TouHought to be the first of its kind in the region, a mothers’ support group launched last March at Hamad Medical Corporation’s (HMC) Rumailah Hospital is enabling the parents of children with long-term medical conditions to take a more active role in their child’s care. The initiative has provided a platform for the mothers of patients at the Al Maha Children’s Unit 1 to have direct access to their child’s care team and to receive support from other parents.

The Al Maha Children’s Unit at Rumailah Hospital, known as Al Maha I, was established in 2010 to provide specialised care for children who have complex, long-term health conditions. The unit cares for children aged three months to 14 years of age and the length of stay for each child admitted to the unit varies from months to years, depending on their diagnosis. Many of the patients cared for at the 26-bed long-term care facility have their breathing supported by a mechanical ventilator.

The mothers’ support group is the latest initiative by staff at the facility aimed at improving both patient care and experience. In 2016, the staff at Al Maha I implemented a successful programme designed to help long-term ventilated children live at home. That programme has seen a number of children who had been hospitalised, in some cases for many years, safely transitioned back into the community or visiting home frequently.

A mother’s support group at Rumailah Hospital is helping parents take a more active role in their child’s care.
The mothers’ support group was established to strengthen the relationship between doctors and nurses and the families of the patients. It has provided an important avenue for asking questions, voicing concerns and working together to find solutions to the challenges encountered.

The initiative provides peer support who was diagnosed at four months of age, received treatment abroad before being transferred to Al Maha I. She says the support group has been a blessing that has enabled her to take a more active role in the care of her child. She said the group has also provided a lot of emotional support by connecting her with other families who have faced similar experiences and challenges.

Another support group member, the mother of a two-and-a-half-year-old boy with speech and movement disorders, says navigating the healthcare system to access services for a child with long-term medical needs can be confusing. Her child requires long-term mechanical ventilation due to breathing difficulties and she said working with the various service providers, such as Rumailah Hospital, the Ambulance Service and Home Healthcare Service, has been overwhelming at times. She said she is grateful to the group, noting there is always someone available to answer her questions and listen to her concerns. She said the group has helped her feel empowered and less isolated.

Dr. Reem Babiker Abdalla Mohamed, General Pediatrics Consultant at Al Maha I, says parents are one of the most important members of a child’s care team, adding that the mothers’ support group has opened up the lines of communication between care teams and parents.

“The mothers’ support group was established to strengthen the relationship between our doctors and nurses and the families of our patients. It has provided an important avenue for asking questions, voicing concerns and working together to find solutions to the challenges encountered. Regular communication between parents and the multidisciplinary team is essential, but this is especially true when caring for patients who have complex health conditions, and even more so in cases where a patient is transitioning from hospital-based care to the home,” said Dr. Mohamed.

Dr. Mohamed explained that in cases where patients are being weaned off mechanical ventilators and transitioning to home-based care, multidisciplinary teams work closely with parents to ensure the transfer is safe and seamless. She said when it is clinically appropriate, transitioning a child from the hospital to home can significantly enhance their quality of life by allowing them to participate more fully in family life and potentially attend school.

Rumailah Hospital Executive Director of Nursing Mariam Nooh al Mutawa said the mother’s support group is unique to the Gulf region and aligns with HMC’s vision of providing collaborative and supportive patient care. “The support group was introduced as part of our commitment to promoting open communication between the parents of our patients and our nursing and medical staff. As part of the programme, the mothers, and other family members of new patients are given a comprehensive orientation which includes a tour of our facility and introductions to all staff. They are told about the support group and are encouraged to ask questions, voice concerns and provide suggestions.”

She added one of the reasons the support group has been so well received is because of the peer support it provides for families. She said it has become an important source of encouragement and knowledge. “Many of the families of our patients take a very active role in their child’s care. Caring for a child with complex care needs can be a very isolating and all-consuming experience and the support group has provided an important outlet by connecting the parents who may be dealing with many of the same challenges.”

Al Maha I Head Nurse Lilykutty Joseph said that the mothers’ support group has been expanded and includes a WhatsApp group that connects parents, nursing staff, and medical teams. She said it has become an effective way for care teams and parents to ask questions and share information about meetings, upcoming activities and events organised by the unit, such as celebrations of National Day, Mother’s Day and birthdays.

