

Nakilat



November 2016

Monthly Magazine Published By Kuwait Oil Tanker Company's - Public Relations & Admin Services Group

**KOTC Received
Award for
Maritime
Contributions
in the Middle
East**

**New
Electronic
Systems is
Quantum
Leap for the
Company**



Diabetes World Day



Children's Day



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Editor In Chief
Khaled Abdul Aziz Al Doub
Manager of the Public Relation
& Administrative Services Group

Editorial
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P.O.Box 810 - Safat, 13009 - Kuwait
E-mail:nakilat@kotc.com.kw



Talal Al-khaled Al-Ahmad Al-Sabah
Chief Executive Officer

New Achievement

I would like to take this opportunity to congratulate you for the new achievement which the company has accomplished for the second consecutive year of receiving award for maritime contributions in the Middle East & Indian Subcontinent from World Maritime Organization standards “Maritime Standard”, which added to the company’s achievements record during the last period, that contributed to raise the name of Kuwait highly in international forums.

The “Award of Maritime Contributions” is granted to KOTC as a recognition of the company success in fleet operation and management according to the latest global standers, through trained maritime crew according to the latest measurements in fleet operation and sail around the world successfully, as well as facing the increasing challenges caused by low wages of tankers and intense competition with other global companies.

Receiving this award is a new achievement added to the company’s success in maritime transport, which considered as a pioneer achievement for KPC and K-Companies that will contribute to motivate employees to exert more effort and devotion in order to elevate company’s status regionally and globally.

On this auspicious occasion I would like to thank all fleet crew onboard and company employees. Confirming KOTC commitment of maintaining the company's prestigious status among other maritime global companies through management efforts and keenness to present their best, with all success and prosperity.

May Allah Almighty help us to reach the best for our beloved country.

For the Second Consecutive Year the Company Received Award for Maritime Contributions As a Recognition for Success in the Fleet Management and Operation

KOTC Obtained Award for Maritime Contributions in the Middle East

Sheikh Talal Al Khaled: New achievement added to the company's success in maritime transport



■ KOTC vessels are equipped with the latest technical technologies and Operating equipment

KOTC obtained award for maritime contributions in the Middle East & Indian Subcontinent from “Maritime Standard” received by Sheikh Talal Al Khaled, CEO, during the Maritime Academic Conference and Expo (MARACAD 2016) held at the Dubai World Trade Center on October 25th 2016.

For the second consecutive year the company received award for maritime contributions, as a recognition for success in the fleet management and operation efficiently according to the highest security and safety measurements as well as the company readiness in dealing with growing challenges in the global energy market, as the company vessels equipped with the latest technical technologies, operational facilities and trained maritime crew according to the latest standards, in fleet operation and sail around the world successfully.

World Maritime Organization standards “Maritime Standard” is considered one of the most important global organizations, which is keen to distinguish high-performing companies,

especially with regard to fleet management, maritime industries, operation and maintenance of vessels associated in the field of oil and gas transportation.

On this occasion, Sheikh Talal Al Khaled, said that receiving this award is a new achievement added to the company's success in maritime transport, which considered as a pioneer achievement for KPC and K-Companies that will contribute to motivating employees to present more effort and devotion in order to elevate company's status regionally and globally.

Sheikh Talal Al-Khalid added that members of “Maritime Standard” organization granted Award for Maritime Contributions, according to the accurate evaluation of the Company's maritime fleet and its management according to the latest global standards, in spite of the increasing challenges caused by low wages of tankers and intense competition with other global companies.

Sheikh Talal Al-Khalid, inaugurated

the “Maritime Standard Tanker Conference” to face the challenges in oil transportation from the Gulf and Middle East, as keynote speaker he highlighted the expected operation trends of crude oil and petroleum products transport and also of the chemical products in the Gulf region and Middle East.

And particularly emphasized on the existing challenges and potential opportunities not only for tanker owners and marine vessels operators but also included supportive service companies related to this sector.

Participants of this conference were a large number of maritime leaders and eminent experts in maritime transport and services, maritime ports authorities and global classification authorities.

Lectures were presented by a number of CEO's of most significant companies in this field, exchange experiences, discuss the future of the industry according to the current information and the statues of leasing market as well as the growing challenges due to low oil prices which affected negatively on leasing tanker contracts, maintenance companies, spare parts and other service companies in this field.

