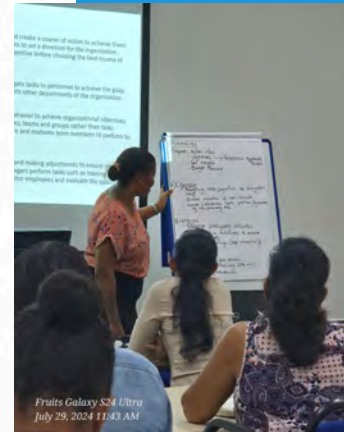


Allied Health Professionals: Building a Stronger Future in 2024

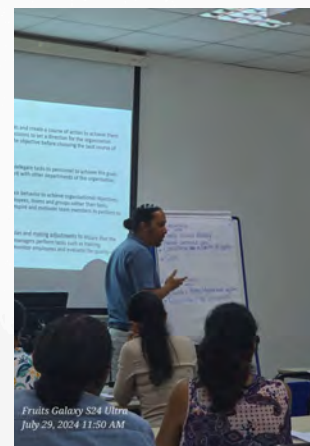
MANAGING PEOPLE COURSE

The Health Professional Council (HPC) organised a three (3) day sessions on Managing People at the The Guy Morel Institute (TGMI) from 29th - 30th July 2024 and 1st August 2024. A Total of 25 registered participants from government and private sector participated. The training targeted members in supervisory positions in their work place.

During the 3 days session, topics such as management functions, leadership styles, skills and attitudes, recruitment process, conflict resolution were given. It was an eventful three (3) days, filled with interactive activities that show cased how to managed and resolved different situations that may arise in the work place. Registrants got the chance to analysed leadership styles in their work place as well as got the chance to critically analysed their own strenght and weakness as a leader. There were opportunities given to make participant self aware of their skills and attitudes and how they can better lead their team. To complete the training each participant had to write an assignment on the topics covered so to put in application the new skills learnt. Participants felt the managing people training is an essential tool for new supervisors. HPC wishes all the participant best of luck and anticipate that the newly acquired skills and knowledge will better equip them to become a better leader in their respective field of practice.



Fruits Galaxy S24 Ultra
July 29, 2024 11:43 AM



Fruits Galaxy S24 Ultra
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Thank you to all who participated, and we look forward to supporting your professional growth



Fruits Galaxy S24 Ultra
July 29, 2024 11:46 AM

Contribution by: Jeanne Fanny-Al-Abdulla

Upcoming Event: AHPs' week 2024

Theme: Quality and Safety

Join us as we celebrate the vital role of Allied Health Professionals in delivering exceptional care to our communities! Let's prioritize quality and safety together. Don't miss out!

Join Us!



SPEECH PATHOLOGY WEEK 2024

"Communicate your way."



Speech pathology week this year took place during the week of 26th to 30th August. The theme chosen for this year by speech pathology Australia and adopted by the unit was 'Communicate your way'. This theme aimed to highlight the different means of communication that each person with a communication difficulty can use to express themselves. These may include communication books and boards, signs, gestures, visuals, devices and speech.

The speech pathology unit, from the rehabilitation services, organized two main activities to raise awareness about the theme, as well as to advocate for the speech pathology profession in the country. On Thursday 29th August, the team was at the Orion Mall area to sensitize the public. Leaflets about speech pathology as a career and bookmarks about language stimulation were distributed. The people encountered were very receptive and showed great interest in the job. They also expressed their concerns about the number of children having poor language development in the country.



The following day, the team was on Praslin to conduct a parent's session. The parents in attendance were those whose children are on the speech pathology unit's waiting list. In view that the unit has a long waiting list and that services on Praslin are not regular, the session was organized to provide those parents with the necessary skills and strategies to be able to stimulate the language development of their children at home. There was a positive turn out for the session and the parents were optimistic to implement the strategies they were provided. Throughout the week, the team also did online awareness.



