

# HEALTH MATTERS



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## HPC E-voting: Almost Here



**COVID—19**, a common word introduced in the global vocabulary as from the beginning of 2020. Seychelles got its first dose on the 14<sup>th</sup> March 2020, forcing the country into a partial lockdown of its borders and internal movement

restrictions. Its effect is unprecedented and life changing. For some, COVID—19 has changed the world, for the better whilst others have been negatively impacted to various degrees. What is clear is that it is too new and its impact is still not fully unfolded for the world to draw a conclusion.

Nonetheless, COVID—19 has forced each one of us to stop, think, and analyze our way of doing things. The pandemic to many is a call from mother earth to give our planet a rest.

The Council has not been spared of the effects of the pandemic and has also had to relook at some of its procedures to adapt to the new normal especially those related to the election of new members.

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## HPC voting Process

**Coming Soon**



**HPC's Board Election 2020**

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## HPC e-voting: Almost Here

Schedule 2 of the *Health Professionals Act 2006* clearly states the composition of the Council, and requires that 10 members are elected:

*“10 members elected by the Health Professionals from any category of Health Professionals specified in Schedule 1 who are registered or deemed to be registered under this Act at a meeting called for this purpose”.*

Usually the election takes place in a general meeting where all registrants can congregate and cast their vote. However, considering the new normal situation that we are in, the HPC had to seek special advice and authorization from relevant authorities, including the Public Health Commissioner's office on how to go about conducting the election. Different options were explored and going digital was in the end the most suitable solution.

Therefore, the election due this year, is going to be through a digital format. The decision was taken after different consultations to analyze the technical requirements, the legal and resource implications. Since this is a first for the Council, the Council is determined and eager to mitigate all risks and ensure a smooth process as it endeavors to stick to the established schedule so that the election can take place within the required time frame.

So far, the nomination process has been completed and nominee profiles have been published.

These nominees and respective profiles are featured below:

<b>Laetitia Adrienne</b>	<b>Melina Amedee</b>	<b>Nicholas Atala</b>
<b>Rosemay Benoit</b>	<b>Emma Cadeau</b>	<b>Maeve Carolus</b>
<b>Lisa Chetty</b>	<b>Monica Desir</b>	<b>Jeanne Fanny-Al-Abdulla</b>
<b>Leeroy Gedeon</b>	<b>Hermann Holst</b>	<b>Morison Julie</b>
<b>Marie Michelle Lailam</b>	<b>Laureen Larue</b>	<b>Gerard Louange</b>
<b>Shirlyann Mothee</b>	<b>Corinne Ryan</b>	<b>Emelyn Shroff</b>
<b>Nadia Valentin</b>		

The HPC is now appealing to all HPC registrants to ensure that their registrations are up-to-date and their email addresses valid, which is a requirement to be able to cast their vote.

Below is an overview of the continuum of activities required up to the final voting results.

Activity	Timeframe
<b>Confirmation of valid voter information</b> All required documents for registrations and renewals must be received by HPC Names and valid email addresses confirmed by registrants to HPC	<b>26<sup>th</sup> August (deadline for submission to HPC)</b>
Voter registration on the online platform	7 <sup>th</sup> to 13 <sup>th</sup> September
Verification of voter registration list	14 <sup>th</sup> to 18 <sup>th</sup> September
Voting (online)	21 <sup>st</sup> to 27 <sup>th</sup> September
Publication of voting results	29 <sup>th</sup> September

Challenges are present and foreseen as the process moves forward but the Council has a committed team and counts on all registrants to make sure that they take their responsibility to follow the requirements of participation so as not to be disappointed. Stay tuned and updated on the latest information about the e-voting process and make the right choice when casting your votes.

## Nominees for the Election



# HPC Board Members Election 2020

After having served for a period of two years, it is now time for a new board of allied health professionals to be nominated and elected. In a few weeks registrants will be given the opportunity to select members of the new board through an e-voting process. In the meantime meet the nominated candidates:

**Laetitia Adrienne**



"Thank you very much for nominating me on the Health Professional Council.

