

NURSING & MIDWIFERY NEWSLETTER



جَمْعِيَّةُ التَّمْرِیْضِ الْبَحْرَیْنِیَّةِ
Bahrain Nursing Society

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The BNS Newsletter

The BNS newsletter was created in May 1997 with the sole purpose of communicating and sharing successes, achievements, events, and other BNS news updates with all the members. Five issues were published under the name *"Nursing"*; however, this name is now changed to *"Nursing & Midwifery"* to include the valuable contributions and roles that midwives play in women and child health in Bahrain. The newsletter will be in the English language, and it will be published every four months.



Batool Al Mohandis
Ex-president of BNS
RGN, D. Edu., BSc,
MN, FFN&M

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Editorial

When I step back and think about being a representative of the nursing profession- and what does that mean to me- my first thought is caring and leadership. After acknowledging the long-standing barriers and time affecting the publication of Nursing and Midwifery Newsletter since first published in May 1997, I am happy to present the 6th Edition of Nursing and Midwifery Newsletter. This newsletter provides the grounds for nurses to learn from the past, and make changes in the present, and become an active participant for the future. In addition to providing a comprehensive overview of the latest developments in the nursing and midwifery field, this publication features a variety of articles designed to enhance the skills and knowledge of nurses. Lastly, this newsletter would not have seen light without the hard work, creativity, and dedication of the Bahrain Nursing Society's members of the Media and Public Relations Committee, and the editorial advisory of Ms. Batool Al Mohandis

Thank you to all the nurses and midwives who contributed to this edition and for bringing us all together, and we hope that you will always share your latest news and updates.



Maha Almaarej
Head of Media and Public Relations

Presidents' Welcome Note

Dear Nurses, Midwives, health care providers, and community members, this Newsletter was issued by Bahrain Nursing Society for the first time in May 1997. With desire and insistence of the qualified nursing cadres at that time to become the voice of Nursing in the kingdom of Bahrain in order to serve the development of the profession. The content of the newsletter varied in its topic and news that had great resonance at the local and regional level, and through which the society was able to communicate to all affiliated members.

Today, we are proud of this newsletter, which was a bright beacon in the history of the Society, and after being interrupted for a few years, the newsletter returns to appear in a new and lively look. On this occasion, I would like to thank the members of the editorial board for the great effort they made to develop the content of this promising newsletter of the Society, the 6th edition of "Nursing & Midwifery". I hope that this newsletter will be a source of inspiration and development for all nursing cadre.

Dr. Jameela Jassim Mukaimer

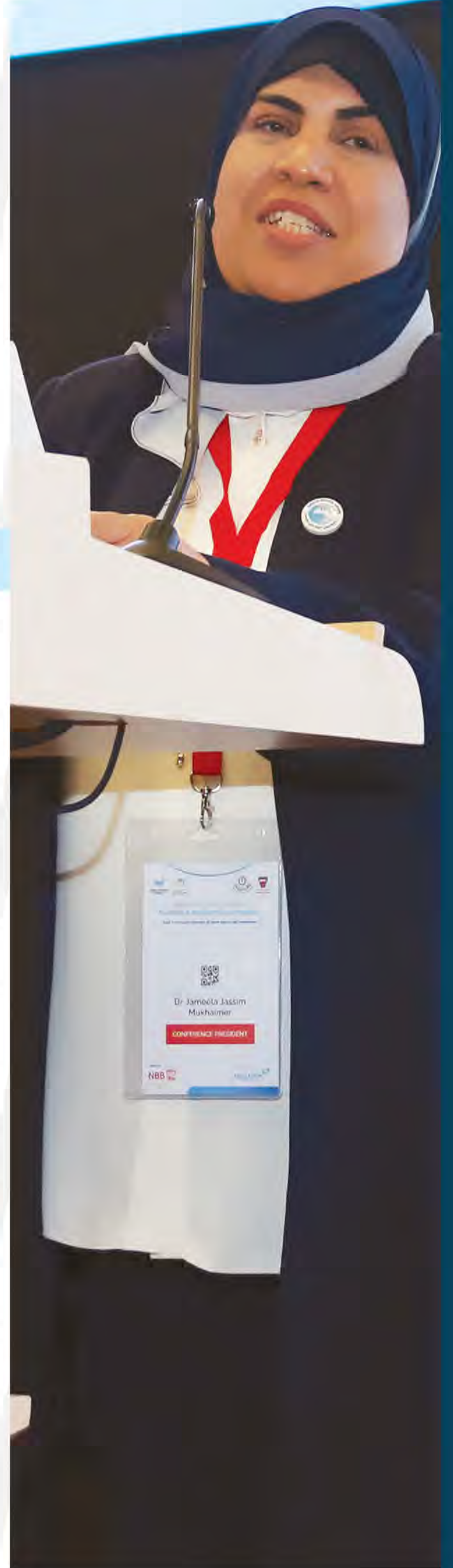
President of BNS
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كَلِمَة رئيسة الجمعية

