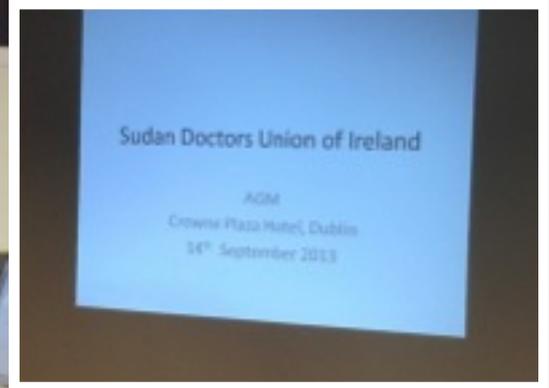




NA DOCHTÚIRÍ



ASSEMBLY GENERAL MEETING

SEPTEMBER 14TH, 2013

It's has been a busy year for US!

Greetings my fellow doctors and Sudanese who lives and work in Ireland. The past year has been a great year for your union. Despite the obstacles and difficulties that faced us we were able to make progress and move foreword. the last year were were able to initiate our first introductory workshop for newcomers, a workshop to make them better prepared to live and work in Ireland. We also held SDUI Assembly General Meeting (AGM), and we also continued our lobbying to reverse the decision by the Irish Medical Council not to

recognise Sudanese doctors internship in Sudan where we hope we will hear good news soon. You can read more regarding these topics and more in this issue.

It is a big step for anyone to take, to move in a country where everything is different from one used to in the mother land. Listing to the experience of others who came to this island and appreciate the obstacles of transition from being Sudanese to become Irish too. It is hard and difficult and it has great impact on any person physically,

financially and physically. The important thing is to remember you are not alone and we are here to help, but we can not help unless everyone got together. I believe this union is the best forum in which we can all hang in together and help each other.

I would like to thank those who made this possible, especially Global Medics, and contributors to this edition.

The Editor



OPENING SESSION



PART OF THE GUESTS IN AGM



GLOBAL MEDICS

THE ROCK NEEDS YOUR HELP

Khalil Gibran once wrote “And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue”

This is a sentiment that resonates loudly among the hearts of Sudanese men and women in Ireland.

The Sudanese community in Ireland has long since established itself as a force to contend with. Well known and widely respected for our hospitality and benevolence, we have extended our kinship and founded a society for Sudanese doctors in Ireland, based on our longstanding principles of kindness and support.

An admirable example of this is the residence that was initially established over twenty years ago at Number 6, Rockfield. This was then subsequently moved in 2011 to Number 14, Cherryfield, and there it remains still, offering lodging to Sudanese doctors new to Ireland, and acting as a means of forming life long friendships and camaraderie.

Sustained solely through donations, it continues to serve as a fine example to Sudanese and non-Sudanese alike of the sense of togetherness and unity that can be achieved through generosity of spirit and intelligent effort.

Several concerted efforts through the years, have contributed to successfully preserving the house at Cherryfield and fixing it unequivocally as a domain for Sudanese doctors. Among

other advantages, the knowledge that a well established group of respected members, ever keen to extend a welcoming hand and offer support, will no doubt make it a less daunting prospect for doctors wishing to build a career for themselves and a life for their families in Ireland, as it has already done for many, if not all of us.

No less important is the cordial relationship we have forged between the Sudanese and Irish communities. Though Ireland may only be a temporary home for many of us, while we are here, it is still our home and therefore it remains our responsibility to uphold our traditional Sudanese values, and set an example, which our families back home will be proud of, and future generations of new doctors will hopefully cherish and emulate.

