

Research-Editorial**Medical Dream of Generations**

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The medical dream of generations was to build a medical body and medical research based development run by the citizen of Bahrain.

The dream started seventy years ago with Dr. RHB Snow (former director of medical services, 1940-1970) who encouraged the training of Bahraini doctors, gave them a good status (class 'A' special, housing and good salary); also he encouraged the training of Bahraini nurses and inaugurated a nurses' training school on the island. Dr. Ali Fakhroo (former minister of health, 1971-1982) established various medical specialties, established scholarship and medical training abroad, college of health sciences, regional health centers and finally Arabian Gulf University with a medical college, which serves the GCC. Mr. Jawad Al Arrayed (former minister of health, 1982-1995) had increased the training and scholarship budget; during his term, the ground was broken for a major expansion of the Salmaniya Medical Complex (300 beds) in 1992, it was completed and opened by Dr. Faisal Al Mosawi in 1996, Al Arrayed initiated the computerization project of SMC departments and finally he supervised the conversion of SMC from service hospital to a teaching hospital, the process completed by Dr. Faisal Al Mosawi. Mr. Jawad Al Arrayed initiated the decentralization of the ministry of health budget, but unfortunately, it was not implemented because he was transferred to another ministry. Dr. Faisal Al Mosawi (former minister of health, 1995-2002) sought and delivered the much-needed international recognition of medical and surgical training in SMC and BDF, which made it easier for our young doctors to finish their training at home and to go abroad only for the final touch up; he also laid the foundation for formal relationship with the Royal College of Surgeons in Ireland (RCSI), which paved the way to the establishment of the Royal College of Surgeons in Ireland-Medical University of Bahrain. Dr. Khalil Hassan, Dr. Nada Hafadh and Dr. Faisal Alhamar (former ministers of health, 2002-2011) have encouraged and expanded on the previous policies.

In the sixties, Bahrain had a cottage hospital staffed 99% by non-citizens. After four decades, Bahrain had the most sophisticated modern government hospitals and health centers, 90% staffed by qualified and trained Bahraini citizens. Besides that, Bahrain had several private hospitals owned by Bahraini citizens. In addition, two medical journals were established during this period, the first one is Bahrain Medical Bulletin, which was established in 1979 and it is the one promoting research in Bahrain and the region. During that period, several medical colleges were established, including the RCSI-MUB. The medical body in Bahrain became the glory and the envy of the GCC.

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The medical dream would not have been achieved without the help and heavy investments, which have started during the era of Sheikh Sir Salman Bin Hamad Al Khalifa, followed by heavier investments and expansion during the era of Sheikh Isa Bin Salman Al Khalifa. His Majesty King Hamad followed his father policy of heavy investments in medical establishment and he expanded on it.

This year the medical body faced crisis from within and from without threatening its collapse. It is hoped that those who perpetrated the crisis from both sides will realize their mistakes and will work together to help the medical body recover. I have a great faith that his Majesty King Hamad's wisdom and far vision would prevail and restore the medical body to its previous glory and reinstate the celebrated stance of Bahrain in medicine.

I hope that both sides could overcome the vindictive passion of resentment, anger, hatred and the desire for revenge, submitting totally to these passions is often very dangerous. I hope and most Bahrainis hope that all parties involved to exercise self-control, allow the passions to dissipate and choose to forgive, move beyond bitterness and respond with compassion, benevolence and empathy, as we always do in our profession.

McCarthyism and demagogic attacks on the character is a dangerous practice and should never be encouraged or condoned in our profession, this could lead the professionals to suffer loss of employment and/or destruction of their careers; some even suffer imprisonment.

Let us remember that most of the punishments during McCarthyism came about through trial verdicts, which was overturned later; even the laws enacted then were declared unconstitutional and dismissals for reasons were declared illegal.

To my colleagues, let us work together to preserve the sanctity of our profession, help our juniors to develop self-confidence in their work skills, create a positive emotional environment at work and to develop strong personal values for performance goals.

Despite all the difficulties the medical profession faced, Bahrain Medical Bulletin had celebrated the fourth year of Dr. Mohammed Bin Abdullah Al Khalifa's Medical Research award, which was held on 28 October 2011 at RCSI-MUB. The celebration is a proof that Bahrain is on its way to establish itself as center for medical research and publication. The prize celebration was held under the auspices of HH Sheikh Mohamed Bin Mubarak Al Khalifa, the deputy prime minister. The prize aims to honor the winners who produced the best medical research, published in the Bahrain Medical Bulletin during 2010. Attended the celebration Sheikh Khalid Bin Abdulla Al Khalifa, the second deputy prime minister and RCSI president, Tom Collins and other recognized pioneers and leaders of the medical profession in the Kingdom of Bahrain and the region.

Dr. Mohammed Bin Abdullah Al Khalifa Prize for Medical Research and Dr. Ali Al Khalifa research fund (BD 10,000/\$27,000) were established to encourage medical and paramedical research and to improve the quality of medical practice in Bahrain and the Arab world. The Prize awarded by the Bahrain Medical Bulletin is considered one of the most important medical events held in the Kingdom of Bahrain. The ceremony aims to celebrate the researchers who have contributed highly in raising the level of health and medical services through their research.

Research award winners were selected by distinguished senior consultants including the elite of the specialists in the Kingdom of Bahrain and abroad.

