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Palonosetron in Chemotherapy-Induced Nausea and Vomiting

Understanding CINV:

Chemotherapy-induced nausea and vomiting (CINV) affects up to 80% of cancer patients and presents in several forms:

- Acute (within 24h),
- Delayed (after 24h),
- Anticipatory,
- Breakthrough,
- Refractory, and
- Chronic (in advanced cancers).

CINV significantly impacts patient well-being and quality of life, but newer antiemetic agents have improved outcomes.

Antiemetic Classes & Treatment Strategies:

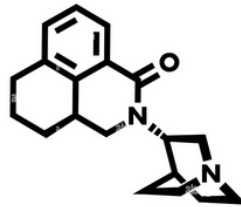
- 5-HT₃ Antagonists (e.g., ondansetron, granisetron, palonosetron): Block serotonin in the GI tract and brain. Most effective with steroids.
- NK-1 Antagonists (e.g., aprepitant): Block substance P; used with 5-HT₃ blockers and steroids.
- Corticosteroids (e.g., dexamethasone): Improve mood and suppress emesis via brain prostaglandin pathways.
- Benzodiazepines (e.g., lorazepam): Help with anticipatory N&V but not effective alone.

Regimen Recommendations:

- High-risk CINV: Use 5-HT₃ antagonist + NK-1 antagonist + steroid ($\pm$ olanzapine).
- Moderate-risk CINV: Use 5-HT₃ antagonist + steroid.
- Breakthrough N&V: Add an agent from a different class.

Spotlight on Palonosetron:

Palonosetron is a second-generation 5-HT₃ receptor antagonist with unique benefits:



palonosetron

- Long half-life (40 hours) and high receptor affinity, making it especially effective for delayed CINV.
- Given as a single IV bolus 30 minutes before chemotherapy, with prolonged effect up to 3 days.
- Approved for both acute and delayed CINV prevention in moderate and high-risk regimens.
- Works best in combination with corticosteroids.
- Common side effects: Headache, constipation. Rare: hypersensitivity, injection site reactions.

Special Populations:

- No dose adjustment for liver dysfunction.
- Use cautiously in renal impairment due to limited data.
- Safe in pregnancy (Category B) and does not affect fertility.
- Contraindicated in <18 years and caution in patients with GI obstruction.

Clinical Evidence:

Palonosetron has shown superior efficacy over ondansetron in delayed CINV, with excellent tolerability and convenience (one dose vs. multiple doses).

Conclusion:

Palonosetron offers an effective, long-acting, and well-tolerated option for managing CINV, particularly delayed nausea and vomiting, improving both patient compliance and quality of life.

Randa Haddad, Head of Pharmacy

In this newsletter you can expect:

Clear Understanding of CINV

Antiemetic Treatment Strategies

Focus on Palonosetron

Clinical Application

Backed by Evidence

Takeaway Message

Rays Under Control: How Medical Imaging Protects What It Examines

When you undergo an X-ray, CT scan, or mammogram, you step into an invisible world: the world of X-rays. These powerful waves allow us to see inside the body without surgery. But as helpful as they are, they must be used with care. That's where radiation protection comes in - the art of getting the most diagnostic benefit with the least possible radiation.

Is It Dangerous to Have an X-ray or CT scan?

Not really. The doses used in medical imaging are low, safe, and tightly controlled.

- Every scan is prescribed with purpose, not done "just to check."
- Radiologists carefully weigh the benefits and risks before recommending an exam.
- Modern machines are highly advanced, adjusting the dose automatically to match your body's shape - sometimes in milliseconds.

Who's Being Protected – and how?

- Patients: Lead shielding (abdomen, thyroid, sensitive organs) used when needed.
- Pregnant Women: Receive tailored protocols to minimize exposure.
- Children: Benefit from lower-dose, age-appropriate protocols.
- Healthcare Professionals: Leave the room during exposure, use lead barriers, wear dosimeters, and complete ongoing training in radioprotection.



What About the Future?

Innovation continues! With artificial intelligence and machine optimization, we're seeing:

- Lower radiation doses
- Sharper, more precise images
- Greater safety for all patients

In Summary: X-rays? Yes - But Always With Care

Radiation protection is not optional. It's a daily commitment shared by the entire care team — radiologists, technologists, medical physicists, and engineers — all working under strict safety protocols to keep you protected.

Our Priority: Protecting You While Helping You Heal

Because looking inside your body should never put your health at risk.

