

Woodlands Limited Nurses Day Celebration- A new beginning

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Woodlands Limited Nurses Day - A new Celebration

On the May 12, 1820 was born a very humble and simple woman name Florence Nightingale. She was a woman of integrity, full of enthusiasm, courage and a great academic. She was an English Social Reformer and Statistician. She pioneered the change of modern Nursing. Ever since her impressive contribution toward Nursing and Medicine by extension, the 12th May every year was and still is acknowledge and celebrated as International Nurses Day.

It is in keeping with this prestigious event the management and staff at Woodlands Limited would annually celebrate Nurses Day. This has over the year taken many forms as initiated by the Nursing Administrators with the full support of the Hospital Administration.

However this year on Saturday, May 9 at 2 p.m. we plan to host our first Needy Senior Citizens Tea Party where we will attempt to give Needy Senior Citizens of our Community a few hours of fun as well as formally recognizing outstanding Nurses in our Institution.

This is actually an offspring of our already established Annual Christmas Needy Children Party which is normally held in December on the Sunday after our Annual Christmas Staff Party.

We at Woodland Limited recognize and understand the concerns and sometimes fear of the concept of being /growing old. For some it means, impaired hearing and or visual acuity, inability to be independent due to physical constraints leading to neglect, hurt and sadness. For others, it is just a day closer to the end of life.

Hence, grounded on the firm principles of Nursing and its continuity, we at Woodlands Limited acknowledge and recognize our Senior Citizens and their numerous plights. We want to give them a smile, a laugh and even a hug, to help lift their spirits and relieve some of their stresses and concerns.

But most importantly we hope to help them realize that they are not completely forgotten albeit it appears so to them more often than not.

We will fete them and with them but we will also give them free medical check ups- blood pressure and blood sugar testing, some educational talks and leaflets and a few goodies to go home with.

We believe that this is in keeping with the kind of care Florence Nightingale built on and extended to all. We will be starting small this year with persons brought in by our Staff.

We hope that in the future it grows like our Children's Party and becomes a part of Woodlands Limited's yearly Calendar of Events.



NEWS IN BRIEF

SOME STATISTICS for
March 2015

Emergency Room

Patients Seen—2765

Admissions—94

Maternity

Males— 44

Females— 36

Caesarean Sections—

31

Neonatal Death— 0

Twins— 2

Premature— 2

Breech—1

Still Births—1

Male ward

Admission—79

Deaths—4

Female ward

Admission —142

Deaths—2

ICU

Admissions— 31

Deaths— 8

Radiology

X-ray— 1242

CT— 156

Ultrasound— 2472

ECHO— 49

Stress—0

Holter—3

Theatre

Surgeries— 154

Pharmacy

Prescriptions Sold—

1027

Laboratory

Patients Seen—2984

DOCTORS MEETING—

Was held on Wednesday, 25th, 2015 at 17:00 hrs.....Chairperson—Dr. N. Gobin

Topic presented— Measles by Dr H. Persaud

NURSES MEETING:-

R/N-S/N Was held on March, 12, 2015 at 15:00Hrs

Topic -1: Blood Transfusion by R/N Mathew Thomas

2: Hand Washing by R/N Nijo Jacob

LPN-N/A Was held on March 20, 2015 at 15:00 Hrs

Topic: Hand Washing by R/N Nijo Jacob

CREATIVITY CORNER

kitchen tips
from me
to u

Peel Ginger with a Spoon

Ginger can be tricky to peel with all its bumps and irregularities. Rather than using a paring knife or vegetable peeler, reach for the spoon. Scrape it against the skin and it'll come right off, following every contour and minimizing waste.

Defrost Meat on Aluminum Trays

The fastest way to defrost meat is under a cold running tap. But if you want to save water and speed things up a bit, place your meat on an aluminum sheet tray or skillet. Aluminum is a great conductor of heat and will draw energy from the surrounding environment into your frozen meat much faster than a wooden cutting board or wood or stone countertop. You can cut defrosting times down by about 30 percent this way. It also works on soups, stews, and anything frozen flat.

Store Greens and Herbs with a Damp Paper Towel

Don't you hate it when you open up the vegetable drawer and spot that plastic produce bag at the bottom that's filled with green slime that used to be herbs? You can extend the lifespan of washed herbs and greens by several days by rolling them up in damp paper towels and placing them in zipper-lock bags with the seals left slightly open.

The paper towels will even give you a built-in freshness indicator. At the first hint of decay, you'll see darker spots of liquid forming on the paper towels. This is a good sign that you should use up your herbs and greens within a day or two.

For chopped or picked herbs, store them in a small deli container with a folded up damp paper towel on top of them.

