



INTERNATIONAL PATIENT SERVICES

Putting Patients First



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INTRODUCTION

If you are traveling to Qatar to seek specialized pediatric medical care for your child that is not available in your current place of residence, our International Patient Services team will be your single point of contact for accessing the highest quality of care.

Our team understands that every international patient has different needs. We are committed to helping patients and family members with every step of the planning in a culturally sensitive manner.

This includes specifics around connecting you with one of our distinguished physicians, supplying and securing cost estimates, and coordinating appointments and admissions so that you can focus on treatment, healing and returning home.

Why Choose Sidra Medicine

Sidra Medicine is a specialized hospital providing the highest level of care for women and children in the State of Qatar.



In 2020, Sidra Medicine was awarded the Joint Commission International's Gold Seal of Approval for its hospital and academic medical center and commended for its commitment to patient safety and quality.

Sidra Medicine has also been awarded accreditations for its fellowship programs in pediatric surgery, pediatric radiology, pediatric nephrology, neo-natal-perinatal medicine, pediatric pulmonology, pediatric cardiology, pediatric neurology and child and adolescent mental health from the Accreditation Council for Graduate Medical Education- International (ACGME-I). The ACGME-I accreditation is an international best practice standard for graduate medical training programs for doctors.

At Sidra Medicine, we have outstanding clinical programs and our physicians are recognized globally in their respective disciplines. We have attracted some of the world's top experts representing over 80 nationalities to care for patients in Qatar.

Many pediatric patients have come to us from around the world for our services in cardiology, urology, liver diseases, interventional radiology, diabetes and endocrinology, orthopedics, neurology

and neurosurgery, rehabilitation services, and reconstructive Plastic, Craniofacial, and Hand Surgery services.

In women services, we offer pioneering robotic surgery for many complex gynecological problems.

We have dedicated facilities for women and children along with an outstanding research center on the same campus.

Sidra Medicine Overview



Data is for calendar year 2020 only. Patient numbers were lower than usual on account of the C-19 pandemic in 2020.

A photograph of a man with dark hair, wearing a light blue button-down shirt, smiling and looking down at a baby he is holding. The baby is wearing a light blue patterned onesie. The background is slightly blurred, showing a green plant and a window.

Patient Services

Specialty Centers

This picture was taken prior to COVID-19. Sidra Medicine requires all guests and staff to wear masks.

Sidra Medicine has many innovative medical programs for international patients. From advanced medical management, to surgical intervention, we offer the highest quality of care.

Heart Center

Our Heart Center is a comprehensive program with all the required elements needed to deliver best outcomes and safe quality care to our children and adults with congenital heart defects.

We offer comprehensive surgical and medical care for essentially all pediatric congenital cardiac and acquired heart diseases along with the adult congenital heart disease. Our outcomes are comparable to any other western and North American mid or large size programs. We submit and compare our outcome data to Virtual Pediatric systems USA as well as to the IMPACT registry.

The Heart Center is located within the main building with all the Operating Rooms, Cardiac Catheterization Laboratories, Electrophysiology Laboratory, Imaging Laboratory, Cardiac Intensive Care Unit, Cardiology ward, Continuity Care clinics, teaching facilities and staff offices. The Research laboratories are located in the adjacent Outpatient center building.

Our team includes two senior cardio-thoracic surgeons, three cardiac catheterization interventionists, electrophysiologist, multiple cardiac Imaging experts (Transthoracic and Trans-esophageal Echocardiography, Fetal Imaging, CT/MRI), metabolic exercise experts, seven cardiac

intensivists, five cardiac anesthesiologists, focused nurses, perfusionists, sonographers and cardio-vascular technicians, and covers essential aspects of care in all the focused areas in the Cardiac program. Our state-of-the-art monitoring and intervention technology and include:

- Cardiac Interventional Lab
- Cardiac Electrophysiology Lab
- Cardiac Imaging lab
 - TT, TEE and IC (Intracardiac) Echo Lab
 - Fetal Echo Lab
- CT and MRI lab
- Cardiac Exercise Lab
- Dedicated Cardiac Intensive Care Unit
- Cardiology General Ward

We have already started our ACGME-I (Accredited Graduate Medical Education International) certified Pediatric Cardiology Fellowship Training program. Our Cardiac program offers advance-training fellowships in Cardiac Interventions and Cardiac Imaging as well. Our faculty is involved in multiple research projects from basic science to translational research and have been recipients of multiple peer review grants locally and internationally. There are multiple collaborative research projects underway with centers in USA as well.

