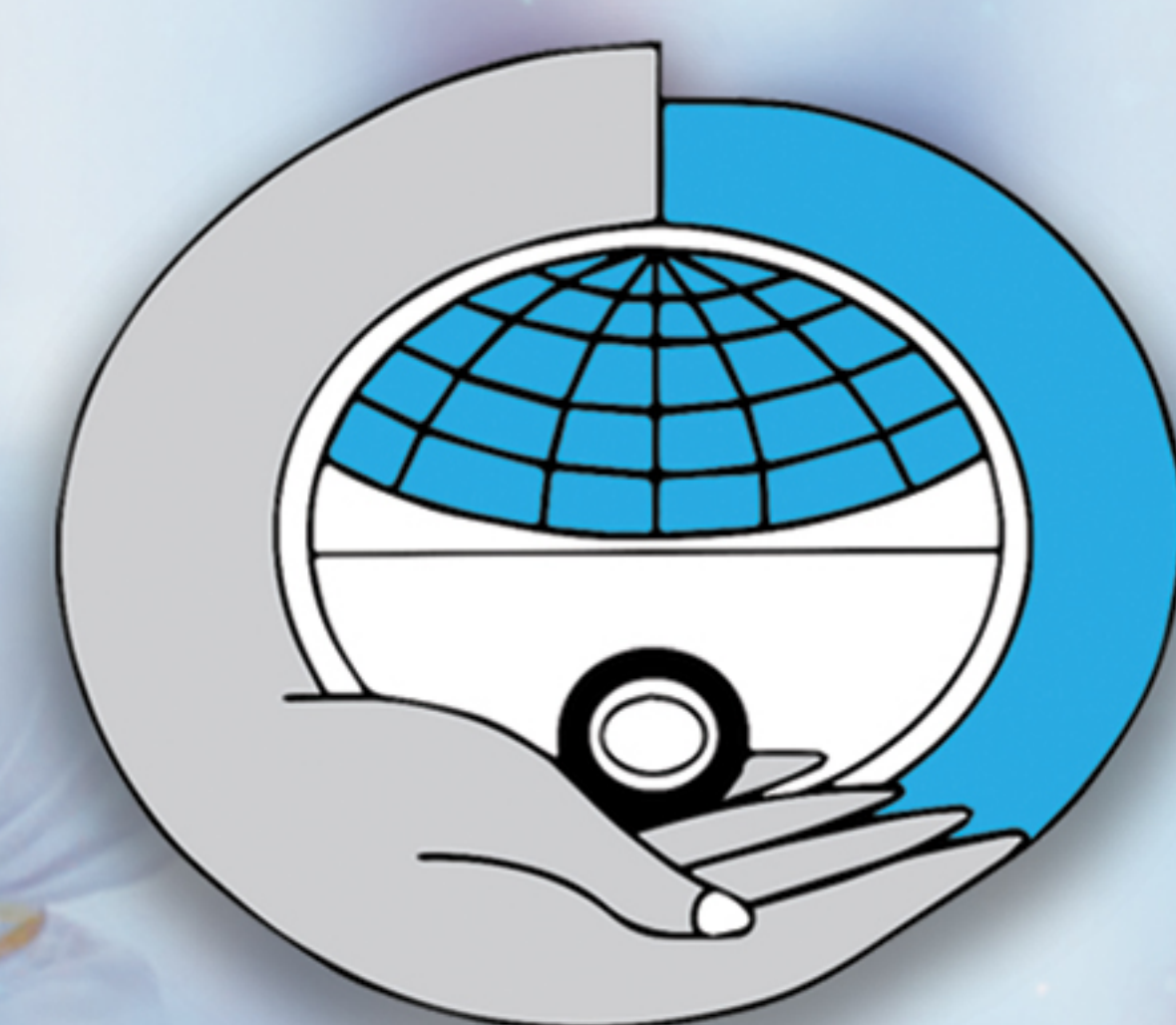


NURSING & MIDWIFERY NEWSLETTER



جَمْعِيَّةُ التَّمْرِيطِ البَحْرَيْنِيَّة
Bahrain Nursing Society

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Our Newsletter No. 7

I am grateful and honored to be serving my nursing and midwifery society, and the trust I received from my colleagues in guiding and delivering our newsletter in its new outlook.

The BNS newsletter made an excellent first impression that is evident by your contribution, confirmation, and valuable remarks.

I am certain that this BNS platform will continue to excel with your inspiring and trustworthy flow of information, scholarly articles and all BNS news.



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

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Editorial

Welcome to the 7th edition of our nursing and midwifery newsletter. This issue covers a wide range of topics related to nursing, midwifery, and patient care. Our aim is to provide you with valuable information that will enhance your nursing practice by keeping you up to date with the latest developments in the nursing and midwifery profession.

In this edition, we have included various articles including a letter from Dr. Naeema, the election of BNS new Board members for 2023- 2024, statistics on the BNS membership, the 2nd IN&M Day 2023 Seminar, an invitation from Ibn Al Nafees Hospital, a Pioneer in Nursing, recognition of Dr. Fariba Al Derazi, our pride in Habib, a Glance on Midwifery in Bahrain, the Shortage of Midwives: Challenges & Solutions, an update from the Scientific Research Committee, the Storm of AI Approaching: Are We Ready?, a research article titled "Nurses' Perception of their Role", Behind the Uniform, Reflections from Students, Expanding Your Horizon, the BNS Events 2023, the latest midwifery workshops on lactation and evaluation of the BNS Newsletter.

We hope that you find this issue informative and engaging. As always, we appreciate your feedback and suggestions for future topics. Thank you for your dedication and commitment to the nursing profession and the Bahrain Nursing Society.



Maha Almaarej
Head of Media and Public Relations

Presidents' Welcome Note

On the occasion of the International Nursing and Midwifery Day in May 2023, I am pleased to extend my sincere thanks and gratitude to nurses and midwives in Bahrain, and globally for their distinguished and creative development of quality nursing and midwifery services. Such services that are based on the highest international nursing standard for securing and maintaining high quality of life, and sustainable social and economic status.

However, the challenges facing nursing and midwifery profession are numerous, from shortage of qualified work force to the introduction of Artificial Intelligence (AI), to pandemics, to economic and social issues as well as environmental challenges. These challenges become the force for re-examining our profession and be prepared for future, nevertheless miniating the quality of nursing and midwifery education, practice, and research always.

Nurses and Midwives always at the front line ensuring the community receive timely quality care evidence-based services. Bahrain Nursing Society opens its door for all, and advocate for Nurses and Midwives, support them and work with stakeholder to develop the status of nursing cadres and Midwives' by calling for a National Strategies with implementation mechanism for the future of nurses and Midwives', while facilitating all logistical and training needs for them. Collaboration and leadership support are vital to achieve the National Nursing and Midwifery Strategy for the future in Bahrain.



Dr. Jameela Jassim Mukaimer

Midwife Consultant- PhD., Msc., Bsc.
Primary Care Adult Nurse-practitioner
President of Bahrain Nursing Society



A letter from Dr. Naeema

Dear Dr. Jameela

Received a copy of the Nursing and Midwifery Newsletter Issue # 6 for Bahrain Nursing Society with full of pride. While we are calling for paperless era given the climate change to protect our plant. However, still felt the power of the hard copy that I did not feel the same with the version I read electronically on what's up shared with Mrs. Batool Al Mohandis the advisor to the Newsletter. Describing the feeling of pride is beyond these words could transmit. The pride that the BNS is coming up with its membership with focus on its young members of nurses and midwives together with the mentor is evident to ensure sharing and communicating BNS's work.

