

Muharraq Medical complex more than half finished

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A brand new 12.7 million Bahraini dinars Medical Complex is coming up in Muharraq Governorate, which would open doors in the third quarter of 2021.

The project, according to the Works Ministry, has achieved a 53 per cent completion.

The project, funded by the Saudi Fund for Development (SFD) within the Gulf Development Programme, was scheduled to complete in 34 months.

BD 17.875 million grant

The Saudi Fund has also allocated BD 17.875 million grant to cover consulting services, equipment, supplies, medical devices, furniture, computer and information technology requirements.

This came as Essam Khalaf, the Minister of Works, Municipalities Affairs and Urban Planning and Faeqa bint Saeed Al-Saleh, the Minister of Health, paid a visit to the review the progress of the work. The ministers visited the works sites of Muharraq Center for Private Health Care project and the Multiple Sclerosis Center.

Board of Trustees Chairman of Governmental Hospitals,



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Essam Khalaf, the Minister of Works, Municipalities Affairs and Urban Planning and Faeqa bint Saeed Al-Saleh, the Minister of Health visiting the project site

Shaikh Hisham bin Abdulaziz Al Khalifa, Works Affairs Undersecretary at the Works Ministry, Ahmed Al-Khayyat, Health Ministry's Undersecretary, Dr.

Waleed Khalifa Al Manea, CEO of Governmental Hospitals, Dr. Ahmed Al-Ansari, the Assistant Undersecretary for Construction Projects and Maintenance,

Shaikh Misha'al bin Mohammed Al Khalifa, and a number of engineers in charge of the project were also present.

Care and rehabilitation

The ministers reviewed the ongoing works at the Muharraq Healthcare Centre, a specialised centre for care and rehabilitation. The facility has a capacity of 100 beds with all the medical and administrative services support for people requiring longer stay in the hospital, in cases like cerebral palsy, and other disabilities.

The centre includes wards and rooms for brain paralysis patients as well as other diseases, isolation units for patients with infectious diseases, laboratory, pharmacy, X-ray rooms, patient

rehabilitation units, and a central building for non-medical services.

The Minister of Works said: "We are proud to have a footprint in development projects, in particular projects that serve Bahraini citizens of all categories. We also support the efforts of the Ministry of Health

in implementing programmes and strategic plans to meet the needs of citizens who need access to treatment and health care."

Minister of Health said: "The health sector in Bahrain is witnessing tremendous development in providing comprehensive health care, raising the level of health awareness and promoting fairness in the distribution of health services."

Multiple Sclerosis Centre

Works of the Multiple Sclerosis Centre, also the first specialised and independent MS centre in the Gulf region, is expecting completion in the first quarter of 2022.

The National Bank of Bahrain is financing the 3.7 million dinars project.

Multiple Sclerosis is a chronic immune disease that affects the central nervous system, brain, spinal cord, and optic nerves.

Establishment of the centre represents an advanced step in Bahrain and the Arab Gulf region and will help avoid the exorbitant cost.

The centre includes seven outpatient clinics, magnetic resonance diagnostics department, physiotherapy department, manual exercise therapy department, private and public treatment rooms, laboratory and pharmacy, scientific research centre, lecture hall, medical warehouses, service building, administrative offices and car parks.

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ESSAM KHALAF

3.7m
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Bahrainis least vulnerable to COVID-19 stress: top experts say

Support programmes, the correctness of news are helping people tide over the pandemic

● Bahrainis have high level of COVID19 awareness

● Government backs people with support and care programmes

● Bahrain's works are in line with sustainable development plans

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Bahrainis are the least vulnerable to mental disorders amid the COVID-19 pandemic, thanks to the ample support provided by the state, top experts have said.

The experts also cited high-quality government services in public health and other sectors for this achievement.

They, however, called to invest more attention in boosting the mental health of people here in a way that accelerates social and social recovery as the public life returns to normalcy.

The views came during a "Mental Health During and After the Covid-19 Pandemic" conference hosted by Bahrain remotely as part of a "Because You Are Important" initiative.

Stefano Pettinato, Resident Representative of the United Nations Development Programme, Dr Basil Al-Yousifi, Director of the Center for Environmental Health Activities at the World Health Organization, Dr Manal Azzi, a specialist in occupational safety and health at the International Labour Organization, Saji Thomas, Regional Director of UNICEF and Child Protection, and Dr Michael Stanton, a specialist in clinical health and an assistant professor at East Bay University in California, and Margaret Nardegri, Chargé d' Affairs at the United States Embassy in Bah-



Participants of the "Mental Health During and After the Covid-19 Pandemic" conference held remotely

rain took part.

High level of awareness

The speakers pointed out that the high levels of awareness in Bahrain, as well as correctness of sources, contributed to reducing the fear of infection among the population.

Lack of social rejection and voluntary acceptance of home isolation and quarantine are other factors that are helping Bahrain.

The experts also hailed Bahrain's financial support programmes, constant effort to support front line workers, distribution of aid to the needy families and those lost their jobs, distribution of electronic devices to needy students and provision

of remote consultation amongst others.

"This is happening at a time when the pandemic has caused a significant increase in anxiety and depression cases around the world due to changes in lifestyle, loss of job and income, limited social interactions and support."

Speakers also viewed that Bahrain's efforts in this context are in line with the third goal of the sustainable development goals, which ensures that everyone enjoys healthy lifestyles and prosperity at all ages.

800 thousand people die annually by suicide

The speakers explained that about one billion people around the world are currently suffering from mental disorders, and 1 in 5 of them are in conflict zones.

About 800 thousand people die annually by suicide, while nine million people die annually from neurological disorders.

They also pointed out that people with severe mental disorders die 10 to 20 years before

their normal life expectancy.

The speakers also viewed that many of the precautionary measures adopted to combat the pandemic are creating social interaction more difficult, increasing the feeling of isolation and loneliness.

Work from home

"Work from home transformation for employees who accustomed to "office life" was difficult, causing their mental health to deteriorate," the speakers said stressing the importance of psychological support in the workplace.

Concerning the mental health of children, the speakers indicated that 20 per cent of children and youngsters around the world suffer from mental disorders.

Care for children

"Investing in the psychological care for children will positively impact the general health levels of society as a whole, and contributes to reducing spending on crisis response services including generational violence, adult crime and juvenile crime," they said.

Wael Zaki, founder of the "Because You Are Important" initiative and advisor for human development and leadership, and Rola Al-Husseini, co-founder and a specialist in self-development and talent management, affirmed to follow up the recommendations during and after the COVID-19 pandemic in association with relevant authorities.

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About one billion people around the world are currently suffering from mental disorders, and 1 in 5 of them are in conflict zones.



Representative picture courtesy of Omnia insights