

Editorial

**Dr. Mohamed Al Khalifa's
Research Prize for Best Published Article in Bahrain Medical Bulletin**

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Dr Mohamed Al Khalifa has many achievements; to mention only few: he was the first director of the medical services in BDF, the first diabetologist in Bahrain, founder of Bahrain Society for diabetics, founder of Bahrain Medical Bulletin and finally he was the undersecretary of the Ministry of Defense and now he is the Minister of State for Defense Affairs. To crown all these achievements, recently, he established Dr Mohamed Al Khalifa yearly prize for the best published medical research article in Bahrain Medical Bulletin.

As the first director of the medical services in BDF, he shouldered on his own the responsibility of establishing the BDF medical services which developed later into one of the finest hospitals on the Island. I remember him when he came to my clinic inviting me to join the medical service in that hospital, where I established with his help the ENT department, which is one of the best departments in the hospital and where I was able with Dr Mohamed's encouragement to train good and capable Bahraini consultant ENT surgeons.

His era of directing the medical service in BDF was commonly called "The Golden Era". In his era, he crossed the dividing line. He recruited all those who were expert in their fields, despite their affiliation. The BDF hospital had the latest equipments and the best medical experts which no other hospital had on the island. The hospital recruited a large number of undergraduate students and sponsored them for medical schools and other disciplines. During his time, the hospital became par excellence of medical service. Those who worked at that time remember that golden age and wish for it to come back; even the patients wish that he could dedicate some of his time again to that hospital. The hospital was the envy of other hospitals on the island and in the region.

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Dr Mohamed Al Khalifa was the first to recognize that diabetes is a problem in Bahrain and in the Gulf region; therefore, he became the first diabetologist in Bahrain, serving exclusively diabetic patients in a diabetic clinic established to give undivided attention to those patients. In that clinic some of the followings are checked regularly and some are checked when necessary:

1. Hemoglobin A1c (2 to 4 times/year).
2. Kidney function (microalbumin).
3. Cholesterol, LDL, HDL, and triglycerides.
4. Foot examination.
5. Eye examination.
6. Blood pressure
7. General health examination.

In that clinic, they review diabetes management skills with the patient, which includes:

1. How to plan the diabetic meal.
2. Teach patients the skills in taking medications.
3. Teach patients the technique of how to monitor their own Glucose.
4. Teach patients the essential of foot care.

He went further and established a society for diabetes, which renders a great and valuable service to diabetic patients in Bahrain. Besides that, the society is the voice of the professionals and patients in the field of diabetes. He is currently the president of Bahrain Society for diabetes.

His achievements continued and he proceeded to become the undersecretary of the Ministry of Defense. At this stage, he advised the BDF hospital to establish a research committee for he values research in the development of medicine and the development of the manpower who delivers the health care. He knows fairly well that medical equipments in Bahrain are the same as the equipments in Western Europe and USA and he knows that the skills of the medical manpower is the same, but what makes the difference is the research, which plays an important part in the development of medicine. In Western Europe and USA, they value research and in this region, it is ignored.

Dr Mohamed proceeded to become the Minister of the State for Defense Affairs. Nevertheless, he never gave up his duties and responsibilities for Bahrain Medical Bulletin, which he continued to value and he never missed the opening ceremony and the certificate distribution of the research workshop run by BMB in June and in December of each year.

To me his greatest achievement is his participation in the establishment of Bahrain Medical Bulletin. Our initial meetings in 1978 to establish the journal were in his house in Sitra; the meetings were attended by Dr Ali Al-Khalifa, Dr Hasan Al Arrayed and Dr Herbert (USA). He was the first one to donate a computer to Bahrain Medical Bulletin in

1981. At that time, the computer system was in its infancy and it was extremely expensive.

Since the establishment of the Bulletin many of the founders have come and gone, but he was always there supporting the Bulletin and assuming the role of the patron or the Godfather of that journal.

Recently, to amaze me and to surprise everybody he went further and established Dr Mohamed Al Khalifa's prize for research publication in BMB. Dr. Mohamed Al Khalifa's Research Prize will be given for the best published article in Bahrain Medical Bulletin. The prize values are: Prize No.1: BD1,000 (\$2,652), Prize No.2: BD600 (\$1,592), Prize No.3: BD400, \$1,061 and they will be given yearly.

The committee for the selection of the research prize will meet in January, February and March of each year to decide the winners. Every research publication in BMB is eligible to be considered for the Prize.

The winner will be given the research prize and a certificate by Dr. Mohamed Al Khalifa during the certificate distribution at the end of Research Writing and Editing Workshop of June of each year.

Dr Mohamed Al Khalifa is always pursuing a life of a philanthropist; he donates his time, money and expertise to charitable causes. Hopefully, others in our profession and those in business will follow his leadership. Dr Mohamed Al Khalifa is now a leader in promoting research and I hope others will copy him to establish their own research prizes; in that way we will be able to promote and encourage research. Many of those who practice medicine diligently daily are less faithful in promoting research in medicine; Dr Mohamed Al Khalifa maintained the right balance between research and practice of medicine.

You are welcome to send your comments or contribution to jmab@batelco.com.bh