The cover shines with our beautiful BNS logo demonstrating the caring hands holding and protecting the rounded peal 'Al Dana 'the symbol of our beloved country Bahrain and as nurses and midwives we care to protect health.

The Newsletter comes at prime time after years of neglect. This issue has renewed the passion, dedication, and commitment bringing the professionalism of the BNS team documenting key milestone of our recent highlight achievements holding the First International Nursing and Midwifery Conference beside celebrating Our Nurses Our Future and more importantly engaging connectivity with Arabian Gulf Countries. The recognition of pioneers is needed to inform our society and young nurses to find about us.

The elements of connectivity and sharing came through three folds: stating the events whether social community engagement, collaborative or professional; the QR codes calling to join BNS, send suggestions to improvement of the newsletter calling for the input from BNS members beside opportunities to ask questions and contributing; documenting stories through photos brining visually the diversity and inclusion recognizing gender balance and the wisdom.

Congratulations dear BNS members, BNS Board Members and BNS President. We have started on the right tract to raise our collective positive voice as BNS members in shaping the care and caring in our beloved country Bahrain to serve all the people living on our land, the land of immortality with no distinction.

Once again proud to be a member of BNS and let us continue investing in positive energy.

Warmest regards. Naeema



Dr. Naeema Al Gasseer
BNS Founding Member and Elected member of First Board and
Secretary General of the Board
30th of June 2023

The Board of BNS

2021 - 2023

In 2018, a dedicated group of nurse leaders and Midwives requested reactivation of Bahrain Nursing Society and the Ministry of Social Development agreed to this request with appointed board members for 2 years. The board aim to attract members and follow through the transition period into the phase of proper election. The elected board began its functions for the period of 2021 to 2023.

Its main achievements included a rise in membership, establishing nursing teams that develop nursing and midwifery profession from different aspect including policy, practice, education, and research in collaboration with health, education and concerned authorities. The BNS regained its visibility in Bahrain, GCC, the Middle East and on the global arena. It played a significant role in raising the community health awareness through numerous campaigns. This board was exceptional as it established very strong relationship with nursing leaders, health authorities, medical, and civil communities.

The board members consist of Dr. Jameela Mukhaimer as the President of the board. Jameela joined Bahrain Nursing Society in 1993 as a member. During her term as president, she and the board members facilitated the transition and led the BNS toward achieving the Society goals. The remaining BNS board members included Ms. Mahbobah Zainal Ali, the vice president of Bahrain Nursing Society a retired nurse midwife. Ms. Hameeda Abdul Wahab, General Secretary of the BNS. Mrs. Lamees Almuqahwi, the BNS Treasure. Ms. Nasreen Ebrahim Hejres, Mr. Waleed Salem Alazri, and Mr. Hussain Salman Al Moamen as the BNS Board Member.



Ms. Hameeda Abdulwahab
General Secretary BNS



Dr. Jameela Mukhaimer
President BNS



Ms. Mahbobah Zainal
Vice President BNS



Mr. Hussain Salam
BNS Board member



Mr. Waleed Salem Alazri
BNS Board member



Ms. Nasreen Ebrahim Hejres
BNS Board member



Ms. Lamees Dawood Al-Moqahwi
Financial secretary of BNS

The Elections of the Board of Directors 2023 - 2025



Bahrain Nursing Society held its General Assembly Meeting and elections of the new Board of Directors for the tenth term on Saturday 19th August 2023 in the presence of 58 Society members. The meeting started with the presentation of the literary and financial reports followed by resignation of the current Board of Directors and the start of the voting process for the new Board, contested by 13 active members out of 127 members.



Chaired by Dr Eman Tawash, the election programme was organized by an Election Committee including Shaikha AlKhayat, Layla Mahdi, Khadija Khunji, Ismaeel AlQadhi, Huda Mohamed, Asma AlNajjar and Hussain AlMoamen. The voting process was conducted following strict procedures to ensure confidentiality and transparency.

The meeting ended with the announcement of the seven winners of the new Board of Directors in the order of highest votes received, and these were as follows: Dr Jameela Mukhaimer , Eman AlJahmi, Mahbooba Zainal, Hameeda Abdulwahab, Shafeeqa Hassan, Marwan Altheeb, and Mona Bucheery.



Immediately after the ballot and the announcement of results, the New Board of Directors met to vote for the position of the President of the Society and other positions. Dr Jameela Mukhaimer won the position of President of the Society, while Mahbooba Zainal was selected as the Vice President, Mona Bucheery for the post of Secretary and Marwan Altheeb for the post of Financial Secretary.



The Election Committee expresses its gratitude to all members of the Society for their active participation in the successful election process. It also congratulates the new Board of Directors members and wish them success in contributing to the advancement of the nursing profession in the Kingdom of Bahrain in the years to come.



Eman Tawash
Chair of the Election Committee

The BNS in the ICN Congress 2023

Bahrain Nursing Society president Dr. Jameela Mukhaimer participated in the Eastern Mediterranean Regional Session Committee meeting over a period of four months in preparation for the ICN Congress 2023 in Montreal-Canada. The eastern Mediterranean regional committee session theme was the region innovation nursing in education, practice, workforce, and technology.



Bahrain Nursing society participation included short film about the innovation in nursing cadre development film by Ministry of Health, and Survey of the Middle-east in regard the innovation in different nursing specialties and achievements conducted by Dr. Jameela Mukhaimer. Bahrain Nursing Society Board members planned to attend this meeting, however due to Visa issues, they were not able to attend. Dr. Naeema Al Qaseer Presented Bahrain Nursing Society in this very important Congress and the ICN National Nursing organization Meeting (NCR). She has represented and commemorated Bahrain by raising the flag and dressed in the traditional clothing, that signify our membership in this meeting. Additionally, Dr. Naeema Al Qaseer had an Excellent presentation in the conference as World Health Organization Representative.

2nd International Nursing & Midwifery Day (INMD) Seminar

Under the Patronage of H.E. Shaikh Hisham Bin Abdul-Aziz Al Khalifa Chairman of the Government Hospitals Board of Trustees, and the kind attendance of Dr. Ahmed Al Ansari the Chief Executive of Government Hospitals, Bahrain Nursing Society organized the second International Nursing and Midwifery Day Seminar under the theme Our Nurses, Our Midwives, Our Future on 13th of May 2023 at the Arabian Gulf University. In his opening speech, Dr. Al Ansari acknowledged the valuable contribution of nurses and midwives in the provision of high standard health services at all levels, he added nurses and midwives constitute the backbone that maintains and sustain any health organization.

The objectives of the seminar included: 1- Celebrate the global International Nurses Day (IND) 2023, held on 12th of May of each year. 2- To address the growing national, regional, and global health demands to strengthen health systems through scaling up nursing and midwifery production and capacity. 3- To discuss the means to strengthen our health system considering the growing local health demands for nurses and midwives. 4- To discuss challenges and future directions for nursing and midwifery in the Kingdom of Bahrain to meet emerging needs.

