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NURSING NEWSLETTER



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CNO MESSAGE

Khadra Omar, MSN, RN - Chief Nursing Officer



Every day in our hospital, quiet acts of greatness unfold, not with fanfare or applause, but with heart, instinct, and compassion. And it's in those moments that I'm reminded why nursing is more than a profession it's a calling.

Not long ago, I walked past one of our patient rooms and overheard a quiet conversation. A nurse was sitting beside an older woman, gently holding her hand. The patient looked anxious, her voice barely audible. The nurse leaned in and said, "It's okay, I'm here. I'll make sure they understand what you need."

That moment, simple yet powerful, reminded me of what advocacy truly looks like. It's not always loud sometimes it's a whisper, a presence, a promise. That nurse was doing more than her duty; she was protecting her patient's voice, her dignity, and her trust. And I see that from all of you, every single day.

Another day, a nurse paused at a small but odd detail in a medication chart. She didn't dismiss it or assume someone else had it covered, she followed her gut, double-checked the order, and flagged it. It turned out to be a potential error that, left unnoticed, could have had serious consequences.

That's attention to detail. That's clinical excellence. It's not always dramatic, but it is life-saving. You protect lives not only through action, but through vigilance and that vigilance matters more than most people will ever know.

And then there was a moment I'll never forget. A young patient with special needs had to undergo a painful cannulation. The patient was distressed, fearful, and on the verge of panic. But then, one of our very new nurses knelt beside him and began softly singing a random song. The chaos in the room softened. The child focused on the music. And somehow, amidst the pain and the wires and the fear, he smiled, he laughed. The cannulation was done without trauma, without tears.

That is communication at its most human. It's knowing when words won't work and finding another way to reach someone through presence, empathy, and creativity. That nurse didn't just sing a song, she turned a moment of pain into one of connection. That's what makes the difference.

These are the stories I carry with me. Not the ones in reports or charts, but the ones that live in the halls, in the quiet victories, in your everyday courage.

To each of you, thank you for advocating fiercely, noticing deeply, and communicating with the kind of heart that transforms care into healing.

MAGNET CHAMPIONS TURN LEARNING INTO FUN WITH A HOSPITAL-WIDE KAHOOT! CHALLENGE

Najla Abdulsattar Bukhari - Nurse Educator, Professional & Practice Development



As part of the ongoing journey as a Magnet-recognized hospital, we're excited to highlight a recent initiative that brought energy, education, and engagement together in a truly memorable way.

On April 28, 2025, during the quarterly Magnet Champion Meeting, the team launched a creative and interactive hospital-wide Kahoot! quiz challenge designed to boost awareness and understanding of core Magnet principles. The quiz featured fun, thought-provoking questions centered around key elements of the Magnet model – from transformational leadership and shared governance to structural empowerment, innovation, and exemplary patient care outcomes.

The fun didn't stop in the meeting room.

Each Magnet Champion brought the quiz back to their respective units, where nurses eagerly joined in. The atmosphere came alive with laughter, friendly competition, and team spirit as staff battled it out for top scores. It was more than a game – it was an engaging way to reinforce vital concepts and promote a culture of excellence. To sweeten the experience, small giveaways were awarded to winning teams on each unit. These thoughtful prizes not only brought big smiles but also encouraged even greater participation.

This lighthearted yet impactful initiative demonstrated how professional development can be both meaningful and enjoyable. By combining learning with play, we made Magnet content accessible, memorable, and fun – all while reinforcing our shared commitment to nursing excellence.



A heartfelt thank you to all the Magnet Champions for the creativity, passion, and dedication. You continue to inspire and elevate nursing teams – one quiz at a time!

NURSES WEEK 2025 AT DSFH-J: THE POWER BEHIND THE CARE

Asmaa Saba Khan - Nurse Educator, Professional & Practice Development



The Nurses Week Celebration at Dr. Soliman Fakeeh Hospital – Jeddah, held from May 11 to 13, 2025, was a vibrant and heartfelt three-day event honoring the compassion, resilience, and unwavering dedication of our nursing staff. Guided by the theme **“Our Nurses, Our Future: Caring for Fakeeh Nurses,”** the celebration brought together nurses from across departments to recognize excellence, foster unity, and take a well-earned pause to recharge.

Day 1: Celebration, Connection, and Inspiration

The celebration began with an energizing kickoff at the “Play to Win: Nurses Week Game Lounge.” Friendly competition, laughter, and camaraderie filled the space, setting the tone for the days ahead.

Motivational sessions followed, beginning with an inspiring keynote by CNO Ms. Khadra Omar titled **“You Are Seen, You Are Valued.”** This was complemented by **“The Heart Behind the Scrubs,”** a touching session delivered by RN Residency graduate Ms. Ibtesam Al Faqih, an OPD clinical nurse, which reminded nurses of the deep purpose behind their calling.

