

WOODLANDS –47TH ANNIVERSARY

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The month of June is auspicious for Woodlands as it marks the beginning of the Hospital.

Though Woodlands started taking in patients in May 1969 and it was officially opened on June 2, 1969.

This would mean that Woodlands has been around for 47 (forty seven) years.

It has gone from a ‘one house’ structure with 24 twenty four)(beds and one Operating Theatre to one with many wings holding sixty (60) beds, two (2) ICUs, one (1) CICU and five (5) operating Theatres.

All this has happened slowly but surely and it has been going from strength to strength.

Goals for improvement are set every year and hard work sees their achievement.

The vision of the Directors and the support of the Staff has made it all possible.

The motto has always been “quality care at affordable prices”.

A concerted effort is made to ensure that new Staff is aware of this.

Doing of unnecessary laboratory work and prescriptions of unnecessary drugs are frowned upon as are exorbitant fees.

Services offered at the Hospital are:

- Accident & Emergency
- Anaesthesiology
- Angiograms, Stenting
- Cafeteria
- Cardiology
- Dialysis
- Dentistry
- Ear, Nose & Throat
- General Surgery
- Internal Medicine
- Laboratory
- Laparoscopic surgeries
- Maxillo-Facial Surgery
- Neurosurgery
- Nutritionist
- Obstetrics & Gynaecology
- Ophthalmology
- Orthopaedics
- Paediatrics
- Pharmacy
- Physiotherapy
- Plastic surgery
- Psychiatry
- Psychotherapy
- Radiology
- Scopies- Upper Endoscopy, Colonoscopy, Bronchoscopy
- Thoracic surgery
- Urology

NEWS IN BRIEF
SOME STATISTICS FOR
June 2016

Emergency Room
Patients Seen- 3155
Admissions—92
Maternity
Total Deliveries— 46
Males— 32
Females- 14
Caesarean Sections-21
Neonatal Death— 0
Twins— 0
Premature—7
Breech—1
Still Births—1
Male ward
Admission—76
Deaths—0
Female ward
Admission -111
Deaths—0
ICU
Admissions— 40
Deaths- 0
Radiology
X-ray—1327
CT— 135
Ultrasound—2396
ECHO— 88
Holter—6
Stress—9
Theatre
Surgeries— 144
Eye—8
Pharmacy
Prescriptions 4835
Laboratory
Patients attended 3026

DOCTORS MEETING:-
Was held on 25th May 2016 at 17:00 hrs.....Chairperson—Dr. N. Gobin
Topic: Deafness by Common Cold May Have Serious Complication Presented: Dr. S.B. Sharma

NURSES MEETING:-
RN/ RNRM/ SM was held on May 12, 2016 at 15:00Hrs
Topic – Dietary Guidelines– Ms. D. Lambert
LPN-N/A was held on May 13, 2016 at 15:00 Hrs
Topic:- Dietary Guidelines– Ms. D. Lambert
Hypoglycemia by N/A Sheron Dattardeen

SENIOR CITIZEN TEA PARTY
& WOODLANDS LIMITED NURSES DAY CELEBRATION

May 7, 2016 was yet another special day for Woodlands Limited. This was the day we had our Second Annual Senior Citizens Tea Party as well as celebration of Nurses Day. Being the second it will now take its place on Woodlands Calendar of events as an annual event.

This is yet another time that Woodlands, its Staff and well wishers give back to Society. We celebrate, reflect and recognize the important role our Senior Citizens played and continue to play in our society, homes and in families. The message we send is that we can set aside our differences, share our love, our culture and embrace each others uniqueness.

As was done last year we treated our Seniors with a mini health check first. Then they were seated and served a hot cup of Tea or cold beverage of their choice.

What was most noticeable was how they swayed, immerse and seemed mesmerized by the beautiful rendition by Ras Como on his steel pan.

We had planned to make it bigger than the last, catering for an estimated eighty (80) individuals. These were to be 'bussed in' from the Palms and various other Senior Citizen Homes. This was the number along with the names that we received from these Institutions. However a significant amount of that number (twenty) from Palms changed their minds at pick up time.

