

## TEAM BUILDING IN THE WORKPLACE

### Inside this Issue

#### Team Building

#### Hospital Statistics

#### Doctors meeting

#### Nurses Meetings

#### What's new at Woodlands?

#### New Psychologist and Nutritionist

#### Humour in Uniform

#### Creative Corner

#### Fighting stains with Home

#### Health Corner-

#### Migraine

#### Announcements

The term “Team-Building”, is a branch of a psychological discipline called Organisational Psychology.

It inspires groups of workers to communicate through a series of planned events that are fun and motivational.

Team-Building events can be used to determine strong points in an individual’s personality, such as leadership skills. This can benefit the individual by giving them greater job satisfaction and opportunity to progress to their full potential as their strengths is highlighted.

Organisations are now realizing that team building events positively affect the productivity of individuals, teams, and the company as a whole.

Being a relatively green concept in the corporate world, team building is rapidly becoming the must-have in many organisations aiming to maximize the potential of their workforce.

Team-building also benefits the team as a whole. When people who rarely work together are forced to communicate, they can discover that they enjoy the interaction and continue to network and bond with different people back at the worksite or office. Those who previously may not have been getting along will have to forget their differences in order to overcome an obstacle and their dislike is diminished as they work together for a common goal.

At Woodlands Limited, the need for team building has been realized, resulting in Management engaging in several initiatives to foster a culture of team work, unity and shared vision.

Past Team building initiatives at the hospital included the endorsement of an Aerobics Gym on-site in 2014 and the hosting of an annual staff party, Children’s party, and Senior Citizens Party, all of which engage the participation of all levels of staff in the Hospital to make these events successful.

The Hospital’s most recent team building exercise was held in June 2015 which saw a great many employees being part and parcel of a grand clean-up exercise in the Carmichael Street Avenue, opposite the Hospital.

Woodlands limited endeavors to continually motivate its staff so that they can be aware of the key roles they play in the organization, foster a sense of togetherness and a feeling of unity among its staff while catering to the needs of society.

We look forward to suggestions from Staff about what new team building projects can be undertaken in 2016.



**NEWS IN BRIEF****SOME STATISTICS FOR  
September 2015****Emergency Room****Patients Seen-****2801****Admissions—68****Maternity****Total Deliveries— 65****Males— 27****Females— 38****Caesarean Sections****-20****Neonatal Death— 0****Twins— 0****Premature—5****Breech—1****Still Births—0****Male ward****Admission—97****Deaths—0****Female ward****Admission -141****Deaths—1****ICU****Admissions— 34****Deaths— 9****Radiology****X-ray—1141****CT— 121****Ultrasound—2310****ECHO— 85****Holter—2****Theatre****Surgeries— 166****Pharmacy****Prescriptions —****4944****Laboratory****Patients attended****3023****DOCTORS MEETING:-**

Was held on 30th September, 2015 at 17:00 hrs.....Chairperson—Dr. N. Gobin  
Top Brain tumor– A General Physician Perspective By Dr Amarnauth Dukhi

**NURSES MEETING:-**

RN/ RNRM/ SM was held on 2015 at 15:00Hrs  
Topic – Pre-Operative Care By Merlin Thomas  
LPN-N/A was held on 6 August, 2015 at 15:00 Hrs

**What's New At Woodlands?**

Woodlands Limited has extended its customer service by introducing :

1) Psychologist **Ms. Caitlin Viera**. She will be available for the following:

**Counseling;** Pre op patients ( Hysterectomy, Mastectomy etc ), Substance addiction, trouble teens and persons considering suicide

**Bariatric Clinic:** General Counseling, Offers overeaters Anonymous meetings as a coping mechanism to other issues. Workshops such as journals or reinforcement schedules can be done .

**Group Therapies/Workshop:** for individuals in recovery,

2) **Ms. Lambert** a Nutritionist & Diabetes Educator who will be available for Nutrition related disease counseling and Education service and meal planning of therapeutic diets for both in patients and out patients,

**Humor in uniform**

Due to a job transfer, Brian moved from his hometown to New York City. Being that he had a very comprehensive health history, he brought along all of his medical paperwork, when it came time for his first check up with his new Doctor. After browsing through the extensive medical history, the Doctor stared at Brian for a few moments and said, " Well there's one thing I can say for certain, you sure look better in person than you do on paper!"

