

JAN-MAR  
2025



**Saudi German Hospital**  
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# Academic Affairs Newsletter



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**Education builds the foundation,  
experience shapes the structure  
— together, they create the  
bridge to true mastery and  
growth.**

## Revolutionizing BLS Training with RQI!

At Saudi German Hospital, we've transformed Basic Life Support (BLS) training with the Resuscitation Quality Improvement (RQI) program, making learning faster, smarter, more fun, and more effective.

No more 4-hour courses—staff now refresh their BLS skills in just 15 minutes using AI-driven manikins that provide real-time feedback on compressions, ventilation, and technique. This blended learning approach combines:

- Self-paced online modules for theory
- Hands-on training with smart technology
- Frequent practice to ensure confidence and skill mastery

With shorter, engaging, and interactive sessions, our staff stay prepared for emergencies without disrupting their schedules.

- Train smart, save lives, and stay ready—one heartbeat at a time!

#BLS #RQI #SmartTraining #SGHAcademics





## SGH Oncology Conference – February 9, 2025

The Oncology Conference, held on February 9, 2025, was a remarkable event that brought together leading SGH experts in the field of oncology. The conference served as a platform for knowledge exchange, clinical updates, and collaborative discussions on recent advancements in cancer care.

A major highlight of the event was the first-ever poster presentation segment, where doctors and medical students showcased their research work in various oncology-related topics. The quality and diversity of the presentations reflected the growing interest and dedication of our community towards evidence-based cancer care and innovation.

We were especially proud of our interns and trainees, who volunteered throughout the event. Their exceptional coordination and enthusiastic support ensured that the program ran smoothly from start to finish. Their involvement not only contributed to the success of the conference but also reflected the spirit of teamwork and professionalism at SGH.

This conference marked a significant milestone in our academic calendar, and we look forward to even more engaging and impactful events in the future.



## Emergency Medicine Academic Session – January 13, 2025

### Topic: Clinical Approach to Headache

On January 13, 2025, the Emergency Medicine Program delivered an informative academic session titled “Clinical Approach to Headache.” This session was part of the department’s continuous efforts to strengthen diagnostic and clinical reasoning skills among trainees.

The lecture provided a systematic approach to evaluating patients presenting with headaches, focusing on red flags, differential diagnoses, and appropriate use of investigations in the emergency setting. Real-life scenarios and case discussions helped make the session both practical and engaging.

Trainees left the session with a clearer understanding of when a headache is benign versus when it could indicate a more serious underlying condition—a critical skill in emergency medicine.

We commend the Emergency Medicine team for their dedication to empowering trainees with essential, high-impact clinical knowledge, and we look forward to more enriching sessions ahead.





## Emergency Medicine Academic Session – January 23, 2025

### Topic: Approach to Chest Pain

On January 23, 2025, the Emergency Medicine Program hosted an impactful academic session titled “Approach to Chest Pain.” The session was part of the ongoing educational series aimed at equipping trainees with practical, up-to-date knowledge in emergency care.

The session covered a comprehensive framework for evaluating and managing chest pain in various clinical settings—emphasizing critical thinking, differential diagnosis, and timely interventions. It was interactive, case-based, and highly engaging, drawing active participation from interns, residents, and other attendees.

Such sessions play a vital role in enhancing clinical decision-making and preparedness in high-pressure emergency scenarios. We extend our appreciation to the Emergency Medicine team for their continued efforts in creating enriching learning environments.

We look forward to more sessions that strengthen the knowledge and confidence of our future emergency care providers.



## Beyond the Wards: Fun, Friendship, and Unforgettable Moments

At SGH, it's not just about clinical work and academic achievements—our training doctors and residents also enjoy a vibrant social life filled with fun, bonding, and unforgettable memories. We believe that well-being, teamwork, and a strong sense of community are essential parts of medical training.

Throughout the year, our residents and interns participated in a variety of engaging activities—from exciting outings and competitive game nights to group dinners and friendly competitions. One of the standout moments was an adrenaline-filled day at Chaos Kart Racing, where trainees got a chance to shift gears, quite literally, and enjoy some healthy competition off the hospital floors.

We also took time to celebrate our colleagues' birthdays, turning ordinary days into special ones with cake, laughter, and shared memories. These social gatherings have helped create lasting friendships, reduced burnout, and fostered a sense of unity among the team.

As we continue to grow professionally, we're proud to cultivate an environment where balance, joy, and camaraderie are just as important as clinical excellence.





## Ongoing Excellence: General Surgery Academic Sessions

The General Surgery Academic Sessions continue to take place every Tuesday from 3:00 to 5:00 PM, offering a dynamic and enriching learning experience for our interns, residents, and trainees.

