

# HEALTH MATTERS



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## Message from the Chair



Dear Readers

Already a year has passed since the current HPC members were elected. HPC has managed to overcome many challenges during that period but is mostly proud of its achievements. Registrants are presently being kept up to date with most of the Council's work and activities via emails and its social media presence. Regular CPD sessions are being provided, through the engagement and involvement of different Allied Health Professionals. Newsletter is also being published frequently. HPC is more visible now compared to the previous years. Watch out for our symposium. This year we are taking this event to Praslin.

So ready or not here we come!

## HPC welcomes Mr Scharfenberg

HPC officially welcomes Mr Loic Scharfenberg on the Council. Mr Scharfenberg is currently working as an administration officer for the HPC. He joined HPC on 3<sup>rd</sup> January 2019 and was confirmed in post on 28<sup>th</sup> June 2019.

Mr Scharfenberg studied Business Management and Administration at the School of Business Studies and Accounting. Since Mr Scharfenberg joined HPC, the office has been and will be open from Monday to Thursday from 8 am to 4pm. On Fridays, Mr Scharfenberg takes the time to perform other duties relating to HPC outside of the office. With him present the office is currently running smoothly and registrants are being assisted promptly.

Mr Scharfenberg said he is content with his current workplace and looks forward to add value to HPC's work.



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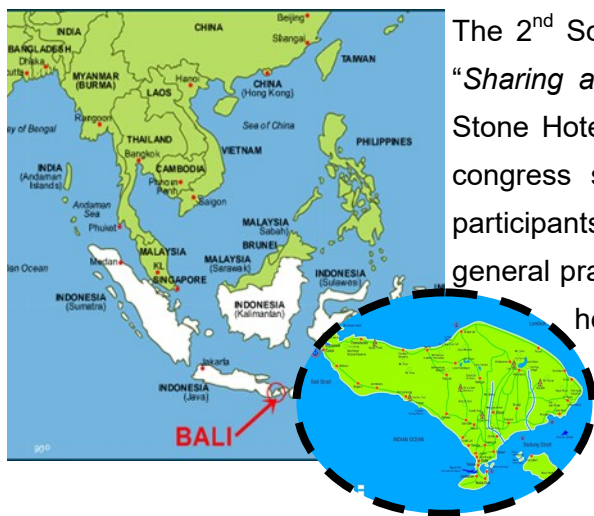
## Ask R U OK?

Start a conversation using these 4 steps



## FEATURE

## WHAT HAPPENED IN BALI!



The 2<sup>nd</sup> Sound Hearing 2030 World Congress, took place under the theme “Sharing and Caring for Sustainable Better Ear and Hearing Care” at the Stone Hotel in Bali Indonesia, between the February 20<sup>th</sup> – 22<sup>nd</sup> 2019. The congress saw the participation of about 800-100 local and international participants, which included ENT doctors, paediatricians, obstetricians, general practitioners, audiologists amongst others. It covered various ear and hearing issues, including diseases common in the ENT field, related to ear and hearing disorders, including upper respiratory tract disease such as the rhinitis, sinusitis, and otitis media.

Mr George Savy, from the audiology unit, attended the congress and shared his experience;

*“The 2nd World Congress was very well organized and the participants had vast experience in their specific field of work. The programs contained practices and experiences, which inspired me to continue with the service the Audiology Unit is currently providing in the country, as we are doing quite well.”*

*“I also appreciated the different calls and appeals made by many speakers for the leaders to invest in Ear and Hearing Care—For example, human resources, awareness campaigns, the training for nurses, social workers, carers, teachers, and local ENT, and having the best technologies available for screening and diagnosis.”*

*“Another important area we need to concentrate in is data collection and surveys to achieve the goal: Optimal Hearing by 2030.”*





## ARTICLE

## HPC presents award at NIHSS Graduation

On 27<sup>th</sup> June 2019, 83 graduands from the National Institute of Health and Social Studies (NIHSS) were honoured in a graduation ceremony, which took place at the International Conference Centre (ICCS). The graduands were from five (5) local programs and two (2) international programs. The local courses comprised of (1) Certificate in Health Care, (2) Diploma in Nursing, (3) Diploma in Pharmaceutical Sciences, (4) Diploma in Biomedical Sciences, and (5) Diploma in Emergency Health Care. The international programs included Bachelor of Science in Nursing and Masters of Science in Nursing Education and Executive from Chamberlain University (USA), as well as an international Postgraduate Paediatric Nurse program in partnership with the Sydney Children's Hospital (Australia).