One of the first members of the support group was the mother of a four-year-old girl with spinal muscular atrophy, a genetic disease affecting the part of the nervous system that controls voluntary muscle movement. Her daughter,
Child Health Notebook
to ensure continuity of care to children

HEALTH CHECK TEAM
DOHA

The Child Health Notebook has recently been rolled out to private health providers, as a step towards more health system integration, with the aim of ensuring continuity of care for children in Qatar.

This initiative serves the national health priority of ‘Integrated Model of High-Quality Care and Service Delivery,’ which is one of the 12 priorities outlined within the National Health Strategy (NHS) 2018-2022. It aims to ensure that people receive well-coordinated care, delivered in a professional and safe environment at the appropriate level, underpinned by referral guidelines, care pathways and evidence-based practice.

The Child Health Notebook is a comprehensive record of the child’s health, from birth up to five years old, which parents can present at all health facilities in Qatar, including government and private paediatric emergencies, clinics and hospitals. It can also be used abroad, in order to share essential and accurate information with the medical staff. The notebook compiles the child’s basic data, as well as family history, vaccination, growth monitoring data, developmental progress of the child, in addition to results of new born screening for metabolic disorders, among other details in an accessible way.

Dr Sadiya al Kohji, head of Child and Adolescent Health at Primary Health Care Corporation (PHCC), and NHS Lead for ‘Healthy Children and Adolescents’ priority population said, “The introduction of the Child Health Notebook in private hospitals is a step in the right direction towards health system integration. It is a patient centred approach which ensures better care for children no matter when or where the service is provided.”

The notebook was launched in 2013 by PHCC, in collaboration with Hamad Medical Corporation (HMC) and the Ministry of Public Health (MOPH). It was originally rolled out at health centres and government hospitals. The NHS 2018-2022 represents the vision for health in Qatar for the next five years. It outlines 12 health priorities, seven of which focus on priority populations, while five focus on system-wide improvements. It identifies 19 national health targets, which the health system will aim to achieve by 2022.

‘Healthy lifestyle can reduce risk of bladder cancer’

HEALTH CHECK TEAM
DOHA

In recognition of Bladder Cancer National Awareness Month, Qatar’s public health-care providers along with Qatar Cancer Society (QCS) are working together to raise awareness of bladder cancer through public engagement and media activities. Bladder Cancer National Awareness Month is observed in July every year.

The collaboration aims to highlight the signs and symptoms of the disease to increase public understanding of the importance of early detection, as well as maintaining a healthy lifestyle to reduce the risk of the disease.

Bladder cancer occurs when abnormal cells within the bladder grow in an uncontrolled way. It forms in the layers of the bladder wall and is described and treated based on how far it has moved into the wall of the bladder.

Qatar National Cancer Registry statistics for 2015 showed 21 newly diagnosed cases, 24 percent of which were Qataris. According to the report, more than 75 percent of the cases with reported stage were at early stage (I, II). The peak age of incidence was in the age range of 50 to 59 and 86 percent of the overall cases were among males.

Sheikh Dr Mohamed bin Hamad Al Thani, director of Public Health at the Ministry of Public Health, encouraged people to reduce their risk of bladder cancer by making healthy choices every day.

Although genetics, aging and few unchangeable risk factors cannot be controlled by making meaningful lifestyle changes, the odds for preventing cancer can be increased. “Take healthy lifestyle measures such as exercising regularly, controlling weight, eating a healthy diet and avoiding smoking,” he said.

“In line with Qatar National Vision 2030, Qatar’s public healthcare providers in conjunction with their partners are dedicated to educating people about cancer, providing comfort to those dealing with and recovering from the disease and working jointly to help eradicate all types of cancer, including bladder cancer,” he added.

Dr Usama Al Homsi, senior consultant with the Oncology Department at National Center for Cancer Care and Research (NC-CCR), said: “Detecting bladder cancer can be quite simple. The key is to not ignore the symptoms—the most common of which is blood in the urine, even if there are no other symptoms. Symptoms may include trouble urinating, pain when urinating and the need to urinate more often than usual.”

