



HEALTH MATTERS

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CHAIR'S MESSAGE



As 2018 draws to an end and Christmas is around the corner, HPC avails of the opportunity to wish all Allied Health Professionals and their families all the best wishes of the season. The time is most suited to express sincere thanks for all the hard work and professionalism shown by you all throughout 2018.

2018 has been a challenging year for HPC with change of office location, change of staff, election of new members at the AGM, amongst other events.

HPC remains as determined as ever to serve as the regulator for Allied Health Professionals, thus protecting the public and the professionals.

HPC wishes all Health Professionals a happy and prosperous 2019, filled with love, care and compassion.

Mrs. P. Rene

HPC ends year on a High!

HPC symposium: 'Allied Health Professionals: Meeting today's challenges'

The Health Professionals Council (HPC) organized a symposium under the theme; '**Allied Health Professionals: Meeting today's challenges**' on the **27th November 2018**. This was the last major event the Council organized for its registrants for the year 2018. The symposium addressed topics aimed at equipping registrants with the skills and knowledge to improve their practice.

The event was graced by the presence of the Minister for Health, Mr. Jean-Paul Adam and Senior Managers in the health sector. The Chairperson of the Council, Mrs. Patricia Rene, outlined the roles of different Health Care Professionals in her introductory address and stressed on the need for all allied health professionals to follow new trends, move with the times, and progress, in spite of the challenges. She encouraged registrants to refrain from just performing routinely but to promote their skills and competencies.

Minister Adam in his launching address acknowledged the wealth of talents, knowledge and skills in allied health professionals, and thanked all the hardworking professionals for their devotion to their work.

The rest of the day followed with presentations from six (6) charismatic speakers who touched on a range of issues. Dr. Agnes Chetty explained the story being conveyed by available data from different Allied Health Services, while Ms. Michelle Marguerite walked the audience through the newly promulgated Access to Information Act 2018. Dr. Emelyn Shroff then provided tips on effective presentation, followed by Ms. Joanne Pragassen who shared the Council's plans for Continuous Professional Development (CPD). The last part of the day's session focused on self-care and self-awareness, presented by Mrs. Desiree Hermitte and Ms. Anna-Lisa Labiche finally touched on the important components of a healthy and balanced life.

The symposium was held at Eden Bleu and was considered an inspiring event by most who attended.



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ARTICLES

HPC met members in Annual General Meeting

The Health Professionals Council (HPC) **Annual General Meeting (AGM)** was held on the **27th July 2018** at the STC Hall, Latanier Road. The HPC is guided by the Health Professionals (HP) ACT 2006, which clearly states that election shall take place in a meeting called for this purpose. All registrants were informed of the AGM via email, press releases and social media.

The agenda for the day was presented and accepted by the registrants present. The chairperson's report concentrated on the Council's Strategic Plan 2015 – 2020 and the achievements as per the Plan.

To strengthen the framework and capacity of the Council in order to ensure it delivers according to its mission, five (5) sub-committees were formed - each one headed by a chair and guided by specific mandates. They are (1) *Editorial & Public Relation*, (2) *Education & Training*, (3) *Finance*, (4) *Legal*, and (5) *Monitoring & Enforcement*.

The Chairs of the 5 different sub-committees presented a brief report on their achievements for the past 2 years. Amongst the many achievement listed, the Council stated that it managed to develop the *Scopes of Practice and the Standards of Competencies*, which every Health Professional must meet in order to register. CPD were also organized according to set guidelines and applicants' files were reviewed on a weekly basis. Furthermore, HPC reported that through inter-councils meetings, collaborations with other Councils in Health were further promoted and strengthened.

On the day, ten (10) new members were elected as per Act. They were **Corinne Lavigne, Lisa Chetty, Catriona Monthy, Lindy Poris, Nadia Valentin, Kenny King, Melina Amédée, Salim Ebrahim, Stephanie Desnousse & Alain Julie**. Three (3) additional members were later appointed by the Minister for Health. They were **Patricia Rene, Michelle Marguerite** and **Rodney Philo**.



Council's new members

According to the HP Act 2006, the Council has to submit a list of all registrants for the year ending 31st December to the AG's Office for publication in the official gazette. This was respected and due submission was done.



