Endorsement on the launch of WISH policy briefing on ‘The Future of Medicine: Healthcare Innovation through Precision Medicine’.

Fazeena Saleem

The Peninsula

P eatonalized healthcare initiatives and the implementation of a coordinated and comprehensive strategy aiming to deliver world-class future care for Qatar (WISH) will require a shift in how medical and pharmacy stakeholders and community leaders engage to identify the physician, pharmacists and other providers, to develop approaches that allow the targeting of treatments to individual patients. Additionally, policies will need to be developed to ensure the availability of necessary infrastructure and information to facilitate real-time data exchange for effective, unified systems.

The key factor to integrate precision medicine into the standard healthcare system and culture is Al Emadi’s. To achieve this, policies will need to ensure that the use of genomic and other associated technologies is focused on providing the highest level of care for the patient. Additionally, professional governing bodies must create and maintain clear standards for the healthcare providers, ensuring that the use of precision medicine is translated into impactful clinical practice.

Another challenge relates to a lack of awareness, knowledge and recognition by healthcare providers and the general public about precision medicine principles and benefits. "QF’s research, development, and education initiatives in implementing precision medicine will be key to realizing the aims and potential impacts of these on public health policy and decision-making," said Emadi.

"QF is committed to helping the people of Qatar to live longer and healthier lives through the provision of personalized healthcare. We are committed to translating this into clinical practice and are working with partners in the healthcare sector to deliver personalized care to patients," she added.

"QF’s research, development, and education initiatives in implementing precision medicine will be key to realizing the aims and potential impacts of these on public health policy and decision-making," said Emadi.

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The second is to engage and incentivize healthcare providers for effectiveness studies; and implementation of precision medicine economic impact studies that are meaningful to stakeholders; developing standards and regulations to ensure a wider use of precision medicine in Qatar’s national healthcare system. Qatar aims to build a comprehensive health system that influence disease presentation. The challenges include, a lack of awareness, knowledge and recognition by healthcare providers and the general public about precision medicine principles and benefits. Qatar’s research, development, and education initiatives in implementing precision medicine will be key to realizing the aims and potential impacts of these on public health policy and decision-making. A "one size fits all" approach is not appropriate in Qatar's health care system. As a result, Qatar aims to build a comprehensive world class healthcare system that is effective, affordable and universally available to all citizens.

"QF is committed to helping the people of Qatar to live longer and healthier lives through the provision of personalized healthcare. We are committed to translating this into clinical practice and are working with partners in the healthcare sector to deliver personalized care to patients," she added. New genomic insights that can be translated into clinical practice and impact practice will be key to realizing the aims and potential impacts of these on public health policy and decision-making. A "one size fits all" approach is not appropriate in Qatar's health care system. As a result, Qatar aims to build a comprehensive world class healthcare system that is effective, affordable and universally available to all citizens.
PHCC launches flu vaccination campaign

The Primary Health Care Corporation (PHCC) has launched a seasonal flu vaccination campaign in 27 Health Centers across Qatar in all 22 geographically-different regions of the State, ranging from Abu Hamour (north of Doha) to Marsa (north of Al Maktoum). PHCC is offering this vaccination free of charge to all patients within the age of 6 months and five years, wishing everyone health and wellness.

As for health centers, PHCC is keen to implement this campaign annually and to provide vaccination free of charge against seasonal influenza in cooperation with several health authorities to facilitate people’s access to the vaccination, reduce the spread of seasonal influenza, and protect the society, particularly the groups most vulnerable to its complications, such as those over the age of 65, those with chronic diseases, pregnant women, and children between the ages of six months and five years, wishing everyone health and wellness.

Dr. Maryam Abdul-Malik, Managing Director of PHCC,

PHCC Managing Director Dr. Maryam Abdul-Malik visiting Al-Wakra Health Center as part of the Flu Vaccination Campaign 2020.

Who can access the service?

All patients in Qatar registered at a PHCC Health Center are able to access our Medication Home Delivery service.

How can you access the service?

1. You need to ensure that you have the following:
   a. A valid Health Card
   b. A valid address – PHCC and Q-Post must be provided with your official address as on your blue Plate (Building Street Zone).
2. Please note the following:
   a. You can only pay your medications cost online only if you were unemempted from payment. You will receive the online payment link via SMS message.
   b. You will wait for 2 working days for your medication to be delivered to your home.
   c. Kindly wait at home for 2 working days for your medication to be delivered to your home.
   d. Please dont change your mind once you have agreed to receive your medication via the Q-Post delivery service.
3. Make sure you know your medication and which ones you need delivered to your home.
4. Make sure you know your Health Center Pharmacy. All you have to do is send your Health Center Pharmacy a WhatsApp message simply saying “Help”. A Pharmacist from your Health Center Pharmacy will call you and start the Medication Home Delivery service process with you.

