

ISSUE 12 - Summer 2018

NKBCI NEWSLETTER



Our lives are dedicated to yours



MUSIC AT THE CORE OF NKBCI DURING THE MONTH OF RAMADAN IN COLLABORATION WITH TIES

Pablo Casal once said: "Music drives out hate in those who are without love. It gives peace to those who are without rest. It comforts those who cry."

On the occasion of the Holy Month of Ramadan, on June 7, 2018, the Cancer Support Fund at Naef K. Basile Cancer Institute (NKBCI) in collaboration with Ties, held an entertainment event for its patients in the lounge of the NKBCI outpatient services. The event included two musical shows presented by four volunteers playing a drum, guitar, violin as well as a piano; music was followed by storytelling.

The event was attended by more than 150 people, including patients and their families as well as AUBMC staff; Ramadan favors were distributed as a small gesture to patients.



NKBCI STAFF AWARDED BY AUBMC AWARDS AND RECOGNITION COMMITTEE



On May 9, 2018, AUBMC recognized NKBCI's dedicated staff for their professional achievement as well as for the compassionate patient care they deliver to cancer patients. As part of this recognition, Ms. Fatmeh Chahine was acknowledged by NKBCI physicians as the best Oncology Nurse for her exceptional delivery of patient care in the Bone Marrow Transplant Unit. Ms. Katia Felfeli, oncology nurse at the Outpatient Clinics was awarded the Karen Bahdarian Oncology Nurse Award in appreciation for her dedication and commitment to serve cancer patients, and Mr. Nazem Sakr, auxilliary nurse at the Infusion Center was awarded the Karen Bahdarian Auxilliary award in recognition for taking the extra mile with NKBCI cancer patients.



DR. HAZEM ASSI: TEACHER OF THE YEAR AWARD

Dr. Hazem Assi, Associate Professor of Clinical Medicine in the Hematology- Oncology division was awarded "Teacher of the Year Award in Internal Medicine for 2018" in appreciation for his professional achievement in the area of teaching of medical students.



DR. NOUR MOUKALLED RECIPIENT OF SALIM EL HOSS BIOETHICS AND PROFESSIONALISM PROGRAM RESIDENT AWARD 2018

Dr. Nour Moukalled, 5th year resident in the Department of Internal Medicine, chief resident at the Hematology-Oncology division, was handed out, following the opening of the Residents Graduation Ceremony which was held on Friday, May 25, 2018 at the AUB Assembly Hall, the Salim El Hoss Bioethics and Professionalism Program Resident Award for 2018 as an appreciation for her dedication, professionalism and ethics in the delivery of a compassionate care to oncology patients.

The awardee received her award from AUB President, Dr. Fadlo Khuri, the Raja N. Khuri Dean of the School of Medicine, EVP Dr. Mohamad Sayegh, and the Founding Director of the Salim El-Hoss Bioethics & Professionalism Program (SHBPP), Dr. Thalia Arawi.

Congratulations!



MARATHON WOMEN RACE PARTICIPATION: LBCF AT NKBCI

Motivation is limitless, and we should constantly set new goals that tap into both our physical and mental aspects so we can improve our health and achieve our goals. To this end the LBCF at the Naef K. Basile Cancer Institute took the street on April 22, 2018 to support women with breast cancer. More than 30 participants and supporters such as Ms. May Chidiac, Founder and President of the May Chidiac Foundation helped widespread the message of the need to support women with breast cancer in their recovery journey on both the physical and emotional side.



GRADUATION OF OUR FELLOWS

On Thursday, May 24, 2018, more than 200 NKBCI family member gathered for an IFTAR at the Sultan Ibrahim restaurant during which a celebration of the Graduation of Dr. Amanda Chidiac and Dr. Rana Salem; the event was attended by Dr. Fadlo Khuri, AUB president, Dr. Samir Alam, Chief of Staff at AUBMC, Ms. Hala Dahdah, President of the Cancer Support Fund, and Ms. Mirna Hoballah, Deputy President of the Lebanese Breast Cancer Foundation.

