

# NURSING & MIDWIFERY NEWSLETTER



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Bahrain Nursing and Midwifery Society

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## Our Newsletter No.11

Dear nurses and midwives, welcome back, I hope you had a relaxing and wonderful summer vacation, and for the many who decided to work during summer holidays, I salute them and say God Bless. I am delighted to share with you the 11th edition of the BNMS Newsletter. This edition, like the previous editions, is 100% run by nurses and midwives and has inspired knowledge since its publication. This edition has so much in store for you to enjoy and benefit from.

Our Newsletters provide our nursing community with an opportunity to see into the minds of the writers who are keen to share and disseminate experiences and expertise, each in their own specialty areas. In this edition we decided to focus on nurses' stories and experiences from occupational health, geriatric and other specialty areas. We are truly privileged to have them write in this edition. We are also delighted to have the news and updates from the BNMS.

On behalf of the editorial team, and the authors of all the articles, accept our sincere thanks for the dedication and commitment towards sharing information and lifting the quality of the BNMS NL. As always, we value each one of the valuable articles, and please keep up the flow of your outstanding collaboration with BNMS.



**Batool Al Mohandis** RGN, D. Edu., BSc, MN, FPN&M  
Chief editor & the founding member of BNMS Newsletter

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# Editorial

Nurses and midwives are essential to providing comprehensive general and specialized care in different health care settings. They are the backbone of the nursing profession, working in diverse settings such as hospitals and community health institutions. There are various specialties including; pediatric, critical care, geriatric, mental health, occupational health nursing and midwifery. Each specialty requires unique skills and knowledge, contributing to a well-rounded healthcare system. Their dedication and expertise ensure that patients receive the best care regardless of their conditions.

This issue features articles about Tamkeen initiatives for nursing education, BNMS participation in Pakistan, and articles about nurses' experiences working in private sectors, occupational health. There are articles on new publications/books, The Skeptical Nurse, the Advanced Practice Nurse, nursing doctorate studies, an ethical dilemma, and nursing student's reflection.

This issue serves as a testament to the dedication and expertise of nurses and midwives across different fields, highlighting their crucial role in promoting and maintaining the well-being of individuals and communities. We hope you enjoy reading it and encourage you to share your knowledge, and expertise with the editorial team for publication in upcoming BNMS newsletters.



**Shafeeqa Hasan Yaqoob**  
Head of Media and Public Relations Committee



# Presidents' Welcome Note

Bahrain Nursing and Midwifery Society has organized meetings with main stakeholders as Tamkeen has emphasized the need for scholarships to create a sustainable Nursing and Midwifery workforce and develop the health care services in Bahrain. The current shortages of nurses and midwives have resulted in a gap of workforce that may compromise quality of the health care services, thus it requires an immediate action plan to transform the profession. His Highness the Crown Prince and Prime Minister Prince Salman Bin Hamad Al-Khalifa has recognized the priority of development of sustainable nurses and midwives' workforce and initiated the transformation action plan.

Today Bahrain is witnessing the transformation of Nursing and Midwifery through the exceptional governmental leadership support by offering scholarships for new high school graduates for Nursing and Midwifery and for qualified nurses as a specialty program that urgently required to fill the workforce gap and address the needs for midwives for maternal and women health services. The increasing number of scholarships for Nursing specifically more than 300 scholarships will change the nursing profession future and open doors for new specialties, as well as reflect on the quality of health services for residents and their quality of life in Bahrain. The role of Bahrain Nursing and Midwifery Society members is to offer expertise and available resources for clinical mentoring for our new generation of nurses and aid in their learning process.



**Dr. Jameela Jassim Mukhaimer**  
 Midwife Consultant- PhD., Msc., Bsc.  
 Primary Care Adult Nurse-practitioner  
 President of Bahrain Nursing and Midwifery Society



## The ICN Congress – 2025

One thousand nine hundred and twenty-five nurses from around the world gathered in Finland for the 5th Congress of the International Council of Nurses (ICN). One hundred years later, ICN and the Finnish Nurses Association are delighted to invite you back to Helsinki to attend the **30<sup>th</sup> ICN Congress, 9-13 June 2025**.

In the Land of the Midnight Sun, the ICN Congress theme **“Nursing power to change the world”**, will illuminate the extraordinary influence wielded by nurses, pivotal in shaping the ever-evolving landscape of health care delivery. Emphasizing nurses' profound capacity to positively impact lives across a spectrum of health care settings, the Congress underscores nurses' invaluable role in enhancing equity and accessibility to health care services and shaping health policies at every level of governance. At the heart of this discourse lies the collective commitment to achieving Universal Health Coverage and driving forward the global health policy agenda.

Please join to **celebrate the power of nursing** by sharing your abstract to build relationships and disseminate nursing knowledge and leadership across specialties, cultures and countries.



# Midwifery Alliance of Asia Workshop Meeting

**Supported by AKU-SONAM, Midwives Alliance of Asia (MAA) Holds Inaugural Strategic Directions Meeting in Islamabad**



The Midwives Alliance of Asia (MAA), with the support of the Aga Khan University School of Nursing and Midwifery (AKU-SONAM), hosted its first-ever three-day strategic directions meeting in Islamabad- Serena Hotel during the period from 12<sup>th</sup> to 14<sup>th</sup> of September 2024. Dr. Rafat Jan, Associate Dean of Outreach & Policy at AKU-SONAM and President of the Midwives Alliance of Pakistan (MAP), led the initiative. Dr Salimah Walani, Dean AKU-SONAM was guest of honor for the opening ceremony.

The meeting brought together midwifery leaders from ten member countries: Afghanistan, Bahrain, Bangladesh, Indonesia, Iran, Nepal, Pakistan, the Philippines, Yemen and a United Arab Emirates. Dr. Jameela Mukhaimer President of Bahrain Nursing and Midwifery Society and Dr Fariba al Darazi the Society Advisory Team member Attended the 3 days workshop.

This initiative aimed to advance midwifery across the region by fostering South to South collaboration among midwifery leaders. During the meeting, the alliance began developing a strategic direction outlining the areas for collaboration and cooperation, marking the first step in a unified Midwifery effort to improve sexual, reproductive, maternal, newborn, child and adolescent health (SRMNCAH). The activity was funded by the Bill & Melinda Gates Foundation (BMGF) and the New Venture Fund (NVF). With continued support it is envisioned that the MAA is positioned to drive significant improvements in maternal, neonatal and child healthcare across Asia. The collective efforts during the meeting highlighted the importance of regional cooperation in strengthening maternal and newborn healthcare. The workshop was conducted by Della Sherratt, International Midwifery Advisor and Technical Advisor for the MAA workshop, Dr. Fariba Al Darazi as international expert, Aga Khan University team and Pakistan Midwifery Association members.



