

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Inside

- QUOTE FOR THE MONTH
- NEW VENTURES AND PARTNERSHIPS
- CCG FIRST CME-MILESTONE EVENT
- DISEASE CONDITION
- QUALITY INITIATIVE FOR THE MONTH
- NEW MEMBERS OF CITY CLINIC FAMILY
- DOWN THE MEMORY LANE
- COMMUNITY LIFE BEYOND CLINIC BOUNDARIES
- MY EARTH... MY RESPONSIBILITY..
- PACKAGES
- BIRTHDAYS & EMPLOYEE OF THE MONTH
- NEW INITIATIVES

PATIENT SAFETY WEEK WAS CELEBRATED ACROSS ALL CITY CLINIC 23-28 SEPTEMBER 2023



Patient Safety Week was celebrated across all City Clinics, The Patient Safety Pledge being done by Mirqab Team

NEW VENTURES AND PARTNERSHIPS



City Clinic Group Kuwait is proud to announce their Clinical collaboration with Christian Medical College (CMC) Vellore.

This collaboration with CMC Vellore will help International Referral of patients from Kuwait requiring advanced medical treatment through the City Clinic Group Kuwait who will organize the logistics and appointments for the patient before travel to India in consultation with the medical experts at CMC Vellore.

CASE STUDY

5-year-old male child with normal milestones, immunized for age, presented with swelling & pain on left thigh with difficulty in walking since last 2 days after receiving intramuscular vaccine on left thigh.



Past history of Similar episode occurred 1 year back after receiving intramuscular vaccine on same thigh and was diagnosed as septic arthritis left hip and was treated with oral antibiotics and supportive.

On examination child had antalgic gait with flexion deformity of left hip with exaggerated lumbar lordosis. Diffuse swelling present on lateral aspect of left thigh with tenderness.

Lab reports showed raised WBC count, C-RP, and ESR. Radiograph of left hip and thigh shows swelling in intermuscular plane. The patient at our clinic is treated with I/V antibiotics for 5 days (twice daily),

along with Rest, ice packs and supportive.

There was significant improvement after 48 hrs. of treatment which was not seen in the previous episode treated with oral antibiotics.

After completion of treatment child improved satisfactorily which was reflected in Lab reports and clinical assessment.

Dr. RITESH JAISWAL
ORTHOPAEDICS
CITY CLINIC KHAITAH



Dr. ANIL KUMAR
PAEDIATRICS
CITY CLINIC KHAITAH



QUALITY INITIATIVE FOR THE MONTH

MANAGEMENT OF NEEDLE-STICK INJURY



1. CLEAN IT

DO encourage bleeding by applying pressure
wash with soap and water

DO NOT panic
scrub the affected area
suck the area to remove the blood



2. REPORT IT

Report to Clinic IPC nurse & Centre IPC Physician
Clinic IPC nurse will document the incident.
Consult GP available in the clinic.



3. TREAT IT

- If the source known IPC nurse will contact the patient and counsel the patient about the incident and get consent to undergo HIV/Hepatitis screening.
- Clinic GP to give referral, detailing the incident to the MOH Preventive Medicine department.
- Prophylaxis and follow up as per MOH Preventive medicine department guidelines or instructions.
- Remember to complete the above steps within 48 hours from the time of incident.

Easy steps for International Referral

1-Dedicated hot line-preregister-
+965 50003396

2-Visit our branches in
Fahaheel, Mahboula, Mirqab and Khaitah

3-Consult our General Physician
- Get your appointments booked with top
Medical consultants in premier institutes in
India

4-Post treatment, hassle free followup in
City Clinic

5-For more details 1880020

One stop solution for all
your health care needs

Introduction:

Diabetes is a chronic health condition where the metabolism of sugar (Carbohydrate) is affected. The body regulates normal level of sugar through various mechanisms. The normal levels of blood glucose are 70 - 100 mg /dL (3.9-5.6 mmol/L). When the sugar levels exceeds it, will exert various side effects on body metabolism & organs

TYPES OF DIABETES:

Type I, Type II ,Gestational and Prediabetic

Following are the symptoms commonly seen and please note that every person need not have all the symptoms and they can present with one or many of the things listed below

EXTREME HUNGER

OBESITY

FREQUENT URINATION

INCREASED THIRST

LOSS OF WEIGHT

BLURRED VISION

GIDDINESS

RECURRENT URINE INFECTIONS

AS TROUBLE /DIARRHOEA

EXHAUSTION | TIREDNESS

SLOW WOUND HEALING

TINGLING/ NUMBNESS IN HANDS / FEET

REPEATED INFECTIONS OF GENETALIA /SKIN



Dr.VENKATESWARLU
SEETA
MBBS MS
INTERNAL MEDICINE
CITY CLINIC FAHAHEEL



COMMUNITY LIFE BEYOND CLINIC BOUNDARIES

India New York Fashion Week Mydream
NYFW - Meeta Collection, Parin By Vaishnavi,
Priyal Doshi Couture, Lov Forever Fashion

NEW YORK, NEW YORK - SEPTEMBER 10: A model walks the runway wearing Priyal Doshi Couture during India New York Fashion Week Mydream NYFW at The Edison Ballroom on September 10, 2023 in New York City. (Photo by Eugene Gologursky/Getty Images for Mydream Global Foundation)

Dr. Shashikala Savla
DENTIST
CITY CLINIC MIRQAB



City Clinic group congratulates Dr Beji Jaison, Paediatrician at Fahaheel branch for writing the lyrics for the Malayalam movie La Tomatina. La Tomatina is a Malayalam movie directed by Sajeevan Anthikkad. The song is sung by Catherine and Arjun V Akshaya has composed music for the movie. The movie stars Joy Mathew, Kottayam Nazeer, and Sreejith Ravi are in the lead roles. The movie is released in Kerala on 22nd September. You can go to this link to hear the song

<https://youtu.be/NdNC8ZlI59g?feature=shared>

Dr Beji Jaison
MBBS, MD PAEDIATRICS
CITY CLINIC FAHAHEEL



City Clinic Group is proud of Dr. Beji Jaison and Dr. Shashikala Savla who have gone beyond their professional realm and made a mark in the social world! Congratulation!!