These weekly sessions feature engaging lectures, case discussions, and interactive presentations led by experienced surgeons and faculty members. The sessions are designed to deepen clinical knowledge, sharpen surgical decision-making, and keep participants up to date with the latest advancements in surgical practice.

Whether it's exploring complex surgical cases or reviewing essential guidelines, these sessions serve as a valuable platform for learning, collaboration, and academic growth. The active participation and enthusiasm of our trainees continue to drive the success of this academic tradition.

We look forward to the continued growth of this initiative and the contributions of our future surgeons.



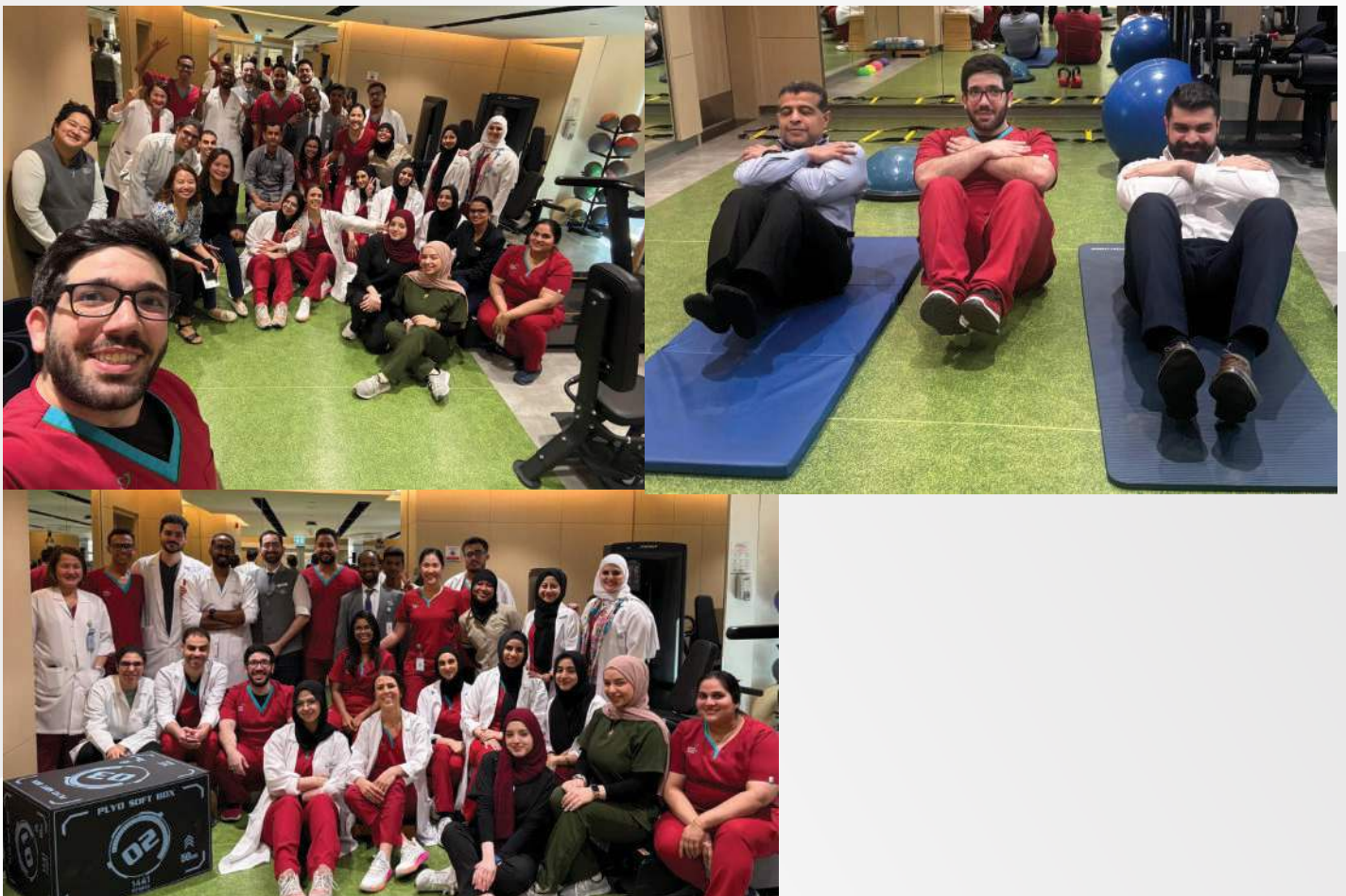


## Exploring Interdisciplinary Care: Trainee Engagement in the Physiotherapy Department

On January 28, 2025, our trainees had the opportunity to step into the world of rehabilitative medicine during a guided tour of the SGH Physiotherapy Department, led by Ms. Mathilde Vitenet, our dedicated Physiotherapy Supervisor.

