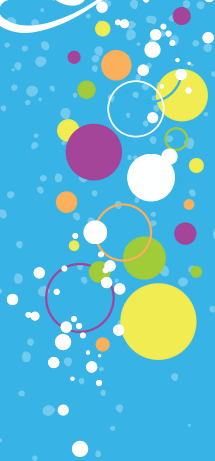


December



Care & Community

KACCH & BACCH NEWSLETTER

Issue 2 - December 2023

Editor's Note

As the year draws to a close, we extend warm wishes to everyone during these cool winter days. Welcome to the second edition of "Care & Community." In these pages, explore the latest from our clinical and psychosocial teams in hospice and hospitals. As we strive to provide quality care to children in hospital as well as children with life-limiting and life-threatening illness across the country, we would like to take you along with us in our journey. Meet the dedicated individuals from which the heart of our mission stems from including our employees, volunteers, and community supporters. As we approach the end of the year, we also wish everyone a Happy New Year. Happy reading!

With regards,

With regards,

Community Engagement & Volunteering Department





Superhero Health Squad

Read the latest news about our clinical team, their major highlights and activities

Neuromuscular MDT Series - 30 October 2023

We again extend our heartfelt gratitude to the esteemed doctors who volunteered their time and expertise during our Neuromuscular Multidisciplinary Day on 30 October, the latest in a series of events following those held in March and June this year. Their commitment facilitated crucial specialized consultations, offering invaluable support to our patients and their families.

Dr Arti Nanda Dr Hisham Bu Rizk Dr Mansour Al Shimmary
 Dr Eman Bu-Hamra Dr Amal Bahbahani Dr Khaled Al Kandary



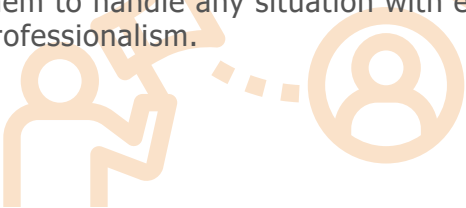
Medical Students Day - another round

In November, we welcomed a new group of medical students to Bayt Abdullah, for the third time in a row this year, continuing our mission to promote pediatric palliative care. Through engaging lectures and interactive sessions, we provided valuable insights into the field, inspiring more medical students to make a difference in the lives of young patients and their families. Together, we're building local expertise in pediatric palliative care.

Refining Compassionate Care: Communication Workshop - 11 December 2023

Our recent communication workshop, led by the Clinical Department, focused on refining our team's skills in delicate medical scenarios. Covering topics like breaking bad news, ethical considerations, nursing assessments, end-of-life feeding, and responding to sensitive situations, these sessions provided invaluable learning experiences.

During the workshop, our medical and psychosocial staff actively engaged in various scenarios, gaining insights into effective communication nuances, supported by volunteers portraying parents or sick children for realistic training. This regular workshop serves as a platform for our team to enhance communication skills, preparing them to handle any situation with empathy and professionalism.



Pharmacy Corner

Celebrating World Pharmacist Day 2023

This year's vibrant celebration of World Pharmacist Day on September 25th was led by our proactive Pharmacy Department at KACCH & BACCH. Guided by the theme "Pharmacists Strengthening Health Systems," our pharmacy team took the lead in celebrating the occasion with the wider team of KACCH & BACCH.

This mini-celebration stands as a testament to the Pharmacy Department's commitment to promoting awareness and recognition of the invaluable contributions of pharmacists in Kuwait and around the world strengthening our healthcare systems.



FROM OUR PHARMACY - WHAT YOU NEED TO KNOW ABOUT MEDICATIONS THAT CAN INCREASE YOUR BLOOD PRESSURE

THESE 10 MEDICATIONS CAN RAISE YOUR BLOOD PRESSURE

Non-steroidal Anti-Inflammatory Drugs (NSAIDs):

- NSAIDs like Ibuprofen, found in OTC and prescription meds, may raise blood pressure by causing salt and water retention.
- Celecoxib, another NSAID, works differently and is less likely to elevate blood pressure.

Note: NSAIDs are common in unexpected OTC products, including cough and cold remedies.

Acetaminophen:

- Studies on Acetaminophen's impact on blood pressure are mixed.
- Its mechanism is unclear but might involve blocking the enzyme cyclooxygenase (COX).