Praslin parent session

"Communication is diverse and its main purpose is to close gaps, promote meaning and understanding and build stronger relationships"

Contributor: Ms. Laetitia Adrienne

WORLD PHYSIOTHERAPY (PT) DAY 2024

World PT Day 2024

LOW BACK PAIN: AN OVERVIEW

#1 Low back pain is the leading cause of disability globally

619 million people experienced LBP in 2020, that's 1 in 13 people

representing a 60% increase from 1990

Cases of LBP are expected to rise to 843 million by 2050

The focus for this year's World Physiotherapy (PT) Day is low back pain (LBP) and the role of physiotherapy in its management.

To celebrate this day

- The different physiotherapy units organized different exercise and ergonomics sessions for staff in their respective clinics to help educate and promote ergonomical practices and physical activity.
- It has been proven that bad practices adopted over time are also the main causes of low back pain. Therefore, it was fitting on that day to educate healthcare professionals on those aspects. In doing so, try to curb back pain, which is one of the top diagnosis in the health care systems.

Good ergonomics practices has benefits for both the employee and employer

How Ergonomics Can Help

WIN! – WIN!

EMPLOYEE:	EMPLOYER:
✓ Fewer injuries	✓ Increase in work quality
✓ Improved Health & Safety	✓ Morale improves
✓ Reduce absenteeism	✓ Increase productivity & efficiency
✓ Lower worker t	✓ Lowered workers' compensation rates
✓ Fatigue	
✓ Quality of life	

“Exercise is medicine”

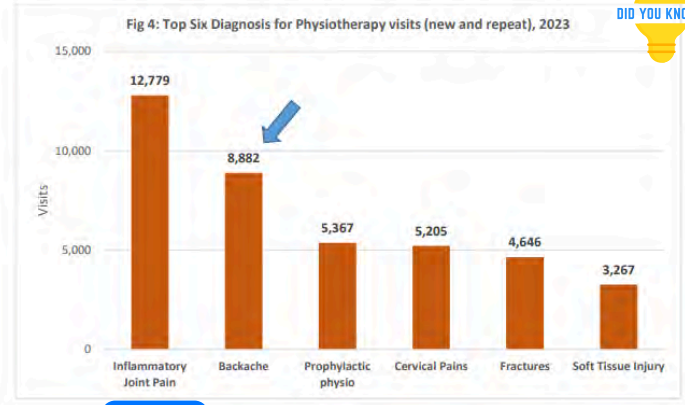
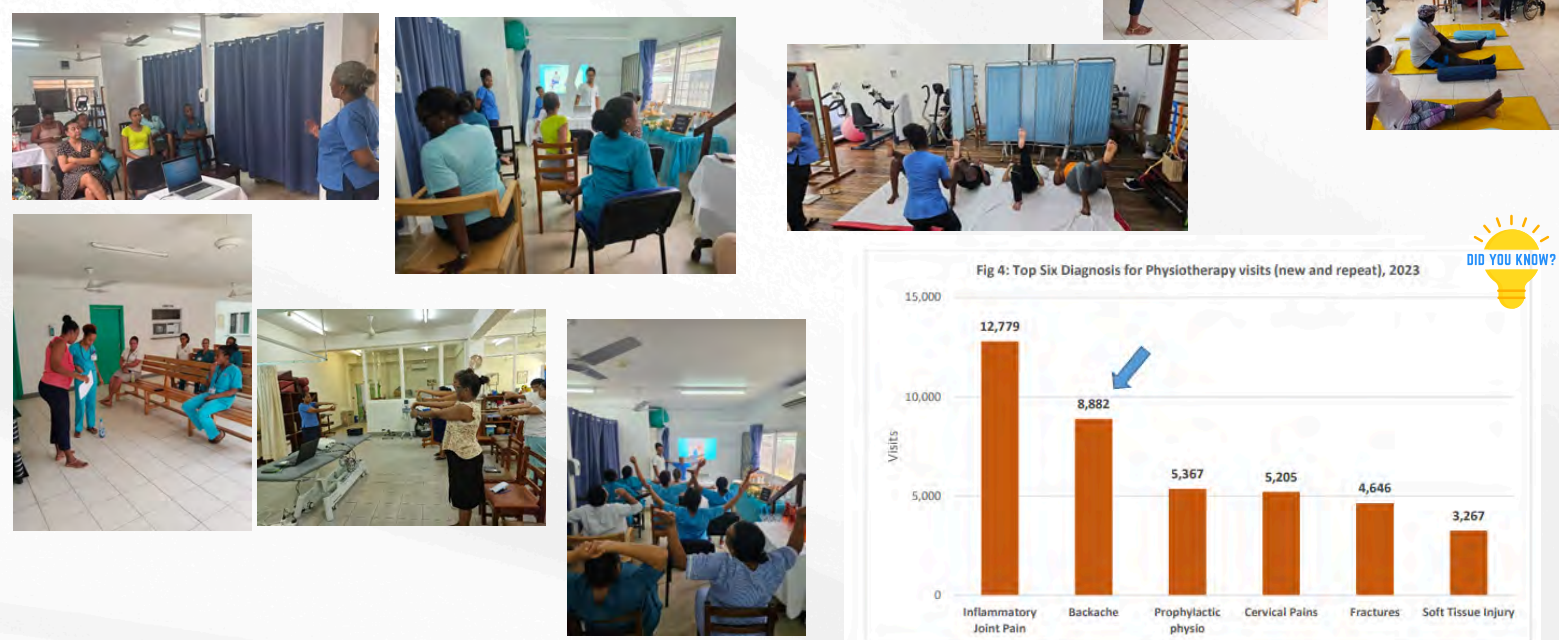
Benefits of Exercise

