

INTERVIEW

The Ezine for InterHealth Canada TC Staff

ISSUE 03 | MARCH 2011



Laura Hall
1961 - 2011

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The world according to the Matron

KNOCKING OFF EARLY

THEY'RE an entertaining lot those administration-corridor bunch at the Cheshire Hall Medical Centre.

I was strolling on the landing outside the maternity unit the other day when I passed one of them, dressed in her jacket, bag over her shoulder, heading for home.

"What you as well?", she commented to me.

I asked her what she meant by this and she explained that everyone, including me, seemed to be working late tonight.

A little perplexed, I asked what exactly she thought the time was.

"About 5.20pm", she replied.

With that I pointed to the clock above reception.

"Oh ^%#@^!", she exclaimed. "It's only 4.20pm!"

With that, off came the jacket and away she sped back in the direction of her office.

ARRIVING LATE

STAYING on the theme of time keeping, I had to laugh at a conversation I overheard between a member of staff and the editor of this newsletter.

The employee rushed in to see the editor waving a submission for publication.

"Has it gone 9am?", she enquired. "That was the deadline, wasn't it?"

"It's way past 9am", said the editor. "It's two minutes to 10."

"That's impossible", she said. "I don't start work until 9am."

"In that case, you're an hour late", added the editor.

With that, a look of utter confusion engulfed the lady's face.

Then suddenly, it dawned on her.

"Oh no! The clocks went forward on Saturday night, didn't they?!", she exclaimed.

Best part was that this conversation took place on a Tuesday morning, meaning our poor subject had spent two days an hour behind the rest of the world!

FOUR-LEGGED SURGEON



I WAS in New York a couple of weeks ago and while wondering around the streets, I came across this sign for a Chinese Hospital.

Don't think I'd fancy having my tonsils out there, thank you very much!

OH FLOWER OF SCOTLAND

HAVING worked all around the world, I've heard many amusing stories based around people's different cultures.

I've decided to share a few with you over the coming months, starting with this one about an English doctor who is being shown around a Scottish

hospital.

At the end of his visit, he is shown into a ward with a number of patients who show no obvious signs of injury.

He goes to examine the first patient he sees, and the man proclaims: "Fair fa' yer honest, sonsie face, Great chieftain o' the puddin' race!". The English doctor, somewhat taken aback, goes to the next patient, and immediately the patient launches into, "Some hae meat and canna eat, And some wad eat that want it." This continues with the next patient, "Wee sleekit cow'rin tim'rous beastie, O what a panic's in thy breastie!" "Well", the English doctor mutters to his Scottish colleague, "I see you saved the psychiatric ward for the last." Oh no", the Scottish doctor corrected him, "this is the serious Burns unit."

For a full explanation of the above, please see Donald, Marie, Kathleen, Peter or James.

DOCTOR, DOCTOR!

A GUY popped into family practice in Grand Turk the other day and said to one of my doctor colleagues: "Doctor, when I press my leg it hurts. Then when I press my chest it hurts, when I press my head it hurts, and when I press my stomach it hurts. I'm worried doc, what's wrong with me?"

"Easy", said the doctor, "you've got a sore finger!"

GETTING IN THE SWING

NOW I'm not one to encourage gambling, but an interesting bet was struck recently in the restau-

rant at Cheshire Hall.

Two novice golfers were trying to decide who was better than the other.

In the end they settled on a contest to be played between them by the end of April at Provo Golf Club, with \$1,000 to the winner.

The good news is that both players have agreed to donate half the winnings to a charity of my choice, should they come out on top.

Check next month's InterView for the result.

SUSPENDED IN MID-AIR

OH DEAR what can the matter be, Donneka and Junior got stuck in the lavatory.

Well, that's not quite true - they actually got stuck in the reception elevator.

During a number of power outages experienced at Cheshire Hall recently, the pair were returning to the first floor when suddenly the elevator ground to a halt.

"It was a bit of a shock", said Denneka "and when it first happened, the elevator dropped about two or three feet and Junior thought we were having an earthquake."