Being a young professional, I have since joining the Department of Health, devoted myself in upholding its ethical values. I would therefore, be very honoured to serve on the Council in the furtherance of its mission of ensuring the competency of all health professionals in Seychelles and ably assist in elevating the standard.

I believe that by working diligently with other members of the Council, my contribution in sharing novel ideas would enhance the excellent work presently being undertaken by the latter. I am prepared for any responsibility that would significantly contribute towards much more energy and ideas for a better coordination and advancement of our allied health professionals."

**Jeanne Fanny-Al-Abdulla**



"My name is Jeanne Fanny-Al-Abdulla. I have a BSC in Biomedical Sciences and I am a registered Laboratory Technologist. I am currently working as a lecturer at the National Institute for health and social studies (NIHSS), where I have been teaching in the same field for 13 years. If I am elected as a HPC member, I wish to bring more sensitization of HPC regulations to the students so that they can be instilled with the savoir-fairs of a good HPC members at the earliest."

**Melina Amedee**



"My name is Melina Amedee, a speech pathologist by profession and also a current HPC board member where I actively ensured regular publication of HPC newsletters, and Facebook page and website updates. I am a passionate and hardworking individual who strongly believes that allied health professions and its professionals merit strong visibility and the highest possible level of recognition as they are the core of the health system. I strive to aspire, empower and elevate the people I work with so that we move forward as a team through active engagement and collaborative effort, effecting the change needed for development and growth. Vote for me, vote for progression."

## Nominees for the Election



**Nicholas Atala**

“Upholding the standards of health services by monitoring staff performances. Finding new ways to promote health services and reinforcing ethical issues relating to patient confidentiality.”



**Rose-may Benoit**

“I am a competent and hardworking individual who is passionate about improving the health system and I share the vision of the Health Professionals Council. I will play a vital role in ensuring that we, as health professionals, promote and uphold the service that we provide to the highest level. Together we can improve our standards and guarantee that the public is satisfied with what we have to offer across all scope of practice. Vote for continued success in the Seychelles health care system!”



**Emma Cadeau**

“During my two years working as a Provisional Psychologist at the Ministry of Education and Human Resource Development, I came to appreciate the importance of collaborating with other allied health professionals to continue to maintain as well as improve the standards set for service delivery. As a council member, I would contribute the perspective of an allied health professional working outside of the government health system, and I would consider cadres that are least represented within the council. I am driven, with significant communication, conceptual and organizational skills. I am well versed in regard to issues of confidentiality; my aim is to model high standards of ethics, integrity and professionalism in the work that I deliver. Honesty, respect, accountability, efficiency and effectiveness are values I maintain and wish to pass on to my colleagues. I am confident that I will be an upstanding participant in upholding the standards of practice for all allied health professionals.”



**Maeve Carolus**

“Maeve Carolus senior dental therapist obtained certificate in dental therapy in 1984 from the School of Dental Therapy – Tasmania Australia. She completed her studies in Bachelor of dental therapy November 2019 with the University of, Kwazulu Natal, South Africa.

Started employment 1979 and has 41 years working experience with the Ministry of Health. She has held the posts of dental surgery assistant, dental therapist and dental therapist/hygienist.

She has experience in; practicing dentistry on children in both, health centres and school settings, planning and coordinating of oral health promotion activities at both national and community level for the school dental services. As a health professional she is committed to serving our people with the highest possible standard of practice and care upheld by the Council. She is also dedicated to providing support to health professionals and addressing issues affecting them.”

## Nominees for the Election



**Lisa Chetty**

"I have been practicing Optometry for the past 17 years. My experience spans both within the National Health Service and the private sector. I practiced Optometry in the UK for a number of years and later returned to Seychelles. I have been working in my private Optometry Clinic for the past 4 years and also dedicating my time as a member of the Health Professional Council.