It is worth pointing out that the participation in such conferences and unique events will benefit all participants through opening channels of cooperation among themselves and creating opportunities to improve performance which leads to increment of contracts and agreements for the development of the industry and ensure the quality of provided services.

CEO Discussed Ways of Mutual Cooperation Ambassador of the Republic of South Africa in a Courtesy Visit to KOTC

KOTC, CEO Sheikh Talal Al-Khaled, received the Ambassador of the Republic of South Africa to Kuwait H.E. Mzolisa Bona, in a courtesy visit to KOTC.

During the meeting, they discussed ways to develop mutual cooperation between Kuwait and South Africa, also the guest reviewed KOTC history and activities as well as prominent role of the company in the field of maritime transport in the world.

Ambassador of the Republic of South Africa has expressed his delight with the visit, stressing his country's keenness to enhance bilateral relations and bonds of friendship with Kuwait, wishing to boost means of cooperation in various fields for the benefit of the two countries in the near future.



■ Sheikh Talal Al-Khaled, during his meeting with Ambassador of the Republic of South Africa to Kuwait H.E. Mzolisa Bona

Contributed to the preparation of the Final Report of Kuwait Related to Marine Oil Pollution

KOTC Participated in The Gulf Environmental Partnership and Action Program (GEPAP) in Arabian Gulf



■ Capt. Ahmad Al-Salem, Eng. Khaled Al Haidar in Group photo for conference participants



■ Capt. Ahmad Al-Salem , during his speech



■ Eng. Khaled Al-Haidar, during his speech

In framework of KOTC keenness to participate in The Gulf Environmental Partnership and Action Program (GEPAP), under the patronage of World Bank, held in Bahrain, as a contribution to prepare the final report of Kuwait related to oil pollution, as Capt. Ahmad Al-Salem, Team Leader Fleet Support & Security Operation and Khaled Al Haidar, Team Leader Fleet & MBA QHSSE, represented the company. Illustrative Presentation on exchanging information's gate

related to cross-border and priorities diagnostic analysis of environmental issues was conducted includes the work plan and environmental strategic for Arabian Gulf Basin, GBE-SAP, and reviewing program most important objectives such as the prioritization of the most important five environmental issues and verification of causal chain analysis draft for environmental issues, as well as prioritization of causes and effects, identify and

prioritize the possible interventions as part of the environmental strategy and work plan for Arabian Gulf. It is worth mentioning that Kuwait participated in this program represented by Environment Public Authority, which assigned experts and specialists in the field of marine environmental pollution from Kuwait University, Kuwait Foundation for the Advancement of Science, Kuwait Institute for Scientific Research and KOTC.

In Association with PAAF, PAAET and KISR
**KOTC Launched Preserving Environment
 Awareness Day for Employees**



■ A memorial photo of lecturers with company employees on the sidelines of the environmental day activities

As part of KOTC commitment towards environment and awareness of employees on the importance of preserving environment, QMHSSE Group organized environment awareness day in association with Public Authority of Agriculture Affairs & Fish Resources, The Public Authority for Applied Education and Training and Kuwait Institute for Scientific Research. Representatives of

these governmental authorities presented awareness lectures and distributed plants and guidebooks for the Kuwaiti environment.

First, Dr. Ashraf Ramadan from Kuwait Institute for Scientific Research, spoke about developing a national emissions inventory, as promoting a clean and healthy environment by deploying cleaner and more efficient energy production facilities as well as minimizing

the potential negative impacts of air pollution on health and the environment by achieving acceptable air quality levels in Kuwait in addition to generating future scenarios for energy demand and taking into account their potential impact on air quality.

For her part, Mrs. Jinan Al-Failakawi from Public Authority of Agriculture Affairs & Fish Resources discussed the importance of indoor plants in



■ Sheikh Talal Al-Khaled, Mr. Ali Shehab and Mr. Khaled Al Asousi with Group Managers advancing the attendance



■ Eng. Yusra Al Khalifah introducing environment awareness day activities



■ Sheikh Talal Al-Khaled, participate in KOTC draw



■ Mrs. Dina Al Buaijan explaining how to preserve the environment



■ Group of managers participate in the environmental day activities



■ Distributing plants and guidebooks for Kuwaiti environment for the company's employees

our daily lives, as it absorbs carbon dioxide and produce oxygen which is required for the life of all living organisms as they help to get rid of dust, toxic gases and preventing global warming and preserving the balance of environment and protecting earth of desertification risk.