FAQ

1. What is the service?
   The PHCC Medication Home Delivery Service has been introduced as an immediate operational response of the PHCC to spread the treatment of the coronary and to ensure our patients receive the medication they need by valid delivering it at your registered Health Center.

2. When can you access the service?
   All patients in Qatar registered at a PHCC Health Center are participating in this service.

3. Which PHCC centers provide the service?
   All 27 PHCC Health Centers are participating in this service.

4. How will PHCC deliver your medication?
   Following guidance from the Ministry of Public Health, PHCC has teamed up with Qatar Post (Q-Post) who will safely and securely deliver your medication to your home.

5. What is the cost of the service?
   PHCC has agreed to cover the cost of this service to Q-50 effective from September 26, 2020.

6. Can all my medications be delivered to my home?
   PHCC will deliver any of your medications within 2 working days. However, no narcotics and controlled medications will be delivered.

7. My medication is not delivered to my home.
   Kindly remain at home and wait for your medication to be delivered.

8. How can you access the service?
   PHCC has created a list of WhatsApp contact numbers – one unique number for each of its 27 Health Centers. Find the WhatsApp number for your Health Center Pharmacy. All you have to do is send your Health Center Pharmacy a WhatsApp message saying simply saying “Help”.

9. A Pharmacist from your Health Center Pharmacy will call you and start the Medication Home Delivery service process with you.
   a. What if I need medication urgently?
   You can call Q-Post on 104 and they should be able to assist you further.

10. What should you do if you receive medication?
    Make sure you know your medication and which ones you need delivered to your home.
    Please do not change your mind once you have agreed to receive your medication via the Q-Post delivery service.
    Make sure you know your medication and which ones you need delivered to your home.
    Please answer your mobile phone when the Q-Post driver rings.

11. How can we help you ensure that you receive your medication?
    Please make sure you know your correct home address as per your blue plate, and send us a picture of this by WhatsApp.
    Make sure you have a valid credit card if you need to pay.
    Please do not change your mind once you have agreed to receive your medication via the Q-Post delivery service.

12. Where can you find out more about the service?
    All you have to do is send your Health Center Pharmacy a WhatsApp message saying simply saying “Help”. A Pharmacist from your Health Center Pharmacy will call you and start the Medication Home Delivery service process with you.

13. What should I do if I have a problem with the service?
    Call Q-Post on 104 and they should be able to assist you further.

14. What if I have no issue when you receive your medication?
    Make sure you know your correct home address as per your blue plate, and send us a picture of this by WhatsApp.
    Make sure you have a valid credit card if you need to pay.

15. What if I receive medication?
    All you have to do is send your Health Center Pharmacy a WhatsApp message saying simply saying “Help”. A Pharmacist from your Health Center Pharmacy will call you and start the Medication Home Delivery service process with you.

A HEALTHIER FUTURE FOR OUR FAMILIES

27 Health Centers across the country
Patient Consultative Council, partnering with patients to drive progress
24/7 operated “107 Call Center”
Patient Centered family medicine model
Home health care services
Health Awareness and Patient Education
Urgent Care Services
Wellness facilities
SMART Health Check screening
National screening service for Bowel and Breast Cancer

www.phcc.qa
Individualized care at Al-Ahli Hospital for pulmonary conditions

The pulmonologists at Al-Ahli Hospital are part of an integrated team of highly specialized medical and surgical experts who work together to care for people of all ages. They use the latest technology to provide exactly the care you need.

In Pulmonary and Chest Department at Al-Ahli Hospital, patients are seen for disease of the upper and lower airways, including allergy and asthma, lung cancer detection and diagnosis, airway disease, and pulmonary functions laboratory. Your pulmonologist may ask you to repeat these tests even if you have already completed them to confirm the results.

At the Pulmonary and Chest Department at Al-Ahli Hospital, patients are seen for disease of the upper and lower airways, including allergy and asthma, lung cancer detection and diagnosis, airway disease, and pulmonary functions laboratory.

Your pulmonologist uses procedures such as spirometry, bloodwork, chest X-rays, CT scans, bronchoscopies and sleep studies to diagnose chronic lung disease. Your pulmonologist may ask you to repeat these tests even if you have already completed them to confirm the results.

During the test, an EEG monitors brain activity to identify sleep cycles and disturbances. A sleep specialist uses this as an advanced tool for many sleep disorders, but they are known as a polysomnogram. It is usually done in a special lab. It is also known as a polysomnogram (sleep study). A sleep study is a non-invasive, overnight exam that allows doctors to collect data about what is happening in a person’s body during sleep and how it affects their health.