Over the last two years, the Health Professional Council has achieved many goals that it has set; standard operating procedures to ensure consistency in all operations conducted by the council, amendments of the Health Professional Act, ensuring continuing professional development of every member as examples. Over the last few months, I have dedicated time to our new Strategic Plan for the next five years and continuity of the work is of utmost importance to achieve our mission of "protecting the public by promoting the highest professional standards." I will continue to commit my time to the Health Professional Council so that we can keep moving forward, reaching each single milestone ahead of us."



**Monica Desir**

"My name is Monica Desir and I am a Biomedical Laboratory Technologist. I graduated with a Bachelor degree in Biomedical Science 2 years ago and since then I have been working in the Microbiology department of the Clinical laboratory at the Seychelles hospital. I contemplate myself as a person with clarity, decisiveness, exhibit courage, display compassion and possess humility. My daily task involves performing routine tests which helps in the management of a patient's health and also contribute to the quality management of the department and the laboratory. Like any other allied health professions our role are not widely advocated and promoted which I believe needs to be changed. Driven by passion and ambition I'm aiming to pursue a master's degree within the next few years and hopefully develop my department towards a more automated approach. Apart from work, I love to read books, watch movies and hang out with my loved ones."



**Leeroy Gedeon**

"Having served the public as a Biomedical Laboratory Technician for 10 years, I believe being a member of the council will enable me to better promote my profession, raise the standards and assure that quality assurance is met. If elected this will also enable me to be a voice to express the concerns in the hope of improving any short comings of my fellow registrants."



**Hermann Holst**

"My name is Hermann Holst and I am the owner of Vision Care Seychelles. I have been practicing for more than 35 years and have been in the country for 18 years now.

I do have a strong interest that the level of our health and allied health system does not decline and needs to be regulated. I am a firm believer in quality health care and the protection of the population against mal practice. I have served on the board of the International School of Seychelles for three years and I have been one of the first members of the Allied Health Council."



## HPC election

## Nominees for the Election



**Morison Julie**

"I am diligent and enthusiastic Biomedical Laboratory Technologist, who is very passionate about my field of work. I work in the Clinical laboratory department, specifically in blood transfusion serology lab. As a new elected member of the HPC, I will undoubtedly help promote employment and professional standards for Seychelles members of Allied Health professionals. And further advocate and encourage with the actual standards that covers health professionals' education and training, behavior, and their professional skills."



**Marie Michelle Lailam**

"The main purpose of the Health Professional Council is to protect the public – standards of proficiency, regulating performance... All of the above is as per expectation of any Health Professional Council, but a key point that I personally would like to emphasize on, is that ultimately the council through its various functions is in fact **upholding and uplifting the standards of Health Professions** it is registering. I would like to ensure that these standards are being excelled and maintained to their highest, and to their latest updates. If a scope of practice needs to be updated, broaden; it has to be a priority. I would appreciate the opportunity to act as a communication hub for clients, patients, registrants for all professions for the benefit of the public and indirectly the health professionals. THE VOICE."



**Laureen Larue**

"A highly dedicated, ambitious young woman. Capable of demonstrating good working ethics, accuracy and efficiency. Hold excellent capabilities as a team player in the use of creativities. Head strong and highly passionate about others, with great communication and interpersonal abilities and are excellent in solving problems. With your vote! The Creative soul will help HPC Council to move forward for a better future."



**Gerard Louange [Optometrist]**

- 1) Dedication and longtime passion for the Allied Health profession, in general
- 2) Longtime experiences as committee member and past-president of a professional association.
- 3) Ready to share skills and expertise acquired overseas in professional regulation laws and ethics.
- 4) Great ability to work in as a team member.
- 5) Devotion to contributing to the country's improvement of its professional health and allied standards.

## Nominees for the Election



**Shurley Ann Mothee**

"I am a hardworking, flexible and honest individual with a good sense of humor, I have experienced working as part of a team and individually. If I am elected I will be able to advocate for my fellow colleagues that may have issues related to work."



