

Health Professionals Council



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HEALTHMATTERS

Newsletter

Health Professionals Council Newsletter, Volume 2, Issue 1 (April 2016)

Strengthening ties between the HPC and the Military services

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**WHAT'S
INSIDE**



Some of the Council members with Lt. Col Rosette (far left) during the meeting at the SPDF Office

As part of the Council's objective to sensitize all government and private sector employers on the mandate of the HPC, a short meeting was organized with the Seychelles People's Defense Forces' (SPDF) Chief of Staff, Lt. Col Michael Rosette. Present at the meeting was the HPC's Chair and Vice Chair, Lt. Col Michael Rosette and a HPC member. During the meeting, the Chairperson of the HPC, Mrs. Patricia Rene gave an introductory overview on the goals and mission of the

Council. She emphasized that it is compulsory for all allied health professionals working in Seychelles, be it private or government, to be registered with the Council.

Speaking on behalf of his department, Lt. Col Rosette added that the SPDF has staff currently undergoing training and are expected to take up allied health-related duties within the army. Discussions also addressed recruitment procedures of allied

health professionals, particularly the Council's involvement in such.

To wrap up the discussions, Lt. Col Rosette reaffirmed his support to the HPC and hope that this active engagement of both HPC and the military department will ensure that the military allied health workforce remains dynamic and competent to ensure better health services to the military personnel protecting our sovereignty.

World Hearing Day

... raising awareness and promoting ear and hearing care across the globe...



3rd of March
WORLD
HEARING DAY



World Hearing Day is an annual advocacy event held on 3 March. Designated at the First International Conference on Prevention and Rehabilitation of Hearing Impairment in Beijing, China in 2007, the day aims to raise awareness and promote ear and hearing care across the world.

The theme for World Hearing Day 2016 is:

'Childhood hearing loss: act now, here is how!'. This aims to draw attention to the fact that the majority of causes which lead to hearing loss in children can be prevented through public health measures.

Further, those who have hearing loss can benefit greatly from early identification. The day aims to raise awareness about public health strategies to reduce the prevalence and impact of hearing loss. Once again this year the World Hearing Day Activities saw the participation of Mr. and Mrs. Leroux, who runs a hearing aid dispensing private practice in South Africa.

They had brought along a donation of 17 hearing aids which would be given to the hearing impaired persons during the screening program. The organizing committee had selected various primary schools on Mahe for hearing screening in line with this year's theme and the elderly population was also targeted in different districts with the assistance of the elderly clubs and homes. The launching took place at Anse Boileau Primary school

in the morning with screening for P1 children. The team then moved to the Health Centre where the testing was open to the general public. On the first day of the activity, 40 persons were screened. The following two days the team went to Anse Royale Elderly home, the Anse Royale Hospital and the St. Louis community center.

The children from English River school visited the IOT factory where they toured the factory to experience the level of noise that the workers are exposed to daily. The first group of Pointe Larue children visited the Generator Station at the airport which is also a very noisy working environment. The other group of children from Pointe Larue School visited the airport in the afternoon. The purpose of the visit was to experience the aircraft's engine noise level on landing, parking and taking off.

As part of the sensitization program, a small exhibition was set up on the ground floor of Orion Mall on Saturday 5th March. A good number of persons were interested to learn more about effects of hearing loss and ear hygiene.

The second week of activity for school children and the general public continued at Beau Vallon, Glacis, Roche Caiman districts.

There was a special screening session at the SEYPEC headquarters on Thursday 10th March for its staff.

Final day activities:

1. Hearing screening for health workers
2. Special CME by Dr. Susan Fock-Tave

Highlights:

- * 350 persons were screened.
- * 17 persons were fitted with hearing aids



World Health Day 2016 (07.04.2016)



... #healthstandards...

Extract from International Standards Organization (ISO) webpage

Health Professionals

We need to set up an environment that ensures the best possible conditions for healthcare professionals to do their job.