Don't Be Afraid of Salt, but Don't Forget the Acid

We all know that restaurant food tastes great because chefs season things with salt at every stage of the process. You should be doing this at home too!

But here's another secret: balancing acid is just as important as getting salt levels right when it comes to making things delicious. A squeeze of lemon juice in your sautéed vegetables will brighten them up (try them in mushrooms with a dash of soy sauce and you'll have the mushroomiest-tasting mushrooms you've ever tasted). A dash of vinegar can alter your soup or stew from heavy and leaden to fresh and flavorful. I keep several different types of acid on hand at all times—lemons, limes, white vinegar, red wine vinegar, sherry vinegar, and rice wine vinegar for starters—and use them judiciously when the occasion calls for it.

**Winners of the Kaieteur Raffle:**

1. Suni Binsu
2. Candia Mohan
3. Abey Thomas
4. Josmy Joseph

To the others, Better Luck
Next Time

Tuberculosis (TB) is an infection caused by slow-growing bacteria that grow best in areas of the body that have lots of blood and oxygen. That's why it is most often found in the lungs. This is called pulmonary TB. But TB can also spread to other parts of the body, which is called extrapulmonary TB. Treatment is often a success, but it is a long process. It usually takes about 6 to 9 months to treat TB. But some TB infections need to be treated for up to 2 years.

Tuberculosis is either latent or active.

Latent TB means that you have the TB bacteria in your body, but your body's defenses (immune system) are keeping it from turning into active TB. This means that you don't have any symptoms of TB right now and can't spread the disease to others. If you have latent TB, it can become active TB.

Active TB means that the TB bacteria are growing and causing symptoms. If your lungs are infected with active TB, it is easy to spread the disease to others.

Pulmonary TB (in the lungs) is contagious. It spreads when a person who has active TB breathes out air that has the TB bacteria in it and then another person breathes in the bacteria from the air. An infected person releases even more bacteria when he or she does things like cough or laugh.

Some people are more likely than others to get TB. This includes people who:

Have HIV or another illness that weakens the immune system.

- Have close contact with someone who has active TB, such as living in the same house as someone who is infected with TB.
- Care for a patient who has active TB, such as doctors or nurses.
- Live or work in crowded places, such as prisons, nursing homes, or homeless shelters, where other people may have active TB.
- Have poor access to health care, such as homeless people and migrant farm workers.

Abuse drugs or alcohol.

Travel to or were born in places where untreated TB is common, such as Latin America, Africa, Asia, Eastern Europe, and Russia.

If you have latent tuberculosis (TB), you do not have symptoms and cannot spread the disease to others. If you have active TB, you do have symptoms and can spread the disease to others. Which specific symptoms you have will depend on whether your TB infection is in your lungs (the most common site) or in another part of your body (extrapulmonary TB).

Symptoms of active TB in the lungs

Symptoms of active TB in the lungs begin gradually and develop over a period of weeks or months. You may have one or two mild symptoms and not even know that you have the disease.

Common symptoms include:

A cough with thick, cloudy, and sometimes bloody mucus from the lungs (sputum) for more than 2 weeks.

Fever, chills, and night sweats.

Fatigue and weakness.

Loss of appetite and unexplained weight loss.

Shortness of breath and chest pain.

Symptoms of an active TB infection outside the lungs

Symptoms of TB outside the lungs (extrapulmonary TB) vary widely depending on which area of the body is infected. For example, back pain can be a symptom of TB in the spine, or your neck may get swollen when lymph nodes in the neck are infected.

Doctors diagnose active tuberculosis (TB) in the lungs (pulmonary TB) by using a medical history and physical exam, and by checking your symptoms (such as an ongoing cough, fatigue, fever, or night sweats). Doctors will also look at the results of a:

Sputum culture. Testing mucus from the lungs (sputum culture) is the best way to diagnose active TB. But a sputum culture can take

1 to 8 weeks to provide results.

Sputum cytology.

Chest X-ray. A chest X-ray usually is done if you have:

A positive tuberculin skin test (also called a TB skin test, PPD test, or Montoux test).

Symptoms of active TB, such as a persistent cough, fatigue, fever, or night sweats.

An uncertain reaction to the tuberculin skin test because of a weakened immune system, or to a previous bacilli Chalmette-Guerin (BCG) vaccination.

Rapid sputum test. This test can provide results within 24 hours.

This test is done only when a person is strongly suspected of having TB.

Diagnosing latent TB in the lungs

A tuberculin skin test will show if you have ever had a TB infection

Rapid blood tests help detect latent TB. They can help diagnose TB when results from a tuberculin skin test are uncertain. These tests also can tell if a person who has had a BCG vaccination has a TB infection. A rapid test requires only one visit to the doctor or clinic, instead of two visits as required for the tuberculin skin test. Rapid blood tests are also called interferon-gamma release assays (IGRAs).

