

# HEALTH BEAT

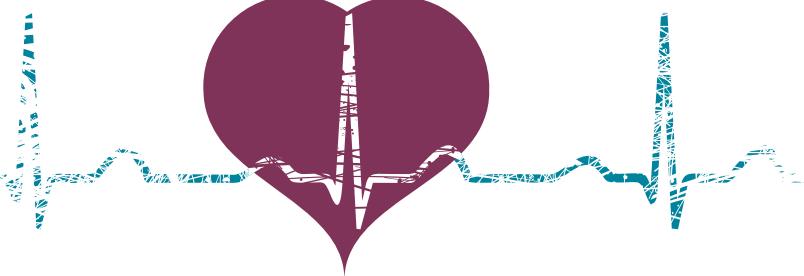
DEPARTMENT OF FAMILY MEDICINE  
KEEPING UP WITH YOUR BEAT SINCE 1979

ISSUE 1

SUMMER 2013



Our lives are dedicated to yours



## WHY HEALTH BEAT?

Health Beat is a quarterly newsletter issued by the Department of Family Medicine - American University of Beirut Medical Center. Each issue includes a variety of topics that shed light on services provided by the department, activities conducted during the previous quarter, and profiles of department members (faculty, staff and residents). We aim at keeping you informed of our activities, providing you with the knowledge to lead a healthy life as well as sharing with you some special moments from our lives. The newsletter will be distributed by email and will be available on our website: [www.aubmc.org](http://www.aubmc.org)

## FAMILY MEDICINE SPECIALTY AT A GLANCE

Family Medicine is a four-year specialty after graduating from medical school as a general practitioner. Specialists in Family Medicine provide comprehensive and continuous quality health care to individuals of all age groups within the context of their families and communities. Family doctors apply the bio-psychosocial model when treating their patients through addressing the different factors that affect their health at the psychological, social and biological or physical levels.

Family doctors treat more than 80% of health problems and illnesses that an individual might suffer from and will refer him/her to other specialties when needed. Moreover, they provide services that prevent diseases and promote health such as screening for chronic diseases, giving vaccinations, performing pap smears etc. Family doctors also perform specific minor procedures such as joint injections, excision of skin lesions, and circumcisions.

## NEW SERVICES

**Home Care Program for AUB community members enrolled in the University Health Insurance Plan (HIP)**

- Do you have a family member who is disabled & home-bound?
- Do you have a family member suffering from a terminal medical condition?
- Does he/she need a comprehensive medical evaluation periodically at home?
- Is he/she suffering from an acute medical problem?

Call 01-374374 extension 3038 or beeper 1688 for more information.

**Did you select your personal doctor at the Family Medicine department?**

Please visit us at the Family Medicine clinics, ground floor, Building 56 to know more about this initiative and select your personal doctor.

# CELEBRATING THE WORLD FAMILY DOCTOR DAY

In 2010, The World Organization of Family Doctors (WONCA) announced May 19th of each year as the designated "World Family Doctor Day". On that occasion, and in response to a call from the Lebanese Society of Family Medicine to celebrate that day, the department of family medicine at AUBMC organized an event on May 22, 2013 highlighting the services provided at its clinics to AUB faculty, staff, residents and students. The event was well received by around 100 participants who enjoyed a healthy snack at the end.



## AUB WELLNESS PROGRAM

*Rita Doudakian, MPH, Ghina El Jammal, BS Nutrition*

A pioneer in Lebanon and the region, The AUB Wellness program has been active since 2006. The program provides a variety of services and activities that aim at promoting healthy lifestyles among members of the AUB community. Its most recent activities are:

### Children cooking for their parents!

An interactive cooking workshop for children was held on Wednesday June 12, 2013 at West Hall - AUB. While children were experimenting with creative ways of preparing food, their parents were gaining tips on healthy nutrition and eating habits from a qualified dietician. At the end, all enjoyed eating the healthy salads and delicious sandwiches prepared by the children.



### Ergonomics site visits

The AUB Wellness Program conducted ergonomic assessments of the Laboratory Medicine Department with the last one being carried out during April 2013. Based on these assessments, healthy modifications were introduced into the department such as adding ergonomic chairs and footsteps for the staff.