Congratulations to our new doctors; all the best for a bright future.

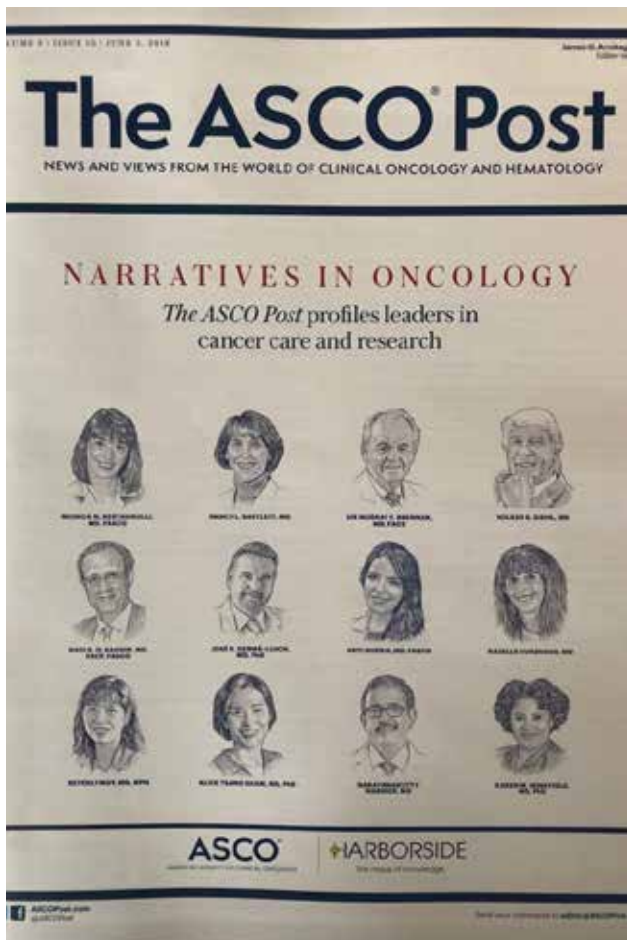


ASCO: NAGI EL SAGHIR

Dr. Nagi El Saghir, MD, FACP, FASCO is professor and head of the Division of Hematology Oncology, and Director of the Breast Center of Excellence at the Naef K. Basile Cancer Institute (NKBCI) at the American University of Beirut Medical Center (AUBMC) has been honored on Saturday, June 2, 2018, as Fellow of the American Society of Clinical Oncology (ASCO), the world's leading professional organization for physicians and oncology professionals. The lifetime title was bestowed upon him in recognition of his overall achievements and "extraordinary dedication" to voluntary efforts that benefit the specialty of oncology, patients at risk for or with cancer, and ASCO.

El Saghir was recognized with the Fellowship Award, previously called Statesman Award, at the opening session of the annual ASCO meeting in Chicago. The awarding ceremony granted distinction to researchers, patient advocates, and global oncology leaders who have worked to transform cancer care around the world.

"I am deeply honored and proud to receive this distinguished ASCO Fellowship award (FASCO) that recognizes my contributions and service to ASCO educational activities, research, and care of cancer patients worldwide," said El Saghir. "It feels good to be appreciated. I see it as another call of duty to continue serving the medical profession, science, patients, and global communities. I love my patients and my medical oncology profession."



PALLIATIVE CARE AT NKBCI PLAYS A ROLE IN INTEGRATING PALLIATIVE CARE SERVICES IN LEBANON

Integrating Palliative Care Services into the Health System in Lebanon The Knowledge to Policy Center (K2P) at the Faculty of Health Sciences (FHS) in the American University of Beirut (AUB), in partnership with the Ministry of Public Health in Lebanon and The Lebanese Center for Palliative Care (Balsam), in collaboration with the Palliative and Supportive Care Program at NKBCI organized a Policy Dialogue on "Integrating Palliative Care Services into the Health System in Lebanon".