A spirited Nursing Quiz engaged teams from each service line in a contest of clinical knowledge, with top-performing teams celebrated for their intellect and teamwork.

The day ended on a high note with a lively talent show, showcasing the diverse gifts of our nurses—music, dance, poetry, and comedy lit up the stage. Raffle draws and interactive games added more joy, turning the day into a spirited celebration of talent and community.

Day 2: Recognition and Leadership

The second day focused on recognition and leadership. DSFH-J CEO Dr. Sohail Bajammal delivered a powerful leadership talk, followed by an awards ceremony that honored exceptional contributions across multiple domains of nursing.

NURSES WEEK KEY AWARDS 2025



**Florence Nightingale Award for
Nursing Excellence**
Cristine Emeterio, BSN, RN



Best Intern Award
Hadeel Ahmed Al Maramhi, BSN, RN



Best Charge Nurse
Mechelyn Cahilig, BSN, RN
Beena Joy, BSN, RN
Rushell Alvarado, BSN, RN
Michelle Ilustrado, BSN, RN
Jennelyn Clavecilla, BSDN, RN



Outstanding Team Award
ER-MCH
Oncology
4TH FLOOR BUILDING 2
OBGYNECOLOGY
CSSD
OPD B1- Family Medicine

Above and Beyond Partner Award
Emdad Hossain
Hashim Mohammed Nasser Alsharif
Sultana Ali Khobrani
Marlyn Maomay
Reema Mohammad Saleh Rami

Evidence Based Practice Implementation

Darsalam Omar

Digital Transformation: Robotic Process
Automtion (RPA) Vaccination Registration in
Outpatient Department
OPD

Walid Morsad Tuansi

Uncovering the site of Dialysis Access to Reduce
Venous Needle Dislodgement in RDU
OPD

Jenie Bayarong Lavado

SBS and WAT 1 Scoring
PICU

Asha Margret Mabel Shalem

The Effectiveness of Obstetric Fall Risk Assessment
System Tool (OFRAS) in Reducing Fall Incidents in the
OB-Gyne Unit
MCH

The day concluded with the RN Residency Graduation, celebrating the newest cohort of nurses stepping into their professional journey. Later, a relaxing movie night at the Ibn Sina Auditorium offered a perfect wind-down, complete with snacks and refreshing drinks.

Day 3: Outreach and Community Connection

The final day turned outward, emphasizing community impact. After another joyful morning in the Game Lounge, nurses participated in the “I Care” Outreach Program, visiting a local orphanage. Through games, storytelling, and health education, they brought smiles and care beyond the hospital walls.

Throughout the celebration, a massage chair station rotated across departments, giving nurses moments of rest and relaxation during their shifts—symbolizing care for the caregivers.

Summary

The 2025 Nursing Week Celebration at DSFH-J was a three-day tribute to the heart and soul of healthcare: nurses. With the theme “Our Nurses, Our Future: Caring for Fakeeh Nurses,” the event combined celebration, recognition, leadership, and community outreach. Highlights included inspiring talks, a talent show, educational games, and a prestigious awards ceremony recognizing excellence across all facets of nursing. The event concluded with a heartfelt outreach visit to an orphanage and thoughtful relaxation initiatives. Altogether, the celebration not only honored nurses' past and present contributions but also ignited inspiration for the future.



NURSING: A CALLING OF COMPASSION AND CONNECTION

Rawan Alamri - Nurse Educator, Professional & Practice Development

Nursing is more than just a profession—it is a calling rooted in empathy, compassion, and an unwavering desire to serve. Every nurse is driven not only by the responsibility to care for the sick but also by a deeper mission to uplift communities, whether within hospital walls or far beyond. Our role extends well beyond clinical care. We offer presence, comfort, active listening, and emotional support. In countless quiet ways—often unnoticed but never forgotten—we make people feel seen, valued, and genuinely cared for.

As part of this year's Nurses Week celebration, we embraced the spirit of service by visiting Albir Society—a charitable organization dedicated to the care of orphans—on May 13, 2025, aiming to share our caring mindset with those who often feel overlooked. What began as a simple outreach initiative quickly blossomed into a profoundly moving experience that touched not only the children we met but also each of us who participated.

We have always known that true healing goes beyond the physical—it touches the heart and soul. With this in mind, we approached the visit with one goal: to bring joy, comfort, and a sense of belonging to children who are often unheard. As we arrived, we were met with curious eyes and smiles—a mix of anxiety and anticipation hung in the air. But over the next few hours, something beautiful unfolded.

With the girls, we created a calm, nurturing environment. Through gentle facials, hair combing, and soothing hand massages, we offered not just pampering, but intentional acts of care. With every tender touch, we hoped to convey a message: **You matter**. You are special. You deserve love and kindness. As the girls relaxed, their eyes sparkled with newfound confidence, and those hesitant smiles bloomed into laughter and light. They were also given dietary education by the Dietician who joined us in this initiative.

