

Newsletter

NurseLine Riyadh Dr. Soliman Fakeeh Hospital Riyadh

Chief Nursing Officer Message

As we conclude Quarter 2 of 2026, following the celebration of Nurses' Week, I want to take a moment to reflect on the progress we have made together and the unwavering commitment that continues to define our nursing community. Our foundation remains firmly rooted in evidence-based practice, rigorous research, and continuous professional development, the pillars that empower us to deliver exceptional care and drive measurable improvements in patient outcomes.



During the second quarter of 2026, we strengthened our nursing quality improvement efforts and continued to foster a culture where every voice is valued. As Chief Nursing Officer, I take great pride in our Nursing Professional and Practice Development Center for achieving the American Nurses Credentialing Center Premier Award, a remarkable accomplishment that reflects our shared commitment to nursing excellence, lifelong learning, and professional growth. Our open-door policy and Speak Up initiative have encouraged transparent communication, while our dedication to just culture has reinforced trust, fairness, and accountability across all levels of nursing practice.

As we move deeper into 2026, our goals remain both ambitious and purposeful. We are focused on reinforcing the structural foundations of nursing excellence, elevating patient and family experience, and optimizing resource utilization to ensure efficiency without compromising the quality of care. Together, we are shaping an environment where innovation, compassion, and professionalism continue to thrive.

I encourage every nurse to stay engaged in research, embrace lifelong learning, and actively participate in quality improvement initiatives. Your insights, expertise, and dedication are essential to our collective success.

Thank you for your continued commitment to our patients, our profession, and to one another. Let us carry this momentum forward into the next quarter with renewed energy and shared purposes.

Bassam Abu Alfaraj, MSN, BSN, RN
Chief Nursing Officer



Nursing Professional and Practice Development Center at DSFH-R Receives the ANCC Premier Award for 2026

We are proud to announce that Dr. Soliman Fakeeh Hospital Riyadh – Nursing Professional and Practice Development Center has been recognized as a recipient of the 2026 American Nurses Credentialing Center (ANCC) Nursing Continuing Professional Development (NCPD) Premier Award.

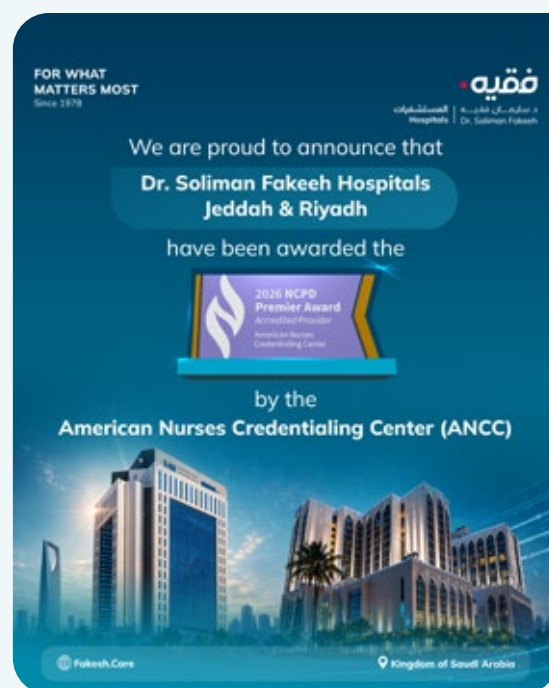
The NCPD Premier Award honors accredited organizations that demonstrate outstanding excellence in delivering high-quality NCPD activities. This prestigious recognition is awarded to organizations that consistently operate at an exceptional level - setting the standard, leading by example, and inspiring others to advance toward excellence in nursing continuing professional development.

As an NCPD Premier Award recipient, our Center is proud to be recognized as a role model and exemplar in the field, reflecting our unwavering commitment to innovation, quality, and lifelong learning for nursing professionals.

Dr. Soliman Fakeeh Hospital Riyadh Nursing Professional and Practice Development Center is accredited with distinction for Nursing Continuing Professional Development by the American Nurses Credentialing Center Commission on Accreditation - a testament to our sustained dedication to excellence and impact.

Thank you to our exceptional CNO, Mr. Bassam Abu Alfaraaj, nursing leaders, educators, and learners who continue to make this achievement possible. Together, we advance nursing excellence and professional growth.