Finally, our dedication should be solely to our profession, which dictates research and improvement. Now I would like you to take home a message, “encourage your colleagues to do research, only through that we can improve medicine and medical care and in turn serve our patients.

To my colleagues in the research committee:

Dr. Amani Al Hajeri, Dr. David Whitford, Dr. Fadheela Al-Mahroos, Dr. Roustem Miftahof, Dr. Dhafer Kamal, Dr. Fayek Al-Hilli and Dr. Qassim Omran

I would like to say, “thank you and well done for serving medical research in Bahrain”. To the winners, “congratulations on the excellent research studies, which will improve our medical practice”.

The Top Ten Research Studies of 2010

Issue	The Articles	Rank
Published September 2010	A Possible Role for <i>Chlamydia pneumoniae</i> in Vaso-occlusive Crisis in Sickle Cell Disease Ali Al-Bahrani, Habib Alyousef, Basem Mustafa, Meytham Majeed, Moiz Bakhiet	1
Published March 2010	Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees Ahmed Al Ansari, Basema Al Alaiwat, Randah Hamadeh, Mazen Ali, Basheer Mukarim, Raoof Othman	2
Published March 2010	Health-Care Associated Infection Rates among Adult Patients in Bahrain Military Hospital: A Cross Sectional Survey Kelechi Austin Ofurum, David Leonard Whitford	3
Published September 2010	Adolescent Health Risk Screening in Primary Care Setting Nayara Serhan	4
Published June 2010	Cancer in the Arabian Gulf Kingdom of Bahrain (1952-2004) Fayek A Alhilli, Nagalla S Das	5
Published September 2010	Hypertension in a Primary Care Setting: Control and Pattern of Prescribing Jameel Nasser	6
Published December 2010	Prognostic Indicators of Developmental Outcome in Preterm infants Rehab Al-Marzooq	7
Published March 2010	The Role of Aspirin in Thrombotic Thrombocytopenic Purpura: A Randomized Control Trial Khalid A Sharif, Naeema A Mahmood, Vinita R Sundaram	8

Published June 2010	Incidence of Intussusception: Five-Year Hospital-Based Retrospective Review Muna Al Musawi, Saeed Jaffer Alhindi, Remon Abu-Elyazeed, Robert Pawinski	9
Published June 2010	Beta Thalassemia Frequency in Bahrain: A Ten Year Study Shaikha Salim Al-Arrayed	10

To my colleagues, it is fit to keep in mind the first law of Hippocratic Oath:

To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard his offspring as equal to my brothers in male lineage and to teach them this art – if they desire to learn it – without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken the oath according to medical law, but to no one else.



The Research Winners with Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh Khalid Bin Abdulla Al Khalifa, the Second Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs, Chief Editor of BMB, Dr. Jaffar Al Bareeq and RCSI-MUB President, Professor Tom Collins



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the First Research Prize of 2010 to Dr. Moiz Bakhiet Representing the Authors (Ali Al-Bahrani, Habib Alyousef, Basem Mustafa, Meytham Majeed

and Moiz Bakhiet) of “A Possible Role for *Chlamydia Pneumoniae* in Vaso-Occlusive Crisis in Sickle Cell Disease”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs Awarding the Second Research Prize of 2010 to Dr. Ahmed Al Ansari Representing the Authors (Ahmed Al Ansari, Basema Al Alaiwat, Randah Hamadeh, Mazen Ali, Basheer Mukarim and Raof Othman) of “Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the Third Research Prize of 2010 to Professor David Whitford Representing the Authors (Kelechi Ofurum and David Leonard Whitford) of “Health-Care Associated Infection Rates among Adult Patients in Bahrain Military Hospital: A Cross Sectional Survey”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the Fourth Research Prize of 2010 to Dr. Nayara Serhan the Author of “Adolescent Health Risk Screening in Primary Care Setting”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the Fifth Research Prize of 2010 to Dr. Fayek Al-Hilli Representing the Authors (Fayek A Alhilli and Nagalla S Das) of “Cancer in the Arabian Gulf Kingdom of Bahrain (1952-2004)”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the sixth Research Prize of 2010 to Dr. Jameel Nasser the Author of “Hypertension in a Primary Care Setting: Control and Pattern of Prescribing”



Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President Awarding the Ninth Research Prize of 2010 to Dr. Saeed Alhindi Representing the Authors (Muna Al Musawi, Saeed Jaffer Alhindi, Remon Abu-Elyazeed, Robert Pawinski) of “Incidence of Intussusception: Five-Year Hospital-Based Retrospective Review”



Dr. Basem Mustafa the Third Author of the Research Study, Which Won the First Prize of 2010 “A Possible Role for *Chlamydia Pneumoniae* in Vaso-Occlusive Crisis in Sickle Cell Disease” Receiving a Certificate and a Trophy from Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President



Professor Randah Hamadeh the Third Author of the Research Study, which Won the Second Prize of 2010 “Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees”, Receiving a Certificate and a Trophy from Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President



Dr. Basheer Mukarim the Fifth Author of the Research Study, which Won the Second Prize of 2010 “Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees” Receiving a Certificate and a Trophy from Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President



Dr. Raouf Othman the Sixth Author of the Research Study, which Won the Second Prize of 2010 “Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees” Receiving a Certificate and a Trophy from Sheikh Mohammed Bin Mubarak Al Khalifa, the Deputy Prime Minister, Sheikh (Dr) Mohammed Al Khalifa, Minister of State for Defense Affairs and Professor Tom Collins, RCSI-MUB President