Physical	Psychological	Social
<ul style="list-style-type: none"> • Strength • Flexibility • Fitness • Weight control • Reduced disease risk • Balance • Function 	<ul style="list-style-type: none"> • Mood • Confidence • Clear thinking • Sleep 	<ul style="list-style-type: none"> • Independence • Meet people • Fun!

- Regular physical activity and exercise are important in the management of all pain.
- Doing exercise significantly helps reduce pain, more than paracetamol.

Activities for health professional cadres and patients

Ergonomic sessions –as one of the strategies employed to educate good practices.



Physio Staff Activity

Practising what we preach

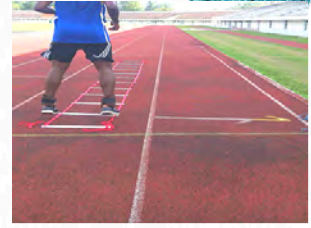


Hike from anse Marie – Louise to Anse Capucin Takamaka
A well deserved stress reliever after all the hard work and taking care of others.

Contributor: Nadia Valentin, Physiotherapist

PREHABILITATION IN SPORTS

The Power of Preventive Medicine



"Prehabilitation," or "Prehab," is a term gaining traction in the world of sports. It refers to a concept employed by Sports Physiotherapists with the primary goal of minimizing the risk of injuries. Prehabilitation is a tailored approach that involves risk assessment and the development of a specific exercise program for athletes, aimed at enhancing their functional capacity and reducing injury risk both during and off-season.

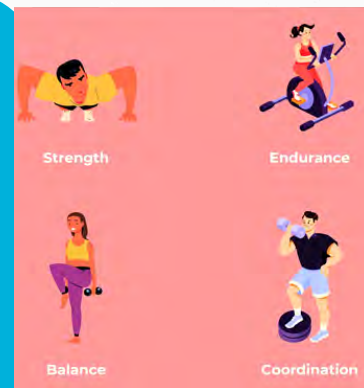
It is exercise training in Sports Performance preparation, involving strength and conditioning exercises for specific muscles that help to reduce injury risks, before an injury actually occurs. Prehab is Sport-specific and targets common injuries and strength imbalances that occur in the particular sport. Many sports involve contact that can result in significant injury to players. In addition, by their very nature, the vast majority of sports have inherent injury risks that can result from the most fundamental of movements, e.g., hitting the ball, running, sprinting, accelerating, stepping and changing direction, etc. Prehabilitation is thus the also a tool to improve the recovery post-surgical especially in the sports population.