By: Farah Alwan,
Nursing Director, Professional and Practice Development



Transition to Practice Program at DSFH-R: Congratulations Graduates!

We are committed to supporting every nurse's success from the moment they join our hospital and throughout their professional journey. Our comprehensive Transition to Practice Program is designed for nurses at all levels and across all care settings, ensuring a smooth, confident, and well supported integration into clinical practice. We are on the journey to practice transition accreditation program by the American Nurses' Credentialing Center.

Onboarding and Orientation Program

Our program includes a structured onboarding and orientation pathway that introduces nurses to our culture, standards of care, patient safety expectations, and clinical systems.

Preceptorship Program

This is followed by a robust preceptorship program, where experienced nurses provide hands-on guidance, coaching, and real-time feedback to build clinical competence and confidence.

Mentorship Program

To further strengthen professional growth, we offer a mentorship program that pairs nurses with seasoned nurses and leaders who support career development, critical thinking, and long-term professional success. These relationships foster resilience, leadership readiness, and a strong sense of belonging within our nursing community.

Nursing Continuing Professional Development Program

Our Transition to Practice framework is fully integrated with our Nursing Continuing Professional Development Program. Through high-quality educational activities, simulation-based learning, and evidence-based content, we ensure that nurses continue to grow, advance, and excel throughout their careers.

Together, these programs create a supportive empowering environment where nurses can thrive, advance their practice, and deliver exceptional care to the patients and families we serve.

On May 12, 2026, we celebrated the graduation of 6 cohorts who completed our transition to practice program, Congratulations DSFH-R Graduates!

By: Farah Alwan,
Nursing Director, Professional and Practice Development



Nursing Town Hall Meeting: One Team, One Voice, Advancing Nursing Practice and Patient Safety

The Nursing Town Hall Meeting, hosted by the Critical Care Units, was successfully conducted May 13, 2026, at DSFH-R Auditorium B1. The event brought together nurses from various departments to promote engagement, collaboration, professional development, and patient safety awareness under the theme, "One Team, One Voice, Advancing Nursing Practice and Patient Safety."

The program commenced with a welcome message from the Critical Care Units Team, Director and Managers, emphasizing the importance of teamwork, professional excellence, and the shared commitment to providing safe, compassionate, and high-quality patient care.



This was followed by an inspirational speech delivered by the Chief Nursing Officer, Mr. Bassam Abu Faraj, who recognized the dedication and contributions of the nursing workforce and encouraged continued excellence in nursing practice.

A video presentation entitled Advancing Patient Safety Across All Areas highlighted the importance of collaboration, communication, and patient safety across Dr. Soliman Fakeeh Hospital - Riyadh.

One of the major highlights of the event was the Question-and-Answer Session. Questions submitted online prior to the event were openly addressed by the Chief Nursing Officer, Mr. Bassam Abu Faraj, and the session was further enhanced by the participation of our Chief Executive Officer, Prof. Thamer Adnan Nouh, who joined the discussion and collaborated with the CNO in responding to staff inquiries. Their active engagement demonstrated the organization's commitment to transparency, open communication, and fostering a supportive environment for the nursing workforce. The discussion encouraged meaningful dialogue and strengthened the connection between frontline staff and executive leadership. The Town Hall Meeting also featured interactive games and awareness activities, including Bring Me, Cups Up Down, and Pass the Message, which promoted teamwork, collaboration, and effective communication in a fun and engaging environment.

The event concluded with closing remarks and the distribution of giveaways by the Critical Care Team, expressing appreciation for the dedication, professionalism, and contributions of nurses across the hospital.

Overall, the Nursing Town Hall Meeting was a successful and meaningful event that strengthened communication between nursing staff and leadership, promoted patient safety and person-centered care, encouraged teamwork, and celebrated the essential role of nurses in advancing healthcare excellence.

By: Lilibeth Petralva,
Nurse Manager, NICU

Celebrating Nursing Excellence: Highlights from the DAISY Award for Extraordinary Nurses Ceremony



By: Suzette Santos, Nursing Educator, Nursing Professional and Practice Development Center

We are pleased to share highlights from the DAISY Award for Extraordinary Nurses Ceremony held on May 14, 2026, a special event honoring the compassion, dedication, and excellence of our nursing professionals.

The DAISY Award for Extraordinary Nurses is an international recognition program that celebrates nurses who provide exceptional, compassionate care and make a lasting difference for patients and families. Dr. Soliman Fakeeh Hospital - Riyadh is a proud partner with the DAISY Foundation.