The charity dinner organized by SDUI in collaboration with Sudanese Community in Ireland (SCI) in December 2012 was a massive success, with proceeds going towards funding the maintenance and upkeep of the residence at Cherryfield. However, there is still a pressing need for more steady donations to ensure the continued and lasting management of this valuable means of support to our future colleagues. Apart from raising funds, there was constructive discussion among our colleagues at the charity dinner on the means of providing a more long term and sustainable method of ensuring continued

donations towards the residence, including the possibility of gaining ownership over the property. While this requires further discussion and collaboration, in the meantime, by common consensus, we have set up a committee with the aim of contacting doctors in Dublin and in counties throughout Ireland to secure a monthly contribution. To this end, it is with pride we ask you all to continue to your unwavering commitment to the betterment of our community.

We hope that this will stand as a monument to our enduring collaboration and embody the spirit of all that it means to be a citizen of our great nation of Sudan.

Dr. Yasir Yousuf,

You do not have to be a member to donate. please go to sdui.org for more info.

Yes you can!

They say you become more attached to Sudan after you have left it. I must say this is true. I moved out of Sudan a few years ago. Leaving Sudan and everything I had behind to come and work in Ireland was a turning point in my life that I would realize only later how much it had affected me. I may have lived a normal life back in Sudan, going to work during the day, socializing at night while every now and then getting involved in some voluntary work. But it wasn't until I moved out that I realized how strong the connection is between me and my homeland that I felt obligated to do more in any capacity to help my people. In March 2011 I founded a non-profit online animation studio in an attempt to enrich the online Sudanese animation content and to promote a more positive image of the Sudan you don't often see here in Europe and unfortunately you don't see as well, in Sudan.

It was tough for me to manage both my medical career while committing to animation production as I was working alone in most of the videos I produced. Yet it paid off; the videos have gained a wide popularity among the on-line Sudanese community and I was later invited to speak at TedKhartoum in April 2012 to talk about it. A fan base of the studio's work, thirsty for good-quality local-content animation is growing by the day. One film I made

had been screened in two international festivals in the United States.

I believe media is a powerful tool in spreading knowledge, awareness and even shaping public opinions. And we need to make the best use of it. The studio currently has plans to engage with fans outside the virtual world of the internet. It will be working with school kids in Sudan giving them an opportunity to write their own animated videos. An opportunity to nurture and showcase their creativity and make school life more enjoyable to them.

I believe everyone of us here in Ireland is able to give back significantly, in his or her own way. Maybe you haven't yet found that way yet, as it took me two years myself! But eventually you will, and you will be amazed and overwhelmed with satisfaction knowing even when you are miles away, you are making a difference in some one's life back home!

Amin Bahari

Emergency Medicine trainee

Aspring Animator and film director

Founder of Tartar Studio

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THE AGM 2013



HONORARY GUESTS



MYCETOMA LECTURE



AGM



OPENING SESSION



BAOBAB بلدية

1 year ago - 13,7

A short animated
Film has been sc

I'm well Mahmoud! don't be conc

10:29

TO BE OR NOT TO BE?

Belonging is a complex emotion one that I feel is more influenced by personality, life events and personal relationships with others, than by birthplace or physical residence. For Sudanese in the Diaspora this issue is no doubt currently topical. A whole generation of young Sudanese adults now exists who have neither lived in Sudan nor known a Sudan pre-1989. Moreover, the seismic shift in the country's geography and unravelling of its social fabric in the past 24 years has brought to the foreground the deep rooted ambiguities in our sense of nationhood.

I suspect most Sudanese families, like mine, who have left in the 1990s did so reluctantly and with a sense that this is likely a temporary state of affairs. Until recently my UK-based existence was measured – similar to the school year – by academic progression and family holidays. It was not until I spent a few months in Sudan feeling somewhat lost socially and professionally that I mournfully accepted my British reality. My move back to the UK was a cold and calculated one. The associated emotional burden was immense and sense of loss acute. There was now no denying that my perspective on my own country and people had changed, that my physical connection to my homeland had waned, whilst loved ones were carried

further away in the brutal daily struggle to etch a living that defines life in Sudan today. Moreover, my medical background has laid this burden more heavily on my shoulders as I struggled to reconcile my decision with the sense of betrayal of my medical oath and the real adverse repercussions of a rapidly vanishing medical workforce on the state of Sudan's healthcare.