Neurosurgery

The Division of Neurosurgery services include the management of all pediatric head and spine injuries, and complex structural birth deformities of the skull, and spine. Some unique procedures include dorsal rhizotomy (SDR) to relieve spasticity in the legs of children with cerebral palsy, endoscopic treatment of synostosis using specialized equipment to correct skull deformities and complex epilepsy surgery on children to reduce seizures.

The service has expertise in areas as diverse as neuro-oncology, functional neurosurgery, reconstruction of head and face deformities, repair of spina bifida defects, shunt procedures and endoscopic.

The specialized facilities include the IMRIS intra-operative MRI for tumor cases, state of the art navigation and endoscopic equipment, and intra-operative electrocorticography and spinal monitoring.

Plastic, Craniofacial, and Hand Surgery

The Plastic, Craniofacial, and Hand Surgery Department provides comprehensive, cutting edge care for all forms of congenital and acquired conditions requiring surgical reconstruction.

Some of the unique services offered include real-time multidisciplinary cleft clinics and craniofacial clinics, real-time multidisciplinary pediatric hand clinics, craniosynostosis repair, full breadth of cranial and frontofacial reconstructive procedures for complex craniofacial syndromes, full breadth of reconstructive procedures for congenital and acquired hand deformities, facial palsy

reconstruction, total ear reconstruction for microtia, full breadth of pediatric microsurgical reconstruction (hand, lower extremity, head and neck, etc.)

A large number of landmark surgical procedures have successfully been performed by the team, many of which were the first of their kind in Qatar and across the broader region. The vast majority of the ambulatory care is provided by the team in a real-time multidisciplinary manner along with specialist colleagues from Neurosurgery, Otolaryngology, Orthopedics, Genetics, Occupational Therapy, Speech Therapy, Audiology, Psychology, and others.

Orthopedics

The division of orthopedic surgery offers management for a full spectrum of congenital and acquired pediatric orthopedic surgery conditions in addition to acute and trauma pediatric orthopedic surgery.

Treatment includes all emergency pediatric orthopedic surgery as well as all elective pediatric orthopedic surgery procedures.

Some of our specialty surgical services include hip preservation surgery, limb deficiencies and

deformities – limb lengthening and deformity correction surgery, neuromuscular diseases – single event multi-level surgery and bone dysplasia.

Our specialty outpatient clinics include the infant hip clinic, Ponseti clinic and normal variant clinic.

We take a multidisciplinary approach and collaborate with our colleagues in urology, rehabilitation medicine, neurology, neurosurgery, nephrology aiming towards better patient outcomes.

Movement Disorder Clinic

The clinic helps address movement disorders in children and young people who are treated through medications, therapy, lifestyle changes and surgical interventions. Children referred to the Movement Disorder Clinic are mostly patients with spasticity which causes stiff, tight muscles that cannot be controlled because of a problem with the signals the brain sends – or does not send – to their nerves. Children suffer from spasticity issues as a result of Cerebral Palsy, a neurological condition

that affects muscle movement or Dystonia, whereby the muscles contract involuntarily, causing repetitive or twisting movements.

The team at the Movement Disorder Clinic includes specialists from rehabilitative medicine, physical and occupational therapy, neurology, neurophysiology and neurosurgery including selective dorsal rhizotomy (‘SDR’).

Comprehensive Epilepsy Program

Epilepsy remains one of the most common neurological conditions in children. Children with epilepsy are cared for at Sidra Medicine by a multidisciplinary team of experts specialized in Neurology, Neurophysiology, Neuroradiology, Nuclear medicine, Neuro-psychology and Neurosurgery. We offer advanced epilepsy treatments to patients with refractory seizures including epilepsy surgery, ketogenic diet and neurostimulation therapies. For such cases, under the coordinated care of a pediatric epileptologist, a number of thorough evaluations are performed starting with video-EEG recordings in our

state-of-the-art Epilepsy Monitoring Unit (EMU), to advanced neuroimaging studies including high-resolution brain MRI, PET scan, ictal SPECT scan and functional MRI, and ending with neuropsychological evaluation and neurosurgical consultation.