Registrants at AGM

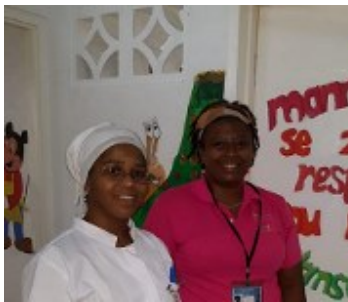
AUGUST RUSH



SPEECH PATHOLOGY WEEK

Throughout the year, speech pathologists strive to provide children and adults with speech, language, communication, voice, fluency and swallowing difficulties, with services aimed at improving their overall quality of life and wellbeing. However, every year towards the end of August these dedicated health professionals take the week to celebrate **Speech Pathology Week** and this year was no exception. During the week of **19th—25th August 2018**, the speech pathologists were engaged in a series of activities aimed at sensitizing health workers, day care providers and the general public on how to identify children with speech and language issues and how to successfully stimulate and promote language development amongst children.

Communication is regarded as a human right. Every year the unit sees an increase in the number of children being referred for assessment and intervention. Recent national reports indicated that a growing number of Seychellois children are entering crèche and primary schools with minimum speech and language skills. This is a growing concern for the speech pathologists as speech and language skills are required for academic success and even to participate in daily conversation. Given the limited number of speech pathologists currently working in the country, there is definitely strain on services and additional assistance is required so that the message, strategies and appropriate advice reach the population in need of the service in a timely manner. This is the why during that week special attention is paid to awareness raising and advocacy.



20th Aug—What a day!!! 7 children seen while doing their DDST assessments or weight checks; an additional 11 seen in a special speech clinic. Thank you Anse Boileau Health nurses/team.



21st Aug—was on K-Radio with Sylvie.



22nd Aug—Mass at Good Shepherd.



24rd Aug— engaging children in activities to stimulate their language skills, at another Day Care.



The team



23rd Aug— stimulating children's development through play and songs, at a Day Care Facility.

SEPTEMBER NEWS

World Physiotherapy Day 2018

The commemoration of the World Physiotherapy Day of 2018 was again a great success. It was celebrated through a week of activities, around the country. As recommended by the World Confederation of Physical therapy, the Seychelles Physiotherapy Unit did not miss the opportunity to raise awareness of the crucial contribution the profession has to patients and the community.

The main highlight of the week was a CPD session, which promoted awareness of the challenges that persons with physical disabilities encounter in their everyday life. The session was aimed at helping to eliminate barriers so as to allow people with disabilities to enjoy a more pleasant and healthy lifestyle.

The session was interactive and all present were eager to join the fun.

The Unit is looking forward to many more of such opportunities in 2019 so as to continue in their quest of advancing their expertise.



Advice from Physio

Look after your Physical Health in 2019

If you have been battling injuries or illness make a resolution to better manage or continue to manage these as best as you can in 2019.

If you don't have any particular health issues, then choose a physical activity that you enjoy and get at it.

We suggest the following resolution;

Accumulate 2-5hrs of moderate intensity physical activity each week

Do muscle strengthening exercises on at least 2 days each week

SEPTEMBER NEWS



Pharmacists our Medicines Experts



The main message echoed on the **25th September 2018** - World Pharmacists Day - was **"Pharmacists: your medicines experts"**, which was also the chosen theme for this year. Pharmacists are qualified health professionals, who with their knowledge and advice help ensure that the right medicine is dispensed in the right dose and form as a mean of optimizing treatment for individuals in need, according to Dr. Carmen Peña (president of the International Pharmaceutical Federation - FIP). **Pharmacy Technician Day** was celebrated exactly three (3) weeks later, on the **16th October 2018**.



The pharmacy team encourages people to ask questions about medicines they are prescribed and talk to their health care providers (e.g. doctors) prescribing the medicine if they have any queries or concerns about their prescriptions. The team also urges patients to check that their prescriptions are written clearly prior to leaving the consultation room as if the writing is illegible most probable people at the pharmacy would not be able to read it as well. Many other tips were shared over the three week including;

- Read and save the information that comes with your medicine.
- Keep a list of all the medicines, vitamins, and dietary supplements or herbs you take.
- Store all medicines in one designated dry and cool location. Kitchens and bathrooms are not recommended places due to heat and/or moisture.
- Make sure medicine does not freeze if stored in the refrigerator.
- Dispose expired medicine or those discontinued by your doctor safely .



