

بيانو

مركز كليمنصو الطبي - العدد 7



PIANO

CLEMENCEAU MEDICAL CENTER NEWLETTER 7

القراء الأعزاء

محتويات العدد

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DEAR READERS

أبنا نعد مرضانا دائما بإادائهم قبل غيرهم من أحدث طرق العلاجات والتكنولوجيا الطبية. وأن جزء من رسالة مستشفى مركز كليمنصو الطبي البحث باستمرار عن أساليب جديدة ومحسنة للقيام بالأمراض، نحن نفتخر اليوم بكوننا المرفق الأول والوحيد في لبنان الذي يوفر جراحة المنظار بالروبوت، وذلك بواسطة خبراء في مختلف التخصصات التي تستخدم هذه التقنية وهم يشكلون فريق الروبوتية في المركز ويفخرون بتقديم الرعاية الجراحية والخيرة الغير المتوفرة في أي مكان آخر في لبنان والمنطقة.

تطلعون أيضاً في هذا العدد على آخر مستحدثات المركز مثل:

جراحة المنظار أحادية المنفذ - الجراحة الأولى في لبنان.
تطور معيار العناية الطبية بشكل سريع ولا سيما على صعيد الأمراض المسالمة، وبحري اعتماد هذا النمط من جراحة المنظار بشكل كبير في كل من الولايات المتحدة وأوروبا، ويفخر مركز كليمنصو الطبي بكونه الموفر الرائد والوحيد لجراحة المنظار في لبنان والمنطقة.

استئصال الديسك بالمنظار.
يفخر مركز كليمنصو الطبي بأن يكون الأول في لبنان والمنطقة بتقديم مثل هذا الجزء المتطور للمرضى الذين يعانون مرض انزلاق غضروف في العنق. يتم تشغيل هذا القسم من قبل فريق من الأطباء ذات الخبرة الواسعة في جميع أنواع استئصال الديسك بالمنظار كذلك جُفِر القسم بأحدث المعدات اللازمة لمثل هذه الإجراء.

تنظير الحالب المرين وتفتيت الحصى بالليزر.
CMC هي الرائدة في لبنان والمنطقة في جراحة تفتيت الحصى بأقل تدخل ممكن، وتشمل الخيارات الجراحية تفتيت الحصى بالموجات التصادمية (ESWL)، منظار الحالب، واستئصال حصى الكلية عن طريق الجلد (PCNL). إن شكل الكلية، وتكوين الحصى وبنية الجسم ستلعب الأدوار الرئيسية في تحديد النتائج والنهج المتبع للعلاج.

كاميرا VISION™ هي أيضاً متوفرة الآن في مركز كليمنصو الطبي الذي يستعيد الرؤية القريبة - بدلاً منتمركز للمرضى المتحسسين من العدسات اللاصقة وأمن تعب من نظارات القراءة.

ليزر طب الأسنان: تخيل أن ثور قسم الأسنان لدينا وتجاره من دون ألم، كل ذلك أصبح ممكناً في قسم الأسنان الطبي، طب الأسنان بأفاق جديدة.

تجدون في هذا العدد مزيداً من التفاصيل عن التفتيت أعلاه بالإضافة إلى الكثير من المواضيع التثقيفية المثيرة للاهتمام. أتمنى لكم قراءة ممتعة.

د. مؤنس قلاوي
الرئيس التنفيذي

كلمة الرئيس التنفيذي

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Introducing our Premises:

1. Stone Center
2. Tip Top Technologies:
3. Kamra Vision
4. Laser Dentistry
5. Patient Education:
6. Stress Management Diet

As we always promise our patients that they will be among the first to benefit from avant-garde treatments and technology, and as it is part of CMC's mission to continually look for new and improved ways of doing things, we are proud to announce that Clemenceau Medical Center is the first and only facility in Lebanon that provides robotic assisted laparoscopic surgery. Experts in different specialties that apply robotic surgeries comprise the robotic team at CMC and offer surgical care and expertise not found anywhere else in Lebanon or the region.

You will see in this issue much more information on our advanced technology such as:
The Single Port Laparoscopic Surgery: Gynecological surgery without a scar- A first in Lebanon.