This event was held in Rotana Gefinor Hotel on Friday, July 13, 2018 and gathered more than 25 participants and experts from different backgrounds with the aim to discuss the size of the problem and its causes, and highlight elements of a comprehensive approach to integrate palliative care services into the health system in Lebanon.

Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illnesses. Worldwide, only about 14% of people who need palliative care currently receive it. The quality of life of patients and their families who are facing problems associated with life-threatening illness, whether physical, psychosocial or spiritual are greatly improved by palliative care.

The resolution emphasized on the need to create national palliative care policies that ensure secured access to opioids for pain relief, training for all healthcare staff in palliative care, and the integration of palliative care services into existing healthcare systems.

الخبّار

الثلاثاء 2018-07-17 العدد 3517

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نحو دمج الرعاية التلطيفية في القطاع الصحي

أعلن كل من مركز ترشيد السياسات الصحية في الجامعة الأميركية في بيروت والمركز اللبناني للرعاية التلطيفية (بلسم)، توحيد الجهود لدمج الرعاية التلطيفية في القطاع الصحي اللبناني. بعنوان: «الرعاية التلطيفية حق وليست رفاهية». ويشير مركز الترشيح إلى أنّ معدلات الأمراض غير المعدية والشيوخية تتزايد في لبنان. ما يجعل «الرعاية التلطيفية» مكوناً أساسياً للخدمات الصحية اللازمة للتخفيف من معاناة المريض. وتعرّف منظمة الصحة العالمية «الرعاية التلطيفية» بالنهج الذي يحسن من نوعية حياة المرضى الذين يواجهون المشاكل المقترنة بالأمراض والتي تهدد الحياة. من خلال تقييم وتحديد علاج الألم اللازم في وقت مبكر.

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لقاء في الجامعة الأميركية لتوحيد جهود دمج الرعاية التلطيفية



تمت في بيروت، في 13 تموز 2018، لقاء في الجامعة الأميركية في بيروت لتوحيد جهود دمج الرعاية التلطيفية في القطاع الصحي اللبناني. حضر اللقاء ممثلون من وزارة الصحة، الجامعة الأميركية في بيروت، المركز اللبناني للرعاية التلطيفية (بلسم)، مركز الترشيح، وجمعية بلسم - المركز اللبناني للرعاية التلطيفية. حضر اللقاء ممثلون من وزارة الصحة، الجامعة الأميركية في بيروت، المركز اللبناني للرعاية التلطيفية (بلسم)، مركز الترشيح، وجمعية بلسم - المركز اللبناني للرعاية التلطيفية. حضر اللقاء ممثلون من وزارة الصحة، الجامعة الأميركية في بيروت، المركز اللبناني للرعاية التلطيفية (بلسم)، مركز الترشيح، وجمعية بلسم - المركز اللبناني للرعاية التلطيفية.

«الرعاية التلطيفية حق وليست رفاهية» في AUB ١٥٠٠٠ مريض يستطيعون الاستفادة من الخدمات في العام

تأسيس نظام تمويل الرعاية التلطيفية للمستشفيات التي تمتلك فريق عمل مؤهل لتأمين هذه الخدمات، حيث تشمل الرعاية التلطيفية داخل المستشفى والعلاج في المنزل. ناقش المشاركون خلال الحوار أربعة من عناصر السياسات المقترحة المستندة إلى الأدلة العلمية المذكورة في موجز السياسات والعنصر ١: دعم الرعاية التلطيفية داخل مؤسسات الرعاية الصحية.