The MC of the event Mrs. Najat Rustum welcomed the audience, the seminar then started with a welcome speech by Bahrain Nursing Society President followed by speech by H.E. Dr. Ahmed Al Ansari who praised the nurses and midwives for their invaluable contributions to the care and wellbeing of patients, he acknowledged the sacrifices, and the dedication nurses make around the clock, every day of the week to provide skilled and competent care to all patients, he added nurses and midwives as the back bone of the health system.

The first scientific session began with an enlightening presentation by Dr. Tasnim Atatra, WHO Representative-Bahrain Office who talked about "Strengthening the nursing workforce to advance universal health coverage in the Eastern Mediterranean Region", then Dr Raja AL Yusuf, Chief of Medical Staff of Medical Departments presented her paper which was about "Governmental Hospital Autonomy & Nursing Role". These papers were very important and raised a lot of questions. The second session included Ms. Badriya Kuawiti retired Ministry of Health nursing consultant, her presentation highlighted the "Nursing Challenges and Opportunities during Covid-19 Pandemic", Dr. Leena Khonji, Dean of the College of Health and Sport Sciences, University of Bahrain, who presented "Future of Nursing and midwifery Education and Practice". And the last session entitled "We are the Future Nurses, and this is how We See our future" was presented by student nurse Nafeesa Najem Abdulla from RCSI-MUB, and student Laila Mohammad Mahdi from CHSS – UoB.



The final session was an open nursing forum: highlighting nursing & midwifery situation in Bahrain, the challenges, and the way forward. The forum was led by Dr. Fariba Al Darazi, WHO workforce consultant. The participants included nursing leaders from regulation, services, and education sectors.

Dr. Fatima Khalil, Director of Nursing Services at Bahrain Defense Force Hospital, Ms. Nasreen Hijris, Directors of Nursing services at King Hamad University hospital, Ms. Fatima Kairalla Chief Nurse at Salmaniya Medical Complex, Ms. Mariam Mohammad Mustafa Deputy Chief of Nursing Services in Primary Health. Dr. Hussain Nasaif Director of BSc (Hons) Undergraduate Nursing Programme, RCSI- MUB. Mr. Ahmed Faraj, Nursing Profession Assistant Registrar, NHRA



The forum was exceptionally interesting as it opened the door for the audience to ask questions and discuss the needs and gaps in the nursing practice as well as the opportunities for change and development. Dr. Mouza Swaileh and Ms. Batool Al Mohandis presented the recommendation of the seminar and the forum.

Among the seminar *recommendations* is to develop National Strategic Directions for nursing and midwifery by engaging stakeholders at national level, establish a national nursing and midwifery reliable and updated database to help decision-makers in planning nursing and midwifery workforce and addressing the shortage in nursing and midwifery workforce, review existing nursing & midwifery legislation and develop new nursing law that reflects the changing and expanding role of nurses and midwives, and implement the ICN-certified Leadership for Change (LFC) programme in collaboration with ICN to build nursing leadership capacities to ensure nurses and midwives can negotiate, influence, and lead the health and development policy dialogue as partners.

The INMD seminar was approved by NHRA and awarded 5 CMEs, it was attended by 61 nurses and midwives from different sectors.

The Seminar Evaluation: The most valuable aspect of the seminar was the subject matters and application of presentation contents. The open forum adopted a friendly atmosphere, and the discussions were highly professional, the reflections on nursing key issues and discussion of the challenges facing nurses and midwives from various stockholder perspectives; health sector, regulation, and education was most interesting. The audience suggested that decision makers and higher authorities to be present in future forums. The following topics are suggested for future IND Seminars: Nursing specializations including midwifery in Bahrain. Challenges: retention plans, recruitment, and other issues confronting nursing career development and how to empower nurses. Future plans should also include the use of Artificial Intelligence in health care.



Invitation from Ibn Al Nafees Hospital

On the event of the International Nurses Day 2023, Ibn Al Nafees Hospital chief nurse Mrs. Layla Akbar invited the president of Bahrain Nursing Society Dr. Jameela Mukhaimer and Dr. Fariba al Derazi, Dr. Mouza Swaileh, Ms. Badriya Kwaiti, Mrs. Seham Al shaikh, Mrs. Layla Esbai, and Mrs. Batool Al Mohandis as key nursing figures and pioneers in Bahrain. A grand celebration was organized, attended by Dr. Hassan Al -Arrayedh the Chairperson of Ibn Al Nafees hospital and privileged by the presence of Dr. Ali Fakhro the distinguished guest of honor and the first Bahraini Minister of Health back in the late 1960s. Dr. Hassan in his heartfelt speech said in those days he was chosen to teach Anatomy to the nursing students under the leadership of Mrs. Omayya Al Tajer who was then the principal of the school. He added the school was very well established and graduated some of the best nurses who are still active in their field of work. The event management took this opportunity to present a brief about each of the nursing pioneers and walked them through the hospital departments where they met and thanked the nurses for their outstanding nursing services to the patients of Ibn Al Nafees Hospital.



مستشفى ابن النفيس ش.م.ب (مقفلة)
 IBN AL-NAFEES HOSPITAL CO. B.S.C(C)



A Pioneer in Nursing

This is a brief biography of a woman who had many achievements and outstanding contributions in the establishment and development of standard and systems that contributed significantly to the establishment of the Nursing and Midwifery Registration and Licensure Office at the Ministry of Health (MOH).

After high school Mrs. Layla Abdulrahman Murad worked as a schoolteacher for 2 years at Hidd Primary School for Girls. But this job did not satisfy her as she had a passion to work in the field of Psychology, so in 1968 she joined the School of Nursing at the Ministry of Health in Bahrain.

After completing the first year in general nursing, she was sent by the MOH to UK to specialize in psychiatric nursing. It is worth noting that Mrs. Layla has joined the Psychiatric Hospital as the first student trainee at the hospital which was then called the Mental and Neurological Hospital, where she spent a period of 6 months before leaving for the UK. During this orientation period Mrs. Layla felt that there is a great need to improve the standard of patient care. With that goal in mind, she joined the nursing school in Claybury Hospital in Essex in February of 1970. After graduating in 1973, she joined the Psychiatric Hospital to become the first Bahraini registered Mental Health Nurse (RMN). She also obtained a Higher Diploma in General Nursing (SRN) from King George Hospital School in Essex in 1976 as well as an advanced certificate in nursing management from the Royal College of Nursing in London in 1982.

It is noteworthy that Mrs. Layla has progressed in the career ladder in the Psychiatric Hospital from being a staff nurse to eventually becoming the senior nursing officer (SNO) at the hospital, and she has been greatly credited during her work in the hospital in encouraging many Bahraini nurses to work in this field and contribute to the development of this program in the College of Health Sciences at early eighties, during this period which lasted 18 years she was able to develop many modern methods and systems in Nursing Care which is still being followed in the hospital. The community psychiatric nursing is one of the major projects which has a great impact in improving the frequency of relapses of patient's conditions and needing to be re-admitted to the hospital. During her work in the hospital Mrs. Layla had one major goal to pursue that is protecting the patient's rights and dignity with no tolerance for malpractice by caregivers.