**Corinne Ryan**

"My name is Corinne Ryan. I am a pharmacist by profession. I was also the registrar and member of the HPC previously. I am interested to join the Health Professionals Council again as I feel that my previous experience, exposure and knowledge can help contribute to the fast growing council."



**Emelyn Shroff**

"My name is Emelyn Shroff and I hold a Ph.D. in Life Sciences with post-doctoral experience in the field of cancer genetics. I am currently working with the Public Health Authority as the Director of Research. I have a vast research experience in biomedical and operational research working internationally and locally. If elected, I would promote for HPC to continue operating at a high level of professionalism and ensure that competent candidates are registered to deliver high standards and quality of services to the population of Seychelles."



**Nadia Valentin**

"Actually serving a two-year mandate on the council, I have had the opportunity to share, participate in various initiatives and projects with a great team. During that time HPC has started an important job of upgrading standards through the development of SOP's to ensure such are established and maintained. Therefore, another mandate with the council will ensure continuity of this process."

I am also a strong believer in continuous development as being advocated by HPC, through this platform I am therefore in the unique position to serve its many causes better."

## FEATURE

## Mr Scharfenberg: “My Personal Experience during the COVID-19 Partial Lockdown”

One week before the Covid-19 partial lockdown, I received an email from Department of Risk and Disaster Management (DRDM) seeking for assistance. Despite still having to work during the partial lockdown to ensure that our Allied Health Professionals were being registered and heading to work with a valid HPC Badge, I decided to volunteer and devote whatever free time I could allocate with DRDM in hope that I would be able to do more for my country in its time of need. In our first introductory meeting, I was glad to see so many volunteers coming from different departments with vastly different professional backgrounds, which greatly diversified the group of volunteers.

Each volunteer was assigned to a team with specific tasks that reflected their capabilities to greatly improve efficiency. I was lucky enough to experience working in two teams.

I first started with the “Operations Cell” team, which was in charge of filtering essential and non-essential applications for ‘road’ passes. We ensured that all pertinent information was included in the application forms and all necessary documents were indeed provided.

Within two weeks of working as a volunteer, I was asked to assist the “Planning Cell” team with data entries. This team’s main focus was to enter data of companies/organisations that have requested ‘road’ passes from the “Operations Cell” and as well as data received from the “Communications Cell” team, which mainly answered phone calls. We recorded any bits of useful information and passed it on to the concerned team.

The “Communications Cell” was at the frontlines of DRDM, taking the full blunt force of the angry, worried, desperate, concerned individuals. The team portrayed an amazing performance, ploughing through all the stressful and difficult calls, with the DRDM staff by their side for support and was able to acquire all, or at the very least, the majority of information required.

With Data entry and handling in Microsoft Office Excel being one of my strong suits as an Administrative Officer, I was glad to see that my contribution to the team not only assisted the process but greatly improved the data entry speed for everyone in the “Planning Cell”. The excel formulas and conditions I implemented in the databases to Automate most data entry and eliminating some of the possibilities of human error. It was unfortunate that I only realised how much I could have contributed to the “Planning Cell” two weeks after it all started.

Working with DRDM as a volunteer was an excellent exposure for me. Despite being an introvert, meeting and working with so many amazing and devoted individuals was a very good experience. I will most definitely stay as an on-call volunteer should DRDM ever need “extra hands on deck”.

I did it all not expecting any rewards or compensations in return. The experience gained and the sole idea of doing a bit extra, not for my government, but for my country was rewarding enough.





## Spotlight

## *Keeping Our Heads Above Water During COVID-19*

This year has brought with it many surprises and keeping our heads above water requires an ongoing game of re-inventing ourselves, adapting to changes and keeping ahead of the 'game'. Private eye care services such as Visus Optical, have indeed faced a challenging time as the business falls both within medical and the retail sector. The latter being the optical aids that are sold and is the core that keeps the business afloat. Similar to the majority of businesses that rely on importation of their products, optical aids (frames, lenses, contact lenses) also need to be imported. Unfortunately, Covid-19 sent so many countries into lockdown to contain the spread of the virus, hence affecting the supply of optical aids on two different levels; lenses could not be manufactured while employees were required to stay home and shipping of the products were severely delayed due to cancellation of flights.