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs):

- SNRIs like Venlafaxine and Duloxetine, used for mental health conditions, may raise blood pressure by affecting norepinephrine levels.
- Selective serotonin reuptake inhibitors (SSRIs) are less likely to do so.

ADHD Medications:

- Stimulant medications like Dextroamphetamine/amphetamine salts and Methylphenidate may slightly raise blood pressure by increasing norepinephrine and dopamine.
- Non-stimulant ADHD medication Atomoxetine may also have this effect.

References

- American Heart Association. (2016). Getting active to control high blood pressure.
 American Heart Association. (2016). Limiting alcohol to manage high blood pressure.

Bupropion:

An atypical antidepressant, Bupropion may increase blood pressure by raising norepinephrine and dopamine levels.

Birth control pills with estrogen may elevate blood pressure, possibly due to increased angiotensinogen levels.

Steroids:

Corticosteroids like Prednisone and Methylprednisolone may raise blood pressure by promoting salt and water retention.

Decongestants like Pseudoephedrine and Phenylephrine may lead to high blood pressure by constricting blood vessels.

Immunosuppressants like Cyclosporine and Tacrolimus may raise blood pressure by constricting blood vessels and increasing salt retention.

Biologics:

Some biologics, including Adalimumab and Infliximab, used for various conditions, may have hypertension as a possible side effect.

WHAT CAN YOU DO TO LOWER YOUR BLOOD PRESSURE?

Some risk factors for high blood pressure are out of your control, like your genetics, sex, and age. But you may be able to control other risk factors for high blood pressure. Some of the most important things you can do to lower blood pressure are:

• **DASH diet:** DASH stands for "Dietary Approaches to Stop Hypertension." This diet emphasizes fresh fruits and vegetables and minimizes processed foods.

• **Weight loss:** Being at a heavier weight is linked to hypertension. But through diet and exercise, you may be able to lose weight and lower your blood pressure.

• **Aerobic exercise:** Exercising can help control your blood pressure. The usual recommendation is to exercise 150 minutes/week. This includes activities like brisk walking.



Physiotherapy Corner



Wheel -Chair Clinic - 5 October 2023

Hello from our wheelchair clinic where our PT team works on assessing and customizing wheelchairs, seating, and posture support for our children. The clinic also provides regular expert guidance and training for parents and caregivers.

EB Training Day - 12 October 2023

In partnership with the FDC, organized a special EB day for our EB patients and their families. During this event, we offered tailored training to enhance dressing compliance, optimize interactions with their environment, and address the impact of scar formation on proper positioning, posture, and gait."



Foot Clinic, 25 October 2023

In extension to the ongoing efforts to always advocate for improving the quality of life our palliative patients in Bayt Abdullah, our PT team collaborated with Foot Care Clinic to offer early intervention, assessment, treatment, and healing for foot and lower limb issues. The end goal is to empower children with EB to take charge of their foot health and enhance or sustain their mobility.



FUN FACT

The foot has more nerve endings per square centimeter than any other part of the body. No wonder they are so ticklish!

1

Tailored physical activity is essential for children with mobility challenges. It benefits their health, strength, cardiovascular fitness, and bone density, supports their well-being and long-term mobility.

2

Epidermolysis Bullosa (EB) can reduce children's quality of life is that frequent wound care and medical procedures are often necessary, which can be painful and time-consuming. This can lead to a significant disruption of their daily routines and negatively affect their overall well-being.



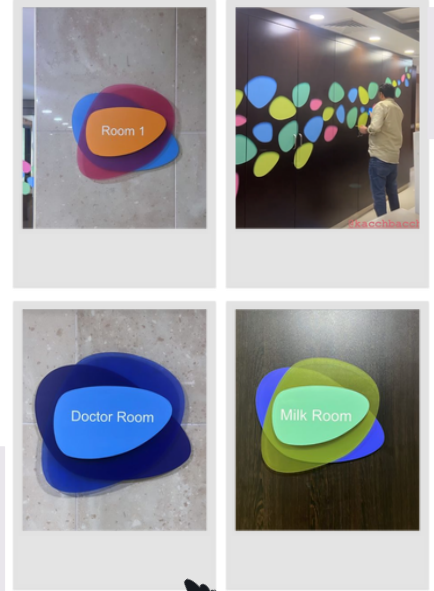


Heart & Mind Harmonies

Read about our psychosocial team and their latest in 9 different locations in Kuwait!