In January 1978 Mrs. Layla was appointed as chairperson of the nursing and midwifery licensure committee. From 1982, besides her post as an (SNO) at the hospital, Mrs. Layla was also assigned as a second inline to the Director of Nursing Ms. Mary Murphy at the Ministry of Health. In 1984 following Ms. Murphy's retirement, and due to restructuring of the Ministries organizational structure the post of Director of Nursing was replaced by the post of Nursing Advisor.

In March 1991, she was appointed to become the first Nurse Registrar in Bahrain. And in August 1992 a Ministerial order No. 14 was issued for the Re-organization of the office of Licensure & Registration and establishing the Nursing & Midwifery unit. She is one of the first founders of the Bahrain Nursing Society, which was announced in July 1991, where she was elected as a member of the first board of directors of the Society. From 1992 Mrs. Layla has represented Bahrain in the Gulf Nursing Technical Committee and has significant contributions in putting forward proposals aimed at unifying legislation and laws that regulate the practice of nursing and midwifery in the region.

One of the most prominent achievements of Ms. Layla in the Registration and Licensing Office was the establishment of the electronic professional register for nurses and midwives which has replaced the manual registration system which contained 3,000 records, and today it holds 18,918 records (active and non-active).

Today, Mrs. Layla is proud to see some of the fruit of the work her generation of nurses has put into action bloom for example in October 2020 NHRA the current legislative and executive body responsible for regulating health professions and services in Bahrain has granted the title of advance Nurse practitioner (ANP) which was one of the projects she was involved in proposing before she retires. She commends the growth and development of the nursing profession which was evident in the wake of the COVID-19 pandemic when the world witnessed the critical role of nurses in the global health workforce and emphasized the need to invest more in nursing education and jobs. Mrs. Layla's advice to the new generation of nurses is to strive to advocate for the patient's rights and to be guided by their code of practice in caring for their patients.

Mrs. Layla Murad, retired in October 2006
after serving for more than 33 years,
leaving behind a remarkable
reputation in Bahrain and beyond.



*Mrs. Layla
Murad*

The MINA Award to Dr. Fariba Al Derazi

In a ceremony held on 7 August 2023 at Maddah Scientific and Cultural Nursing Foundation (MSCNF) at the Faculty of Nursing and Midwifery, Tehran University of Medical Sciences in Tehran, IRI, Dr. Fariba Al-Darazi was awarded the Maddah International Nursing Award (MINA 2023) as the first international nursing scholar for her outstanding contribution to the development of nursing and promotion of health regionally and globally in her past role as the Regional Adviser for Nursing, Midwifery and Allied Health Personnel at the Eastern Mediterranean Regional Office of the World Health Organization (WHO EMRO) and her continued support to nursing regionally even after her retirement from WHO



Dr. Maddah is the mother of nursing in Iran and is a living legend. She had a pivotal role in developing the country's post-graduate nursing programs. She started her nursing education in 1940 and continues to provide advice in nursing and health.

Maddah's Foundation, inaugurated in December 2020, recognises Dr. Sadat Maddah's tireless work, dedication, scholarly work in advancing nursing and her humanistic approach to nursing. In her words, "Nursing is the care powered by love". Dr. Maddah had a significant role in developing nursing in the Eastern Mediterranean Region. She is a great role model, mentor, and exemplary nursing leader with a vision who is passionate about the profession and providing the best quality of care to the people.

The ceremony was attended by nursing managers and leaders, ministry officials, the Board of Trustees of the Foundation, university deans and faculty, WHO Representative in Iran, and virtually attended by Dr Fatima Al-Rifai, member of the Board of Directors of the International Council of Nurses and Dr Gulin Gedik, Coordinator Health Workforce at WHO EMRO.



We are proud of Habib.



A young Bahraini man born in 1922 in Ras Rumman, had no formal schooling. He started learning Quran and Arabic language under “Al Muaallem” a religious teacher, he then joined “Madrassat al Toorani” for some time, and then to “Madrassat al A. Rasool al Tajer “school for three years, the latter was a well-known home-based school where young pupils learned English language, and other subjects. Habib studies hard and persevered to learn English language. Twenty years before Habib was born, the “Hakeem” was opened it was both the residence of Dr. Holmes (*page 153 Ref.# 1*) and a place for patient care. It later became the Victoria Memorial Hospital, which was opened in 1905, the simple hospital was built from palm tree’s wood and leaves, it occupied twelve beds. Habib’s mother sought an opportunity when the “Hakeems” home needed a helping boy. Habib was hired in 1932 at the age of ten, his work included cleaning, watering the garden, washing cars, and drawing water from the well, his wage was 5 rupees per month.

Habib’s job changed at the age of 13 when he watched patient and doctors struggle to communicate so he helped in translating patients complaints to English language. He was offered a “proper” job and was promoted to a translator. During those years, the missionary doctors needed assistants, Habib was trained on simple medical procedures, medical terms, taking temperature, collecting samples, and giving injections and vaccinations. He enjoyed his new role and became well known in his community and soon he was called the “dakhtar” meaning the doctor.



In 1942, Naim government hospital was established. Habib joined the staff in this new hospital and stayed there serving the patients and his community. He was sent to London to receive proper nursing training where he succeeded. Lessons can be learned from this self-made man’s career path. He persevered, worked hard, and grew a step at a time from cleaner, to translator, to attendant, to dresser, to practical nurse, to become the assistant matron at Naim hospital until he retired in 1981. Habib passed away in 2021 at the age of 99 leaving behind a story to tell.

This search into nurse Habib life journey was taken directly through a documentary film entitled “hadeeth al thakera” .published in
References: 1. Clarke, A. The American Mission Hospital Bahrain through the changing Scenes of Life 1983-1993.

A Glance on Midwifery in Bahrain

IN 1900 the prevailing illnesses and the environmental health conditions in Bahrain were appalling. Maternity care was non-existent in those times, and women delivered in their homes with poor sanitation with the help of local midwives known as Traditional Birth Attendants (TBA). The death rate from childbirth was high. Obstructed labour was managed by ritual prayer. Midwifery practice in Bahrain started with TBAs, then the recruitment of expatriate midwives, and then the opening of midwifery schools, followed by a program to train local graduate midwives.

This article presents the progress of midwifery practice and maternity care in Bahrain from its early beginning at the turn of the century. In 1926, the American Mission Hospital opened the first women's hospital with trained midwives. The American Mission Hospital initially could not cope with all the maternity work in Bahrain because of their religious affiliation. Bahraini Muslim people refused them to enter their homes.

IN 1930 the first trained midwife Mrs Flora Dalvi (Um Jan), born in Istanbul, was appointed to Muharraq Municipality. She received her nursing and midwifery degree from Iraq. She moved to Bahrain with her husband and worked for almost 25 years in Bahrain. Other midwives were hired to run women's clinics for prenatal and childcare and conduct deliveries (the majority came from India). In 1937, Midwife Singh arrived from India, joined Um Jan at American Mission Hospital, and served maternity hospitals for 37 years until she retired.

IN 1940 main Governmental Hospital was opened under the name of Naim Hospital in Bahrain. In 1941 Ms Fatima Al Zayani, the first Bahraini nurse-midwife, was appointed to the maternity services. She received her training from Baghdad.

In the late 1950s, a new maternity hospital at Salmaniya Hospital was opened, a 30-bed hospital in Muharraq and a 12-bed hospital in Hidd. By the late 1960s, Maternity services in rural areas were opened (in Sitra, Riffa and Western Region) to serve the villages. Until the opening of the school of nursing in 1959, all nurse-midwives were non-Bahraini, except for Ms Fatima Al Zayani.