Dr Homsi highlighted the high five-year survival rate for bladder cancer if detected at an early stage. Tests include urinalysis, urine cytology and urine tests which can diagnose bladder cancer early, increasing the likelihood of successful treatment and recovery.

Marian Al Noaimi, general manager of Qatar Cancer Society, said: “QCS is working in partnership with the healthcare providers in Qatar to deliver activities and events such as lectures, workshops, training programmes and regional and international conferences that highlight the risks to the population of developing cancer and supporting people if they do have the disease. The July campaign focused on bladder cancer and we seek to raise awareness of this type of cancer, promote and spread the culture of early detection and encourage the need to adopt a healthy lifestyle for the prevention of diseases in general and cancer in particular.”

She added, “We are trying to give the awareness activities to all ages and we are also focusing on young people to correct stereotypes associated with the disease.”
KEEP detergents, pesticides, medicines and other risky substances out of reach of children to avert accidental poisoning cases, says a paediatric emergency medicine specialist at Hamad Medical Corporation (HMC).

“Young children are inquisitive, often putting things in their mouth out of curiosity and are unaware of the consequences. Locking up dangerous household items such as medicines, cleaning products, antifreeze, paint thinner, windshield washer fluid, gasoline and pesticides, can help reduce the risk of accidental poisoning,” adds Dr Khalid al Yafei, senior consultant of Pediatric Emergency Medicine at HMC.

Dr Al Yafei also reminds parents and caregivers about the importance of supervising young children, noting that children are naturally curious and are at high risk of having an accident, including accidental poisoning.

Dr Al Yafei points out: “Childproofing is, however, not a substitute for supervision. Teaching children about what is dangerous and what is not, is also an important strategy for preventing accidents and reducing a child's risk of injuring themselves. In most cases, a child consumes poison because he does not know that it may be harmful. So, it's the responsibility of parents and the caregivers to make their homes safe for children.”

He says that the number of accidents involving children increases during summer months, holidays and weekends.

Parents should be particularly aware of the risk of food and chemical poisonings, as well as unintentional injuries caused by falls, burns and scalds, electric shocks, glass and drowning. He points out that the type of childhood injuries that occur in the home is often linked to a child’s age and level of development.

“Parents should be particularly aware of the risks of heat exhaustion, heat stroke and sunburn. He adds that incidents of food poisoning increase during summer, largely due to the hot and humid weather.

He further remarks that while most food poisoning cases do not require medical attention, it is important to see a doctor if the affected child keeps vomiting for more than 12 hours, has diarrhea with a fever higher than 101°F, has severe belly pain, or a racing or pounding heart.

“Cases of food poisoning and travel illness affecting children while on holidays abroad are unfortunately not uncommon. Therefore, it is important for parents to protect their children from unnecessary exposure to contaminated food and drink during their travel. Both children and adults can easily fall sick if they consume improperly processed or stored food,” Dr Al Yafei notes.
PHCC, HMC hold camps at health centres to encourage voluntary blood donation

“It is important to donate blood as it can save life of a patient in need of it. Besides, blood donation also benefits the donor as it improves blood circulation and facilitates renewal of cells.”

— Dr Badour al Shammary

HEALTH CHECK TEAM

It is always encouraging to see corporations in the healthcare sector join hands for a noble initiative. Recently, the Primary Health Care Corporation (PHCC), in collaboration with the Hamad Medical Corporation (HMC), organised blood donation campaigns at several health centres in different parts of the country.

The campaign was held at health centres located in densely populated areas close to public facilities, in addition to the main building of the corporation.

The campaign is a continuation of the drive launched last year to encourage health centre employees to donate blood in order to save lives and raise awareness of the importance of blood donation.

The campaign is part of PHCC’s initiatives to serve the community. The campaign was held at a number of health centres, including among others, Umm Salal Health Center where the campaign witnessed the participation of a number of employees.