Sidra Medicine is currently the only children’s hospitals in the Middle East to offer a comprehensive approach to epilepsy care. Our treatment outcomes are leading in the field, and are comparable to other world-class pediatric epilepsy centers.

Urology

The Department of Urology is at the frontline of pediatric reconstructive urology that includes repair of major congenital genito-urinary anomalies. These include abnormalities such hypospadias, intersex (DSD), obstruction and

tumors of the genito-urinary tract, bladder exstrophy and epispadias, cloacas and urogenital sinus, neurogenic bladders, renal transplantation and other rare conditions.

Otolaryngology

The Department of Pediatric Ear Nose and Throat (ENT) and Audiology provides outstanding, comprehensive care for children suffering from disorders of the ear, nose, and throat as well as hearing problems.

Otolaryngology surgeons, speech-language pathologists, and audiologists work together to evaluate and rehabilitate children with hearing, swallowing, voice, and speech disorders. We take specialized and evidence-based approaches to diagnosing and treating disorders of the ear, nose, and throat. Many complex ENT conditions cannot be adequately treated in primary or secondary care facilities, which is why we have equipped our facility

to handle complicated pediatric ENT problems with a multidisciplinary team.

Some of the conditions we treat include breathing problems, laryngomalacia, airway reconstruction procedures of acquired and congenital airway obstruction, vocal cord paralysis, tonsil and adenoid surgery and other related sleep related surgical procedures in infants, neck lumps and cysts, vascular and lymphatic congenital anomalies, swallowing problems, thyroglossal duct cysts, aural atresia, perforated ear drums, surgical correction of hearing loss, acute and chronic mastoiditis, middle ear and chronic and persistent infections, cholesteatoma, and balance disorders among others.

Gastroenterology, Hepatology and Nutrition

The Gastroenterology Division provides state of the art multi-disciplinary tertiary service for children with all forms of Gastrointestinal, Hepatology and nutritional disorders.

The service supports other tertiary services across Qatar, Gulf region and Middle East for eligible patients. The division runs a service benched marked to international standards and with patients and family-centered service, this includes family support groups and family support days.

The division provides comprehensive inpatient, outpatient and home care services. There's a 24/7 physician led support for emergency care. Diagnostic and therapeutic procedures and investigations is carried out in the designated procedure area.

The team offers tertiary and quaternary service many of which are developed for the first time in GCC and the Middle East. These include General GI, Inflammatory bowel disorder, complex

liver disorders pre and post liver transplant, GI neuromuscular disorders, intestinal failure, celiac disease, complex IgE and non-IgE mediated food allergy induced GI disorders.

Specialized GI clinics:

- Dedicated multidisciplinary pediatric IBD clinic – First in the region
- Dedicated multidisciplinary very early onset IBD (VEO-IBD) clinic – First in the Middle East
- Dedicated intestinal failure and short bowel joint surgical and GI clinic – First in the region
- Dedicated pediatric complex liver disease clinic
- Multidisciplinary celiac clinic - First in the region
- Multidisciplinary aero digestive clinic - First in the region
- Dedicated celiac disease clinic - First in the region
- Multidisciplinary complex food GI allergy clinic
- Dedicated GI motility clinic - First in the Middle East

The division runs the first and currently the only dedicated home pediatric total parenteral

nutrition (TPN) program with multidisciplinary home care team and to support the service. The program supports 25 patients including 2 in Saudi Arabia and one in UAE.

GI procedures:

- 24/7 All diagnostic, therapeutic and interventional endoscopy service
- Enteroscopy first in the region for children
- Video capsule endoscopy allowing pan-GI endoscopy First in the region for children
- 24 hours esophageal impedance study
- Hydrogen breath test for different sugar, malabsorption and bacterial over growth
- Esophageal, gastroduodenal, colonic and anorectal manometry service.
- Pediatric electrogastrography first in the Middle East

The GI and liver disease division has a very active research program with currently 8 grant funded projects and had 12 peer reviewed publications in 2020. The current research focuses on IBD, celiac disease and liver disorders.

The GI division is an active part in the international ImproveCareNow Network collaboration with over 110 pediatric GI sites, with Sidra Medicine being the only center outside North America and Europe.