ABOVE AND BEYOND THE CALL OF DUTY



Dr. Kiran Kumar Gujjar



Mr. Arun Nazer

A PATIENT AGED 50YEARS, VISITED CITY CLINIC INTERNATIONAL ON 17TH SEPTEMBER AT 9PM. DURING TRIAGE THE NURSING TEAM FOUND THE SATURATION TO BE LOW. DR. KIRAN WAS IMMEDIATELY ALERTED. DR KIRAN GOT AN ECG DONE & DISCOVERED A MAJOR CARDIAC PROBLEM. MINISTRY OF HEALTH WAS INFORMED & AMBULANCE REACHED IN 30 MINUTES. CITY CLINIC DOCTOR DR KIRAN AND NURSING STAFF NURSE SANGEETH ACCOMPANIED THE PATIENT TO THE MOH HOSPITAL THEIR TIMELY ACTION AND PROMPT RESPONSE SAVED THE PATIENT.



Dr. Abbas Hamed Gebriel



Mr. Jesus Sangeeth

The 1st International Conference
on Adolescent Health
Organised by City Clinic Group Kuwait.
in association with
**Kuwait Medical Association &
Kuwait Pediatric Association**



A CARING MISSION



**SENSE & ESSENCE
OF ADOLESCENCE**



**MEDICAL
CME**

**STUDENTS
WORKSHOP
IN ARABIC**

**STUDENTS
WORKSHOP
IN ENGLISH**



**25th
October
Wednesday**

**RADISSON BLU
HOTEL, KUWAIT**



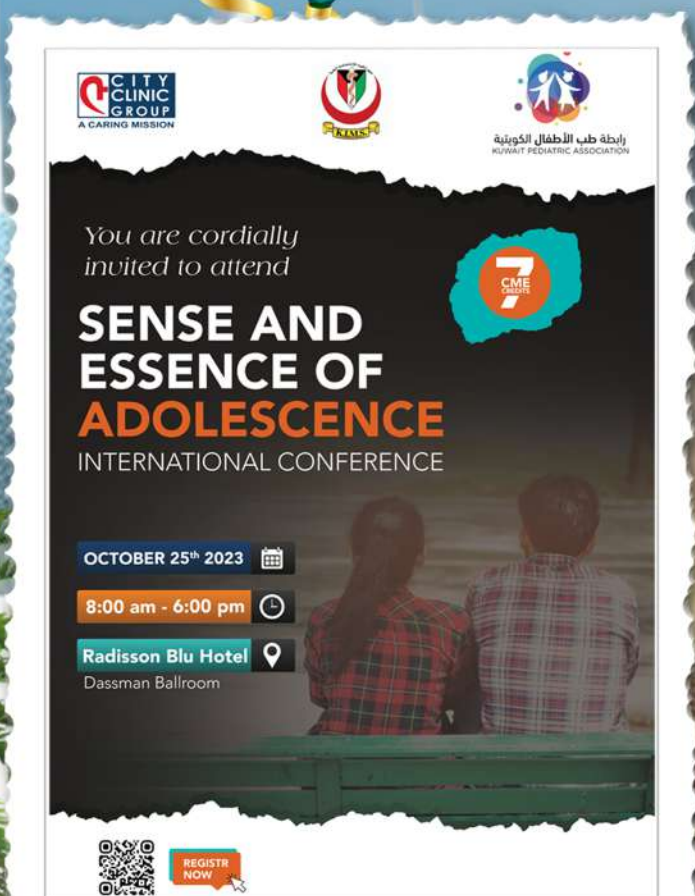
**26th
October
Thursday**

**HOTEL
CROWNE PLAZA
FARWANIYA**



**27th
October
Friday**

**CARMEL SCHOOL
SOUTH KHAITAN**



REGISTRATION NOW OPEN

+965 188 00 20
cityclinic.workshop23@gmail.com
+965 188 00 20
cityclinic.cme2023@gmail.com

This conference is aimed at creating awareness on Adolescent Health, helping parents and teachers deal with adolescent issues in a non-judgmental manner and for Adolescents to understand their freedom with boundaries so that together we can build a better tomorrow for these budding young adults.
The conference will definitely benefit Parents, Teachers and Counsellors in understanding the Adolescent better.

MY EARTH MY RESPONSIBILITY

The City Clinic
team from
all branches
participated in
the cleaning of the
public parking
outside City Clinic
Fahaheel



Dr.Rehana's Daughter
Ziya Zakir Hussain
has sketched an
illustration promoting
the concept of preserving
our planet.

Dr Rehana Alaudeen
General psysician
CITY CLINIC KHAITAN



Birthdays



Jonathan



Suraj



Hajara



Aruna



Libitha



Pushpakala



Owais



Bibin



best employee
of the month

**MR.SATHEES
H HARIHARAN**

STAF NURSE NURSE
CITY CLINIC IN'L

WELCOME TO
CITY CLINIC
FAMILY



Ms.Mehak
Radiographer

CITY CLINIC FAHAHEEL

For appointments/ Enquiry



50003396

Member of



1880020



MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN