

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

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### 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 KHAITAN



**Dr. ANIL KUMAR**  
PAEDIATRICS  
CITY CLINIC KHAITAN



### 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 Khaitan

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](tel: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/NdNC8Zll59g?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 Gebrib



Mr. Jesus Sangeeth

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



**SENSE & ESSENCE  
OF ADOLESCENCE**



**MEDICAL  
CME**

**STUDENTS  
WORKSHOP  
IN ARABIC**

**STUDENTS  
WORKSHOP  
IN ENGLISH**



**25<sup>th</sup>  
October  
Wednesday**

**RADISSON BLU  
HOTEL, KUWAIT**



**26<sup>th</sup>  
October  
Thursday**

**HOTEL  
CROWNE PLAZA  
FARWANIYA**



**27<sup>th</sup>  
October  
Friday**

**CARMEL SCHOOL  
SOUTH KHAITAN**

**CITY CLINIC GROUP**  
A CARING MISSION

**رابطة طب الأطفال الكويتية**  
KUWAIT PEDIATRIC ASSOCIATION

You are cordially invited to attend

**SENSE AND ESSENCE OF ADOLESCENCE**  
INTERNATIONAL CONFERENCE

**OCTOBER 25<sup>th</sup> 2023**

**8:00 am - 6:00 pm**

**Radisson Blu Hotel**  
Dassman Ballroom

**REGISTER NOW**

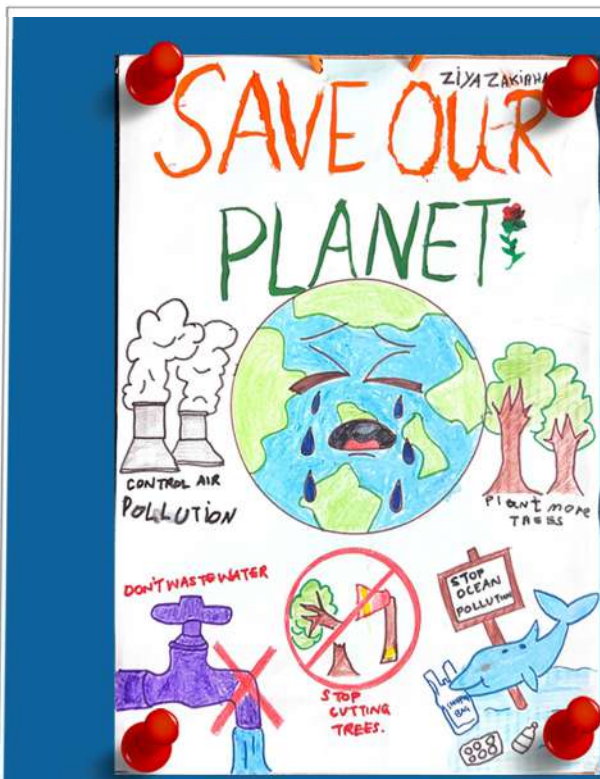
**REGISTRATION NOW OPEN**

+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 physician  
CITY CLINIC KHAITAN



## Birthdays



Jonathan



Suraj



Hajara



Aruna



Libitha



Pushpakala



Owais



Bibin



best employee of the month

**MR. SATHEES H HARIHARAN**

STAF NURSE  
CITY CLINIC INT'L

WELCOME TO  
CITY CLINIC  
FAMILY



Ms. Mehak  
Radiographer

CITY CLINIC FAHAHEEL

For appointments/ Enquiry



MIRQAB

FAHAHEEL

MAHBOULA

KHAITAN