أعزائي الممرضات والممرضين والقابلات ومقدمي الرعاية الصحية وأفراد المجتمع، لقد صدرت هذه النشرة الإخبارية لجمعية التمريض البحرينية لأول مرة في مايو 1997 م، وذلك برغبة وإصرار من الكوادر ذات الكفاءة في ذلك الوقت لتصبح صوت التمريض في مملكة البحرين من أجل خدمة كل ما من شأنه تطوير هذا القطاع الحيوي، حيث تنوعت في مواضيعها وأخبارها التي كان لها صدى كبير على المستوى المحلي والإقليمي ومن خلالها استطاعت الجمعية التواصل مع كافة منتسبيها في هذا القطاع، واليوم نحن فخورين بهذه النشرة التي كانت شعلة مضيئة في تاريخ الجمعية، ورغم انقطاعها لبضع سنوات تعود النشرة للظهور بحلة جديدة وحيوية وهذا ما كان ليتأتى لولا الرغبة الشديدة والاجتهاد من أعضاء الجمعية وبالخصوص اللجنة الإعلامية ومثابرتهم في الوصول لهذا اليوم الذي ندشن فيه النشرة من جديد، وبهذه المناسبة أتقدم بالشكر لأعضاء هيئة التحرير على الجهد الكبير الذي بذلوه من أجل تطوير محتوى هذه النشرة الإخبارية الواعدة للجمعية من العدد السادس "التمريض والقبالة" وكلي أمل أن تكون هذه النشرة مصدر إلهام وتطوير لجميع الكوادر التمريضية.

دكتورة جميلة جاسم مخيمر

رئيسة جمعية التمريض البحرينية



The First Bahrain Nursing Society's International Nursing & Midwifery Conference

The First International Nursing and Midwifery Conference organized by Bahrain Nursing Society in collaboration with Ministry of Health, which was held under the patronage of the Chairman of the Supreme Council of Health His Excellency Lieutenant General Doctor Sheikh Mohamed Bin Abdullah Al-Khalifa, and the presence of the Minister of Health Her Excellence Dr. Jaleela Bint AlSayed Jawad Hassan on December 21 to 23, 2022 at the Convention Center at the Gulf Hotel. In her speech, the conference president Dr. Jameela Mukhaimer, called for a renewed National Nursing and Midwifery Strategy.

As an appreciation to all the front-line nurses and midwives who sacrificed their health and wellbeing during Covid-19 pandemic, the National Bank of Bahrain (NBB) sponsored 150 nurses and midwives, thus the NBB was the Platinum sponsor. The conference witnessed an exceptional number of the participants from Global, Middle East, GCC, and Kingdom of Bahrain with a total number of 512 registrants. The Scientific sessions featured expert and distinguished three keynotes' speakers including Dr. Pamela Cipriano (President of International Council of Nurses), Dr. Fethiye Gulin Gedik (Coordinator Health workforce Development-WHO Reginal office for Eastern Mediterranean), Prof. Janice Agazio (Director of Sigma Tau International Honor Society of Nursing).



Seven main speakers, with thirty-seven concurrent sessions and six posters' presentations. Over one hundred papers were presented combining the concurrent, the poster and five workshops' sessions.





The Scientific Society of Arab Nursing Faculties 21 members participated in this conference as speakers, moderators, and attendees. The conference main adviser was Ms. Batool Al Mohandis an experienced health conference organizer. All Scientific sessions were fully occupied by nursing members, facilitated by professional moderators, and characterized by interactive and scientific discussions. The Scientific Committee was led by Dr Fariba Aldarazi, Dr Mouza Suwaileh, and a dedicated team member, and the conference coordinator was Ms. Layal Mahdi. Additionally, there were five pre-conference workshops attended by one hundred participants, some were sponsored by nurses, each workshop had 15-25 participants, the workshops were Evidence Based Practice for Nurses; Introduction to Knowledge Synthesis; The Critical Role of Health Care Workers in Infection Prevention and Control and Anti-Microbial Resistance; The Code of Ethics; and Lactation Health for Nurses and Midwives.



