The Public Hospitals Authority

“Working Together for Best Quality Healthcare”

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Colleagues:

July marks an important month for the Public Hospitals Authority family, as we celebrate fifteen (15) years in operation. This milestone is a time of reflection on all we have accomplished as an organization and all we have yet to accomplish, as we strive to fulfill our mandate to provide quality healthcare throughout this nation’s network of public hospitals.

I feel tremendous pride in all that we have accomplished when I consider the state of the art ambulances we have added to emergency vehicle fleet; the enhancements to the campus at the Sandilands Rehabilitation Centre with additional geriatric and psychiatric wards having been constructed and other wards renovated and improved as well as the softball diamond recently constructed on the grounds. In Grand Bahama, the Rand Memorial Hospital has in recent years been able to expand its offering of surgical services due to the complete renovation and improvement of its theatre suites as well as the renovation of its main entrance area, pharmacy area and Accident and Emergency Department.

However, it is at the Princess Margaret Hospital where the public can witness the most dramatic evidence of the PHA’s growth and progress with the construction of the new Critical Care Block. This block will house state-of-the-art surgical theatres and a modern critical care unit and neo-natal critical care unit, making the hospital a regional leader in surgical care and critical care medicine.

There is a great deal we can be proud of, and none of it would have been possible without the committed, compassionate, competent service of the men and women of the Public Hospitals Authority. This is why every year the PHA is committed to showing our appreciation to our staff members through the PHA’s Employee Recognition Awards, where those who have served 30, 35 and 40 years receive our gratitude for their service. The occasion also allows the Authority to further enshrine a culture of service excellence throughout the PHA with the Performance Excellence and Clinical Excellence Programs. This Excellence Awards bring focus to our most basic value – the patient is the reason we are here.

To one and all I offer my warmest congratulations as we celebrate this PHA Month 2014, and to everyone who was recognized at the PHA’s Employee Recognition Awards, I offer a hearty and sincere, well done.

Sen. The Hon. Frank Smith
Board Chairman
Did you Know?
Singing exercises your heart and lungs, and releases endorphins which make you feel good.

MESSAGE FROM
Herbert H. Brown
MANAGING DIRECTOR, PHA

Each July I have come to look forward to the celebration of Public Hospitals Authority Month and the celebration of the employees of the PHA during our annual Employee Recognition Awards. Without the steadfast dedication of employees at every level, from the front lines of clinical care to the supporting roles of technicians, housekeepers, kitchen helpers, clerks and porters our public hospitals could not function. During the Month of July, we make a concerted effort to make the public aware not only of the accomplishments and work of the PHA but also of the important contributions made by our staff at every level to ensure quality patient care to every client of the PHA.

In the wake of the global economic downturn, the Authority has faced the daunting challenge of continuing to provide a high standard of quality, modern healthcare that includes elements of preventative, palliative and rehabilitative care while also achieving savings with respect to the costs of healthcare in our institutions. In the private sector the option to reduce the scope of services or access to service in order to conserve costs always exists, but this is never an option for those of us in Public Healthcare where our highest obligation is to the people of The Bahamas.

Not only has the PHA undertaken to maintain our standards of care by doing more with less, but we have implanted strategies for growth that include the professional development of clinical professionals, the renovation and enhancements of the aging infrastructure of our hospitals and the modernization of our diagnostic and equipment.

During this PHA Month, I urge all of us in the PHA family to take a good look around our Authority with fresh eyes and appreciate all that our hard work and dedication has brought about. There are certainly many more challenges ahead, but the Public Hospitals Authority has established a successful track record for progress and innovation in healthcare and I confident that we will meet and overcome any challenge as we work together for quality healthcare.

Herbert H. Brown
Managing Director
The Public Hospitals Authority (PHA) paid tribute to its employees in grand style during a ceremony held under the patronage of Her Excellency Dame Marguerite Pindling, at the Melia Nassau Beach Resort, Cable Beach on Saturday July 19th, 2014. Awards were presented to employees having served 45, 40, 35 and 30 years as well as awards for Performance Excellence.

The PHA’s Performance Excellence Program was introduced in 2009 to ensure that employees who exemplify excellence in the delivery of healthcare are recognized and rewarded.

The Employee Recognition Awards are part of PHA’s Annual Anniversary Celebrations during the month of July and is an opportunity to highlight the work and accomplishments of the Public Hospitals Authority.
GLITZ & GLAMOUR

PEP Sapphire Ball

GLITZ & GLAMOUR
500 Physicians Benefit from New Union Agreement with the PHA

~ Included in the new industrial agreement is medical insurance for doctors working within the PHA Network. The 5 year agreement which is retroactive to July 2010 will cost the government $2.9 million. The agreement is comprehensive in scope and is regarded as a milestone and giant leap forward for the Public Hospitals Authority and the Bahamas Doctors Union.

