

Friday 10 September
World Suicide Prevention Day 2021

Show support #any day #every day



A Few 2021 Health Awareness Dates...

World Rabies Day
28 September 2021

World Heart Day
29 September 2021

International day of older persons
01 October 2021

World Mental Health Day
10 October 2021

World Sight Day
14 October 2021

World Food Day
16 October 2021

International Stuttering Awareness Day
22 October 2021

World Polio Day
24 October 2021

World Radiology Day
08 November 2021

World Diabetes Day
14 November 2021

World Day of Remembrance for Road Traffic Victims
21 November 2021

World Antibiotic Awareness Week
18 — 24 November 2021



Source: <https://world-heart-federation.org/world-heart-day/resources/>

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"Happiness is the highest form of health."

— Dalai Lama

"Life is like a tree and its root is consciousness. Therefore, once we tend the root, the tree as a whole will be healthy."

— Deepak Chopra

IS THE WORLD'S BIGGEST KILLER

18.6m

DEATHS PER YEAR
FROM CVD*

*Global Burden of Disease Study (GBD)

1 in 5

AGED LESS THAN 70
WILL DIE DUE TO CVD*

*WHO

32%

OF ALL DEATHS
ARE FROM CVD*

*WHO



USE  TO BEAT 

IN PARTNERSHIP WITH



AstraZeneca 



#UseHeart #WorldHeartDay

Speech Pathology vs. COVID-19

This year, another speech pathology week was celebrated amidst COVID-19. Similarly to the previous years the selected theme was “Communication is everyone’s right”.

Due to imposed restrictions to minimize possible infections activities requiring physical contact were not organized. Rather, throughout the week of 22 to 28th August speech pathology units of the Health Care Agency (Ministry of Health) took to different virtual platforms to advocate for the profession. Short messages and useful tips were disseminated amongst health professionals and general public through emails, Facebook pages and WhatsApp’s. Some of the messages, such as TV watching in young children even stimulated readers’ engagement and prompted them to share their views on the topic.

A webinar entitled “Speech Pathology vs. COVID-19” was also organize for the Friday, 27th August at 1.30pm, where Mrs. Caelia Naiken-Benoiton, Ms. Laetitia Adrienne and Mrs. Melina Amedee presented issues including challenges the profession is currently encountering due to COVID-19 in the Seychelles’ context. Despite small attendances the participants positively welcomed such CPD opportunity and reported its insightfulness. The speech pathologists look forward to the next speech pathology week and anticipate for one where they are not limited by a pandemic so to reach a wider audience.



Speech Pathology WEEK 2021

HCA PHYSIOTHERAPISTS AND TECHNICIANS JOIN THE HEALTH CARE STAFF OF THE ISOLATION CENTRE AT PERSEVERANCE.

As COVID-19 spreads all across the world, the rehabilitation community has had to respond to the challenges associated with this emergency. Physiotherapists have an essential role in the recovery of patients who require hospital care and/or in intensive care units. Physiotherapy team in HCA were asked to join the Isolation staff in the provision of appropriate care at the Isolation centres on Mahé. Physiotherapy roles in Intensive care settings are:

- optimizing ventilation and oxygenation
- improving compliance and ventilation/perfusion mismatch
- reducing work of breathing
- decreasing ventilator dependence and improving residual function
- improving respiratory muscle strength and reducing complications

Active and early mobilization and rehabilitation in the ICU improves mobility status, muscle strength, quality of life. Physiotherapy plays an essential role in decreasing both the duration of mechanical ventilation and hospital stay, improving patients' return to functional independence.

As from the 2 July 2021, seven physio staff join the health care team at the isolation centre. All staff involved were eager and prepared to face the challenges ahead. In order to ensure staff safety a 2 day sessions in IPC techniques and a recap of the different Physiotherapy techniques in Intensive care were conducted. This was important to build the confidence of staff faced with such challenges.