IN 1978 the Maternal and Child Health (MCH) training was established for practical nurses. The training was a six-month in-service course by the College of Health Sciences (CHS) Nursing Division. The graduates delivered MCH care in the community's maternity hospitals and health centres and functioned as assistants to community health nurses and nurse midwives.

IN 1969, Mrs Beema Sultan and Mrs Fatima Alsiddiqi were among the early nurses awarded a scholarship to specialise in midwifery and obstetrics in Kuwait. Mrs Maryam Ahmed Saeed was also sent to Kuwait to study midwifery in 1971. All three had a pioneering role in developing midwifery services at the Ministry of Health and Bahrain Defence Force medical services.

IN 1977 the Nurse Midwifery program was developed by a WHO midwifery consultant Ms Ingrid Niemann, an educator from Sweden. The formal one-year post-Associate Degree diploma program prepared nurses to deliver mothers and care for pregnant women safely. Mrs Hakeema Ghuloom, a graduate of this program, pursued teaching in this program alongside and under the guidance of Ms Niemann; she later became the first Bahraini head of the program; she also had a pioneering role in developing midwifery services at SMC. Ms Fakhreya Dairy and Ms Rabab Jawhary were selected to join the nurse-midwifery program as teachers. Currently, most Bahraini nurse-midwives are in higher positions, such as lecturers in midwifery programs; some presently occupy key positions in nursing management in maternity hospitals. Others obtained their master's and PhD qualifications. Dr Fakhria Dairy, a Bahraini midwife, was appointed by his Majesty the King of Bahrain as a member of the Shura Council in 2002, she also runs her own maternity and family counselling clinic since 2007. Dr Naeema. Al-Gasseer was selected for the Senior Scientist for Nursing and Midwifery position at WHO in 1999 and is presently the WHO representative in Egypt. Dr Jameela Mukhaimer is another Bahraini midwife who pursued her doctoral degree and became a licensed midwife practitioner in 2000, today she runs her own clinic as a midwife practitioner. Finally in 2022, a nurse-midwife Dr Leena Khunji was appointed as the Dean of the College of Health and Sport Sciences (CHSS).

To conclude, Bahraini Midwives are committed to providing high-quality holistic reproductive health services to women, neonates, and families cost-effectively and within the available resources. Their services are directed towards achieving the national health strategy 2030. Midwives are well-respected and trusted members of her community.

2030



Dr. Fakhria Diari
Chairman of Midwifery Committee
Bahrain Nursing Society

Shortage of Midwives: Challenges & Solutions

From the seventies, Bahrain midwives have achieved important milestones when they began formal midwifery training, education, and practice in hospitals and the health centres, but unfortunately their clinical role not fully utilized.

Globally, a licensed midwife is empowered by practicing her clinical role in full scope from running independent clinic, performing women health assessment, premarital counselling and screening, prenatal screening and flow up, conducting deliveries, providing postpartum care, psychological support and follow up. performing GYN examination and pap smear, ultrasound, collecting vaginal specimen, to managing family planning clinics including insertion of intrauterine device, with related prescriptive authority and health education for women and families.

When there is shortage of Midwives, the above-mentioned services are directly affected, and quality of care is compromised which will result in health disparity. The limited number of midwives, midwifery faculty, and accredited Midwifery schools in addition to lack of continuous training for midwives, become the major obstacle globally and specifically in our country for development of Midwifery Profession to evolve to its full scope, and effective utilization of its vital services for our community.

In Bahrain the statistics are alarming, the total number of Midwives' is 359 with 168 Bahraini midwives, and 191 are non-Bahraini midwives (NHRA 2022 statistics), according to world Health organization we need 1500 midwife to serve our population of 1.5 million to obtain 95% maternity care, additionally the turnover rate is high, and we have only one Midwifery program in Bahrain. It is also vital to know that there is severe shortage in midwifery teachers both globally and nationally.

Recommendations to solve these serious challenges include the retaining the midwives by offering part time solution, incentive, and promotion. Initiating Midwifery programs at all levels for e.g. Bachelor degree, and post graduate studies will enable more entry to the profession.

Once accredited midwifery education and continues training programs are achieved, and well-defined scope of practice for midwives in accordance with legislative regulation for midwifery practice in the country reached, our midwives' will be empowered, and provide high quality of care which is cost effective and diminish the shortage of midwives' effect.

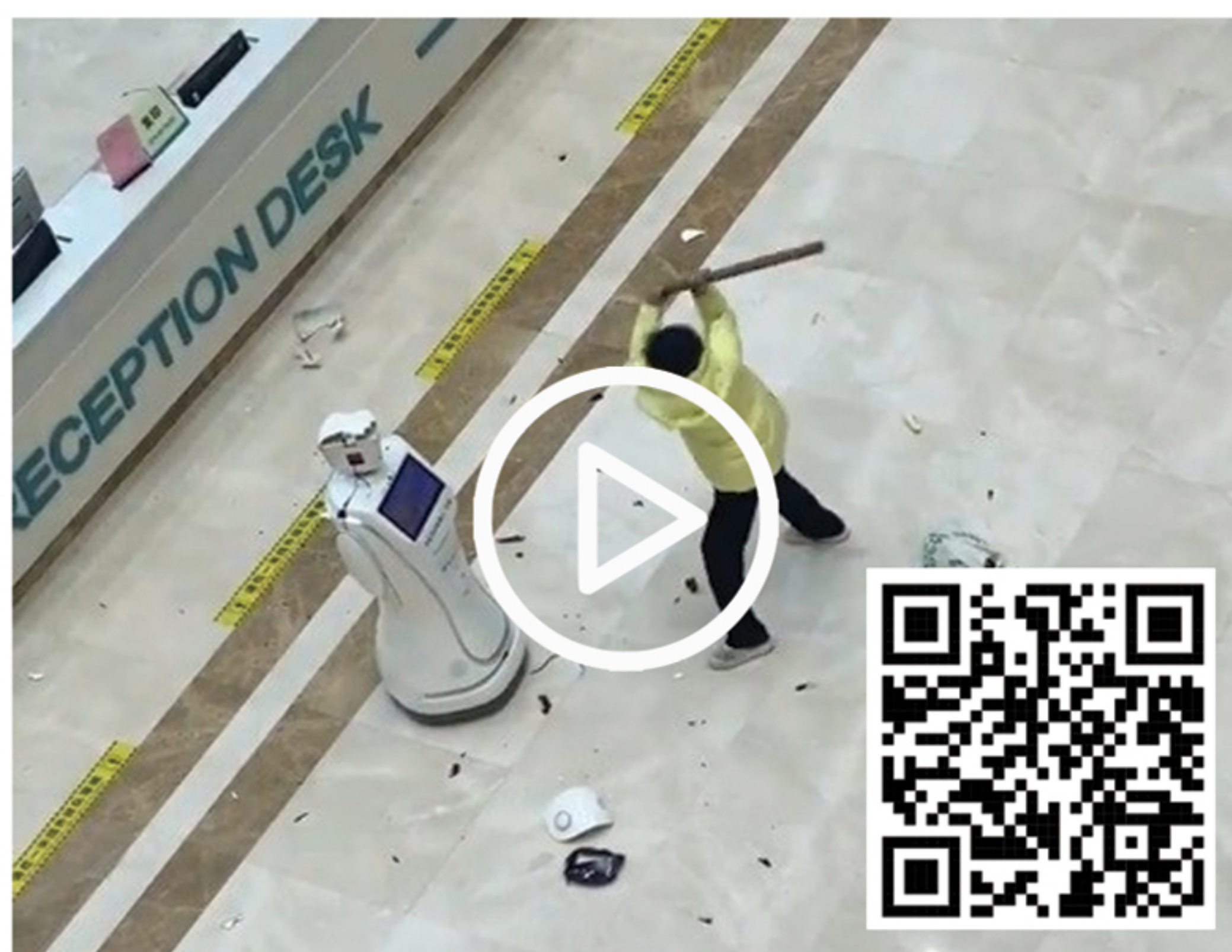


Dr. Jameela Mukhaimer
 Midwife Consultant- PhD., Msc., Bsc.
 Primary Care Adult Nurse-practitioner