The First Bahrain Nursing Society's International Nursing & Midwifery Conference

Approximately forty senior and retired nurses and midwives were invited to the opening ceremony. A short film, a Photo-gallery, recognition of deceased nurses, and a grand Gala Dinner with media coverage were organized. Excellent student participation from the College of Sports and Health Sciences, and the Royal College of Surgeons in Dublin- Medical university of Bahrain School of Nursing & Midwifery took an active part in the organization of the conference.

The main conference sponsor is the National Bank of Bahrain with full sponsorship for 150 midwives and nurses, other conference sponsors were Gold Sponsor by Dr. Tariq Hospital who also provided advisory support for the organizing committee. Four Silver Sponsors provided financial support as part of community engagement and appreciation for Bahrain nurses. The sponsors were Y.K. Almoayyad Motors, Nasser Pharmacy, Aluminum Bahrain Company (alba), and Yusuf Mahmood Hussain. Ego Pharmaceutical and Universal Company were the main exhibitors. The recommendations from this conference were communicated to the Chairman of the Supreme Council of Health. In the future, we hope to continue to bring inspired nurses and midwives together in a forum and platform such as this to ensure that BNS remains at the forefront of the field, the conference was organized by Education plus company with 5 main nursing committee from Bahrain Nursing Society.



GCC Nurses Day, Our Nurses. Our Midwives. Our Future.

Fulfilling the mandate of the Bahrain Nursing Society (BNS) and its partner nursing societies at the Gulf Cooperation Countries (GCC), the BNS organized the 2nd GCC nurses' day webinar on the 14th March 2023, entitled "Our Nurses ..Our Midwives ..Our Future".

The GCC Nurse's Day, also known as the Gulf Nurses Day, commemorates the establishment of the first nursing facility in the Arabian Peninsula by a woman named Rifaia Al Aslamiya in March of every year.

This annual event aims at highlighting the challenges and opportunities facing nursing and midwifery profession and promoting the midwifery and nursing profession in the GCC countries. It provides an opportunity for GCC nurses and midwives to join together under one roof to share, inspire, guide, and unify their voice.

Five eminent speakers from GCC countries took part in the webinar, Dr Mohd Al Ghamdi the President of the Saudi Nurses and the General Director of Nursing at the Saudi Ministry of Health in the Kingdom of Saudi Arabia (KSA) highlighted the Nursing Vision and Successful Strategies followed in KSA. Dr. Fatima alRifai a member of the International Council of Nurses' Board of Directors. Emirates Nurses Association Board Member and former Secretary of the UAE Nursing and Midwifery Council talked about the Future Opportunities of Cooperation. Dr Yusra AlNasiri, head of research section at Oman College of health sciences and board member at Oman nursing association presentation focused on the Enhancement of Research among Scholars. Mr. Mohammad AlFahad the president of Kuwait Nursing Association addressed the Kuwaiti nursing association roles and responsibilities. And Dr Fariba AlDarazi , nursing and health workforce development consultant, and the founding member and the first president of the Bahrain Nursing Society focused on the Challenges and the Opportunities facing Nursing and Midwifery profession.



157 nurses registered to attend the webinar, and it was followed by excellent discussion and raised several questions. The recommendations included: The reactivation of GCC nursing technical committee as an official forum for communication, collaboration, and partnership. To strengthen nursing leadership and develop the younger generation by establishing mentoring and coaching strategies. Another recommendation from the chat box indicated to establish a regional council for nurses in GCC to unify the standards and serve as a reference for policy makers and support the development of profession within the region.

Dr Jameela Mukhimer the president of Bahrain Nursing Society highlighted the importance of sustainability in holding the GCC Nurses Day. She recommended that the event is held every year by different Gulf Cooperation Countries. It was hence decided to hold the 3rd GCC Nurses Day by the association of the Kingdom of Saudi Arabia.

A Pioneer in Nursing

Dr. Mouza Abdulla Suwaileh graduated with Diploma in General Nursing in 1974, School of Nursing, Bachelor of Science in Nursing in 1986, High Diploma in Health Professional Education in 1981, College of Health Science, Master of Science in Adult Health Nursing from the University of Texas Medical Branch in Galveston, Texas, USA, in 1990, and Ph.D. from the University of Texas at Austin, Texas, USA, in 1996, and Diploma in Health Care Management from the Royal College of Surgeons, Ireland, in 2000.

Dr. Mouza's clinical experience included pediatrics, medical-surgical, and hemodialysis. She held positions of chairperson of the Nursing Division, College of Health Sciences, Director of the WHO collaborating center for Nursing Development in Bahrain. Chairperson of the Department of Nursing at the College of Health Sciences, University of Sharjah, UAE.

The head of School of Nursing at Al Ain Campus, Fatima College of Health Sciences, UAE. She also became a Short-Term Consultant (STC) for nursing education development at WHO, Eastern Mediterranean Region (EMR). One of the challenges during her professional journey in nursing was to study and work outside Bahrain, but with perseverance and patience she was able to succeed and overcome this challenge. Networking, exhibiting professionalism, integrity, and commitment in nursing are her guidance to the young generation. She adds that with the rapid advancement in health care technology, nurses should not forget their human touch that conveys reassurance, empathy, comfort and compassion to patients.



Dr. Mouza Suwaileh
with her father at
her Ph.D. graduation

Memories From The Past



Ref. Clarke, A. The American Mission Hospital Bahrain through the changing Scenes of Life 1983-1993. P (34-35).

Epidemic in Bahrain – In the summer of 1893, both the city of Basra and islands of Bahrain fell victim to cholera epidemic. In the same year a person by the name of Samuel Zwemer an American missionary physician, sailed from Basra to Bahrain to oversee and help in controlling the epidemic. He rented a small shop in the bazaar as a location for his dispensary, there he kept his box of books and medicine case. It was estimated that over five thousand people, almost ten percent of the islands' population died from the epidemic. One of the worst hit areas was Muharraq, the capital of Bahrain then. During the epidemic Samuel and his colleagues found it impossible to dispense medicines since many people did not regard medication of any use and reverted to local remedies. Luckily the epidemic ended. Other common medical problems were ulcers, fever, rheumatism, eye, and ear diseases. Emphysema was a common condition among pearl divers as they spent long period of time under water.

Nursing ? Yes, you can join!



Sajidah Abbas Khamis
Student BSc

For the past 10 months, I have participated in activities of Bahrain Nursing Society. I am looking forwards to joining the society as a full member after my graduation as I believe in giving in nursing profession, it is not only limited to the care and treatments we are providing in hospitals, but also, we play a role in promoting health and raising the awareness of our community.

For me, it was a fruitful experience, busy, and worth to share a glimpse with my colleague students. As a beginner, I had the chance to be part of the first BNS Nursing and Midwifery conference. It was a great experience there; I explored lots of new knowledge and experiences from other nurses and met a lot of pioneers from the profession.

Moreover, I actively volunteered in lots of health promotion events for the community. I felt proud when seeing how nurses - including myself are contributing to health and well-being of people in Bahrain