"What made it worse was that my phone wouldn't work and so, for a minute or two, I was wondering if we'd ever be found."

Fortunately for our duo their dilemma did not last long and they were soon back doing their bit in the name of HR and IT.

Donneka added: "I know Junior was very scared but I was there to look after him and assure him that everything would be okay."

Berlyn Misick RIP

INTERHEALTH Canada has paid its condolences to the family of Beryln Misick, who was recently killed follow-

ing a motorcycle collision in Provo.

Berlyn was the father of twins with Cheshire Hall Medical Cen-

tre dialysis nurse, Rennay Robinson.

CEO, Roger Cheesman said: "We send both our deepest sym-

pathy and condolences to all Berlyn's family and friends. In particular, we extend our love to Rennay and the children at this very difficult time.

"You are all in our thoughts and in our prayers."

A lady of great courage

TRIBUTES have been pouring in following the sad death of our colleague, Laura Hall.

The popular housekeeper lost her long and brave battle with illness in the early hours of March 8, 2011.

Laura, whose health had deteriorated dramatically in her final weeks, passed away peacefully on the general ward at the Cheshire Hall Medical Centre, surrounded by family and friends.

InterHealth Canada TC CEO Roger Cheesman said: "Although the passing of patients is an immutable part of hospital life and something we all take in our stride, when it is 'one of our own' we all stand back and reflect on having a lost friend and colleague.

"Despite her illness, Laura was stoic, showing great patience and courage in the face of significant adversity. She was an excellent example to us all.

"Laura was both loved and respected and will be remembered by all for her warmth. Our lives are sadder for her passing and we offer condolences to those who were closest to her."

Laura, who recently celebrated her 50th birthday, was born in Middle Caicos. She grew up in Freeport, Bahamas before moving back to Provo.

She moved across to Cheshire Hall in April from the Myrtle Rigby Health Centre, where



she had worked for more than four years. Prior to that, she was employed by Club Med.

"She was a remarkable and courageous person and a great, loyal friend to all that knew and worked with her", said InterHealth facilities director, Fiona McDonnell.

"She loved her job in the hospital and was so proud of the facility. She oozed team spirit and fully endorsed the culture of InterHealth Canada.

"Despite being very ill, Laura never complained. She simply got on with life and displayed great courage in doing so.

"I am truly proud to have known Laura and to have had the pleasure of working with her. She was a great inspiration to all who knew her and my thoughts and prayers, along with that of everyone's at InterHealth, are with her family and friends. God bless you my friend."

One person who knew Laura better than most was head of house keeping, Donna Taylor.

She explained: "Laura was one of those people who always wanted to help. If there wasn't an obvious way to do it, she'd go that extra mile until she found one.

"Life is very strange without her around the place and we all miss that lovely smile and amazing, positive attitude.

"Everyone loved Laura and we miss her dreadfully. But I know she's up there looking down on us and making sure the Cheshire Hall stays spick and span, just the way she liked it."

One group of people Laura was hugely popular with was children. 'My little angels' she called them, while she was known as 'Auntie Laura'.

Laura is survived by four children, four grandchildren, nieces, nephews and other relatives.

Colleagues pay tribute to Laura

While we are mourning the loss of our dear beloved friend and co-worker, others are rejoicing to meet him behind the veil. Let us cherish the loving memories that Laura has left us all with and find comfort in the fact that although she is absent from her physical body, she is in God's presence. Sleep on our dear Laura and I will surely miss your presence in the lunch room.

NATASHA

I might have only known Laura for a year, but I have so many fond memories. We shared so much – stories, recipes, ways of doing things, tips and much more. She was like a mum to me and was so helpful with things like information about the island. I'm really proud because I taught her how to do mash potato, something she'd always bought in a packet previously. She always said she never thought she'd see the day

when there was a hospital like this on Provo and she was so proud to work here. Laura was a special friend and a friend to all my family and grandchildren too, who she spoke to regularly on Skype with me.