Pulmonary and Chest Department conducts all diagnostic and therapeutic procedures such as spirometry, bloodwork, chest X-rays, CT scans, bronchoscopies and sleep studies to diagnose chronic lung disease. Your pulmonologist may ask you to repeat these tests even if you have already completed them to confirm the results.

When should I see a pulmonologist? First, you’ll answer questions about your symptoms. For some relatively short-lasting illnesses that affect your lungs, like the flu or pneumonia, you might be able to get the care you need elsewhere. But if your cough, shortness of breath, or other symptoms don’t get better, you might need to see a pulmonologist.

What is considered a pulmonary specialists? Pulmonologists are experts in pulmonary medicine, which is a subspecialty of internal medicine. They are trained to diagnose and treat conditions that affect the lungs and breathing. Pulmonologists may be board-certified in pulmonology, critical care medicine, or both.

What type of diseases does a pulmonologist treat? Pulmonologists treat diseases of the upper and lower airways, including allergy and asthma, lung cancer detection and diagnosis, airway disease, and pulmonary functions laboratory. Pulmonary medicine is a subspecialty of internal medicine.

Your doctor can help you determine whether a sleep study is right for you, “It has all advanced facilities and sleep medicine strives to provide individualized care for conditions including allergy and asthma, lung cancer detection and diagnosis, airway disease, and pulmonary functions laboratory. The latest technology is used to provide exactly the care you need.”

Dr. Hassan Sawaf, Head of Pulmonary and Chest Department at Al-Ahli Hospital, said that some patients may require staying for more than a day due to their condition. “Patients with obesity with sleep issues should be screened for sleep apnea. It is also known as a polysomnogram.”

Pulmonary and Chest Department provides services on general surgery, vascular surgery, dermatology, travel clinic, emergency, coronary care unit, intensive care unit, neonatal care unit, gastroenterology, speech therapy, dietary and nephrology.

At the Pulmonary and Chest Department at Al-Ahli Hospital, patients are seen for disease of the upper and lower airways, including allergy and asthma, lung cancer detection and diagnosis, airway disease, and pulmonary functions laboratory.
Your dentist might refer to them as “third molars,” but for everyone else, “wisdom teeth” is the name for those teeth that begin to erupt on the back of your mouth age 18-23. Even wonder how these teeth developed such a lofty reputation? Like so many other things, we inherited this one from the ancient Greeks. These writers in the 8th century BC gave these three names for those late-blooming teeth, but the one later invented by English was “soporific”. This referred to medication and the act of teaching—abilities the ancient Greeks believed came later in life. So, you acquire wisdom teeth around the same time you start teaching, a noun, according to the ancients.

Your teeth arrive in an orderly fashion, with the molars appearing last. Usually, your first set of molars appears around 6, with the second set appearing around 12 — the wisdom teeth — much later. These teeth are often difficult to remove because they're so close to the nerves and bones underneath. Since the teeth haven't erupted yet, you can expect your dentist to use a local anesthetic to numb you so that the surgery may be more comfortable.

35 percent to 43 percent of patients with pericoronitis recently suffered from a respiratory infection, suggesting these infections may contribute to this oral health problem. Stress may make them more likely, too. It’s more common in women than in men.

The lower wisdom teeth are situated near a nerve that provides your lower lip and chin with sensation. Since you've been under general anesthesia, your mouth continues oozing and you may require more surgery to fully correct the problem. Whether your wisdom teeth are impacted or not, your mouth continues oozing — a driving force in the preventative removal of most wisdom teeth in many countries. Not all health organizations agree that this is necessary. However, and not all countries regularly extract wisdom teeth for preventative reasons. In 2008, the American Public Health Association rejected the preventative removal of wisdom teeth citing dangers from pain, removal outweigh the risks of the costs of leaving wisdom teeth alone. The Cochrane Library observation found that as many as 60 percent of all wisdom teeth removal could be eliminated if these were worn only taken out when pain or other problems emerged. They also disputed the notion that impacted wisdom teeth crowd other out. Even so, there is evidence that these teeth should come out. Even when they don't show other symptoms, impacted wisdom teeth can cause problems later on. When not removed, between 30 percent and 60 percent of these teeth lead to problems within 12 years that require their removal.

Chinese acupressure can help you relax and reduce acute pain or discomfort, but some patients find they can manage their pain with over-the-counter medicaments. But if the surgeon needs to remove bone along with the tooth, the extraction procedure may be particularly needed. If you do take prescription medications, be aware that you should tell your surgeon beforehand about the small amount of food before you take your anesthetics, which may be necessary.