Reproductive Medicine

The Reproductive Medicine team is proud of its offerings including well equipped, state of the art embryology lab and well-trained staff to look after our patients.

The team comprises of some of the best consultant physicians, embryologists, nurses, and support staff with a wealth of international experience

from prestigious institutions around the world, in every aspect of fertility treatment and reproductive health.

Our patient care model is individualized to each case and is based on an assessment of the medical history and is customized to specific circumstances and individual needs.

Our Comprehensive List of Services for Women and Children

Pediatric Medicine (0-18 Years Old)

Adolescent Medicine
Cardiology and Interventional Cardiology
Child and Adolescent Mental Health
Dermatology
Developmental Pediatrics
Epilepsy Monitoring Unit *
Gastroenterology *
General Pediatrics: Secondary
General Pediatrics: Tertiary *
Genetics and Metabolic Diseases * (0-14 years old)
Hematology and Oncology *
Hemodialysis, Peritoneal Dialysis, and Apheresis *
Infectious Diseases *
Infusion Services
Intensive Care (NICU Level IV *, PICU, CICU)
Intraoperative Neuromonitoring **
National Poison Centre *
Neonatal and Pediatric ECMO *
Neonatal Hemodialysis *
Nephrology *
Neurodiagnostics Lab *
Neurology *
Pulmonary Function Test Lab *
Rehabilitation Medicine
Rheumatology *
Sidra Child Advocacy Program *
Sleep Lab (Pediatrics) *
Transplant (Renal) & Transplant Coordination *

* Sole Provider for Pediatric Services in Qatar
** Sole Provider for Adults and Pediatrics in Qatar

Pediatric Surgery (0-18 Years Old)

Cardiac Surgery *
Fetal Surgery *
General Surgery and Thoracic Surgery
Neurosurgery *
Orthopedic Surgery *
Otolaryngology
Plastics, Craniofacial and Hand Surgery *
Urology *

Women Services

Obstetrics
Gynecology
Maternofetal Medicine *
Reproductive Medicine
Women's Mental Health

Supporting Clinical Services

CAP accredited Laboratory
Fetal MRI *
Gait Training Lab *
Interventional CT *
Interventional Radiology *
Intraoperative MRI & Angiography *
NICU Retrieval Team *
Nuclear Medicine *
Pediatric and Adult Anesthesia
Sterile Processing Department



Arranging Treatment

**THE HEALTH AND SAFETY OF OUR PATIENTS,
FAMILIES AND STAFF IS OUR PRIORITY.**

Sidra Medicine is a COVID-free hospital. We remain deeply committed to providing the safest possible environment for your health care. When requesting for an appointment, please ask about our COVID prevention measures.

1. Patient Services

Our comprehensive services include:

- Coordinate with foreign Embassies and Ministries of Health as needed
- Assistance with visa arrangements to Qatar if required
- Coordinate travel arrangement to Doha, including accommodations for patients and their family members.
- Coordinate medical consultations, second opinion, necessary tests and admission scheduling
- Provide interpreter services for patients and family by qualified, licensed professionals.
- COVID travel advisory
- Interpretation services for patients and family
- Airfare and hotel assistance for patients and family members
- Hospital admission support
- Concierge services
- Child-care services
- Tours
- Wrap-up session with medical team on completion of your visit
- Access to your health records through our patient portal
- Second Opinion Services: Sidra Medicine offers second opinion medical records review services for physicians outside of Qatar who want to explore all possible options for care. Our physicians and surgeons will work with physicians to review a patient's medical history and diagnostic records, and support you in your recommended treatment plan.



We speak your language!

Our in-house medical interpreters can help you to effectively communicate with our healthcare providers in your language. Our certified interpreters can provide interpretation in Arabic, English, French, Russian, Korean, Chinese, Turkish and Arabic Sign Language. We also offer language assistance wither over the phone or video in 66 languages including Arabic, Urdu, Hindi, Pashto, Persian, Bengali, Nepali and American Sign language among others.



Request for Appointment

To request an appointment, please contact us on international.services@sidra.org. A coordinator will contact you within 24 hours and work with you to schedule an appointment with one of our specialists.