# BNMS Celebrating World Breastfeeding Week-2024



World Breastfeeding Week is celebrated annually during the first week of August, with this year's theme being **"Closing the Gap: Breastfeeding Support for all"**. In recognition of this important occasion, the Bahrain Nursing and Midwifery Society, through its Midwifery Committee, organized a series of initiatives aimed at enhancing awareness among the community and healthcare professionals about the significance of breastfeeding in the Kingdom of Bahrain.

A notable event was a workshop entitled **"Breastfeeding,"** conducted in collaboration with Ego Company on August 31, 2024, at the Domain Hotel and Spa. This workshop attracted 30 nurses and midwives from various government and private hospitals, addressing a range of topics designed to support and encourage breastfeeding, from pregnancy through to the post-delivery period. The workshop featured expert speakers from diverse health fields, including Dr. Jameela Mukhaimer, Dr. Muna Al-Jufairi, Dr. Fajer Nasser, Mrs. Mariam Al-Mahdi, Mrs. Layla Mahdi, and Mrs. Nasima Miah. At the conclusion of the workshop, participants presented several recommendations, which the society will evaluate for implementation to foster an environment conducive to breastfeeding.

In addition to the workshop, the society collaborated with Salmaniya Medical Complex and King Hamad University Hospital to conduct visits to mothers in postnatal wards on August 6 and 7, 2024. The objective of these visits was to educate and inform mothers about the various aspects of breastfeeding.



The Bahrain Nursing and Midwifery Society emphasizes the importance of ongoing support for breastfeeding mothers by ensuring the availability and accessibility of healthcare services, policies and well-trained nurses and midwives.



**Mrs. Layla Mahdi**  
 Msc, BSc, Neonatal Nurse Specialist, RN





## BNMS Participation in the 4th NHRA Conference and Exhibition



The Bahrain Nursing and Midwifery Society took part in the 4th NHRA Conference and Exhibitions from October 17<sup>th</sup> to 19<sup>th</sup>, 2024 at the Gulf Convention Center, Gulf Hotel, under the theme "**Bahrain: A Medical Tourism Destination**". BNMS selected 10 of its members to attend the conference. The conference provided a comprehensive agenda, offering an opportunity to share knowledge and ideas and take part in a prestigious educational platform dedicated to advancements in health regulation, policy development, and medical technology.

Dr. Jameela Mukhaimer delivered a lecture entitled "**The Role of the Bahrain Nursing and Midwifery Society as Sustainable Resources for Health Care Services.**" The lecture highlighted the BNMS's objectives to enhance the competencies, knowledge, and capacity building of nurses and midwives through various strategies, including professional development committees.







# Workshop

## Steps Toward Nursing Research

Research and Studies Committee in Bahrain Nursing and Midwifery Society is pleased to announce an exciting new workshop titled **(Steps Toward Nursing Research)**. This workshop is set to take place on Saturday, November 2, 2024. The aim of this workshop is to gain knowledge about the research process, recognize the importance of research to evidence-based nursing practice, to be able to conduct research study in the future, and utilize the research findings in nursing practice. The workshop is tailored for nurses and midwives from public and private hospitals who are interested in exploring the field of nursing research. The expert speakers for this workshop are Dr. Mouza Suwaileh, Mrs. Batool Al Mohandis, Dr. Jameela Mukhaimer, Prof. Hussain Nassif and Mr. Redha Al Hammam. This workshop will be accredited for CME hours from the National Health Regulatory Authority in Bahrain (NHRA).

### Join Us.



Scan code  
for registration

Don't miss this opportunity to advance your research skills and contribute to the future of nursing practice. We look forward to seeing you on November 2<sup>nd</sup> for a day of learning, networking, and professional growth.

For additional details and registration information, please contact the workshop administrator on 33328800

## International and Bahrain Women's Day



International Women's Day (IWD) is a global celebration held annually on March 8<sup>th</sup> to recognize and honor women's social, economic, cultural, and political achievements. In 2025, IWD will focus on the theme "**Accelerate Action**", urging global communities to intensify efforts for gender equality. This theme is particularly significant for nurses and midwives, as the profession plays a crucial role in promoting women's health and empowerment.

By actively addressing workplace equity, leadership opportunities, and healthcare access for women, nursing professionals can contribute to advancing this mission. The Kingdom of Bahrain will join the world in celebrating the IWD under the theme "**Invest in Women: Accelerating Progress**" on December 1<sup>st</sup> to recognize the contributions of Bahraini women in achieving the goals of the royal comprehensive development process. BNMS took steps to plan and organize events to recognize the achievements of female nurses and midwives, celebrate their dedication, and encourage more women to pursue leadership roles within the healthcare sector.

Mrs. Shafeeqa Hasan Yousif



# Nursing Curriculum Theories for a Changing Health System

Curriculums are the road map for nursing programs, and it requires visionary leadership who can transform the learners into a productive free minded citizen.

Choices and decisions about curriculum development are not random, thorough knowledge about educational ideologies will determine to which direction the educational models are heading. Three broad streams of educational philosophies underpin curricular choices: **the conservative, the progressive, and the radical philosophy.** <sup>(1)</sup>

The basic premise for the Conservative philosophers believes that the purpose of education is to transmit worthwhile body of knowledge to conserve. They believe social change is slow, and the emphasis is on content centred curriculum.

The **Progressive** philosophers on the other hand rebelled against the over subjugation of the learners to conservative ideals. In Europe, this model believes that education must focus on the interest of learners rather than on predetermined body of knowledge. John Dewey was referred to as the father of progressive education <sup>(4)</sup>. Two streams of progressive educational theories emerged one is named Existentialism and the other Experimentalism. One of the broad premises for these philosophies is the ability of learners to adjust to and deal with change and this is fundamental to constructive and democratic living. <sup>(1,</sup>

P.6)

Another group of education theorists and philosophers emerged, and these are the believers of the **Radical** view. Scholars including Harold Rugg, George Counts, and Henry Giroux (cited in M. Kharbach 2024) believe that education should prepare learners for deliberative citizenship. Under the radical view, two theories emerged: the re-constructionist and the critical curriculum theory. In summary, the re-constructionist theorist assumes that the basic idea behind social reconstructionism is that education should be used to change the existing structure of society to create a more equal and equitable world for all. It seeks to promote justice and respect for human rights in all aspects of life.