Toothaches are relatively common, and usually resolve without surgery. However, problems can occur. Watch out for signs of infection, and seek medical attention as soon as you notice any. The doctor will drain the infection and put you on antibiotics. Sometimes sins problems occur after wisdom tooth surgery. The sinus is situated near a down-level where your wisdom tooth and bone were removed. These problems can cause bleeding and swelling. Antibiotics will most likely be prescribed. The infection can recur in those sinuses that may become infected after surgery. Fortunately, the teeth have to erupt fully before this can happen, usually weeks later, but in rare cases it may be months. If you require surgery to fully correct the problem, you will need surgery to fully correct the problem.

WHAT IS SIMPLE EXTRACTION?

Have you decided you need your wisdom tooth pulled? This can go one of two ways depending on how exposed your tooth is. If the wisdom tooth has erupted completely, your dentist can pull it out in a procedure called simple extraction. If your tooth is impacted and is hurting your dentist to use numb agents to kill the pain before proceeding. A tool called an elevator is then used to loosen the tooth. A part called a flap, which looks similar to a leaf, is then positioned under the tooth and raised. This elevation is then cut into smaller pieces using a drill. Whether your wisdom teeth are impacted or not, you need surgery to fully correct the problem. Whether your wisdom teeth are impacted or not, your mouth continues oozing. Some patients find they can manage their pain with over-the-counter medicaments. But if the surgeon needs to remove bone along with the tooth, the extraction procedure may be particularly needed. If you do take prescription medications, be aware that you should tell your surgeon beforehand about the small amount of food before you take your anesthetics, which may be necessary.

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Your breathing or swallowing is affected as soon as you come out of surgery. Your mouth continues oozing and bleeding after the second following day surgery. Your jaw and face are swollen after the first 2-3 days. Only your neck and face are swollen after the first 2-3 days.
In many cases, poor foot care results in acute problems such as corns and calluses, which can lead to more serious infections that require medical intervention. Proper foot care reduces the risk of developing these conditions.

**Proper Foot Care**

- **Wear Proper Shoes:** Choose shoes that fit well and provide ample space for your toes to move freely. Avoid shoes that are too tight or too loose. Opt for wide-width shoes if needed.
- **Dry Your Feet:** After bathing or showering, dry your feet thoroughly, especially between the toes. This helps prevent maceration and reduces the risk of fungal infections.
- **Keep Your Nails Trimmed:** Regularly trim your toenails straight across to prevent ingrown nails.
- **Use Antifungal Products:** Apply antifungal powders or sprays to your feet after washing and drying them. Avoid waterقبول

In this context, we can see that proper foot care is crucial in preventing infections and maintaining healthy feet. This involves wearing appropriate shoes, keeping feet dry, and using antifungal products as needed. By adopting these practices, individuals can significantly reduce the risk of developing foot problems and enjoy optimal foot health.
QATAR has succeeded in flattening COVID-19 curve and limiting the spread of the virus

Measures to tackle COVID-19 in Qatar have succeeded in flattening the curve and limiting the spread of the virus with the number of new daily cases and hospital admissions continuing to decline each week.

The proactive and extensive testing of suspected cases enabled Qatar to identify a high number of positive cases in the community.

1 million
Qatar tests over 1 million people for COVID-19

Qatar has one of the lowest COVID-19 death rates in the world. The result of:
- Very high quality of care provided thorough the public healthcare sector for COVID-19 patients
- Qatar’s young population
- Proactive testing to identify cases early
- Expanding hospital capacity, especially intensive care, to ensure all patients receive the medical care they need
- Protecting the elderly and those with chronic diseases

Anyone suffering from COVID-19 symptoms should either contact 16000 helpline or go directly to one of the designated health centers to undergo the necessary checks

At the beginning of this pandemic, one of the most critical elements of our healthcare system’s response was to be able to plan and deliver an effective operational response to COVID-19. Making sure that we had enough hospital beds, intensive care capacity, and isolation facilities to provide high-quality care to everyone has been central to the success of our response to COVID-19.

H E Dr. Hanan Mohamed Al Kuwari, Minister of Public Health

More than a million COVID-19 infections have been prevented by the steps Qatar has taken to combat the pandemic. Due to the interventions we implemented, we flattened the curve to the extent that the peak number of infections was 79 percent lower than it would have been, had no public health measures been taken.

Dr Abdullatif Al Khal, Chair of the National Strategic Group on COVID-19

Flattening COVID-19 curve
FROM OCTOBER 1 TILL YESTERDAY

1092622
Number of people tested to date

137851
Number of people infected since the start of the epidemic

134950
Number of patients recovered to date

2664
Number of current active cases

237
Number of total deaths to date