**If you need an ergonomic assessment of your workplace at AUB, and you would like to know about ways to avoid potential health problems such as back pain, neck pain and other muscular diseases, contact us @ extension 3015/3017.**



### Well deserved certificates!

On May 27, 2013, Smoking Cessation certificates were distributed to four AUB community members who succeeded in quitting smoking after joining the Wellness smoking cessation program. Congratulations and welcome back to a healthy lifestyle!



### Stay fit and healthy

The AUB Wellness Program organized a health day on July 3rd, 2013 entitled "Stay Fit and Healthy". Family medicine residents and nurses, clinical nutritionists and physiotherapists, provided advice and conducted health screenings for more than 130 participants who joined us on that day. Participants learned more about the ways to lead a healthy life through taking the right vaccines, performing the required screening tests, exercising, eating healthy, as well as relieving stress and quitting smoking.

# OUTREACH ACTIVITIES: MAKING A DIFFERENCE IN THE LIVES OF OTHERS!

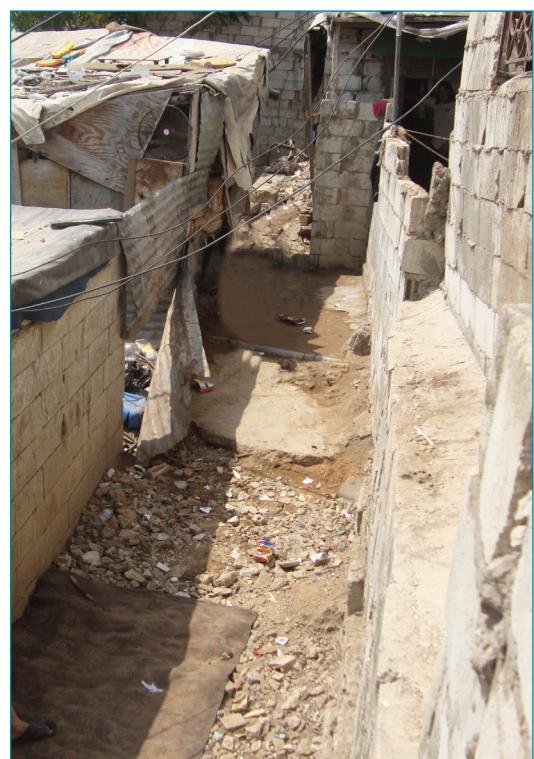
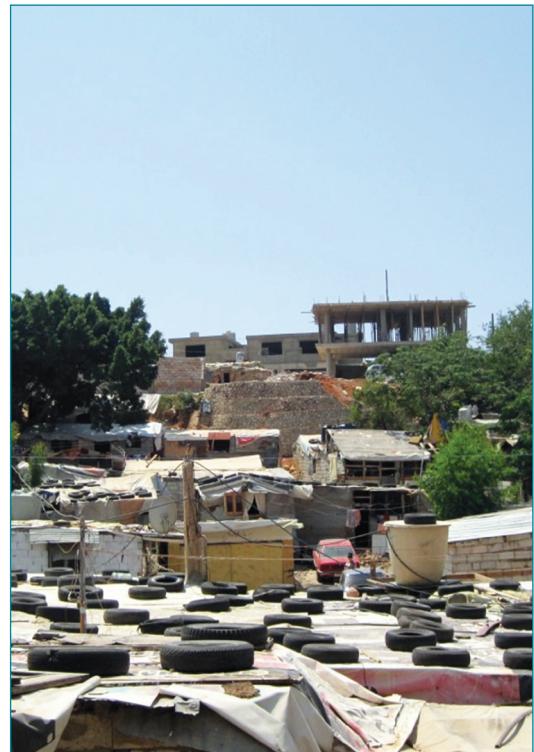
*Nisreen Makarem, MD*

In 2010, the department of Family Medicine signed a Memorandum of Understanding with the non-governmental organization "Tahaddi" for the provision of quality primary health care services to their beneficiaries living in the shanty town of Hay el Gharbeh, in the Sabra area of Beirut. The original community, comprising 4000 individuals mainly Lebanese and Turkmans (known as the Dom), also hosts refugees from Syria. All inhabitants live in very harsh conditions with minimal access (if any) to basic needs such as water, electricity and even food.

Our contribution includes the provision of primary care services in Tahaddi clinic including out-patient consultations, antenatal care, well baby care and vaccinations, minor surgeries along with home visits. In addition, we also provide school health services as well as educational activities tailored to the health needs of the community. Recently, we actively participated in vaccinating 450 children against Measles & Polio while providing them with Vitamin A as part of the national campaign in Lebanon.