Environmental Changes in Amiri

The mission of KACCH & BACCH revolves around enhancing the healthcare experiences of children, striving to create a welcoming and child-friendly environment within hospitals. Since our establishment in 1989, we have been dedicated to transforming pediatric wards in Kuwait, achieving numerous environmental improvements. Our most recent project took place at Amiri Hospital, where, in collaboration with the hospital administration and the invaluable support of our community supporter, Element Design House, we embarked on a project to revitalize the pediatric ward. This initiative involved infusing vibrant colors and thoughtful details into the space, creating a lively atmosphere for our young patients with a profound impact. This marks just one step in our ongoing commitment, with plans for further environmental enhancements in other hospitals on the horizon.



KACCH & BACCH CL Clinical Supervision



We are delighted to share with you: the establishment of our Clinical Supervision Program, a pivotal step in building national capacity for our Child Life Program supporting culturally appropriate services catering to the diverse population we serve. This program is an essential component in the journey to becoming a Certified Child Life Specialist, professional enhancement aligning with the standards set by the Association of Child Life Professionals (ACLP). Through this initiative, aspiring Child Life Specialists will have the opportunity to acquire both knowledge and practical experience in a hospital/hospice setting contributing to their holistic preparation for working with children undergoing medical treatment, under the supervision of KACCH & BACCH Certified Child Life Specialists.

College of Psychology and Social work Students Explore Child Life at Bayt Abdullah - 30 November 2023

Recently, the Community engagement department in collaboration with the psychosocial department hosted students from the College of Psychology at Bayt Abdullah for a special lecture on the impactful world of psychosocial programs for children in medical care. The aim was to raise awareness about the child life field and inspire students to consider it as a career path. We also highlighted exciting volunteering opportunities at KACCH & BACCH.



Empowering Resilience

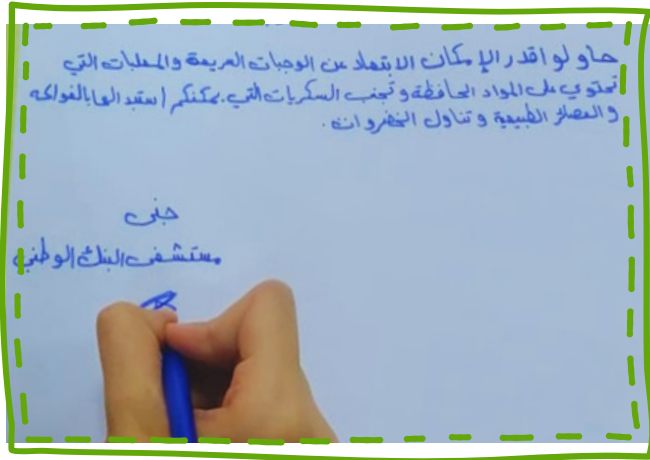
In response to the ongoing humanitarian situation in Gaza, our recent community empowerment session, led by **Dr. Joanne Hands, PhD, LPC, LMFT**, aimed to foster support and unity. Dr. Hands guided participants through practical techniques to build resilience and mutual support in challenging times.

In conjunction with the session, our team organized a donation drive with the **Kuwait Red Crescent Society** to provide tangible support to the people of Gaza. This holistic approach reflects our commitment to addressing both the emotional and material needs of those affected. Your well-being is important to us, and together, we find strength and hope in solidarity.



Snapshots from our playrooms





"Try to stay away from fast and canned food with preservatives. Opt for fresh choices by avoiding sugary treats and incorporating fruits, natural juices, and vegetables into your diet."

Jana



"I encourage children like me, especially those undergoing treatment, to diligently follow their doctor's instructions and adhere to prescribed medication schedules. Regardless of the challenges you may face, determination is crucial to completing your education. Even if there's a pause due to your treatment, remember to resume your educational journey."

Ahmad

The vibrant world of therapeutic play with our delightful patient A., a spirited 4-year-old at Ibn Sina.

A. really loves coloring and drawing. But when she had surgery, it made it hard for her to do those things. After the surgery, she had to use a spirometer, a tool to help her breathe better. But it made her feel a bit scared and sad. That's when our team at Ibn Sina had an idea.