Mrs. Dina Al-Buaijan from The Public Authority for Applied Education and Training discussed marine environmental

awareness and the appropriate contribution to preserve environment and benefit its resources in a sustainable way in addition to changing wrong habits to positive ones in dealing with marine and coastal environment.

Employees have participated in the activities of environment day through questions and discussions focused on the environment and how to preserve it , also prizes and gifts

were distributed through draws conducted at the end of session. Sheikh Talal Al-Khaled, CEO, was keen to attend and follow all the events covered by the Environmental Day and honored the lecturers and participants from governmental authorities also, Mr. Ali Shehab , DCEO- Fleet Operations and Mr. Khaled Al Asousi, Deputy C.E.O. Financial Affairs & Administration and group managers a group of employees.



■ Sheikh Talal Al-Khaled honoring, Dr. Ashraf Ramadan



■ Mr. Hani Redha, briefed on a unit of honeybees

Contributed to Clean “Kubbar” and “Umm Al Maradim” And Preparing for “Qaruh” by the 5th November

KOTC continues outstanding participation in the National Project to Preserve the Marine Environment



■ Capt. Ahmad Al-Salem, participants in the campaign

KOTC continues outstanding participation in “The National Project to Preserve the Marine Environment” launched by Kuwait dive team, divided to three main axes, and included the cleaning of Kubbar Island on September 24th and Umm Al Maradim on October 15th. The third phase of the project will be cleaning Qaruh Island on November 5th, 2016. The National Project to Preserve the Marine Environment is the first environmental unique project, aims to promote and disseminate cultural awareness to preserve the marine environment as islands and shores, through high-level cooperation between a team

of Kuwaiti youth volunteer and concerned Kuwait authorities in association with stakeholders, private and national authorities to rehabilitate the marine environment through dedicated and distinct coastal operation. Capt. Ahmad Al Salem- Team Leader Fleet Support & Security Operation- Fleet Marine Operations Group, and Eng. Khaled Al-Haidar - Team Leader Fleet QMHSSE & KOTC Diving Team member, emphasized that KOTC is keen to participate in such national campaigns that contribute to raise the awareness and culture of preserving environment and

marine environment in particular. The objective of this project is to spread awareness and educate the public on preserving the marine environment, while encouraging the public to practice reducing the irresponsible behavior by the visitors of the islands and beaches of Kuwait. Pointed out that the national project to preserve the marine environment, includes the cleaning of Kuwait’s different islands and shores, the installation of marine stalls, and the planting and placing of coral reefs and fish colonies, stressing on three main themes ,the beach, medium and large depths, which is rich in coral reefs.



■ Preparation of the cleaning Campaign of Umm Al Maradim Island



■ Side of the cleaning campaign for Umm Al Maradim Island

A presentation on Current Production Capacity and Services Conducted by LPG Filling Factory "Umm Al-Aish" Al Asousi visited LPG "Umm Al-Aish" Branch



■ Mr. Khaled Al Asousi and Eng. Ahmad Al-Badah

Mr. Khaled Al Asousi, Deputy C.E.O. Financial Affairs & Administration, continues his tours and rounds for company groups and branches, as he visited LPG "Umm Al-Aish" branch where he met management and employees. During the tour, Eng. Ahmad Al-badah, Manager LPG Filling

Branch (Umm Al Aish) conducted a detailed presentation on the current production capacity, services, organizational structure and reviewing work development future plans, as well as the problems facing the employees and how to deal with them. For his part, Mr. Khaled Al



■ Mr. Khaled Al Asousi following a presentation on factory activities by Eng. Ahmad Al- Badah

Asousi, praised the great efforts exerted by employees in the LPG filling branch "Umm Al-Aish," which covers the needs of North of the country from gas cylinders, stressing on the need of maintaining the significant level of work and pursuit of development.