My sense of belonging may have shifted but that of duty towards my country folk remained the same and became more urgent.

Medical practice has been a source of solace. Whilst the art of medicine can sometimes be lost in translation, the universality of human suffering help us bridge those cultural differences and empathise with and endeavour to positively contribute to our patients' sense of wellbeing.

In contrast to Sudan's cultures that are deeply rooted, tribal specific and sharply defined, being British, it seems at times, is what one makes of it. A broad canvass in which one can assemble one's own collage of experiences, places and people to make up one's own version of their new culture and weave it into their life story. And so it is that one slowly gives legitimacy to those cherished aspects of British life – the fervent uphold of the rule of law; the fight to retain the essence of the

NHS, free at the point of use; the guardianship of the freedom of the written and spoken word, and the respect of the equal rights of others.

The hope is that our individual experiences in the Diaspora enrich our interpersonal dialogue as Sudanese so that we would ultimately be able to reconcile our differences and rebuild our nation.

Dr. Rawya Kamal

Respiratory medicine registrars
NEWCASTLE UK

vice academic secretary, SDU UK & I

INTRODUCTORY WORKSHOP



SUDAN DOCTORS UNION OF IRELAND (SDUI) HELD THE FIRST INTRODUCTORY WORKSHOP FOR NEWLY REGISTERED DOCTORS AT CASTLEKNOCK HOTEL ON THE TWENTY THIRD OF MARCH.

SDUI first introductory workshop for newly registered doctors

The objective of the day was to address the challenges facing doctors new to the Irish Health System, and provide a comprehensive overview of essential skills such as writing a CV, performing an audit, interview skills etc, and ease the administrative burden.

The day consisted of lectures directed by consultants and senior colleagues well accustomed to the pitfalls facing both current and future doctors. It was attended by newly registered junior doctors eager to launch into their fresh careers in Ireland, doctors who have already established in the Irish system and keen to advance their careers further, and the aforementioned senior colleagues, ever willing to share their invaluable experiences and offer their guidance on advancing in this demanding profession.

SDUI wishes to thank all the speakers at this point, for invaluable contribution, and we are ever mindful of the demands on their time. Following the seminar, feedback from our colleagues was positive, and we hope to have the opportunity to conduct similar workshops for our junior doctors in the near future.

Furthermore, the enthusiasm following the success of the workshops has inspired us to look into new approaches to support our juniors, and we are pleased to

announce the initiation of the Mentorship Program.

This program is open to all newly registered doctors, and involves linking each junior doctor to a senior colleague in their chosen specialty, who will act as their mentor. The main aims of this arrangement are to provide one-on-one confidential advice and supervision on all aspects of career, based on individual strategies and aspirations.

We also recommend the formation of a "six monthly plan"- goals as agreed between mentors and junior doctors, and frequent reviews to ensure its implementation and achievement. The fundamental purpose of this initiative is to aid the career progression of our juniors by whatever means we have available to us. And to this end, we are open to more suggestions and proposals.

We are grateful to all our colleagues who have so far signed up to the Mentorship Program, and are confident in the hope that your time and advice will continue to prove highly useful. We recognize that many of our colleagues are now hoping to leave the Irish Health System and travel abroad to broaden their horizons. We acknowledge this decision, but would still encourage our

colleagues to take part in the Mentorship Program, as it promises to deliver highly relevant skills and counsel, that will no doubt be of benefit to you wherever you choose to establish your career.

We once again extend our gratitude to our esteemed colleagues for their time and their effort. We would also like to thank Global Medics Ireland and everyone who participated in the organization of the day and all those attended and helped make this day a successful and productive event.

SDUI

Experience as a Psychiatrist in Ireland

The past two decades have witnessed increased migration of doctors from developing countries to rich countries in what is widely known as the brain drain phenomenon. Practicing medicine in a different culture brings about several challenges and opportunities. I wish to share with the reader my experience as a Sudanese doctor working in the Irish health system.