The boys, brimming with energy and imagination, connected with us through games, jokes, and creative drawing sessions. Their creations spoke volumes about their dreams and inner worlds. We listened deeply—not just to their words, but to their excitement, their silences, and the stories their drawings told.

By the end of the day, all signs of nervousness had faded. The space buzzed with laughter, warmth, and connection. What we had intended as an act of giving became a powerful exchange—a mutual sharing of joy, humanity, and hope.



Drawing Session Outcomes



Drawing Session Outcomes

This experience reminded us of what it truly means to be a nurse. Beyond procedures and protocols, our greatest responsibility is to care—to truly see people, hear them, and affirm their worth. Whether in a hospital, a home, or an orphanage, this is the heart of nursing.

This experience was more than an act of community service. It was a living reflection of the true essence of nursing. We weren't there to administer medicine or dress wounds; we were there to heal through presence, through empathy, through love. The children may one day forget our faces or our names—but they will remember the warmth, the laughter, and the feeling of being cared for. And we will carry with us the memory of their smiles, their questions, and the quiet hope that lingered in their eyes.

Looking ahead, we are committed to building on the power of this moment. We aim to strengthen interdisciplinary collaboration and weave community outreach into the very fabric of our nursing culture.

One visit, one story, one shared smile at a time—we continue to elevate our profession, not only through clinical skill, but through the humanity we bring to every space we serve. With hearts open and hands extended, we create lasting impact—and in doing so, we grow not only as nurses but as people.

As we reflect on Nurses Week, let this visit serve as a powerful reminder of our purpose. In bringing compassion and dignity to others, we not only heal their wounds—we nurture their spirits. And in doing so, we often find our own hearts uplifted in return.





One visit, one story, one shared smile at a time—we continue to elevate our profession, not only through clinical skill, but through the humanity we bring to everyone we serve. With hearts open and hands extended, we create lasting impact—and in doing so, we grow not only as nurses but as people.

On May 13, 2025, the team visited Albir Society, a charitable organization dedicated to serving the community through various initiatives, including orphan sponsorship.

(Right-Left)

1st row: Habiba Musa-Pharmacist, Lulwa Tabash-Pharmacist, Dawlat Alsolame - Clinical Nursing Director & Activity Team Leader for Girls Section, Darsalam Omar - OPD Nurse Manager, Khadra Omar - Chief Nursing Officer, Hafsat Abiola - ER MCH Staff Nurse, Sandra Bonayon-Clinical Nursing Director & Facilitator of this event, Shybi Joseph - Magnet & Professional Development Director, Alhanouf Marzoug - OMH Staff Nurse

2nd row: Shimaa Bashmail - Dietician; Rawan Alamri - Nurse Educator, Abdalla Darwish - ORB2 Staff Nurse, Mohammed Bushra - ORB1 Staff Nurse, Mostafa Mahmoud - CCU Staff Nurse, Ahmed Abdelkader - Cathlab Staff Nurse, Mohamed Yassin - RDU Staff Nurse, Mohammed Gamal - 2F East Staff Nurse, Rafael Lumba - Nursing Administration General Aide, & Bassam Abu Alfaraj - Clinical Nursing Director & Activity Team Leader for Boys Section

Nursing Management extends its sincere gratitude to the following for their valuable contributions to the success of the community service:

- **Ph. Sara Almofareh**, Director of Pharmaceutical Services, for generously providing a selection of commonly used medications that were donated to the organization.
- **Mr. Nawaf Aldebani**, Senior Manager of Support Services, for arranging and providing transportation to and from the event location.
- **Mr. Soliman Fakeeh and the Marketing Team**, for their support in identifying and connecting with Albir Society, as well as for supplying the marketing materials essential to this initiative.
- And most of all, **Azzam Abu Alfaraj**, the young boy who joined the visit and brought joy and warmth to the children in the boys' section. Though still small, Azzam's involvement is a heartwarming example of early engagement in community service.



SERVING WITH PURPOSE: THE HAJJ PROJECT AT NAMERA HOSPITAL

Dawlat Alsolame - Clinical Nursing Director, Medical Surgical Services



Our journey at Namera Hospital didn't begin with patients—it began with passion. From nurses and doctors to medical records staff and cleaners, every member of our team united with one shared intention: to serve the guests of Allah with love, compassion, and excellence.

Preparation for Hajj began weeks in advance. Every department—emergency, critical care, outpatient, and support services—worked around the clock to ensure the hospital was ready. Equipment was tested, medications stocked, emergency drills conducted. But more importantly, hearts were aligned and spirits lifted. We all knew this was more than just a medical mission—it was a sacred duty.