The content of the curriculum in the **Critical** model is chosen based on social worth. This type of curriculum acknowledges the social responsibilities of education, they present geopolitical, socioeconomically relevant problems in which people live in, the learners are developed to become critical and question the world they live in. <sup>(1, P.13)</sup>





Presenting another theoretical foundation for curriculum development based on adult learning principle is Malcolm Knowles' theory, which developed the paradigm of pedagogy (andragogy) as we know it today; scholars described Knowles' work as pivotal in terms of a shift in the educational paradigm. He is considered by many as the "founder" of adult learning doctrine. <sup>(2)</sup>

Among the many of Knowles' principles of adult education are:

1. Self-concept moves from one of being a dependent personality toward one of being a self-directed human being.
2. They accumulate a growing reservoir of experience that becomes an increasing resource for learning.
3. The time perspective changes from one of postponed application of knowledge to immediacy of application.

Focusing on the Knowles' principle a paradigm shift and a transformational process among faculty and students is required. Strategies such as case studies, role playing, simulations, and self-evaluation are most useful. Instructors adopt a role of facilitator or resource rather than lecturer or grader.

In our region, a combination of western education ideologies governs nursing curriculum, and a shift from 'conservative' content- based to a more 'progressive' curriculum is adopted and practiced <sup>(3)</sup>. More recently, in nursing and medical schools a 'Reconstruction' ideology is becoming popular. This ideology assumes that the purpose of education is to reconstruct society through student attainment of problem- solving (PBL) abilities, community understanding, and application to real life situations. But evidence on societal health, wellbeing, prosperity, environment, and reduction of the burden of disease indicate the existence of a gap in preparing health professionals that can be truly instrumental in social change.

The context of reality and the many changing variables that define professional performances are often not fully explored and a contextual vacuum still exists.

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3. Eastern Mediterranean Health Journal, raising the profile of nursing and midwifery in the eastern Mediterranean Region. Vol.21 NO.9, (2015), P.698-701.
4. Social Reconstructionist Education - By Med Kharbach, PhD | Last Update: May 5, 2024

**Mrs. Batool Al Mohandis**

RGN, BSc, D. Edu. MSc, FAAN.





## Nursing Services at Ibn Al Nafees Hospital

As a Nursing Service Manager in Ibn Al Nafees Hospital (INH), it's my pleasure to share my experience in one of the well-known private health sectors in Bahrain. I joined INH on the 9th of June 2019, and I am privileged to be in my position to date. My role as a nursing manager is driven with enthusiasm and optimism to achieve our vision of working in partnerships to meet the health and social care needs of our society. I am fortunate to be able to establish a highly dedicated nursing and midwifery family, it includes nurses of the inpatient units, infection control, quality unit, training section, and nursing staff in the OT and A&E. During my work in INH, I observed the excellent work of our nurses, most importantly caring for patients and clients.

Moreover, the INH community strives to improve the staff outcome and increase patient satisfaction. While we focus on the positive experiences, we learn from adverse incidents and complaints, and any unforeseen situations to continue to build a culture of continuous improvement, where the staff feel cared for and are empowered to make changes.

It is a fact that clients of private hospitals have a different set of expectations, so part of my role is to constantly observe the environment and make sure it demonstrates characteristics favorable to the patient outcome and nurse's professional practice. Incorporation of high technologies can lead to increased complexity; this drives the medical team and nurses to assume new responsibilities without compromising the safety of patient care.

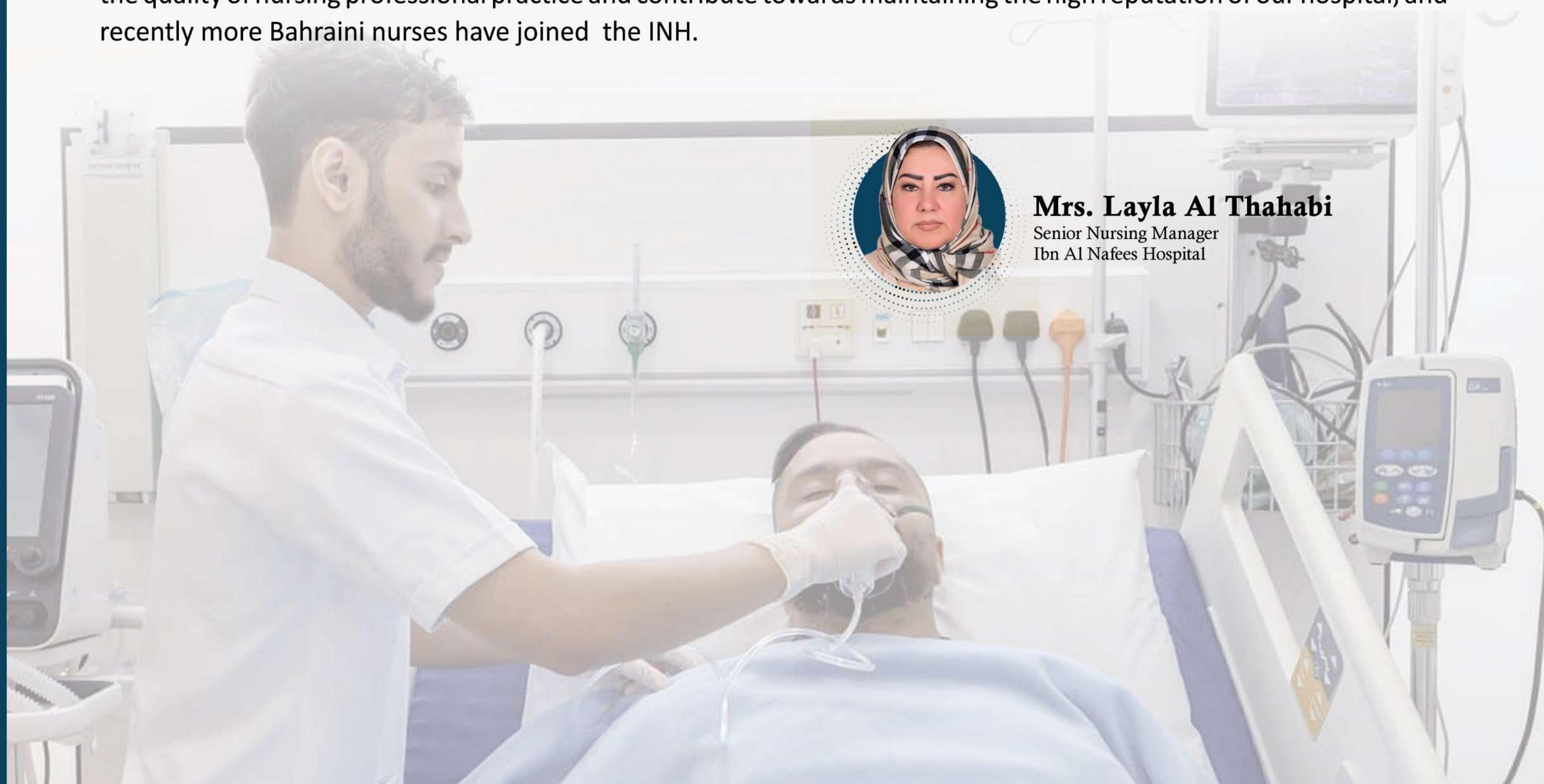
Considering that the nursing team is fundamental for the care of patient and family members, the INH, initiated a force task to examine the characteristics that precluded or facilitated nurses in developing their skills. From then on, INH providing environments that favor the development of nursing activities to reach better results for patients care including lower mortality rate, lower incidence of pressure lesions, greater satisfaction with the care received, and the presence of more sound culture of safety, and higher level of professional satisfaction and lower level of burnout.

