

NURSING

NEWS & VIEWS

***OUR
NURSES***



***OUR
FUTURE***

Preface



We are thrilled to introduce the first edition of our FCHS nursing newsletter, a labor of love crafted by the dedicated faculty and exceptional nursing students at our esteemed institution. This newsletter serves as a platform to showcase the unwavering commitment and remarkable achievements of our nursing community. As a collaborative effort, it reflects our shared passion for nursing education, research, and practice, and celebrates the continuous growth and development of our students.

Under the guidance of our FCHS Director, Dr. Lisa Pratt, the Head of Department, and the esteemed faculty members, our nursing students have devoted countless hours to create a vibrant and informative publication that encapsulates the diversity and vitality of our nursing program. They have embraced the challenge of distilling complex medical concepts and cutting-edge research into accessible content, ensuring that our newsletter caters to both nursing professionals and the broader community. The students have exhibited creativity, enthusiasm, and a deep sense of professionalism, leveraging their skills to bring you a comprehensive resource that encompasses the latest advancements, inspiring stories, and valuable insights from the world of nursing.

We hope this newsletter serves as a testament to the immense talent and dedication within our nursing community. It is a testament to the nurturing environment that fosters collaboration and empowers our students to become outstanding caregivers and advocates for health. We are immensely proud of our nursing faculty and students for their tireless efforts in bringing this newsletter to life. Together, we strive to create an engaging platform that promotes knowledge sharing, fosters growth, and strengthens the bond within our nursing family.

Happy reading!

Sincerely,
Dr Nathira Al Hmaimat
Editor-in-Chief, FCHS_Nursing View & News

A MESSAGE FROM THE DIRECTOR OF FCHS



Dear FCHS nursing students,

I hope this message finds you in high spirits and filled with enthusiasm for the incredible journey that you have embarked upon with FCHS as future healthcare professionals.

Nursing is not merely a profession, but a very special vocation that requires tireless dedication, unwavering compassion and unyielding commitment to improving the lives of others.

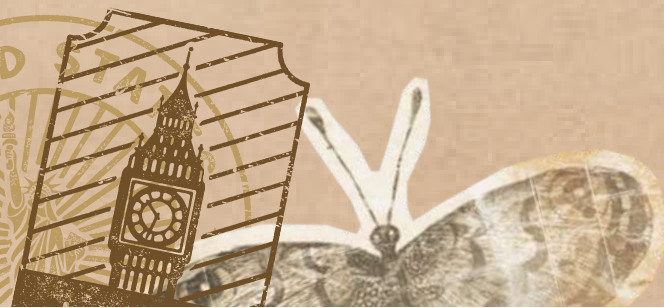
You have chosen a path that will not only challenge you, but reward you in boundless ways. Always remember that amidst the many challenges you will face, your passion for making a difference to the lives of others, is what will continue to fuel your energy.

Go forth with passion, dedication and an unwavering desire to make a difference. The UAE and beyond needs all of you to become highly compassionate skills nurses and I have every faith that each and everyone of you has the potential to be an exceptional asset to the health care communities that you will serve.

With heartfelt best wishes and my unwavering support as your Director.

Lisa Marie Pratt.
Director Chief Academic Officer

Lisa Marie Pratt



Head Of Department of Nursing



Dear Nursing Students of FCHS,

I hope that this message reaches you in good health and high spirits as you are in the process of evolving as the face of the Nursing profession in this country UAE. You are at the forefront of touching many lives and families.

Over the past months, our dedicated nursing faculties have consistently demonstrated unwavering commitment and compassion to bring out the best in you. Also your hard work has not only maintained the highest standards of nursing education but has also gone above and beyond to have the flag of Nursing in FCHS fly high.

Nursing is both an Art and science, as you focus on the scientific aspects of nursing, pay equal importance to the art side of nursing that includes the compassion for the people you encounter and the passion for the profession.

As we move forward, I want to emphasize the importance of continuous growth and learning. I encourage you all to take advantage of every training and development opportunities available to you, as they not only benefit you individually but also enhance our collective ability to be an excellent Nurse.