Awareness Presentation for Employees on Emergency Evacuation Plan at KOTC Head Office Included Explanation of available equipment, Assembly points, First Aid Locations



■ A group of participants in one of the lectures

QMHSSE Group organized awareness lectures on emergency evacuation plan on KOTC head office. Lectures presented by Eng. Yusra Al Khalifah, who reviewed the definition of emergency case or situation in addition to the targets of emergency plan as one its priorities to establish an integrated management system for emergency evacuation, provide all the capabilities and support services to evictions, define information and

data related to emergencies, analyze and send it to senior management in order to present it to official authorities. Lectures addressed a comprehensive definition of the external emergency services plan which considered one of the responsibilities of the emergency team and internal emergency services for KOTC head office building in case of reporting an emergency. Illustrated presentation was reviewed



■ Eng. Yusra Al Khalifah during her speech

during lecture for available devices and equipment that can be used in emergency cases such as evacuation chair, wheelchair, Oxygen device and hand barrows for patient's transportation. Also explain the scheme of evacuation routes in the building, including locations of fire extinguishers, first-aid boxes in each floor and assembly points plan for the building, ensuring that all employees are aware of the building emergency number "8888"

“Public Relations” Organized the Campaign in Association with Dar Al Shifa Hospital Awareness Day to the Company's Employees for Breast Cancer



■ Great attendance participating in the Awareness Day activities

As part of KOTC commitment toward employee's Health awareness and on occasion of “Breast Cancer Awareness Month”, Public Relations Group in association with Dar Al Shifa Hospital, organized awareness campaign for breast cancer. Several awareness lectures for breast cancer were presented as well as some medical services and medical examination that concerned

with women's health. Dr. Nourah Al- Shimari, Specialist Obstetrics & Gynecology, Dar Al Shifa hospital, started the first lecture with reviewing breast cancer percentage which is about 1 in 10 women, pointing that causes of breast cancer are early onset are genetic history, late marriage, women without breastfed experience, early age menstruation. Indicating that breast cancer

is the second most cancers woman's risk as the first is cervical cancer, pointing out that early detection and contributes in treatment significantly, especially in the age of forty, as signs and symptoms of the disease are not appeared. Followed by a lecture of Diagnostic Imaging Center presented by Dr. Dalia Mounir, Radiology Specialist, Dar Al-Shifa Hospital, who reviewed



■ Mrs. Moudhi Al-Marzook, introducing lecturers



■ A group of employees participating in the Awareness Day



■ Mr. Khaled Al-Doub honoring, Dr. Dalia Muneer



■ Mr. Khaled Al-Doub honoring, Ms. Farah Hashem, Therapeutic Dietitian



■ Practical training on pulmonary resuscitation



■ Nursing team, Ms. Reem Ahmed and Ms. Mariam Shararah

the different methods of self-examination and monthly detection for breast cancer, since breast cancer is a common disease prevalent on a large scale and considered one of the main reasons causes deaths among women around the world, but still treatable and curable in case of early detection, noting that modern technology has been developed, aiming a comprehensive and accurate

diagnosis of breast cancer . A detailed review on healthy nutrition for women to follow, in order to reduce the incidence of breast cancer rates, was provided by Ms. Farah Hashem, Therapeutic Dietitian, Dar Al-Shifa Hospital. The events included providing a free clinical examination for ladies a specialized consulting as part of the awareness

lecture as well as some medical examination such as measuring blood pressure and diabetes, in addition to practical training on pulmonary resuscitation by The Center of Continuing Education's team, who provided brochures of breast cancer as well as special offers up to 50% from Dar Al Shifa Hospital on MRI, mammography and breast ultrasound in the hospital.



■ Dr. Dalia Muneer during a lecture on self-examination



■ Mrs. Marian Ramzi , participate in the Awareness Day

New Electronic Systems resulting in Cost Reduction, Increasing Employee's Productivity, and Enhancing Information Security

Hani Redha: A Quantum Leap to the Company

Mr. Hani Redha, Manager Information & Communications Technology Group, said that the Group has achieved lately several projects which created a quantum leap for KOTC in the field of information technology, pointing out that the group continues to implement other projects in line with the latest technological developments in the world.

In an interview with "Nakilat" magazine Mr. Hani Radha confirmed that KOTC has the latest infrastructure in the field of information technology in all company locations, pointing out that new electronic systems increased employee's productivity, and strengthen information security

He stated that Information & Communications Technology Group, always looking forward to provide the company with the best services to obtain employees satisfaction in all groups through constant communication and renders attention to all complains and remarks related to the electronic system in order to find the best solutions for them, as per interview details below:

• Explain briefly about the different projects operated by Information & Communications Technology Group?