Receiving this award is a meaningful honor, reflecting heartfelt appreciation from patients, families, and colleagues for going above and beyond in patient-centered care.

The DAISY Award for Extraordinary Nurses:
May 2026 Nominees:



Celebrating Nursing Excellence: Highlights from the DAISY Award for Extraordinary Nurses Ceremony



OPD:

- Waed Sweidan, RN
- Wennie delos Espino, RN
- Anagha Meethal, RN
- Rebecca Gadia, RN
- Rachelle Villanueva, RN
- Subi Roy, RN
- Asma Kabil, RN

MHU:

- Bassant Ebrahim, RN
- Zahraa Manzour, RN
- Hussein Nasser, RN
- Osama Ali, RN
- Bayan Alhujuri, RN
- Mohamed Abdeltawab, RN
- Mahmoud Abdalla, RN

ICU/CCU:

- Tayseer Yousif, RN
- Ana Sheila Lagon, RN
- Jeeshna Valapil, RN
- Sulfia Sujeeth, RN
- Abbas Azouz, RN
- Mayada Eid, RN
- Kawthar Chams, RN
- Sanagvi Murugesan, RN
- Maclene Ferreras, RN
- Asma Kabil, RN

MSU:

- Jimelyn Caspe, RN
- Thasnt Rafeek, RN
- Joy Kathleen Pita, RN
- Philip Calderon, RN
- Angelli Grace Laongan, RN
- Afrah Mohamed, RN
- Merfat Abdelfattah, RN
- Lamya Ghaleb, RN
- Fatimah Hawsawi, RN
- Neethu Sukumaran, RN

Celebrating Nursing Excellence: Highlights from the DAISY Award for Extraordinary Nurses Ceremony

Maternity:

- Dina Mohamad Zain, RN
- Limi Abraham, RN
- Lalaine Arar, RN
- Eman Elsaid, RN
- Sona Sunny, RN
- Mary Ann Untalan, RN
- Catherine Gerena, RN
- Haneen Abojazar, RN

LDR:

- Analyn Alegria
- Frenalyn Frilles
- Pauline Jane Pogoy

Nursery:

- Aida Mae Jareño
- Maha Shakkour
- Chinnu Remani
- Swathi ramesha
- Farrah Lopez
- Sharmila Arumugam
- Mar Shallet Arackal

NICU:

- Emma Bernal
- Jane Myrtle Villanueva
- Diaa Hamdy
- Sayana Shajahan
- Lileth Oseña
- Rania Mamdouh

Pedia:

- Mirna Nasser
- Hajar Dib
- Nermein Bashir
- Immaculate Alolor

OR:

- Nisha Das Kamala
- Josna Joseph
- Esraa Ali Mosleh

PACU:

- Maab Abdullah Saeed Bahkit

Endoscopy:

- Freeda Mohammed

May 2026 Awardees:

- Ahmed Mohamed Saeed, RN - MHU
- Salma Asir Hamad, RN – OB GYN Ward



Celebrating Nursing Excellence: Highlights from the DAISY Award for Extraordinary Nurses Ceremony



The DAISY Award for Nurse Educator:

May 2026 Nominee:

- Mohammad Amin Meddeb, RN

May 2026 Awardee:

- Suzette Santos, RN – Nursing Educator, Nursing Professional and Practice Development Center

The DAISY Award for Extraordinary Nurse Leaders:

May 2026 Nominees:

- Khalil Alzyoud, Nurse Manager – Perioperative Areas
- Moemen Abbas, Nurse Manager - MHU
- Abbas Albay, Nurse Manager, MSU
- Lilibeth Petralva, Nurse Manager, NICU
- Khalid Awadh Farhan, Nurse Manager, ER

May 2026 Awardees:

- Bassam Abu Alfaraj, Chief Nursing Officer
- Joan Jacintos, Nurse Manager, OPD

Congratulations to all the DAISY Award for Extraordinary Nurses nominees, and awardees!

Your commitment, compassion, and professionalism continue to inspire and reflect the true spirit of nursing.

Thank you for the difference you make every day.