The agreement was welcomed by the Union as it is expected to bring long overdue benefits to doctors at the Princess Margaret Hospitals, Sandilands Rehabilitation Center and the Grand Bahama Health Services.

It was concluded after a long but very cordial negotiation process.
Listen to Tips for Wellness™, presented Dr. Indira Grimes, Family Medicine physician, during the 7:00 pm evening newscast on ZNS TV channel 13. Brought to you by The Public Hospitals Authority ... “Working Together for Best Quality Healthcare”

### Tips for Wellness

Summer time is a time we often pick nick and barbeque. Some simple guidelines can help keep you and your family safe from food borne diseases during outdoor eating events.

- **Check the forecast.** You know to refrigerate perishable food within two hours. But did you know that drops to one hour when the temperature is above 90°F (32°C)? Serve, eat and get food back in the cooler as quickly as you can.

- **Come clean.** If your picnic spot doesn't have clean running water, bring some with you. Bring wipes or sanitizing gel for surfaces and hands. Wash hands before food prep and after handling raw meats.

- **Keep your cool.** Use an insulated cooler with ice, ice packs or partially frozen items to keep food at 40°F (4°C) or cooler.

- **Pack smart.** Keep separate coolers for food and beverages. Chances are people will be in and out of the beverage cooler, which lets cold air escape. To keep food as cold as possible, keep that cooler closed until you're ready to cook. Pack meat in plastic and put it on the bottom of the cooler to prevent it from leaking on other foods. Pack two platters — one for raw meat and one for cooked meat.

- **Use a thermometer.** Don't rely on the color of meat to judge when it's cooked enough. Use a food thermometer to check the temperature. Safe minimum temperatures are:
  - 165°F (74°C) for any type of poultry
  - 160°F (71°C) for ground meat other than poultry
  - 145°F (63°C) for solid cuts, such as steaks, of meat or fish

- **Keep safety in mind as you pack your picnic cooler or fire up the grill and enjoy your summer safely.**

  “Live your best life, by living well.”

### Hurricane Safety Tips

1. Stay tuned to your local radio station. When a hurricane is threatening the area, the Bahamas Meteorological Office gives hourly reports by radio, which includes plotting information and wind speeds etc.
2. Stay away from beaches and other low areas, which can be swept away by the sea and hurricane tides.
3. If your house is out of danger of storm surges and is properly protected for the hurricane, this is the best place to stay. Move to the shelter established for the residents of your area only if your house is unsafe.
4. Fasten and secure doors and windows, especially on the outside using good wood or hurricane shutters.
5. Put away all objects that can be blown away by wind such as furniture, flower pots, trash cans, pool furniture etc, since the can become instruments of destruction during a hurricane. Clean your yard of any debris that can fly around.
6. Stock up on at least a week's supply of foods that do not need to be cooked. If there are small children in the family, get canned milk to last for a similar time period.
7. Keep a good supply of drinking water. Get a first aid kit, lanterns or gas lamps, batteries for radios and flashlights and torches. Your water and electrical supply will probably be disrupted at some point.
8. If any member of your family is ill, get in touch with your medical authority before going to a shelter. Pack all medication in the event of leaving for a shelter.
9. Keep a full tank of gasoline in your car.
10. If the center or “eye” of a hurricane passes over your area, there will be a brief period during which the winds will come to a lull. This can last from several minutes to a half-hour or more. Remain safely indoors during this period, as the storm will quickly pick up again. Do not come out until the authorities give the “ALL CLEAR”.
11. When the Bahamas Meteorological Department and NEMA announce that it is safe to go outside, BE VERY CAREFUL, and notice your surroundings before you take the first step out-side. Power lines may have fallen in your path of departure or debris may be dangling dangerously above your head. DO NOT TOUCH ANYTHING THAT IS TOUCHING A POWER LINE. Clear debris, but do not attempt to remove items without gloves as rusty nails may be in some materials.
12. DO NOT USE TAP WATER unless NEMA has authorized it, as contamination may occur during the storm.
13. STAY OFF THE ROADS until NEMA gives the ‘all clear’ as roads may be blocked by debris or washed away, and emergency vehicles may need to get through.
14. Call 911 for emergency care needs. Keep calm and do not let children or anyone else wade in standing water as it may be contaminated and fallen power lines may be in the water.
15. DO NOT TURN ON ELECTRICAL EQUIPMENT until you are certain that there is no water damage in or near the electrical supply of socket. Failure to do so may result in electrocution.
Caribbean Public Health Agency (CARPHA)

FACTS YOU NEED TO KNOW ABOUT CHIKUNGUNYA

THE DISEASE
Chikungunya is a viral disease spread to people by the *Aedes aegypti* and *Aedes albopictus* mosquitoes. These mosquitoes also spread dengue fever.

