Accepting Culture of Differences

Many people in our lives are not proficient in dealing with the difference principle and some others attribute their poor experience of life concepts to the belief that difference is the disparagement or underestimation of those expressing their opinions. Dialogue and listening are the best ways to deal with difference and develop the acceptance of opposing viewpoint; by listening to different opinion and truly understand words expressed by those adopting different opinion, as it helps to understand ideas of others, and then may generate sympathy and appreciation of views although difference remains. It is not important to reach agreement on views but rather understand different points of view.

It is important to recognize that difference, whether simple or huge, is part of any relationship, and it is also important not to attach great importance to what is difference, but rather to how to deal with it.

In a work or any other environment, criticizing a particular behavior or attitude is one of the most important rules in dealing with difference and avoiding personal criticism. Personal Criticism will generate an automatic reaction of self-defense. Changing personality is much more difficult than changing behavior.

It is also good to transcend the idea that the other person is wrong and to move to the idea of learning from the other and to create a new concept that combines different ideas and values in a fair manner. On the other hand, we should not continue to differ and criticize only, but we must praise and appreciate the other, look at the positives and express opinions as well as admiration, thereby contributing to the improvement of different relations and making them more coherent.

Difference is a general, common and healthy culture, yet a very useful for those who understand the depth of its meaning and concept. It is an essential "art" that must be excelled by anyone who seeks success and progress in all aspects of life.

Dr. Al Ghofaili: Scientific Researches Constitute Main Contributor in Developing Health Care Services

“Discussing researches through scientific conferences is one of the means contributing to the development of health care services and encouraging health cadres to participate in researches”, KFMC Chief Executive Officer, Dr. Fahad Al Ghofaili, said during the inauguration of the 13th Annual Scientific Research Symposium, including 255 research abstracts, which was held under the patronage of the Minister of Health, Dr. Tawfiq Al Rabiah, and in the presence of a number of specialists.

On his part, the Executive Director of Research Center, Dr. Ahmed Al-Badr, stated that organizing such symposium aimed to support experts and beginners from researchers of whom the distinguished researchers will be honored as per the latest scientific publication statistics, helping to provide the highest level of specialized health care in an integrated educational and research environment. The symposium targeted all consultants, physicians and academicians across KSA, as well as residents and students from all medical specializations to encourage young researchers and honor their researches.

Dr. Al-Badr added, "The symposium is an opportunity for researchers to know each other, exchange ideas and expand their horizons to new research opportunities. The first day was allocated for expert researchers, while the second day was a continuation of efforts exerted by the Research Center last year in supporting beginners from researchers. Over a couple of days, there have been scientific participations from different medical specializations by many researchers from all over KSA to present the latest findings concluded by their scientific researches. 255 researches were evaluated by a scientific committee; 213 of which were accepted to be presented as a scientific poster, 19 researches were accepted to be delivered as an oral lecture by the experts and 23 scientific researches were accepted from the beginners’ level."

At the end of the symposium, the organizing committee honored 10 researchers as being the most publishing of their own researchers at KFMC level. Dr. Al-Badr announced the achievements of Research Center during the last year, which were represented in 346 published researches and 54 clinical trials.
The person breathes 23,000 times a day to get the oxygen nourishing the body through 100 thousand heart beats a day.

King Fahad Medical City, represented by the Department of Respiratory Care, has received the recognition in Quality (QRCR) from the American Respiratory Care Association (AARC). That was the first hospital to receive this award outside the United States.

Awarded the best project in the category of medical projects at the Arab Investment Forum in Abu Dhabi.

King Fahad Medical City awarded for Best Hospital Design Future.

Arab Best Research Environment.

King Abdulaziz Award for Quality in the Public Sector Health Sector (Bronze)

Business Initiative Directions Quality Direction (Diamond Class) in London.
Employee of the Month

Ms. Jamilah Al Otaibi: A coincidence Gave Rise to an "Old Dream" and Led Me to KFMC..!

Jamilah Karbush Al Otaibi is the firstborn of her military father. She grew up with her family in one of the Special Security Forces compounds in Riyadh, where she lived in a small and secure community allowing her to engage and move easily, and acquire social skills and values. She settled in this place until she graduated from university. “Delightful” hobbies Jamilah is fond of music, she has been learning violin for two years. She was a voracious reader in areas of self-development, energy and yoga, researcher in methods of contemplation, meditation and optimism, and obsessed with fragrances, especially jasmine, cardamom and saffron.

Dream .. and shock ..!

Since her educational stage, Jamilah was interested in science and chemistry in particular. She had an inclination towards healthcare areas, that she was eagerly awaiting the moment of graduation to achieve her “childhood dream”. Upon graduation, Jamilah’s “Old dream” was firstly crushed by her family’s wish, so she grievously gave up her dream and joined scientific colleges where she was granted a Bachelor of Science and Mathematics in 2007 and then she obtained the ICDL diploma.

“Coincidence”!