Information & Communications Technology Group, implemented a number of projects recently that created a quantum leap for KOTC in the field of Information Technology, such as, the completion of the implementation of Aaly project phase-I. The HR System Integration to automate and integrate the standardized HR business processes across KPC & K-companies.

Currently the phase-II of Aaly project has been commenced and we are in the process of implementing the largest integrated technology solutions among the K- Companies, which consist of "Unified Learning Management System", Integrated & common HR Portal, Consolidated Management Reporting Dashboard.

As Phase-1 of the project has been executed, related to secured electronic identity for the company's employees in cooperation with the Public Authority for Civil Information to be used in the completion of the official electronic transactions, where an electronic signature "password" was issued for each employee, in order to apply the mechanization of the e-services provided by Human Resources & Career Development Group in the company in

order to issue official certificates such as salary certificate, to whom it may concern certificate and other official certificates.

Launching a new printing system "Print anywhere" with Print anywhere system, users be able to get there printed documents, scan to their mail and PC, approved by CEO, as well as printing machines and scanners all over the company, where Information & Communications Technology Group provided a printer for each manager and his secretary and scanner for each team leader and his secretary, with print anywhere system, users be able to get there printed documents, scan to their mail and PC by using their ID card or employment number or username and password. The new printing system reduced costs by decreasing the number of printing machines, ink and papers. Information & Communications Technology Group conducted a Hands-on training to all employees on the new system. The new system increase employee's productivity and enhance security of their information.

One of achievements of Information & Communications Technology Group was "Fleet Management System" through their cooperation with Fleet Engineering Group to operate the Oracle system onboard all the company fleet tankers



■ Mr. Hani Redha

as well as activating phone and video call and connecting them with the Oracle system and Fleet Management System, to issue purchasing and delivery orders onboard accordingly, also 5 new applications were added to the Oracle system to serve all groups such as Purchasing and Contracts, Civil projects, HR, Marine Agency, LPG "Shuaiba" & "Umm Al Aish" branches.

Cisco Jaber Project, Information & Communications Technology Group has introduced two new services which are extension on the mobile phone & video call facility from any device (Mobile/PC) on the internet to desktop phones and meeting rooms.

"Extension on the Mobile Phone" with this facility, office desktop phone extensions can be configured on your iPhone or Android-based mobile devices which are connected to the internet. This needs a configuration to be done on the IT side, based on the phones (iPhone or Android). So whoever interested to have this facility, which start providing your phone type, by this facility you can make voice as well as video calls to other KOTC employees. In video call Facility, you can also have a video call to the desktop phone, which has a built-in camera, or just a voice call to the desktop phone from anywhere by clicking on the button below which is



■ Group photo for the team of Information & Communications Technology Group

being attached to your signature.

Launching the new internal electronic website of the company will provide a lot of information, software and applications to serve employee in one easily accessible place to accomplish his work without moving between applications and files saved in different places on his PC, as it contains all company events, news and circulars as well as KOTC magazine, local and international newspapers, weather and prayer timings.

The website contains a web page for each group allowing their employees to manage the page content such as uploading group files, creating calendar and scheduling of group meetings and activities. On the personnel level it contains a profile for each employee to upload his personal information and photo. Information & Communications Technology Group conducted a training to all employees on the new system covering the maintenance of the website in regular basis as well as developing and enhancing it and adding new applications and software.

• **Did these projects have achieved their desired objectives?**

Yes of course, for example the new systems reduced IT costs and increase employee's productivity and enhance security of their information.

• **Explain briefly about the general strategy of Information & Communications Technology Group?**

The strategy of Information & Communications Technology Group relies on working in partnership and cooperation with other groups in the company which totally aligned with KPC IT strategy, which is to exploit and adopt value adding IT solutions in partnership with the core business and deliver quality services in a cost effective manner, leading to achievement of goals and enhancement of business processes.

• **What are the latest IT applications which affect or improve work performance and explain whether the**

company cope with that or not?

We can proudly say that KOTC has a state of art information technologies on IT infrastructure, systems/data availability, information security and communications, as Technology is getting exponentially faster, more immersive and intuitive.