We made a super fun game with bubbles and lots of colors. It was designed to be like the spirometer but in a playful way. It was like a magical game where A. could use her imagination while breathing in and out. She wasn't just someone getting better; she was like an artist creating her own healing masterpiece.

And here's the heartwarming part – her family joined in the fun too! With bubbles, laughter, and lots of colors, fear went away, and encouragement became the main part of the game. It was a special moment for everyone.



TECH LOUNGE



NEW MILSTONE - HOSPICE INFORMATION SYSTEM (HIMS)

Our IT department envisions empowering our organization through innovative solutions and seamless technological integration, enhancing efficiency, collaboration, and the quality of care. We're excited to highlight our transformative initiative, the Hospice Information System (HIMS).

Under the IT department's guidance, HIMS optimizes our hospice's operations by revolutionizing data management, enhancing child care, and streamlining critical information access. This integrated system supports healthcare professionals in delivering personalized care, empowering our team to make informed decisions promptly.

HIMS is more than efficient data management; it's a pivotal tool elevating the quality of care. It streamlines processes, allowing caregivers to focus on the well-being of the children. Additionally, HIMS ensures the security and accessibility of patient data, contributing to overall operational efficiency. A salute to our IT team for consistently improving our systems and keeping us abreast of the ever-evolving tech world.



ADVICE FROM OUR IT DEPARTMENT

Stay Secure on Public Wi-Fi: Safeguarding Your Online Experience

In our interconnected world, the convenience of accessing free Wi-Fi in various locations, both locally and internationally, has become a common practice. However, it's crucial to be aware of the potential risks associated with using public Wi-Fi to ensure your safety and protect sensitive information.

HERE ARE SOME IMPORTANT CONSIDERATIONS:

Data Interception and Alteration: Hackers can intercept or alter the information transmitted over unprotected networks, posing a threat to your privacy. They may create fake websites or introduce malware that could compromise your device and steal your data.

Traffic Monitoring and Data Capture: Public networks are susceptible to hackers monitoring incoming and outgoing traffic, allowing them to capture personal information, payment details, or login credentials. Your sensitive data could be at risk without proper precautions.

Rogue Hotspots and Device Access: Hackers may create deceptive hotspots that imitate legitimate ones, tricking users into connecting. Once connected, they can gain access to your device and its data or redirect you to malicious websites.



TO SAFEGUARD YOUR ONLINE ACTIVITIES:

- 1. Avoid Sensitive Transactions:** Refrain from conducting sensitive or confidential activities, such as online banking or shopping, on public Wi-Fi networks.
- 2. Use a VPN Service:** Employ a Virtual Private Network (VPN) service to encrypt your traffic and conceal your identity, adding an extra layer of protection against potential threats.
- 3. Keep Software Updated:** Regularly update your device's software and antivirus programs to ensure they are equipped to fend off emerging threats.
- 4. Disable Wi-Fi When Not in Use:** Turn off your Wi-Fi connection when not actively using it to reduce the risk of unauthorized access.

SAFE SURFING!





4 Events

This section highlights a few of our events that took place over the past few months

Back to School - 16 September 2023

For the second consecutive year, our collaboration with **KIC** transformed the back-to-school season into an exhilarating celebration for our children and their families. The day was full of engaging school-related activities and games, offering a wonderful experience for all.

Special thanks to **PRET A Manager**, the **DINO Dentist** and dietician, **Basma Al-Wuhaib**



Hats On 4 CPC



For yet another year, we joyfully celebrated **HatsOn** for children's palliative care, joined hand in hand with the incredible support of **Vision Group and Four Seasons Kuwait**. The collaborative efforts of this remarkable group resulted in a day filled with engaging activities specially curated for the children, making it an unforgettable occasion. More than just an event, **HatsOn** aims to spotlight the critical importance of palliative care for children facing life-limiting and life-threatening conditions. A **BIG THANK YOU** and Hats off to all involved!