This year's International World Health Day ran with the theme "Beat Diabetes". Health Matters herewith provides a few extracts and links to health standards published by the International Standards Organization (ISO). Standards are paramount to achieving an excellent health care system. These should be instated in all health care settings. Implementation and sustenance should greatly boost the level of services that we offer our clients and the general population on a daily basis.

PATIENTS COME FIRST



Quality of medical devices

Quality and safety are non-negotiable in the medical devices industry. ISO 13485 intends to keep it that way.

Medical devices refer to the products used in the diagnosis, prevention and treatment of medical conditions, from wound dressings to life-support machines.

ISO 13485 sets out the requirements for a quality management system specific to the medical devices industry. The standard has recently been updated with improvements that broaden its applicability to all organizations involved in the life cycle of medical products, ensure greater alignment with regulatory requirements, and place more focus on post-market surveillance, including complaint handling.



Feeling tired this morning? Blame it on light. In fact, light impacts our circadian rhythms more powerfully than any drug. Welcome to the world of "health-centric lighting" and find out how it affects you [here](#).

Well-being

Ensuring healthy lives and promoting well-being for all ages is essential to sustainable development



Continuous Professional Development

... Setting the wheels in motion... Part II (Praslin/La Digue)



The Health Professionals Council (HPC) of Seychelles conducted two CPD sessions on Praslin last year in November 2015. More than 20 participants on Praslin and La Digue registered for the sessions which were conducted by Mrs. Patricia Francourt. Apart from health professionals registered with the HPC, there were also nurses and hospital record clerks attending the sessions.

The workshops were based on different topics which included 'Developing ethical practice in the workplace', 'Communications Skills' and 'Customer Care & Service'. The participants found the sessions very engaging whereby they could enhance their knowledge and skills in the areas discussed.

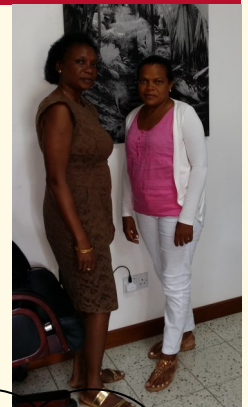


Class in session...



"Fruitful, interesting and made us reflect on our practice"

"Very active sessions"



"We did have a good time. So much to learn... Very effective sessions... Mrs. Francourt is very professional. She is a good trainer"



Group photo of participants, facilitators and some of the Council members



After an interactive morning session, it was time for some soul food!!

Going The Extra Mile In My Workplace...

... Health professionals' take on the matter...

Do you impress your clients every time you interact with them? You must have heard of the expression "it's the little things that matters...". Going an extra mile (or two) for your client is often doing little things for them. Participants attending the Continuous Professional Development (CPD) sessions on Praslin last year were asked to give examples where they had gone an extra mile in their workplace. Here are some of their responses:



"Whenever no porters show up for duty I sometimes have to help move the patients on trolley"

"Find transport (pirat) for patient to go home"

"As the tuck shop is far, I help patients by going down to get something to eat and drink"

"Making tea/coffee for all staff and getting snacks from the shop"

"Go out of the hospital and look for patients to convince them, health educate them when they refuse care that we are giving them"

"Sometimes patients without appointment come to the dental clinic. I try to do their treatment rather than making them wait for another day"

During service delivery, you must go beyond simply delivering your service and you must develop strong relationships with your customers. It is essential that you provide a unique customer experience by proactively anticipating your customers'

needs and expectations, exceeding them every single time (Francourt, 2015).

Have YOU gone that extra mile lately?