The standard of care in the surgical management of diseases is rapidly evolving. Minimally Invasive gynecological surgery is being adopted exponentially both in the United States and Europe. Clemenceau Medical Center is a leading provider of minimally invasive surgery in Lebanon and the region.

The Endoscopic Lumbar Discectomy: Clemenceau Medical Center is proud to be the first in Lebanon and in the region to offer such a revolutionary procedure to patients with Lumbar Herniated Disc Disease. Our Endoscopic Spine Unit is run by well trained doctors with special training and experience with all types of Endoscopic Lumbar Discectomy and equipped with the state of the art equipments necessary for such procedures.

The Flexible Uretroscopy and Laser Lithotripsy for kidney stones treatment:
CMC is a pioneer in Lebanon and the region in minimally invasive stone surgery. Surgical options include extracorporeal shock wave lithotripsy (ESWL), ureteroscopy, and percutaneous nephrolithotomy (PCNL). Renal anatomy, stone composition, and body habitus all play major roles in determining outcomes and operative approach.

KAMRA VISION™ is also now available at Clemenceau Medical Center which restores Near Vision – an innovative alternative for contact lens intolerant patients and for those tired of reading glasses.

Laser Dentistry: Imagine a visit to our dental department without a shot or drill and leaving without a numb lip in most cases! CMC Dental Department: Leading Dentistry to a New Horizon.

More details about the above technologies are available in this issue and many other interesting and educational topics. Enjoy reading.

Mounes Kalaawi, MD, MBA
Chief Executive Officer



Robotic Surgery

Clemenceau Medical Center is the first and only facility in Lebanon that provides robotic assisted laparoscopic surgery. Experts in different specialties that apply robotic surgeries comprise the robotic team at CMC and offer surgical care and expertise not found anywhere else in Lebanon or the region.

History of robotic surgery:

The da Vinci Robot® is manufactured by Intuitive Surgical® in the United States. It has been exponentially adopted in medical centers both in the United States and Europe.

It is used in multiple disciplines ranging from urology to general surgery, gynecologic, cardiothoracic and pediatric surgery. Robotic surgery has now changed patient care and established itself as one of the most important and promising breakthroughs in medical innovation.

What is the Da Vinci Robot®?

The da Vinci Robot is a system that is attached to the laparoscopic trocars giving the possibility to the surgeon to perform a laparoscopic surgery with multiple advantages.

It comprises 3 main elements:

- The patient bed side cart which contains the 3 or 4 arms that will be attached to the patient, a camera and 2 or 3 micro instruments according to the surgery performed.
- The surgeon console where the surgeon sits and operates the robotic arms, it has a 3 dimensions high definition view of its surgical field allowing it to perform precise and complex movements.
- A tower that has the main computer and ancillary equipments needed like an energy source, the computer mainframe, cable connections etc...



The 3 components of the robotic system: Surgeon console, patient cart and tower.

What are the advantages of robotic surgery?

Robotic surgery is an advanced form of laparoscopic surgery.

The advantages can be divided into advantages over the traditional "open" surgery; translating into less pain, better cosmesis (small 8mm incisions instead of one large 8-10 cm incision), less blood loss and risk of blood transfusions and short hospital stays (less than 24 hrs compared to the 3 or 4 days of open surgery)

Advantages over laparoscopic surgery include: better ergonomics, more precise movements, endo-wrist movements and tremor reduction, improved 3D HD endoscopic view; all allowing the surgeon to perform the most complex surgeries without compromising on the minimally invasive approach.

This constitutes a major breakthrough in surgical practice in both Lebanon and the region. A team of international experts recruited as full-timers at CMC led by Professor Claude Tayar, performed since a series of surgeries on several patients with different diseases. Pr. Tayar started the robotic surgery program in his field 10 years ago.

Robotic Surgery

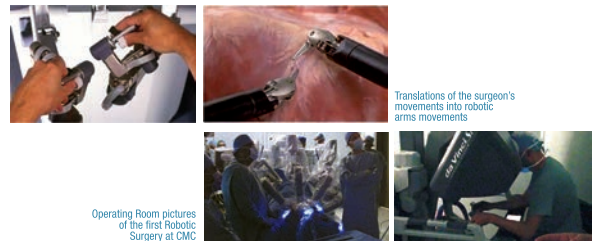
Major advantages of this technology include a real 3D HD vision of the abdominal cavity with articulated instruments and sophisticated software enabling very precise movements in performing laparoscopic surgery. The robot allows more surgeons to perform procedures with a minimally invasive approach and permits experienced laparoscopic surgeons to do procedures that are done otherwise by a classical open fashion. This technology reduces by these means blood loss, pain and complications of surgery.