Speaking on the importance of blood donation, Dr Badour al Shammary, a paediatrician at Al-Thumama Health Center, said: “It is important to donate blood as it can save life of a patient in need of it. Besides, blood donation also benefits the donor as it improves blood circulation and facilitates renewal of cells.”

Dr Shammary emphasised that the Blood Donation Center follows procedures of international standards to ensure the health of the donor and the patient to whom blood is transferred.

Furthermore, Director of Al Thumama Health Center Dr Hanadi Khalil al Halli honoured the 43 blood donors by giving them certificates of appreciation for their contribution.

Dr Nadia Saleh, director of the Umm Salal Health Center, said that the campaign is aimed at providing support and assistance to patients in need of blood and spreading a culture of voluntary donation throughout the country.
Pulmonology & chest Department

Diagnosis and treating the following:

- Disease of the upper and lower airways.
- All types of infectious, inflammatory and malignant lung diseases.
- Pulmonary manifestation of other systemic diseases.
- Vaccination antiviral and antibacterial.
- Diagnosis and treatment of allergy and Bronchial asthma.
- Pulmonary vascular disorders.
- Diagnostic and therapeutic procedures.
- Full Pulmonary Function Tests.
- Fully equipped Sleep Laboratory.
- Smoking cessation specialty.
- Early diagnosis of lung trauma.
- Bronchoscopy and lung biopsies.
- Diagnosis and treatment of Pulmonary embolism.
The International Council of Ophthalmology’s (ICO) mission is to have a major impact on education and access to eye care worldwide by collaborating with other ophthalmology societies, eye care organizations and teaching programs.

Over the past six years, the Department of Ophthalmology at Al-Ahli Hospital has joined with the ICO to conduct basic and advanced assessment of ICO postgraduates, ophthalmologists in training, ophthalmologists and those undergoing subspecialty training by hosting ICO examinations. These examinations are prepared by an international panel of examiners and are set at the same standard as the highest board and qualifying examinations anywhere in the world. ICO examinations are the only worldwide medical specialty tests featuring assessments, which are centralized, independent, and free of outside influence. Physical attendance is required.

To date 31 candidates from Qatar, Saudi Arabia, Bahrain, Kuwait, United Arab Emirates, Jordan, Yemen, Iran and Egypt have taken the examinations here in Qatar with a pass rate of 66%.

Since 1995, over 23,000 candidates have taken the ICO Examinations. In 2016 alone over 5,000 ICO examinations were taken in 130 test centers in 80 countries. Internationally accepted and standardized examinations are offered twice per year at the Al-Ahli Hospital’s ICO examination center and the level of knowledge is benchmarked by ICO on a global scale.

Al-Ahli Hospital conducted the first theoretical optics and refraction basic sciences and clinical sciences examinations in April 2013, followed by the advanced examination in October 2013, and has repeated these assessments every year since then thus contributing to the knowledge and scientific competence of candidates.

Ophthalmologists passing ICO examinations have a proven and documented level of knowledge required for state-of-the-art clinical practice and to enhance outcomes for those receiving eye care.

Many countries are using successful ICO examination outcomes as a requirement for licensing and entry into subspecialization curricula and others have added successful examinations outcomes as a requirement for their recruitment interviews.

Benefits for the community may include improvements in patient safety and quality of care and outcomes on the grounds of knowledge-based education and reliability of services and clinical outcomes, key elements of the Qatar National Health Strategy 2018-2022.

The ophthalmology team at Al-Ahli Hospital will continue their collaboration with the ICO in line with the key principles set out in this important framework including implementing and sustaining world-class healthcare for the benefit of the entire Qatar community.
‘Drink plenty of water to avoid dehydration’

CATHERINE W GICHUKI

H AMAD Medical Corporation’s (HMC) Senior Consultant, Pediatric Emergency Medicine Dr Mohamed al Amri has been advising people to drink a lot of water, especially during summer when the temperatures are high, to avoid dehydration.

Nassar said that people should take a minimum of two litres of water per day, especially if a person spends more time outdoor and those who are usually active and using stairs.

She advised that those who take coffee and tea should take even more water because tea and coffee speeds up water loss in the body.