The Storm of AI is Approaching, are we Ready?

Earlier this year, in April, there was a video published that showed a nurse striking a nursing robot with a stick in order to vent her frustration. It illustrates the emotional turmoil that can result from rapid advancements in artificial intelligence in healthcare. It serves as a reminder of the need for nurses to understand and prepare for the changes artificial intelligence (AI) will bring to their roles. In the ever-evolving landscape of healthcare, the rise of AI has sparked both excitement and concerns. While AI holds tremendous potential to revolutionize healthcare delivery, it is crucial to examine the readiness of nurses in adapting to and embracing this transformative technology.

Nurses are the backbone of the healthcare system, delivering crucial/ lifesaving treatment and support to patients. But as artificial intelligence (AI) becomes more widely used in healthcare settings, it will necessitate a shift in the manner nurses conduct their traditional duties and responsibilities and learn how to interact effectively with AI systems. So what is AI ?, there are several definitions of AI, but one of them by the Merriam-Webster dictionary states: AI is “the capability of a machine to imitate intelligent human behavior”(1). It has the capability to process large amount of data to analyze, detect patterns, and signals.



One of the primary areas where AI has the potential to impact nursing practice is in the realm scope of diagnosis and treatment planning. AI algorithms can analyze vast amounts of patient data, medical records, and imaging, to identify a patterns and anomalies, and make predictions about a patient's condition. AI can also support nurses in the management of patient's data. This can greatly assist nurses in making accurate and timely diagnoses, reduce the burden of paperwork, leading to more quality time with patients, effective personalized treatment plans and interventions. However, nurses must be able to interpret and validate the outcomes of AI systems, to ensure they align with the patient's needs.

The integration of AI into nursing practice also raises Ethical concerns and implications. Questions surrounding the risk of data breaches, patient privacy violations, data accuracy, data security, and the potential for bias in AI algorithms need to be seriously addressed. The storm of AI is approaching, and It is essential to give nurses the right education and training in order to make sure they are prepared for the AI storm. AI-related content should be incorporated into nursing schools' curricula and continuing education programs. nurses need to acquire the knowledge and abilities to effectively use AI technologies in their practices. Nonetheless, it should never replace the critical role of human interaction and empathy in healthcare. Accordingly, as AI continues to advance, nurses must adopt and adapt to these changes and acquire the skills to work alongside AI systems and not depend entirely on AI. In conclusion, by embracing AI, nurses can enhance their practice, improve patient outcomes, and ultimately contribute to the advancement of healthcare.



Fatema Ateya Alaradi
MSc Adult Health
Advanced Nurse Practice,
BSc Nursing, RN, ICU



Scan the code for
reference

“Nurses’ Perceptions of their Role in Educating Caregivers of Children with Cystic Fibrosis: A Qualitative Study”

Cystic Fibrosis (CF) is a “chronic, multi-organ disease characterized by frequent respiratory infections, bronchiectasis, male infertility and pancreatic mal absorption” (Wright et al., 2015, p.7). Educating caregivers of children with CF is very important because of its positive impact throughout the life span (Hearn et al., 2019).

The aim of this study was to explore the perception of pediatric nurses on their role in educating caregivers of children with cystic fibrosis. The study followed a qualitative explorative methodology using a guided semi-structured online audio- interview using Microsoft teams. The study sampled six eligible participants selected purposively from among the population of the study. The recruitment phase in data collection procedures conducted by a gatekeeper



Participants’ narratives suggested that effective education depended on the nurse’s skills in teaching and the caregiver’s awareness about the disease. The main benefits of CF education as perceived by participating nurses were improved health outcomes for children with CF, reduced number of hospitalisations for children and an improved quality of life for these children. The recommendation of this study was considered as establishment of a nursing standard of care for CF that is suited to Bahraini culture and beliefs. Also, establishment of regular nursing training/programmes/workshops about CF management to develop knowledge among nurses.

This paper is not yet published.



Fatema Ali A.Hasan
RN , B.Sc . M.Sc.

Update from the Scientific Research, Study, and Publication Committee

In February 2023, the scientific research committee at the BNS was reformed and reactivated. Since then, the team developed a strategy to encourage research among Bahrain's nurses and midwives. The Committee launched several virtual webinars by expertise to aid in research and educate nurses, midwives, and other healthcare professionals about the research process.

The first webinar by Dr. Nandini highlighted on the importance of evidence as a vital component of research, how to use and create evidence through research and other means. The second webinar by Dr. Jameela Mukhaimer focused on the process of problem identification in research and its impact on the following steps of research. In the third webinar Dr. Gayathripriya shared with the participants the structured process of designing and developing a convincing research proposal.

These webinar series will continue until November 2023, with one webinar scheduled each month. Nearly 100 people attended the webinar sessions. The Committee would like to encourage nurses and midwives to take advantage of the available research webinars.

In another effort to promote research among the novice nurses, the committee developed free research consultation sessions led by qualified academic nurses. It encourages scientific research among nurses and midwives. The research committee uses this platform to urge nurses who wish to conduct research to seek the advice provided by the committee's experienced members.



Marwan Altheeb
Head of Scientific Research,
Study, and Publication Committee

Students' Reflections

As the theme of the ICN included the term *"future"*, the IND 2023 organizing team decided to include nursing students in the program of the seminar held on the 13th of May 2023. Student nurse Nafeesa Najem Abdulla from RCSI-MUB, and student Laila Mohammad Mahdi from CHSS – UoB were identified, permission was sought for their participation, they were guided and advised by the BNS member Batool Al Mohandis to plan their paper, collate information, prepare, lead, and present their reflection.

Their paper was guided by the following questions: How do you envisage your future as a nurse? What will you do to secure that future? And what kind of support do you need to fulfil your future? The title of the paper was **"We are the Future nurses - this is how we see our Future "**.

Their presentation was well received by the audience, they talked about definition of nursing future, how they envisaged themselves as future nurses, what they had to do to secure the nursing future, and what support they needed as future nurses. Their paper was concluded with a heartfelt statement:

"We as young nurses look up to you to hold our hands and guide us to the right nursing and midwifery Path, and If our Path is not clear, we will not be clear, and if we are not clear, our patients will Suffer."