MARIE

The physiotherapy department would like to express our sorrow at the passing of our friend Laura. Quiet, kind and mild-mannered, she would go the extra mile to ensure that you got what you needed. We will miss her coming down the hallway with the trolley, stopping for a moment to enquire how we are and if our families were okay. May she rest in peace. She will be greatly missed.

**DEBBIE, SHAREEL, NATOY,
CONNIE AND CAMILLE**

Miss you Laura. Miss your unique sense of

humour and your determination to 'do'. Rest in peace friend.

STEVE AND LINDA

I first met Laura in the Myrtle Rigby car park shortly after I joined the hospital in May 2008. We chatted the progress of the new hospital that was being built. Later we met at the official opening of Cheshire Hall and became good friends. Heaven is a place nearby, so there's no need to say goodbye.

LEILA

Laura was a very special person who fought her illness with real courage and dignity. Her big bright smile always brightened my day! I am proud to have known her and to have called her a friend

MITA

CONTINUED ON PAGE 4

Accreditation Canada update

With Linda Gill

Thank you to everyone who has so far completed a questionnaire or a Safety Survey. We are moving forward with the Accreditation Canada (AC) process of Self Assessment but the wheels are turning slowly and the time is passing quickly.

Several teams are now working with the Quality Performance Roadmap (QPR) and there is a lot of work to be completed.

The good news though is that as information is passed through to AC, we have a good response - a balance of green, yellow and red flags. So we are doing lots of things well but others need addressing through the teams.

If anyone would like further information or support with anything AC related, please do not hesitate to ask me. I will gladly come and sit with you and we can share information.

Thank you all once again.



Profiled: Dr Lorena Soler

Read all about it

INTERHEALTH Canada TC staff have been making headlines around the world.

Chief executive, Roger Cheesman, was recently featured in a newspaper in his Welsh homeland, which can be seen at <http://www.walesonline.co.uk/news/local-news/pontypridd/2011/02/03/hospital-success-for-doctor-91466-28096536/>

Another person in the news back in their motherland is pediatrician, Dr Lorena Soler.

Lorena has been profiled in the Argentine medical magazine, Revista Ambo <http://www.revistaambo.com/tapas/11.pdf>

And remember the brilliant work done by lead pediatrician, Dr Helen Leonard, with the One World Foundation, which involved children's speech therapists and behavior experts visiting the hospital?

Well that's been featured in the American Press at <http://www.insidehalton.com/community/article/962966--speech-language-pathologist-volunteers-in-turks-and-caicos>

Tributes continued...

Everyday Laura would come into the restaurant for her breakfast or lunch and the place just isn't the same without her smile and warmth. She was an incredible lady. RIP Laura.

ANISH

She was one of the sweetest people I have known. It's hard knowing that she is no longer with us. I miss her dreadfully.

Laura was like my other mother. She kept telling me to find a nice man and settle down and have children. But she also used to say that she would be checking the man for suitability first!

She was a very special person and the

place just isn't going to be the same without her.

SHARKARA

To me, Laura was like a big sister – always checking I was okay and happy. I can't quite believe the pain and suffering she endured and yet I never once heard her complain.

She was a truly magnificent person and I will never forget her.

STEPHEN

Laura, a brave lady who considered others before herself. Proud to have known her.

ALISON

Lose weight the InterHealth way

HAVE you spent too much time sampling the delights of ReFresh?

Are you looking to shed a few pounds before summer?

If so, then read on.....

A weight watching course is coming to the Cheshire Hall Medical Centre very soon and everyone is invited to join.

Starting in May, meetings will be held once a week after work at a time and venue to be announced.

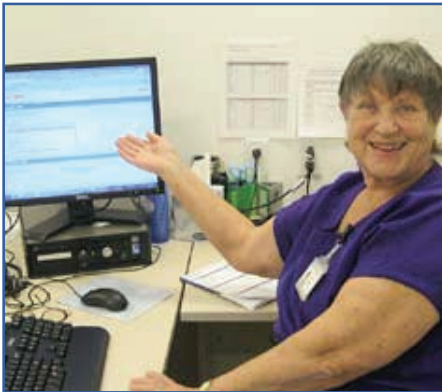
nounced.