Nada Hanna, Coordinator Medical Imaging

In this newsletter you can expect:

Clear, Reassuring Insights on Medical Imaging

Addressing Radiation Anxiety with Facts

Radiation Protection Strategies

The Future of Imaging Safety

Bottom Line: Safe, Purposeful Imaging

Key Takeaways

Quality & Patient Safety

Spotlight on Surgical Site Marking: A Critical Step for Safe Surgery

Why Site Marking Matters

Surgical site marking is a fundamental component of our surgical safety protocols and a frontline defense against wrong-site procedures.

This vital step ensures the surgical site is clearly identified before any intervention, aligning the entire surgical team and the patient with the planned procedure.

Enhancing Patient Safety

By reducing human error, site marking significantly improves patient safety and fosters a culture of accountability and teamwork within the operating room.

Consistent adherence to this protocol not only meets regulatory requirements but also exemplifies our hospital's commitment to providing safe, high-quality, patient-centered care.

Training & Continuous Improvement

To reinforce this important practice, the Quality Team regularly conducts training sessions for all relevant healthcare staff, emphasizing the critical importance of accurate site marking.

Additionally, periodic audits are performed to assess compliance with the protocol. Any findings from these audits lead to prompt corrective actions to ensure continuous improvement and maintain the highest standards of surgical safety.



Our Commitment:

Together, we strive to ensure that every patient receives the right procedure, on the right site, every time.

Rita Ishak, Patient Safety Officer and Quality Auditor

In this newsletter you can expect:

Why Site Marking Matters

Patient Safety in Action

How We're Improving

A Shared Commitment

Key Takeaways

Summer Nutrition: Eat Light and Stay Fresh

In summer, our bodies need freshness, hydration, and easy-to-digest meals.

Here are some essential tips:

Choose Fresh Foods

Eat seasonal fruits and vegetables like watermelon, melon, tomatoes, and cucumbers. They are full of water and vitamins.

Stay Well Hydrated Drink:

- Plain or naturally flavored water (with lemon, mint, etc.)
- Cold herbal teas
- Avoid sugary drinks and alcohol.

Prefer Light Meals

Go for:

- Complete salads
- Grilled meats with raw vegetables
- Yogurt or labneh
- Avoid heavy, greasy, or saucy dishes.

Replace Lost Minerals

Sweating makes us lose salt and minerals.

Think about:

- Adding a pinch of salt to your meals if needed
- Eating potassium-rich foods like bananas, avocados, and tomatoes



Healthy Ways to Cool Down

Instead of store-bought ice creams, choose:

- Homemade fruit sorbets
- Plain frozen yogurt with fresh fruit
- Frozen fruit sticks

In short: During summer, eat light, drink plenty of fluids, and enjoy fresh seasonal foods to stay healthy and hydrated!

**Nadine Akiki, Head of Department
Dietetics and Nutrition Department**

In this newsletter
you can expect:

Smart Food
Choices

Hydration
Strategies

Meal
Recommendations

Replenishing
Minerals

Cool Treat
Alternatives

A Positive Wellness
Message

Protecting Healthcare Workers: OHS Monitoring of Hepatitis B Immunity

The Occupational Health and Safety (OHS) Department plays a critical role in safeguarding healthcare workers (HCWs) by ensuring protection against bloodborne infections, particularly Hepatitis B virus (HBV).

Regular monitoring of Hepatitis B antibody levels (anti-HBs) is essential in preventing workplace contamination, needlestick injuries, and transmission.

Our Hospital's Hepatitis B Screening and Immunization Update

As part of our 2025 Occupational Health Surveillance Program:

- A total of 89 HCWs were tested for Hepatitis B surface antibodies (anti-HBs).
- 58 % of staff were found to have protective antibody levels (≥ 100 mIU/mL), confirming immunity.
- 42 % were identified as non-immune or low responders, requiring a booster dose or full vaccination series.
- Follow-up vaccination programs have been initiated for those in need, and immunity will be re-checked post-vaccination.

Why This Matters

Hepatitis B is a serious occupational risk. Staff who come in contact with blood and body fluids must maintain adequate immunity.

This proactive approach:

- Minimizes the risk of Hepatitis B infection following accidental exposure.
- Ensures compliance with infection control standards.
- Protects both staff and patients from preventable diseases.



OHS Department Responsibilities

- Pre-employment screening and vaccination.
- Ongoing monitoring of antibody levels.
- Education on infection prevention and use of PPE.
- Immediate support and guidance following exposure incidents.

