

The HPC' s 2nd Annual General Meeting - *Review of the Council 's Milestones*

Highlights in this issue:



New Health Professions on the rise (Page 2)



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**WHAT'S
INSIDE**



Partial view of the registrants in attendance

The Health Professionals Council hosted its Annual General Meeting on the 25th September 2015, this being its 2nd meeting with the general assembly since its inception. The main purpose of the AGM was to elect a replacement for ex-member, Mrs. Melina Amedée, who is currently pursuing her Masters in Australia. Mrs. Amedée was elected as a member of the Council in July 2014. As per the HPC Act 2006, Schedule 2, any member who re-

signs from post must be replaced through the process of election by the general assembly. Ms. Petra Almaze, the current registrar of the HPC, was the mistress of ceremony for the afternoon as she guided the different presenters through the deliberations.

Chairperson's Report:

The Chairperson's report for the past year reflected on the achievements and chal-

lenges of the HPC. It was an opportunity to thank all Council members and registrants for the valuable contribution made to the HPC as the regulator for Allied Health Professionals.

In all, there are four hundred and forty eight (448) registrants to date that have successfully registered, with the highest number of registrants being pharmacy technicians,

followed by Public Health Officers (Figure 1).

Strategic Plan:

In November 2014, members of the Council initiated the process of developing a Strategic Plan to set the strategic direction for the Council. Copies of the Strategic Plan was made available to registrants in hard copies during the AGM.

Continued on Page 3 ...

New health professions on the rise

... An assessment of the current state of newly introduced health fields ...



Mrs. Rene (L) and Dr. Valentin (R) on Council duties at the Haemodialysis unit of the Seychelles Hospital

Representatives from the Health Professional Council (HPC) recently conducted a visit at the Haemodialysis Unit at the Seychelles Hospital. The aim of the visit was to assess and determine if Schedule 1 of the Health Professionals Act 2006 will be amended to include Haemodialysis Technicians and Haemodialysis Therapists. In the past, there were no such professionals working in Seychelles, but recently two Haemodialysis Therapists have been recruited by the Ministry of Health.

The visit which lasted for nearly two hours involved observing two Haemodialysis Therapists at work, and asking them various questions in regards to their qualifications, competencies and background. Apart from the visit, representatives from the Council had discussions with other health professionals including those registered with other Councils in Seychelles.

After deliberation, members of the HPC decided to include Haemodialysis Technicians and Haemodialysis Therapists in Schedule 1 of the Act for the following reasons:

- (i) They are not nurses, nor doctors, nor dentists, nor midwives. As they are working with patients and their actions directly and indirectly involve patients' lives, they should be regulated to ensure that they are giving the best possible care to their clients within their scope of practice.
- (ii) They are working with machineries whereby patients' lives are dependent on the machineries' proper function.
- (iii) In certain countries, they are registered with the Paramedical Council. Henceforth, as the HPC are registering numerous paramedical health professionals, they should be registered with the HPC.

Health Tips

Drinking Water At the Correct Time Maximizes its Effectiveness On The Human Body



*2 Glasses Of Water After Waking Up
- Helps Activate Internal Organs

*1 Glass of Water 30 Minutes Before a Meal
- Helps Digestion

*1 Glass of Water Before taking a bath/shower
- helps Lower Blood Pressure

*1 Glass of water before Going to Bed
- Avoids Stroke or Heart Attack

Happy Drinking (H2O)!!

**Your
HEALTH**
is in your hands

Take good care of it



The HPC 's 2nd Annual General Meeting - *Review of the Council 's Milestones*

(Continued from Page 1)

The HPC Chairperson also added that the list of all registrants for the year ending 31st December 2014 was submitted on time to the Attorney-General's and the list was published in the official gazette.