In private healthcare like public healthcare services, the nursing team is responsible for around the clock patients' care delivered during their hospitalization. Thus, assessment and knowledge of the characteristics of the environment, such as the quality of the relations with the medical team, and the autonomy and control that nurses have in the resolution of problems that affect patient care, should be a priority of the managers who are concerned about the excellence and high performance.

As a nurse manager in the Ibn Al Nafees Hospital, I am privileged to be given the responsibility and authority to oversee the quality of nursing professional practice and contribute towards maintaining the high reputation of our hospital, and recently more Bahraini nurses have joined the INH.



**Mrs. Layla Al Thahabi**  
 Senior Nursing Manager  
 Ibn Al Nafees Hospital





# Navigating the Critical Role of Nurses in the Oil & Gas Field

Alright! I often find it challenging to explain what I do as an Industrial Nurse. Here is my attempt to make it as concise as possible. In this article I will shed light on an unfamiliar field of practice. Hence, a very critical one.

The Industrial Nurse duties consist of two major areas: emergency response and occupational health. As an emergency responder, I work alongside a fire fighter rescue team. My job in this regard includes ensuring the emergency preparedness policy and attending emergency cases within the company premises. This includes sensitive industrial areas such as process gas plants, compressor stations and gas storage sites.

My occupational health duties define the core of the job. It includes the implementation of the occupational health surveillance program (OHSP) which consists of pre-employment medical check-ups and annual medical check-ups. Sick leave monitoring, health trends monitoring and disease prevalence among the company population. Risk assessments are conducted under the scope of OHSP for case-to-case basis evaluation.

The Industrial Nurse carries out Industrial Hygiene inspections under the supervision of an Industrial Hygienist. The practice of Industrial Hygiene consists of anticipation, recognition, evaluation, and control of health hazards in the work environment aiming to protect the health and well-being of workers.

In my role, I coordinate health promotion campaigns addressing relevant topics such as heat stress prevention, breast cancer awareness, prostate cancer awareness, influenza vaccination campaigns and many others. These initiatives are designed to enhance awareness, encourage early detection, and promote preventive health measures within the workplace.

The occupational health field is constantly evolving, driven by the ever-changing nature of the oil and gas industry. To succeed, professionals in this field must be adaptable, ready to embrace change, and prepared to tackle new challenges as they arise, ensuring a safe and healthy environment that prompts well-being of all employees.



**Mr. Husain Alasfoor**  
BSc, RN  
Industrial Nurse at Bapco Gas





# Read This Publication



## Guidelines on Mental Health Nursing

Stewart, D., Naegle, M., Rolland, E.G., Hughes, F. & Ryan, K. (2024). Guidelines on mental health nursing. Geneva: International Council of Nurses.

**4)** Educational preparation to improve and strengthen mental health nursing including: ethics and law, preparation of various categories of mental health nurses, **5)** Establishing a professional standards including certification and continuing professional development, and **6)** the contribution of mental health nurses to health care services including: holistic patient-centered, cost-effective care, improving access to care, and provide quality care.

Nurses are urged to adhere to the above professional guidelines to enhance mental health practice and contribute to the development of well-established mental health care settings that address the needs of clients and communities worldwide. I recommend that these guidelines are introduced to the nurses either in an academic program or as continuing professional development activities .

This book provides nurses in general and specialty health care settings with professional guidelines to improve and maintain quality and safe delivery of mental health care.

It consists of six chapters that highlight: **1)** the need to invest in mental health nursing including: the burden of the disease, the worldwide gap between physical and mental health, the misconception about mental Health Paradigm, and other issues related workforce, and vulnerable population, **2)** description of the distinctive roles of mental health nursing (registered nurses, mental health nurses, advanced practice mental health nurses, **3)** practice setting and care models including characteristics of mental health nurses ( educational preparation, licensing, certification, title protection, and nature of practice), and scope of practice of various categories of mental health nurses,.