Regardless of your shape, size and the amount you want to lose, weight watching gets results.

So, why not sign up and take the stress out of losing weight by doing it with the help and support of your friends and colleagues.

If you're interested, please put your name down on one of the posters that can be found in the staff rooms at Cheshire Hall or contact dietitian, Janet Green, for more details.





Delivering: Alison receives her email.

Alison's gift of life

ALISON Pyper received the perfect present when she celebrated her 73rd birthday on February 23.

InterHealth's infection control nurse learned that her older sister had survived the devastating earthquake that rocked New Zealand the day before.

Alison got the news she'd been anxiously waiting for by email.

The New Zealander explained: "It was the worst couple of days of my life. The earthquake struck the city of Christchurch where a lot of my family live and so I'd been trying to contact everyone to make sure they were okay.

"That wasn't been easy because the phone lines and computer links have been down and so it was pretty much been a case of just sitting tight and hoping for the best.

"All sorts of things go through your head and obviously you start worrying that it's going to be bad news."

Just when Alison was beginning to give up hope, her work computer pinged to say she had a new message.

"It was my birthday", she explained, "but I wasn't really in the mood for celebrating. I heard the ping on the computer to alert me of an email but I just thought it was just something to do with work.

"When I opened it up I couldn't believe my eyes. The email was from my sister Mavon's granddaughter. It was very brief. It just said 'we are all fine but the house is wrecked'.

"I was so happy I just burst into tears. I'd been able to track down my brothers and other family members but not Mavon and her relatives.

"So to receive that email was fantastic and definitely the best birthday present I could ever have wished for."



Roger Cheesman, right, and InterHealth's Eric Parsons, left, celebrate the opening of the TCI Hospital at midnight on April 10, last year.

Happy birthday to us!

BY ROGER CHEESMAN
CEO, INTERHEALTH CANADA TC

ON APRIL 10 the Turks and Caicos Islands Hospital celebrates its first birthday. Like all one-year-olds, we have gone through the trauma of birth and moved forward through the anticipated stages of development. Despite a full 12 months of experience behind us, we still cannot say we are yet fully grown.

Our growing pains throughout the last year have enabled us to develop and we have indeed come a long way since those early days. However, we still have to continue our development to a more mature organisation and by the end of the next operational year we will be up and running far more fluidly.

What we have experienced and are experiencing are normal developments in the life of a new hospital: A sometime painful but necessary transition from neonate to full development.

What has been most pleasing is the very low numbers of complaints (not all of them upheld!) and the high reputation we seem to have developed in the local community. I have been delighted to receive unsolicited first and second hand comments on the high quality of care that we provide to those we serve and there is a very clear indication that we offer high calibre care within the range

of work we undertake. Just this morning I received a 'thank you' letter from an American cardiologist whose son was treated at Cheshire Hall Medical Centre. He and his wife say ...

"We have both been healthcare professionals for many years and have been in many hospitals. You should be proud of the facility, the medical care, and the definite compassion exhibited by the staff. We felt that his care was excellent and would like to commend you for that."

I believe that to have such a comment from a consultant level cardiologist speaks for itself.

There are always stumbles on the road to maturity and hospitals are no exception. We have had some issues to work through but worked through them we have and come out the other side very much stronger. We still have a considerable length of road to travel but travelling it as a team makes the journey much easier.

I look forward to our second birthday and reflecting on how things have changed over the twelve months between now and then: I know I will be pleased with our progress and that the progress will be down to the activities of all on the team as a whole. Thank you for making the first year a success and thank you in advance for making Year 2 an even greater success.

Interhealth **IN FOCUS**



BEAUTIFUL: These lovely ladies look full of eastern promise, thanks to Mita Saxena.