For questions regarding your Hepatitis B status or to schedule testing or vaccination, please contact the OHS Department.

Let's work together to keep our workplace safe and infection-free

**Rima Nasrany, Head of Department
Occupational Health and Safety**

In this newsletter
you can expect:

A Strong Safety
Message

Key Results from
the 2025 Program

Clear Follow-Up
Actions

Why This
Monitoring Matters

OHS Commitment
to Staff Well-being

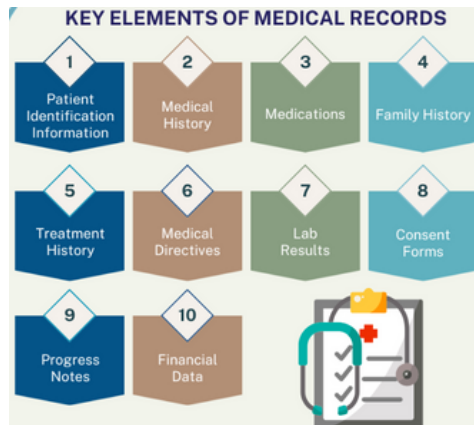
The indispensability of Quality Documentation of Medical Records

Properly documenting patient's medical records has always been important, but never more than now, given today's healthcare landscape where the government ties reimbursement to the quality of the medical records.

Medical reimbursement is reflective of what you document, not just what you do.

"We can take care of a patient with a wrist fracture, pneumonia, or a myocardial infarction, but if there is no documentation, there is no reimbursement."

Proper medical documentation is crucial for patient safety as it ensures accurate, timely, and complete records of a patient's care, facilitating effective communication and preventing errors. This leads to improved continuity of care, better coordination among healthcare professionals, and ultimately, safer patient outcomes.



Four Reasons Why Documentation is Important in Healthcare

- Communicates with other health care personnel
- Reduces Risk Management Exposure
- Provides Quality Indicators" and "PQRS (Physician Quality Reporting System) Measures" to assess and improve the quality of care in hospitals and by physicians, respectively.
- Ensures appropriate reimbursement.

Sidola Massaad, Medical Records Coordinator/Medical Direction

In this newsletter you can expect:

A Clear Message on Documentation's Value

Improved Patient Safety

Financial and Legal Protection

Quality Assurance & Metrics

Key Functional Roles of Documentation

The Importance of Pediatric Nurses in Modern Healthcare

Pediatric nurses are essential members of the healthcare team, specializing in the care of infants, children, and adolescents.

These nurses not only deliver expert clinical care but also provide emotional and psychological support to children and their families.

Specialized Knowledge and Skills

Pediatric nurses possess advanced knowledge in:

- Child development
- Age-specific vital signs and responses to illness
- Pediatric pharmacology
- Communication techniques appropriate for children

They adapt their care approach depending on the developmental stage of the child, ensuring safety and comfort while administering medications, monitoring vital signs, or providing therapeutic interventions.

Ensuring Safety and Quality of Care

Children are not just small adults—they have different physiological and emotional needs. Pediatric nurses are trained to:

- Recognize subtle signs of deterioration
- Prevent medication errors through weight-based dosing
- Minimize pain and anxiety using child-friendly techniques
- Prevent infections and hospital-acquired conditions in vulnerable pediatric patients

Family-Centered Care

Pediatric nurses work closely with families, educating them on:

- Medication administration at home
- Chronic disease management (e.g., asthma, diabetes)

They support parents emotionally and empower them to actively participate in their child's care.



Advocacy and Emotional Support

Children often cannot express what they feel or need. Pediatric nurses advocate for them by:

- Monitoring for abuse or neglect
- Ensuring their rights and best interests are respected
- Creating a comforting, playful, and safe environment during hospitalization

They also support children through trauma, long hospital stays, and life-threatening conditions.

Responding to Global Child Health Challenges

In 2025, pediatric nurses are on the frontlines of responding to:

- Increasing rates of mental health disorders in children
- Prematurity and congenital disorders
- Vaccine hesitancy and preventable infectious diseases
- Health disparities in low-income or conflict-affected areas

They are vital in public health outreach, school health programs, and disaster response—bringing healthcare to underserved and at-risk children.

**Jacqueline Choucair, Staff
Development Nursing Coordinator**

In this newsletter
you can expect:

Recognition of
Pediatric Nurses'
Evolving Role

Specialized
Knowledge and
Skills

Ensuring Safety
and Quality

Family-Centered
Care

Advocacy and
Emotional Support

Responding to
Global Child Health
Challenges