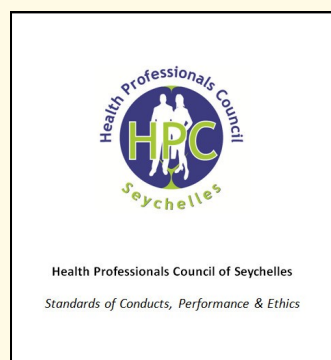
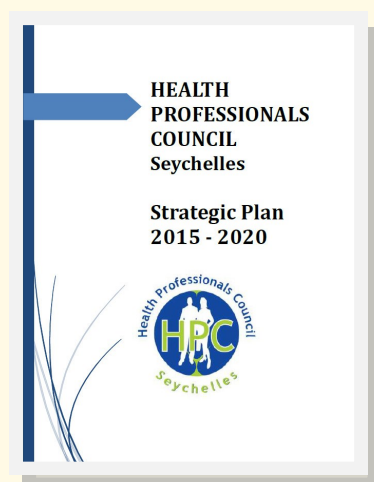
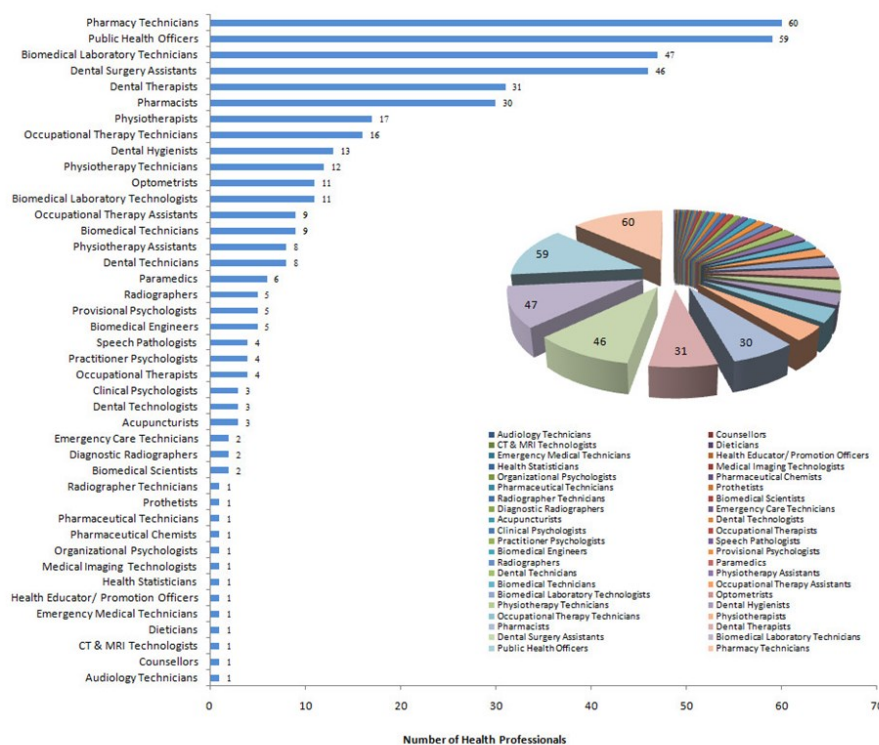
Sensitization activities:

As part of the sensitization campaign, a meeting was organized for all health professionals on Praslin and La Digue. Registrants were also presented with their certificates during the said meeting.

Sub-committees of the HPC:

To further enhance the organization of work within the Council, various sub-committees have been created. These include (i) the Events committee (ii) the Newsletter committee (iii) and the

Distribution of registered Health Professionals in Seychelles, September 2015



Copies of both documents above can be downloaded from the HPC website www.hpcseychelles.org

committee responsible for continuous professional development (CPD). During the AGM, the registrants were also introduced to a newly published booklet, entitled 'Standards of Practice, Performance & Ethics'. This booklet has been specifically adapted and designed by the HPC to ensure high standards of practice, performance and ethics which is expected of all registrants.

The Vice Chairperson of the HPC, Mr. Daniel Belmont, also took the stage and guided the audience through the newly launched HPC website, explaining all the functionalities of the different webpages and how it can be a useful tool for the both the registrants and the public utilizing the services of our health professionals. This webpage will serve as the virtual mouthpiece

of the Council.

Financial Report:

During the AGM, Ms. Anna Lisa Labiche, a Council member, presented the general assembly with a breakdown of HPC's account. It was noted that the the account for the year 2013 has been audited by

the Auditor General's office. Ms. Labiche also added that the auditing process for 2014 is well on the way. Next item on the agenda was the election of one member. After tallying the votes, Ms. Caelia Naiken received the highest number of votes which qualified her to be the new member of the HPC. The floor was then open to questions from the audience which culminated with some light snacks and refreshments.

In the News -

... Happenings within the health field...