Celebrating Nursing Excellence: Highlights from the DAISY Award for Extraordinary Nurses Ceremony



Upcoming Nominations

To nominate a clinical nurse for The DAISY Award for Extraordinary Nurses, visit:

<https://www.surveymonkey.com/r/9JWLJFJ> (English)

<https://www.surveymonkey.com/r/LL2GWVT> (Arabic)

To nominate a nurse leader for The DAISY Award for Extraordinary Nurse Leaders, visit:

<https://www.surveymonkey.com/r/MH6N3FC>

To nominate a nursing educator for The DAISY Award for Extraordinary Nurse Educators, visit:

<https://www.surveymonkey.com/r/TW6MNT8>

To nominate a team for The DAISY Award for Extraordinary Nurses, visit:

<https://www.surveymonkey.com/r/9M8M9B3>



The Hands That Heal, The Hearts That Inspire: Celebrating the Extraordinary Legacy of DSFH-R Nurses

By: Sweeny Villarojo, Nursing Educator, Nursing Professional and Practice Development Center

From May 2026 ,10–14, the nurses of Dr. Soliman Fakeeh Hospital-Riyadh (DSFH-R) came together to celebrate International Nurses Week, an extraordinary occasion dedicated to honoring the compassion, resilience, and unwavering commitment of nurses who stand at the forefront of healthcare every day. More than a celebration, it was a profound tribute to the individuals whose healing hands, caring hearts, and selfless sacrifices continue to transform lives. Throughout the week, nurses were recognized not only for the care they provide but also for the hope, comfort, and strength they bring to patients, families, and communities during life's most vulnerable moments.

The celebration commenced with heartfelt words of appreciation from Mr. Bassam Abu AlFaraj, Chief Nursing Officer (CNO), whose steadfast advocacy for nursing excellence has continually inspired the profession within DSFH-R. Alongside Mr. Bassam were distinguished nursing and clinical leaders, including Ms. Farah Alwan, Nursing Director, Professional and Practice Development,

Mr. Mohammed Alamedine, Clinical Nursing Director of Critical Care Units, and Ms. Mirna Darwich, Clinical Nursing Director, Inpatient Units; and the dedicated Nurse Managers representing their respective units. Together, they united in recognizing the remarkable contributions of every nurse whose dedication serves as the foundation of safe, compassionate, and high-quality patient care.

One of the most memorable highlights of the celebration was the unveiling of the Gratitude Wall, an inspiring initiative envisioned by our visionary CNO, Mr. Bassam Abu AlFaraj. More than a collection of messages, the wall became a living testament to appreciation, respect, and recognition for the extraordinary work of nurses. Filled with heartfelt notes from colleagues, leaders, patients, and staff, each message reflected stories of kindness, perseverance, and compassion. The Gratitude Wall stood as a powerful reminder that every act of care, no matter how routine it may seem, leaves an enduring impact on the lives of those who receive it.



The Hands That Heal, The Hearts That Inspire: Celebrating the Extraordinary Legacy of DSFH-R Nurses

As nurses paused to read the messages, they found more than words on paper; they found affirmation, encouragement, and purpose. Each note served as a reflection of the countless moments spent comforting the anxious, supporting families, advocating for patients, and delivering care with excellence and dignity. In a profession often defined by long hours and immense responsibility, these expressions of gratitude became a source of renewed motivation, reminding nurses that their dedication is deeply valued and that their influence extends far beyond clinical outcomes.

The Gratitude Wall also highlighted the profound connection between nurses and the communities they serve. It celebrated not only professional competence but also the empathy, humanity, and resilience that define nursing at its core.

Every message symbolized a collective acknowledgment of the indispensable role nurses play in shaping positive patient experiences, fostering trust, and strengthening the healthcare system. It reinforced a shared commitment to excellence and reignited the passion that drives nurses to continue

making meaningful differences in the lives of others every day.

As International Nurses Week 2026 ended, its message remained clear and enduring: nurses are far more than healthcare professionals; they are healers, advocates, educators, and beacons of hope. Their unwavering dedication continues to inspire colleagues, uplift patients, and shape the future of healthcare.

To every nurse of DSFH-R, thank you for embodying the highest standards of compassion, professionalism, and service. Your commitment leaves a lasting legacy in every life you touch, and your contributions remain the very heartbeat of healing within our organization and beyond.



Nursing Shared Governance Village

By: Hadeel Rataan, Charge Nurse, Pediatrics Unit

The Nursing Shared Governance Model is a professional practice framework that empowers nurses to participate actively in decision-making processes that affect patient care, professional development, quality improvement, and the nursing work environment. Through shared governance, nurses at all levels have a voice in shaping policies, improving clinical outcomes, and fostering a culture of excellence.