Diagnosing TB outside the lungs

Diagnosing TB in other parts of the body (extrapulmonary TB) requires more testing. Tests include:

Biopsy. A sample of the affected area is taken out and sent to a lab to look for TB-causing bacteria.

Urine culture. This test looks for TB infection in the kidneys (renal TB).

Lumbar puncture. A sample of fluid around the spine is taken to look for a TB infection in the brain (TB meningitis).

CT scan. This test is used to diagnose TB that has spread throughout the body (miliary TB) and to detect lung cavities caused by TB.

MRI. This test looks for TB in the brain or the spine.

Treatment for active tuberculosis

Health experts recommend:

Using more than one medicine to prevent multidrug-resistant TB. The standard treatment begins with four medicines given for 2 months.

Continuing treatment for 4 to 9 months or longer if needed. The number of medicines used during this time depends on the results of sensitivity testing.

Using Directly Observed Therapy (DOT). This means visits with a health professional who watches you every time you take your medicine. A cure for TB requires you to take all doses of the antibiotics. These visits ensure that people follow medicine instructions, which is helpful because of the long treatment course for TB. Trying a different combination of medicines if the treatment is not working because of drug resistance (when tests show that TB-causing bacteria are still active).

Using different treatment programs for people infected with HIV, people infected with TB bacteria that are resistant to one or more medicines, pregnant women, and children.

Treatment for latent tuberculosis

Experts recommend one of the following:

Using one medicine to kill the TB bacteria and prevent active TB.

The standard treatment is isoniazid taken for 9 months. For people who cannot take isoniazid for 9 months, sometimes a 6-month treatment program is done.

Treatment with rifampin for 4 months is another choice. This is an acceptable alternate treatment, especially for people who have been exposed to bacteria that are resistant to isoniazid.

Taking two antibiotics once a week for 12 weeks to kill the TB bacteria.⁵ For this treatment, a health professional watches you take each dose of antibiotics. Taking every dose of antibiotic helps prevent the TB bacteria from getting resistant to the antibiotics. The antibiotic combinations include isoniazid and rifampine or isoniazid and rifampin.

Treatment is recommended for anyone with a skin test that shows a TB infection, and is especially important for people who:

Are known to or are likely to be infected with HIV.

Have close contact with a person who has active TB.

Have a chest X-ray that suggests a TB infection and have not had a complete course of treatment.

Inject illegal drugs.

Have medical conditions or take medicines that weaken the immune system.



vacancies exist for

1 Maid

1 Security Officer

2 Attendant

Management and Staff wish to congratulate the following persons on their birth anniversary for March 2015

Mohan, Candia	1st April
Milner, Deborah	4th April
Kuriakose, Josemon	6th April
Durant, Bernard	10th April
Samuels, Omodelle	10th April
Henry, Dhanwantie	14th April
Singh, Elaine	14th April
Bacchus, Zoe	14th April
Garnett, Donna	14th April
Jose, Jipsa	15th April
Braithwaite, Pepeto	18th April
Chackochan, Divya	22nd April
Sebastian, Rosbin	25th April
Baken, Yvonne	28th April

HAVE A LAUGH

Pappu rings a call centre and complaining about his Internet

Pappu : My internet is not working properly

Officer : Ok, Double click on "My computer"

Pappu : I can't see your computer

Officer : No no, click on "My computer" on your computer

Pappu : How can I click on your computer from my computer?

Officer : listen, There is an icon labelled "My Computer" on your computer. Ok double click on it

Pappu : what the hell, what is your computer doing on my computer..?

Officer : Double click on your computer

Pappu : On which Icon I've to click

Officer : "My Computer"

Pappu : Oh u fool..... Tell me where is your office. I'll come there and click on your "Computer."??



Warm welcome to our new employees

Brentnon Joseph –

Security

Dr. Gaitri Coopsammy –

A&E Doctor

Rafman Aneen –

Attendant

We can now be perused on our Web Site

www.woodlandshospital.com

TAKING A BREAK FROM WOODLANDS HOSPITAL

Mitchell Smith	1 st - 14 th April
Pamela Cho-Shee-Lam	1 st - 14 th April
Janel Chand -	2 nd - 8 th April
Omodelle Samuels-Sukhoo	5 th - 25 th April
Meethu Thomas	5 th April - 2 nd May
Sherry Ann Khan	6 th - 12 th April
Jibin Josheph	12 th - 25 th April
Jeenesha Josheph	12 th April - 9 th May
Tishanna Gomes	14 th April, 2015
Leslyn Harry	27 th April - 10 th May