- العنصر ٢: توفير الرعاية التلطيفية في محل إقامة المرضى
- العنصر ٣: تقوية التعليم وزيادة التدريب في مجال الرعاية التلطيفية بين المتخصصين في الرعاية الصحية
- العنصر ٤: زيادة الوعي العام حول مفهوم الرعاية التلطيفية
- العنصر ٥: وشهد المشاركون على ضرورة العمل وتوثيقه بأسرع من أجل الاستجابة لطلب المتزايد على الرعاية التلطيفية للمسنين، كبار الأطفال



الحضور خلال الجلسة

تزايدت معدلات الأمراض غير المعدية والشيوخية بين السكان في لبنان، ما يجعل «الرعاية التلطيفية» مكوناً أساسياً للخدمات الصحية اللازمة للتخفيف من معاناة المريض. ففي حين تشير الإرقام الصادرة عام ٢٠١٧ إلى أن ١٥٠٠٠ مريض يستطيعون الاستفادة من خدمات الرعاية التلطيفية كل عام، ليس من المتوقع إلا أن تزداد الحاجة لهذه الخدمات وبوتيرة سريعة ونظراً لأهمية المشكلة وحق جميع المرضى في الحصول على الرعاية التلطيفية. عقد مركز K2P في كلية العلوم الصحية في الجامعة الأميركية في بيروت (AUB) بالتعاون مع وزارة الصحة العامة، وجمعية بلسم - المركز اللبناني للرعاية التلطيفية، حوار السياسات بهدف «دعم الرعاية التلطيفية في القطاع الصحي في لبنان، وعلاوة على وضع التصور، المأمّن، وواضح خطة عمل لإتاحة هذه الخدمات الملحّة في القطاع الصحي في لبنان. في لندن ورومانا جيلينور، بيروت. وقد تم تمويل هذه المبادرة جزئياً من خلال منحة من Souk.lh وهي برنامج تمويل السفارة البريطانية في لبنان وتم تنفيذه من خلال DAI وAnar وAI City Impact.

وقد تم دعم الحوار من خلال موجز السياسات من K2P، الذي يجمع أفضل الأدلة العلمية الملخّصة والأهمية والدولة المتاحة. ويقدم اقتراحات لبعض عناصر السياسات الصحية ويأخذ بعين الاعتبار بعض الاعتبارات خلال عملية التنفيذ. وقد تم تمويل موجز السياسات على جميع أصحاب القرار والملخّص ذوي الصفي في لبنان

الصحة، قبل الحوار لإثراء المحادثة وفتح المجال لمناقشات مركزية. ولغيت مدير مركز ترشيح السياسات الصحية، فادي الجردلي إلى المناقشات البنّاءة التي أجراها أصحاب وصانعي القرار الذين استنوا إلى الأدلة العلمية الملخّصة المذكورة في موجز السياسات من مركز ترشيح السياسات الصحية عند مناقشة طرق دعم هذه الخدمة الضرورية والمعتبرة من حقوق الإنسان الأساسية في النظام لوزارة الصحة في لبنان، على وزارة الصحة تعمل حالياً على

تأسيس نظام تمويل الرعاية التلطيفية للمستشفيات التي تمتلك فريق عمل مؤهل لتأمين هذه الخدمات، حيث تشمل الرعاية التلطيفية داخل المستشفى والعلاج في المنزل. ناقش المشاركون خلال الحوار أربعة من عناصر السياسات المقترحة المستندة إلى الأدلة العلمية المذكورة في موجز السياسات والعنصر ١: دعم الرعاية التلطيفية داخل مؤسسات الرعاية الصحية.

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DR. HIBA OSMAN: PRIME AUTHOR FOR ASCO GUIDELINES FOR PALLIATIVE CARE

Dr. Hiba Osman, Palliative and Supportive Care Program Director at NKBCI, co-chaired the panel discussion and has maintained her role as the prime author of the ASCO Resource Stratified Practice Guideline (RSG) on Palliative Care.

The aim of this guideline is to help providers, health administrators, and policy makers set standards for palliative care in oncology in any setting regardless of how limited resources are.

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SPECIAL ARTICLE

Palliative Care in the Global Setting: ASCO Resource-Stratified Practice Guideline

Hiba Osman, Sudip Shrestha, Sarah Termin, Zipporah V. Ali, Bumalis A. Corvera, Henry D. Ddungu, ...