As customary, the Health Professional Council (HPC) participated as a sponsor with an award for *Best Academic Performer*. This prize was awarded to Ms Nerrie Florentine, a student from the Pharmaceutical Sciences.

In all, 10 graduands from three (3) different Allied Health programs were honoured that day.

HPC is very proud of their achievements and wishes them every success for the future.



## July Affairs...



## Seychelles Major Primary Health Conference

### What Allied Health Professionals Have to Say

A group of Allied Health Professionals gathered at the AVANI Barbarons Resort & Spa on Saturday 13<sup>th</sup> July, 2019 to attend the Seychelles Major Primary Health Care Conference. The 3-day conference was held from the 11-13<sup>th</sup> July, under the theme “*Lasante Pour Nou Tou, Partou e Par Nou Tou*” and was an initiative of the Ministry of Health in collaboration with the World Health Organization (WHO).

The conference was an opportunity for participants and key stakeholders to reflect on strengths and weaknesses currently being experienced in the primary health system. Primary health system forms an integral part of a country's health system as it brings health care to people where they reside and work. It is fundamental to a country, especially in the areas of health prevention, health protection and health promotion.

Allied Health Professionals who attended the conference had the opportunity to voice out their concerns and opinions, as well as put forward recommendations for change.

Most Allied Health Professionals welcomed the conference and anticipate to see changes within the country's Primary Health Care System. Some Allied Health Professionals acknowledged that there are a lot of positive practices in the Seychelles' current primary health care system and these practices need to be shared. Others recommended that communication and availability of resources are improved to facilitate both the patients and health workers.

The HPC media team had the opportunity to speak to some of the allied health professionals who attended the conference on the Saturday. Below is what they had to say:

*“Konferans ti tre enteresan. En ta keksoz nou deza pe fer me solman nou devret met plis lanfaz lo la pou ed nou bann pasyan. Nou kapab servi medya ek miting pou edik nou bann pasyan aköz ler zot pa konnen zot vinn tir zot fistrasyon lo nou.” (Dantis)*

*“En ta pwen pertinan in monte ki nou ti deza konnen. I annan bann bon pratik ki mon krwar nou devret garde e travay lo bann mankman. Nou pa pou kapab fer tou nou tousel; Management i merit rekonnet kote mankman i ete pou nou kapab fer monte servis.” (Fizyo)*

*“Monn apresye pou konnen ki lezot kolek dan bann lezot distrik pe fer fas avek; zot bann konstrent. Ti a bon si en pe plis bann staff ordiner i ganny sans partisip dan bann konferans parey.” (Farmasi)*

*“Deliberasyon in byen pase. Bokou in ganny fer resorti, sirtou bann problem ki'n la en bon pe letan. Konminikasyon i enportan, me monn pli enterese avek topik lenfrastruktir. Nou bezwen fer sir ki bann teknisyen i ganny konsilte avanler konstrir okenn 'building' pou ki nou deservir nou louvraz dan en landrwa ki konvenab pou satisfere nou bann pasyan.” (Rehab)*





## July Affairs...

## Meeting of Medical Regulator Councils of Africa; Victoria Falls 17<sup>TH</sup> -21<sup>ST</sup> JULY 2019



**T**he Association of Medical Councils of Africa (AMCOA) held its 23<sup>rd</sup> Annual Meeting in Victoria Falls, Zimbabwe. The theme of the conference was “*The Role of the Health Regulators in the delivery of Universal Health Coverage*”.

The conference was a thought provoking forum whereby international medical regulators, policy makers, and other professionals came together to share ideas and experience, and learn for each other.

The conference was opened to all members of the AMCOA. It is relevant at this point to mention that the Health Professionals Council (HPC) is not yet a member of AMCOA. The HPC received the invitation through the Seychelles Medical and Dental Council (SMDC). As chairperson of the HPC, Mrs Patricia Rene attended the conference along with Dr. Susan Fock Tave, the Chairperson of the SMDC.