This nonetheless, did not impede any progress nor daunt the spirit of either the organizers or those that attended, as was evident by the fun they were having.

They chatted, sang and danced like never before.

It was the most soothing and amazing atmosphere, the smiles, laughter, joy and humor was charming in the open air. The area in front of our New Eastern Wing was an ideal location.

For the ones who for some reason changed their minds we sent their goody bags. As they were leaving many of them proclaimed that they will come again next year better prepared to entertain and be entertained.

Despite the small setbacks, we would be relentless in our pursuit to not only maintain this practice but in our every effort to evolve this into something much bigger and better.

YET ANOTHER NURSES DAY CELEBRATION

Nurses at Woodlands are exceptional creatures. One celebration was not deemed enough for them. They decided that their second celebration would be a night of food, drinks, games and socialization. This was held on the actual Nurses Day, May 12, 2016 from 7p.m. on.

Turn out wasn't as good as they expected. However after hearing about the fun the persons who came had we are certain it will be better subscribed next year.

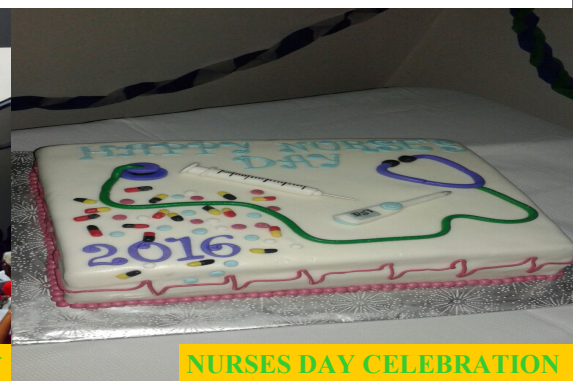
Management as usual has always been supportive of all initiatives taken by Staff.

Persons who were at the event are now speaking of making the games night a monthly event for all the Staff preferably the last Friday of the Month when Staff have at hand their salaries.

They hope with such events Team Woodlands will become a reality.



SENIOR CITIZEN TEA PARTY



NURSES DAY CELEBRATION

Coronary Artery Disease?

Heart disease is a result of plaque buildup in your coronary arteries -- a condition called atherosclerosis -- that leads to blockages. The arteries, which start out smooth and elastic, become narrow and rigid, restricting blood flow to the heart. The heart becomes starved of oxygen and the vital nutrients it needs to pump properly.

How Does Coronary Artery Disease Develop?

From a young age, cholesterol-laden plaque can start to deposit in the blood vessel walls. As you get older, the plaque burden builds up, inflaming the blood vessel walls and raising the risk of blood clots and heart attack. The plaques release chemicals that promote the process of healing but make the inner walls of the blood vessel sticky. Then, other substances, such as inflammatory cells, lipoproteins, and calcium that travel in your bloodstream start sticking to the inside of the vessel walls.

Eventually, a narrowed coronary artery may develop new blood vessels that go around the blockage to get blood to the heart. However, during times of increased exertion or stress, the new arteries may not be able to supply enough oxygen-rich blood to the heart muscle.

In some cases, a blood clot may totally block the blood supply to the heart muscle, causing heart attack. If a blood vessel to the brain is blocked, usually from a blood clot, an ischemic stroke can result. If a blood vessel within the brain bursts, most likely as a result of uncontrolled hypertension (high blood pressure), a hemorrhagic stroke can result.

What Is Ischemia?

Cardiac ischemia occurs when plaque and fatty matter narrow the inside of an artery to a point where it cannot supply enough oxygen-rich blood to meet your heart's needs. Heart attacks can occur - with or without chest pain and other symptoms.

Ischemia is most commonly experienced during:

- Exercise or exertion
- Eating
- Excitement or stress
- Exposure to cold

Coronary artery disease can progress to a point where ischemia occurs even at rest. And ischemia can occur without any warning signs in anyone with heart disease, although it is more common in people with diabetes.

What Are the Symptoms of Coronary Artery Disease?

The most common symptom of coronary artery disease is angina, or chest pain. Angina can be described as a heaviness, pressure, aching, burning, numbness, fullness, squeezing or painful feeling. It can be mistaken for indigestion or heartburn. Angina is usually felt in the chest, but may also be felt in the left shoulder, arms, neck, back, or jaw.