Coffee here



Imagine a day more delightful and exciting than creating art pieces with the aromatic charm of coffee. Thanks to the generosity of **CAF**, our children embarked on an enjoyable afternoon filled with coffee art at **CAF Cafe-Al Shuwaikh**. Transforming these artistic masterpieces into beautiful totes, now available for purchase at all **CAF** locations, with proceeds dedicated to supporting **KACCH & BACCH**. **Get yours today!**

World Children's Day - 18 November 2023

In a heartwarming collaboration with **Zain, Sahabt Amal, Mawheba and Habachi & Chalhoub**, we recently commemorated World Children's Day with an unforgettable event dedicated to our cherished children and little ones worldwide. The festivities were brimming with many activities, bringing smiles to the faces of our children and their families. From interactive games to engaging workshops, the event was a testament to the collective efforts to create a day filled with joy, laughter, and cherished memories. We extend our sincere gratitude to our supporters for joining hands in making this celebration a resounding success, embodying the spirit of unity and shared commitment to the well-being of children.

Special thanks to **Dawood Hussein, KDD, and Solo Pizza** for being part of this celebration.



In a delightful afternoon filled with luxury and fun, **Four Seasons Kuwait** graciously invited our children to the exquisite **Elements** restaurant to celebrate afternoon tea party & World Kindness Day. The atmosphere was brimming with joy as the children engaged in a many activities, relished a delicious lunch, and shared moments of laughter and connection with each other. The event marked a celebration of kindness, creating lasting memories for our little ones and their families.



We extend our heartfelt gratitude to the extraordinary community supporters, generous donors, dedicated vendors, and diligent organizers whose great efforts make these events a reality for our patients and their families. Your commitment to bringing joy and creating memorable moments is deeply appreciated.





5 Volunteer Spotlights



Celebrating the Heart of Our Community - our Volunteers

On December 2nd, we came together with immense gratitude to celebrate the invaluable support of our dedicated volunteers throughout the year. Their contributions ranged from crafting event decorations and facilitating engaging activities to handling office roles, cataloging our library, organizing donations, and bringing joy through play activities in hospitals and hospice.

Special thanks to Chocolate Bar, Ole Coffee and Station Goodies for offering all the yummy snacks and treats during this event!

A Heartfelt Thank You to Our Volunteers

Our volunteers are the heartbeat of KACCH & BACCH, and their selfless efforts form the foundation of our mission. We express our deepest appreciation for their unwavering dedication, reminding us that together, we make a difference that extends far beyond the walls of our organization.



Preparing non-toxic playdough for our children



"I've been volunteering at KACCH & BACCH for the past three months and it has been the best experience I've ever had in my life. Every single interaction I've had with patients has stuck with me and taught me a lot about empathy and compassion. The work environment at Bayt Abdullah is the absolute best. Everyone is always smiling and they ensure to always keep a good vibe no matter what's going on I love it here and I hope to keep supporting KACCH & BACCH as I grow."

Abdullah Aleidi, Volunteer





6

Inside the Action

Meet our team

HELLO
MY NAME IS

Tamer Nagy
Medical Interpreter



HELLO
MY NAME IS

Sara Zayed
Communication Officer



PLEASE DESCRIBE YOUR ROLE AND RESPONSIBILITIES WITHIN THE ORGANIZATION.

I perform a variety of interpretations to assist non-English or non-Arabic speaking patients and staff at BACCH. And I participate as a neutral party in the role of a conduit of information that must flow between BACCH staff and patients and their families

WHAT'S THE MOST REWARDING PART OF YOUR JOB?

Simply, when I realize that proper communication, in a convenient manner, has been achieved by the live bridge of communication (myself 😊) to ensure an accurate medical history and updates thereof are fulfilled, that paving the way for the medical, clinical or psychosocial teams to hit the bell in dully commencing their plans.

WHAT DO YOU FIND MOST CHALLENGING IN YOUR ROLE, AND HOW DO YOU OVERCOME IT?

Mainly, different dialects of Arabic speakers and slight cultural variance, but I used to ask before I translated to ensure the right meaning. By that time, I acquired many key dialects and I enjoyed expressing thereof.

WHEN YOU'RE NOT AT WORK, WHAT ARE YOUR FAVORITE HOBBIES OR ACTIVITIES?

My small lovely family in Egypt, I utilize my free time after work at the Gym, whether working out or swimming, and also visiting my closest friends in Kuwait. In the evening, thanks to modern telecommunications, spend a fruitful time with my family via video calls.