The program was well thought off and included enriching and diverse topics, presented by an array of international speakers' who explored themes related to the roles of the different medical regulators in Africa. Topics included:

- Quality Assurance for Universal Health Coverage
- Patient Safety and Compensation for Harm
- Financial Resource Strategies
- Human Resource Planning
- Panel discussion amongst others.

The five day conference provided the opportunities for the delegates from different regulatory bodies to engage in conversation sharing and learn on the best practices from the African continent. It was interesting to note the different structures available in the different countries. Zimbabwe, as the host, explained the role of the different Councils and the key role of the Health Professions Authority (HPA). The HPA englobes all the different professions. The need for having a comprehensive database to ensure good monitoring was strongly emphasized and it was recommended that all regulatory bodies should establish good networking mechanisms amongst themselves. Authorities, such as the Public Health Authority in the context of Seychelles, assist the Councils in ensuring quality and good governance, be it in the form of infrastructure, equipment and/or other commodities.

Based on her exposure and experience, Mrs Rene proposed that HPC considers the benefits of joining the AMCOA as an Associate Member. Associate members have to pay the annual fees set by AMCOA. Joining the AMCOA will create opportunities to collaborate and network on different issues; be it on verification of authenticity of qualifications, reference and guidance of protocols and guidelines, etc. Such a decision needs to be further analyzed. Mrs Rene expresses her sincere thanks to the Ministry of Health and SMDC for giving her the opportunity to attend the conference.



## World Breastfeeding Week

**THEME: EMPOWER PARENTS, ENABLE BREASTFEED: Now and for the future!**

Every year, countries around the world come together to celebrate the World Breastfeeding Week, which takes place from the 1<sup>st</sup> to 7<sup>th</sup> August. It commemorates the Innocenti Declaration signed in August 1990 by government policymakers, WHO, UNICEF and other organizations to protect, promote and support breastfeeding. Over the last few years the World Alliance for Breastfeeding Action (WABA) has aligned the world breastfeeding week campaign to the Sustainable Development Goals to ensure complementarity between the two.



According to WHO, mothers should initiate breastfeeding within the first hour after birth and exclusively breastfeed their child until the age of 6 months. **Exclusive breastfeeding implies that the baby receives ONLY breast milk – no other milk, tea, water or other food should be given.** From the age of 6 months, babies should begin complementary feeding with the inclusion of a variety of safe, nutritious and suitable foods whilst continuing to be breastfed. Continued breastfeeding is encouraged up to the age of 2 years or beyond.

Some of the **benefits of breastfeeding to the baby** includes: reduced risk of infection; nutritionally complete food with all the necessary nutrients; quenches baby's thirst whilst also satiating their hunger; reduces risk of obesity and related chronic diseases later in life; promotes bonding with mother, improves cognitive and physical growth, and development of the baby.

Some of the **benefits of breastfeeding to the mother** includes: reduced risk of ovarian and breast cancer; accelerates uterine contraction; promotes bonding with baby and it is **FREE** of charge.

In relation to the theme, some of the activities or initiatives countries are involved in globally include:

- Ensuring maternity leave of up to 18 weeks;
- Providing paternity leave so fathers can support breastfeeding mothers;
- Providing breastfeeding rooms/ areas where mothers can express their breast milk in the workplace;
- Providing breastfeeding breaks at work so mothers can go nurse their baby;

Locally, midwives, nurses and allied health professionals, such as nutritionists who are in contact with mothers and their babies are trained annually on the most evidence-based breastfeeding practices as a mean of providing support and advocating for mothers to breastfeed their babies. These training received by the staff comprises of a 20-hour course



developed jointly by WHO and UNICEF. The components of the training includes the *Ten-steps to successful breastfeeding*; *implementation of the international code of breast milk substitutes* and *mother-friendly care and practices*. This year, a total of 12 nurses were trained.

The hospital plays an important role in ensuring that breastfeeding gets off to a good start. The Seychelles Hospital was accredited as Baby-friendly in 2015 and has an important role in promoting, supporting and protecting breastfeeding. The hospital is currently in the process of being reviewed. Noteworthy is that breastfeeding should be everyone's concern and not just the health sector. Multi-sectoral collaborations ensures that mothers, babies and their families are supported and indeed empowered to provide the baby with a winning start in life.