Running a private clinic has been a tough situation, but the novel virus has also created a situation where private and national health services have supported each other. As such Visus Optical remained open throughout the entire restricted period but with appropriate precautionary measures in place such as;

- seeing patients with only urgent conditions
- in cases where the patients were very concerned, they were consulted over the phone and requested to send a photograph of their eyes on Whatsapp. A decision was then made on whether an appointment was required. In quite a few situations, the concern was not serious and advice was given over the phone
- all routine appointments were postponed until restrictions were lifted.

The novel corona virus, as its name describes, meant that everything surrounding how we handle it has to be constantly updated and adapted. In the beginning of March, before the country went into restriction of movements, Visus Optical familiarised itself with precautionary measures that optical practices abroad were putting in place and this has been constantly evolving until now. Notices have been fixed on doors, pedal operated bins put in stores, face masks and hand sanitisers for the patients are being made available. Other adaptations such as spacing out the number of patients seen during the day to limit the number of people in the waiting area, allowing extra time for cleaning and disinfecting procedures between patients have also being done. Unfortunately, businesses have also increased their prices to be able to sustain all these extra costs sustained from different angles; from the new measures put in place, increase in shipping costs and increase in foreign exchange rates.

Despite all these setbacks, most clients have been very patient and understanding. While we learn to adapt to the new situation, we also regain our momentum and Visus Optical will continue to reach out to all those in need of its eye-care services.



## ARTICLE

## Visit to Praslin to assist Renewal of Registration



An official working visit to Praslin was organised by HPC on Tuesday 25th August, 2020 with the aim to facilitate the registration and renewal of registration amongst its registrants. A team of four HPC board member from the monitoring and reinforcement sub-committees (Mr Kenny King, Mr Alain Julie, & Mr Salim Ebrahim) and the Admin Officer, Mr Loic Scharfenberg stationed at the at Physiotherapy unit of the Baie Ste Anne Hospital to welcome and assist registrants with the renewal and registration process. However, only four registrants turned up for the process. The poor outcome based on reports was related to poor communication. Registrants on Praslin informed the team that they barely receive messages disseminated by HPC. HPC uses emails as its main communication portal to inform its registrants of any news and/or development. Praslin registrants report that they often do not receive emails, and that their internet connections are often poor and/or slow making access difficult. According to Mr King this is something the Council needs to address to ensure that information reaches all registrants. Mr Salim suggested that the Council revisits how information is being disseminated to its registrants and other means other than emails are adopted to help ensure that registrants receive messages / information. Currently HPC disseminates information via emails, its Facebook page and website.

The team reported that most of the registration received on that day were expired and required re-registration. Failure to re-register was attributed to COVID situation in the country. Registrants are being encouraged to maintain their registration in order to practice. Registrants who are experiencing difficulty to renew their registration are encouraged to contact the HPC's office for assistance.

Registrants are also encouraged to ensure that their email address are current and that they access their emails often to check for current information and messages.

Email: [registrarhpc@health.gov.sc](mailto:registrarhpc@health.gov.sc)

Ph: 4303745 / 2606128

## A Remarkable Health Worker Retires



It was in February 1986 that Ms. Carmel Constant joined the Physiotherapy Unit, Ministry of Health. Thirty-four (34) years later as she retires, she describes her career as a remarkable one, which has groomed her into becoming a more compassionate and emphatic person.

Over the years she has gathered fond memories from different work settings. The one closer to her heart are the days spent at the North East Point Rehabilitation Hospital. She loves to think back on her experience of helping stroke patients become more independent and venture back into society. She occasionally bumps into patients in town who would thank her for her support and guidance during their stay at the hospital.