• **How do you maintain the company security systems?**

We have a robust security system also following and implementing the international standards for IT security

• **What is your plan to face company website hacking by electronic website hackers?**

As I mentioned earlier that we are applying robust security systems, that make hacking KOTC website very difficult, also we have set emergency plans just in case

• **Would you please evaluate the company electronic infrastructure and whether the company cope with the latest global developments?**

KOTC has a state of art infrastructure in both main and DR sites, in addition to that we review and update the hardware periodically to cope with the global developments in the field of information technology.

• **Explain briefly about your program in following-up and maintenance of hardware, IT services, appliances, networks and operating systems?**

We have maintenance contracts for all IT services and appliances with the best ranks IT services provides in Kuwait, all contracts are with professional engineers and consultants been resident at KOTC premises.

• **Would you please evaluate the performance of IT systems and clarify if you work on enhancing them regularly?**

We are following the performance management system as per the international standards, by using the required monitoring systems as well as periodically surveys and auditor's

feedback, requesting the employees to participate and cooperate on this regard.

• **Would you please clarify aspects of cooperation with other company groups?**

Information & Communications

Technology Group is considered as a service provider, therefore there is daily cooperation with all KOTC group, actually cooperation is part of Information & Communications Technology work, and Information & Communications Technology Group is always looking to provide the best services and to have the most user's satisfactions

• **Explain briefly about your program to deal with employee's complaint related to Oracle system and how find the best solutions for some complaint?**

We have automated the complaint process in Oracle self-service system, also in KOTC portal, where any user can send us a complaint through any of them or through calling helpdesk numbers then the complaint will be registered and we send the employee the accident number via email, after solving the problem we confirm the process by email, and then we are dealing with all complains professionally as per the international standards in this subject.

• **What is your plan for training and developing employees of Information & Communications Technology Group?**

Information & Communications Technology Group will continue to develop and maintain a high level of professional IT staff, and retain the knowledge as a corporate asset by ensure consistent & high level IT skills, also Continuously develop IT skills matching world class IT organizations through Career development plans, Conduct skills benchmarking and Develop unified career path for IT staff

• **Tell us about the most important projects that you are working for recently?**

The Implementation of Oracle Hyperion Enterprise Performance Management for Planning, Budgeting, Forecasting, Score carding & Reporting to provide Oracle Licenses and to implement an integrated and centralized solution that will help to develop and automate the company's planning, budgeting, forecasting and reporting processes as we study a number of developed systems for fleet management to replace the current systems in the company.

Diabetic Employee has to Inform his Colleagues if He Needs a Medical Treatment

Dr. Fahad Al-Obaid: Work Environment is an Important Part of Diabetic's Life

Dr. Fahad Al-Obaid, Medical Advisor/Specialist Occupational Medicine & Public Health, confirmed that dealing with diabetes in work environment is an important part of diabetic's life. Pointing out that maintaining the blood sugar levels needs serious planning and preparations.

He mentioned in his interview with "KOTC" magazine that diabetic employee has to Inform his manager or colleagues as a personal decision stressing on the necessity of reporting his medical case to some certain persons, in order to assist him if he needs a medical treatment, offered a group of tips for diabetes to help them avoiding diabetes complications as mentioned through his interview.



■ Dr. Fahad Al-Obaid

Regular snacks throughout the day to maintain the regularity of blood sugar levels

Kuwait occupies fifth position globally in terms of the prevalence of diabetes and the number of patients is doubled

• First tell us about the rate of diabetes disease prevalence in Kuwait?

Chronic diseases considered one of the major causes of death and disability in Kuwait, where the World Health Organization estimated chronic diseases death rate with 72% of all deaths causes in Kuwait during 2002, as modern statistics revealed that Kuwait occupies the fifth position in the world in terms of the prevalence of diabetes in adults as recorded in local reports that number of diabetic patients is doubled in Kuwait over the past decade to reach 14.6% of the population in 2010, which is equivalent to 180,000 of the total population.

• How diabetics should deal with the disease during the working hours?

Dealing with diabetes in work environment is an important part of the patient's life, as well as occupational adjustment with this situation in some cases could be difficult and dangerous, especially when the patient is too busy with work issues and neglects to eat,

and forgot to check blood sugar during working hours. On the other side there was a study in UK found that people who suffer from diabetes are afraid of being labeled with it in the workplace and don't allow their blood sugar levels to be too high during the day due to work priority other than managing and organization of diabetes.

• How the patient maintain the level of sugar in the blood?