## August Buzz

**REGISTRANTS TAKE PART IN IASSIDD WORLD CONGRESS**

Two HPC registrants, Occupational Therapist, Mrs Fiona Paulin, and Educational Psychologist, Mrs Catriona Monthly, attended the World Congress of the International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD), which took place in Glasgow, Scotland, from 6<sup>th</sup> – 9<sup>th</sup> August, 2019. The conference, which takes place every three years, saw the participation of around 1400 researchers, practitioners, organisations, advocates, and self-advocates, from all over the world. It included 8 keynote addresses, hundreds of oral and poster presentations, roundtables, and practical workshops, on a range of themes, including Challenging Behaviour and Mental Health, Down Syndrome, Autism Spectrum Disorders, Communication, Inclusive Education, Profound Intellectual and Multiple Disabilities, Families, Quality of Life, and Ethics.



We caught up with our two registrants to ask about their perspectives after attending the conference.

***How did you find the experience of attending the 2019 IASSIDD World Congress?***

**Fiona:** This was a rich congress with multiple parallel workshop sessions with topics ranging from health, education, social and employment to name a few. As a result a good planning was required to select which session to attend even though I wish I could have attended all! Hence I feel that we would reap full benefit of such congress if a multidisciplinary team could attend. I have learned new innovative interventions and good practices being used worldwide to improve the quality of life of persons with learning difficulties and developmental delays. It was interesting to meet persons with disabilities themselves being ambassadors and helping out with the organization. It was great to meet other occupational therapists from around the world and appreciate the contribution that they are making to ensure that the quality of life of persons with a disability are of high standard.

**Catriona:** *The conference was intensive, interesting, and inspiring. I have been able to learn about some recent advances in assessment and intervention for persons with Intellectual and Developmental Disabilities, as well as participation and inclusion of persons with IDD in education, employment, research, sports, and the arts – a lot of food for thought and some good practices that we can learn from. We were also included in a meeting of around 20 researchers from the African region. IASSIDD is planning to set up an Africa regional network, which we can hopefully be part of and benefit from.*

***What was the key 'take home' message for you and what would you like to share with other Allied Health Professionals?***

**Catriona:** *It led me to reflect a lot on the situation in Seychelles. We're making slow progress but we have a number of gaps in our services and some significant attitudinal barriers resulting in lost opportunities for many persons with disabilities. We need to be more ambitious and determined in including and enabling persons with disabilities. The example of those who participated in the conference in different ways really showed what is possible!*

**Fiona:** We need to encourage persons with a disability so that they seize all opportunities given to come forward. We need to create this platform so that they take the lead in improving their lives. We need to do it together! Africa has a lot to share we need to share it with the world as well. As Allied health professionals, we need to ensure our services are meeting the needs of all our clients, including persons with a disability. We need to find means and ways to make our services more accessible.

***If you have participated in a project or event and would like to share your experiences or insights, please get in touch through the HPC office, by email, or on our Facebook page. We would love to hear from you.***



This year, speech pathology week was about “Communicating with confidence”. During the week of 25th–31st August 2019, speech pathologists conducted a series of activities with the aim of promoting the profession through education and sensitization. The activities included working alongside ANC and MCH nurses on Praslin; mass at Good Shepherd Church, Mont Fleuri; workshop for school health nurses and a CPD session organised by the HPC.

The trip to Praslin was considered necessary. It provided the speechies with the opportunity to not only see the child during their weight checks or DDST assessments, but also a chance to talk to parents about their child's speech and language development and equip them with strategies to add to what they were presently doing at home. The ANC and MCH nurses also benefitted by first-hand experiencing the type of questions that can be asked to collect information from parents as well as information that can be conveyed to parents to help them engage and support their child's speech and language development at home. The nurses stated that they really appreciated the learning experience.

Mass was an opportunity to advocate the presence of the profession in the country and pray for the practitioners of the profession, while the workshop with school health nurses was an opportunity to reiterate speech and language expectations in school-age children and strategies which can be adopted to stimulate speech and language skills in the presence of impairments.

The speechies used the CPD to talk about the need to introduce communication aids in hospitals to support people with no or little communication during their admissions to hospital. This is a new project the speech pathology unit has recently embarked on and is expected to implement in the near future.

Overall the speech pathology week was considered a success and the speechies look forward to another speech pathology week in the coming year.



The speech pathology team with a new addition.