Appointment of NIHSS Board

A board of governance was recently appointed by the Minister of Education at the National Institute of Health and Social Studies (NIHSS). Even if the Health Professional Council (HPC) and the NIHSS board are two separate entities, their path may cross on various occasions in near future. This is because both bodies have some similar goals such as quality assurance in regards to training, which relates to health services delivered to the general public. The HPC looks forward to work with the NIHSS board.

Donation of Sports Manuals by Dr. Choi's clinic & associates

The donation of the sports manuals was made in the presence of Minister for Social Affairs, Community Development and Sports, Vincent Meriton, along with the Principal Secretary, Mr. Denis Rose. The manuals were donated so as to prepare our athletes for physical conditioning and treatment.



Celebrating the International Physiotherapy Day

This years 'International Physiotherapy Day' was celebrated under the theme 'Fulfilling Potential'. [Read more on Page 5.](#)



The National Psychology Week (9th - 15th November 2015)

Programme of activities:

Forum & presentation at ANHRD (9th Nov - Half-day workshop)

Career Talk (10th Nov - SALS; Plaisance Sec; Pte Larue Sec; Belonie Sec & Beau Vallon Sec)

Career Talk (11th Nov - Ecole Alliance Francaise; Anse Boileau Sec; Anse Royale Sec; English River Sec; Mont Fleuri Sec; International & Independent School)

Interview on NewsXtra/ Bonzour Sesel (Aired Mon/Tues - after 8pm news)

Interview on Studio Clinic (11th Nov - 10:30 - 11:30am)

Participation in 'Love SOS' FM Radio, [Launching of Facebook page](#) & [Continuous Medical Education](#)

[Read more on Page 6](#)

National Pharmacy Week

A tribute to the health profession. [Read more on Page 7.](#)



Continuous Professional Development

CPD sessions have started for Mahé. [Read more on Page 8.](#)



International Physiotherapy Day

... embracing the important roles of physiotherapy...

Under the general theme of 'Movement for Health', the World Confederation for Physical/Physio Therapy has introduced a new campaign message for the International Physio Day on September 8th with a new Theme- "**Fulfilling potential**", embracing the important role physiotherapists have in helping people achieve their goals.

These messages are important not just to encourage health and activity in the population but also to communicate the fact that physiotherapy is no longer just rehabilitating the injured or the disabled but is actively involved in the prevention and promotion of health to reduce health deterioration and enhance functional performance.

Fulfilling potential

Physical therapists help
people lead fulfilled lives



Also as one of the major concerns of the physiotherapy unit is the rise in the number of patients suffering with back pain attributing to 20% of new cases of patients referred, the physiotherapy unit held a Back care Awareness Week. The target groups was school children, the elderly and the working population.



Physiotherapy staff educating school children on back care

A series of educational talks on ergonomics, back care for school children as well as the importance of staying active in the aging population was conducted in different institutions/organizations over Mahé.



Active engagement of school children during the talk



Exercise sessions in the work-place

The nine days activity started on the 17th - 29th September 2015. This programme encompassed long term management and prevention plan for all participants in maintaining a healthy back and taking responsibility for their own spinal health.

The week prior, the physiotherapy personnel were involved in a training of trainers for proper dissemination of information.

The talks were very appreciated by the recipients and found the information useful and beneficial which they will be able to put into practice daily. Some of the institutions and work places have even requested that further sessions be held.



Pictures above - Educational talks in the home of the elderly

The National Psychology Week

... Strengthening education about Psychology...



Understanding the psychology profession - Psychologists delivering sensitization talks to students

Psychology, the study of human behaviour, is important in everyday life as it helps individuals to understand themselves and others and to make sense of what goes on around them. While the scope for practice and the need for a range of psychological services in Seychelles is evident from the demands expressed by individuals and organisations, the profession is still fairly new to the Seychelles community. It has been observed that there is a lack of understanding among many members of the public as well as some professionals regarding the services that Psychologists provide. In some cases, people who could actually benefit from a Psychologist do not consider this as an option either because of a lack of awareness of what a Psychologist does or from a sense of stigma. There is a need for the public to understand the basis behind Psychology, Psychological Disorders, and Psychological Interventions as it is evident that there is an increasing need for Psychological Services in many fields in the country.

The number of Psychology personnel is gradually increasing in our community. However demand for psychological services is far greater than that which those currently working in the profession can provide. In recognition of this, personnel from both the private and public sectors, being both Practitioner Psychologist and Provisional Psychologists, have come together to form a working committee, to strengthen the Psychology work force.