Applications of robotic surgery include: gastric surgery (cancer, reflux, gastric bypass, band, sleeve gastrectomy), liver and bile duct, pancreatic resections, intestines (small bowel, colon, and rectum) and hernia.

Robotic assistance in gynecologic surgery: Dr Karim Nawfal

When a woman needs to undergo surgery multiple parameters have to be taken into consideration. First, is the most optimal treatment of the disease, but also the surgical outcomes, the recovery and the final cosmetic result. Now with robotic surgery, the most complex gynecologic surgeries can be performed with very small (8 mm) incisions allowing the surgeon to perform a more precise procedure and providing the patient with improved surgical outcomes in form of short hospital stay, less bleeding, less pain, better healing and also leaving very little to no surgical scars. When medically indicated removal of the uterus (hysterectomy), removal of uterine fibroids (myomectomy), surgeries for endometriosis or the ovaries, certain types of gynecologic cancers and surgeries for pelvic organ prolapse can now all be performed using this newest technology.

This surgical innovation has changed how surgeons look at the treatment of disease. An expert robotic gynecologic surgeon recently moved back from the United States where he not only practiced but also trained other surgeons in robotic surgery and is now a full time physician at CMC providing patients with this state of the art procedure.



Operating Room pictures of the first Robotic Surgery at CMC

Translations of the surgeon's movements into robotic arms movements

Robotic assistance in urology: Dr Nadim Ayoub - Dr Firas Zahwa

The da Vinci surgical robotic system made it possible to cure most urological diseases and cancers without compromising the quality of life for patients.

Robotic prostate surgery enables surgical precision beyond the limits of the human hand. The 3-D view allows surgeons to clearly identify the delicate nerves and blood vessels around the prostate. Today, most prostate cancer patients (70% of cases in the United States) are operated successfully using robotic surgery while maintaining normal bodily functions such as urinary control and erectile function.

In many cases, kidney tumors can be removed without damaging the remaining healthy portion of the kidney (partial nephrectomy) thanks to these robotic procedures.

Many other urologic procedures can be performed safely and effectively with robotic assistance such as adrenalectomy, total nephrectomy, pyeloplasty, surgical treatment of urothelial tumors (bladder and upper urinary tract), treatment of uro-genital prolapse (sacro-coldpo-plexy), lymph node dissection and some cases of complicated urinary stones.



Not Just a Pretty Face

By Steve Thompson, CEO Johns Hopkins Medicine International
As seen on Johns Hopkins Medicine International website

Recently, two of Johns Hopkins Medicine's international affiliate hospitals were named to HealthExecNews' list of "The 25 Most Beautiful Hospitals in the World". One is Hospital Punta Pacifica in Panama City, and the other is Clemenceau Medical Center in Beirut.

I found myself having several different reactions to the news in the space of about 15 seconds. My first reaction of course, was: Great! It's always nice to be recognized, and have a little extra positive attention called to some of the facilities that we're so very proud of. Whenever I see a health care-related "best of" list, I can't help scanning for our name and feeling a little thrill when I spot it or a bit disappointed when I don't, and this was no exception.

My second reaction was: Wait a minute, these are hospitals. Do we really want to be known for the pretty faces we help put on many of them? Don't we want to emphasize quality of care, outcomes and patient satisfaction? And then finally, I was able to reconcile those two initial reactions. First of all, on a more careful reading of the article, it was clear that it takes pains to point out that the question of the physical appearance of a health care facility is not divorced from questions of health. As the article puts it:

The elements in today's best designs have been proven to improve patient care... In developing this list of The 25 Most Beautiful Hospitals in the World, we considered interior and exterior features and their health-promoting qualities.

That is, it is not just about being prettier-it is about having facilities whose designs can contribute to patient well-being. Thus the article notes that Punta Pacifica's rooms have been "specially designed to promote and enhance rapid recovery." And that Clemenceau provides patients with in-room Internet access, and that the interior design also allows [clinical staff] to use innovative medical equipment like completely film-less digital imaging centers and real-time video conferencing equipment to connect with other physicians and specialists inside or outside of the medical center.