Photos, Pictures and symbols can help people to

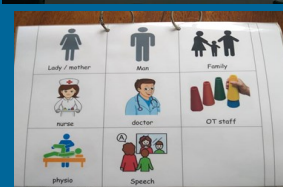


- ▶ **Understand Information**

Pictures can help get your message across

- ▶ **Tell you what they need**

- ▶ **Make choices**

Many people find it hard to make choices in their head, having pictures to look at helps





## ADS

**By donating blood,  
you can save lives!**



Everyone should have access to safe blood transfusions, when and where they need them.

 **Safe Blood For All**

 **World Blood Donor Day**

 **World Health Organization**



## HPC SYMPOSIUM 2019

**By INVITATION ONLY**

**WHEN:** Friday 22<sup>nd</sup> November 2019

**WHERE:** AVANI Seychelles Barbarons Resort

**THEME:** 'The 2019 HPC Symposium: Using data to further our practice'

**PLAN:** A series of presentations and discussions on how to gather and use data within allied health professions.

**SEE YOU THERE!!!**

Another symposium is also being organized for Praslin Registrants for **FRIDAY 29.11.2019.**

**DON'T LET TOBACCO  
TAKE YOUR BREATH AWAY**



**CHOOSE HEALTH NOT TOBACCO**

**31 MAY WORLD NO TOBACCO DAY #NoTobacco**



## World No Tobacco Day 2019

Focussed on "**tobacco and lung health.**"

The campaign increased awareness on the negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease as well as the fundamental role lungs play for the health and well-being of all people.

The campaign also served as a call to action; advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

*The UPCCD unit from the MOH offers tobacco cessation program for all persons who wish to stop smoking, please book your appointment on 4388507, 4388387.*

## HPC Matters

## What is HPC up to?

UPDATE

**H**ealth Professional Council (HPC), set up in 2012 as a regulatory body for Allied Health professionals, is tasked at monitoring the compliance of its registrants and help ensure that their work are positively impacting the public. It is evident to those who access its social media and networks that HPC habitually reports on events and activities it usually hosts outside its office. Since the appointment of its current members, HPC has been busily engaged in numerous activities and projects that its registrants might or might not be aware of.

Yes, it is very well known that besides ensuring that practicing allied health professionals are up-to-date with their registrations and complaints received are properly dealt with, HPC also attempts to organize Continuous Professional Development (CPD) to engage its registrants and help them stay current with the development in their fields and related health fields. But what registrants might not know is that within the Council itself a number of activities and projects are also being carried out with the aim of developing tools that the Council can use to better manage its daily functions and guide its practices. For example, on Friday 31<sup>st</sup> May, 2019 the Council met to review the Health Professional, Act 2006. This work is ongoing. On the same day, the members also had the opportunity to brainstorm and compile a list of Standard of Practices (SOPs) the Council needs in place to facilitate its work. A consultant has been appointed and is currently developing the SOPs into working documents. The Council members also benefitted from a crash course on how to update and manage HPC website. At present the Editorial and PR team is working on updating the brochures and strategizing on how to better promote HPC to its registrants and the public.

*“Travay i la...”*



Member working on the Act and suggesting SOPs to be developed.



Validation of SOPs with the Consultant.





## Spotlight

## Physiotherapy in Action

Every year physiotherapists around the world celebrate World Physiotherapy Day on the 08<sup>th</sup> September. This year the day was celebrated under the theme “***Movement for health; Taking control of chronic pain***”.

The physio team within Health Care Agency (HCA) recognizes that as people live longer and life takes its toll on the body; people have to learn to manage their aches and pains to enjoy a more comfortable life. Physiotherapists play an important role in educating and treating them, so that they keep well and independent.

To commemorate that day the physiotherapy unit within HCA and Seychelles Physiotherapy Association (SPA) organized a series of activities around that theme from 04<sup>th</sup> – 21<sup>st</sup> September 2019.



## Education

**Know your rights and responsibilities.**

**T**here is a lot of talks about the rights to health. The call for rights has evolved out of unfair treatment and what service users have perceived as violation of their rights. The human rights lens provides an important way of identifying systemic issues and ensuring that the state takes corrective measure to help ensure that service users' right are protected. In Seychelles, human right principles that apply to health care are first and foremost engraved in the *Charter of Fundamental Human Rights and Freedoms* of our country's Constitution and further ensured by several other laws which provides standards for health provisions.