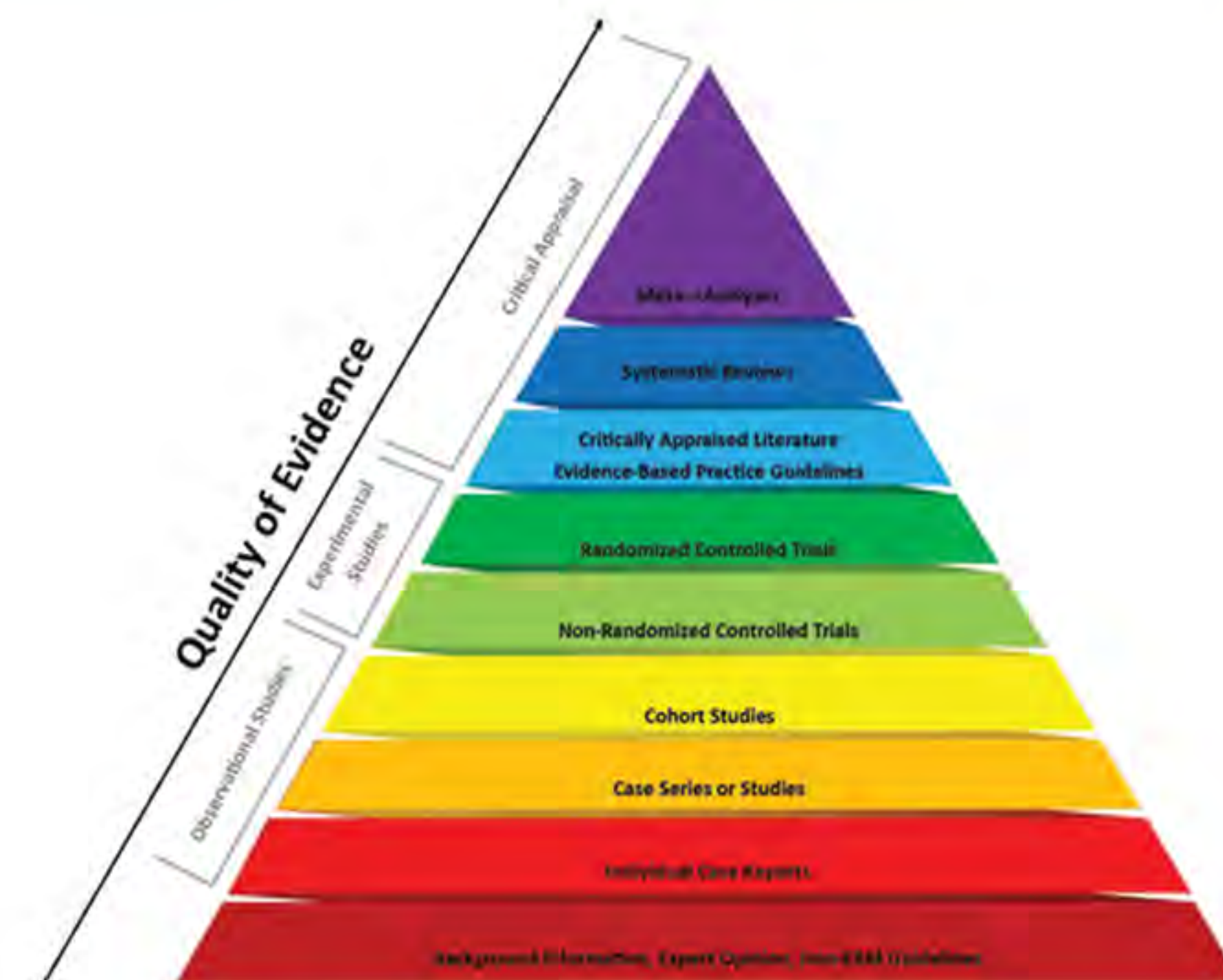
Today, I see myself as a productive and creative member in my society and more effective within my professional circle "BNS". I learned to take initiatives, to be responsible and to work in teams.

Evidence Based Practice: Moving Forward

Evidence based practice (EBP) is not a new concept in healthcare field. Some Nursing publications argues that EBP evolved with Nightingale' efforts to improve and sustain the patient outcomes through sound evidence in the 1800s. Despite this, the first term coined was evidence-based medicine in the early 90's. The term was later changed to Evidence-Based Practice to fit all other health professions.

Today, there is a need to establish a unified understanding of the term EBP. For instance, a comprehensive definition of EBP by the International Council of Nurses is "A problem solving approach to clinical decision making that incorporates a search for the best and latest evidence, clinical expertise and assessment, and patient preference values within a context of caring". (ICN, 2012). So, three main elements are to be considered in the above definition 1) the best use of evidence, 2) the consideration of clinical experiences 3) and the necessity to consider patient contributions to inform decision making.

Nurses need to understand the evidence and learn how to apply it to nursing care. For instance, one way of looking at scientific evidence is through the hierarchy based on thoroughness and properness of research methodologies. As illustrated in the figure. Validity of Research and quality of research are highly dependent on the research design. For instance, Experimental and randomised controlled studies are considered reliable and sound evidence, while observational studies come at the end of the hierarchy.



obtained from the : www.researchsquare.com

Nursing leaders and researchers keep stressing on the importance of EBP implementation because it is expected to ameliorate clinical practice issues, and decision making, However, research reveals that despite the progress and efforts encouraging EBP, health care workers do not always succeed to provide care based on evidence even in critical care areas where nurses and other health care workers are expected to be highly skilled and knowledgeable. For instance, in the United States, it is estimated that up to 40% of clients do not receive health care services built on best practice guidelines. This is an indication that the responsibility doesn't occur only on the leadership, but it requires more efforts from us as nurses to change our culture of



"Closing the gap: from evidence to action" is a resourceful reference published by ICN. Nurses are advised to start their EBP journey by reading this valuable publication, and seriously consider the implementation of EBP.