She also enjoyed going on home visits where she would not miss the opportunity to educate not only her clients but the household to ensure continuity of treatment till her next visit.

Ms. Carmel would be greatly missed by her colleagues who describe her as a person with positive attitude and an abundance of energy.

We would like to wish Ms. Carmel a wonderful retirement— Enjoy your never-ending vacation!



**“Ms. Carmel Constant-Thanking you for your dedicated service!!”**



## Campaign

# World Breast Feeding Week 2020

World Breastfeeding Week (WBW) is celebrated annually from 1st to 7th August, to commemorate the signing of the 1990 Innocenti declaration by policymakers, WHO, UNICEF and other organisations as a means of protecting, promoting and supporting breastfeeding worldwide.

The theme for this year is “Support breastfeeding for a healthier planet”. The World Alliance for Breastfeeding Action (WABA) is responsible for coordinating the global campaign for WBW. Since 2016 they have aligned their campaign to the United Nations sustainable development goals (SDGs). The theme for 2020 emphasizes on the benefits of breastfeeding in not only improving human health but also that of the planet, and can be viewed as a way of addressing some of the issues of climate change and the environment.

Breastfeeding is a natural act but many women struggle to initiate and sustain it long-term. WHO recommends that a child is exclusively breastfed for the first 6 months of their life but this can be more easily achieved if mothers are supported.

In a joint message UNICEF Executive Director Henrietta H. Fore and WHO Director-General Tedros Adhanom Ghebreyesus have highlighted the importance of mothers receiving skilled breastfeeding support to empower them to breastfeed their baby. A part of this message can be found below:

“Skilled breastfeeding counselling can be provided by different actors including health care professionals, lactation counsellors and peer support providers, and in a variety of settings– in health facilities or clinics, through home visits or community programmes, in person or remotely. During the COVID-19 pandemic, it is even more important to find innovative solutions to ensure that access to these essential services is not disrupted and that families continue to receive the breastfeeding counselling they need.

This is why UNICEF and WHO, in line with the policy actions advocated by the UNICEF-WHO-led Global Breastfeeding Collective, are calling on governments to:

- INVEST to make skilled breastfeeding counselling available to every woman. Ensuring availability of skilled breastfeeding counselling to every woman will require increased financing for breastfeeding programmes and improved monitoring and implementation of policies, programmes and services.
- TRAIN health care workers, including midwives and nurses, to deliver skilled breastfeeding counselling to mothers and families.
- ENSURE that counselling is made available as part of routine health and nutrition services that are easily accessible.
- PARTNER and collaborate with civil society and health professional associations, building strong collaborative systems for provision of appropriate counselling.
- PROTECT health care workers from the influence of the baby food industry”.

This message further highlights the important role of health workers in helping to empower women to make an informed choice. As allied health workers we should cease all opportunities in providing support to pregnant and lactating women—and become an advocate for breastfeeding. In the end we are doing it for the betterment of health of the mother, the baby and the earth!

### References:

WHO (2020). Accessed on: <https://www.who.int/news-room/detail/31-07-2020-world-breastfeeding-week-2020-message>

WABA (2020). Accessed on: <https://waba.org.my/wbw/>

## POSTER

# Facemask Do's and Don'ts

## For Healthcare Personnel

### When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

### When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

### When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask touching ONLY the straps or ties, throw it away\*, and clean your hands again.

\*If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html>.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)





POSTER



POSTER

# CORONAVIRUS

MGN



*Thank You*  
**HEALTHCARE  
HEROES**



## NOTICES

### CPD Point System

With the CPD system now fully in operation, HPC encourages ALL Registrants to participate in CPDs and show proof of their attendances in their portfolio.

Any queries kindly contact HPC's.

### BADGES

Registrants, please be mindful and reuse current card holder and lanyards...

Thanks in advance.



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) 4 303745 / 2 606128

Email: [registrarhpc@health.gov.sc](mailto:registrarhpc@health.gov.sc)



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**We are here ...**