PHARMACY TECHNICIANS

- Review prescriptions for legal requirements and technical accuracy
- Train patients on medical devices including inhalers, glucometers and blood pressure monitors
- Perform final accuracy check on prescriptions
- Prepare and Check Blister Packs

PHARMACISTS

- Perform therapeutic review of all prescriptions and review any drug interactions
- Explain the interpretation of results from all devices to patients
- Counsel patients on use of medication
- Individual Patient Medication Reviews

**WORKING AS A TEAM TO IMPROVE
PATIENT CARE AND SAFETY!**



OCTOBER HIGHLIGHTS



OCCUPATIONAL THERAPY CELEBRATES OUR GLOBAL COMMUNITY



“Celebrating our Global Community” was the theme under which the Occupational Therapy Day, was commemorated this year. On the actual day, **27th October 2018**, the Occupational Therapy (OT) team spent time with children at the Saint Elizabeth orphanage in a fun therapy day. Through the activities the children strengthened their fine motor skills, eye hand coordination, social skills, and cognitive skills. The older ones even learnt how to do simple needle work.

The OT team not only works with children but also adults. On the **25th October** the OT staff visited the Union Vale Elderly Home, where they engaged residents in a series of activities through Renaissance. Residents had the opportunities to reminisce about the past, look through old pictures, discuss use of medicinal plants and also participate in physical activities aimed at maintaining their health and general well-being.

In a communique, Mrs. Fiona Paulin, an occupational therapist, stated that “our global community is growing – and Seychelles is proud to be a member of this community. World Occupational Therapy Day is the opportunity to heighten the visibility of the profession’s development.”

With the support of the Seychelles Occupation Therapy Association (SeyOTA) and that of the Ministry of Health, OT staff members have proven year after year, how through different forms of intervention they offer, bring life back to clients or patients who had previously felt that they could not live life to the fullest due to a disability. According to Dr. Erna Athanasius, the OT Team provides daily [services] to try and improve the lives of, not only the patients they share, but also that of their families, who learn to cope with the particular disabilities that their children may endure”.



While Medicine adds days to your life; **Occupational therapy adds life to your days!**



NOVEMBER HIGHLIGHTS

National Psychology Week 2018

Psychology, the scientific study of human behaviour, is important in everyday life. 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 relatively 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 positive outcomes and long lasting impact that psychological interventions can have. In many cases, people or organisations who could potentially benefit from these interventions do not consider this as an option either because of a lack of awareness of what the field of psychology can contribute or from a sense of stigma. Therefore, there is a need for a wider understanding of what the practice of psychology is, and the breadth and depth of services that well-trained psychology professionals can provide.

In line with these identified needs, a group of psychology professionals came together to organise **National Psychology Week** from **9th–16th November 2018**. The aim was to raise awareness about psychology in general, with a focus on the scope of psychology in practice, as seen through the work of psychologist professionals in the different specialisations within the field.

A number of different activities were organised, including:



Man to Man - Creating a safe space for men to come together in a relaxed environment to connect and share personal experiences and viewpoints.

Word Up – A special edition of the event organised by the Meraki Foundation on the theme of mental health.

The role of play in development – A workshop for early childhood professionals focusing on the importance of play, including pretend play and outdoor play, for the development of young children.

Careers in Psychology: Meet the Psychology Professionals - Students and Careers teachers met Seychelles psychology professionals in a 'speed-dating' style event to find out more about the profession.

Public Presentations – focussing on 'The impact on children of conflict in couples' and 'Positive Psychology'.

Zumba in 'Bouze!' - Psychology professionals joined the Thursday afternoon Ministry of Health 'Bouze' Activity at Stad Popiler with a special 'Zumba with Samanta' session.

The Truth about the Thinking Mind – Psychology Edition of the HPC CPD Series

Psychology professionals were also active on radio and television, sharing information about psychology with the public.

National Psychology Week is expected to become an annual event in Seychelles, where every year the theme and content to be explored will be selected to reflect the community's needs.





SPOT

Benefit Event held in Solidarity of Patients

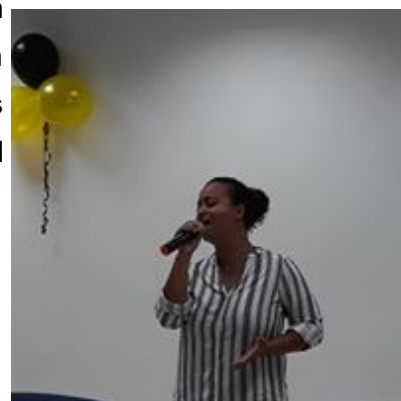


Faithful members, supporters and friends of the Seychelles Patients Association gathered at Sheik Kalifa (Seychelles Hospital) on the 7th December 2018, to commemorate **Patient Solidarity Day**. This was the first time ever Seychelles celebrated this event, which took place under the theme “**Safe Medication and Healthcare for All**”. Seychelles Patients Association in partnership with the Ministry of Health organized a benefit event where emerging and established local talents performed a series of poetry, songs and dance. The aim of the benefit was to raise fund, to create patient friendly information materials as part of a project instigated by the association.