**Dr. Mouza Suwaileh**  
RN, PhD.  
BNMS member.



# Book Review

## Anatomy of Writing for Publication for Nurses by Cynthia Saver

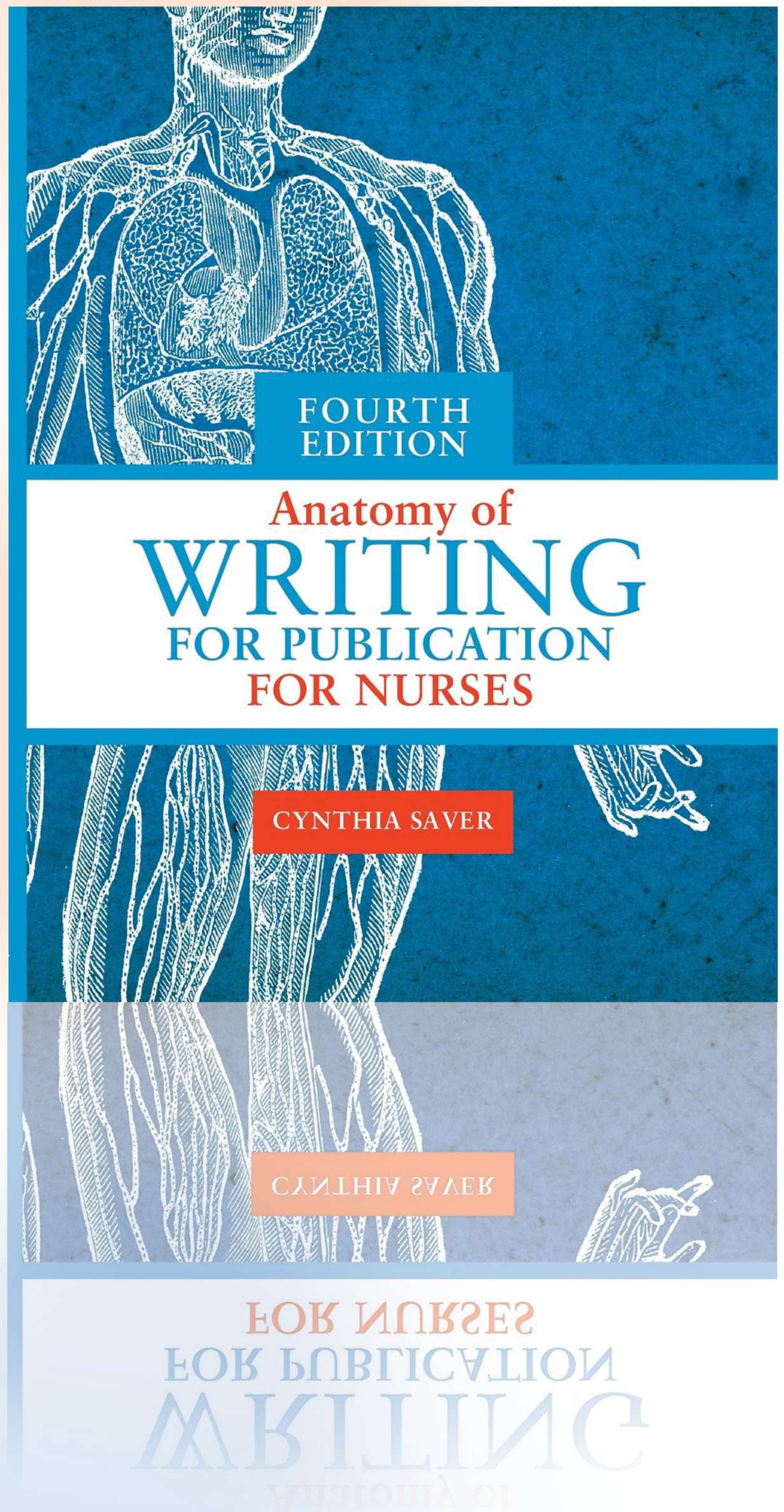
"Anatomy of Writing for Publication for Nurses," edited by Cynthia Saver, is an essential resource for nurses looking to enhance their writing skills and publish their work. This fourth edition provides updated guidance on writing and publishing in the nursing field. The book is divided into three parts: foundational knowledge on writing and publishing, tips for various types of articles, and appendices with practical resources.

The first section offers foundational insights, guiding nurses from idea development to creating publishable articles. Saver and other contributors cover topics like selecting a topic, developing writing skills, choosing the right journal, and navigating peer review. The book underscores that writing is a skill that can be learned, much like any clinical procedure.

The second section delves into writing specific types of scholarly work, including clinical articles, research reports, and book chapters. It provides tailored advice and strategies for developing strong research papers and review articles, making it particularly valuable.

Contributors—experienced authors, editors, and researchers—share practical tips and real-world insights, offering guidance and motivation for novice and experienced writers alike. The book serves as both a how-to guide and a motivational tool, encouraging nurses to share their knowledge and contribute to the healthcare community.

In summary, "Anatomy of Writing for Publication for Nurses" is a practical, well-rounded guide that equips nurses with the confidence and tools needed to publish, making it a valuable addition to any nursing professional's library.



**Mr. Redha Abdulla Al Hammam**

RN, BSc general nursing, PG. Dip. Clinical  
 Research, IBM SPSS analyst  
 Nursing supervisor in the ICU at SMC





# 2024 | Research Publication



## Empirical Studies

### Nurse-led family-based approach in primary health care for patients with type 2 diabetes mellitus: a qualitative study

By Khadija A Matrook <sup>1</sup>, Seamus Cowman <sup>2</sup>, Maria Pertl <sup>3</sup>, David Whitford <sup>4</sup>  
Int J Qual Stud Health Well-being - 2024



#### Dr Khadija Ahmed Matrook

PhD, MPH, PG Dip.HPE, FHEA, BSc, RN, CHES®  
Lecturer, School of Nursing & Midwifery RCSI-MUB

## Interpretative Phenomenological Analysis Exploring Undergraduate Nursing Students' Experience of Interprofessional Simulation-Based Learning in Bahrain

Interprofessional Simulation-Based learning (IP-SBL) has been identified as a practical educational approach that enhances teamwork, collaboration, communication and other clinical competencies among healthcare providers. Research shows IP-SBL has positive outcomes for undergraduate healthcare students, but little attention has been given to the experience of nursing students, particularly in Bahrain, and its impact on their clinical decision-making. The study aims to understand the IP-SBL experience for nursing students in Bahrain and its impact on their clinical decision-making while in practice.

Qualitative design using Interpretive Phenomenological Analysis (IPA) was adopted. Purposive sampling included six pre-registration undergraduate nursing students studying in Bahrain who experienced IP-SBL sessions with the medical students. One-to-one semi-structured interviews were conducted. Qualitative data was collected after the completion of the IP-SBL session involving nursing and medical students.

The IPA analysis confirms the positive outcomes of the IP-SBL in enhancing the nursing students' skills in clinical practice. The nursing students reflected on their learning journey, from being anxious about working with the medical students until reaching a level of empowerment to practise in the clinical placements.

This study indicates that IP-SBL, including nursing and medical students, can provide a realistic learning environment to prepare nurses for the complexities of clinical practice and may positively impact their clinical decision-making. Moreover, the findings suggest that IP-SBL should be integrated into nursing curricula. Early exposure to such experience can build confidence and critical thinking skills to foster professional identity, communication, and leadership abilities to prepare nursing students for future healthcare roles.