Sponsored or Self Pay

We will assist you with any financial or insurance-related questions that you may have, before, during and after your visit. Our team is knowledgeable about financial matters surrounding your care and how to work with insurance or financial institution in your home country.



This picture was taken prior to COVID-19. Sidra Medicine requires all guests and staff to wear masks.

Patient Stories

Our goal for all patients and families is to make them feel at home until they can return home.

Read some of their stories.

First International Patient to Undergo Complex Epilepsy Surgery

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“Salem suffered from at least 15 to 30 seizures a day, with each seizure lasting from a few seconds to four minutes; increasing the danger to his physical health... While he was on a good therapy program including anti-epileptic medications in Kuwait, we had reached a stage where he was no longer responding to conventional treatment or medication.”

Dr. Abdulrahman Abdullah, Salem's father

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Ten-year-old Salem was transferred to Sidra Medicine after his family in Kuwait sought a second expert opinion with the hospital's renowned specialist treatment program for children with intractable epilepsy. After thorough assessment and investigations, it was decided that Salem would benefit from a left hemispherotomy; an advanced and innovative technique that has proven to reduce the complication rates while maintaining good seizure control.



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Salem's case was brought to our attention when his father reached out to our international office about saving his son's life. Studies have shown that only 3-4 per cent of patients with intractable epilepsy would respond to treatment with antiepileptic medications. Cutting edge advanced therapies such as epilepsy surgery might be the only answer in such cases.

*Dr. Husam Kayyali,
Acting Division Chief of Neurology,
Sidra Medicine*

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Salem was cared for at Sidra Medicine by a multidisciplinary team of experts from neurology, neurophysiology, radiology, nuclear medicine, neuro-psychology and neurosurgery. Sidra Medicine is one of very few children's hospitals in the Middle East to have dedicated pediatric experts overseeing the entire spectrum of care for children with complex diseases or health challenges including epilepsy.

“As a physician myself, I was well aware of the complexities of my son's case and am very impressed with the level of care, professionalism and the team-based approach that Sidra Medicine applied in my son's treatment. This is very reassuring for families within the gulf region, many of whom have to think twice about relocating for months on end to the US, UK or Europe for such complex surgery. I would like to specifically thank Dr. Husam Kayyali and Dr. Ian Pople. It is a blessing to have such pioneering experts so close to home.”

Dr. Abdulrahman Abdullah, Salem's father



Teen with Wolff-Parkinson-White Syndrome Saved

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“Abdulla had been through a few episodes while growing up, when he would complain of dizziness and then nausea. We put it down to him being an active and excitable boy, and even though we saw a doctor back then, nothing was picked up during the tests.”

- Abdulla's father

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At 16, Abdulla was brought to Sidra Medicine after experiencing a rapid heart rate and shortness of breath where he was diagnosed with Wolff-Parkinson-White (WPW) syndrome. WPW is a condition that causes the heart to beat abnormally fast for periods of time due to an extra electrical connection in the heart.

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We were concerned that Abdulla was at high risk unless we perform an ablation procedure straight away, as it turned out he was one of those with the rare kind of WPW, where risk of cardiac arrest was very high. The conduction of his abnormal electrical pathway was extremely fast and dangerous,

said Dr. Volkan Tuzcu, Senior Attending Physician and Clinical Lead of the Electrophysiology Cardiology service, Sidra Medicine.

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The ablation procedure developed by Dr. Tuzcu, eliminated the risk of Abdulla being exposed to prolonged radiation. While most of the extra electrical pathways of WPW patients are inside the heart chamber and can be reached from the leg vein access, Abdulla's electrical pathway was located outside his heart, making the procedure even more complex.

Dr. Tuzcu and the team used a different approach by inserting the catheter through Abdulla's neck. The procedure was a success and follow up tests revealed that Abdulla condition was reversed.

Dr. Tuzcu is an internationally recognized leader and the founder of comprehensive electrophysiological and catheter ablation procedures without the use of fluoroscopy (X-ray) in children and adults. He used the groundbreaking process during Abdulla's procedure at Sidra Medicine.

Successful Selective Dorsal Rhizotomy Procedure

Eight-year-old Aiden's parents tried different therapies for his Cerebral Palsy (CP) and visual impairments, including stem cell therapy in the USA, before seeking a treatment program at Sidra Medicine.