Mita, and husband Anish, recently hosted an Indian-themed party, where the girls were invited to dress up in saris from Mita's stunning collection.

Looking the part, left to right, are: Marie Wilson, Carol Theophanous, Nicki Mullins, Alison Pyper, Mita Saxena and Ann Maguire. Standing in front is Daisy Mullins. Inset: Kathleen Bree.



CAREER CHOICE: TCI youngsters have been taking a closer look at life in the Cheshire Hall Medical Centre.

Students from the Clement Howell School visited the hospital as part of their careers month.

Teacher, Claudell Seymour, said: "Students will be visiting a range of establishments during the month, thus allowing them to get a feel for working in those places. Quite a few want to go into medicine and so this was a particularly popular visit.

"We thank InterHealth for its hospitality and thank Linda Gill and Nicki Mullins who showed us around. Hopefully some of the youngsters will be back as employees one day."



DRESSING UP: Ever wondered what did big Steve McDonnell wanted to be when he grew up? Here's your answer. The facilities engineer always wanted to be a brain surgeon!

"I always fancied medicine", he admitted, "and would love to have been a brain surgeon. But working in a hospital is good because I get to dress up as one from time to time."

Seriously though there's a good reason for Steve to be wearing a surgical mask. He and the rest of the facilities team have been busy doing one of the dirtiest jobs in the buildings – cleaning out the air filters.



EMERALD FUN: Here's a picture that will make you green with envy.

Our lovely finance girls got all dressed up to celebrate St Patrick's Day on March 17.

Leila Lawrence, Faith Talaro and Marie Jagocoy did the Irish proud in their wigs, aprons and headbands.

"We'd heard that Jim Trainor was dressing up as a leprechaun, said a finance department spokesman, "so we decided to join in the fun.

"Sadly Jim couldn't get into his costume but we had a great day all the same."



Chris junior's safe arrival

THERE have been a few sleepless nights in the Valentine household over the past couple of weeks.

But general surgeon Chris and wife Sheila are certainly not complaining.

The couple are the proud parents of a beautiful baby boy, Chris Jaiden, who was born at the Cheshire Hall Medical Centre on February 9, weighing seven pounds.

Chris said: "Sheila and I would like to say a big thank you to all the staff at Cheshire Hall for the very professional care afforded to us. In particular, we thank the teams in OR and maternity.

"Also thank you to everyone who has wished us well and congratulated us following the safe arrival of baby Chris Jaiden."

New face in admin department

THERE are new fingers on one of the administration department key-boards.

Kay Vanes, right, has joined InterHealth Canada TC on a temporary basis as cover for Carol Theophanous.

Carol is currently on sick leave and so Kay will be acting as personal assistant to Dr Robyn Barnes, Jim Trainor and Kathleen Bree, based at Cheshire Hall.

"I'm pleased to be at InterHealth", said Kay, "although I wish it was under different circumstances.

"Carol is obviously a very hard act to follow but I will be doing my best in her absence and so far everything has gone well, with everyone being really helpful and friendly."

Kay, who was born in Nigeria and brought up in Germany and England, has lived in TCI for more than three years.

Previously she has worked in purchasing, marketing and the hospitality industry.



Café Corner

BY ANISH THOMAS



Chef Keron shows off his pancakes

Thanks to everyone who supported both our St Patrick's Day, Shove Tuesday and Ash Wednesday events.

Sandwiches on the go

To speed things up a little, we are now selling ready-made sandwiches and rolls.

These can be located in the drinks fridge and flavours include tuna salad, cheese salad and ham salad.

Coming soon

You will have noticed a few new products in the restaurants, and there's more to come soon.

Panini and flat bread with dips for a start and other delicious goodies.

If there's something you want to see us stock or sell then let us know by filling out a customer comment card that can be found on the dining tables.

Pancake Day

Shove Tuesday proved busy for ReFresh.

To celebrate the occasion, we came up with some fantastic pancake recipes that were enjoyed by staff, patients and visitors alike, both in Grand Turk and Provo.