Health Tips

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Your HEALTH
is in your hands

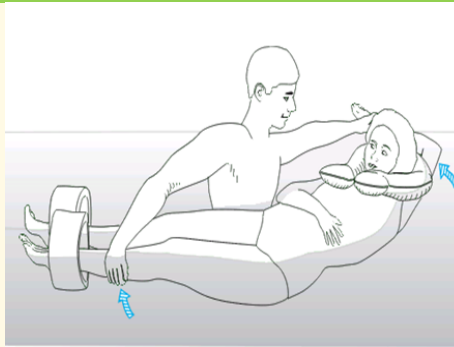
Take good care of it



Aquatic Therapy

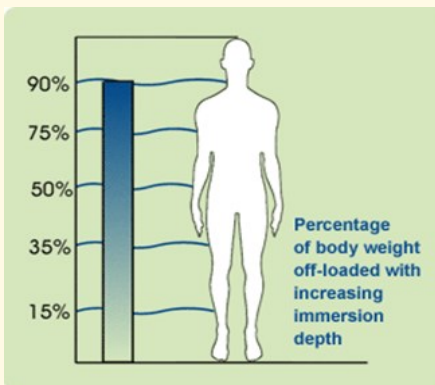
... water the miraculous healer...

... Contributed by Aarthi Palanimanickam...

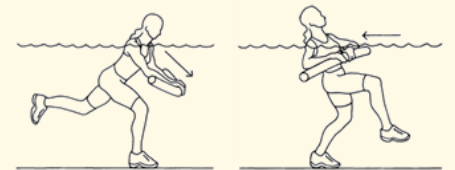
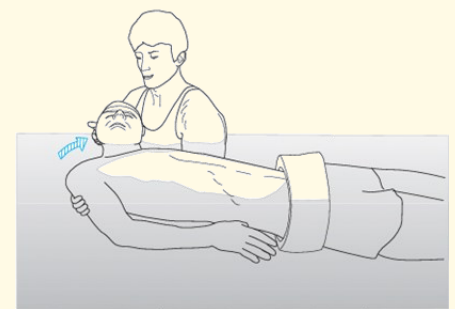


Water (the elixir of life) is a “**miraculous healer**”. The use of water for healing has been dated thousand years ago; it is called the **Aquatic therapy**, also known as **Hydrotherapy**, **water therapy**, **pool therapy** or **aqua therapy**, formerly also called **hydropathy**. It is a part of medicine, in particular of Naturopathy, Physiotherapy and Occupational therapy, that involves the use of water for pain relief and treatment. Hydrotherapy is applied externally, either by immersion of the whole body or of parts of the body in water, or without immersion by spraying or pouring water onto the body. The effects of whole body immersion therapy are discussed here. Aquatic therapy is used as a part of Physiotherapy, in which it helps in Physical rehabilitation, fitness, relaxation, movement-based therapy in water (hydrokinesiotherapy) and treating neurological, orthopedics, pediatrics, cardio-pulmonary, sports injuries and various other specialties in treating injuries, diseases and curing certain illness. Hydrotherapy is also used in pregnant women and obese people.

Aquatic rehabilitation has been more beneficial since there is no act of gravity when immersed in water. The Physical properties of water assist and resist in doing exercise which makes it unique and more efficient than in land. The Properties provided by buoyancy, hydrostatic pressure, viscosity, temperature and surface tension have a direct effect on the body in the aquatic environment.

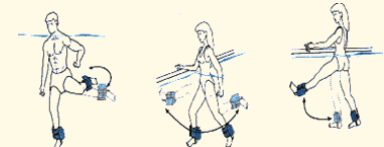


Knowledge of physical properties is important to utilize aquatics efficiently, the therapist should understand clinical significance of static and dynamic properties of water as they have influence on the human immersion and exercise, also benefit from the maximum using these properties.



Aquatic environment is like a second womb, similar environment which as babies, everybody has moved, played and enjoyed in their mother's womb. Aquatic exercise as a therapy by itself or as an augmenting therapy is effective and safe. As a Physiotherapist it is our duty and responsibility to use Aquatic therapy and benefit our patients.

For more information on this type of therapy, kindly contact your Physiotherapist who will be more than happy to provide an in-depth insight into this wonderful therapy technique.



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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 ...

