

WOODLANDS SENIOR CITIZEN TEA PARTY

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Announcements

Woodlands Hospital Limited held its first Senior Citizens Tea-Party on the 9th May, 2015.

It was combined with the Annual Nurses Day Celebration.

It is hoped that this will herald the beginning of yet another Annual event on Woodlands yearly Calendar of Events.

It was held under a tent in the Hospital's parking lot.

The interior decoration was beautiful, with approximately 20 tables and 8 chairs around each.

We must recognize Laboratory Technician Nafeeza Bacchus for her effort.

This event had in attendance 58 senior citizens and approximately 70 nurses. Two nurses were seated at each table to interact and assist the senior citizens.

We began with a mini health check that was offered free of cost to all senior citizens. This was conducted by nurses and a resident doctor attached to Woodlands Limited.

The Attendees were mesmerized by some soothing renditions by Ras Como with his steel pan thus setting the tone for the formal commencement of the evenings proceeding.

Just as the Chair persons were about to begin the program, there was a power outage. This didn't in anyway change the mood of the people, they sat and cheerfully waited. However faced with these minor setbacks we were forced to make a start.

As such the program started at approximately 15:00hrs. Half way through the program refreshments were served, which included tea and a small snack. Through it all, the most joyful and emotional part was the opening of the floor. This was captivating because our senior citizens got involved. Some shared past experiences directly related to Woodlands Limited, whilst others were a bit more personal. Some graced us with melodious songs whilst others just gave thanks for the initiative taken by the hospital and to all nurses.

This event came to an end at approximately 16:00 hrs. All in all, though it may appear small in nature, the event was enormously appreciated by all, because of this fact, Management of Woodlands Ltd. promised to make this an annual event.

At the end of the event each senior citizen was given a small hamper to take away which included dinner. Transportation was also chartered by the hospital to transport them to their respective homes.

Congratulations are due to the Administrator & Managers for their great effort in making this event a success.



NEWS IN BRIEF**SOME STATISTICS FOR
April 2015****Emergency Room**

Patients Seen- 2340

Admissions—56

Maternity

Total Deliveries— 55

Males— 23

Females— 32

Caesarean Sections-19

Neonatal Death— 0

Twins— 1

Premature—4

Breech—1

Still Births—0

Male ward

Admission—111

Deaths—0

Female ward

Admission -144

Deaths—0

ICU

Admissions— 23

Deaths- 2

Radiology

X-ray— 1130

CT— 143

Ultrasound— 2387

ECHO— 49

Stress—0

Holter—2

Theatre

Surgeries— 138

Pharmacy

Prescriptions Sold— 4377

Laboratory

Patients Seen— 2417

DOCTORS MEETING—

Was held on April 29, 2015 at 17:00 hrs.....Chairperson—Dr. N. Gobin

Topic presented— Infant of a Diabetic Mother by Dr. H. Persaud

NURSES MEETING:-

RN/ RNRM/ SM Was held on April 9 2015 at 15:00Hrs

Topic –Neonatal Jaundice - R/N N. Mingo

LPN-N/A Was held on April 10, 2015 at 15:00 Hrs

Topic:- Blood Transfusion- N/A C. Saroder

What's New At Woodlands?**Woodlands first eye surgery after many many years was done by Dr S.Sugrim on Friday 8th May 2015.****Have A Laugh**

A plumber attended to a leaking faucet at the neurosurgeon's house. After a two-minute job, he demanded \$150. The neurosurgeon exclaimed, "I don't even charge that amount and I am a brain surgeon." The plumber replied, "I agree. You are right! I too, didn't either, when I was a surgeon. That's why I switched to plumbing."

Tips in the kitchen continued...**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.

Use Egg Shells to Remove Egg Shells

The empty half of an egg shell is the best tool to extract stubborn bits of cracked shells that have ended up in the bowl "They're like magnets!"

Simple Guacamole

Prep: 5 min

Yield: 6 to 8 servings

Level: Easy

Ingredients

2 ripe avocados, peeled, pitted and diced

1/4 cup chopped fresh cilantro leaves

1 serrano chili, seeded, deveined and finely chopped

1 lime, juiced

1/2 white onion, chopped

Kosher salt

Tortilla chips or fresh veggies, for serving

Directions

In a medium mixing bowl, add the diced avocados and mash with a fork until smooth but still chunky.

Add the cilantro, chili pepper, lime juice and onion and mix to combine Season with salt.

Serve with tortilla chips or fresh veggies, burgers, etc.



Winners of the Kaieteur Raffle:

R/N Jins Jose

R/N Anumol Joseph

Measles is a very contagious (easily spread) infection that causes a rash all over your body. It is also called rubeola or red measles.

The measles vaccine protects against the illness. This vaccine is part of the MMR (measles, mumps, and rubella) and MMRV (measles, mumps, rubella, and varicella [chickenpox]) vaccines. Most children get the vaccine as part of their regular shots. This is why measles is rare in the United States and Canada.

