Woodlands Hospital is initiating a new system which is intended to make the response time to an emergency quicker and more efficient.

**Code Blue**

This is used to indicate a Medical Emergency where a patient requires immediate resuscitation.

EARLY INITIATION OF “BLS” (Basic Life Support) WILL IMPROVE CHANCES OF SURVIVAL.

**Indications:**

P.E.A (Pulseless Electrical Activity) No pulse palpated
No recordable Blood Pressure
Respiratory failure
Tachypnoea (Respiration > 40 bps) Arrhythmias (Any change from the normal E.C.G tracings) eg. Ventricular Tachycardia Stroke (Cerebrovascular Accident)

A Change in Mental Status (Glasgow Coma Scale 3-8) in the three categories (a) eye open response (b) verbal response (c) motor response.

**Procedure**

When a patient suffers any of these indications the Nurse who is first to arrive on the scene will start resuscitation. If it is a Junior Nurse immediately call for the Senior Nurse.

After handing over the patient to the Senior Nurse the Junior Nurse will then ask the Switch Board Operator to announce over the Public Address System (Telephone System) “CODE BLUE” in the specific area e.g. Warning Sound ‘high pitched BEEP’ (to alert personnel then),

Your Attention Please, Code Blue, Code Blue Female Ward.
She will repeat this message once more after 2 minutes.

After this she will contact the Physician under whose care the patient was admitted..

When this announcement is made one of the 2 ICU Nurses will rush to that area with the CRASH CART.

This cart has all that is required for resuscitation. They will then start assisting with resuscitation

Available Nurses in other areas will also go to that area to give assistance. Doctor on duty in Accident & Emergency Department must go there immediately if Theatre is functioning a person from the Anaesthetic team will go to assist

The Senior Nurse/ Shift Supervisor takes responsibility as leader of the team until the Emergency Doctor arrives

Get IV access immediately. Place Cardiac Board under patient’s chest.

Connect the E.C.G. immediately. Resuscitation should be as was taught in the B.C.L.S program

Remembering

A—ir way
8—reathing
C—irculation

An R.N will record events as they occur and drugs given on a special form.
Humour in scrubs

“A Woman’s Dictionary”

Airhead n. What a woman intentionally becomes when pulled over by a policeman.
Argument n. A discussion that occurs when you’re right, but he just hasn’t realized it yet.
Balance the checkbook V. To go to the cash machine and hit “inquire.”
Barbe-que n You bought the groceries, washed the lettuce, chopped the tomatoes, diced the onions, marinated the meat and cleaned everything up but he, ‘made the dinner,’ Blonde jokes n. Jokes that are short so men can understand them.
Cantaloupe n Gotta get married in a church.
Clothes dryer n. An appliance designed to eat socks.
Diet Soda n. A drink you buy at a convenience store to go with a half pound bag of peanut M&Ms.
Eternity n. The last two minutes of a football game. Exercise v. To walk up and down a mall, occasionally resting to make a purchase.
Grocery List n. What you spend half an hour writing, then forget to take with you to the store.
Hair Dresser n. Someone who is able to create a style you will never be able to duplicate again
Also... see ‘Magician’.
Hardware Store n Similar to a black hole in space — if he goes in, hi isn’t coming out anytime soon.
Childbirth n. You get to go through 36 hours of contractions; he gets to hold your hand and say, “Focus breathe..push.”
Amnesia n. An ability of a woman who has been through labor to have sex again.
Lipstick n. not on your lips, coloring to enhance the beauty of your mouth. On his collar, coloring only a tramp would wear...!
Park v &n. Before children, a verb meaning, ‘to go somewhere and neck’. After children, a noun meaning a place with a swing set and slide.
Patience n. The most important ingredient for dating, marriage and children. Also see... Tranquilizer S.
Valentine’s Day n. A day when you have dreams of a candlelight dinner, diamonds and romance, but consider yourself lucky to get a card.
Waterproof Mascara n. Comes off if you cry, shower or swim, but will not come off if you try to remove it.
Zillion n The number of times you ask someone to take out the trash, then end up doing it yourself ... anyway.
ALLERGY—An Overview

An allergy is an exaggerated immune response or reaction to substances that are generally not harmful.