My best wishes and assurance of support in your journey with us in FCHS and forever.
Dr. Annie Rosita



Academic coordinator

Dear Nursing Students,

A very warm welcome to all of you who started their journey towards a career in nursing in Fatima College of Health Sciences (FCHS). As the academic coordinator, I wanted to take a moment to reach out and convey my heartfelt appreciation for your dedication, hard work, and commitment to this profession.

Our experienced and professional nursing faculty members are dedicated to guiding and supporting you throughout your educational journey. They bring a wealth of knowledge, practical expertise, and a genuine passion for teaching. I encourage you to actively engage with them, seek their guidance, and make the most of the resources available to you. heights of excellence.

I urge you to actively participate in extracurricular activities, workshops, and seminars offered by our college. These events not only enhance your learning but also provide opportunities for personal and professional growth.

Lastly, I want you to remember that nursing goes beyond the textbooks and medical procedures, it involves building trusting relationships with patients, supporting their emotional well-being, and advocating for their rights. Thank you for choosing FCHS as your educational home. We are honored to have you as part of our nursing community and look forward to witnessing your growth, achievements, and contributions to the field of nursing.

Dr Omar Melhem

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The Newsletter



كلية فاطمة للعلوم الصحية
FATIMA COLLEGE OF HEALTH SCIENCES

MISSION

Our mission is aspiring nurses to improve the public's perception of nurses.



VISION

We envision a world where nursing is recognized as an essential part of healthcare, and where our profession is respected and valued for the vital role we play in patient care and the community.



VALUES

Respect, Honesty , Equality, Trust

ALUMNI

WORLD SKILLS JOURNEY

NOOF ALSHKEILI

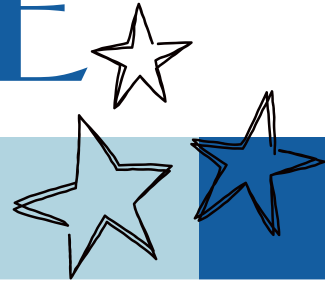


I'm Noof Alshkeili, the quiet kid at the back of the class, here to share her story. My younger self is what everyone would describe as a dreamer, passionate but quiet. My interest was sparked by my family background in healthcare, which led me to study in the AHS health cluster. I've always had the pressing urge to be something big, a part of the world, a member, and I have taken that as a mission for myself since a very young age. A few may recognize me as the world champion in the WorldSkills competition for health and social care skills.



NOOF WINNING!

EXPERIENCE



Noof's Words

In 2021, I nominated myself for the Health and Social Care Skills competition at Emirates Skills. After months of training, I was chosen to represent the UAE in a continent-wide competition; Euro-Skills 2021 at Graz Austria as a guest country, I was ranked 3rd. I spent 1 year and 5 months in training, where I cared for patients with up to 40 pathological cases using different case studies, taking into consideration the different challenges they were facing including financial issues, mental and physical disabilities, and facing death, in preparation for the international competition. I wasn't the chosen competitor yet, so I knew I had to give it all I have. Challenges I faced during that time, I was always in between choosing my free time for myself, friends, and family, struggled with my studies (last semester in college). Not everyone understood my commitment with all the pressures I had.

"During my training: I used to train for long hours, starting early in the morning and leaving late at night), specifically during Ramadan when there were nights I and my trainer Miriam stayed until 12 am. It was exhausting but the environment was very positive. Whenever I felt like I couldn't handle the stress I would see other competitors sleeping over in innovation park.

My trainer and I had a huge role in keeping me on track, we laughed and cried together. I came into training once and I found a board full of sketches and motivational words from my family, I sobbed. WorldSkills 2022 took place in Bordeaux France in October, where I was awarded the gold medal in the Health and Social Care skill, being named world champion. Hearing my name, my country being called out, walking into stage feeling numb with a mixture of emotions, tears falling down my face. I made it. In December 2022 I graduated making it on the dean's list with a GPA of 4.0"