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Editor's note: This American Society of Clinical Oncology (ASCO) Practice Guideline provides recommendations, with comprehensive review and analyses of the relevant literature for each recommendation. Additional information, including a Data Supplement with additional evidence tables, a Methodology Supplement, slide sets, clinical tools and resources, and links to patient information at www.cancer.net, is available at www.asco.org/resource-stratified-guidelines.

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DR. RANA YAMOUT JOINS OUR TEAM

It is with great pleasure that we announce the appointment of Dr. Rana Yamout as an Instructor of Clinical Anesthesiology effective June 2018. Dr. Yamout earned her medical degree from Saint Joseph University in 2009, following which she completed her residency training in anesthesiology and critical care at Hotel Dieu de France Hospital. She received additional training in anesthesia for colorectal and hepatobiliary surgery in Beaujon Hospital, Paris, France, and anesthesia for cancer surgery, pain management, and palliative care at the Institute Curie, Paris, France. While in France, Dr. Yamout also earned a Master of Research in palliative care medicine and a Master's Degree in chronic pain management from the University of Paris Descartes. She is a member of the Lebanese Society for the Study of Pain and her research interest lies in the areas of chronic pain management and palliative care.

Dr. Yamout will be providing pain and anesthesia services to the Department of Anesthesiology and covering palliative care services at the Naef K. Basile Cancer Institute (NKBCI).



On behalf of NKBCI, we would like to welcome Dr. Rana Yamout to AUBMC and wish her a successful career at our institution.

NEW CLINICAL TRIALS AT NKBCI

As part of NKBCI mission to reduce the burden of cancer in Lebanon and the region, NKBCI researchers conduct several clinical trials to test new treatments for both common and rare cancers. Our database is rich in clinical trials that may help eligible patients.

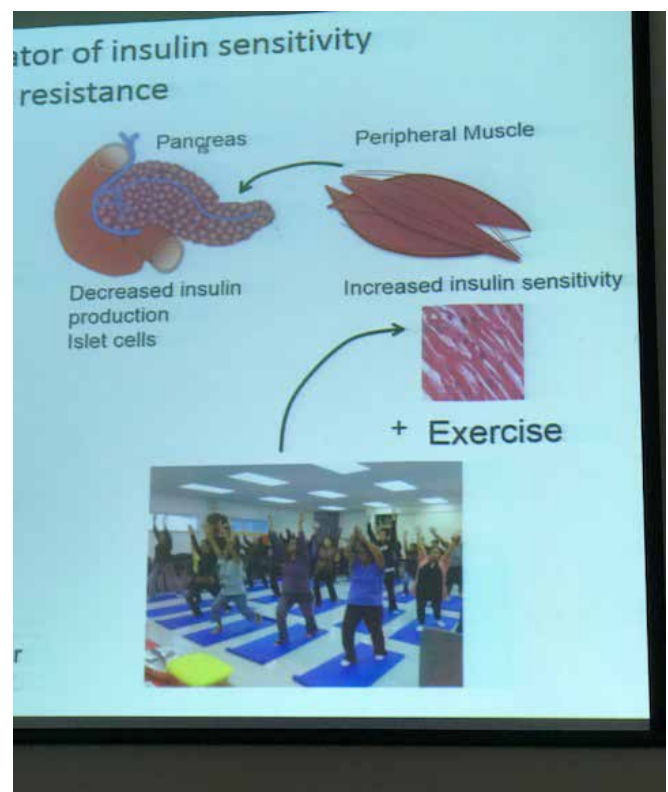
Dr. Ali Shamseddine and Dr. Arafat Tfayli have just initiated the first two investigator-initiated multi-center interventional clinical trials sponsored by AUB in oncology. The trials entitled "Short-course Radiation Followed by Mfolfox-6 plus Compound 2055269 for Locally-advanced Rectal Adenocarcinoma" and "Phase II Trial of Neoadjuvant Avelumab plus Platinum Doublet Chemotherapy in Non-Small Cell Lung Cancer" are at the cutting edge of clinical research in immuno-oncology and are a milestone for AUB and NKBCI in both locally advanced rectal adenocarcinoma and in non - small cell lung cancer. These trials will allow physicians to improve the outcome of these diseases through integration of immunotherapy to fight off cancer cells. Both clinical trials are done in collaboration with several team members as well as with several medical centers both in Lebanon and Jordan.