On a different note, she advised people to have a healthy and balanced diet and also to exercise regularly.

She added that regular exercise, three to four times a week and for 30 to 40 minutes in each session, is fair enough. “They should also increase water intake. People, especially those living in high temperatures, should increase their water intake to avoid dehydration.”

According to her, those with lifestyle diseases, such as diabetes must have a healthy diet, besides being physically active. “Regular exercise helps people to manage their blood sugar and pressure, in addition to regular meals and snacks.”

Nassar added that they should also avoid condiments for example, salad dressings, salt, gravy foods and fatty food.

She advised people to consume fresh foods, and if it is not available, use frozen instead of canned ones.

HMC cautions against leaving kids alone in vehicles

HEALTH CHECK TEAM

Doha

H AMAD Medical Corporation (HMC) is cautioning the public about the importance of protecting children, the elderly, outdoor workers, and others who may be vulnerable to heat-related illnesses.

Each summer, hundreds of patients are treated at HMC’s emergency departments and paediatric emergency centres for heat-related illnesses. Between April and November 2017, over 1,000 heat-related illnesses were reported at Hamad General Hospital’s Emergency Department, with the largest number of patients seen in late August and early September.

“Children are more sensitive to heat and cold stress than adults and are more susceptible to dehydration and heat illnesses. Heat tolerance is directly affected by body size and children have a lower ability to tolerate heat,” he said.

Dr Al Amri also warns of the risk of leaving a child or other enclosed spaces. He says even on a cool day, the temperature inside a car can quickly rise to a dangerous level.

Children are more sensitive to heat and cold stress than adults and are more susceptible to dehydration and heat illnesses. Heat tolerance is directly affected by body size and children have a lower ability to tolerate heat. "Children are more sensitive to heat and cold stress than adults and are more susceptible to dehydration and heat illnesses. Heat tolerance is directly affected by body size and children have a lower ability to tolerate heat,” he said.

The temperature in a vehicle parked in direct sunlight can quickly rise, placing occupants at risk of carbon monoxide poisoning as the gas can come through the air conditioner vents. A child left in a hot car is at risk of dehydration, heatstroke, and even death,” he said.

According to Dr Al Amri, knowing the signs and symptoms of heat-related illnesses are important in their prevention. He says these can range from blisters on the skin, in the case of sunburn, to a headache and loss of consciousness in cases of heat exhaustion.

Dr Hanadi al Hamad, chairperson of HMC’s Department of Geriatrics and Long Term Care, says the elderly are also vulnerable to high temperatures and heat-related illness. She says older people may have diminished sensations, especially those who have dementia or diabetes and may not be aware they are thirsty or not. She says relatives, friends, or neighbours of elderly individuals should be on the lookout for signs of heat exhaustion or heat stroke.

“Elderly are at higher risk of developing heat-related illnesses and need special care and attention during the hot summer months. People of advanced age, especially those aged 65 and above, can rapidly develop serious and life-threatening conditions such as heat exhaustion or heat stroke. They are also at risk of developing complications to existing medical conditions. It is important that we frequently check on our elderly family members, friends and neighbours to make sure they are safe, especially those who are living alone, have chronic medical conditions, or have difficulty caring for themselves,” she says.

HMC’s Senior Consultant of Emergency Medicine, Dr Warda al Saad said that those working outdoors should take precautions against heat-related illnesses. She added that the sun is at its hottest between 10am and 4pm, noting that HMC’s emergency departments receive large number of patients with heat related illness during these hours.

“Children are more sensitive to heat and cold stress than adults and are more susceptible to dehydration and heat illnesses. Heat tolerance is directly affected by body size and children have a lower ability to tolerate heat.”

— Dr Mohamed al Amri
A 1 hour of football training session twice a week, combined with dietary guidance can improve bone health in older adults with prediabetes, claim researchers.

Individuals with prediabetes and Type-2 diabetes have a higher prevalence of osteopenia - a condition that occurs when the body does not make new bone as quickly as it reabsorbs old bone - and bone fractures.

The findings, published in the Scandinavian Journal of Medicine and Science in Sports, showed that playing football derived significant positive effects in the legs and clinically important femoral sites.