MONTHLY HIGHLIGHT

ARTIFICIAL BLOOD

"Picture a bustling laboratory filled with brilliant scientists wearing white lab coats and working diligently. In the midst of test tubes and bubbling beakers, a breakthrough has occurred – the creation of artificial blood! This remarkable crimson elixir, lovingly crafted in the laboratory, is a marvel of scientific ingenuity. With its shimmering ruby hue and microscopic oxygen carriers, it promises to be a lifesaver in emergencies, granting renewed hope to patients in need. Gone are the days of scarce blood supplies and mismatched transfusions, as artificial blood flows through our veins, seamlessly integrating with our bodies. Imagine a world where accidents no longer cause panic but are met with confidence, knowing that this liquid marvel awaits in hospitals, ready to replenish life's essence. It's a testament to the tireless dedication of scientists and the wonders of human innovation. So, the next time you catch a glimpse of that vibrant, pulsating liquid, marvel at the marvels of science and toast to a future where artificial blood keeps us all pumping with joy – a testament to the power of human ingenuity and our unyielding pursuit of a healthier, more vibrant world!"

Grand Round

COMMUNITY
PROJECT BY
STUDENT NURSES



BY YEAR 3 & 4 STUDENT NURSES!!

THE FIRST GRAND ROUND BY STUDENT NURSES

Grand Rounds is a prominent nursing event that focuses on professional development and knowledge sharing within the healthcare community. It is an event where student nurses of year 3 and 4 come together to present and discuss interesting and complex cases, medical research, and advancements in patient care.

The grand Round covered a range of intriguing topics, such as atrial fibrillation, Traumatic Brain Injury, eating disorders, Multi-organ Dysfunction Syndrome, and E-cigarettes. Each group delivered their case presentations with exceptional information and unwavering confidence and brilliance.

After the presentation, there is an interactive session where attendees can ask questions, offer suggestions, and engage in a dialogue about the presented topic. This discussion encourages critical thinking, collaboration, and the exchange of ideas among healthcare professionals from diverse backgrounds.

The grand round was graced by the presence of esteemed and distinguished individuals, including Senior manager executive government relations and the Director of the Collage.

Additionally, students and instructors from various academic disciplines participated, seeking to interact with the essence of nursing and gain a comprehensive understanding of the nursing profession.

In conclusion, the grand round received an abundance of positive feedback from its attendees. We earnestly aspire to have the opportunity once more to shed a positive and illuminating light on the nursing profession, fostering a sense of pride among student nurses.



24 MAY 2023

CAREER DAY



FEATURING THE NURSING DEPARTMENT

Career fair day was held in the FCHS Abu Dhabi campus on May 24, 2023, and is one of the greatest opportunities for nursing and other specialties in Fatima College of Health and Sciences. It serves as a platform for upcoming or recent graduates to explore various career paths, connect with professionals, potentially secure internships, or job opportunities, ask questions, and set up interviews with different organizations in healthcare. Such as Mubadala, Zayed Military Hospital, SEHA, and more. Preparing for the day, students were informed to prepare for interviews, CV samples were provided, and advising was conducted. On the day of the career fair, each organization was introduced to the students and facilities. Then they were invited to the event to ask questions and register their names for employment opportunities.



HOSPITALS

THAT ATENDED CAREER DAY

SNAPSHOTS of career day



PATIENT SAFETY AWARENESS WEEK



Patient safety is a fundamental cornerstone of quality healthcare. Every year in March, Patient Safety Week serves as a vital reminder of the ongoing commitment to creating safe and reliable healthcare environments for patients, families, and healthcare professionals alike.

6 GOALS

Key points discussed in this Week:

1. Promoting Safer Healthcare for All
2. Raising Awareness and Empowering Patients
3. Collaboration for Safer Care
4. Preventing Errors Through Reporting and Learning
5. A Lasting Commitment to Patient Safety



Benefits of Patient Safety



For students aspiring to join the healthcare field, Patient Safety Week offers a valuable lesson: prioritize diligence and empathy. Embrace a culture of learning and teamwork, as your commitment to patient safety will shape the future of healthcare. Stay curious, stay compassionate, and never stop advocating for those in your care.

NURSES INTERNATIONAL DAY



International Nurses Day (IND) is celebrated around the world on 12 May, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the IND resources and evidence. ICN and its national nursing associations members across the world look forward to celebrating nurses and working together to chart the future direction of nursing in order to meet the needs of the new normal as well as the Sustainable Development Goals, Universal Health Coverage, and Health for All.