Obviously, though the headline and the list name refer to "beauty", the list seems to really be about the sort of comfort, convenience and access to better care that well-designed facilities can provide.

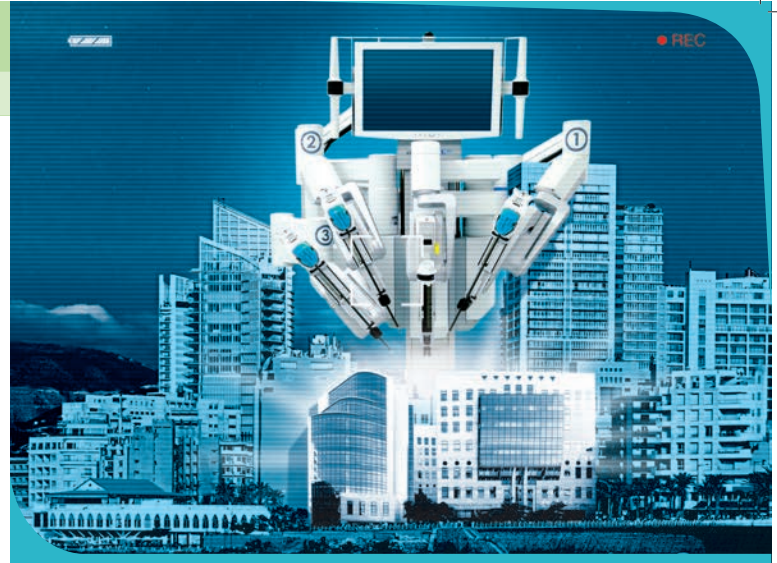
We are big believers here that there is a lot more to the patient experience than simply what tests and treatments the patient gets. Healing also has a lot to do with attitude, mood and emotion. And while patient outcome is surely a critical metric of the hospital experience, helping a patient to feel comfortable and well-taken-of along the way really does matter. Many patients after all, are admitted into hospitals with what turn out to be relatively minor ailments-a bad case of gas whose symptoms required ruling out a cardiac event or a sudden loss of vision that was merely a quickly passing migraine. If the patient is stuck in a cheerless, unfriendly hospital environment that inflicts all sorts of inconveniences on him or her for a few days, then that will turn out to be a more unpleasant aspect of the whole event than the actual physical problem. If the medical problem is a more serious one, the last thing the patient-or the patient's family-needs is the additional tribulation of a harsh environment.

That's why Johns Hopkins puts a lot of care and resources into making its hospitals here, in and around Baltimore, places that can provide a boost to the mood of patients who may be coping with a stressful time. Our newly opened clinical facilities are loaded with artwork and with spaces for relaxation, play and pleasant distraction. The all-private rooms are more like hotel rooms than hospital rooms, though they and all the facilities are absolutely start-of-the-art from a medical point of view. And we feel the same way about our international affiliates, supporting them in every way we can to provide the best possible patient experience-first and foremost medically, of course, but also in terms of the overall environment.

So sure, why shouldn't I be proud of seeing some of our affiliate facilities make that "most beautiful" list? What could be better than having a patient feel that his or her experience at a hospital had an aspect of beauty to it? Patients deserve all the help they can get.

Anyway, it's not as if we don't get recognition for the other side. We are proud around here that our main hospital has been named the best hospital in the U.S. by U.S. News & World Report year after year. Our affiliates around the world win all sorts of regional health care awards as well. So don't hate us because we are pretty. We seem to be doing a fine job at taking care of patients in every way that it's measured.

Articles about CMC



ROBOTIC SURGERY THE MEDICAL REVOLUTION IS NOW IN BEIRUT

CMC is the first hospital in Lebanon to introduce robotic surgery, which is the usage of robots in performing surgery. This new technology brings many benefits to the medical world and to the patient. The Da Vinci surgical system provides surgeons with enhanced capabilities including high definition 3D vision and a magnified view. The doctor's hand movements are translated by the Da Vinci system into smaller more precise movements which allows the performing of complex procedures through just a few tiny openings.

- Significantly less pain
- Less blood loss
- Less need for blood transfusions
- Less scarring
- Shorter hospital stay
- Shorter recovery
- Fewer complications



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