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FOREWORD

by the Editor-in-Chief

It is with deep professional pride and a profound sense of responsibility that I present this first edition of *Emergency Medicine: Challenges in the Middle East*. This volume represents the collective effort of dedicated clinicians, educators, and researchers who have devoted their careers to advancing emergency care across one of the world's most diverse and dynamic regions.

The Middle East presents a unique and compelling landscape for emergency medicine. It encompasses high-resource Gulf Cooperation Council nations with state-of-the-art trauma centers and sophisticated prehospital systems; middle-income countries steadily modernizing their emergency departments and training programs; and nations whose healthcare infrastructure has been severely tested – or, in some cases, dismantled – by prolonged conflict, displacement, and humanitarian crisis. Across this spectrum, emergency care systems serve as the indispensable safety net for acute illness, injury, environmental extremes, mass gatherings, and disasters.

This book systematically explores these realities. It examines the structure and challenges of emergency care systems, the specialized demands of Hajj medicine and disaster response, environmental threats ranging from heat illness and sandstorms to envenomation, the evolving landscape of toxicology, region-specific medical conditions, education and residency training, and critical issues of medical liability, physician wellness, and the ethical intersection of medicine and faith. Throughout, contributors offer both candid analysis of persistent barriers – resource disparities, workforce shortages, data gaps, and the need for stronger governance – and practical frameworks for progress, including the EMIRATES model for integrated emergency management.

Particular attention is given to innovations born in the region: advanced ambulance services, mobile clinics serving refugee populations, technology-enabled response during the annual Hajj, and the growing network of national emergency medicine societies and residency programs. These successes demonstrate what is possible when vision, investment, and clinical excellence converge.

My sincere hope is that this work will serve as both a comprehensive reference and a catalyst. May it inform policy, strengthen training, foster regional collaboration, and ultimately improve the quality and equity of emergency care for the millions of people who depend on these systems every day.

I am deeply grateful to my Associate Editor, **Dr. Sameer Alhamid,** for his partnership, insight, and unwavering commitment to this project. I also wish to pay tribute to the late **Professor Nadeem Qureshi,** whose scholarship, mentorship, and dedication to emergency medicine in the Middle East remain an integral and enduring part of this volume. A formal memoriam to Professor Qureshi appears elsewhere in this book.

To the emergency physicians, nurses, paramedics, and leaders across the Middle East: this book is dedicated to your daily commitment under often extraordinary circumstances. May it support and inspire the continued elevation of our specialty.

Asaad S. Shujaa
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IN MEMORIAM

Dedicated to the memory of

Professor Nadeem Qureshi



Co-Editor • Mentor • Inspiration
and steadfast supporter of the vision for this book

It is with profound respect and deep affection that we dedicate this volume to the memory of Professor Nadeem Qureshi — a distinguished emergency physician, educator, and leader whose vision, generosity, and unwavering support were instrumental in bringing this book to life.

As co-editor, mentor, and constant source of inspiration, Professor Qureshi believed deeply in the importance of documenting and advancing emergency medicine across the Middle East. His wisdom, encouragement, and scholarly guidance shaped both the spirit and the substance of this work.

His contributions to our specialty, and to all who had the privilege of working alongside him, will endure. This book stands as a lasting tribute to his legacy.

May Allah grant him the highest ranks in Paradise and grant his family patience and strength. May his soul rest in eternal peace.

Asaad S. Shujaa, MD, FRCPC, FAAEM
Editor-in-Chief

In memory of Professor Nadeem Qureshi

Moiz Qureshi[1]

There are few things more difficult than trying to summarize the life of a father in words, particularly when his influence extended so far beyond his family.

Professor Nadeem Qureshi was a physician, educator, mentor, pioneer, and above all, a teacher.

Born in Pakistan, he came to the United States as a foreign medical graduate and trained at Georgetown in Washington, DC. He would go on to become a renowned pediatric emergency physician whose career crossed countries, institutions, and generations. Yet among all of his accomplishments and titles, the one that gave him perhaps the greatest pride was simple: Professor.

Teaching was not merely a component of his career. It was his calling.

Throughout his life, my father devoted himself to advancing pediatric emergency medicine and to improving the care of acutely ill and injured children. He helped to introduce and advance pediatric emergency medicine as a distinct area of specialized care in Pakistan while also becoming deeply involved in the growth of emergency medicine education throughout the Middle East.

He served on the Board of the Emirates Society of Emergency Medicine, participated in numerous scientific and educational committees, contributed to textbooks and academic publications, and dedicated countless hours to conferences, lectures, workshops, and the education of physicians throughout the region. This book, Emergency Medicine: Challenges in the Middle East, was another extension of that lifelong mission, and it is profoundly meaningful that he was able to contribute to it as an Associate Editor.

My father undoubtedly saved countless lives during his career. But the true magnitude of his contribution to medicine can never be measured by the number of patients he personally treated.

It is multiplied through the hundreds – perhaps thousands – of physicians whom he taught.

Every physician who learned from him carried some part of that knowledge forward to his or her own patients. Every trainee whom he encouraged went on to teach others. Every improvement in care that resulted from those lessons extended his impact farther than he could ever have witnessed himself. That is the extraordinary privilege and responsibility of being an educator: a teacher's influence does not end with the student.

His legacy, therefore, lives not only in publications, academic appointments, professional societies, or the programs he helped to develop. It lives in emergency departments across the Middle East and beyond. It lives in the physicians who still remember his lectures, his guidance, his expectations, and his mentorship. Most importantly, it lives in the children and families who received better care because someone, somewhere, had once been taught by Professor Nadeem Qureshi.

For me, his legacy is even more personal.

Medicine was my father's calling, and I had the extraordinary privilege of watching that calling from the closest possible vantage point. I knew him first as my father, but as I entered medicine and ultimately emergency medicine myself, I was blessed to know him in another way as well: as my teacher.

Of the countless physicians fortunate enough to have learned from Professor Nadeem Qureshi, I remain most grateful that I was one of his students.

As a son, there is an indescribable pride in meeting physicians across the world who knew my father before they knew me – people who tell me that he taught them, mentored them, encouraged them, or influenced the physicians they eventually became. Those encounters have

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helped me understand that although our family lost a father, an entire community lost a teacher.

There is also comfort in knowing that a teacher never entirely leaves us.

His lessons continue through those he taught. His commitment to education continues through those who now teach the next generation. His pursuit of better emergency care continues through the physicians and institutions he helped to shape. And his belief that knowledge should be shared generously continues in works such as this one.

Our family is deeply grateful to the editors and contributors of Emergency Medicine: Challenges in the Middle East for honoring Professor Nadeem Qureshi in these pages and for recognizing his role in bringing this work to fruition.

It is difficult to imagine a tribute more fitting for a man who dedicated his life to teaching than for his memory to stand at the beginning of a textbook that will continue teaching physicians long after his passing.

May Allah have mercy upon Professor Nadeem Qureshi, forgive him, elevate his rank, and grant him the highest place in Jannah. May every life saved, every physician educated, every lesson passed forward, and every patient cared for because of knowledge he shared remain a source of continuing reward for him.

His work continues through all those he taught.

I am profoundly proud to be his son.

And forever grateful to have been his student.

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