



## **24 HOURS PATIENT MEDICAL CHECK-UP AND BASIC MANAGEMENT AT HOME: A PERSONALIZED, DEDICATED SERVICE**

Dear citizens of Makkah-Al-Mukarrama , in particular and of Kingdom of Saudi Arabia in General , Ummal Qura General Hospital , is a purpose built Hospital for People who are concerned about their health, whether they already have Symptoms of a disease or they want to possibly prevent future events.

Our clinical staff will provide an integrated approach & comprehensive Risk Assessment and appropriate treatment for a Medical Ailment, if it is Possible to treat at least initially at Home.

Individualized nutrition assessment and lifestyle counseling (detailed activities of daily life, including exercises) is an integral part of our services. Our team of experienced healthcare professionals explores multiple treatment methods for each individual to determine the optimal approach and action plan including lifestyle interventions and medications when necessary.

### **Program Goals**

The Goal of Ummal Qura General Hospital is to comprehensively evaluate your medical condition and provide you with the most effective measures to treat and manage OR give you a absolutely dedicated advice , for the medical condition that you may be suffering from at the time of evaluation, with special consideration of those patients who are unable to attend Hospital OPD or ER due to many reasons.

The patients who are unable to attend at Hospitals can be as following;

- 1. Morbid obese**
- 2. Tired of Repeated visits to Hospitals**
- 3. Unable to attend hospital because of busy schedules**
- 4. Due to social reasons avoid being in public places (Females)**
- 5. Extreme age, with resultant difficulties in mobilizations to and from the Hospital.**

**6. No one at home to bring the Supposed patient to hospital for evaluation and management.**

**7. Those who only get satisfied when they get individualized care.**

**Our team of experienced healthcare professionals explores multiple treatment methods, routine check up plans for each individual to determine the optimal approach and action plan including lifestyle changes and medications when necessary.**

**The program involves:**

- **An integrated approach to the aggressive control of all risk factors with a special emphasis on high cholesterol and high blood pressure and high blood glucose treatment and management**
- **Individualized nutrition assessment, education and support services**
- **Intensive counseling and education to promote a heart-healthy lifestyle**
- **Providing with best possible treatment available and prepare for possible referrals to specialized care centers.**
- **Basic medical evaluation and treatment for common ailments.**
- **Portable ECG, Portable Basic Ultrasound abdominal scan.**
- **Oxygen therapy**
- **Nebulization**
- **Physiotherapy**
- **Evaluation to confirm death At home.**
- **Laboratory sample collection and early results conveyed at given phone number as fax and or e. mail, when results are critical or of significant nature.**

**Nutrition Education Materials**

- **Checklist for Heart Healthy Eating**
- **Good Fats, Bad Fats**
- **How to Lower LDL Cholesterol**
- **How to Lower Triglyceride Levels**
- **Nutrition Recommendations for People with Diabetes**
- **Nutrition and Lifestyle Recommendations For People With Pre-Diabetes**
- **How to prevent Typhoid fever**
- **How to prevent Dengue fever and Malaria**

- How to prevent medication errors at home
- How to well control blood sugar in Diabetes Mellitus
- How to well control High Blood Pressure
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- Patient Response sheets to evaluate in detail progress and evaluate results clinically.

**PREVENTIVE MEDICINE:**

Overview: Dear patients and family members please read the brochures that we have provided for your FAQ's

Make an Appointment: dial 5376767, and dial extension(when the recording has started) 1003 or ..... ask the operator to get you to PATIENT MEDICAL CHECK-UP AND BASIC MANAGEMENT AT HOME or CONTACT at Phone number ..... and the ambulance, doctor if needed and the nurse (Female / Male ) will reach at your door step as early as possible or a doctor will respond you in 45 minutes of the call(please keep in mind rush hours and seasons ), then you have to give details of the patients complaints as you would do sitting in front of a doctor in clinic and then the doctor will try to judge from your statement the possible condition of the patient provisionally and after getting the necessary data he will forward you a cell number where you have to call and give him your detailed address if the caller need of home care is not a member of this privileged facility.

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Our Team: DR MOHAMMAD AFZAL ; DR MOHAMMAD ALI SHIEKH , DR ZAHOORUL HASAN , DR RANA QASIM , DR WASEEM , DR ISMAEL SHAFI

DR AMJAD , DR SAJJAD HUSSAIN , DR AKHTER , DR MUGHIS AHMED , DR AHMED , DR ABDULLAH ABU SENNA, DR NAHEED , DR NABEEL, DR JUNAID , DR SHAHID , DR IMRAN , DR MONIR AHMED; DR ZAFAR, DR FADI , DR GHULAM ALI, AND WELL TRAINED MALE AND FEMALE STAFF NURSES.

Frequently Asked Questions (FAQ's):

Please log to [homecare4u@ummalquragroup.com](mailto:homecare4u@ummalquragroup.com) and we will try our best to answer your queries as early as possible.

**Patient and Family Education Programme:**

Please visit our web site [www.ummalquragroup.com](http://www.ummalquragroup.com) and read carefully our brochures and hand outs.

**RESEARCH AND DEVELOPMENT:**

We are committed to patient privacy and any research carried is only in the interest of population at large and not intended for commercial or otherwise.