**Creative Corner– Fighting Stains with home Remedies**

**Baby powder:** This works like magic on those nasty curry stains or oil spills. All you have to do is sprinkle a sufficient amount of the powder on to the stain (preferably immediately) and wait for the powder to soak up the oil. Once the stain reaches the surface of the fabric, it's much easier to remove.  
**Lemon juice:** Believe it or not, lemon juice is a great bleaching agent. So if you happen to stain your precious whites, just squeeze some lemon juice on the stains and leave the garments out in the sun. Then wash your clothes as usual and voila! For really harsh stains, it's always great to have a bottle of bleach at home.

**White vinegar:** Just pour half a cup of white vinegar into your washing machine during the rinse cycle and you'll see your clothes come out so much brighter. You can also use white vinegar to soak a stain. Particularly those ugly perfume stains under the armpit! Just make sure the fabric is not too delicate.

**Club soda:** It's a great stain remover at restaurants! All you have to do is order a soda and pour it over the spill to prevent a stain. It causes the stain to rise to the surface so you can wash it off easily when you get home.

**Eraser:** Ever gotten unsightly dirt marks or worse still, pen marks on your fancy leather bag? Get hold of an eraser and rub the marks off! If the bag has quite a few stains, you might have to work on the entire bag, to get an even shade.

**Acetone/ Nail polish remover:** We're not talking about the regular nail polish removers; those will only cause more stains. Acetone is your best bet. Use it on stains caused by nail polish but make sure that your fabric doesn't have dyes likely to fade due to the acetone.

**Salt:** Great for removing stains caused by red wine, salt will help soak up the wine perfectly. It is readily available at restaurants or bars. And hence, the perfect stain remover for these spills. Pouring white wine over a red wine spill is also a smart idea.

**Glycerine:** Available at any chemist, glycerine works effectively on juice stains as well as sauce stains caused by ketchup or mustard. How it works? Just pour some glycerine on the stain and rub gently. Rinse it off and you are good to go!

## Migraine

A migraine is a severe, painful headache that can be preceded or accompanied by sensory warning signs such as flashes of light, blind spots, tingling in the arms and legs, nausea, vomiting, and increased sensitivity to light and sound.

### What triggers migraine headaches?

Some people who suffer from migraines can clearly identify triggers or factors that cause the headaches, but many cannot. Potential migraine triggers include:

- Allergies and allergic reactions
- Bright lights, loud noises, flickering lights, smoky rooms, temperature changes, strong smells and certain odors or perfumes

Physical or emotional stress, tension, anxiety, depression, excitement

Physical triggers such as tiredness, jet lag, exercise

- Changes in sleep patterns or irregular sleep
- Smoking or exposure to smoke
- Skipping meals or fasting causing low blood sugar

Dehydration

- Alcohol

Hormonal triggers such as menstrual cycle fluctuations, birth control pills, menopause

- Tension headaches
- Foods containing tyramine (red wine, aged cheese, smoked fish, chicken livers, figs, and some beans), monosodium glutamate (MSG), or nitrates (like bacon, hot dogs and salami)

Other foods such as chocolate, nuts, peanut butter, avocado, banana, citrus, onions, dairy products and fermented or pickled foods  
Medication such as sleeping tablets, the contraceptive pill, hormone replacement therapy.

Triggers do not always cause migraines and avoiding triggers does not always prevent migraines.

### Symptoms of migraines

Symptoms of migraine can occur a while before the headache, immediately before the headache, during the headache and after the headache. Although not all migraines are the same, typical symptoms include:

- Moderate to severe pain, usually confined to one side of the head during an attack, but can occur on either side of the head
- The pain is usually a severe, throbbing, pulsing pain
- Increasing pain during physical activity
- Inability to perform regular activities due to pain
- Feeling sick and physically being sick
- Increased sensitivity to light and sound, relieved by lying quietly in a darkened room

Some people experience other symptoms such as sweating, temperature changes, tummy ache and diarrhea

### Migraines with aura

Many people experience migraines with auras or warning signs just before or during the head pain, but many do not. Auras are perceptual disturbances such as:

- Confusing thoughts or experiences
- The perception of strange lights, sparkling or flashing lights
- Zigzag lines in the visual field
- Blind spots or blank patches in the vision
- Pins and needles in an arm or leg
- Difficulty speaking
- Stiffness in the shoulders, neck or limbs

Unpleasant smells.

### Treatments for migraines

There is currently no cure for migraine, so treatment is aimed at preventing a full-blown attack, and alleviating symptoms if they come.

Regular physical exercise may help reduce migraine frequency. Different people respond to different treatments.

Some lifestyle alterations might help reduce migraine frequency

- Getting enough sleep
- Reducing stress
- Drinking plenty of water
- Avoiding certain foods

Regular physical exercise.

Migraine treatment (abortive therapies) and prevention (prophylactic therapies) focus on avoiding triggers, controlling symptoms and taking medicines.