These included savory specials for breakfast and lunch, along with some mouth-watering desert pancakes too.

Meanwhile on the following day, Ash Wednesday, we served up fish to all hospital patients and there were also lots of fish options on the menu.

St Patrick's Day

Another occasion marked by ReFresh was St Patrick's Day.

Again, we came up with a special menu reflecting all that is good that comes out of Irish kitchens.

Everything we did went down a treat but it was the lamb stew that really got people talking. We had lots of compliments for this and so we hope to get it back on the menu again, very soon.

Last call for lobster

Our lobster specials have proved a big hit and we have sold out on every occasion we have done it.

And it's not just lunch customers who have been enjoying the dish – quite a few people have been snapping it up to take home and have at their family dining tables in the evening.

Sadly, the lobster season is now coming to an end (at the end of March) and so it will be coming off the menus for a while.

We've got the power

A big well done and thank you to our ReFresh team in Grand Turk.

Following a recent power cut on the island, the catering staff joined forces with other hospital employees to ensure all patients were fed on time and without fuss.

A good job by all involved.

Green hospital raises cash for TCI youngsters

TOURISM might be the largest business in the TCI but there's a new industry that's rapidly expanding.

Recycling is taking off in a big way and it's no surprise that InterHealth Canada is at the forefront of this growth.

The hospital is highly conscious of the impact its services have on the environment and so is always looking at ways it can save energy and resources.

One project InterHealth is very involved in is the recycling of used ink cartridges to raise funds for TCI youngsters.

Instead of throwing them away, they are now saved and donated to a group of island-based volunteers who, in turn, ship them to the United States where they are bought by a recycling company.

InterHealth Canada TC IT manager, James Hayward explained: "Recycling is something InterHealth Canada as an organisation takes very seriously.

"The company is acutely aware of its responsibilities and that is why we are always looking for ways to either reduce the energy we use or to recycle any waste products we create.

"The recycling of things like printer ink

cartridges is very big in places like America, Canada and Europe and it's good that it is now available here in the TCI. This particular service we use is great because it's all done by volunteers and the proceeds are donated to schools and youth clubs across the islands.

"InterHealth is pleased to be doing its bit

both in terms of protecting the environment and supporting local schools and youth organisations."

He added: "Hopefully recycling will continue to be a growth industry in TCI and that we can do more in the future to support environmentally-based projects and services."



Beware: Facilities engineer, Rizaldy Teston erects the new parking signs

COMINGS & GOINGS

SINCE last month's InterView hit the streets, we have said goodbye to two of our radiographers.

Philippa Boland headed back to Australia in the middle of February, followed by colleague, Stephen Ringwood, who has departed for New Zealand.

Also returning Down Under was lab consultant, Peter Anderson, although he'll be returning later in the year.

Soon to be departing for pastures new are ED supervisor, Karen Bredell, and anesthetist, Gina Schwartz.

Meanwhile, a warm InterHealth welcome to three new permanent staff members, Ann Misick (RN, Provo), Laveena Rodrigues (RN, Provo) and Alexis Durham (RN, Grand Turk).

You can't park here!

PARKING problems will hopefully be a thing of the past at the Cheshire Hall Medical Centre.

New signs have been erected at the front of the hospital warning drivers not to park in the disabled zones, unless displaying a valid permit.

Facilities director, Fiona McDonnell, explained: "The front parking spaces closest to the Cheshire Hall building have always been for handicapped and disabled drivers and there have always been signs saying so on the spaces themselves.

"Unfortunately these have been ignored by many people and so we have decided to put up high visibility signs instead.

"Hopefully these will do the trick and discourage people from parking in these spaces and leave them free for those who genuinely need them."

She added: "We are all guilty of being a bit lazy from time to time and if people are running late there's a great temptation to park as close to the hospital as they can.

"But I would urge everybody, including staff, to think of those in need and park elsewhere, leaving the most convenient spaces for those who require them."

The facilities team has put up a total of eight signs, bearing the message 'Handicapped Parking, Permit Required'.