Other symptoms that can occur with coronary artery disease include:

- Shortness of breath
- Palpitations (irregular heartbeats, skipped beats, or a "flip-flop" feeling in your chest)
- A faster heartbeat
- Weakness or dizziness
- Nausea
- Sweating

How Is Coronary Artery Disease Diagnosed?

Your doctor can tell if you have coronary artery disease by:

Talking to you about your symptoms, medical history, and risk factors.

Performing a physical exam.

Performing diagnostic tests, including an electrocardiogram (ECG or EKG), exercisestress tests, electron beam (ultrafast) CT scans, cardiac catheterization, and others. These tests help your doctor evaluate the extent of your coronary heart disease, its effect on the function of your heart and the best form of treatment for you.

How Is Coronary Artery Disease Treated?

Treatment for coronary artery disease involves making lifestyle changes, taking medications, possibly undergoing invasive and/or surgical procedures, and seeing your cardiologist for regular checkups.

Reduce your risk factors. If you smoke, quit. Avoid processed foods and adopt a low-trans-fat, low-salt, and low-sugar diet. Keep your blood sugar in control if you have diabetes. Exercise regularly (but talk to your doctor before you starting an exercise program).

Medications. If making lifestyle changes isn't enough to manage your heart disease, medications may be needed to help your heart work more efficiently and receive more oxygen-rich blood. The drugs you are on depend on you and your specific heart problem.

Surgery and other procedures. Common procedures to treat coronary artery disease include balloon angioplasty (PTCA), stent placement, and coronary artery bypass surgery. All of these procedures increase blood supply to your heart, but they do not cure coronary heart disease. You will still need to decrease your risk factors to prevent future disease.

Doctors are also studying several innovative ways to treat heart disease. Here are a couple of the more promising ones:

Angiogenesis. This involves giving substances, such as stem cells and other genetic material, through the vein or directly into damaged heart tissue to trigger the growth of new blood vessels to bypass the clogged ones.

EECP (Enhanced External Counterpulsation). Patients who have chronic angina but are not helped by nitrate medications or who do not qualify for various surgeries and procedures may find relief with EECP. The outpatient procedure involves using treatment cuffs placed on the legs that inflate and deflate, increasing the blood supply that feeds coronary arteries.

What to Do If You Have a Coronary Emergency

Learn to recognize your heart disease symptoms and the situations that cause them. Call your doctor if you begin to have new symptoms or if they become more frequent or severe. If you or someone you are with experiences chest discomfort, especially if there is shortness of breath, heart...

palpitations, dizziness, a fast heart beat, nausea or sweating, don't wait longer than a few minutes to call for help. If you have angina and have been prescribed nitroglycerin, call your doctor or have someone take you to the nearest Emergency room if pain persists after taking two doses (taken at five-minute intervals) or after 15 minutes. Emergency personnel may tell you to chew an aspirin to help break up a possible blood clot, if there is not a medical reason for you to avoid aspirin.

Socio Cultural Habits

Eating Habits and Traditions around the World

France: It's considered rude to cut the lettuce in salad. In many European countries, salads are meant to be folded and eaten with a fork. You should also keep both hands always visible; otherwise guests can assume you're playing with the legs of your dinner companions.

England: Bananas should be eaten with a knife and fork, a custom that dates back to the 19th century when this fruit was viewed as an exotic treat.

Germany: Potatoes should be smashed and not cut with a knife. Although it is rude to do so, there's a good reason to smash them since it allows room for more gravy!

Italy: When it comes to pasta only, you don't have to wait for everyone else to start eating; however, you must wait for everyone to be served before digging in on all other dishes.

Portugal: Bringing wine to a hostess is considered an insult.

Egypt: Avoid salting food. The person who cooked the meal will be insulted since he or she has intended for the food to taste the way it does. Also, it is customary to keep pouring tea into a cup until it spills over into the saucer.

In Taiwan or China, light burping is actually considered a compliment to the chef or host. Conversely, in other countries such as Chile, you're expected to eat quietly and neatly – belching and other noises are considered rude.