By leveraging their knowledge of intrinsic and extrinsic factors contributing to sports injuries, Physiotherapists educate athletes on strategies to reduce the likelihood of injuries that could potentially impact their career longevity. The success of a Prehab program depends on the athlete's commitment and the Physiotherapist's ability to implement the protocol gradually. Periodic evaluation is crucial to refine the program as the athlete's needs evolve with consistent training.

Prehabilitation encompasses exercise training designed not only to prevent injuries but also to prepare athletes for peak performance. It addresses all components of fitness, including, but not limited to, strengthening and conditioning specific muscles, power, balance, proprioception, plyometric, agility, coordination, flexibility, cardiovascular endurance, speed, and reaction time.

Benefits of Prehabilitation

- **Builds Strength and Stability:** Focuses on strengthening vulnerable areas to reduce injury risk.
- **Enhances Flexibility, Mobility, and Balance:** Improves joint function and movement efficiency.
- **Reduces Injury Potential:** Addresses weaknesses and imbalances before they result in injuries.
- **Improves Posture and Alignment:** Ensures proper body mechanics for peak performance.
- **Sport-Specific Muscle Conditioning:** Helps muscles function optimally for better performance.
- **Promotes Recovery Post-Surgery:** Accelerates recovery and return to play after surgery.
- **Boosts Confidence and Mental Strength:** Increases awareness and confidence in one's body.



Prehabilitation is most effective when implemented during the off-season, but it can also be beneficial during the competitive season.

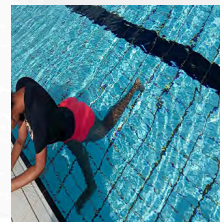
Sports Prehab Core Principles Chart

Core Principle

Description

Injury Prevention	Techniques and exercises designed to prevent sports-related injuries.
Strength & Conditioning	Training that enhances muscle strength, endurance, and overall athletic performance.
Flexibility & Mobility	Stretching and movement exercises that improve the range of motion and flexibility.
Balance & Coordination	Drills that enhance stability, proprioception, and overall body control.
Functional Movement	Exercises that mimic specific sports activities to improve overall performance.

Athletes can benefit from consulting a Physiotherapist to develop a Prehab program suited to their needs



SUICIDE PREVENTION AWARENESS

The month of September was Suicide Prevention Awareness Month and the actual 'World Suicide Prevention Awareness Day' was on the 10th September 2024. During this month of October, which is also the Mental Health Awareness month, the Mental Health Services (MHS) continues to promote awareness about suicide and about mental health.

The MHS joins the International Association for Suicide Prevention (IASP) and World Health Organisation (WHO) on raising public awareness, in various organisations, in the government, policy makers about suicide. This year's theme, also a triennial theme (from 2024 to 2026) is "Change the Narrative on suicide", which aims to help break the barriers such as stigma, to maintain creating awareness and to also cultivate in people a culture of understanding and support to prevent suicide. It is important to be aware that suicide can be prevented, and to be mindful of how to further reduce stigmatization and discrimination around it.

Suicide can greatly impact the emotional, social and economic circumstances of individuals and communities. Thus, together with WHO we call to action, to "Start the conversation". We aim to promote having open conversations to help prevent suicides, no matter how small the conversation. It is important to know that everyone has a role to play in changing the narrative on suicide. (www.who.int)

It can start with you by providing support to someone who might be struggling, by breaking the silence and asking 'are you okay?'. To get access to further resources to help assist you in reaching out to others who might be at risk of suicide, you can go to these 2 websites: www.iasp.info and www.who.int/mental_health/suicide-prevention/en/.

Please find below some further tips as shared by the IASP on how to reach out to individuals who might be at risk of suicide.

Contributor: Brigitte Gbilimou (Ms)



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"Stay tuned for more details coming your way via email!"

THANK YOU



August-October 2024

Find us on

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