Having obtained her bachelor degree, Jamilah worked as mathematics teacher for upper primary grades at Manarat Al Riyadh School. However, after a year of experience in teaching, Jamilah did not find such consistency between her ideas and the mechanism followed in the field of education, then she decided to quit her job, and work in areas not related to her specialization. Upon graduation of her sister from secondary school, Jamilah engaged in helping her sister search for the best available work in areas not related to her specialization. Upon graduation from King Saud University, Jamilah began to live her beautiful dream by joining KFMC, yet it was no easy start. Jamilah faced her first practical experience, when she was touched by an elderly patient who was brain dead and connected to medical devices. Her duties were to change his clothes, clean him up and care for him with the nurse. She was so touched when she learned that the patient’s driver is the one who visits and takes care of him. She made a pledge to treat the cases and elderly in the first place as if they are members of her family.

During her fourth year of work at King Salman Heart Center, she was nominated for a scholarship, so she pursued all necessary procedures and obtained the approval of the university, and met all requirements, while imagining how her dream would be realized, but ..!

Family above all

When Jamilah’s application for scholarship was completed and while she was eagerly awaiting such moment, her grandmother suffered a stroke and was taken to hospital in the city of Riyadh. Her father was greatly concerned about his mother’s health crisis. Therefore, Jamilah decided to postpone the scholarship to stay with her grandmother and take care of her. She was shocked when she learned that there was no way to postpone the scholarship application, and that the procedure applicable in such cases was either to dismiss or transfer the employee to another administration. There then she had two options; to leave for scholarship to realize her dream or to change her administration. With deep sadness and sorrow, Jamilah decided to give up her dream for her family. She changed her administration, which she loved too much and felt familiar with to join the Administration of Patient Affairs in 2015 as a reception supervisor. However, she then felt more relieved when her grandmother safely overcame her health crisis.

Passion .. vision .. and aspirations

The most exciting thing for Jamilah about her job is serving inpatients and outpatients, being a moral duty and good deed according to our sacred religion. Jamilah believes that KFMC is constantly developing and undergoing a medical and administrative transformation, and seeks to make great achievements and provide an appropriate atmosphere to patients and staff, especially under the current prudent leadership of Dr. Fahad Al Ghofaili.

For her future, Jamilah looks forward to assuming a leadership position, being affected by her father’s military personality. She is also looking forward to success in her real estate business experience. She always says, “I’m trying to do what I can to achieve what I want.” Jamilah is still pursuing to complete her study .. “Dream’ is not over yet ..!

Figures and role models

Since her early years, Jamilah was a fan of Al Nassr FC, as she was deeply attracted to the personality of the late figure, president of Al Nassr FC, Prince Abdul Rahman bin Saud, who was intelligent, quick-witted yet spontaneous and simple man. Her role model is Prince Nayef bin Abdul Aziz, may Allah have mercy on him – whom she loved his powerful character and leading personality.

Advice

Jamilah advises whoever wants to work at KFMC as well as new employees to identify their goals and try to develop and qualify themselves as much as possible and take on the challenges of beginnings with open arms even if they had to make concessions to attain their future goals.

Conclusion

Jamilah extends her greatest thanks and gratitude to KFMC and all those she has dealt with or known during her term of service at KFMC .. and wishes that she had left a “great” impression in every person she met in KFMC.

Al-Ghofaili Meets General Staff

KFMC Chief Executive Officer, Dr. Fahd Al-Ghofaili, held a general staff meeting at the main auditorium with a number of executive directors and KFMC leaders, who answered the employees’ queries and received their suggestions.

Dr. Al Ghafaili stressed that such a meeting is held several times during the year for KFMC staff to listen to their needs and comments, respond to their wishes in order to achieve the optimal working environment and thus raise the level of the provided services.
Broccoli contains large amounts of Potassium promotes the growth of muscles and nervous system.
Our Colleagues, Manaah Gharbi AlDha/firi is a proud mother of a baby girl named Arwa/allahisolated نباتر للفترة العشوية فجوع مؤتمراتها دعا اللهفنا المهنة.

Our Colleagues, Maha Aldossari a proud mother of a baby girl named Seba/allahisolated نباتر للفترة العشوية فجوع مؤتمراتها دعا اللهفنا المهنة.

Our Colleagues, Rola AlKenani is a proud mother of a baby boy named Fares/allahisolated نباتر للفترة العشوية فجوع مؤتمراتها دعا اللهفنا المهنة.

Newborns

- Manaah Gharbi AlDha/firi
- Maha Aldossari
- Rola AlKenani

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KFMC Riyadh
Kfmc Riyadh

Teamwork
Honesty
Loyalty
Respect
Compassion

Accountability
Public Relations and Corporate Communication Administration
Internal Communication Department
أ.جМИﻠة اﻟﻌﺘﻴﺒﻲ : ﺻﺪﻓﺔ اﻳﻘﻀﺖ "ﺣﻠﻢ ﻗﺪﻳﻢ" ﻓﻘﺎدﺗﻨﻲ لﻤﺪﻳﻨﺔ اﻟﻤﻠﻚ ﻓﻬﺪ اﻟﻄﺒﻴﺔ..!

