



**Bermuda Hospitals Board**  
CARING FOR OUR COMMUNITY

# PULSE

**BERMUDA HOSPITALS BOARD**  
Newsletter to the Community

## Speak Up and Be Heard!

Bermuda Hospitals Board (BHB) is asking patients to **“SpeakUp”** about the quality of their care while they’re in the hospital and to voice their opinions after receiving care. The goal is better outcomes for patients and improved health care services for Bermuda.

“Becoming a better listening organisation will make us a better healthcare provider,” said Judy Richardson, Director of Quality & Risk Management.

“Empowered patients have better outcomes. Your experience as a patient makes you the perfect resource to say what is working and what needs improvements. The patient sees us in a unique way and we need this input to make lasting and effective change.”

**“Becoming a better listening organisation will make us a better healthcare provider. Empowered patients have better outcomes.”**



Staff from Quality and Risk Management invite patients to SpeakUp.

### HOW DO I SPEAK UP?

BHB is assisting people through two initiatives. Launched at the beginning of Patient Safety Week on Monday 5 March 2007, both campaigns will be continuously run as the hospitals move forward.



- The Patient Satisfaction Survey is being sent randomly to patients once they have left the hospital and asks what areas need improvement and what areas are doing well. Completely confidential, the survey will be a powerful driver of positive change.
- The SpeakUp campaign encourages everyone in Bermuda to take an active role in his or her healthcare, by asking questions and knowing his or her rights.

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BHB recently changed codes and descriptions used for billing outpatient services.

The new billing system will provide more detail about charges for services at the hospital. A code and description will be used for each healthcare service. All these codes and descriptions are listed in a system called the ‘Charge Description Master’ (CDM).

These internationally recognized codes and descriptions used by hospitals in other jurisdictions, are more precise and will allow you or your

insurance company to determine what service you received. They will also allow for a direct comparison with fees charged abroad, to see if the cost of treatment at the hospital is fair.

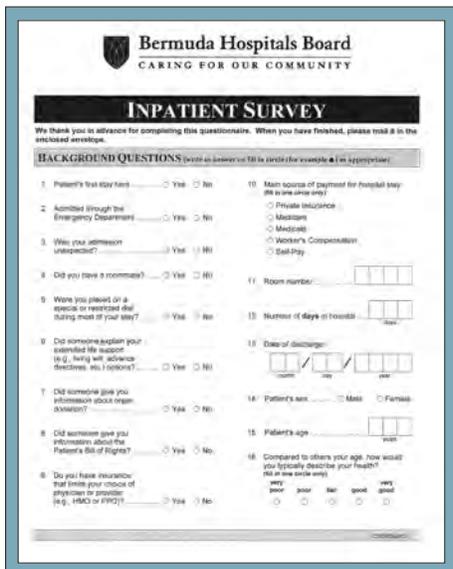
The change of codes and descriptions will not affect how you pay your bill and should be seamless. You will only notice the difference if you see a hospital bill. You should carry on paying your hospital bill in the same way. If you currently pay your hospital bills yourself, then you can continue to pay at the KEMH Cashier’s Desk or by mailing your payment to the BHB Credit Department as usual.

Leaflets are being sent with all new bills and can be picked up from KEMH waiting areas. However, if you do not understand the codes on your bill and need more information, we have also set up a dedicated hotline for patients at 239-5959 which you can call any time between 9:00am and 5:00pm, Monday through Friday.

**PATIENT SURVEY:**

*Have your say in improving hospital services.*

If you receive a BHB Patient Satisfaction Survey in the mail, please take time to fill it in and let us know about your experience. It will only take a few minutes. Once completed, put the survey in the pre-paid envelope and pop it in your nearest mailbox.



Surveys are being sent out daily to randomly chosen patients who have received either in- or outpatient care. Results are anonymous and will direct BHB to areas that need improving. They will also measure areas providing good service so staff can be recognized and strengths identified.

To ensure confidentiality, BHB is partnering with Press Ganey, an international healthcare satisfaction measurement and improvement firm. Press Ganey will collate the surveys and provide BHB with results. In addition to pointing out where we do well and where we can improve, the surveys will provide a means to compare ourselves to hospitals overseas.

Ms. Richardson said, “We are pleased to be working with Press Ganey a leader in the field for over 20 years. This initiative will provide insightful information for improving our performance. Identifying patient concerns gives us critical data for delivering quality care.”