“Our results show that football and dietary guidance are indeed an effective cocktail for improving bone health”, said Magni Mohr, associate professor at the University of Southern Denmark.

“Football is a multipurpose sport that combines strength, endurance and high-intensity interval training, and this makes it a good tool for the prevention and treatment of Type-2 diabetes and other lifestyle diseases”, added Peter Krstrup, professor at the varsity.

For the study, a small group of 55 to 70 year olds underwent a 16 week intervention comprising dietary guidance and twice weekly football training sessions lasting 30 to 60 minutes. Normally, one cannot think of football as something for 70-year-olds with low physical capacity or poor bone health.

However, the researchers found that a modified version of football, the so-called ‘football fitness’ concept, which included a thorough warm-up, ball drills in pairs and games on small pitches, was feasible and effective for the middle-aged and elderly patients.

After 16 weeks of training, changes in favour of football training were observed for bone mineral content of the femoral neck (3.2 per cent) and femoral shaft (2.5 per cent) as well as for bone mineral content (32 g).

The researchers emphasised that football is effective osteogenic training particularly for the elderly.
MoPH takes concrete steps to promote breastfeeding in Qatar

HEALTH CHECK TEAM

Doha

The Ministry of Public Health (MoPH), in cooperation with health sector institutions, recently undertook several initiatives to promote breastfeeding on the occasion of Breastfeeding Week, which was held from August 1 to 7.

The ministry prepared educational materials explaining the various short and long-term health benefits of breastfeeding and distributed them at various health institutions across the country.

The MoPH launched the Baby-friendly Hospital initiative in 2016 to promote breastfeeding. The initiative is being implemented in all hospitals and primary health care centres across Qatar.

The National Health Strategy 2018-2022 attaches great importance to breastfeeding and has set a national goal of achieving 15 percent increase in exclusive breastfeeding in the first six months of a baby’s life.

Current breastfeeding statistics show that 18.6 percent of Qatari children and 36 percent of non-Qatari children exclusively breastfeed during their first six months, well below the World Health Organization’s (WHO) exclusive breastfeeding target of 50 percent by 2025.

Mothers’ milk is the first natural food that a baby takes. It provides the baby all his or her energy and nutritional needs until two years of age.


Breast milk contributes to sensory and cognitive development of the infant and reduces obesity and non-communicable diseases, such as diabetes (type 1 and type 2), cardiovascular disease, high blood pressure, high blood lipid rate and also some types of cancers.

The WHO recommends exclusive breastfeeding in the first six months of the infant’s life. Followed by supplementing it with other nutritious food until the child reaches two years of age.

Breastfeeding provides optimal nutrition to the baby and reduces risk of disease. Breastfeeding also contributes to the promotion of maternal health, reducing the risk of ovarian cancer or breast cancer, working as a natural way to increase pregnancy, and helping women regain weight.

It also contributes to the formation of strong links between the mother and child, which reduces the risk of maternal injury and postpartum depression.

Family support key to successful breastfeeding: HMC expert

NOTING that exclusive breastfeeding for the first six months of life has significant health benefits for both mother and the child, a lactation expert at Hamad Medical Corporation (HMC) says family support, especially from a woman’s spouse, is the key to successful breastfeeding.

Speaking about the importance of breastfeeding on the occasion of World Breastfeeding Week recently, Dr Amal Abu Bakr Arbab, HMC lactation consultant and programme lead for the Women’s Wellness and Research Center’s (WWRC) Baby-Friendly Hospital Initiative (BFHI), says creating awareness about the importance of breastfeeding among mothers and fathers is a priority. She says learning to breastfeed effectively is a process that takes time.

Education about the benefits of breastfeeding for babies and their mothers should be our greatest priority. We need to educate mothers, fathers and other family members about how breastfeeding can positively impact the health of both baby and mom. We also need to make families understand that breastfeeding is a learning process which can take time and is acquired through observation and teaching,” said Dr Arbab.

