

Monthly Newsletter

International Medical Education Trust 2000 Palestine



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IIMET2000 and Arab Hospitals Group Partner to Advance Healthcare in Palestine

IIMET2000 and the Arab Hospitals Group have signed a strategic cooperation agreement to enhance healthcare education and professional development across Palestine. The Arab Hospitals Group includes Istishari Arab Hospital, Ibn Sina Specialised Hospital, and the Arab Specialised Hospital. The signing ceremony took place at Istishari Arab Hospital in Ramallah, attended by representatives from both parties.

This partnership will strengthen the Continuing Education and Professional Development Unit within the Arab Hospitals Group, introducing advanced training programmes in areas such as clinical research, trauma management, oncology, and mental health. It will also promote academic exchange, research collaboration, and the development of educational programmes aligned with international standards.



IIMET2000 and these hospitals expressed pride in this significant step, emphasising their shared vision to enhance the quality of healthcare services in Palestine through education, research, and sustained professional excellence.



IMET2000 Advances Mental Health Awareness Among Palestinian Healthcare Workers

Recognising the growing pressures faced by doctors and nurses on the frontlines, IMET2000-Pal reaffirmed its commitment to supporting the mental well-being of Palestinian healthcare professionals by hosting a **Stress Relief and Management Workshop** in Nablus on 29 October 2025, in partnership with the Palestinian Ministry of Health.

The workshop brought together doctors, nurses, and social workers from hospitals across northern Palestine, including Jenin Governmental Hospital, Tulkarem Governmental Hospital, Rafidia Surgical Hospital (Nablus), Al Watani Hospital (Nablus), and Qalqila Governmental Hospital. Participants explored practical strategies for coping with stress and maintaining emotional balance in demanding work environments. Through interactive discussions and self-care exercises led by Dr Afaf Rabee from the Universal Education Foundation, they learned effective techniques to recognise, manage, and release stress.



Attendees praised the workshop's relevance and positive impact, emphasising the pressing need for ongoing psychosocial support within the medical community, a key contribution to promoting balance and long-term wellbeing among healthcare staff.



IMET2000 Organises Second “Inspiring Medical Excellence through Research (IMET-R)” Workshop

As part of its programme to support continuing professional development, IMET2000 organised the second session of the ***“Inspiring Medical Excellence through Research (IMET-R)”*** workshop. The workshop was held at the IMET2000–Pal centre over three days (from September 30 to October 2), with the participation of 18 trainees, including newly graduated doctors and nurses, and clinical medical students.

Prof Malik Zaben, CEO of IMET2000 and Dean of the Faculty of Medicine at the Arab American University, opened the training by appreciating the trainees’ interest in research and encouraged them to make the most of the training to enhance their research skills. Professor Zaben delivered a valuable lecture on the fundamentals of scientific research, offering advice from his own experience on utilising scientific research as a means to achieve medical excellence.



Dr Ahmed Rajoub, Medical Education Officer at IMET2000–Pal, led the training, which addressed research concepts ranging from foundational to advanced levels. The three-day workshop included scientific lectures and practical sessions on formulating research questions, conducting literature reviews, writing proposals, collecting and analysing data, manuscript preparation, critical appraisal, and research ethics as a result of the training.



Participants expressed appreciation to IMET2000 for offering opportunities to develop research skills and support the ongoing professional development of healthcare workers. They commended the quality of the training and the relevance of the workshop topics, highlighting the need for similar initiatives in the future. The IMET-R programme aims to enhance research education in healthcare sciences and improve the quality of scientific research conducted by Palestinian healthcare students and junior practitioners, thereby contributing to the advancement of the health sector and the standard of medical care in Palestine.



IMET2000 Sponsors Dr Alaa Hamayel for a Scholarship in Orthopaedic Oncology

From Palestine to Cairo, Dr Alaa Hamayel is on a mission to master orthopaedic oncology at Al-Qasr Al-Aini Hospital in Egypt, a rare and highly specialised medical field. Supported by an IMET2000 scholarship, Dr Hamayel is gaining hands-on experience in advanced surgical techniques and innovative approaches to patient care in oncology.