See also:
- Allergic conjunctivitis
- Allergic reactions
- Allergy testing
- Allergy to mold, dander, dust
- Atopic dermatitis (eczema)
- Contact dermatitis
- Drug allergies
- Food allergies
- Hay fever (allergic rhinitis)

Symptoms

Allergy symptoms vary, but may include:
- Breathing problems
- Burning, tearing, or itchy eyes
- Conjunctivitis (red, swollen eyes)
- Coughing
- Diarrhea
- Headache
- Hives
- Itching of the nose, mouth, throat, skin, or any other area
- Runny nose
- Skin rashes
- Stomach cramps
- Vomiting
- Wheezing

What part of the body is contacted by the allergen plays a role in the symptoms you develop. For example:
- Allergens that are breathed in often cause a stuffy nose, itchy nose and throat, mucus production, cough, or wheezing
- Allergens that touch the eyes may cause itchy, watery, red, swollen eyes.
- Eating something you are allergic to can cause nausea, vomiting, abdominal pain, cramping, diarrhea, or a severe, life-threatening reaction
- Allergens that touch the skin can cause a skin rash, hives, itching, blisters, or even skin peeling
- Drug allergies usually involve the whole body and can lead to a variety of symptoms

Treatment

Severe allergic reactions (anaphylaxis) require treatment with a medicine called epinephrine, which can be life saving when immediately given.

The best way to reduce symptoms is to try and avoid what causes your allergies in the first place. This is especially important for food and drug allergies.

There are several types of medications available to prevent and treat allergies. Which medicine your doctor recommends depends on the type and severity of your symptoms, your age, and overall health.

Specific illnesses that are caused by allergies (such as asthma, hay fever, and eczema) may require other treatments.

Medications that can be used to treat allergies include:

ANTIHISTAMINES

Antihistamines are available over-the-counter and by prescription. They are available in many forms, including:
- Capsules and pills
- Eye drops
- Injection
- Liquid
- Nasal spray

CORTICOSTEROIDS

Anti-inflammatory medications (corticosteroids) are available in many forms, including:
- Creams and ointment for the skin
- Eye drops
- Nasal spray
- Lung inhaler

Patients with severe allergic symptoms may be prescribed corticosteroid pills or injections for short periods of time.

DECONGESTANTS

Decongestants can help relieve a stuffy nose. Decongestant nasal spray should not be used for more than several days, because they can cause a "rebound" effect and make the congestion worse. Decongestants in pill form do not cause this problem.

OTHER MEDICINES

Leukotriene inhibitors are medicines that specifically block the substances that trigger allergies. Zafirlukast (Accolate) and montelukast (Singulair) are approved for those with asthma and indoor and outdoor allergies.

ALLERGY SHOTS

Allergy shots (immunotherapy) are occasionally recommended if the allergen cannot be avoided and symptoms are hard to control. Allergy shots keep your body from over-reacting to the allergen. Regular injections of the allergen are given, with each dose slightly larger than the previous dose until a maximum dose is reached. They do not work for everybody and require frequent doctor's visits.

Contd. In next edition –
are well – to R/N Beechan who has resigned with effect from 3rd March. Management and staff wish her all the best in her future endeavours.

Apologies for not having an edition of the newsletter in April. Computer glitches can be blamed.

Still anxiously awaiting Mr. Walter Narine’s promise of setting up Woodlands Hospital website.

Sympathies are proferred to Mrs. Radha Kallika on the demise of her father.

Birthday Greetings - 60th. To Nurse Harmattie Shivgobin.

Vacancies

Midwives
Maintenance Technician
Security Officer
Switchboard Operators
Maids
Pharmacy Technician
Human Resources Manager

Management and staff wish to congratulate the following persons on their birth anniversary for the month of April-May.

APRIL
Reshmi Rahamatullah 2
Deborah Milner 4
Josemon Kuriakose 6
Bernard Durant 10
Yasomati Jaikaran 25
Rosbin Sebastian 25

MAY
Loudena Samuels 6
Manjusha Mathai 7
Vany Thomas 7
Sheeba Biju 7
Shane Ramcharran 10
Mariamma John 11
Garfield Sulker 11
Shiji Chacko 15
Leiselle Paul 17
Oneisa Robertson 17
Beverly Jeffers 18
Simone Lewis 18
Cindy Persaud 20
LincyMol Kunjumon 20
Lavinia Persaud 24
Princy Thomas 25
Dr. Fung-a-Fat 25
Dr. Neville Gobin 25

TAKING A BREAK FROM WOODLANDS HOSPITAL

PITAL ARE:
Loudena Samuels — 25TH APR–8TH MAY
Sherry Ann Narine — 4TH MAY
Khemwattie Talmakund 2ND May — 8TH MAY
Nyasha Rockcliffe 15TH May—28TH MAY
Lavinia Persaud—4TH MAY——
Natasha Alexander — 25TH APR—6 MAY
Shane Ramcharran — 24TH MAY — 30TH MAY

On vacation