As a first of its kind in Seychelles, a National Psychology Week was held from 9th to 15th November 2015. The aim of the first National Psychology week was to create awareness of Psychology in general with a focus on the Profession as practiced by Psychologists in the different specialisations within the field.

Our objectives for that week was to sensitize, promote, and create understanding about Psychology as a field of study and a profession, in general as well as specifically within the Seychelles context. We also wanted to create awareness of the work of Psychologists, in different fields and also to promote Psychology as a future career option. The event is expected to become an annual one in Seychelles, where every year a different theme with adjacent activities will be organised to enrich the community's knowledge on all things Psychology.

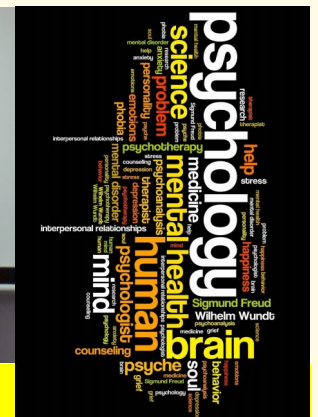
How informed are you?

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Some of the psychology experts partaking in the activities



National Pharmacy Week

... A tribute to the pharmaceutical profession ...

Pharmacy is the study of medicines; the origin of the medicines, the way they act in the body and the ways in which they can be formulated for administration to patients.

Pharmacy entails more than just picking the medicines off the shelves and giving it to patients/customers. It involves promoting the correct and rational use of medicines by all members of the public, the compounding of medicines, communication with



The theme for this year as pronounced by the International Pharmaceutical Federation (FIP) is:

Pharmacy-Your partners in health:

- Your most accessible healthcare provider
- The driving force behind discovering new medicines
- The key that unlocks all you need to know about your medicines
- Always with you in sickness and in health

The Pharmacy week is also an opportunity to recognize what the pharmacy profession is doing for the citizens of Seychelles, in both the private and public sector, in terms of the delivery of pharmaceutical services and what the profession can do to help consumers to understand their medicines and use them in the most effective way.



Ask your PHARMACIST

Continuous Professional Development

... Setting the wheels in motion...



The HPC has organized a series of workshops in line with its continuous professional development (CPD) programs. This is a first for the council and is expected to be part of its annual program for all registrants. The aim of CPD is to support changes in practice and has been shown to improve job performance, quality of care, organizational performance and service delivery.

A total of 117 registrants on Mahe, Praslin and La-Digue are expected to benefit from these one-day sessions which started on 21st October and scheduled to end in December. The



Workshop in session - partial view of HPC registrants



Mrs. Francourt delivering the goods

topics chosen are; customer service and effective communications, developing ethical practice in the workplace and self/time management skills. The facilitator is Mrs. Patricia Francourt, an Education & Skills Development Consultant, specializing in Positive Behaviour Management, Emotional Literacy and Life Skills development. Mrs. Francourt is also a fully qualified and Integrative Psychotherapist (British Association for Counselors and Psychotherapists BACP member).

The **“Customer service and effective communications workshop”** is aimed at helping health professionals to:

- Establish and respond effectively to customer needs

and requests.

- Build good customer relationships
- Communicate sensitively, professionally and effectively.

“Developing Ethical practice in the workplace” workshop explores:

- The importance of ethics and stresses on the standards health professionals are expected to abide by.
- Differences between code of ethics, code of conduct & code of practice.

The **“Self/Time management skills”** workshop will help professionals to:

- Discover the different approaches to managing time
- Learn how to prioritize and delegate effectively
- Learn how to handle workflow better and minimize procrastination.

Participants who attended the first sessions gave positive feedbacks and found the sessions interactive and a great learning experience which has improved their work motivation and morale. With the implementation of the new skills and awareness, it will help health professionals to consciously apply learning to their roles and the Ministry's development.

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It is your responsibility as a health professional to ensure that your registration with the Council is current and valid. It is against Seychelles' law to be practicing as a health professional without having been registered (Health Professionals Act 2006)

For more information on your registration status, kindly contact the HPC Registrar on (+248) 4303745 or email registrar@hpcseychelles.org

Do you have any interesting articles, stories or news related to your profession that you would like to share with the rest of the professional community? If yes, kindly send your submissions to the [Editorial Committee](#).

We are here ...

