

# Dermatology Observership

## HealthPlus Diabetes & Endocrinology Center

Under supervision of Dr Abd Al Hameed Al-Dulaimi

Healthplus is a Mubadala owned private healthcare network that has established centers across Abu Dhabi. They work closely with other facilities across the UAE, including Cleveland Clinic, Danat Al Emarat Hospital and Amana Health.

Cases ranging from psoriasis, vitiligo, eczema, keratosis pilaris were presented at the clinic. I was first introduced to the physiology of the skin and the hair which helped to solidify my knowledge of the pathophysiology of such diseases.

One skill I learnt was how to identify hemangiomas and navi using the dermatoscope, and the associated risks of such occurrences. Techniques such as radiofrequency, laser and the Hydra Pen were also utilized to aid in diagnoses and patient care.

Outside of the clinical setting, I was also briefly taught the electronic administration system with regards to admitting patients, dealing with insurance, and I also had the chance to interact with the patients from a wide demographic, which ultimately gave me a more holistic understanding of the operation of healthcare systems in the UAE.



### HYDRA PEN VITILIGO TREATMENT:

Hydra Pen with Protopic 0.03% ointment and excimer laser with 380nm ultraviolet light. First the affected areas are anesthetized using EMLA cream for 40 minutes before proceeding with the treatment.

Sessions were spaced 2 weeks apart and positive results were noticeable after 3 sessions.

The microneedles in the Hydra Pen tip penetrate the skin, targeting melanocytes in the basal epidermis. Resultant micro injuries to the skin cause secretions of chemokines, which in turn activate melanocytes to restore pigmentation.