Prize: Jim Trainor presents Carol with her Hamper

Lucky Carol carries off the prize

CAROL Joseph will be eating like a Queen for the next few weeks.

The SRN, who works in maternity at the Cheshire Hall Medical Centre, was the lucky winner in our Harrods Hamper competition.

Readers were asked to guess the weight of the hamper, which was packed full of luxury foods and preserves.

Carol, whose guess of 14lbs was just 10 ounces over the actual weight, said she was pleased to have come out on top.

"I'm delighted", she explained. "I saw Harrods during a trip to London once and so I know what a prestigious store it is."

"The hamper is great and I will really enjoy its contents."

More than 25 people entered the competition, which appeared in the January/February edition of InterView.

Zena Trainor, PA to Roger Cheesman said: "We had a great response and there were a lot of entries in and around the 12, 13, 14 and 15 pound mark."

"But Carol's was the closest, just, and we congratulate her and hope she enjoys the hamper."

Caption competition!



STUDY the picture above.

What exactly is infection control nurse, Alison Pyper, saying to PTV reporter, Easher Parker?

If you think you know the answer, why not enter our caption competition.

Simply jot down what you reckon is being said and email it to paul.baker1066@hotmail.co.uk by Monday April 9.

There will be a prize for the best suggestion.

Hospital fit for a Lord

TCI'S new hospital and its staff have received praise in high places.

InterHealth Canada was congratulated during an Overseas Territories debate in the British House of Lords.

Lord Nigel Jones, vice chairman of the All Party TCI Group, told the House: "I congratulate the TCI Government and InterHealth Canada on the new hospitals in Grand Turk and Providenciales. They will celebrate their anniversaries on April 10 and have made a huge difference in the islands."

"I am told that many, many lives have been saved that would previously have been lost. The facilities are state of the art and a million times better than what was available before."

In an email to InterView Lord Jones paid tribute to the staff at both centres, particularly those who moved over from the previous hospitals.

"From what I understand", he added, "InterHealth Canada boasts some fantastic professionals and this is obviously a huge asset to the islands."

"There are some highly skilled people who have come in to help run the hospitals, along with some equally skilled people who worked



at the previous centres.

"Together as a team they are making a big difference to people's lives and I congratulate them all and wish the hospitals a happy first birthday in April."

Kangaroo Care bounces into TCI

A GROUND-breaking initiative that could save the lives of newborn babies has been launched in the TCI.

InterHealth Canada has introduced Kangaroo Care at its medical centres in Provo and Grand Turk.

Few things are more natural in life than a mother holding her newborn infant in her arms for the first time, and Kangaroo Care teaches parents an alternative method.

The concept involves the practice of providing skin-to-skin contact to an infant immediately after birth. Typically, the baby is placed in an upright position on the mother's bare chest, so there is as much skin contact as possible – hence Kangaroo Care.

And while the method has been proved to improve the bond between parent and child, it's also helped save lives.

InterHealth Canada pediatrician, Dr Lorena Soler, who has helped introduce the initiative, explained: "In 1983, the practice was implemented for the first time in Bogota, Colombia. Neonatologists Edgar Rey and Hector Martinez proposed this method of care as a means to combat the lack of space and technology in the local hospitals.

"Studies indicated that the implementation of Kangaroo Care reduced the infant mortality rate from 70 percent to 30 percent.

"Kangaroo Care is something that a number of InterHealth Canada staff have used in other countries prior to coming to the TCI and so it seemed a natural progression to introduce it here.

"So far it worked out really well and has been embraced warmly by parents. Already we have seen it help bond parents and their babies and in some cases it's definitely greatly helped improve the health and wellness of infants."

With the skin-to-skin contact encouraged by Kangaroo Care, a hormone called oxytocin is released, which calms mother and baby and can assist with satisfactory milk production.

And the bonding benefits of this method of newborn care are not exclusive to new mothers with fathers also encouraged to become active participants.