In his address, Mr. Jean-Paul Adam, Minister for Health, reaffirmed the works that the ministry is currently undertaking to ensure that it procures the best quality of medicines for its patients. In her message of hope, Mrs. Bella Henderson prompted that support provided to patients is equally important, to help them muster inner strength to face their challenges.

This year marked the sixth year the day has been commemorated worldwide. The Seychelles Patients Association, a Non-Governmental Organization formed in 2015, hopes to continue its mission in advocating for patients with different illness and conditions. This organization aims to address matters relevant to patients, here in the Seychelles, while adopting a person-centered care approach.

After weeks of planning this day was surely a proven success.



SPOT

HPC encourages Continuous Professional Development

Continuing Professional Development (CPD) can be defined as **“a range of learning activities through which health professionals maintain and develop throughout their careers to ensure that they retain their capacity to practice safely, effectively and legally within their evolving scope of practice.”** (Continuing Professional Development and your registration. Health & Care Professions Council. Information for registrants; HPC UK). CPD is one of HPC's standards and since last year (2017) several sensitization sessions had been organized for HPC members to increase their knowledge on the topic. During these sessions, the *'Guide to our Standards of Continuing Professional Development'* booklet was also distributed amongst attendees for their own records. Printed copies of the booklet are available to registrants at the HPC office.

CPD is important for all health professionals not only to stay abreast with the latest research and development in their respective fields but also to guide evidence-based practice. All members are being encouraged to complete as many CPD activities as possible and to keep records of their attendances in a portfolio. Registrants are also being called to familiarise themselves with the concept as HPC works into making CPD mandatory for continued registration. All allied health professionals should keep updating their portfolio with new activities over their two-year membership.

A range of CPD sessions facilitated by different cadres affiliated with HPC were also organised this year (2018) on a fortnightly basis - Friday afternoons - at the MoH headquarters. All registrants were informed about the topic being presented via email and/or social media. All those who attended were given an attendance form to include in their portfolio.

HPC is currently working on the next phase; to finalise the process of CPD point system, which will enable the Council to assess whether or not a health professional has completed sufficient number of CPD hours to meet the requirements for re-registration. This will only come into force once all registrants have been sensitised about the requirements of such a system. For now, members are strongly encouraged to maintain records of all activities in their portfolio together with evidence of these activities ready for submission when they need to renew their registration.



TIPS

Festive Season Healthy Eating



The festive season is upon us once more and during this time many people are faced with the dilemma of overeating and binge drinking. But why not take a healthier approach to what we consume during the holiday season and beyond? Many people might say it is hard for them to eat healthy because they do not wish to stop eating their favorite foods. The good news is that you do not have to give up on what you love to eat. After all, it's all about moderation and eating mindfully! You can still enjoy your favorite goodies occasionally, but in moderation. Try out some of these tips below and avoid the usual blunder of this special time

of the year.

1 *Never Arrive at the party hungry*

Hunger often leads to overeating, especially when there is a lot of food available. If possible have a healthy snack at home before going to the party (e.g. wholegrain sandwich, yoghurt and fruits, etc.). If for some reason you do arrive hungry, then drink some water first before turning to the food table.

2 *Divert Your Attention*

Many of us forget that there is more to a party than just food and drinks. Enjoy your friends' company or dancing. Take the time to appreciate spending time with your family and friends, and find ways to keep yourself entertained (i.e. through conversation and dancing). Try to focus on something other than food.

3 *Don't eat everything!*

Parties with a buffet table often spells disaster for many. But just because it is a buffet it does not mean that you have to put everything on your plate as it can quickly lead to overeating. Choose a little bit of your **favourite foods**, including some vegetable options to help keep you full rather than large portions of all the food available. Try to stick to a smaller plate!

4 *Eat mindfully!*

Mindful eating involves 'listening' to your body. Are you actually hungry or are you just eating because the food is there? Being mindful also means taking time to eat without distractions, chewing slowly and pausing between mouthfuls. This will allow your body to know when you are satisfied and helps prevent overeating.

