term, caffeine is addictive and disrupts your circadian rhythm.

Contributed by:
Ms. Betsy Mary Thomas
Nurse Educator
Zulekha Hospital, Sharjah

“ Whenever you want to know how rich you are?
Never count your currency,
just try to Drop a Tear and count
how many hands reach out to WIPE
That is true richness. ”

Energy Saving Bulbs - Tool Box Talk



Energy Saving Bulbs have been in existence for a long time now. As the name indicates, these bulbs are more effective as compared to an ordinary bulb in terms of power consumption. Most of us are currently using these bulbs in order to save on electricity consumption and ultimately the electricity bill! Some Health and Safety issues on these Energy Saving Bulbs However, these types of bulbs, if broken, cause serious danger.

If one breaks, everybody will have to leave the room for at least 15 minutes, because it contains Mercury (poisonous) which causes migraine, disorientation, imbalances and different other health problems, when inhaled. It causes many people with allergies, severe skin conditions and other diseases just by touching this substance or inhaling it.

Do NOT clean the debris of the broken bulb with a vacuum cleaner, because it would spread the contamination to other rooms in the house when using the vacuum cleaner again.

It must be cleaned up with a normal broom or brush, be kept in a sealed bag and disposed of right away from the house in a bin for hazardous materials.

WARNING: Mercury is dangerous, more poisonous than lead or arsenic!

Below is the advice on what to do if a Low – energy light bulb breaks be it at home or areas where these bulbs can be found:

1. Evacuate the room, taking care not to step on the shards of glass littering the floor.
2. Do not use a vacuum cleaner to clear up the mess as the machines sucking action could spread toxic mercury droplets around the house.
3. Put on Rubber gloves and sweep the debris onto the dustpan
4. Place the remains in a plastic bag and seal it.
5. Do not put the plastic in a normal household bin.
6. Instead, place it in a municipal recycling bin for batteries which also contain mercury or take it to a council dump where it can be disposed of safely
7. Try not to inhale dust from the broken bulb

Source: Lumvana Mining Co, 2011

Contributed by:
Mr. Siraj Master
Director Finance (Internal Audit)

10 Ways To Improve Your Personality

Having a good personality is vital probably than that of good looks.

Here are 10 ways which help us develop or integrate any traits we deem fitting and agreeable.

- **BE A BETTER LISTENER**

While listening look the person face to face, hang on their every word and make them feel important.

- **READ MORE AND EXPAND YOUR INTERESTS**

The more you read and cultivate new interests, the more interesting you are to others.

- **BE A GOOD CONVERSATIONALIST**

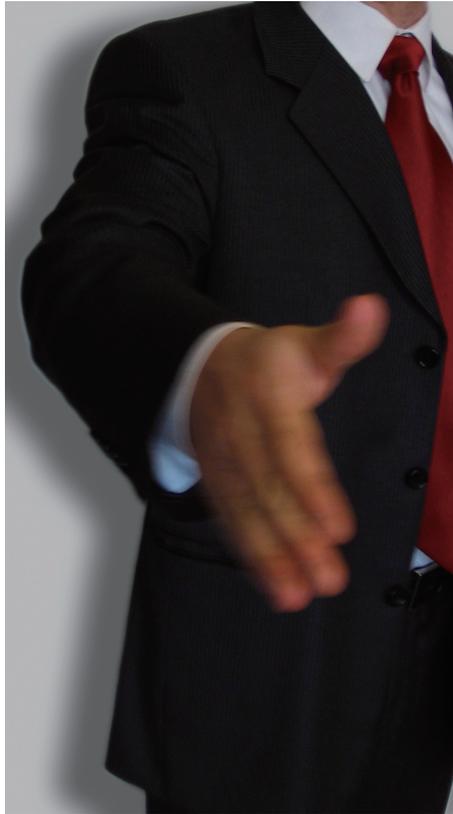
This certainly relates to how much you read and know. Learn to talk to others about what you have read.

- **HAVE AN OPINION**

There is nothing tiresome than trying to talk to someone who has no opinion on anything. A conversation has nowhere to go if you have nothing to expound on. A unique outlook expands everyone's perspective.

- **MEET NEW PEOPLE**

Take effort to meet new people especially those unlike you, which enable to expose you to different alternative cultures and ways of doing things which in turn broadens your horizons.



- **BE YOURSELF**

Attempting to be a carbon copy of someone else not only falls flat, but reveals a lack of authenticity. Molding yourself in order to fit in or be accepted usually backfires. Since each of us is unique, expressing that uniqueness is what makes us interesting.

- **HAVE A POSITIVE OUTLOOK AND ATTITUDE**
Never ignore a negative character person instead, be kind of upbeat person who lights up a room with your energy when you enter it. Smile warmly, spread good cheer and enliven others with your presence.

- **SEE THE HUMOROUS SIDE OF LIFE**

Comic relief is a much welcome and needed diversion at times. When you can add fun which provides lightheartedness to an otherwise dull or gloomy setting, others will naturally be attracted to you.

- **BE SUPPORTIVE OF OTHERS**

Being supportive is probably the most endearing quality you can integrate into your personality. Be a cheerleader in others corner as someone who is encouraging, believes in them and helps pick them up when they are down.

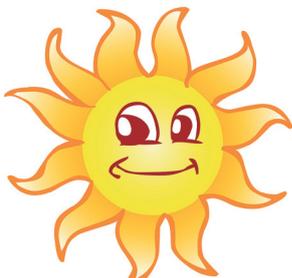
- **HAVE INTEGRITY AND TREAT PEOPLE WITH RESPECT**

Being honest and true to your word will bring you the admiration, respect and gratitude of others. Nothing improves a person's personality more than integrity and respect (respect for others as well as respect for you).