The weekly maternal health clinic has become very popular, serving a population of a few hundred women - the vast majority of whom are Syrians. The services offered at this clinic include dating of pregnancy (using a basic ultrasound machine that was donated to Tahaddi clinic), family planning, provision of certain contraceptive methods, as well as the provision of psychological support to pregnant women who are away from their homes and families. This clinic has received very positive feedback from patients who regard it as "a safe shelter".

"Through our collaboration with AUBMC, we have been able to expand the program to the poorest families in Beirut" stated Mrs. Nadia Khoury, the health program manager at Tahaddi clinic. For the Family Medicine residents, this is an invaluable experience both at a professional and personal level. First of all, achieving a proper diagnosis and treatment plan with very limited resources has helped sharpen the medical skills and clinical judgment of the residents. Secondly, residents realized the importance of assessing the psychological, social, and cultural contexts of patients as these play a major role in their understanding of their disease as well as their compliance in treatment plans.



## HAPPY NURSES' DAY & HAPPY SECRETARY'S DAY!

We celebrated Nurses' Day on May 12, 2013 and Secretary's Day on April 24, 2013 with our dear nurses and administrative staff in recognition of their continuous care and devotion to the health and comfort of our patients.



# HEALTH TIPS

*Maya Romani, MD*

## Stay healthy this summer!

- Hydrate your body: Drink at least 8 to 10 glasses of water per day.
- Wear eyeglasses: To prevent cataract and wrinkles around the eyes, protect your eyes by wearing sunglasses that block at least 99% of ultraviolet A and B rays.
- Protect yourself from the sun: wear wide-brimmed hats; apply water-resistant sunscreen with an SPF of at least 30, and reapply sunscreen every 2 hours when you go to the beach.
- Be safe from heat: avoid intense activities between noon and 3 p.m.
- Observe water safety rules: Do not swim alone. Bring and wear life-jackets on the boat when water-skiing.

Are you travelling this summer? Would you like to enjoy your vacation/trip and avoid sickness?

Don't forget to pass by the Travel clinic in the Family Medicine Department at AUBMC around 4-6 weeks before the date of your travel to get the right advice and relevant vaccines.



# PUBLICATIONS

- Usta J, Farver JM, Danachi D. Child maltreatment: the Lebanese children's experiences. *Child Care Health dev.* 2013 Mar; 39(2): 228-36.
- Usta J, Makarem NN, Habib RR. Economic abuse in Lebanon: experiences and perceptions. *Violence Against Women* 2013 Mar; 19(3): 356-75.
- Lakkis NA, Maalouf GJ, Mahmassani DM, Hamadeh GN. Insulin therapy attitudes and beliefs of physicians in Middle Eastern Arab countries. *Fam Pract.* 2013 Jun 1 [Epub ahead of print].
- Ramia M, Musharrafieh U, Khaddage W, Sabri A. Revisiting Down syndrome from the ENT perspective: review of literature and recommendations. *Eur Arch Otorhinolaryngol.* 2013 May 21 [Epub ahead of print].
- Sharif-Yakan A, Arabi M, Musharrafieh UM, Bitar FF, Saab R, Abboud MR, Muwakkit S. Complete heart block in a patient with acute lymphoblastic leukaemia: teicoplanin as a possible cause and review of literature. *J Clin Pharm Ther.* 2013 Apr; 38(2):156-8.

## ACHIEVEMENTS

### Objective Structured Clinical Examination

The Department of Family Medicine was a pioneer in introducing the Objective Structured Clinical Examination (OSCE) as a tool to evaluate its residents in the late eighties. This is a relatively modern type of examination used to test skills such as communication, clinical examination, medical procedures, prescribing, and interpretation of results. The test has greater objectivity than traditional ways of evaluation; it is more reproducible and fairer to students and residents.

In 2006, the Family Medicine Department expanded the use of OSCE to evaluate the fourth year medical students rotating in the department at the end of their clerkship. The OSCE exam was later adopted by several departments at AUBMC and it is now a standard exam for all fourth year students as part of their final evaluation.