**Symptoms**
- Symptoms usually begin 3-7 days after being bitten by an infected mosquito
- The most common symptoms are fever and joint pains, often in the hands and feet
- Other symptoms may include headache, muscle pain, joint swelling or rash

**Prevention**
- Avoiding mosquito bites will help prevent further spread of the virus
- Securely cover domestic water storage containers such as buckets, barrels and drums
- Properly discard old tyres and containers that collect water, for example, bottles and cans
- Cover and seal tanks, soak-aways and cisterns

**Reduce Mosquito Exposure**
- Use mosquito repellants containing DEET, Picaridin, oil of lemon, eucalyptus or IR3535 on exposed skin
- Wear long-sleeved shirts and long pants
- Use air conditioning or window and door screens
- Sleep under mosquito nets and/or use mosquito coils

If you think you or a family member might have chikungunya, please visit your doctor or the nearest health clinic.

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Preventing disease, promoting and protecting health
Chicken with Eggplant, Basil & Sun-Dried Tomatoes

Ingredients
- 4 tablespoons extra-virgin olive oil
- 1 baby eggplant, halved
- Kosher salt
- 1 tablespoon pine nuts
- 4 thin chicken cutlets (about 1 pound total)
- Freshly ground pepper
- All-purpose flour, for dredging
- 3 cloves garlic, sliced
- 1/4 cup sun-dried tomatoes packed in oil, drained, rinsed and roughly chopped
- 1/4 cup fresh basil leaves, torn
- 1/2 cup low-sodium chicken broth
- 1/4 cup ricotta cheese
- Rustic bread, for serving

Directions
Drizzle 1 tablespoon olive oil over the eggplant halves in a microwave-safe bowl and sprinkle with salt. Cover with a microwave-safe plate and cook on high for 5 minutes.

Meanwhile, toast the pine nuts in a skillet over high heat, about 1 minute; transfer to a bowl and add the remaining 3 tablespoons olive oil to the skillet. Season the chicken cutlets with salt and pepper and dredge in the flour, shaking off the excess. Add to the skillet and cook until brown on one side, 2 to 3 minutes. Flip the chicken, add the garlic and cook 2 more minutes. Remove the eggplant from the microwave, cool slightly and slice into chunks. Reduce the skillet heat to medium-low; add the sun-dried tomatoes, eggplant, basil, nuts and chicken broth to the skillet and bring to a simmer.

Transfer the chicken to plates; top each with ricotta and the eggplant mixture. Serve with the bread.

ROASTED ASPARAGUS

Ingredients
- 1 lb asparagus
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon kosher salt (or 1/4 teaspoon regular table salt)

Directions:
1. Preheat oven to 425°F.
2. Cut off the woody bottom part of the asparagus and discard.
3. With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears.
4. Place asparagus on foil-lined baking sheet and drizzle with olive oil.
5. Sprinkle with salt.
6. With your hands, roll the asparagus around until they are evenly coated with oil and salt.
7. Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
8. They should be tender when pierced with the tip of a knife.
9. The tips of the spears will get very brown but watch them to prevent burning.

They are great plain, but you can serve them with a light vinaigrette if you need some thing acidic to balance out your meal.

WATER TIP! You should drink 5 to 12 (8 oz.) cups of water daily OR Drink until your urine is a pale colour. If you are taking medication, drink lots of water. Purchase a water bottle, fill it each day and take it to work, school or play, to ensure you are getting enough water.

Find nutritious, hearty and healthy recipes at www.eatingwell.com. Did I mention they’re quick and easy to prepare? Perfect after a hard day at the office!
5 Tips to Protect Your Skin
(Mayo Clinic)

1. PROTECT YOURSELF FROM THE SUN
One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer.

2. DON'T SMOKE
Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. This depletes the skin of oxygen and nutrients that are important to skin health. Smoking also damages collagen and elastin — the fibers that give your skin its strength and elasticity.

3. TREAT YOUR SKIN GENTLY
Daily cleansing and shaving can take a toll on your skin. To keep it gentle:
- **Limit bath time.** Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water.
- **Avoid strong soaps.** Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- **Shave carefully.** To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.
- **Pat dry.** After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.
- **Moisturize dry skin.** If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

4. EAT A HEALTHY DIET
A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but some research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.

5. MANAGE STRESS
Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to manage your stress. Set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

UPCOMING EVENTS

**AUGUST**
- Emancipation Day - Monday, August 4th
- World Breastfeeding Week - August 1st - 7th

**August is.....**
- Immunization, Cataract, Psoriasis and Bone Cancer Awareness Month