“

**LET US NEVER CONSIDER OURSELVES
FINISHED NURSES...
WE MUST BE LEARNING ALL OF OUR
LIVES**

Florence Nightingale

”

Nursing Insight

This is the response of the students and instructors to our survey, which is primarily focused on nursing, the image of nursing in UAE culture, and their experience in both clinical placement and theory.

Nursing is a calling profession.
You are called to serve.
Nursing image in our culture:
Nursing profession is now building its name to our society. Especially during the pandemic time, the importance of being a nurse were elevated and emphasized. One of the core values of our culture is embedded in the care to our family likewise in nursing, family is one of the main clients to take care of.

Written by a.k.a. Angel

Interesting things learned from theories:
Nursing emphasizes the importance of cultural competence, which involves respecting and understanding the cultural beliefs, values, and practices of patients. Culturally competent care ensures that healthcare providers can effectively communicate, establish trust, and provide culturally sensitive care to diverse populations

Written by Amitha Mohan

Everyone entering nursing school either had a fear of blood or fear of pricking complete strangers, or just continuously failing to start an IV line. We imagined our first time over and over with different catastrophic scenarios. Practiced on mannequins over and over again but still always had a shaky hand when trying it for the first time on a real patient. That's until we got the chance to meet amazing preceptors in the hospitals which allowed us to physically try it out on them and even on our classmates after permission and supervision. That has helped many of us practice until our trembling shaky hands stopped and we started to prick and start IV lines on real patients successfully and confidently under the supervision. Practice made us perfect it!

Written by Noof Alshkeili



More nursing stories



Imagine this, it was my last day in critical clinical placement in SSMC, I was excited in the morning rounds, hoping it would be an easy last day. Suddenly, my patient started to desaturate, oxygen saturation levels going down to 80. But this was only the beginning. Throughout the morning, my Traumatic Brain Injury patient was de saturating from 80's to 60's then 50's, the night before the doctor informed the family that the patient is brain dead, and her time was coming to an end. On the day of my shift over 25 people from her family members were there, praying, speaking God's words, and holding on to her hand. As the end was near, my nurse informed me to get ready, for soon we will hear the code blue alert. My patient's heart stopped, and we quickly had to intervene, no one was there to assist except me and my nurse, I had to administer adrenaline through her IV line, then I quickly moved to manually give her 2 breathes through the resuscitator bag, while my nurse did 30 chest compressions. In the end, after 3 rounds of resuscitation, my patient's heart grew weaker and she passed away, right in front of me. The doctor informed the family, while I held their hands and hugged their bodies; trying to comfort them through their loss of their big sister.

Written by: Ayesha Al Hameli

In one of my clinical placements (adult medical and surgical), in the ward in handover, I heard from the nightshift nurse that an elderly female patient is aggressive and refuses her antihypertensive medication, and her blood pressure is high. As a result, the final solution is to talk to the doctor to convince her. However, my preceptor and I decided to try and communicate with the patient. So, we went to the patient room, and I introduced myself to the patient, and when she saw the medications, she refused to take them. I tried to establish trust in the patient-nurse relationship, started showing empathy to her, and explained to her the high risk of developing other complications with hypertension and the need to take the medication. Finally, after 30 minutes of convicting, she took her medication, and from my observation, she needed more attention, empathy, and care from others, as this was the solution.

Written by Zeyana Almazrouei

MALE NURSES

We set out on a journey of discovery and asked our male nursing students three critical questions: "What attracted you to nursing?" Their answers revealed the core of their professional calling. "How did your families react to your desire to become a nurse?" Their experiences painted a variegated familial picture, from raised eyebrows to loving hugs. "Do you believe in the UAE community, there are certain views that say nursing is a woman's job, and how do you think the community will react to male Emirati nurse?" They talked about defying conventions and imagining a transformational future in a culture where nursing is frequently stigmatised. Here are their insightful responses.

"I have chosen nursing as my major because it allows me to make a positive difference in people's lives by helping them. I'm lucky my family reacted positively, and I have their full support. Regarding the last question, I can't talk about society's general opinions. Still, some people may see nursing as a profession for women. However, society constantly changes and evolves, and these views can change over time. The important thing is to follow your passion and choose what makes you happy in your career."

