

MOVING INTO THE NEW BUILDING

Inside this Issue

Hospital Statistics

Doctors meeting

Nurses Meetings

Humor in Uniform

Creative Corner

Jerk Cooking

Health Corner-

Zika Fever

H1N1 Virus

Xmas Party

Preview

Vacancies

Announcements

Finally the long awaited has happened.

Woodlands Staff has been able to move into the Top Floor of the New Building. This was done quietly, with no pomp or ceremony on October 20,21and 22, 2015 Accommodated there are:

Eye Theatre
Administration Office
Human Resources Office
and Matron's Office

Access to this floor is either using an Elevator (Northern end) or Stairs (Southern End).

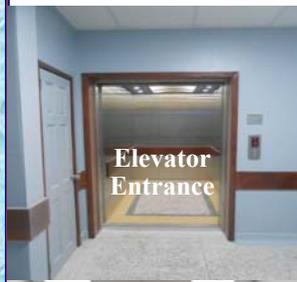
The whole Hospital now is interconnected so Patients movement to the various floors will be by using the Elevator though we are certain the hoist will remain in place for the just in case times

The whole building is centrally Air conditioned.

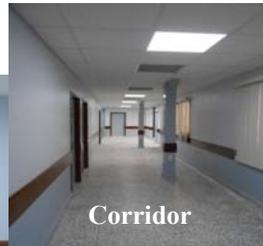
Until the Staff learnt to regulate the temperatures in the various areas they were seen all dressed up with their Cardigans which was amusing for the other Staff as the Outside temperature was in the late 30°C.

The next movement which is anticipated before the end of November will be to the ground floor.

Some pictures:-



Elevator Entrance



Corridor



Eye Theatre



Eye Theatre in action



Eye Theatre Prep Room



Matron's Office



Audit Office



Admin Assistant's Office



HR Office

DATES TO REMEMBER

ANNUAL X'MAS PARTY
December 19, 2015

NEEDY CHILDREN'S PARTY
December 20, 2015

NAMES OF NEEDY CHILDREN
November 27, 2015

CONTRIBUTIONS FOR NEEDY CHILDREN
December 4, 2015

NEWS IN BRIEF**SOME STATISTICS FOR
September 2015****Emergency Room****Patients Seen-****2509****Admissions—694****Maternity****Total Deliveries— 78****Males— 53****Females— 24****Caesarean Sections
-24****Neonatal Death— 0****Twins— 0****Premature—5****Breech—1****Still Births—0****Male ward****Admission—108****Deaths—0****Female ward****Admission -143****Deaths—1****ICU****Admissions— 38****Deaths- 4****Radiology****X-ray—1274****CT— 150****Ultrasound—2393****ECHO— 66****Holter—3****Theatre****Surgeries— 172****Pharmacy****Prescriptions —****4847****Laboratory****Patients attended****3079****DOCTORS MEETING:-****Was held on October 28, 2015 at 17:00Hrs**

Topic: Male Vitality – Testosterone Deficiency & Replacement by Dr. Ravi Purohit

NURSES MEETING:-**RN/ RNRN/ SM was held on October 8, 2015 at 15:00Hrs**

Topic – Administration of Medications by S/N Justin George

LPN-N/A was held on October 9, 2015 at 15:00 Hrs

Topic:- Care of Burns Patients by N/A Leela Ayappan

HUMOR IN UNIFORM

A young woman was taking golf lessons and had just started playing her first round of golf when she suffered a bee sting. Her pain was so intense that she decided to return to the clubhouse for medical assistance. The golf pro – who was also a doctor – saw her heading back and said, “You are back early, what’s wrong?” “I was stung by a bee!” she said. “Where?” he asked. “Between the first and second hole.” she replied. He nodded and said, “Your stance is far too wide.”