Aiden was the first case at Sidra's Movement Disorders Clinic, who underwent a Selective Dorsal Rhizotomy (SDR) procedure to help address his spasticity. SDR has been shown to reduce the number of additional orthopedic surgeries needed over the course of a child's life. In most cases, spasticity doesn't return. The goals of the surgery were to make it easier

for him to move, so that he could walk in his home with a walker. Sidra Medicine established Qatar's first pediatric focused Movement Disorders Clinic. It is one of the very few hospitals in the world with the specialist expertise to offer comprehensive care for children with Cerebral Palsy or Dystonia, including neurosurgery, neurology, inpatient and outpatient rehabilitation and orthopedic surgery. While these brain conditions are incurable, the teams' combined effort is to ensure an improved quality of life for the patients and their families.



“Dr. Ian Pople, Division Chief of Neurosurgery at Sidra Medicine said: “Timing was critical regarding the selective dorsal rhizotomy procedure on Aiden. It was important that Aiden would be able to withstand undergoing such a complex surgery and it took three years before we felt confident that he was ready. The surgery took six hours and involved a team of two surgeons, a neurologist and two neurophysiologists who monitored Aiden's spinal cord function during the surgery.”

- Dr. Ian Pople, Division Chief of Neurosurgery, Sidra Medicine.

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Dr. Lisa Thornton, Division Chief of Rehabilitative Medicine at Sidra Medicine said: “When SDR is followed by months of rehabilitation, it can improve a child's ability to move and control their muscles. Following his surgery and while undergoing therapy, Aiden is now able to support his own weight aided by a walker. This is a significant milestone.”

Complex Laryngotracheal Reconstruction

“During our daughter's initial assessments, we sought a second opinion outside of Qatar and were assured when they validated that Sidra Medicine, with its expert team and technologies, was one of the best children's hospitals in the Middle East to conduct the surgery.”

- Lulwa's parents

Baby Lulwa was born with a laryngeal web and subglottic stenosis. The condition is a rare birth defect, with an estimated incidence of 1 per 4000001. Dr. Faisal Abdulkader, Division Chief of Ear, Nose and Throat (ENT) and Otolaryngology, Sidra Medicine said, “Laryngeal web can sometimes be misdiagnosed for asthma, as the symptoms of raspy breathing and shortness of breath are very similar. Without immediate intervention, the openness (patency) of her airway would be at risk.”

Surgeons at Sidra Medicine performed a laryngotracheal reconstruction surgery on baby Lulwa in two phases. In the weeks following surgery, the MDT team performed regular endoscopic exams and a video fluoroscopy to check on Lulwa airway and her ability to swallow. She was also assessed by a speech and language therapist and received an outpatient based care plan to ensure her full recovery.

“Despite the rarity and the complexity of her condition, this was the first time the management of such a rare case was performed in Qatar without the need for a tracheostomy. It is important to highlight the specialist expertise that we have at Sidra Medicine throughout the entire journey of care for our young patients – from our surgery to pediatric anesthesiology, through PICU and child life services. We want families in Qatar to be assured of our commitment to providing the highest levels of care for their children.”