**PATIENT EMPOWERMENT: *SpeakUp for Quality Care.***

The SpeakUp campaign urges patients to know their rights and responsibilities and be active participants in their care. The campaign uses guidelines established by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), an independent body established more than 50 years ago that sets the standards by which health care quality is measured in America and around the world. Ms. Richardson said, “This initiative provides simple advice to patients on how they can make their own care a positive experience. People might not realise the power they have in improving their own care. Speaking up makes patients a partner in the healthcare process and is proven to reduce healthcare errors.”

***“We want members of the community to know they have a right to understand their care plan.”***

Brochures, posters and information sheets will be provided to patients about their rights and responsibilities wherever they receive care at the hospitals.

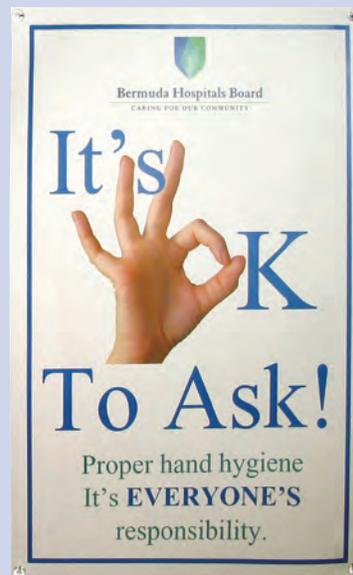
“We want members of the community to know they have a right to understand their care plan,

ask questions of their healthcare team and access information about their treatment,” adds Ms. Richardson.

**PATIENT EMPOWERMENT**

To prevent healthcare errors, patients are urged to **SPEAKUP**. As a patient, you have a right and responsibility to:

- **Ask questions- it's your body and you have a right to understand medical decisions and treatment choices, including possible risks and side affects**
- **Pay attention- don't hesitate to confirm you are receiving appropriate treatment or the correct medication**
- **Educate yourself- find out about your diagnosis, learn about your medical tests and understand your treatment plan.**
- **Choose an advocate- when you are unable to be actively involved in your treatment, designate a trusted friend or relative to speak up for you**
- **Know what medications you take - medication errors are the most common healthcare mistakes.**
- **Participate in all decisions about your treatment- you are the centre of the healthcare team!**
- **Call: 291-SAFE (7233) to express your concerns**



# New Equipment in the Emergency Department Supports Earlier Discharges

The Hospitals Auxiliary of Bermuda (HAB) recently donated a new MyLab Ultrasound Machine to the Emergency Department (ED) at KEMH. This equipment, which has become standard in many emergency rooms around the world, will assist physicians in making timely diagnoses, especially in victims of major trauma.

The machine utilizes sound waves moving through body tissue and along with a computer chip recognizes extra free fluid in the abdomen. This can result from a damaged liver or spleen, from abdominal blood vessels, a ruptured



Dr. Bascome-Adams demonstrates the new equipment.

ectopic pregnancy or fluid in the sac around the heart.

Other uses include assisting anesthetists to place central lines and confirming early intrauterine pregnancy.

**“Making timely diagnoses means patients can be discharged more quickly from the Emergency Department.”**

Dr. Bascome-Adams, Assistant Director of Emergency Services at KEMH, explains how the new ultrasound equipment impacts patient care. “Making timely diagnoses means patients can be discharged more quickly from the ED. It also means more prompt surgical interventions for some situations.”

While the MyLab machine does not replace formal equipment in the radiology department, like the stethoscope and otoscope (a device for examining the ears), it is another tool to aid in prompt diagnosis and treatment.

“We are grateful to the HAB for their generous donation. This new equipment helps us better meet the healthcare needs of our community,” said Dr. Bascome-Adams.

## NEWS UPDATE

The HAB has recently allocated additional funds of over \$200,000 to the hospitals for the purchase of:

- stretchers for MWI
- a portable ultrasound machine for the dialysis unit
- two continuous passive motion machines for the surgical programme
- epidural pumps for the control of pain

**Many thanks to these amazing volunteers for their continuing support of healthcare in Bermuda.**

## Expanded Dialysis Unit Will Serve More Patients and Improve Care

As anyone who has undergone dialysis knows, it is a lengthy process. Dialysis patients often undergo Hemodialysis three times a week and each visit takes many hours. The number of people requiring dialysis is also growing. There are currently between 85 and 90 people on the island receiving Hemodialysis. It is estimated approximately 100 patients will require treatment in the near future.