A Collective Commitment

Participating in the Hajj Project at Namera Hospital was both a profound responsibility and a powerful testament to teamwork, meticulous planning, and an unwavering dedication to patient care during one of the world's largest annual religious gatherings. Namera Hospital, with a total capacity of 112 beds, was fully equipped to serve pilgrims with efficiency and compassion throughout the Hajj season. Our infrastructure was designed to manage the high volume and diversity of medical needs with precision and care.

Hospital Capacity & Services Emergency Room (ER)

- 7 beds
- 1 Isolation Room
- 2 Resuscitation Bays
- 4 Treatment Rooms

Heat Stroke Unit

- A critical unit with 15 beds, fully staffed and operational to provide rapid cooling and resuscitative care in response to extreme temperatures.





Inpatient Ward

Designed for both short-term and extended admissions across a variety of conditions, with 72 beds.

Critical Care Services

- General ICU: 12 beds
- Cardiac Care Unit (CCU): 3 beds
- Isolation Beds: 3 beds for infectious or high-risk patients

Outpatient Department (OPD)

- 8 General Medicine Clinics
- 1 Dermatology Clinic
- 1 Obstetrics & Gynecology Clinic
- 1 Pediatrics Clinic

The Heart of Care: Our Nursing Team

A cornerstone of our success was our team of 104 dedicated nurses from diverse nationalities. Despite language and cultural differences, they worked in harmony, demonstrating extraordinary professionalism, unity, and resilience.

Deployed strategically across departments based on expertise and demand, our nurses ensured 24/7 coverage in every unit—from ICU and ER to the Heat Stroke and OPD areas. Their work went beyond clinical care; it was humanitarian, recognizing each patient not just as a medical case, but as a pilgrim and a guest of the Kingdom.





A Milestone of Excellence

Namera Hospital reached a milestone on June 1st by successfully completing its first accreditation survey by the Saudi Central Board for Accreditation of Healthcare Institutions (CBAHI). The hospital achieved an impressive overall score of 88, demonstrating strong compliance with national healthcare standards and highlighting the team's dedication to quality and continuous improvement.



Recognition and Inspiration

A memorable highlight of the season was the visit from Dr. Fahad Al-Jalal, Minister of Health, along with Dr. Mazen Fakeeh and Dr. Samar Badreddine of the Fakeeh Care Group. Their visit boosted morale, emphasized the importance of the hospital's mission, and included a tour of the facilities and praise for the team's outstanding performance under challenging conditions.



Meeting the Moment

During the intense days of Hajj, we managed a wide spectrum of medical cases—from heat exhaustion and dehydration to cardiac emergencies and chronic disease complications. Seamless interdepartmental coordination, rapid triage, and strict adherence to safety protocols were key to managing patient flow efficiently.

Infection control was a top priority, with isolation rooms quickly activated for high-risk or suspected cases to protect patients and staff. Despite challenges like sudden patient surges, language barriers, and emergencies, strong preparation and teamwork allowed for swift, effective responses.

A Sacred Mission

Namera Hospital during Hajj became a microcosm of the world. Pilgrims from every continent and culture passed through our halls. Each was treated with humility, dignity, and deep respect. Every patient represented more than a diagnosis. They were pilgrims whose sacred journey had been interrupted—but who found care that embodied the very spirit of Hajj: unity, sacrifice, and mercy.

Looking Ahead

Our Hajj Project at Namera Hospital wasn't just a healthcare operation—it was a spiritual experience. Every staff member emerged with a renewed sense of purpose, strengthened bonds with colleagues, and the profound honor of serving the guests of Allah. We are proud. We are grateful. And we are already preparing for the next Hajj—once again, with love.

DAISY AWARD CORNER

Congratulations!



Kavipriya Panneerselvam, BSN, RN
Staff Nurse Nurse-DSFH-Jeddah-
Medical/Surgical ICU 2
DAISY Extraordinary Nurse



Sally Elmetwally Awad, BSN, RN
Staff Nurse-DSFH-Jeddah-Outpatient
Department Basateen DAISY
Extraordinary Nurse



Mahmoud Tolba Tolba, BSN, RN
Staff Nurse-DSFH-Jeddah-5th Floor
Bldg. 1 West
DAISY Extraordinary Nurse



Manhal Ahmed Ahmed, BSN, RN
Staff Nurse-DSFH-Jeddah-Pediatric Unit
DAISY Extraordinary Nurse



Walid Tuansi, BSN, RN
Staff Nurse-DSFH-Jeddah-Renal Dialysis Unit
DAISY Extraordinary Nurse

Thank You!

"Your recognition as a DAISY honoree is a testament to the lives you've touched through your care. You embody the spirit of healing and hope, and your work reminds us all why we chose this profession."



DAISY AWARD CORNER



Thank
You

Selection Committee Members

Ms. Hind Alwhitte
Mr. Musa Awad
Ms. Sara Alrumikhani

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