Dr. Mansour Ali, Chair of Pediatric Surgery, Sidra Medicine

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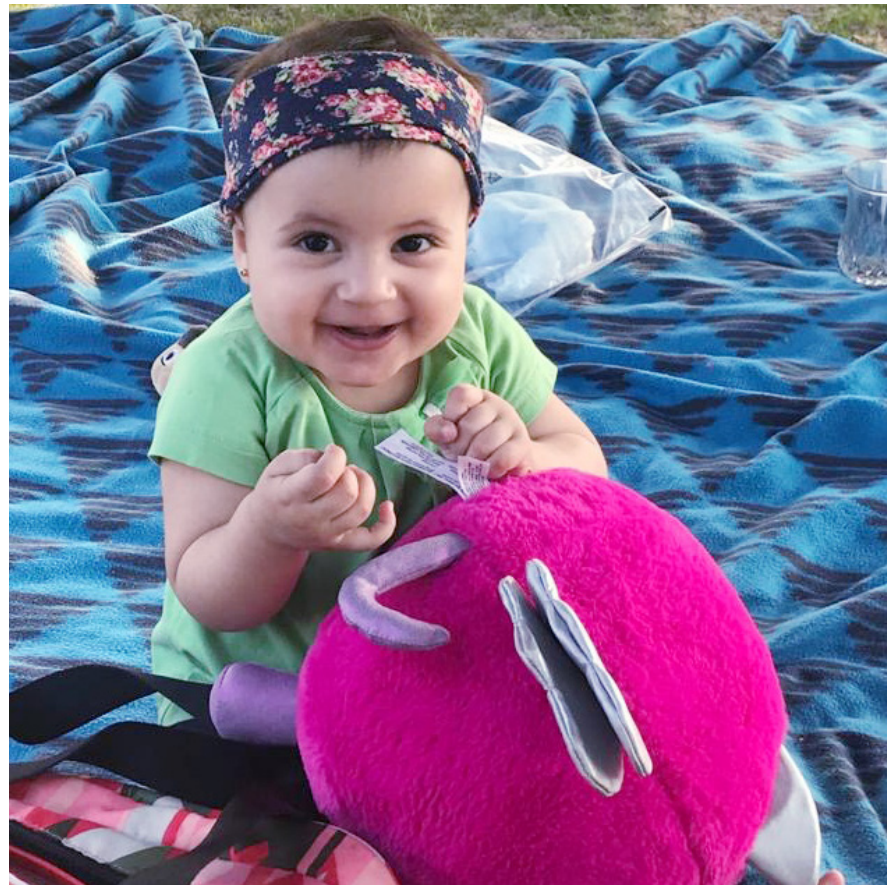
Infant Hip Clinic for Newborns

“Having both the assessment and treatment service under one roof made it easier for us as a family to ensure that Tia received the best treatment possible. We are glad that we sought early intervention and treatment at Sidra Medicine.”

- Baby Tia's Parents

The Infant Hip Clinic at Sidra Medicine is run by a multidisciplinary team consisting of orthopedic surgeons, radiographers, nurses and physiotherapists – who provide a key step by step assessment and treatment process all within one clinical setting.

Developmental Dysplasia of the Hip (DDH) is the most common condition in newborns, affecting one in 10 firstborn children. Known to develop before or after birth, the condition includes a range of hip disorders from dysplasia to dislocation.



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“The Infant Hip Clinic helps address a very critical component of the assessment and treatment of Developmental Dysplasia of the Hip (DDH) – that is saving families the time and effort between separate appointments and scheduling a treatment plan. This is part of our multidisciplinary approach to family and patient-centered care.”

- Dr. Talal Ibrahim, Act. Division Chief of
Pediatric Orthopedic Surgery, Sidra Medicine

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The Infant Hip Clinic

has seen more than

**350
CHILDREN**

by its multidisciplinary team, diagnosing and treating children with Developmental Dysplasia of the Hip (DDH).

Positive Birth Experience

“I chose Sidra Medicine to deliver my second child because I wanted a place where I could have a calm birth experience, where my birth plan would be followed and respected, unlike my first experience of childbirth.”
– Clare Flores

Clare chose Sidra Medicine for her second delivery after receiving recommendations from mothers in Doha who shared their positive and empowering experience there.

“I had a negative birth experience for my first child at a different hospital, with unnecessary interventions by a rushed staff who took no care to follow my birth plan. This made my physical and emotional recovery a very difficult and long journey,” says Clare.

Clare was informed of the skilled team of UK midwives at Sidra Medicine who are trained to deliver low risk vaginal births. Clare discussed and created her own birthing plan, and decided on a midwife-led delivery, as she believed having a midwife lead the birth was more comforting.

“Throughout my pregnancy and aftercare, I was treated with respect for my birthing plan and it was followed exactly as I wanted. I could never imagine having such a perfect hospital birth experience anywhere else in the world,” said Clare.

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“As I lay on the bed having the baby's heartbeat and contractions measured, my son cuddled up with me and we read books together until it was time for me to head to the delivery room with my husband, while my son stayed back with my mother.”

- Clare

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Lifesaving Airway Stent Intervention

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My four-year-old daughter suffered a major accident, and despite several surgeries in Oman, she required an airway stent to save her left lung. It was a challenging journey travelling during a pandemic, but we arrived on a specially chartered plane to Qatar, with the commitment and determination of everyone involved to ensure Maryam received the best and safe care possible.