## CONTINUING EDUCATION

### *Suzan Seifeddine, BSN*

Continuing education is an integral part of our Family Medicine staff development program. Several in-service sessions were provided by our registered nurses to their colleagues in the department and other AUBMC departments. These sessions include:

- Telephone and personal Triage by Mrs. Hanadi Ismail & Mrs. Sawsan Bakkar.
- Centered personal medical home model and nurses' role by Mrs. Nadine Chaaya & Mrs. Judy Nassar.
- Management of INR by Mrs. Iman Tarshishi & Mrs. Rana Chehab.

Two other sessions were provided by guest speakers for our nurses:

- Patient assessment by Dr. Dina Madi
- Peripheral line insertion and care in pediatric population by Ms. Dalia Kassar.

## IN THE EYES OF OTHERS

### *Linda Laham, Service Excellence Manager – Private Clinics*

"While stepping into their clinics every morning, Family Doctors bear in mind, that before being men of science dealing with a case, they are human beings interacting with fellow men who merely need to be listened to and comprehended, not looked at as a file with a disease, but rather as an individual belonging to a community. That's what matters the most and that's how "Family Medicine" makes the whole difference."

## NEW MEMBERS IN OUR FAMILY

### Appointments in the Department of Family Medicine

#### Staff

Ms. Ghina El Jammal as wellness coordinator

#### First Year Residents

Drs. Saria El Hachem, Lydia Aoun, Jad Dergham, Marc Nahhas, Manal El Smaili, Ali Anka.

#### Faculty

##### Clinical Associates:

Drs. Hibah Osman, Nelly Klaymeh, Fadila Naji, Nisrine Makarem.

##### Full time appointment:

Dr. Mona Osman

#### Newborns

Welcome baby Perla, daughter of Mrs. Rana Reda; baby Rabah son of Dr. Maysa Khalil; and baby Mariam, daughter of Dr. Zeinab Toufeili.

#### Marriage

##### Congratulations to:

- Dr. Mario Ghanem
- Mr. Mahmoud Jamal

## UPCOMING EVENTS

Stay tuned to our announcements!  
Do not miss the below events:

#### September 2013

- Presentation on Family medicine Services for AUB students & staff
- "Stay Fit & Healthy" at Beirut Souks

#### November 2013

- FIT A THON
- World Diabetes Day

# CONGRATULATIONS

## Graduation of residents

- Congratulations to Drs. Rabih Abou Leila, Hassan Chouman, Tarek Chreih, Hussein Hijazi, Sumaya Yehya and Ibrahim Zeinaty for graduating as Family Medicine Specialists.
- Congratulations to Drs. Fadila Naji and Nisrine Makarem for completing the chief resident year after graduating last year as Family Medicine Specialists.
- Congratulations to Dr. Hanadi Abou Dargham for finishing three years in Family Medicine. Hanadi had to leave the program one year earlier to join her husband in the United States of America and regroup her small family.

The residents' graduation was celebrated by the department on June 7, 2013 in Riviera Hotel, where Dr. Rabih Abou Leila received the award for "Resident of the Year".

*Congratulations Rabih!*

Despite his presence abroad in the States and his inability to physically attend the graduation party, Dr. Ibrahim Zeinaty joined the party through Skype and had an emotional intervention describing the difficult moments that his country Syria is passing through.



## Awards to staff

Congratulations to three of our staff who received special awards during May 2013:

- Mrs. Suzanne Seifeddine, a "very professional staff member" and "role model" for the entire staff, received the Service Excellence Award.
- Mrs. Judy Nassar, "a blessing for the department" and "loved by her colleagues", received the Shehadeh Abboud's award for Registered Nurses.
- Mr. Georges Bitar, an "enthusiastic, welcoming and caring employee", received the Shehadeh Abboud's award for Auxilliaries.



## Caring for the eyes of our diabetic patients

The American Diabetes Association recommends that all diabetic patients have a yearly eye check-up by an ophthalmologist in order to detect any problems in the retina early on, and prevent blindness. To make sure that all diabetic patients receive this care, a review of the files of our active diabetic patients is done on a yearly basis; all those who did not have an eye check-up during the previous two years, are contacted and offered a referral to the ophthalmologist.

## Did your child receive all his/her vaccines?

A review of the medical records of 731 children, enrolled in the Health Insurance Plan (HIP) and aged between 6 and 12 years, showed that 374 (51 %) of them did not have complete documentation of vaccination in their medical records. We began contacting the parents of these children whereby appointments were scheduled every Saturday in the newly created clinic for this specific purpose. So far, more than 30% of these children have visited this clinic and received their missing vaccines.