The event offered an interactive and insightful look into the range of services and therapeutic techniques provided by the department. Physiotherapy trainees took a deeper dive into the clinical aspects of patient rehabilitation, while non-physiotherapy trainees and staff from the Academic Affairs Department actively engaged in trying out various physiotherapy tools and techniques.

This interdisciplinary experience not only highlighted the critical role physiotherapy plays in patient recovery but also encouraged collaborative learning across specialties. It was a great example of how SGH fosters holistic training and cross-departmental understanding for all healthcare professionals. We thank Ms. Mathilde and the Physiotherapy Department for their warm welcome and for creating an enriching experience for our trainees.



## Representing SGH at DHA Academic Day – February 13, 2025

On February 13, 2025, SGH was proudly represented at the DHA Academic Day, hosted at Fakeeh University Hospital. The event brought together medical professionals and trainees from across Dubai for a day filled with academic excellence, collaboration, and meaningful knowledge exchange.

We are especially proud of Dr. Ahmed Sameh, one of our outstanding trainees, who delivered an insightful presentation on Diabetes Mellitus. His contribution was met with great interest and reflected the high caliber of training and clinical acumen fostered at SGH.

The day featured a wide range of engaging lectures, discussions, and networking opportunities, allowing participants to share experiences, learn from one another, and strengthen ties across institutions. Events like these play a key role in nurturing professional growth and academic collaboration within the healthcare community.

We look forward to more opportunities where our trainees can continue to shine and contribute on regional and national platforms.





## Spotlight on Dr. Rachel Kaminski: A Leader in Respiratory Medicine



### Dr. Rachel Kaminski

MBBS, MRCP

Consultant Pulmonologist (Respiratory Physician)-  
Sub- Specialist in Severe Asthma, Airways Disease  
& Bronchiectasis | Head of Department  
Saudi German Hospital Dubai

Dr. Rachel Kaminski is a distinguished pulmonologist and a dedicated leader in respiratory medicine, she carries out the role of Head of Pulmonology Department at Saudi German Hospital Dubai.

With a strong academic background and a passion for advancing healthcare, she has made remarkable contributions in airways management and bronchiectasis through clinical practice, research, and education.

Dr. Kaminski also serves as the Program Director for the Medical Internship Program, mentoring young doctors and shaping the future of medical training. She also leads the Ethics and Research Committee, ensuring the highest standards in clinical research.

Beyond the hospital, she plays a pivotal role as the Airways Secretary of the Emirates Thoracic Society, championing initiatives to improve airway health across the region. As a principal investigator, she has led international vaccine trials, contributing to groundbreaking advancements in respiratory care. Her research, published in leading journals such as The Lancet, has gained international recognition.

A sought-after speaker at global medical conferences, Dr. Kaminski shares her expertise on bronchiectasis, airways diseases, and the latest in pulmonary medicine. Her dedication to patient care, medical ethics, and research excellence continues to shape the future of respiratory healthcare.

- A leader, mentor, and innovator – Dr. Rachel Kaminski is making a lasting impact in the world of pulmonology!

## Spotlight on Dr. Hassan Alrifai: A Leader in Orthopedic Surgery and Training



### Dr. Hassan Alrifai

MbChb

Consultant Orthopedic Surgery,  
Director Orthopedic Training Program DHA

Dr. Hassan Alrifai currently serves as the Director of the Orthopedic Training Program at the Dubai Health Authority (DHA) and the Saudi Commission for Health Specialties (SCFHS), based at the Saudi German Hospital Dubai (SGHD). He is a Fellowship-trained Orthopedic Consultant with specialized expertise in Lower Limb Reconstruction from the University of Toronto, Canada.

Dr. Alrifai is known for his advanced skills in Primary and Revision Arthroplasty (Hip, Knee, Shoulder), Sports Medicine, and Complex Trauma Management. He has extensive experience in one-day arthroplasty surgery using Enhanced Recovery After Surgery (ERAS) protocols and ZERO PAIN techniques, reflecting his commitment to innovative and patient-centered orthopedic care.

In addition to his clinical expertise, Dr. Alrifai holds several key academic and leadership roles, including Chairman of the Trauma Committee and Deputy Designated Institutional Official (DIO) at SGHD. He is deeply committed to training the next generation of orthopedic surgeons, having mentored medical students and residents at King Saud University for Health Sciences in Riyadh and now mentoring the residents at SGHD.

His areas of interest include complex trauma management, joint replacement, arthroscopy, ligament reconstruction, sports medicine, and minimally invasive orthopedic procedures. Dr. Alrifai continues to contribute to the field through education, research, and advanced surgical practice, making him a respected figure in the orthopedic community.





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