Creative Corner— Jerk Cooking**Ingredients**

1/2 cup ground allspice berries (the amount is correct)

1/2 cup packed brown sugar

6 to 8 garlic cloves

4 to 6 Scotch bonnet chile peppers, trimmed and seeded (wear gloves!)

1 Tablespoon ground thyme or 3 Tablespoons fresh thyme leaves

2 bunches scallions (green onions), greens included, trimmed and chopped into 2-inch pieces

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

2 teaspoons salt

2 Tablespoons **soy sauce** to moisten1 (6 to 9 pounds) pork picnic shoulder roast/ Chicken/
Fish**Preparation**

Place allspice, brown sugar, garlic, Scotch bonnet peppers, thyme, scallions, cinnamon, nutmeg, salt, pepper, and soy sauce in a food processor and blend until smooth.

With a sharp knife, score the thick fat on the pork shoulder into a diamond pattern, but do not cut into the meat.

Using gloved hands, press and massage a thick coating of the jerk sauce on the exterior of the pork so it is completely covered with a thick coat.

(Refrigerate any leftover sauce. It will keep for a month or more.)

Place in a roasting pan and cover with a lid, foil or plastic wrap. Refrigerate to marinate at least 24 hours or up to 2 days.

When ready to cook, let meat sit at room temperature at least one hour or until it reaches room temperature, then preheat oven to 450 F.

Line a roasting pan with heavy foil and insert a roasting rack. Roast meat uncovered (30 minutes for Pork, 15 minutes Chicken, 5 minutes Fish) at this high heat, then lower temperature to 325 F. Bake an additional (3-1/2 to 4 hours pork, 15 minutes Chicken, 5 minutes Fish). Let roast rest at least 30 minutes before carving.





AEDES EGYPTI MOSQUITO

Zika fever is a mosquito-borne viral disease caused by Zika virus (ZIKV), consisting of mild fever, rash (mostly maculo-papular), headaches, arthralgia, myalgia, asthenia, and non-purulent conjunctivitis, occurring about three to twelve days after the mosquito vector bite. One out of four people may not develop symptoms, but in those who are affected the disease is usually mild with symptoms that can last between two and seven days. Its clinical manifestation is often similar to dengue, also a mosquito-borne illness.

The most common symptoms of Zika virus disease (Zika) are fever, rash, joint pain, and red eye. The illness is usually mild with symptoms lasting from several days to a week. Severe disease requiring hospitalization is uncommon. There is no vaccine to prevent or medicine to treat Zika. Travelers can protect themselves from this disease by taking steps to prevent mosquito bites. When traveling to countries where Zika virus (eg Brazil) or other viruses spread by mosquitoes have been reported, use insect repellent, wear long sleeves and pants, and stay in places with air conditioning or that use window and door screens.

Transmission:

Through mosquito bites

Zika virus is transmitted to people primarily through the bite of an infected *Aedes* species mosquito. These are the same mosquitoes that spread dengue and chikungunya viruses.

These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. They are aggressive daytime biters, prefer to bite people, and live indoors and outdoors near people. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.

Rarely, from mother to child

A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare.

To date, there are no reports of infants getting Zika virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where Zika virus is found.

Possibly through infected blood or sexual contact

In theory, Zika virus could be spread through blood transfusion. To date, there are no known reports of this happening. There has been one report of possible spread of the virus through sexual contact

Symptoms

About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika).

The most common symptoms of Zika are fever, rash, joint pain, or red eyes. Other symptoms include muscle pain, headache, pain behind the eyes, and vomiting.

The illness is usually mild with symptoms lasting for several days to a week.

Severe disease requiring hospitalization is uncommon.

Deaths due to Zika have not been reported.

Diagnosis

The symptoms of Zika are similar to those of dengue and chikungunya, which are diseases caused by other viruses spread by the same type of mosquitoes.

See your healthcare provider if you develop the symptoms described above.

If you have recently traveled, tell your healthcare provider. Your healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya viruses.

Treatment

There is no medicine to treat Zika.