This model promotes accountability, collaboration, leadership, and evidence-based practice, ensuring that nursing professionals contribute directly to organizational success and patient-centered care.

Through shared governance, nurses collaborate across five councils: the Nursing Leadership Council (NLC), which focuses on strengthening nursing leadership, supporting professional growth and fostering a positive practice environment, the Safety, Quality, and Research Council (SQRC), which promotes quality and evidence-based practice; the Professional Development Council (PDC), which supports education and career growth; the Clinical Practice and Informatics Council (CPIC), which improves nursing practice and the effective use of the technology; and the Resource Utilization Council (RUC), which focuses on the effective use of the resources to ensure high-quality and cost effective in the patient care.

Together, these councils strengthen nursing leadership and professional accountability.

During Nursing Week, the Nursing Shared Governance Village showcased the accomplishments and initiatives of each council through engaging displays and interactive activities.

The Nursing Shared Governance Village took place on May 12, 2026 in the 9th floor at DSFH-R. The village also highlighted each council's slogan and commitment to advancing nursing excellence within the organization. To make the event enjoyable and memorable, participants joined fun games through villages.

Each council conducted games related to policies, who am I, and find the mistake,... Nurses who visited the exhibit received appreciation gifts and giveaways, including pens, thank you cards and key holders.

The NLC slogan is "Accountability, Advocacy and Achievement", the SQRC slogan is "Great Nurses: Turning Research into Safety and Quality into Care", the PDC slogan is "Elevating Skills, Empowering Excellence", the CPIC slogan is "Smart Nurses: Tech in Mind, Care at Heart" and RUC slogan is "Maximizing Resource, Optimizing Care".

The event successfully celebrated nurses' contributions while promoting awareness, collaboration, and engagement in Nursing Shared Governance.



Nurses' Awards 2026: Celebrating Excellence in Nursing



One of the most anticipated highlights of the Nurses' Week Culminating Program on May 2026, 14 was the Nurses' Awards 2026, a special recognition of individuals and teams whose commitment, compassion, and professionalism continue to elevate the standard of nursing practice across the organization. Each awardee was selected through a careful nomination and review process, reflecting the outstanding contributions they make to patient care, teamwork, and clinical excellence.

The Nursing Department also extends its sincere appreciation to the jury panel who supported the nomination and review process: Ms. Sarah Salem from Patient Experience, Mr. Wasem El Haj from Quality and Risk Management, Dr. Hatim AlShahrani from Pharmacy, and Mr. Ali Alanazi from Fakeeh Care Academy. Their time and thoughtful evaluation helped ensure a meaningful and fair recognition process.

Clinical Nurse of the Year 2026 was awarded to Ms. Jeenamol Rosamma, RN from MSU in recognition of exceptional clinical skills, unwavering dedication to patient care, and a strong commitment to excellence that inspires colleagues and patients alike.

Midwife of the Year 2026 was presented to Ms. Judy Ann Rendon from OPD for outstanding expertise in maternal and newborn care, compassionate patient education, and steadfast advocacy for safe, respectful, and family-centered birth experiences.

By: Suzette Santos,
Nursing Educator, Nursing Professional and Practice Development Center



Nurses' Awards 2026: Celebrating Excellence in Nursing

Charge Nurse of the Year 2026 was awarded to Ms. Aya Chahabeddin, RN from MSU for exemplary leadership, calm coordination, and the ability to guide the team with grace and skill in the fast-paced clinical environment.

Partner of Nursing of the Year 2026 was given to Mr. Charles Quadra, Material Controller from MSU, honoring the vital support and collaboration that contribute to nursing success and reinforce the importance of teamwork in delivering quality patient care.

Nursing Supervisor of the Year 2026 was awarded to Ms. Loubna El Ayoubi, RN in recognition of strong leadership, mentorship, and dedication in bridging frontline nursing practice with hospital operations and support.

Nurse Manager of the Year 2026 was presented to Ms. Lilibeth Petralva from NICU for demonstrating strategic leadership, resilience, compassion, and a remarkable ability to inspire her team while overseeing the delivery of specialized care.