#### Mrs. Sumaya Faraj

FHEA, MSN, PG Dip.HPE, BSc, RN  
Lecturer in Nursing- School of Nursing & Midwifery- RCSI-MUB



## Enablers and Barriers for a Successful Transition to Higher Education as Perceived by First-Year Undergraduate Nursing Students

A higher education degree is essential for personal development, enhancing employment prospects, and advancing society within the global knowledge-based economy. The process of transitioning to university involves numerous uncertainties. While some students adapt successfully to university life, others find the adjustment challenging, impacting their well-being, academic achievement, and social relationships.

According to the existing literature, the transition from secondary to higher education among nursing students remains an underexplored area, requiring further investigation to understand students' transitioning experiences and develop strategies to facilitate this process. This study aims to explore and describe the enablers and barriers to a successful transition to higher education as perceived by first-year undergraduate nursing students at a higher education institution in the Kingdom of Bahrain.

An exploratory, descriptive, qualitative longitudinal approach is employed using a purposeful sampling technique. Data was collected from 12 participants during the academic year 2022-2023 by conducting one-to-one semi-structured interviews at two points. Participants were also asked to submit a diary at two points. Data analysis is being carried out using reflective thematic analysis as described by Braun and Clarke (2022). The initial analysis has identified four themes: Initial encounter, expectation, challenges, and adaptation. Identifying the enabling and inhibiting factors will assist in planning and implementing strategies to facilitate a successful transition to higher education.

How first-year undergraduate students perceive their transition experience to higher education greatly influences their well-being and academic achievement. Therefore, higher education institutions must understand first-year undergraduate students' challenges in order to cultivate a conducive transition experience.



**Ms. Maryam Yaqoob**  
Pg. Dip HPE, MSc, BSc, RN  
Lecturer in Nursing – RCSI Bahrain



# The Skeptic Nurse

***Skepticism and inquisitiveness are vital for scientific progress.*** René Descartes, the father of modern philosophy, advocated for doubt as a path to knowledge, while Robert Boyle, a founder of modern chemistry, used critical thinking to debunk alchemical myths, leading to groundbreaking discoveries. These figures show that challenging accepted ideas drives innovation. Inspired by this tradition, we meet Saad—a nurse whose sharp skepticism and curious mind help him uncover the hidden truths of his workplace.



Meet **Saad Jasim**, the nurse with a stethoscope in one hand and a skeptical eyebrow permanently raised on his face. From an early age, Saad had a knack for questioning everything. While other kids were excitedly putting their lost teeth under their pillows for a visit from the tooth fairy, Saad was busy conducting a thorough investigation into the "Jinny" responsible for the missing teeth. At the age of seven, he surprised his puzzled parents with a detailed 10-page report titled, "The Myth of the Jinny: An Economic Analysis of Tooth-for- Coin Transactions." He suggested that instead of coins, the Jinny should consider an investment in gold, citing inflation rates and the fluctuating economy as key concerns.

Saad's inquisitive nature blossomed further in high school, where he excelled in science fairs— not by building model volcanoes, but by debunking them. "Lava viscosity is all wrong," he'd say, shaking his head at the baking soda eruptions. His natural skepticism made him unpopular among believers of urban legends and conspiracy theories. His idea of a good time was running a statistical analysis on Bigfoot sightings or exposing the flaws in UFO "eyewitness" accounts. Let's just say, he wasn't the one everyone gathered around at the family gatherings.

By the time he enrolled in nursing school, Saad had a reputation as the guy who always asked, "Why?" When the teacher taught the basics of wound care, Saad's hand shot up: "Why can't we use honey?"

"I've read about its antibacterial properties." When learning about vital signs, he pressed, "What's the evidence base for measuring temperature in the ear versus orally? Has anyone checked for bias?" His classmates called him "The Google Scholar on Legs," but Saad took it as a compliment.

Saad's journey through nursing school wasn't smooth sailing. His impulse for asking questions—always in pursuit of evidence— meant he was often the last one to leave lectures, much to his teachers' mixed feelings of admiration and irritation. While most students were memorizing textbooks, Saad was combing through clinical studies and critiquing methodologies. His thesis, "The Evidence Against Hospital Ghosts: A Case for Proper AC Maintenance," raised a few eyebrows but earned him top marks for originality and rigor.

Despite his dry wit and inclination for overanalyzing, Saad's skepticism was never cynical. It was curiosity, pure and simple. He loved the scientific method, not just as a process, but as a way of life. It made him an excellent nurse—always questioning, always learning, and always just a little suspicious of anything that couldn't be backed up with hard data. And if there was one thing he believed in, it was that there's always more to the story— especially if it involves floating bedpans.



**Mr. Redha Abdulla Al Hammam**  
 RN, BSc general nursing, PG. Dip. Clinical  
 Research, IBM SPSS analyst  
 Nursing supervisor in the ICU at SMC



## My Journey from a Staff Nurse to Advanced Practice Nurse

As the profession of nursing evolves, nursing is no longer viewed solely as a practical occupation but as a profession that values higher education as a means to build competent practitioners at all levels. In Bahrain, Becoming an Advanced Practice Nurse (APN) is an individual opportunity for learning and self-growth.

My personal journey from Registered Nurse (RN) to APN has been a rewarding experience, my passion for patient care and interdisciplinary collaboration has been the guiding force. A firm commitment to patient well-being, alongside an unwavering drive to achieve excellence, has propelled my career trajectory through various clinical roles and educational pursuits, including a Master of Science in Adult Health, Higher Diploma in Clinical Research, Certification in Infection Control Practice (CICP) and Medical First Aid Instruction (MFAI), and extensive clinical experience across various units, including the Accident and Emergency Department and Intensive Care Unit. This remarkable evolution is the culmination of my unwavering commitment to making a positive impact on the lives of patients and to be a source of inspiration for my peers, as we navigate the ever-changing healthcare landscape together.

The National Health Regulatory Authority (NHRA) in Bahrain set rigorous qualification criteria to become a licensed APN. These requirements include:

- A bachelor's degree in Nursing or Midwifery.
- A Master's or Doctoral Degree in a clinical nursing or midwifery specialty.
- A minimum of 500 clinical practice hours under the supervision of an APN, and
- A program recognized by NHRA and a regulatory body

Remember, the journey to becoming an APN is challenging but incredibly rewarding. With determination, hard work, and a passion for patient care, you can achieve your goals. I encourage you to embrace this opportunity to empower yourself and make a lasting impact on the healthcare community.