The main goal of diabetes treatment is to maintain blood sugar levels as close as possible to the normal level and prevent the incidence of complications associated with diabetes as some cases of diabetic who may need a healthy dietary routine and daily exercise to control the level of sugar in blood and there is some diabetes require medicines for diabetes treatment, either orally or by injection in addition to their commitment to follow a healthy diet and appropriate sports program. Diabetic needs regular check-up and conduct extensive examination as well as cooperating with medical care team to reach the

most important goal of controlling blood sugar levels and avoid resulting complications, in addition to follow the advice of a dietician. Education and training programs is considered a basic factor to raise the level of patient adherence to treatment and to reach the desired goals.

• Do you think it is possible for diabetics to achieve the mentioned balance in work environment?

The answer is simply "yes" diabetic can achieve this step successfully and keep blood sugar level under control, but it takes some pre-planning, organization and mutual cooperation with work environment which considered a unique and important factor to treat diabetes, as employees spend more than one-third of their lives at work also they are predisposed than others to contribute to health education and participate in work activities in the workplace. So we assure that through education and some perseverance, educational diabetes can achieve important results in the management of diabetic

patient's treatment and prevention of complications.

• **What are the important tips that you would like to recommend for diabetics?**

The step of informing your manager or colleagues about diabetes is considered a personal decision, but if you preferred not to share this information, it is still important to involve one or two trusted colleagues about your strategy in diabetes management, especially about the warning signs of low blood sugar, as they can help you to get the appropriate treatment if you faced any complications. Also, discussing your diabetes with your direct supervisor is important to keep him aware of your medical case and other complications that may affect your daily work performance, and can discuss topics such as the possibility of providing some of your needs such as sugar screening device to check blood sugar level during working hours, and schedule shorter breaks, eating snacks that allows the patient's examination of blood sugar levels on a regular basis where such simple functional facilities may help to create a professional healthy balance between the patient and work environment.

One of the useful tips is not to rush out in the morning without a meal it's important to start your day with a good breakfast and if time is a problem, try to prepare it one night before, in order to have it at work directly. There are several good bounties for breakfast such as fresh fruit juice, a low fat sandwich, whole wheat muffins with fruit and milk or yogurt also you can bring healthy snacks to work as regular snacks throughout the day will allow you to maintain your blood sugar and ensure better performance at work.

Also it is important to drink plenty of fluids throughout the day,



■ Screening blood sugar is essential for health

In case of high blood sugar level, patient should avoid coffee and caffeine drinks

especially water, and in case of high blood sugar levels you should avoid drinking coffee and drinks containing caffeine and drink water or sugar-free drinks as well as getting maximum amount of physical activity or exercise during work hours, as the physical activity helps to control blood sugar levels and fortunately there are plenty of ways to get some physical activity methods in the workplace such as discuss some of the work topics while you walk around the building or standing while talking on phone instead of sitting on your desk, walking during your lunch break, join the fitness center at work and use the stairs instead of elevator to move between floors of the building. In case your job is causing a high psychological pressure; you must learn how to integrate dealing with stress techniques as a routine part of your day at work as the psychological stress plays a major role in regulating of blood sugar levels. Practicing exercises such as deep breathing, meditation, taking a short break or a quick walk away from your desk will help to relieve stress and thus also helps to regulate blood sugar naturally, therefore, dealing with the psychological stress is essential in professional life for diabetics. Also we must realize that diabetes can adversely affect feet health , therefore good care of your feet should be provided during

working hours, as it is essential for diabetics also wearing appropriate shoes helps in the prevention and treatment of complications of the disease , and should remember to wear a new pair of absorbent cotton socks every day as well as examining your feet at the end of a long working day and make sure you don't have cuts or sores, In case of injuries or signs of infection you should go to a specialist doctor to get appropriate care and treatment promptly .

• **What would you like to add in conclusion?**

Finally, I would like to emphasize that work environment is a unique and important factor to treat diabetes and prevent its complications, joint efforts and cooperation of employers with their staff can create distinctive work environment that leads to a professional healthy balance between diabetes and work environment , as the possibility of creating a healthy work environment capable to support diabetics for the benefit of society as the studies have shown that investment of employers should be in the health of their employees, especially those who suffer from chronic diseases, that leads to higher rate of job satisfaction, enhancing productivity and reduce health care costs in general, as well as improving their employees physical and mental health .