Nursing Team of the Year 2026 was awarded to the Pediatrics Unit, recognizing the team's exceptional collaboration, unity, and commitment to achieving excellent patient care outcomes.

Clinical Nursing Director of the Year 2026, one of the awards personally selected by the Chief Nursing Officer, Mr. Bassam Abu Alfaraj, was presented to Ms. Mirna Darwich from Inpatient Units. She was recognized for her operational effectiveness and unwavering support in strengthening nursing services across multiple units.

The CNO Legacy of Excellence Award 2026, the highest and most prestigious nursing recognition of the year, selected by Mr. Abu Alfaraj, was proudly presented to Ms. Farah Alwan, Nursing Director, Professional and Practice Development. This award honors exceptional dedication, leadership, compassion, professionalism, and a lasting commitment to excellence in nursing practice. Farah was recognized for her outstanding contribution to nursing leadership, patient-centered care, and her inspiring commitment to the nursing profession.

Congratulations to all the awardees!



The Power of Nurses: Nurses' Week Poster and Slogan Making Contest

Nurses' Week 2026 was celebrated at Dr. Soliman Fakeeh Hospital Riyadh (DSFH-R) under the inspiring theme, "The Power of Nurses," recognizing the invaluable contributions, compassion, resilience, and professional excellence demonstrated by nurses every day. As part of the celebration, Nurses' Week Poster and Slogan Making Contest was organized to showcase the creativity, teamwork, and artistic talents of our nursing staff while highlighting the profound impact of nursing on patients, families, and the community.

The five-day celebration brought together nurses from different clinical areas to express the spirit of nursing through art. On the first day of the event, the Chief Nursing Officer, Mr. Bassam Abu Alfaraj, officially launched the contest and encouraged participation from all nursing departments.

Five teams, each composed of three nurses, enthusiastically accepted the challenge to create posters and slogans that reflected the values, strength, and dedication embodied in the nursing profession:

Participating Teams

1. Perioperative Areas:

- Joriel Espina, RN
- Josna Joseph, RN
- Sithara Sandhya, RN

2. Inpatient Departments:

- Caroline Nasrallah, RN
- Charles Quadra, Material Controller
- Samar Ouf, RN

3. Maternity and Child Health Department:

- Sajeda Najjar, RN
- Alia Magdy, RN
- Nourhana Nandang, RN

4. Critical Care Areas

- Mayada Monir
- Sulfia Sujeeth
- Makristina Colcol

5. Outpatient Department

- Rexner Agustina
- Rebecca Gadia
- Hassana Lajid

The contest concluded on the final day of the Nursing Week Celebration, where the artwork was showcased and evaluated. The paintings served as powerful visual representations of the theme "The Power of Nurses," highlighting the strength, dedication, and positive influence nurses have on the lives of those they serve.

Congratulations to the Winners!

The Outpatient Department Team, represented by Rexner Agustino, Rebecca Gadia, and Hassana Lajid, was recognized as the winner of the Nursing Week Slogan and Painting Contest.

Their outstanding artwork creatively captured the essence of nursing and exemplified the spirit of this year's theme.

We extend our heartfelt appreciation to all participants for their dedication, teamwork, and creativity.

Their contributions enriched the Nursing Week celebration and showcased the diverse talents that exist within our nursing community.

The contest not only fostered collaboration among departments but also provided an opportunity to celebrate the extraordinary power of nurses to inspire, heal, and make a difference every day.

By: Mirna Ghalayini,

Quality Nurse, Nursing Professional and Practice Development Center

The Power of Nurses: Nurses' Week Poster and Slogan Making Contest

Artwork Created by Nursing Teams During the Nursing Week Slogan and Poster-Making Contest

Perioperative Areas:



Inpatient Departments:



The Power of Nurses: Nurses' Week Poster and Slogan Making Contest

Maternity and Child Health Departments:



Critical Care Areas:



Outpatient Department:



The Power of Nurses: Nurses' Week Poster and Slogan Making Contest

Behind the Scenes: Painting Workshop Highlights

Moments from the Nursing Week Painting Workshop captured nurses from different departments working together, exchanging ideas, and transforming their creativity into meaningful artwork. These photographs reflect the teamwork, camaraderie, and passion that characterize our nursing workforce and demonstrate how the power of nurses extends beyond patient care to inspire innovation, collaboration, and community.