Causes Of Measles

Measles is caused by a virus. It is spread when an infected person coughs, sneezes, or shares food or drinks. The measles virus can travel through the air. This means that you can get measles if you are near someone who has the virus even if that person doesn't cough or sneeze directly on you.

You can spread the virus to others from 4 days before the rash starts until 4 days after the rash appeared. The virus is most often spread when people first get sick, before they know they have it.

If you have had measles, you can't get it again. Most people born before 1957 have had measles.

Symptoms Of Measles

The first symptoms of measles are like a bad cold—a high fever, a runny nose, sneezing, a sore throat, and a hacking cough. The lymph nodes in your neck may swell. You also may feel very tired and have diarrhea and red, sore eyes. As these symptoms start to go away, you will get red spots inside your mouth, followed by a rash all over your body.

When adults get measles, they usually feel worse than children who get it.

It usually takes about 7 to 18 days to get symptoms after you have been around someone who has measles. This is called the incubation period.

How To Diagnosed Measles

If you think you have measles, call ahead and explain your symptoms before you go to a doctor's office.

After you've had an exam, your doctor may order a blood test and/or viral culture if he or she suspects that you have measles.

Laboratory Testing

Alternatively, laboratory diagnosis of measles can be done with confirmation of positive measles IgM antibodies or isolation of measles virus RNA from respiratory specimens. For people unable to have their blood drawn, saliva can be collected for salivary measles-specific IgA testing. Positive contact with other patients known to have measles adds strong epidemiological evidence to the diagnosis. Any contact with an infected person, including semen through sex, saliva, or mucus, can cause infection.

Complications

Complications with measles are relatively common, ranging from mild complications such as diarrhea to serious complications such as pneumonia (either direct viral pneumonia or secondary bacterial pneumonia), otitis media, acute brain inflammation [and very rarely SSPE (subacute sclerosing panencephalitis)], and corneal ulceration (leading to corneal scarring). Complications are usually more severe in adults who catch the virus. The death rate in the 1920s was around 30% for measles pneumonia.

Between 1987 and 2000, the case fatality rate across the United States was three measles-attributable deaths per 1000 cases, or 0.3%. In underdeveloped nations with high rates of malnutrition and poor healthcare, fatality rates have been as high as 28%. In immunocompromised persons (e.g., people with AIDS) the fatality rate is approximately 30%. Risk factors for severe measles and its complications include malnutrition, underlying immunodeficiency, pregnancy, and vitamin A deficiency.

Treatment For Measles

Measles usually gets better with home care. You can take medicine to lower your fever, if needed. Read and follow all instructions on the label. Also, get plenty of rest and drink lots of fluids. Stay away from other people as much as you can so that you don't spread the disease. Anyone who has measles should stay out of school, day care, work, and public places until at least 4 days after the rash first appeared.

Your doctor may suggest vitamin A supplements if your child has measles.

Most people get better within 2 weeks. But measles can sometimes cause dangerous problems, such as lung infection (pneumonia) or brain swelling (encephalitis). In rare cases, it can even cause seizures or meningitis.

If you have been exposed to measles and you have not had the vaccine, you may be able to prevent the infection by getting immunoglobulin (IG) or the measles vaccine as soon as possible. Babies who are younger than 12 months, pregnant women, and people who have impaired immune systems that can't fight infection may need to get IG if they are exposed to measles.

Prevention

Getting your child vaccinated is important, because measles can sometimes cause serious problems.

False claims in the news have made some parents concerned about a link between autism and vaccines. But studies have found no link between vaccines and autism.

Measles is one of the most contagious diseases. Outbreaks can easily occur. For instance, a person from another country may have measles and not know it yet. If that person travels outside his or her own country, he or she could spread measles to people who are not immune. Also, if you travel to another country and you are not immune to measles, you may be at risk.

If you don't know whether you're immune to measles and you plan to travel, check with your doctor or local health clinic to see whether you should get the vaccine before you travel.

Prognosis

The majority of people survive measles, though in some cases, complications may occur. Possible consequences of measles virus infection include bronchitis, sensorineural hearing loss, in about 1 in 10,000 -1 in 300,000 cases panencephalitis, which is usually fatal. Acute measles encephalitis is another serious risk of measles virus infection. It typically occurs two days to one week after the breakout of the measles rash and begins with very high fever, severe headache, convulsions and altered mentation. A person with measles encephalitis may become comatose, and death or brain injury may occur