Article 29 of the Constitution of the Republic of Seychelles recognises the rights of citizens to protection of their health and obliges the government to provide free primary health care; to control epidemic, endemic and other diseases; to reduce infant mortality, and allow for the establishment of private medical services. Other key human rights principles like right to life, right to dignity and right to privacy, also promoted in this Charter, are crucial to the attainment of the right to health.

The right to health has also been included in different International Human Rights instruments, many of which Seychelles is a party to. In addition, several international institutions are charged with protecting this right to the highest attainable standard. The most prominent is the World Health Organization (WHO), which has several programmes and standards in place in the Seychelles as well as in other parts of the world.

In view, that health and well-being are deeply personal matters; users of health services depending on their experience with the service are likely to have different views about whether their rights were safeguarded. Facing a particular health related condition, and then being on the receiving end of decisions that you might not exactly understand or prejudices of others, be they health professionals, often gives us a new awareness of how limited our capacity is to control one of the most central aspects of our lives.

However, rights in all settings need to be accompanied by responsibilities. Whilst, the health service needs to meet the human rights requirements of its users, including maintaining human right principles in their approaches; the important role of individual responsibility in achieving effective contact with health service and best health result is equally important. While patients have rights; health care providers are important actors whose rights must be respected as a matter of principle. The relationship between the two is important if both are going to play their role effectively and ensure a good experience for all concerned.

There is countless examples of health providers being abused by patient, a culture which has the potential to harm everyone who comes into contact with the health system. Hence, the importance of knowing your rights as well as your responsibilities.





## CPD MATTERS

**HPC updates on CPD**

**S**ince the kick-off of 2019, HPC has had another busy schedule of imparting knowledge and enhancing skills of its registrants through its CPD sessions. The sessions which usually takes place on alternating Friday afternoons are becoming more and more popular among health professionals.

Attendance at the opening session itself exceeded expectations. The session reiterated the importance of CPD and introduced all present to the point system required for registration as a HPC member. It was conducted by the Vice Chair.

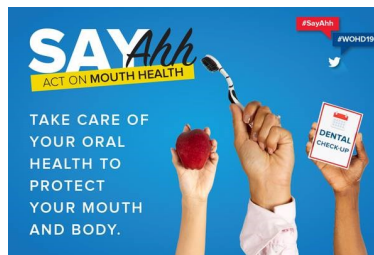
This then led to an assortment of other sessions of diverse topics, delivered by a range of allied health professionals as depicted by the pictures below. The pictures says it all!!!



**"Near Death Experience"**  
Mr Jonathan Martille,  
(Psychology)



**Down Syndrome**  
Allied Health Multi-  
Disciplinary Team



**Multi-Disciplinary Orthodontics**  
Dental Team  
Dental



**"The New Food Labelling Regulation"**  
Food Control Unit  
Public Health Authority



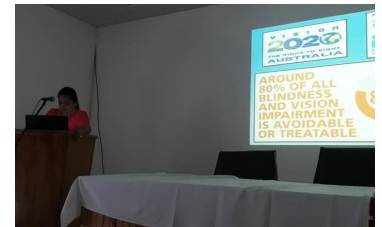
**"Diagnostic markers for diabetes"**  
Mr Morison Julie  
Biomedical Laboratory



**"Neck Pain –Self Management"**  
Mrs Ferley & Ms Valentin  
Physiotherapy



**"Most Nutritious food"**  
Ms Evalyne Owino  
Nutrition Unit



**Avoiding blindness**  
Ms Kumari Ratnayake  
Pure Vision

This year's highlight, however, was the two day CPD session organized on Praslin. Presenters from Mahé as well as from Praslin teamed up to make this gathering a success. The presenters were eager to share their knowledge and the crowd was keen to learn.

It was indeed a rewarding meeting for all present and thus a second visit by the Council is to follow soon. If you missed this one be sure to save the date for the upcoming session. HPC takes the opportunity to encourage registrants to engage in CPD—their own professional growth and development, as HPC is not necessarily oblige to provide CPD.