Abdulaziz Alebri
first year nursing student

" I choose nursing because The ability to offer care, comfort, and support during times of vulnerability resonates deeply with me. I'm thrilled that my family reacted positively, and their support has been a tremendous source of motivation for me.

Differing opinions exist regarding gender roles in various professions, including nursing. I believe there should be no specific gender association with the nursing profession. On the contrary, nursing is a field that welcomes individuals of all genders, valuing diversity and inclusivity."

Abdullah Alkatheeri
first year nursing student

"Firstly, I choose nursing because this major offers numerous advantages, including global demand for your skills, interdisciplinary collaboration, and lifelong learning and advancement opportunities. Secondly, my family was happy for me to choose this major. Lastly, the perception of nursing as a profession primarily for women is a stereotype that has persisted for a long time but is gradually changing. It's essential to acknowledge that nursing has always been a profession open to individuals of any gender. "

Ahmed abdulla
first year nursing student

We want to take a moment to acknowledge and celebrate your dedication and commitment to the nursing profession. Your choice to pursue nursing is a testament to your compassion, skill, and desire to make a positive impact on the lives of others. Nursing is a field where diversity is valued, and your presence enriches our nursing community. Your determination and passion are an inspiration to us all, and we're proud to have you as a member of our team. Keep up the excellent work, and know that your contributions are making a significant difference in the world of healthcare.

Good Luck To You All

Nursing

FACT

The first documented travel nurses were present in the late 1970s when nurses were brought to New Orleans specifically to help care for the surge of people present for Mardi Gras.

Written by
Dr. Jenna Liphart Rhoads,
Ph.D, RN, CNE



While the predominant practitioners of nursing have historically been female, male nursing is on the rise. As of 2021, 12% of US nurses were male, up from just 2.7% in 1970.

By James Israelson

The root word for "nursing" is the same as that for "nourish," "nutrition," and "nursery."

By James Israelson

Ways to reduce exam stress



Be realistic in the revision targets you set for yourself.



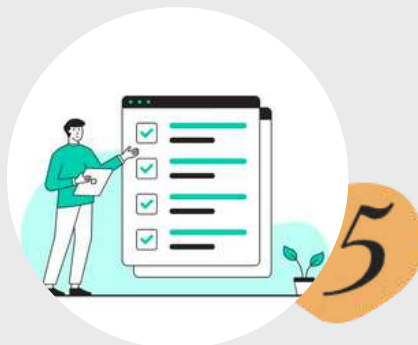
Get plenty of sleep



Gather together some study friends to make revising seem less daunting.



Take regular breaks.



Keep your study materials, notes, and resources neatly organized.



Give your brain a well-deserved break by engaging daily in 20 minutes of physical activity.

Meet the team



AYESHA AHMED ALHAMELI

I am a Fourth year Nursing student, who proudly advocates for patients, people of determination and for anyone in need. I have a 3A strategy that enables me to actively engage in the society, effortlessly adapt to new experiences, and embody a keen sense of acumen.



AYESHA MAJED ALJNEIBI

Hello! my name is Ayesha, and I am a fourth-year nursing student. I am constantly seeking opportunities to learn, grow, and positively impact society; I look forward to connecting with like-minded individuals and exploring new possibilities.



MOUZA YOUSIF ALRIYAMI

I am nursing student with demonstrated language, writing and communicating skills, adaptive in managing sensitive situation. Eager to grow professionally and personally in nursing and My focused objective is to apply my knowledge and abilities in the right way and situation to assist patients with their medical needs while continuing to educate myself.



ZYEANA IBRAHIM ALMAZROEI

I'm a nursing student in my fourth year. My desire to make a positive impact on others makes me choose nursing. I decided to join the newsletter team to expand my knowledge through research, practice my writing skills, make others enjoy reading our news, and learn about various topics.

Volunteer Job Opportunity!

The best chance for students interested in writing and conducting research is a volunteer job to write and design the next FCHS newsletter.



**SCAN
ME TO JOIN
OUR TEAM**