**Ms. Fatema Ateya**

MSc, Advanced Practice Nurse, BSc (Nursing),  
 HDip (Res), CICP, MFAI





## Ethical Dilemma

A 38-year-old male patient, Mr. Y, was admitted with severe upper gastrointestinal bleeding, melena, and low hemoglobin levels during the evening shift. The patient was hemodynamically unstable. The assigned nurse called the on-call doctor to review the case during the night shift. The Junior doctor attempted to consult the senior on-call doctor about managing this unstable case but did not receive a response to her calls. She then contacted the consultant twice and was advised to try again to reach the senior.

At the end of the shift, the patient went into cardiac arrest, and despite resuscitation efforts, he was declared deceased. The junior doctor informed the senior and the consultant about the case and documented her notes. However, at the end of the shift, the junior doctor asked for the patient's medical record file to change the note she had written about the call to the consultant, as requested by the consultant. The night shift staff then reported to the supervisor that she changed her notes upon request from the consultant.

The supervisor refused to hand the medical record file to the junior doctor. Later, the consultant came and requested the supervisor to handle the file, allow the junior doctor to change the note, that she replied to the calls, and write some orders in the order sheet.



**Consultant:** We have been working together for a long time, please do me a favor.

**Supervisor:** But the handover I have received supports what is documented in the notes.

How do you think you would respond in a similar situation? Why? What does this tell you about yourself and the adequacy of your values for professional practice?



**Mrs. Shafeeqa Hasan Yousif**  
MSc, BSc, RN



# Students' Reflections

## "From Aspiration to Action: My Nursing Journey"

Since childhood, my aspiration has been to dedicate my career to helping people manage their health conditions and guiding them toward health promotion and disease prevention. As I matured, this dream evolved, and I resolved to pursue nursing as my university major, driven by a desire to emulate the exceptional nurses who have demonstrated an unwavering commitment to their profession and an exceptional capacity for empathy.

As a nursing student, I have gained a profound appreciation for the nursing profession. Caring for others and advocating for their well-being is at the heart of what it means to be a nurse. The daily challenges and responsibilities can be demanding, but also incredibly rewarding. Nurses must possess a unique blend of clinical expertise, compassion, and resilience. Whether administering treatments, educating patients, or coordinating complex care, nurses play a vital role in supporting the health and healing of their communities. Despite the long hours and high-stress environment, I find immense fulfillment in making a tangible difference in people's lives.

As I progress through my nursing education, I am filled with a sense of purpose and an unwavering dedication to upholding the noble traditions of this vital profession. I am honored to be on this journey, and I am eager to apply my knowledge and skills to positively impact the health and well-being of patients and the community. To further this goal, I have actively participated in events organized by the BNMS, and plan to join this distinguished society upon graduation to positively impact nursing practices in Bahrain and the larger healthcare system.



**Mrs. Fatema Ebrahim Hasan Yaqoob**  
 4<sup>th</sup> Year Student Nurse  
 College of Health and Sport Sciences

Thank you

To the Bahrain Nursing and Midwifery Society  
 Greetings,

To those who were greatly instrumental in facilitating and giving me the opportunity to study at RCSI University. I extend my sincere thanks and gratitude to Dr. Jameela Mukhaimar and Mrs. Batool Al Muhandis for supporting me in pursuing my dream of studying nursing and for their efforts and hard work throughout the past year. And in the Almighty's saying, "لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ"

May God grant you success and happiness in both worlds, and I will never forget what you did for me as long as I live.

**Ms. Sundos Al Derazi**



# A Glimpse from the Past







جَمْعِيَّةُ التَّمْرِیْضِ وَالْقِبَالَةِ الْبَحْرِيَّةِ  
Bahrain Nursing and Midwifery Society

# Breast Cancer Awareness

Early Detection Saves lives  
Do your Self examination today

المتابعة وعي  
بادري بالفحص المبكر  
لسرطان الثدي

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# The Editorial Team

**Shafeeqa Hasan**  
RN, M.Sc. in nursing

**Maha Almaarej**  
BSc, Pg. dip. in clinical research

**Fatema Ateya**  
MSc, Advanced Practice Nurse, BSc  
(Nursing), HDip (Res), CICP, MFAI

**Sharifa Hasan**  
The Newsletter Designer, BSc

**Batool Al Mohandis**  
Chief editor & the founding  
member of BNMS Newsletter  
RGN, D. Edu., BSc, MN, FFN&M

## A New Editorial Member!

On behalf of BNMS NL Editorial Team, we would like to announce that **Dr. Mouza Suwaileh** joined the position of Editorial Team Member in August 2024.

We aim to be the leading forum for expert review and research articles in the future, it is therefore essential to have members with an outstanding reputation and contributions in the field of research and writing, Dr. Suwaileh will undoubtedly be an added asset. We welcome Dr. Suwaileh and wish her a memorable experience.



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**Shafeeqa Hasan**  
Head of Media and Public Relations

Email: [shafeeqayaqoob@gmail.com](mailto:shafeeqayaqoob@gmail.com)