## QUALITY IMPROVEMENT CORNER

*Sawsan Bakkar, BSN*

## LEBANESE OUTSTANDING WOMEN AWARD

Congratulations to Dr. Umayya Musharafieh who received the Lebanese Outstanding Women Award for career achievements for the year 2012 during a ceremony that was held in Unesco palace on July 8th, 2013.



## TEAM-BUILDING ACTIVITIES

May 1st is Labor Day. But for us, it was Biking Day this year! Faculty members, staff, and residents with their families celebrated the day by biking on Manara Corniche and Marina bay. It was a fun day filled with surprises and joy!



## A SERVICE IN FOCUS

### Smoking Cessation Program for AUB Community members enrolled in the University Health Insurance Plan (HIP)

Do you smoke cigarettes or argileh? Are you planning to quit?

It's time for you to enroll in our smoking cessation program. Call 01-374374 extension 3002/3017 & benefit from the below package for free:

- Consultation with a family doctor
- Eight sessions of behavioral group therapy
- Nicotine Replacement Therapy
- Follow-up by phone for one full year

Want to quit smoking? Need help? We're here for you.

Join AUB Wellness Program's Smoking Cessation Sessions.

Starting Monday, June 24, 2013; 1 session per week; Open to all AUB & AUBMC students, faculty, & staff. Sessions free of charge.

To register send an email [wellness@aub.edu.lb](mailto:wellness@aub.edu.lb) or call ext: 3002

[www.aubmc.org](http://www.aubmc.org)

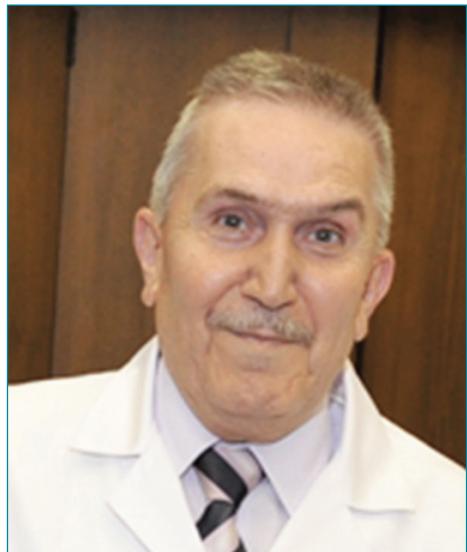
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University Health Services  
AUB Wellness Program

## WHAT IF?

Dr. Nabil Shararah is a clinical assistant professor in the department of Family Medicine and the recipient of the Humanism & Professionalism Physician Award for the year 2011-2012, presented by the Salim El-Hoss Bioethics and Professionalism Program at the American University of Beirut Faculty of Medicine & Medical Center.

Get to know Dr. Shararah better through this brief interview.



**Q: If you were to be a kid again for one day, what would you spend it doing?**

**A:** If I were to be a kid again for a day, I would spend it with my brother and sisters running through the fields of my village, Bint Jbeil, doing all sorts of things I missed out on during my childhood.

**Q: If you could choose to stay at a certain age forever, what age would it be?**

**A:** I would stay at my present age. Professionally, I am in a stage where I can look back at my many years of practice and reflect on how I have built a strong repertoire with my colleagues, patients and their families over time. I am also blessed to grow alongside my son and daughter through their 20's as they teach me to live young spiritedly and hold on tight to my ambitions and unfulfilled dreams regardless of age.

**Q: If you could witness any event past, present or future, what would it be?**

**A:** Having always been fascinated by outer space, I would be very lucky if I ever were to witness man landing on Mars and exposing what life on that planet – if any – looks like.

**Q: If you had to work on only one project for the next year, what would it be?**

**A:** Setting up a geriatric clinic within the Family Medicine department to offer comprehensive care with ample time for my geriatric patients (or my 'babies' as I like to call them).

**Q: If you could meet anyone, living or dead, who would you meet?**

**A:** I would like to meet Hippocrates, just to let him know that I've lived up to his oath.

**Q: If you won the lottery, what is the first thing you would do?**

**A:** I would probably be in too much shock and trying to keep myself from having a heart attack.

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