W

elcome to our new employee
Assistant Matron - Leslyn Young

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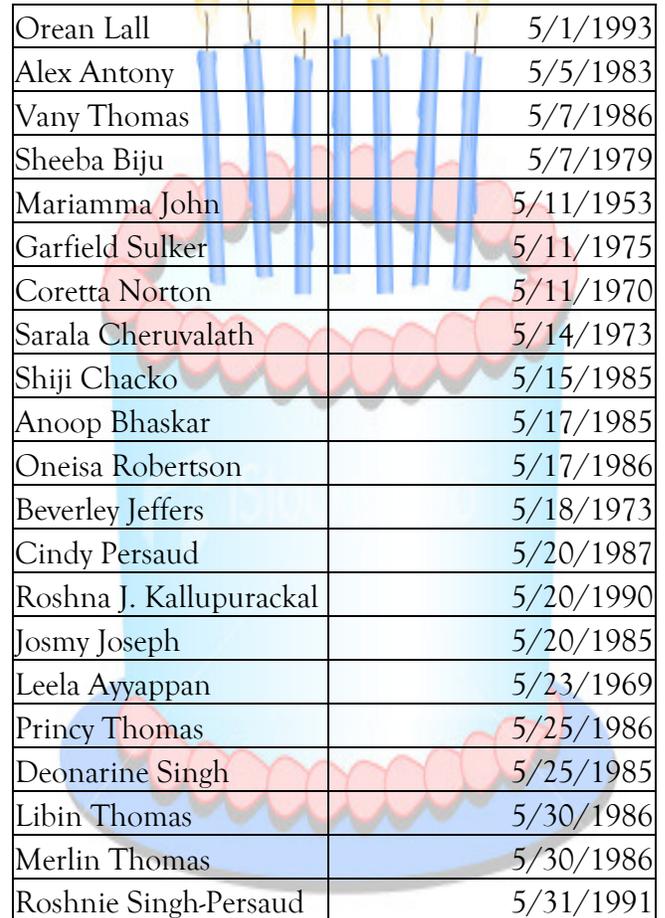
ongratulation to Dr Sarah Norton for
the accomplishment of Dr George Norton our
new Minister Of Health

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acancies exist for
Pharmacist
Cook
Attendant
Security Guard
Maid

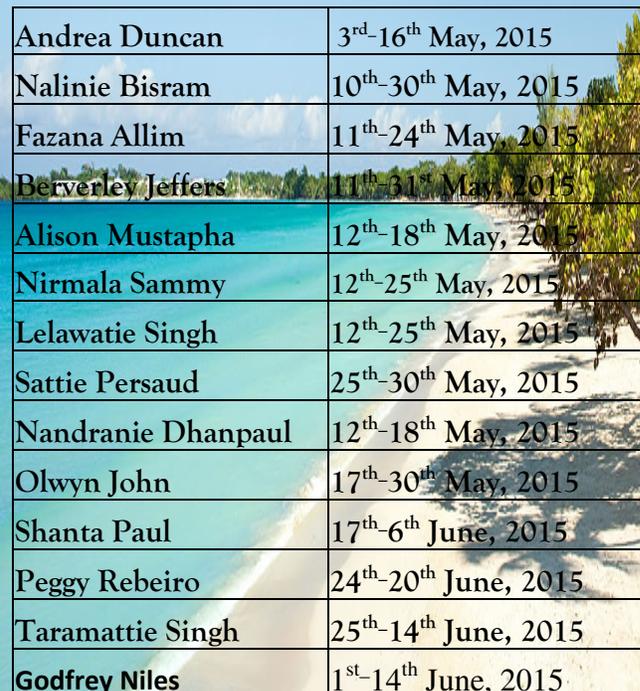
We can now be perused on our Web Site
www.woodlandshospital.com

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



Orean Lall	5/1/1993
Alex Antony	5/5/1983
Vany Thomas	5/7/1986
Sheeba Biju	5/7/1979
Mariamamma John	5/11/1953
Garfield Sulker	5/11/1975
Coretta Norton	5/11/1970
Sarala Cheruvalath	5/14/1973
Shiji Chacko	5/15/1985
Anoop Bhaskar	5/17/1985
Oneisa Robertson	5/17/1986
Beverley Jeffers	5/18/1973
Cindy Persaud	5/20/1987
Roshna J. Kallapurackal	5/20/1990
Josmy Joseph	5/20/1985
Leela Ayyappan	5/23/1969
Princy Thomas	5/25/1986
Deonarine Singh	5/25/1985
Libin Thomas	5/30/1986
Merlin Thomas	5/30/1986
Roshnie Singh-Persaud	5/31/1991

TAKING A BREAK FROM WOODLANDS HOSPITAL



Andrea Duncan	3 rd -16 th May, 2015
Nalinie Bisram	10 th -30 th May, 2015
Fazana Allim	11 th -24 th May, 2015
Berverley Jeffers	11 th -31 st May, 2015
Alison Mustapha	12 th -18 th May, 2015
Nirmala Sammy	12 th -25 th May, 2015
Lelawatie Singh	12 th -25 th May, 2015
Sattie Persaud	25 th -30 th May, 2015
Nandranie Dhanpaul	12 th -18 th May, 2015
Olwyn John	17 th -30 th May, 2015
Shanta Paul	17 th -6 th June, 2015
Peggy Rebeiro	24 th -20 th June, 2015
Taramattie Singh	25 th -14 th June, 2015
Godfrey Niles	1 st -14 th June, 2015