Contributed by:
Ms. Anisha Mary
Nursing Department

Fun Zone

3 Kick Rule



A big city lawyer went duck hunting in rural North Cowra, New South Wales. He shot and dropped a bird, but it fell into a farmer's field on the other side of a fence.

As the lawyer climbed over the fence, an elderly farmer drove up on his tractor and asked him what he was doing. The litigator responded, "I shot a duck and it fell in this field, and now I'm going to retrieve it." The old farmer Peter replied, "This is my property,

and you are not coming over here." The indignant lawyer said, "I am one of the best trial lawyers in Australia and, if you don't let me get that duck, I'll sue you and take everything you own."

The old farmer smiled and said, "Apparently, you don't know how we settle disputes in North Cowra. We settle small disagreements like this with the 'Three Kick Rule.'

The lawyer asked, "What is the 'Three Kick Rule'?" The Farmer replied, "Well, because the dispute occurs on my land, I get to go first. I kick you three times and then you kick me three times and so on back and forth until someone gives up." The lawyer quickly thought about the proposed contest and decided that he could easily take the old codger. He agreed to abide by the local custom. The old farmer slowly climbed down from the tractor and walked up to the attorney. His first kick planted the toe of his heavy steel-toed work boot into the lawyer's

groin and dropped him to his knees!

His second kick to the midriff sent the lawyer's last meal gushing from his mouth. The lawyer was on all fours when the farmer's third kick to his rear end, sent him face-first into a fresh cow pie. Summoning every bit of his will and remaining strength the lawyer very slowly managed to get to his feet. Wiping his face with the arm of his jacket, he said, "Okay, you old man. Now it's my turn." (I love this part)

The old farmer smiled and said, "Nah, I give up. You can have the duck." When you are educated, you'll believe only half of what you hear when you're intelligent, you know which half.

Contributed by:
Dr. Kishan Pakkal
Director - Operations

Hilarious Nursing Joke



Three Wishes

A nursing assistant, floor nurse, and charge nurse from a small nursing home were taking a lunch break in the break room. In walks a lady dressed in silk scarf and wearing large polished stoned jewelry.

"I am Gina the Great," stated the lady. "I am so pleased with the way you have taken care of my aunt that I will now grant the next three wishes!" With a wave of her hand and a puff of smoke, the room was filled with flowers, fruit and bottles of drink, proving that she did have the power to grant wishes before any of the nurses could think otherwise.

The nurses quickly argued among themselves as to which one would ask for the first wish. Speaking up, the nursing assistant wished first. "I wish I were on a tropical island beach, with single, well-built men feeding me fruit and tending to my every need." With a puff of smoke, the nursing assistant was gone.

The floor nurse went next. "I wish I were rich and retired and spending my days in my own warm cabin at a ski resort with well groomed men feeding me cocoa and doughnuts." With a puff of smoke, she too was gone.

"Now, what is the last wish?" asked the lady.

The charge nurse said, "I want those two back on the floor at the end of the lunch break."

Contributed by:
Sr. Amy Miranda
Nursing Supervisor,
Zulekha Hospital- Sharjah

“ Never change your originality for the sake of others, because no one can play your role better than you.

So be yourself, because whatever you are, YOU are the best. ”

Bank Balance – Thought for the Day

Imagine there is a bank that credits your account each morning with Dh 86,400. It carries over no balance from day to day; allows you to keep no cash balance; every night deletes whatever part of the balance you failed to use during the day. What would you do with such an account Draw out every Fils, of course!!!

Every one of us has such a 'bank'. Its name is TIME. Every morning it credits you with 86,400 seconds. Every night it writes off as lost whatever of this you have failed to invest to good purpose. It carries over no balance.

It allows no overdraft.

Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against tomorrow. You must live in the present -on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

The clock is running. Make the most of today!!!

- ANONYMOUS

A funny story: Mild attack

A Woman was out golfing one day when she hit the ball into the woods. She went into the woods to look for it and found a frog in a trap. The frog said to her, "If you release me from this trap, I will grant you three wishes."

The woman freed the frog, and the frog said, "Thank you, but I failed to mention that there was a condition to your wishes. Whatever you wish for, your husband will get times ten!"

The woman said, "That's okay." For her first wish, she wanted to be the most beautiful woman in the world. The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis to whom women will flock." The woman replied, "That's okay, because I will be the most beautiful woman and he will have eyes only for me."

So, she became the most beautiful woman in the world!

For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest man in the world. And he will be ten times richer than you." The woman said, "That's okay, because what's mine is his and what's his is mine."

So, she became the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

Moral of the story: Women are clever. Don't mess with them.

Attention female readers : This is the end of the joke for you. Stop here and continue feeling good.

Male readers, continue reading....

The man had a heart attack ten times milder than his wife

Moral of the story: Women think they're so smart. Let them continue to think that way and just enjoy the show.

PS: If you are a woman and are still reading this; it only goes to show that women never listen!

What'd You Think?

Contributed by:
Ms. Naureen Wajid
(source .www.funzug.com)
Department of Pharmacy
Zulekha Hospital



A man and his wife were having some problems at home and were giving each other the silent treatment (not speaking to each other) Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight. Not wanting to be the first to

break the silence (and LOSE), he wrote on a piece of paper, "Please wake me at 5:00 AM." He left it where he knew she would find it.

The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight.

Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, "It is 5:00 AM, Wake up."

Contributed by:
Subash Lakshminarayanan
Manager - Operations
Zulekha Medical Centre