Treat the symptoms:

Get plenty of rest

Drink fluids to prevent dehydration

Take medicines, such as acetaminophen or paracetamol, to relieve fever and pain

Aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) should be avoided until dengue can be ruled out to reduce the risk of hemorrhage.

Why did we choose to feature Zika in this Newsletter?

- 1) We have the Aedes Egypti Mosquito which is the carrier of the Zika Virus.
- 2) This is the very same mosquito that also carries Dengue and Chikungunya epidemics of which we have had in the past.
- 3) There have been reported cases of Zika in Brazil and with all our across countries movement of persons we are certain it wont be long before we get cases here.
- 4) Already Jamaica has an alert on this.

Considering the fact that we might be going into the rainy season which is also the Mosquito season and as well the fact that we have more than one disease that is Mosquito borne it might be prudent for us to have good hygiene practices to minimize mosquito breeding as well as use repellents and nets

H1N1(SWINE FLU) Virus

Swine flu is an infection caused by a virus. It's named for a virus that pigs can get. People do not normally get swine flu, but human infections can and do happen. In 2009 a strain of swine flu called H1N1 infected many people around the world.

The virus is contagious and can spread from human to human. Symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

There are antiviral medicines you can take to prevent or treat swine flu. There is a vaccine available to protect against swine flu. You can help prevent the spread of germs that cause respiratory illnesses like influenza by:

Human.

They have symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

There are antiviral medicines you can take to prevent or treat swine flu. There is a vaccine available to protect against swine flu. You can help prevent the spread of germs that cause respiratory illnesses like influenza by: Covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Washing your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol-based hand cleaners.

Avoiding touching your eyes, nose or mouth. Germs spread this way.

Trying to avoid close contact with sick people.

Staying home from work or school if you are sick.

WHAT TO EXPECT AT WOODLANDS XMAS PARTY 2015

Let's gather again and celebrate the festive season with our annual Christmas party on 19th December 2015'

As the world is becoming a global village this year our theme is "Christmas around the world".

Come and join with us in making this year's celebration yet another memorable one.

We have an exciting program planned: contemporary segment depicting twelve countries some of their cuisine.

Along with that is an electrifying dance illustrating emotion, melodious singing introducing our newest talented singer Dr. Abha Jain and as usual a surprise talent piece by our own Mr. Roger Astwood.

-peak preview by Members of the Organising Committee



vacancies exist for

Security Guard

Yard Attendant,

Canteen supervisor,

Cook

Human Resource Manager

Maid

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

Leiselle Paul	1
Jasmattie Chumandath	4
Candace D'Aguiar	6
Theona English	7
Imelda Williams	9
Suni Binsu	9
Amanda Williams	9
Nirmala Lokiram	9
Dhanya T. Chackochan	10
Vineetha P. Gopalakrishnan	15
Stacey Hyman	16
Samantha Petai	16
Alicia Williams	17
Binsu Varughese	19
Godfrey Niles	20
Kayshena Bethel	22
Veronica Rahim	23
Amy Kwang	26
Hemwatie Kumar	27
Peggy Rebeiro	28
Remona Williams	30

TAKING A BREAK FROM WOODLANDS HOSPITAL

Amy Yusuf	1/11/2015- 7/11/2015
Clarence Booker	1/11/2015- 21/11/2015
Kayshena Bethel	2/11/2015- 22/11/2015
Harmatie Shivgobin	2/11/2015- 22/11/2015
Rhonda Springer	5/11/2015-25/11/2015
Shaundell Cort	8/11/2015- 28/11/2015
Soorash Khirodhar	8/11/2015- 5/12/2015
Estel Wills	10/11/2015- 29/11/2015
Farah Shariff	17/11/2015- 30/11/2015
Rachael Meredith	22/11/2015- 12/12/2015
Indera Mangru	24/11/2015- 30/11/2015

We can now be perused on our Web Site

www.woodlandshospital.com