<https://tinyurl.com/2p959h9d>



By Marwan Altheeb
RN, M.Sc. in nursing , MBA



ANNOUNCEMENT

YOU NEED HELP IN YOUR RESEARCH

The Committee for Scientific Research, Studies and Publishing in Bahrain Nursing Society, offers for New Nurse researchers the opportunity to get a free consultation for their research by qualified Experts from Bahrain Nursing Society.

For further clarifications: bh.ns@outlook.com



"EXPLORING THE HORIZONS OF NURSING RESEARCH"



Join the series of webinar titled "*Exploring the Horizons of Nursing Research*". The first session started on April and will continue throughout the year 2023. This Webinar series will show you the steps you need to take to boost your research skills and competencies.



Read This Publication



This article is published in Nursing Open in 2021 May; 8(3): 1393–1405. The article is written by Joseph Jimmerson, Patricia Wright, Patricia A. Cowan, Tammy King-Jones, Claudia J. Beverly, and Geoffrey Curran

A lot has been published on the quality of bedside shift reports (BSR), but it remains unclear about the content, the process, and the postimplementation and adoption rates of the BSRs. This is a phenomenological qualitative study conducted in an academic medical Centre located in the southern United States. The study sample is 22 clinical nurses and 12 nurse supervisors. The study aimed at describing nurses and nurse supervisors' opinions regarding the process of BSR, the content, the barriers, and facilitators related to implementation of BSR.

Among the themes that were identified: time constraints and clinical nurse's workflow; a modified approach is necessary; process and specific critical content should be individualized so that it is meaningful for all parties involved. The conclusion of this study is to conduct BSR using a modified approach.

This research article calls for the importance of conducting similar studies in SMC and in other large acute care settings in Bahrain.



OR VISIT THE LINK:

<https://pubmed.ncbi.nlm.nih.gov/33377621/>

By Batool Al Mohandis
BNS Member

Be Your Own Nurse !



Should I even be a nurse? I asked this question when a patient did not survive emergency CPR. Honestly, I wasn't expecting how I'd feel afterwards. The feeling was so emotional and devastating. As nurses, we face challenging situations in both caring for patients and their families and bearing witness to the time when their lives end. It's not easy, and if the emotions aren't dealt with effectively, some nurses never fully recover, resulting in compassion fatigue. In these circumstances, how can we have compassion for ourselves? And how can we practice self-nursing?

Self-nursing requires us to examine ourselves more closely. As we do so, we must be our own nurse. Most of the time, nurses are busy, they often postpone their feelings until they finish their next assignment and so they have no time to grieve.

Nurses need to give their emotions some space and permission to cry and get those feelings out since they can be toxic if they are suppressed. Debrief and let our story known to those who are most likely to understand what we are going through. Sharing is therapeutic, nurses are human, so we deserve the same compassion and understanding that we show to our patients. Investing in our health and well-being can allow us to explore what is causing us stress, low energy, and depressed thoughts.

Keep that in mind, Dear Nurse, prioritize yourself, take the time to assess yourself, actively manage self-care, work with purpose, engage in high-value activities and relationships, and be your own nurse.



Fatema Ateya Alaradi
MSc., Advanced Nurse Practitioner,
BSc Nursing, Critical Care Nurse

BNS Elections

Bahrain Nursing Society (BNS) is one of the pillars for providing leadership in national nursing and midwifery development. It has announced the dates for the next election of its new Board members. The general membership assembly will be held in June 2023. To kick off the planning phase, the BNS will abide by its constitution and bylaws.

To participate in the election process and be eligible to vote, the bylaw states that members should renew their membership and pay their dues, the announcement was sent to all BNS members in March 2023.

To qualify for entering the new BNS board, the nurse or midwife applicant should fulfill the following criteria be an active member of the BNS for a period of 6 months and more, provide their professional CV, provide copy of their identity card, and fill the required BNS application form.