Feedback received from staff currently working in the Isolation facilities are positive and they are happy to face the challenges ahead. They feel valued and happy to contribute towards improving the health status of their patients.



Monitoring and Enforcement



The monitoring team initially started conducting regular visits to different Allied Health Services in April 2020. All visits were conducted whilst keeping in line with current COVID-19 restrictions and Public Health Authority (PHA) guidelines. Some visits were put on hold due to further increase in COVID-19. The visits are very important as they ensure that all allied health professionals are delivering good services and are keeping up with standards thus assuring client satisfaction. This is possible through maintaining the practices through continuous professional development and by practicing within our scope.

Amidst the COVID-19, the visits has resumed, and the team is managing to follow through to guard client safety as they rely on us to ensure the establishments and staff are respecting HPC.



Should I Get Tested for Prostate Cancer?

CLICK LINK ABOVE

Source: <https://www.cdc.gov/cancer/prostate/resources/index.htm>

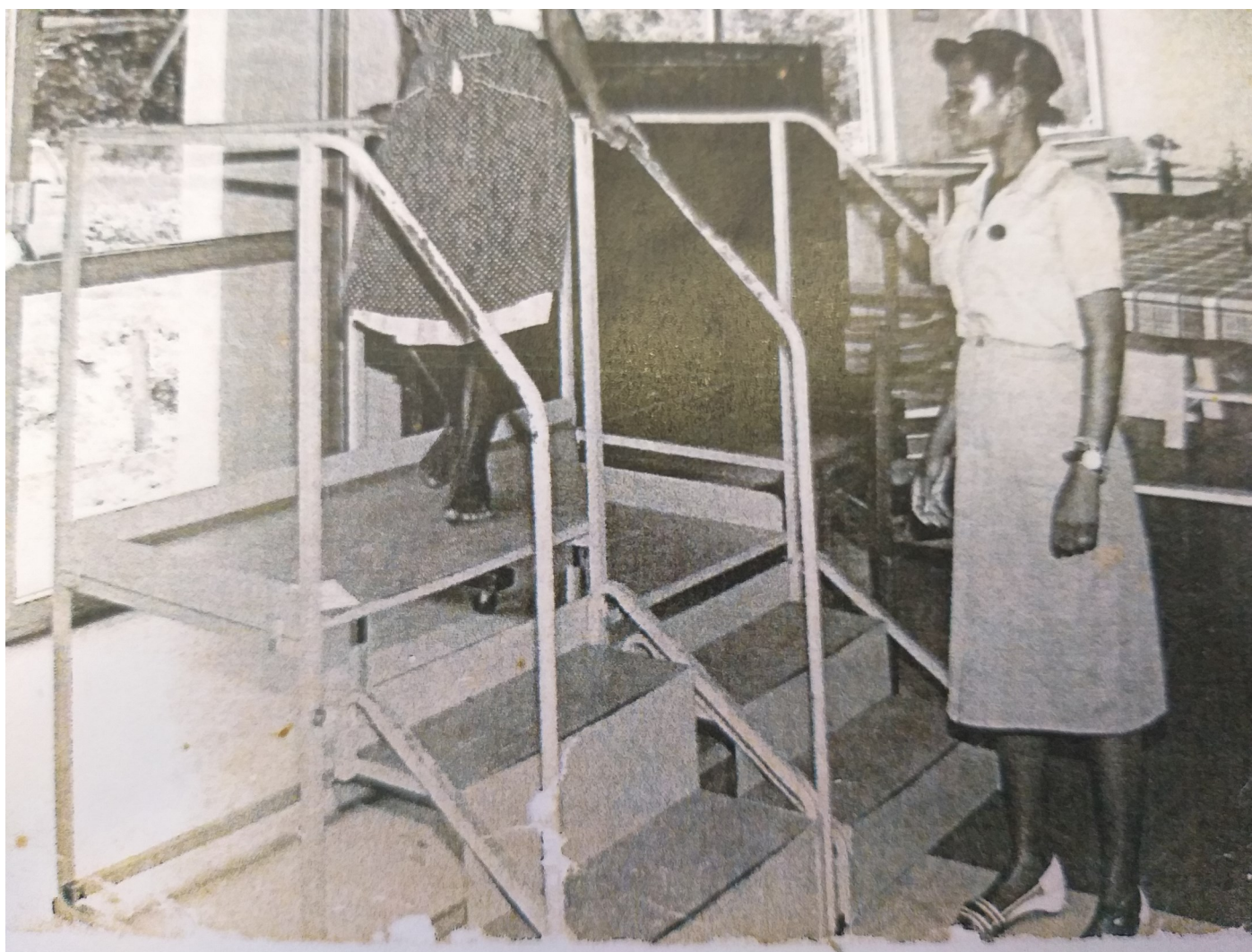
**#International Prostate Cancer Awareness
Month #September**