Breast milk provides all the energy and nutrients that an infant needs. It promotes sensory and cognitive development and protects the infant against a number of infectious and chronic diseases. Exclusive breastfeeding reduces infant mortality from common childhood illnesses such as diarrhoea and pneumonia and helps ensure a quicker recovery from illness. Breastfeeding has also been shown to strengthen the bond between mother and child, aid in postpartum recovery, reduce the risk of postpartum bleeding, anemia, breast and ovarian cancers, and hypertension.

“During the first few months of life, infants should be exclusively breastfed, meaning they only receive breast milk and no other food or drink. Exclusive breastfeeding is recommended for the first six months of life, with continued breastfeeding and appropriate complementary foods up to two years of age. Breastfeeding is the natural and recommended way of feeding all infants,” says Dr Arbab.

According to Dr Arbab, breastfed babies receive protection from acute and chronic illnesses through the mother’s milk. She says breastfeeding provides unsurpassed natural nutrition and contains numerous protective factors against infectious diseases.

“According to the World Health Organization (WHO), infants who are not breastfed are at an increased risk of illness that can compromise their growth and raise their risk of death or disability. Around 1.3 million deaths globally can be prevented each year by exclusive breastfeeding,” says Dr Arbab.

Dr Arbab notes that the WWRC’s Baby-Friendly Hospital Initiative is recognised by the WHO, adding that it is important for families to know that the WWRC's Breastfeeding Clinic provides essential services and support to mothers who want to successfully breastfeed, including mothers who are having difficulties breastfeeding.
AMAD Medical Corporation’s (HMC) air ambulance service, LifeFlight, has recently been reaccredited by the European Aeromedical Institute (EURAMI) for both adult and pediatric critical care. The LifeFlight service provides emergency response medical care to patients in the country when speed is the highest priority, or when incidents occur in very remote areas of Qatar.

First launched in 2007, the LifeFlight service has become an invaluable part of the Ambulance Service’s overall response mechanisms and currently responds to more than 2,000 emergencies a year.

HMC Ambulance Service Executive Director Brendon Morris described the significance of the reaccreditation, which is the result of a successful partnership with the Qatar Emiri Air Force. “On behalf of the leadership at the Ambulance Service, I would like to congratulate everyone who contributes, on a daily basis, to the provision of high-quality care through our LifeFlight service. To be reaccredited by EURAMI, after initially receiving accreditation in 2015, is a wonderful independent endorsement of the quality of service we deliver.”

Morris further said, “The operation of the LifeFlight service relies on our strong partnership with the Qatar Emiri Air Force, whose skilled pilots work hand-in-hand with our medical teams to ensure this life-saving service runs 24-hours a day, 365 days a year.”

EURAMI is considered a world leader in aeromedical accreditation and only recognises air ambulance services with the very highest medical protocols and aviation records. HMC’s LifeFlight service has undergone enormous growth since it was launched more than ten years ago. “In the early years of operation, our LifeFlight service was operational only during daylight hours, but in 2011 we expanded the hours of operation to 24 hours a day, said Assistant Executive Director of the Ambulance Service Ali Darwish. “In September 2013 we introduced three new helicopters to our LifeFlight fleet. Each of these Agusta Westland 139 helicopters is flown by highly trained pilots from the Qatar Amiri Air Force. They can carry two patients, two medical caregivers and two pilots, and are equipped with the latest and advanced life-support medical equipment.”

EURAMI accreditation is just one of a number of prestigious accreditations the Ambulance Service holds under its belt. The service has been successfully accredited three times by the Joint Commission International for quality and safety and also by the International Academy of Emergency Dispatch for the high standards of operations at its Medical Communication Center.
SMOKING IN CLOSED PUBLIC SPACES IS PUNISHABLE BY LAW

According to Article 17 of Law No. 10 of 2016 on the control of tobacco and its derivatives:

Without prejudice to any more severe penalty stipulated in any other law, a penalty of not less than one thousand (1000) Riyals, not exceeding three thousand (3000) Riyals shall be imposed on anyone who smokes cigarettes or tobacco or its derivatives, or permits smoking in closed public places where smoking is prohibited.

VIOLATION HOTLINE 50302001
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moph.gov.qa