VICTORIA SEEWALDT VISITING LECTURE

The International Breast Cancer and Nutrition Program (IBCN) – Lebanon Chapter, The Cancer Prevention and Control Program at the Naef K. Basil Cancer Institute, AUBMC, Departments of Biology, FAS, and Anatomy, Cell Biology & Physiological Sciences, FM and AMALOUNA organized a series of lectures by Dr. Victoria Seewaldt on April 10, 2018.

Currently, Dr. Victoria L. Seewaldt, MD, is the Ruth Ziegler Professor and Chair of the Department of Population Science at the City of Hope and Associate Cancer Center Director. For the past 15 years, Dr. Seewaldt has been a Professor at Duke University where she led a multi-disciplinary bench to community research effort investigating the origins of triple-negative breast cancer. Dr. Seewaldt partnered with members of the Durham community to develop a community health program that provided free care, early detection, and is now leading a research program at the Department of Population Science at the City of Hope. Her goal is to build a multi-investigator research program that serves the community through mentorship and education.

The lecture at AUBMC included a discussion about pre-diabetes: What is it, how can it be treated, & why is this important for cancer prevention? It also tackled strategies for early detection of aggressive cancer: integration of epidemiology, engineering, biology, and the community in addition to a discussion about the power of believing your patients - lessons learned about breast cancers.





AMANDA CHIDIAC

Q: When did you join the Naef K. Basil Cancer Institute?

A: In June 2015

Q: What is your Job title?

A: At the time, I was a first year fellow in the Department of Hematology-Oncology

Q: What are your main responsibilities?

A: I took care of patients in the short stay unit. I prepared their chemotherapy protocols and examined them. At some other times, when I was on the inpatient ward, I also did the same. Often times, on the wards, my duties would include performing procedures such as bone marrow biopsy/aspirate and bone marrow transplantation.



Q: Prior to joining this department, where were you working?

A: I was also working at AUBMC, but I was a resident in the Department of Internal Medicine for two years and before that, an intern.

Q: Where did you pursue your college studies?

A: I earned my degree in biology from the American University of Beirut and my medical degree from the University of Balamand.

Q: What do you like most about your job?

A: I would probably have to say that the best part is the gratitude from patients, even when it is unspoken.

Q: What would you like to improve in your current job?

A: I spend a significant amount of time and energy on paperwork, and I suppose that comes with the job; but I can't help wishing that wasn't the case.

Q: Tell us about your ambition; in what terms would you like to develop your career?

A: At the moment, I am looking to graduate from my fellowship program with a strong standing in oncology. With that, I would like to start my own practice and hopefully make a difference like I have learnt to do at AUBMC. With that being said, I do not think you can run a fine medical practice without some knowledge about how to run a business. Therefore, beginning in September 2018, I will begin an Executive Global MBA program at the renowned HULT International Business School.

Q: Where is your best trip destination and why?

A: Hmm... Mexico! I am heading there for my honeymoon. I have never been there before but the culture, the language, the landscape, weather and most importantly, the food intrigue me.

Q: What are your hobbies?

A: I have been playing badminton since I was in high school but my true hobby is travelling. I have a bucket list that I am slowly getting through.

Q: What would be your best food choice?

A: Fortunately for me, that question doesn't apply. I love all types of food, especially spicy food!

Q: Tell us more about your character.

A: I am dedicated, generous, and very outspoken.

Q: What is your advice to your peers?

A: The best advice I ever got was to make decisions that I feel are true to who I am. Often times, you're surrounded by people that want the best for you and that doesn't always agree with what you want for yourself. I think you can succeed at anything; it depends where your heart and passion lies.

Q: What is your message to cancer patients?

A: Every cancer patient I have worked with has inspired me in ways bigger than I can put into words. My message would be: Keep fighting, and we are all here by your side...



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