5 *Limit alcohol*

Alcohol is high in calories but this will increase even more depending on what is added to it. For instance, adding juice or fizzy drinks can add an extra 150 calories. It is better therefore to mix with either water, soda water, lemon juice (fresh) or ice cubes. Remember to drink water in between alcoholic drinks to keep your body hydrated. Avoiding alcohol completely is best as it will help you to control what you eat and how much you eat.

6 *Stay active!*

Festive season is **not** an excuse for you to stop all forms of physical activities. Continue with your routine as much as possible. Why not go out for a walk as a family after lunch? Or better yet head down to the beach for a swim.

TIPS

Festive Season Healthy Eating [cont...]

7

Choose healthier Options

Most parties will have a variety of food options so try choosing more of the healthier options like **salads, fish, vegetable dishes**, etc... Also try to limit your intake of desserts and sweets. You can also volunteer to bring along a healthy meal from home to the party.

8

Control your portion size

During this time of year know that you will have many opportunities to eat festive snacks and desserts. So avoid overdoing it at all parties you attend. Of course there is no need to deprive yourself just simply keep to smaller portions of especially high-calorie foods.

9

Be a careful cook

If your Christmas duties include cooking lunch, then try your best to avoid food poisoning. To minimize the risks, don't leave food out all day. Put out small amounts at a time, so that what is on the table has just been cooked or just come out of the fridge. Ideally, try to use any leftovers within 48 hours or freeze them. As for the chicken or turkey, always defrost it in the fridge, allowing 10 to 12 hours per kilo and do not wash the bird, as this can spread bacteria around, which will be destroyed by cooking anyway.

10

Bring Your Own Treats

When invited to a party, consider bringing a low-calorie treat that you know you'll enjoy. Bringing your own dessert will make the more fattening alternatives less tempting. Dessert does not have to be something filled with sugar and fat! A fruit platter, fruit salad or fruit kebabs are attractive and healthier options to try. You might be surprised at how many people want to try your dish!



Healthy for the Holidays



SAFETY

Stay Healthy & Injury-free this Christmas

The Christmas period can be a wonderful time of fun, family, friends, food and relaxation. So to ensure that everyone spend a memorable holiday we have put together some tips to help you stay in control of your health this Christmas!!



Listen to your body even when shopping.

Shopping is addictive and Christmas shopping till the last minute could mean ending up with a shopper's shoulder. Try to split the load between bags and share this evenly between both arms. You could also use a backpack. This will help to evenly distribute weight throughout your spine.

Ensure safe lifting technique

Be careful how you lift all those heavy boxes. Be aware of the best lifting techniques always –keeping the feet wide apart, bending the knees and maintaining the natural curve of the spine always. If need be, seek for help from another person to assist with the lifting.



Watch out what you drink

Alcohol can be a major factor of many injuries over the holiday period. With alcohol consumption comes impaired judgments, reduced steadiness, incoordination and reduced inhibitions. So without trying to sound like the Christmas Grinch, perhaps think about what activities you do and take care if you choose to drink.

Look after the little ones

New toys and the joy they bring can be very exciting but remember always safety first. Don't forget helmets and guards to protect from falls and crashes. Important also to limit sitting time with Legos and video games as physical activity is equally important. Ensure the kids remain active.



Reduce your risk of fall

Offer clear pathways in and around the home. Furniture, boxes, cords and clutter can cause easily prevented falls. Always secure rugs. Spills often happen during gatherings- cleanup should happen swiftly to avoid slips and injuries.

Be mindful of the footwear's

We all enjoy dancing all night long when it comes to Christmas or New Year's party. We want to look our best, and often sacrifice our feet/legs by wearing sky-high stilettos with a very thin heel. This pre-disposes our body to sprains or strains. So better try wearing a lower heel or wedge which would help increase the stability and likely prevent an unwanted sprain or strain from happening.



**HAVE A SAFE FESTIVE PERIOD AND WISHING YOU A HEALTHY
2019!!**

NOTICES

It is your responsibility as an Allied Health Professional to ensure that your registration with the Health Professionals Council Seychelles is current and valid.

It is against Seychelles' law as an Allied Health Professional to practice without valid registration.

(Health Professionals Act 2006)

For more information on your registration status,

Visit our [online register](#)

or

Contact the HPC Registrar on

Tel: (+248) 2303745

Email: registrarhpc@health.gov.sc



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For all the latest news pertaining to HPC registrants, complaints and disciplinary actions.

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