Nafeesa Najem Abdulla
Student CHSS – UoB



Laila Mohammad Mahdi
Student RCSI-MUB



Behind the uniform

Being a nurse is very challenging, it needs dedication and tolerance to deliver care that provides comfort, relieves pain, support patients and their families, and promotes high standards of care.

I have been always asked how you balance and carry on with the demands of life, family, and friends, and that of your career! How hard is it for you nurses!

I have followed this quote in my life journey: **"Three things in life are important: the first is to be kind; the second is to be kind; and the third is to be kind."** — **Henry James**. Kindness helps to reduce the number of stressors.

Well, behind the uniform there are human beings who have goals, ambitions, and responsibilities to accomplish for their families, and for themselves, it's not an easy task to accomplish several roles at the same time. Nurses need to be alert, and have a positive attitude, compassion, and respect.

So, what motivates me as a nurse? I try to leave the job stressors behind when I reach home and focus on my family's essentials, I care for my physical health, in my short free time I engage in my hobbies, I try to upgrade my own knowledge, help others in my community, all this re-energizes me to continue my nursing journey. Stressful but enjoyable career to be a nurse.



Sharifa Hasan Ebrahim
BSc

Bahrain Nursing Society

Events Plan-2023

Mouth	Social Events	Scientific Events
JUNE	26 TH JUNE 2023 World Day drug abuse	
AUGUST	01 ST AUG 2023 Breastfeeding week (1-7)	
SEPTEMBER	29 TH SEP 2023 World Heart Day	
		Management of Patient with Sick Cell Disease (Lecture)
OCTOBER	01 ST OCT 2023 Breast Cancer awareness month	
	01 ST OCT 2023 International day of older person	01 ST OCT 2023 International Day of elderly
		10 TH OCT 2023 World Mental Health Day
		20 TH OCT 2023 Osteoporosis Day
NOVEMBER	14 TH NOV 2023 Diabetes Awareness Month	
		19 TH NOV 2023 Premature Babies' Day
DECEMBER	01 ST DEC 2023 Aids International Day	
	01 ST DEC 2023 Bahraini Women Day	
	03 TH DEC 2023 World Disability Day	
	16 TH DEC 2023 Bahrain National Day	

"Your dreams are worth your best efforts to achieve them," is a quote I once read. Over the past two years, we have had the opportunity to lead many events for the Bahrain Nursing Society (BNS). It takes a huge amount of time and effort to do the work of social and scientific activities. For me, it has been a great honor and responsibility to follow in the footsteps of the pioneers while forging ahead with the challenges of today. We have done our best to remain true to the mission and purpose of the BNS. Bringing together nurses with the willingness to volunteer and work together is a great start, but it is more than that. Each member of the committee brings their own unique perspectives, skills, strengths, experiences, and areas for continued professional improvement to the BNS. Effective teamwork starts with an understanding of what the plan and goals are and how they can contribute to the process.

I am so proud that the social and scientific committee team's efforts were worthy. A hard job well done to all at the BNS. William Shakespeare said "We know what we are, but we do not know what we may be". Our future stands before us to create. Let's all put our full support behind BNS to see what else we can plan and accomplish in the next two years.



Eman ALJahmi

RN, MScN, IIWCC (ZA), FFNMRC SI
Head of the Social and Scientific Activities Committee

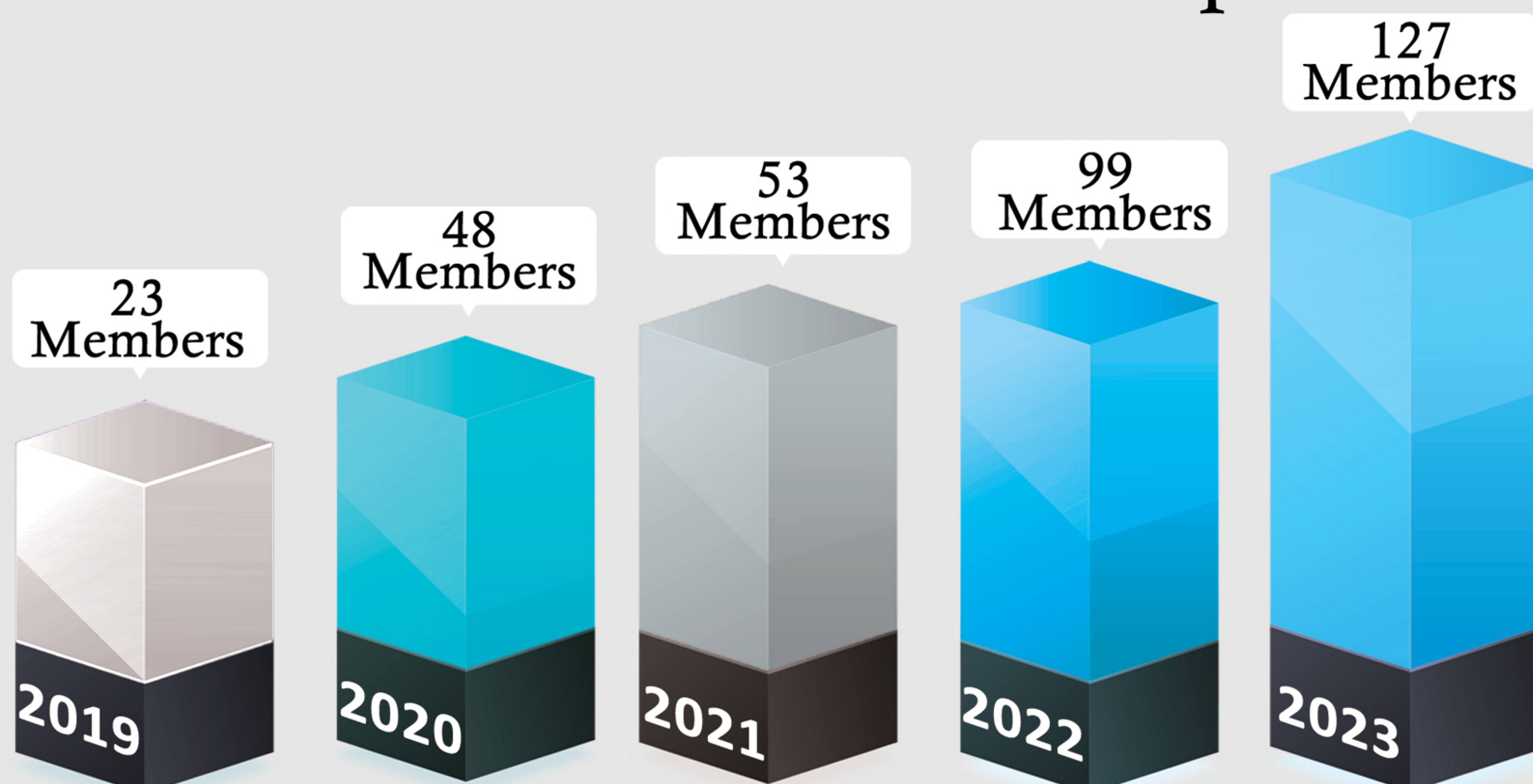
Expand Your Horizon

"I am a person who believes that nothing can develop a person and refine his personality more than experience, and as Albert Einstein said: " The only source of knowledge is experience". During my university years, I had the opportunity to participate and volunteer in many events. Perhaps the closest one to my heart is volunteering at the exhibition center and joining the Bahrain team after I finished my first year of nursing study, the project was joining the taskforce for combating Coronavirus (Covid 19). In my final year at the university, I joined the Bahrain Nursing Society. I had the opportunity to participate in the organizing of the Bahrain Nursing Society 1st International Conference and the International Nursing Day Seminar, where I was the leader of the student organizing team in both events. During these two events, I gained much experience and knowledge that expanded my perceptions and allowed me to recognize nursing from various perspectives, and I met many nursing leaders who inspired me with their words and guidance. In addition, I discovered that I have the beginner's trait leadership this motivated me to begin learning about leadership skills step by step. I encourage all students to grab opportunities to join and participate in events and conferences and to join the Bahrain Nursing Society. Such experiences, expand your understanding of nursing profession and its future and allow you to recognize yourself and your abilities."