In my view psychiatry is probably the most difficult specialty for a doctor to practice in a country other than her/his own. While the basic principles of medicine such as history taking and physical examination are more or less taught similarly in medical schools around the world, it is the knowledge of the host culture or lack thereof that could make or break a successful career in psychiatry. Let me give you a few examples. My first job in Ireland was with a consultant who specialised in alcohol addiction. When I started the job my knowledge of alcohol was limited to what we were taught by our mentor before we sat the Irish medical council assessment exam. This was basically knowing how to diagnose alcohol dependence and that a pint of beer contained 2 units, a glass of wine and a shot of spirit contained one unit. Little did I know that taking history from patients was not as straightforward as I thought it would be. Not least of my difficulties was being able to

understand the Irish accent, I soon started to realise the importance of understanding the Irish drinking culture. I remember taking history from a patient who kept telling me that he went to AA. For me at that stage the only AA I knew of was the insurance and road assistance company who had an advertising booth in the shopping centre near my house. Recognising the bewilderment on my face, the patient kindly explained to me that AA stood for Alcoholic Anonymous, a support group for people with alcohol problems. I also remember struggling with phrases that both patients and colleagues used such as 'high as kite' when referring to somebody being markedly elated or even simple words that Irish people use like 'grand' when you ask about their mood.

Another important issue is overcoming the fear of being exposed, something that probably stems from the medical education system in our country where doctors are treated like gods who are expected to know everything and that one would probably feel embarrassed to say I don't know or have to say, and I know I can speak for many of my colleagues who were in the same situation, that most people are ready to help if one takes the right approach. I remember the first consultant I worked with stating reassuringly that he knew I was new to the

system and told me not to worry about asking silly questions and that he would actually get worried if I didn't ask questions.

If I were to give advice to my colleagues who are embarking on new career in Ireland, based on my own experience, I would say what I have found most helpful in those early days of my career in Ireland was the collegial support of my fellow compatriots and the support of Irish colleagues. I think the key to surviving the transitional period in a new country is enlisting as much support as possible both from people from one's own culture and colleagues in the new workplace. It is quite normal to be anxious and worried at the beginning and in time they will be able to look back and laugh when remembering those days.

Dr. Sami Omer

Consultant Psychiatrist

Kingdom of Saudi Arabia

Know your Union

The Sudanese Doctors Union of Ireland SDUI held its AGM on annual basis. Dr. El Abbas is the sitting president for the union. Dr. Gamal is the Vice President(VP). The Executive Committee consist of:

- ✔ Dr. Assad El Abbas
- ✔ Dr.. Sohel Gamal
- ✔ Dr. Hayat Elfeel
- ✔ Dr. M. Bahari
- ✔ Dr. Yasir Yosuf Alamin
- ✔ Dr. Mojahid Elbadry
- ✔ Dr. Khalid
- ✔ Dr. Buluk
- ✔ Dr. Nazar

OFFICES OF THE UNION

- TREASURY
- IT
- RESIDENCY
- ACADEMIC ACTIVITIES
- MEMBERSHIP & SOCIAL ACITIVITIES
- EXTERNAL RELATION LIAISON

The SDUI is a none political organisation, it is a professional organisation that aim to promote and advance the interests of its members and Sudanese community of Ireland.

WE ARE JUST A REFLECTION OF YOU!!!



YASIR

DR. YASIR YOSUF ALAMIN
ACADEMIC SECRETARY
JOINED 2010



SOHEL

DR. SOHEL MOHAMMED GAMAL
VICE PRESIDENT
SECRETARY GENERAL
JOINED SDUI IN 2010



EL ABBAS

DR. ASAAD EL - ABBAS
PRESIDENT OF SDUI
FOUNDING MEMBER



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Thanks to everyone who contributed to this issue.