SHARE A FAVORITE QUOTE OR MOTTO THAT YOU LIVE BY.

My Late Mother's aphorism (Patience is the key to relief)

PLEASE DESCRIBE YOUR ROLE AND RESPONSIBILITIES WITHIN THE ORGANIZATION.

Ever wondered who's behind the posts on KACCH & BACCH social media? That would be me! But there's more to my role. I am dedicated to organizing lively events that bring joy, and excitement and crafting happy moments! I'm also the creative mind behind the organization's colorful designs. In my job, I wear many hats, and each one comes with lots of fun!

WHAT'S THE MOST REWARDING PART OF YOUR JOB?

One of the most fulfilling aspects of my job is witnessing the transformation of ideas – from lively brainstorming sessions to the reality of a tangible product or event

WHAT DO YOU FIND MOST CHALLENGING IN YOUR ROLE, AND HOW DO YOU OVERCOME IT?

The most challenging thing in my role is having an occasional creative block and the best way to overcome it is by going on a walk around Bayt Abdullah just to destress and let new ideas flow.

WHEN YOU'RE NOT AT WORK, WHAT ARE YOUR FAVORITE HOBBIES OR ACTIVITIES?

My favorite two things to do outside of work is going on daily walks and listening to podcasts.

SHARE A FAVORITE QUOTE OR MOTTO THAT YOU LIVE BY.

"Silence is only frightening to people who are compulsively verbalizing."





In loving memories of our Children



Everyone who met her was captivated by her infectious spirit, including all her family. Hooriya's mode of expression was as diverse as her interests – from creative art and puzzles to capturing cherished memories and sharing stories. And when it came to UNO, consider yourself warned – she was a pro.

Her favorite color, blue, reflected her calm yet vibrant personality, while her constant companion, "Lilly," a fighter fish, accompanied her on her journey from the PICU to home.

In remembering Hooriya, we honor the invincible spirit that left an everlasting mark on our hearts.

Omar found joy in art, cooking, and camping, and cherished moments with his family. Despite his health challenges, he created a special memory with a hospital Kashta, bringing together everyone who contributed to his care. His love for life continues to resonate with all who had the privilege of knowing him.

Special thanks to Four Seasons Kuwait for making Omar's Kashta day very special for him and his family. We pray Omar finds eternal peace under the care of Allah.



We reflect on the moments that shaped Sultan's time with us. Sultan wasn't just a patient; he was a radiant soul who brought joy to our days. From serving Arabic coffee during visits to sharing his love for farms and camels, Sultan's presence was a source of inspiration to our entire team.

As we bid farewell to our dear Sultan, we celebrate the vibrant spirit that will forever linger in our conversations and hearts. May he find eternal peace under the care of Allah.

Heartful Raises Over 20,000 KD for KACCH & BACCH

In a spectacular showcase of creativity and compassion, the Heartful Charity Exhibition has exceeded expectations, raising over 20,000 KD to support children's healthcare. The vibrant artworks contributed by Kuwait's diverse art community tell unique stories of strength and resilience. This incredible success ensures the sustainability of our free psychosocial and palliative care services for children in Kuwait. A heartfelt thank you to all the artists and supporters who made this impactful contribution possible. Your involvement continues to light up the lives of the children we serve.

Heartful
 by KACCH & BACCH
 Charitable Art Exhibition & Auction

**3
 DAYS**



Special thanks for the following companies and entities for making Heartful possible

- Noor Financial Investment Co.
- Mosbah Furniture & Decor Manufacturing from nothingness
- Jumo Coffee Roasters Kuwait
- The St Regis Kuwait
- 20 Grams, Specialty Coffee Bar
- November & Co
- Bento
- Contemporary Art Platform
- My Fatoorah
- Maison A

CAP Kuwait Al Qabas Al Jarida Alanbaa
 All our exceptional volunteers

THANK YOU!