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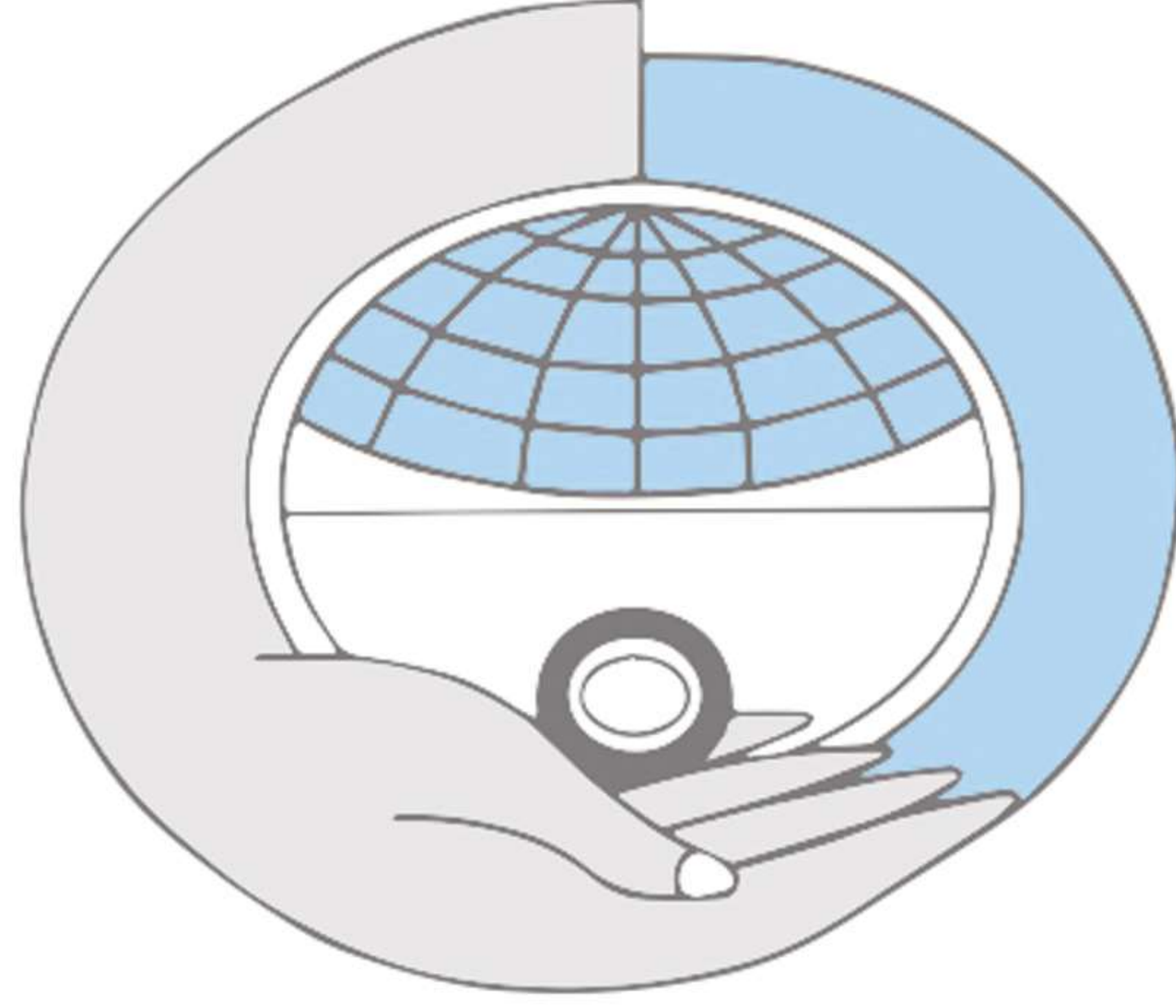


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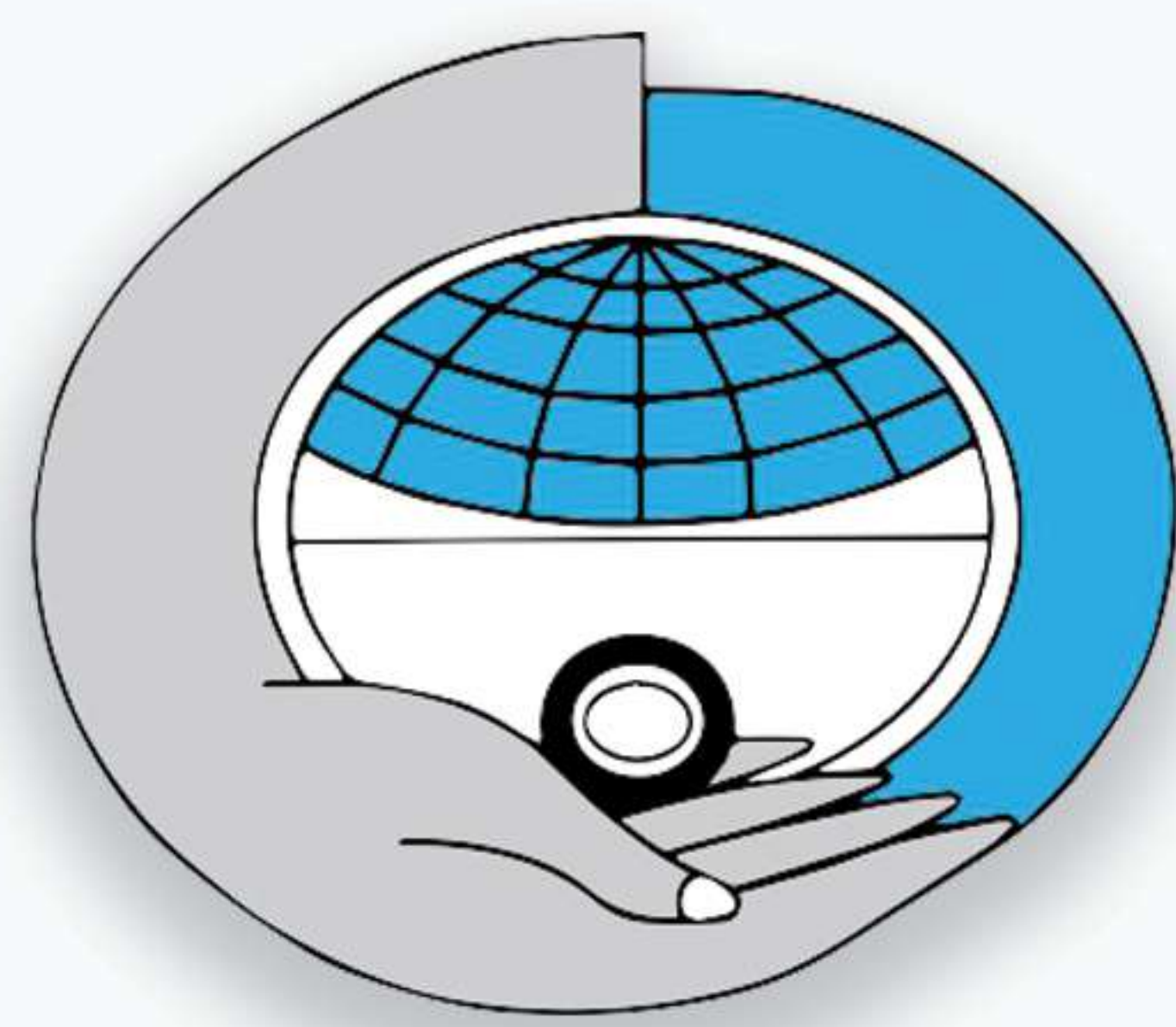




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