41 Years of Service on her 60th Birthday

I bumped into Ms. Doris Margaret Lyra, also known as Ms James, on the 1st of September, 2021. After greeting each other, she proudly announced that this day marks her 41st year since joining the physiotherapy profession. Ms Lyra informed me that she joined physiotherapy as an assistant on 1st September 1980. Before joining the health industry she was a waitress working at Beau Vallon. Since she aspired for a job in health, where she could work from 8 to 4, she opted to attend evening classes. After completing the classes, she joined MOH, and was based at Cheshire House to work with people with disabilities and people with malnutrition.

Following the closure of the Cheshire Home, she moved to the Rehabilitation Centre located at the North East Point, where she worked alongside the Cubans' rehabilitation staff. She reported that the Cubans' staff further enhanced her learning until their departure from the Seychelles.

Ms Lyra was then joined by other physiotherapy staff with time, where they collaborated to further the physiotherapy services. She has worked in various locations during her careers such as English River, Les Mamelles, Port Glaud, Anse Boileau, and Anse Royale.





In April 1983 she started to work at the Fiennes Institute where she spent 35 years of her working life. She indicated that she has always been aspired to work with the elderly. Ms Lyra was mainly based at the Regional Home until November 2018. On the 3rd January 2019 she joined the physio team at the Seychelles Hospital.

Ms Lyra dreamt of retiring by 60 but due to life circumstances she might have to put her dream on hold for the time being. She lives at Port Glaud and is a mother and a grandmother of one. She is also a member of the Anglican Church choir and is also a lay reader at the church.

“People did not like to come work in physio until recently” Ms Lyra mentioned.



Farewell

Last month Mr. Loic Sharfenberg, the Health Professionals Council Administrative Officer, announced his resignation. Mr. Sharfenberg has been employed with HPC since January 2019 and will be leaving us at the end of September. Words are inadequate to express our gratefulness and appreciation of the incomparable work performance and attitude he has displayed during his tenure with HPC. Saying goodbye is never easy, especially to someone who has been such a valued team member. On behalf of the council, I would like to wish him all the best for his future endeavours.

Farewell - A dedicated Allied Health Professional



Good Afternoon All,

As I close an important chapter of my life (retirement from Ministry of Health) and start a new one as from tomorrow 1st September 2021, I wish to express my sincere thanks and gratitude to the Ministry of Health and to all those whom I have worked and interacted with during my long career in Health. Thinking back, I will hold on to great and beautiful memories.

To all Allied Health Professionals, a special thank you for your support and shared guidance, we are a great team, keep up the good spirit. I will miss you all but I will be available if ever a listening ear is needed.

To all Health Workers, the Ministry of Health is a great Ministry with its challenges but together we have climbed mountains. Best wishes to all and good luck in the noble task of caring for our people. I feel privileged to have had the opportunity to serve my country alongside such a great team.

God's Blessing now and always

Patricia Rene [Mrs.]