IMET2000 is proud to support this journey, nurturing the next generation of specialists who will shape the future of healthcare in Palestine.

When he returns home, Dr Hamayel will bring this expertise to Palestinian hospitals, delivering new treatment opportunities for patients and raising the standard of care.

Dr Hamayel expressed his gratitude, “ I would like to express my sincere gratitude to you for granting me this valuable scholarship. Your generous support is not only financial assistance but also a great motivation for me to work harder. I assure you that I will make the best use of this opportunity and strive to live up to your trust by contributing positively to my community and creating meaningful impact in the future.”

With every scholarship, IMET2000 fuels the dreams of Palestinian doctors, empowering to transform healthcare in Palestine.



IMET2000 Supports Mothers' Mental Well-being through Special Workshop

IMET2000 held another specialised workshop titled "Stress Relief and Management for Mothers of Children with Learning Difficulties" at Jasmine Charitable Society in Al-Bireh, Ramallah.

The session, led by Dr Afaf Rabee and Ms Nisreen Salman from the Universal Education Foundation, brought together 26 mothers who face daily emotional and social challenges caring for their children. Through interactive discussions and practical activities, participants learned healthy ways to manage stress and strengthen their confidence as caregivers.

The mothers expressed their gratitude to IMET2000 for this thoughtful initiative, which offered both psychological support and valuable coping tools.

This workshop forms part of IMET2000's wider efforts to promote mental wellbeing and strengthen family resilience across Palestinian communities.



IMET2000 Organises Advanced Cardiac Life Support Training for Physicians and Nurses at IMET2000-Pal Training Centre

IMET2000-Pal hosted a training workshop on advanced cardiopulmonary resuscitation on October 6-7, 2025, attended by six doctors and nurses from various hospitals. The workshop was titled:

Advanced Cardiac Life Support (ACLS) Course for Physicians and Nurses



IMET2000 conducted this training workshop at the IMET2000-Pal Training Centre, focusing on critical topics such as managing respiratory and cardiac arrest, symptomatic bradycardia, airway and stroke management, and related pharmacology according to AHA guidelines. Additionally, the workshop emphasised enhancing communication and leadership skills within an ACLS team.



IMET2000 Supports Mr Bilal Awad to Participate in the European Society for Medical Oncology (ESMO) 2025



IMET2000 awarded a travel grant to Mr Bilal Awad, a nurse at Beit Jala Hospital in Bethlehem, to participate in the European Society for Medical Oncology (ESMO) Congress held in Berlin, Germany. He presented a research paper entitled: ***“Knowledge, Attitudes, and Self-Efficacy Regarding Palliative Care Among Palestinian Nurses in Intensive Care Units.”***

ESMO is one of the world’s leading oncology events, bringing together experts, researchers, and healthcare professionals to share the latest knowledge, discuss cutting-edge research, and explore innovative treatments and palliative care approaches. It also fosters international collaboration in oncology.

Commenting on this opportunity, Mr Awad remarked that ***IMET2000’s support not only enhanced his professional skills and knowledge but also underscored the organisation’s leadership in promoting Palestinian healthcare professionals and encouraging excellence in oncology.***



IMET2000-Pal Equips Healthcare Professionals with Life-Saving Skills

Recognising the vital importance of immediate response in saving lives, IMET2000-Pal conducted two specialised training workshops titled:

"Critical Core Training: Basic Life Support (BLS) Training for Healthcare Professionals."

The sessions were held on **13 October** at IMET2000-Pal Training Centre in Ramallah, and on **20 October** at Friends Medical for Health Creativity Centre in Nablus, attended by 18 doctors and nurses.



13 October 2025

The workshops aim to provide essential theoretical knowledge and practical skills in cardiopulmonary resuscitation (CPR) for adults, children, and infants, as well as training on the safe and effective use of Automated External Defibrillators (AEDs).

The trainings were delivered by certified instructors accredited by the American Heart Association (AHA), ensuring participants received up-to-date, standardised instruction in line with international guidelines.



20 October 2025