Supporting Mental Health Through Compassion, Care, and Community Engagement

By: Moemen Abbas, Nurse Manager MHU



On May 10, 2026, as part of the Nurses' Week celebrations, the DSFH-R Nursing Team chose to extend the joy of this special occasion by celebrating alongside individuals served by Ajwad Society, an organization dedicated to supporting homeless individuals with psychiatric and mental health conditions. This community outreach initiative reflected our commitment to compassionate, patient-centered care and our belief that healing is strengthened through human connection, dignity, and social support.

The event was designed to provide a welcoming and therapeutic environment where participants could engage in meaningful activities, build positive relationships, and experience a sense of belonging and appreciation.

1-Opening Ceremony:

The program commenced with welcoming remarks, followed by an inspiring speech delivered by Mr. Bassam Abu Al Faraj, Chief Nursing Officer (CNO), who emphasized the importance of compassion, inclusion, and excellence in nursing care. He highlighted the vital role nurses play in supporting vulnerable populations and promoting mental health and well-being within the community.

Participants were also introduced to the Nursing Vision, Mission, and Core Values of DSFHR, reinforcing the organization's dedication to delivering high-quality, patient-centered care.

Supporting Mental Health Through Compassion, Care, and Community Engagement

2-Deep Breathing and Relaxation Session:

The first activity was led by Ms. Sweeny Villarojo, Nursing Educator, who guided participants through deep breathing and relaxation exercises aimed at reducing stress, enhancing emotional well-being, and promoting mindfulness. The session created a calm and positive atmosphere, encouraging participants to focus on self-care and emotional balance.

3-Physical Wellness Activity:

The second activity, facilitated by Mr. Osama Ali, RN, MHU focused on light physical exercises and movement-based activities designed to promote physical health, increase energy, and encourage active participation. The session was filled with enthusiasm, laughter, and positive interaction among participants.

4-Inspirational Messages Activity:

Participants engaged in an interactive activity where each individual selected an inspirational message and shared it with the group. Meaningful discussions followed, allowing participants to reflect on the messages, express their thoughts and feelings, and support one another through shared experiences.

This activity encouraged communication, self-expression, and emotional connection in a safe and supportive environment.

5-Coloring and Creative Expression Activity:

Creativity took center stage as participants were divided into groups and provided with coloring materials and art supplies. Through artistic expression, participants were able to showcase their creativity, strengthen teamwork, and enjoy a therapeutic and engaging experience.

The activity highlighted the value of creative expression as a tool for emotional well-being and personal growth.

6-Health Consultation and Support:

As part of the outreach initiative, healthcare professionals were available throughout the event to provide support and answer health-related questions. A physician was present and available for consultation, offering guidance and addressing any concerns raised by participants.

This contributed to the overall goal of promoting health awareness and ensuring participants felt supported and cared for during the event.

7-Closing Ceremony and Gift Distribution:

The event concluded with closing remarks delivered by Ms. Nancy Zeitouny, Nurse Manager, Pediatrics Unit, who expressed appreciation to all participants, volunteers, and healthcare professionals for their active involvement and contributions to the success of the celebration.

Gifts were distributed to participants as a gesture of appreciation, bringing smiles and creating lasting memories for everyone involved.



Supporting Mental Health Through Compassion, Care, and Community Engagement



8-Acknowledgment:

The DSFHR Nursing Team extends its sincere gratitude to Ajwad Society for providing this valuable opportunity to engage with and support individuals experiencing homelessness and mental health challenges.

We also extend our appreciation to all nursing staff, healthcare professionals, volunteers, and organizers whose dedication and teamwork made this event a success.

This celebration demonstrated the power of compassion, collaboration, and community outreach in promoting mental health, enhancing well-being, and fostering hope among vulnerable members of our community.

Happy Nurses Week!

To all our nurses, thank you for your dedication, compassion, professionalism, and unwavering commitment to improving the lives of those we serve. Your care continues to make a meaningful difference every day.

Together, we celebrate nursing, compassion, inclusion, and the human connections that inspire healing and hope.



Colors of the World: The Nursing Diversity Exhibit

By: Maclene Ferreras, Nurse Manager, CCU



As part of the Nurses' Week Celebration, the "Colors of the World: The Nursing Diversity Exhibit" was successfully held on May 13, 2026, at the B1 Auditorium. The event showcased the rich cultural diversity within the nursing workforce while highlighting the unique healthcare practices, traditions, and heritage of different countries represented across the organization.