In Russia or China, leave a little food on your plate – it means that your host has been generous and has provided enough food. However, when in India and the Philippines, not clearing your plate is rude and wasteful.

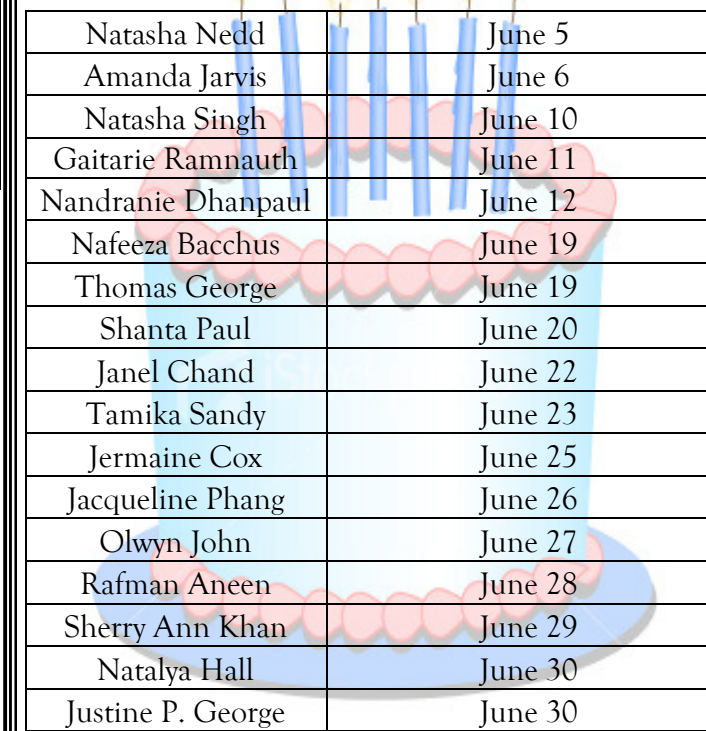
In France, you will always be provided with wine refills, so if you want to stop drinking, you should leave your glass almost full. Also, don't even think about refilling your own glass of water in China. The host or another guest will do so, similarly you will be expected to reciprocate and fill someone else's glass.

Chopstick usage: Avoid pointing your chopsticks at another person, waving them around or skewering food with them. Eastern countries expect chopsticks to be used for eating only and when you put them down, they should never be placed inside a pile of rice – they should be placed on either a chopstick rest or on your plate.

Slurping: When eating ramen in Japan, you're expected to slurp enthusiastically. Be careful though, as it's easy for the ramen to end up all over yourself if you overdo it.

We can now be perused on our Web Site
www.woodlandshospital.com

Management and Staff wish to congratulate the following persons on their birth anniversary for June 2016



Natasha Nedd	June 5
Amanda Jarvis	June 6
Natasha Singh	June 10
Gaitarie Ramnauth	June 11
Nandranie Dhanpaul	June 12
Nafeeza Bacchus	June 19
Thomas George	June 19
Shanta Paul	June 20
Janel Chand	June 22
Tamika Sandy	June 23
Jermaine Cox	June 25
Jacqueline Phang	June 26
Olwyn John	June 27
Rafman Aneen	June 28
Sherry Ann Khan	June 29
Natalya Hall	June 30
Justine P. George	June 30

TAKING A BREAK FROM WOODLANDS HOSPITAL



Alfiea Bagot	- 5 th June to 18 th June, 2016.
Deonarine Singh	- 11 th June to 14 th June, 2016.
Lakshmi Singh	- 12 th June to 18 th June, 2016.
Alexander Kwang	- 12 th June to 9 th July, 2016.
Amy Kwang-Yusuf	- 15 th June to 5 th July, 2016.
Stacy Nixon	- 27 th June to 3 rd July, 2016.



elcoming our new Staffs

Cardiology- R/N V.Solomon, Technologist Mr. P. Kumar

Laundry-Ms. Brutus, Ms. West

Housekeeping—Ms. Chapman, Ms. George, Ms. Gharbarran, Ms. Rampersaud



vacancies exist for

Security Guard

Canteen supervisor