

# IMET2000-PAL NEWSLETTER

A Newsletter for The International Medical Education Trust 2000 - Palestine



## Highlights at This Issues:

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- 2. IMET2000's Training Workshops to Fight Against COVID-19 in Palestine**
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## IMET2000 Contributes to Relieving the Suffering of COVID-19 Infected Patients

In an effort to combat Coronavirus and in support of the belief that in these troubling times unity is necessary, IMET2000-PAL represented by Mr. Fady Zaben and Dr Muhammad Obaidullah and with the help of many donations from numerous sources (International Beauty Foundation, Max Fresh Stores, Think Other and the Royal Supermarket), has provided more than 150 packages of personal care stuff and toiletries to in-patients with COVID-19 infection in Ramallah and Bethlehem. The hospitals directors in both centres have acknowledged IMET2000 and the sponsors sincerely for such a generous contribution. Our CEO Dr Malik Zaben has emphasized the importance of reaching this affected group, and that IMET2000 is always ready to use all its resources in order to provide what it takes to overcome this ordeal.



COVID-19 Treatment Center, Ramallah



COVID-19 Treatment Center, Bethlehem



COVID-19 Treatment Center, Ramallah

## IMET2000's Training Workshops to Fight Against COVID-19 in Palestine

In recognition of the importance of training Palestinian healthcare professionals to be able to fight COVID-19 and take care of COVID-19 infected patients, IMET2000 have organized eight workshops in 2 weeks for governmental and non-governmental hospitals in cooperation with Palestinian Ministry of Health. Each workshop was attended by 10-20 doctors and nurses from a range of specialties from both private and public hospitals. These workshops came under the title:

### Healthcare Professionals Management of COVID-19 Patients with Severe Acute Respiratory Infection

We started at Al-Najah National University Hospital and then expanded to reach hospitals in Jericho, Tubas, Nablus, Qalqilya, Jenin and Tulkarem. We have trained more than one hundred doctors and nurses. Mr. Muhammad Abu Rajab and Mr. Saleh Abu Lafah from the American Institute of Health Care Professionals ran the workshop. A detailed explanation on the latest guidelines to recognize and treat COVID-19 patients, evidence-based practice and how to use appropriate ventilation methods and infection control measurements and safety precautions were all addressed and provided. Theoretical knowledge was then translated into practical sessions simulating many potential COVID-19 infected patient scenarios.



Jenin Governmental Hospital



Rafidia Governmental Hospital



National Hospital, Nablus



Tulkarem Governmental Hospital



An-Najah National University Hospital, Nablus



Qalqilyah Governmental Hospital



Tubas Governmental Hospital



Jericho Governmental Hospital

# IMET2000 Scholarships for Palestine

## International Medical Education Trust 2000 Supports The Field of Scientific Research

As part of our programs to support continuing health sciences education, IMET2000 presented a travel grant to Dr. Rawan Utt to attend an international conference in Dubai entitled

### HMS - Introduction to Clinical Research (Dubai) 2020

Dr. Rawan Utt said that “It was a unique experience, besides learning different skill sets during the research work, I was also given opportunity to present my project at international academic workshop with other researchers from different countries. I am really grateful and thankful for IMET2000-PAL for their support and help that I attended the ICRT International program on clinical research was held at Harvard University – Dubai. All I can say is that now, I am much, much more motivated to take up new challenges in the future, whatever may come.”



Dr. Rawan Utt

# Procedures for Self-Quarantine under Covid-19

*Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.*

## Stay at home.

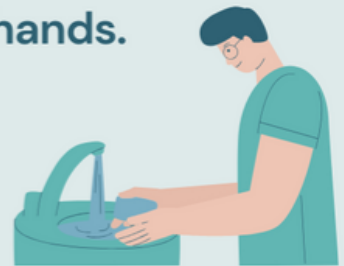
Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

*If possible, have a designated toilet and bathroom as well.*



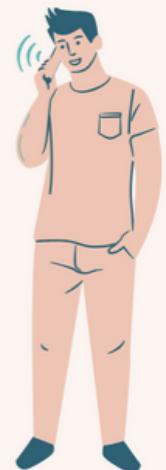
## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



## Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



**Source** • Centers for Disease Control and Prevention (cdc.gov)