Neonatal nurse, Susan Howe, who launched the project with Dr Soler, said: "We have seen some fantastic results with Kangaroo Care here in the TCI and it's something that is being embraced by mothers and fa-



Pictured is Madelaine Edejer who practiced Kangaroo Care with her daughter Portia Miracle Climo, who was born at the Cheshire Hall Medical Centre in Provo.

thers alike.

"Already we have seen a couple of babies' health improve dramatically because of the practice and that is obviously very good news.

"Whether baby is fully healthy or requiring extra attention, Kangaroo Care can make a huge difference and it's something we intend to offer to teach all parents, should they be interested."

More delays for Carol

DOZENS of you have enquired after Carol Theophanous, who flew home to England recently to undergo major surgery.

Unfortunately things haven't exactly gone to plan so far, as Linda Gill reports.

Linda said: "Very, very sadly, poor Carol and Fivos are distraught at the fact that, yet once again, surgery planned for last Thursday was cancelled for the third time.

"The surgeon and anesthetist both believe that to undergo surgery, Carol has

to be in tip-top shape and sadly, that was not the situation last Thursday.

"The good news is that surgery is now planned for April 7 and I am sure that all of us are winging our best wishes, thoughts and prayers to both Carol and Fivos at this very difficult time. A floral bouquet has been sent on behalf of all the staff of InterHealth.

"If anyone would like to send their own individual gestures, I have the address to which to send cards."

RECIPE OF THE MONTH

Jamaican Jerk Chicken



INGREDIENTS

- 1 tablespoon ground allspice
- 1 tablespoon dried thyme
- 1 1/2 teaspoons Cayenne pepper
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 teaspoons ground sage
- 3/4 teaspoon ground nutmeg
- 3/4 teaspoon ground cinnamon
- 2 tablespoons garlic powder or fresh
- 1 tablespoon sugar
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 3/4 cup white Vinegar
- 1/2 cup orange juice
- 1 lime juice
- 1 Scotch bonnet pepper (habanero)
- 3 green onions -- finely chopped

METHOD

- Seed and finely chop Scotch Bonnet pepper. Trim chicken of fat. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice.
- Add the Scotch bonnet pepper, onion, and mix well. Add the chicken breasts, cover and marinate for at least one hour, longer if possible. Preheat an outdoor grill.
- Remove the breasts from the marinade and grill for six minutes on each side or until fully cooked. While grilling, baste with the marinade.
- Bring the leftover marinade to a boil and serve on the side for dipping. Note: Scotch bonnet peppers, also known as habaneros, are the hottest of the capsicum peppers, they're truly incendiary. Substitute Serranos or Thai bird chiles if you can't find them.



Success: pictured with their certificates are, left to right, Inderia, David and Bridget.

Reprocessing trio pass with flying colours

GOOD old-fashioned hard work has paid off for three InterHealth Canada TC employees.

Medical Device Reprocessing team members, David Banton, Inderia Harris and Bridget Williams have successfully completed the 7th edition Central Service Technician course.

In passing the international certification exam through the International Association of Healthcare Central Service Material Management (IAHC-SMM), their professional status is now CRCST.

Medical Device Reprocessing manager, Susan Borden, said: "A huge congratulations to David, Inderia and Bridget. They have worked

really hard and deserve their success.

"All three are active members with IAHC-SMM and will be required to maintain their membership and submit 12 continuing education units per fiscal year. That is obviously a big commitment and it shows just how much effort they are putting in.

"The better qualified they become the better for both them, InterHealth and for the community who use the hospital. Once again congratulations to them all."

The hard-working trio will soon begin studying and preparing to challenge level two of the course, which is entitled, Certified Instrument Specialist (CIS).

INTERVIEW

The Ezine newsletter for the InterHealth Canada TCI Staff

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Submissions, story ideas, letters and comments are welcome and encouraged. This newsletter is for and about the staff of InterHealth Canada TC. Please email the editor, attaching photographs in a jpg format if applicable. Please also include your email address and a day time telephone number.