Several departments participated by presenting different countries through creative exhibits, traditional attire, cultural displays, delicacies, and presentations on nursing and healthcare practices. The participating countries included Lebanon, the Philippines, Egypt, India, and Jordan.

The exhibits were evaluated by a distinguished panel of judges led by our Chief Executive Officer, Prof. Thamer Nour, Chief Nursing Officer, Mr. Bassam Alfaraj, along with other members of the leadership team.

The Maternity and Child Health Department proudly represented Lebanon, showcasing the country's rich culture, traditional clothing, and popular delicacies. Their vibrant presentation provided participants with an immersive cultural experience and earned them First Place in the competition.



Colors of the World: The Nursing Diversity Exhibit

The Medical-Surgical Unit (MSU) and Mental Health Unit (MHU) represented the Philippines. Their exhibit featured the iconic Nipa Hut, traditional Filipino culture, and a presentation highlighting nursing practice in the Philippines. The team also created an interactive photo booth that attracted many staff. Their outstanding presentation was recognized in Second Place

Representing Egypt, the Critical Care Department showcased the country's rich history, culture, and healthcare practices. The exhibit featured the majestic Nile River, famous Pharaohs, and staff dressed in traditional ancient Egyptian-inspired costumes.

Their engaging and educational presentation earned them Third Place.

The Outpatient Department (OPD) represented India, featuring the world-famous Taj Mahal, traditional Indian culture, and a variety of authentic Indian delicacies. Their colorful and informative display was awarded Fourth Place.

The Perioperative Department proudly represented Jordan, highlighting the country's cultural heritage, traditional food, and historical landmarks. Their exhibit showcased Jordan's rich history and customs, earning them Fifth Place.

The event was a tremendous success, fostering cultural appreciation, inclusivity, and teamwork among staff members. Participants enjoyed exploring the exhibits, taking photographs at various cultural displays, learning about international nursing practices, and sampling traditional delicacies from each country. The atmosphere resembled a vibrant cultural festival, bringing together healthcare professionals from diverse backgrounds in celebration of unity, diversity, and excellence in nursing.

The "Colors of the World: The Nursing Diversity Exhibit" not only celebrated cultural diversity but also reinforced the organization's commitment to fostering an inclusive workplace where different cultures, experiences, and perspectives are valued and appreciated.



Unity Through Play: Fostering Well-Being, Connection, and Team Spirit Among Nurses

By: Joan J. Jacintos, Nurse Manager, OPD

Recognizing that a healthy workforce is the foundation of quality patient care, the Nursing Staff Engagement and Well-being Committee launched its 2026 initiatives with a vibrant kickoff activity themed "Unity Through Play" on April 2026 ,10. The event brought together nursing staff from various units for a day dedicated not only to fun and fellowship but also to promoting well-being, resilience, and a sense of belonging in the workplace.

In the demanding world of healthcare, where nurses continuously balance professional responsibilities with the emotional and physical challenges of patient care, opportunities for relaxation and social connection are essential. The kickoff activity provided

a refreshing break from routine, allowing participants to recharge, laugh, and engage with colleagues in a positive and supportive environment.

Through a variety of interactive games and team-building activities, staff members strengthened relationships, fostered trust, and celebrated the spirit of collaboration, and also became a venue for nurses to share their talents. Friendly competition and shared experiences encouraged open communication and camaraderie, reminding participants that they are part of a team that values not only excellence in service but also the well-being of its members.

The event underscored the committee's commitment to creating a workplace culture where nurses feel appreciated, connected, and empowered. As participants cheered one another on and worked together toward common goals, the activity highlighted the important role of social engagement in reducing workplace stress, enhancing morale, and promoting overall mental and emotional wellness.

More than a kickoff event, Unity Through Play, served as a meaningful investment in the people behind patient care.

It reinforced the message that staff's well-being is not merely an organizational goal but a shared responsibility and priority. By encouraging moments of joy, connection, and mutual support, the activity helped cultivate a stronger and more resilient nursing community.

As the Nursing Staff Engagement and Well-being Committee embarks on another year of programs and initiatives, the success of this event sets a promising tone, one that places people at the heart of engagement efforts and recognizes that when nurses thrive, the entire healthcare team benefits. Through unity, support, and purposeful engagement, the committee continues to champion a workplace where wellness and teamwork go hand in hand.