Nasser Qassim Al Kash
Student BSc Nursing

BNS Membership



Join Bahrain Nursing Society (BNS) as the sole Kingdom of Bahrain professional society for nurses and midwives. The Society is established for the professional support and growth of all its members and all the thousands of nurses registered in Bahrain throughout all specialties and service settings. Joined together, we will advance the nursing and midwifery profession and create a health care environment in which nurses and midwives can grow and thrive. We are proud to present to you the attached graph, it shows the steady increase in the BNS membership over the past 4 years.

Breast-Feeding Workshop

Bahrain Nursing Society through the Midwifery committee organized the breast-feeding workshop for midwives and nurses on Saturday 12th of August 2023 at the Gulf Corporation building. Dr. Jameela Mukhaimer the president of Bahrain Nursing Society opened the workshop with welcome note and emphasized the importance of this specialized workshop to provide training for midwives and nurses to ensure quality care and health education according to the updated breastfeeding policy, research and information.



The workshop consisted of sessions with lectures, discussion, and inter active demonstration on how to promote breastfeeding among mothers and enable the working mothers to sustain breast feeding because of its importance for normal growth and development for both baby and mother. As the world Health Organization breastfeeding theme for this year 2023 is "Empowering working mothers to breastfeed" Dr. Zainab A.Hadi Al-Morser a family physician and Lactation consultant presented the 10 steps of establishing breastfeeding. addressed the challenges working mothers face and how to assist them, methods to maintain breast feeding and organization facilities and resources available to enable breast feeding. Additionally, she emphasized the need for educating the medical team about initiating of breast feeding and mother preparation during pregnancy. Ms. Layla Mahdi a Neonatal Nurse specialize in caring for premature babies, presented the process of establishing breast feeding for premature babies and how to take care of them during breastfeeding period.

The Workshop was attended by 30 nurses and midwives from governmental and non-governmental hospitals, private hospital and primary care.



This workshop coincided with the world breastfeeding week awareness campaign by the Midwifery committee, which included an interview on Bahrain Radio conducted by the presenter Ms. Nayla Al Rowaie and Ms. Mariam Mahdi a Midwife specialized in breast feeding on Wednesday, August 2nd, 2023, she talked about the importance of awareness of breast feeding. And Instagram live initiative conducted on August 10th, 2023, the program presented by midwife Ms. Manal Maatug and Dr. Zainab A. Hadi as the consultant speaker, it was very interactive and extensive discussion on enabling breastfeeding for the working mother and attended by the public and midwives.

The Reader's Perspective

The editorial team would like to extend its appreciation to all the members who shared their views about the BNS Newsletter 6th edition. All the valuable views were analyzed and documented, they will guide the editorial team to improve the content and quality of the coming BNS newsletters.

The main findings of the evaluation are grouped under the following headings:

B) Which topics did you find most interesting?

Most of the respondents stated that all or most of the topics, including the BNS news and events were interesting, it revealed the huge activities done by the BNS, others stated that reading about a pioneer in nursing was very useful. Some respondents found the evidence-based, research, and scientific articles to be important. The main highlight of the newsletter was the news about BNS International Conference, this article was rated high by the readers. Readers found the article on "be your own nurse", and memories from the past to be very interesting.

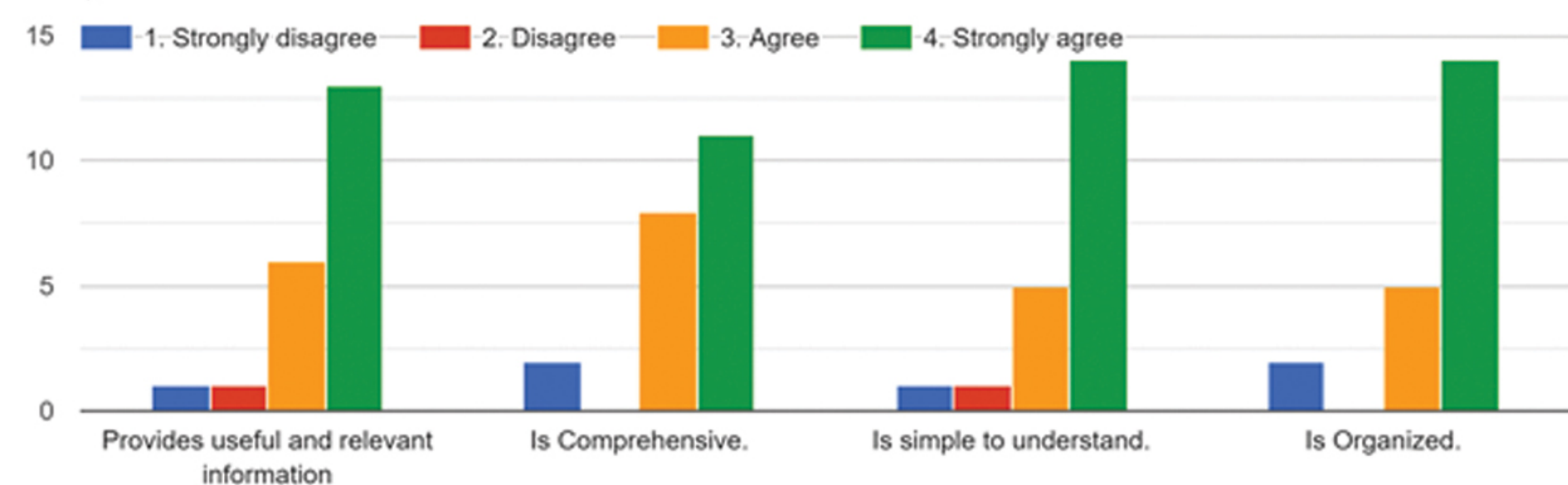
C) Would you recommend this newsletter to someone else?

100% of the respondents answered "Yes" to this question.

D) What did you like best about this newsletter?

The readers liked the organization, comprehensiveness, and flow of topics, and the pictures. They admired the hard work that went into developing the newsletter, the useful information, and sharing the achievement.

a) the newsletter content



E) Any suggestions for improvement of the newsletter:

The readers suggested to include news about challenges faced by nurses and midwives. To consider inviting nurses from different specialties to share their experience or unforgettable stories. To provide information about the board members, and the plans for the BNS. To include nursing research. To include reflections from student nurses. To include news from hospitals both public and private. And to change the photo on the cover page to reflect nursing in Bahrain and publish the newsletter on regular basis.



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Bahrain Nursing Society



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