## HIGHLIGHT...

## Rehabilitation Centre sets example for other Allied Health Professionals



Allied Health Professionals and other staff (*i.e. Orthotic prosthetic, physio, audio, acupuncture and the skilled workers*) based at the Rehabilitation Centre, North East Point, have recently been organizing their own CPD sessions. This initiative started after the group realized that there is a need to share information about their practices to other staff members at the Centre. Their program is organized in such a way that all cadres within the establishment has the opportunity to present information about their work and/or practices to their peers and colleagues;

even the skilled workers have the change to be involved. The sessions are conducted every two months on a Wednesday, from 1.30pm—2.45pm. The topics vary and feedback received indicates that the presentations are very interesting and that the participants are keen to learn about the different areas, especially that pertaining to paediatrics.

To date two sessions have been conducted:

**On 7th May 2019** Mr. George Savy, from the audiology unit gave a presentation on World Hearing Day where he also shared his experience about the World Congress he attended in Bali this year. World Hearing Day was observed on the 3rd March 2019 and is a time taken to raise awareness on how to prevent deafness and hearing loss, and promote ear and hearing care across the world.

**On 12<sup>th</sup> June 2019** Mr. Meganath Rajaram, the physiotherapist gave a presentation on Ergonomics. *Ergonomics* is the process of designing or arranging workplaces, products and systems so that they fit the people who use them. *Ergonomics* aims to improve workspaces and environments to minimize risk of injury or harm.

Additional sessions have been scheduled for the rest of the year; e.g. foot deformities in children by the prosthetic-orthotic unit. The acupuncture unit and the administration team are yet to present. The Rehab Team anticipates to continue with this activity next year although a definite program has not yet been organized.

Mr Alain Julie, a prosthetist-orthotist at the Rehabilitation Centre commented that “Organizing our own CPD is a good idea, an initiative that can be shared and adopted by other professions, units and/or cadres. I encourages other units and cadres to follow in Rehab Centre’s footsteps and organize their own CPDs as there are benefits when one engages in activities which help develop their own learning, practice and service.”

HPC also encourages other cadres to follow such example and organize their own CPDs to update and upgrade the staff’s knowledge and skills and also help develop their own practices and services.





## POSTER



People born in 1970-1980 (including me) are very frequently noticing that it is now becoming difficult to read small letters in low lighting or simply focus on the small size letters.

Most of my friends are experiencing similar changes and often the questions I hear from them are...

### Do we really need to use spectacles?

Actually, as we age the lens and muscles in our eyes gradually lose their flexibility to change power and focus. Therefore, they become harder to adjust and focus on objects at different distances compared to before.

This is where you start experiencing *difficulty in focusing on small prints at your usual reading distance*. This condition is called **presbyopia**.

Initially, many people find that if the reading distance is extended the small prints are visible up to some extent. Gradually, they may find that their arms are not long enough to hold a book or menu the distance needed to make the prints visible.

This is when you will have to consult your **optometrist** to discuss your requirements, review your current eye status and make appropriate recommendations. Your optometrist will design your spectacles according to your current needs to maximum your comfort and clarity.

### If I start wearing spectacles will I need them forever? Will my eyes get worse?

The actual fact is the human eyes continue to deteriorate with age. Normally presbyopia is a progressive condition which is age related. So eventually, reading glasses become necessary for read small prints in day-to-day life. So you will find that you need to wear glasses more often, which may lead you to conclude that constant spectacle wearing may have made your sight worse. But remember there is no such relationship.

### Why do I need to wear the glasses for both, distance and reading? Does that mean I will have to wear them all the time?

You can just use them when you need them. The advantage with bifocal (distance and reading) or multi-focal (distance intermediate vision and reading all in one) is while you are using them for the near work you can still see objects at a distant without any difficulty.

Your single vision reading glass will be only for the near work; meaning only to manage the work within your arm's length.

When you obtain your first reading glasses, this means that your distance vision is quite good. But when you engage in near work with a busy schedule, you tend to manage all your office work while your reading glass is on. Actually removing your reading glasses each time will not be very practical as well. Gradually you will start looking at the distance also with your same reading glasses which can affect your distance vision.

**Ms Kumari Ratnayake from Pure Vision**

**NOTICES****CPD Point System**

**Since March 2019, HPC has introduced a CPD point system, which as of October is intended to become fully operational.**

**All registrants are being encouraged to participate in CPDs and show proof of their attendances in their portfolio.**

**Any queries kindly contact HPC's office.**

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,

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