وإذا ﺗﺨﺮجنا ﺑﺎﻟﻌﺎم ﻓﺎت ﺗﻌﻠﻰ دبﻠﻮم اﻟﺮﺧﺼﺔ اﻟﺪوﻟﻴﺔ ﻟﻠﺤﺎﺳﺐ ﻋﻠﻰ ﺗﺨﺮجﺖ ﻣﻦ اﻟﺠﺎﻣﻌﺔ.. و إﺳﺘﻘﺮت ﻓﻴﻪ ﺣﺘﻰ ﺗﺨﺮﺟﺖ ﻣﻦ اﻟﺠﺎﻣﻌﺔ.

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حائز جائزة أفضل مشروع في فئة المشاريع الطبية في منتدى الاستثمار العربي المقام في مدينة أبو ظبي.

حازت مدينة الملك فهد الطبية ممثلة في قسم الرعاية التنفيذية على الاعتراف بالجودة النوعية من الهيئة الأمريكية (QRCR) للرعاية التنفيذية (AARC). وتعد بذلك أول مستشفى يحصل على هذه الجائزة خارج الولايات المتحدة الأمريكية.

جائزة الملك عبد العزيز للجودة عن فئة القطاع الصحي الحكومي في المستوى (البرونزي).

جائزة أفضل بيئة بحثية عربية.

حائزة جائزة تاج الجودة العالمية (الفئة الماسية) لعام 18 من نحن لدورها في تطبيق معايير الجودة والعمل على نشر ثقافتها.

حائزة جائزة مدينة الملك فهد الطبية تحصل على الاعتماد للمباني المستدامة.

نتنفس الإنسان 23 ألف مرة في اليوم ليحصل على الأكسجين المغذي للجسم عبر 100 ألف نبضة من القلب في اليوم.
كثيراً ما تكون المواقف من خلال التحكم في تنقلنا، وعند التعرف على الأفكار المختلفة، قد يكون من الضروري أن نتعالج معها. في هذا السياق، تعبر المقالة عن أهمية التعلم من الاختلاف عندنا، وتعتبر هذه الفكرة أن الاختلاف هو جزء من أي علاقة، وليست مجرد مسألة تتعلق بأنها مهمة في مجال الحياة. في بيئة العمل أو أي بيئة أخرى، نستطيع أن نستعرض ونستخدم الأفكار المختلفة، ونستطيع أن نتعلم من خلال التفاوض، وإجادة، واكتساب فهم. كأنها تكون مسألة تتعلق بأنها مهمة في مجال الحياة. في بيئة العمل أو أي بيئة أخرى، نستطيع أن نستعرض ونستخدم الأفكار المختلفة، ونستطيع أن نتعلم من خلال التفاوض، وإجادة، واكتساب فهم. كأنها تكون مسألة تتعلق بأنها مهمة في مجال الحياة.

יות عليك افتتاحية أمام الندوة السنوية للباحثين في مجال الرعاية الصحية، برعاعة ووزير الصحة الدكتور توفيق الربيعة. وحضر عدداً من المختصين، حيث نظمت المحال 덜 البحوث والمشاريع科学研究 والتجارب المناسبة. من وجهته، يشي المركز التنفيذي لمركز الأبحاث الدكتور أحمد البزيرة أن إقامة الندوة بهدف لدعم البحث العلمي، والإبداع والابتكار، وتكريم المتميّز منهم، تعتبر أكثر إجابة بشكل عام بأنها لابد من توجيه أعمالي من الأبحاث والدراسات في مجال الرعاية الصحية. وينبغي أن تكون مكتبة كما أن يفيده جميع الاستشاريين والأطباء والأكاديميين على مستوى المملكة، وكذلك الأطباء المقيمين والطلاب في جميع التخصصات الطبية.

تقبل ثقافة الاختلاف

بالنسبة للاختلاف، في حين أننا لا نستطيع التعامل معها بشكل احترافي، إلا أننا نستطيع التعامل معها بشكل جيد، وذلك من خلال التعلم من الاختلافات. في هذا السياق، تعبر المقالة عن أهمية التعلم من الاختلاف عندنا، وتعتبر هذه الفكرة أن الاختلاف هو جزء من أي علاقة، وليست مجرد مسألة تتعلق بأنها مهمة في مجال الحياة. في بيئة العمل أو أي بيئة أخرى، نستطيع أن نستعرض ونستخدم الأفكار المختلفة، ونستطيع أن نتعلم من خلال التفاوض، وإجادة، واكتساب فهم. كأنها تكون مسألة تتعلق بأنها مهمة في مجال الحياة. في بيئة العمل أو أي بيئة أخرى، نستطيع أن نستعرض ونستخدم الأفكار المختلفة، ونستطيع أن نتعلم من خلال التفاوض، وإجادة، واكتساب فهم. كأنها تكون مسألة تتعلق بأنها مهمة في مجال الحياة.