- Talal Al Balushi, Maryam's father

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Maryam required a highly specialized interventional airway procedure in order to preserve and save her lung; a procedure not available in Oman. Worldwide, there are only a select number of hospitals with a combination of Cardiac Intensive Care Units (CICU) and interventional radiology way (bronchial stent) interventions.

Sidra Medicine is one of the few hospitals with a Cardiac Intensive Care Unit that provides support for infants and children with congenital or acquired heart disease. The hospital is also the only one in the Middle East with an advanced intra-operative imaging suite (IMRIS) supported by adult and pediatric interventional radiologists and a pediatric cardiac anesthesia team to ensure patient safe outcomes.

Maryam's procedure was planned as a multi-modality, multidisciplinary approach and to improve the outcome of the procedure, the surgery took place in Sidra Medicine's state-of-the-art IMRIS hybrid operating theater, which features intraoperative imaging capabilities, including a moveable intraoperative MRI (magnetic resonance imaging) and capacity to run highly complex interventional radiology procedures. Her procedure involved the use of CAT scan, fluoroscopy and bronchoscopy working together at the same time to insert the stent under direct and indirect visualization.

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“Maryam was our first international patient to be implanted with a biodegradable stent. This is a highly specialized procedure, and is performed by only a handful of airway specialists around the world. In Maryam's case, a novel biodegradable stent was used; and it is incredibly fortunate that Sidra Medicine is one of the few Greenfield hospitals to make such an investment in specialist children's surgeries along with a highly skilled interventional team to help conduct the procedure safely.

Maryam's recovery was very swift, as her breathing improved on the very same day following her procedure.

- Dr. Andrew Durward, Attending Physician at Sidra Medicine's CICU unit.

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Lead Team of Experts Successfully Complete Complex Procedure - First in the Middle East

Mohamed's medical journey began in his mother's womb following an early diagnosis of possible OEIS Syndrome during a prenatal ultrasound. OEIS Syndrome, a rare and life-threatening condition which can prove fatal in 95 to 99 per cent of cases. The expert team of physicians from Sidra Medicine and HMC developed the necessary treatment plan to secure the best possible outcomes for baby Mohamed. Diseases of such complexity require that medical teams are able to draw on the expertise and experience of a full range medical professionals and institutions. In this case, the team of more than 30 clinicians worked in close harmony each playing a major part in helping to save the patient's life.

The hugely experienced interdisciplinary medical team comprised of pediatric surgeons, pediatric urologists, pediatric anesthesiologists, pediatric neurosurgeons and pediatric orthopedic surgeons have worked closely together to conduct more than seven pain-staking and highly complex surgical procedures to save the life of the young patient.

During the most recent of these, an operation conducted in October 2016, which lasted more than 12 hours successfully conducted bladder exstrophy surgery to repair the baby's bladder,

as well as ventral hernia repair, genital reconstruction and gastrostomy tube placement. This marked the latest of the more complex procedures needed to correct the specific set of malformations affecting the baby and which are caused by OEIS.

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The first year was very hard. It was full of surgeries and hospitalizations. The doctors had to take a number of steps to close his bladder and position internal organs inside his body, bring together his hip bones, repair his reproductive organs and more. We had an additional complication to deal with in that he was not gaining enough weight to properly heal from the various surgeries that his little body had to endure. We're incredibly grateful to the whole team for everything they have done for our son,

*said baby Mohamed's mother
Shaimaa.*

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ABOUT QATAR

Qatar is a land that offers unique experiences and captivating landscapes. It's a land that truly inspires with its unparalleled food scene, rich cultural heritage, adventure, luxurious treats, and cutting-edge architecture. Visitors are spoiled for choice, with a range of attractions from museums and galleries, markets, sports, desert safaris by the spectacular Inland Sea or the UNESCO-listed Al Zubarah Fort.

Please visit <https://www.visitqatar.qa/> for more information. We will be happy to help you make the most of your experience here in Qatar, especially if this is your first time here.



PLEASE GET IN TOUCH

Sidra Medicine
Email: international.services@sidra.org
www.sidra.org

When you contact us over email, please include your name, country of origin, preferred contact method, and preferred language. We will get back to you within 24 hours.



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