The current BNS board welcomes all its members to take part in this vital process as it ensures sustainability of its cause, and a continued professional advancement.



Nursing and Midwifery Professional & Social Activities 2021- 2023



Professional Events

Event Details	Occasion	In collaboration with	Date
Awareness seminar: How to take care of patient with diabetes (Zoom platform)	World Diabetes Day	Governmental hospitals King Hamad University Hospital Primary Health Care	November 14th, 2021
Awareness lecture: Diabetes care, "If not now, then when". (Zoom platform)	World Diabetes Day	King Hamad University Hospital	November 20th, 2021
Awareness seminar: Cervical cancer awareness. (Zoom platform)	Cervical Cancer awareness	Governmental Hospitals. Bahrain Cancer Society.	February 26th, 2022
Workshop Management of patients with Breast Cancer Venue: Gulf Technology Corporation	Breast CA awareness	A number of specialists from Bahrain hospitals	November 5th, 2022
1st Symposium of the Arab Nurses Day under the title "Nursing Leadership" (Zoom platform)	Arab Nurses Day	Speakers from Bahrain, UAE, Oman & Egypt	November 20th, 2022
Workshop entitled "Nurse's Role in Management of Patients with Diabetes" Venue: Gulf Technology Corporation	Breast CA awareness	A number of specialists from Bahrain hospitals	November 26th, 2022
2nd GCC Nurses Day Symposium "Our nurses...Our midwives... Our future" (Teams platform)	GCC Nursing Day	Speakers from KSA, UAE, Oman, Kuwait, Bahrain	March 14th, 2023

Social Events

Event Details	Occasion	In cooperation with	Date
Entertainment celebration for BNS members for Bahraini Women Day (Venue: Bahrain Bay)	Bahraini Women's Day	_____	December 4th, 2021
The Basics of Makeup (Venue: Oasis Mall, Juffair)	Entertainment program	Al Rashid Group	February 4th, 2023



Community Engagement Events

Event Details	Occasion	In collaboration with	Date
Community event: under the theme "Diabetes Care: If not now, then when". (Venue: Ramli Mall)	World Diabetes Day	Bahrain Diabetes Association Ramli Mall	November 30th, 2021
Community Awareness seminar: "Cervical cancer awareness". (Zoom platform)	Cervical cancer awareness month	Governmental Hospitals. Bahrain Cancer Society.	February 12th, 2022
Community awareness "Anti-obesity". (Venue: Al Enmaa Mall)	Obesity Day	Health Friends Association & Al Enmaa Mall	March 12th, 2022
Walkathon "Walk the Talk: Health for All" (Venue: The Avenues Mall)	Public Health	MOH, WHO	May 26th, 2022
Clinical Breast examination "Your health is our priority: Early detection is the key to safety". (Venue: Yousef Engineer Health Center)	Breast CA awareness	Primary Health Care	October 17, 19, 24, 26, 2022
Community event "World Obesity Day" (Venue: Ramli Mall)	World Obesity Day	Under the patronage of His Excellency the First Deputy Abdulnabi Salman and with the participation of: Bahrain Diabetes Association, AlHilal Hospital, Cambridge Diet, Lulu Hypermarket and Dr. Nutrition	March 14th, 2023



BNS Collaborative Events

Event Details	Occasion	In collaboration with	Date
Participation with MOE "Educational presentation: Awareness about diabetes" for school students and teachers. (Venue: Diraz Primary School for Girls)	World Diabetes Day	Ministry of Education (MOE)	December 11th, 2021
Awareness event about AIDS Participate in Checking Vital signs & blood sugar. (Venue: Malikiyah Beach)	Awareness about AIDS	Bahrain Reproductive Health Association	January 21st, 2023
Participate with we Can Team for Bahrain Sports Day event (Venue: City Beach Water Garden)	Bahrain Sports Day	Community youth & We Can Teams	February 2nd, 2023
Awareness event about "Equal opportunities" Participate in checking vital signs & blood sugar. (Venue: Marine Club Beach)	Awareness Event	Bahrain Reproductive Health Association	February 4th, 2023



A glance at the Bahrain Nursing Society's





International Nursing & Midwifery Conference



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Bahrain Nursing Society



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If you have any questions about newsletter, please feel free to contact us:

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Bahrain Nursing Society



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