**RESOURCES:** AHA guide lines; SHA guidelines; WHO guidelines, CBAHI, MOH, and parent hospital guidelines.

**HOSPITAL SERVICES: PLEASE TAKE FEW MINUTES TO REVIEW WHAT WE OFFER YOU.**

**For Patients & Visitors:** please visit our web site: [www.ummalquragroup.com](http://www.ummalquragroup.com)

**For Health Professionals:** You are most welcome in any bilateral and patient friendly gestures, beneficial to patients and community and Muslims in particular, to make our ALLAH happy.

You are most welcome for bilateral discussion and collaborative research and development and you can attend our in-hospital weekly lectures and seminars after prior approval and intimation.

**CLINICAL SERVICES :**

**Cardiology/ Echocardiography / CATH LAB (Angiography and Angioplasty)**

**Internal medicine**

**Pediatrics and neonatology**  
**Intensive care (ventilator support), coronary care, Neonatal care unit(ventilator services) and well equipped Nursery.**  
**Obstetrics and Gynecology**  
**General surgery**  
**Laparoscopic surgery**  
**Orthopedic surgery**  
**Urology / TURP & Stenting / Urodynamics.**  
**Physiotherapy unit and Cupping therapy.**  
**Clinical laboratory**  
**Health analysis programs for the Health conscious peoples.**

**E N T**

**Neurosurgery**  
**Neurology (E.E.G / C.T.SCAN)**  
**Dermatology (laser therapy)**  
**Ophthalmology with Phaco/ organ Laser facilities.**  
**Dental department.**

**Dietics/ Therapeutic Nutritional plans**  
**Round the clock Emergency department.**  
**Round the clock laboratory with facilities for cardiac troponins.**  
**Radiology unit with CT scanner / Ultrasonography / x-rays /panorama views and Mammograms, including portable facility when unstable patients are in need of these services.**

**General health check up and laboratory services for governmental documentation**

**Psychiatry unit**

**A-Z OF QUALITY: PLEASE VISIT OUR WEB SITE: [www.ummalguragroup.com](http://www.ummalguragroup.com) ,to review our dedicated hospital & community oriented extensive efforts that we did keeping in mind metamorphosis.**

**Our Location:**

**Air Port information : Jeddah international Air Port is the nearest at about 45 minutes of easy drive , and due to arrival of millions of pilgrims particularly in The Holy months of Ramzan and Hajj , transport is not a problem , as very easily taxi / cabs are available round the clock.**

**Inside The Hospital:**

**Ground Floor 1:**

**Emergency Department**  
**Well equipped Laboratory and Radiology department.**  
**Emergency labor / delivery Room**  
**Well equipped Transitional isolation Room.**  
**Front desk to facilitate patients and visitors.**

**Ground Floor 2:**

**Ambulatory care: Here are located all the clinics of specialists and consultants, Admission and discharge office, Echocardiogram unit,**  
**Physiotherapy unit, Office of the corporate affairs 1, Front Office for corporate patient's documentation to facilitate the patients for consultation.**  
**Archives, the Back bone of the Hospital documents and record keeping for patients, for the purpose of research and development and evaluating trends and outcomes.**  
**And certainly we have a Mosque at this same most visited floor.**

**First floor:**

**Operation theatre, Nursery, Neonatal care unit with ventilator facility.**  
**Intensive care unit with ventilators and invasive monitoring facilities**  
**Coronary Angiography department.**

**Second Floor:**

**Mother and Baby Unit (Gynecology and obstetrics unit)**

**Well equipped Isolation Room**

**Third Floor:**

**Medical and surgical unit, Coronary care unit, E.E.G unit.**

**Fourth Floor:**

**Orthodontics (dental unit)**

**Administration offices, Total Quality Management office**

**Patient and family education facilitator's/Clinical Risk Manager Office**

**Office of the Social worker to facilitate the needful.**

**Seminar room, Library; and I.T. Department**

**ABOUT US: Ummal Qura Hospital was established in year 1990 and since then has been phenomenal in the Holy city of Makkah, where millions of Muslims visit every year in Ramadan and Hajj.**

**CLINICS PHONE NUMBERS: 009625376767-1003 (Emergency Department)**

**CONTACT US: web site: [www.ummalquragroup.com](http://www.ummalquragroup.com).**

**E mail: [info@ummalqurahospital.com](mailto:info@ummalqurahospital.com)**

**Land lines 009662 5376767**

**Cell phones:**

**Doctor on call (To Contact through Main Telephone Operator/central)**

**Follow Monthly Schedule.**

**Staff Nurse on call:**

**Follow Monthly Schedule.**

**Hospital location: Beside Ministry Of Hajj, Alrusaifah, Abdullah uraif Street, Makkah al Mukkaramah, KSA.**

**MAKE A GIFT:**

**You can donate for a cause:**

**Inj Streptokinase: for heart attack patient a life line.**

**Donate a Blood Bottle (450 ml) to be given to poor patients and in case of Emergencies.**

**Support a poor patient to have his / her procedure carried out.**

**Support a poor patient to have admission in hospital and get medical**

**Treatment under A Canopy of a special package where by only dire**

**Needful laboratory tests and Absolutely Important medications will be given to make use of your donation as Beneficial to the Patient.**

***A good deed done in Makkah-al-Mukkarama is million folds in Reward.***