### How is migraine diagnosed?

Migraine can be difficult to diagnose, and there are no specific tests to confirm the diagnosis.

The International Headache Society recommends the "5, 4, 3, 2, 1 criteria" to diagnose migraines without aura.

This stands for:

- 5 or more attacks
- 4 hours to 3 days in duration
- At least 2 of unilateral location, pulsating quality, moderate to severe pain, aggravation by or avoidance of routine physical activity
- At least 1 additional symptom such as nausea, vomiting, sensitivity to light, sensitivity to sound.

To help diagnose migraines, it can be useful to keep a diary of symptoms noting the time of onset, any triggers, how long the headache lasted, any preceding factors or aura and any other symptoms as well as the headache.

A headache diary is ideally used for a minimum of eight weeks and should record:<sup>7</sup>

- The frequency, duration, and severity of headaches
- Any associated symptoms
- All prescribed and over-the-counter medications taken to relieve headaches and their effect
- Possible triggers
- Relationship of headaches to menstruation.

During the initial diagnosis of migraines, the doctor may suggest some tests to exclude other causes of headache such as electroencephalography (EEG), computed tomography (CT), magnetic resonance imaging (MRI) and spinal tap.

### Differential diagnosis of migraine

Headaches are notoriously difficult for doctors to diagnose, and sometimes other causes need to be ruled out:

- Bleeding within the skull
- Blood clot within the membrane that covers the brain

Stroke

- Dilated blood vessel in the brain
- Too much or too little cerebrospinal fluid

Inflammation of the membranes of the brain or spinal cord

- Nasal sinus blockage
- Postictal headache (after stroke or seizure)
- Tumors.

- Dilated blood vessel in the brain
  - Too much or too little cerebrospinal fluid
- Inflammation of the membranes of the brain or spinal cord
- Nasal sinus blockage
  - Postictal headache (after stroke or seizure)
  - Tumors.

**To help diagnose migraines, it can be useful to keep a diary of symptoms noting the time of onset, any triggers, how long the headache lasted, any preceding factors or aura and any other symptoms as well as the headache.**

A headache diary is ideally used for a minimum of eight weeks and should record:<sup>7</sup>

- The frequency, duration, and severity of headaches
- Any associated symptoms
- All prescribed and over-the-counter medications taken to relieve headaches and their effect
- Possible triggers
- Relationship of headaches to menstruation.

During the initial diagnosis of migraines, the doctor may suggest some tests to exclude other causes of headache such as electroencephalography (EEG), computed tomography (CT), magnetic resonance imaging (MRI) and spinal tap.

#### Medication

Analgesia:

Over-the-counter medications such as naproxen, ibuprofen acetaminophen (paracetamol), and other analgesics like Excedrin (aspirin with caffeine) are often the first abortive therapies to eliminate the headache or substantially reduce pain

- Painkillers should be taken early rather than allowing the headache to develop.

Anti-emetics:

- Metoclopramide.

Serotonin agonists:

Sumatriptan may also be prescribed for severe migraines or for migraines that are not responding to the over-the-counter medications

- Selective serotonin reuptake inhibitors (SSRIs)

Antidepressants such as tricyclics -

- Combinations of barbiturates, paracetamol or aspirin, and caffeine (Fioricet or Fiorinal)

Combinations of acetaminophen, dichloralphenazone and isometheptene (Amidrine, Duradrin, and Midrin).



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 September-2015**

Haimanda Singh	1
Alison Mustapha	2
Roopdai Singh	2
Simone Giles	4
<u>Tishanna Gomes</u>	8
Talfaa Sampson	9
Broodhagen Steven	10
Godfrey Sukra	15
Saumya Joseph	16
Amanda Greene	17
Aneesa Madramootoo	17
Sattie Persaud	20
Shoneza Kingston	24
Tofty Mathew	26
Farah Shariff	26
Mitchell Smith	26
Bertil Noel	28

#### TAKING A BREAK FROM WOODLANDS HOSPITAL

Simone Giles	1st-11th
Gomattie Persaud	1st-14th
Ingrid Sertimer	4th-24th
Natasha Nedd	4th-31st
Lilawtie Latchmenarine	5th-30th
Rawle Nurse	12th-27th
Godfrey Sukra	14th-27th
Yvonne Baken	18th-31th
Thomasine Aaron	5th Oct-1st Nov
Roshna J. Kallapurackal	6th Oct-2nd Nov
Candia Mohan	11th Oct-7th Nov

**We can now be perused on our Web Site  
[www.woodlandshospital.com](http://www.woodlandshospital.com)**