TO ALL PARTICIPATING ARTISTS AND ART STUDIOS FOR MAKING THIS EXHIBITION POSSIBLE

- Abdulla Al Awadi x Samovar
- Abdullah Dexe
- Ahmad Moualla
- Aldanah Dougherty
- Ali Al Yousifi
- Alymamah Rashed
- Amani ALThuwaini
- Amira Behbehani
- Anzhela Alexeeva
- Arti Studio
- Aziz Motawa
- Dalal Arti
- Deema ALGhunaim (Den Gallery)
- Dina Zaitoun
- Djinane ALSuwayeh
- Eman Alquhtani
- Faisal Najaf
- Farah Salem
- Fareed Abdal from nothingness
- Hameed Al-Sarraf
- Hanadi Almarzouq
- Heyam Alhussain
- Huda Abdulmughni
- Hussain Dexe

- Janet Eve Marvin
- Jassim AlNashmi
- Kawther Alsaffar
- Maha Alasaker
- Mariam Alroomi
- May Alkharafi
- Mina Kattan
- Mohammed Kassem
- Myriam Kotb
- Nawar Bashir (Paola Al Sabah's Collection)
- Rafah Alfarsi
- Rania Abu Al Hassan
- Razan AlSarraf
- Romain Danger
- Sara AlDalamah
- Seta Bekaryan
- Sheikha AlHabsi
- Studio Khamia'e
- Sulaiman Albader
- Sultan Gallery
- Waleed Al Nasrallah
- Zaina Alsanea
- Zarrin-Fatima Shamsi

NEWS
 LIVE

KACCH and BACCH hold Heartful Charitable Art Exhibition & Auction
 Raising awareness and funds for psychosocial and palliative care services for kids

PRESS

على هامش افتتاح المعرض الفني والمواد الخيرية من مستشفى بيت عبدالله لرعاية الأطفال
 السابرة - الأبناء: 'هارنفل' مزيج فريد للفنون المحلية والمجهودات الخيرية



Lots of Love and appreciation

To Maha Alasaker & Yousif Abdulsaid for curating the exhibition and for putting their hearts and souls in making Heartful very special.

To Bawa Gallery & Bandar Al Wazzan, for offering their platform and generously create Heartful online exhibition.

➤ Join Our Mission: Make a Difference Today!

At KACCH & BACCH, we believe in the power of community and compassion. Together, we can make a lasting impact on the lives of children and families facing challenging medical journeys. We invite you to join our mission by supporting our organization.

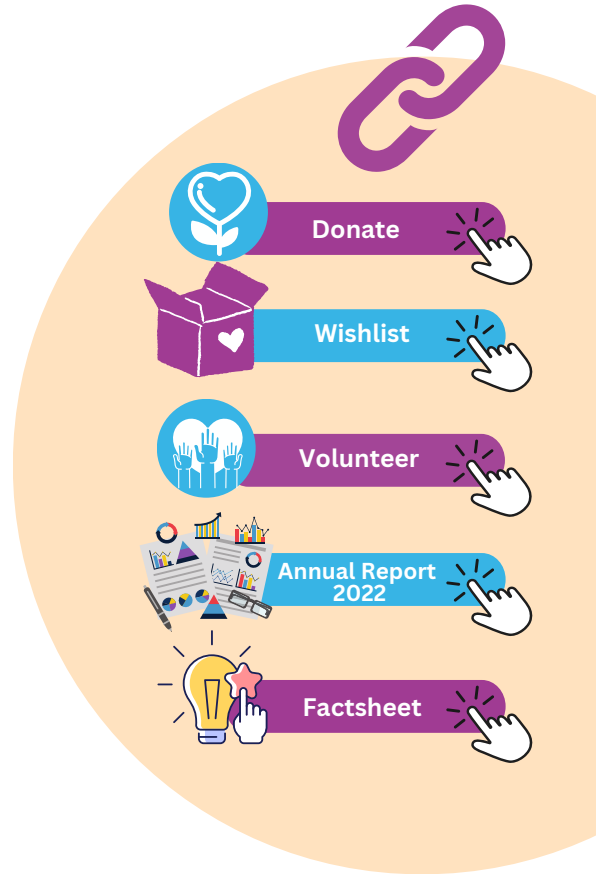
Here are a few ways you can get involved:

Donate: Your generous contributions help us provide essential care and support to our children. Every donation, no matter the size, makes a difference.

Volunteer: Join our dedicated team of volunteers and directly impact the lives of children and their families. Your time and skills are a precious gift.

Spread Awareness: Share our mission and stories on social media. By raising awareness, you help us reach more families in need.

Together, we can make a difference in the healthcare experience for our children in Kuwait.



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