To improve service for current patients and to meet the expectant increase in people needing treatment, BHB will begin renovations to the Beresford Swan Dialysis Unit at KEMH this year.

David Hill, BHB CEO, said, “We have identified a critical need to expand dialysis services. We recognize the importance of providing essential quality care for our existing patients, as well as meeting expected demands in the coming years.”

Plans are underway to construct a two-story 2,000 sq. ft. extension on the current site. Included in the expansion are four additional care stations. Physician offices, staff welfare rooms and a conference and training room will also be constructed.

Intended to enhance patient dignity, privacy and comfort, the new facility will create visual and acoustical privacy and increase space for patients and staff. Expansion will positively impact infection control practices, improving patient and staff environments, while providing better patient sightlines for nurses.

Jill Caines, Clinical Coordinator of the Dialysis Unit said, “This is extremely good news for patients who spend a significant amount of time here and for staff, who have been championing the need for improvements. We are very pleased to see renovations are taking place so even more patients can be provided with this vital service.”

Completion of the \$1.8 million project is estimated to be in 2008.



# New Chief of Psychiatry Sees Positive Side of Client Lives in Bermuda

Dr. Cuda Sarathchandra joined the Mid-Atlantic Wellness Institute as Chief of Psychiatry in December. His responsibilities include acute community clients, acute inpatients and learning disability services. He also serves as clinical tutor for the Royal College of Psychiatrists.

***“The family plays a vital role in recovery and I have found Bermudians to be helpful, compassionate and involved when it comes to caring for others.”***

Dr. Sarathchandra came to BHB following his work as a consultant psychiatrist and an associate medical director of mental health services for the National Health Service in the United Kingdom. He served as regional advisor in psychiatry for six counties in England.

Dr. Sarathchandra notes that while the practice of psychiatry in Bermuda is comparable to other developed countries in the western world, a good percentage of clients on the island are doing well and have been integrated into the community.

“Working here is quite rewarding and stimulating since a very high proportion of our clients do recover functionally, despite psychiatric conditions. They are leading productive lives and have found gainful employment,” said Dr. Sarathchandra.

Dr. Sarathchandra believes the support of relatives is one reason clients do well. “The family plays a vital role in recovery and I have found Bermudians to be helpful, compassionate and involved when it comes to caring for others.” Dr. Sarathchandra would like to assist with the management and modernization at MWI. He intends to strengthen links with the Royal College of Psychiatrists in UK. “This would benefit our resident psychiatrists, especially for training and education,” he explains. “I would also like to establish links with a Canadian resident training programme.”

Dr. Sarathchandra points out the importance of having a dedicated psycho-geriatric service to address the needs of the senior citizens. “We have identified a gap in this service provision and are in the process of finding a solution.” Patrice Dill, Director of MWI said, “We welcome Dr. Sarathchandra to our team. His appointment has a positive impact on client services. We also extend appreciation to Dr. Edirimundi Rodrigo, who acted up while the position was vacant.”



Dr. Sarathchandra serves as the new Chief of Psychiatry.

## Pregnant?

### Take Advantage of Prenatal Classes Designed by KEMH Midwives

Midwives from the maternity ward at KEMH are now offering prenatal birthing classes. A series of four 2-hour classes are held on Tuesday evenings for expectant parents. Designed to ensure a safe, comfortable and positive birthing experience, the classes will provide information, encouragement and support about pregnancy and childbirth. Sessions will focus on body changes, labour and delivery, relaxation, pain management options and breastfeeding.

Expectant parents will also tour the maternity ward for a first-hand look at what to anticipate when giving birth.

A discussion of birthing plans is included.

Roxanne Kipps, Programme Manager for the Maternal/Child Units, said, “We are thrilled to offer instruction to



Midwives offer prenatal classes to expectant parents.

pregnant women and their partners. These are the only prenatal classes taught by midwives from the maternity team at the hospital. It means a great deal to expectant parents to learn from healthcare professionals who will take them through the labour and delivery process.”

For further information or to enroll in classes, please phone Kerry Bennett at **239-2055 - Ext 1441**.

## ED Introduces New Triage Procedures

Have you ever wondered how emergency room nurses determine how serious your case is? Ever wondered why you had to wait a long time when another patient is seen after you arrive? Triage is the system used in emergency rooms to identify those patients in most need of treatment. This process determines how urgent a case is and whether or not a patient is experiencing life-threatening symptoms and can wait before being seen by a physician.



Nurses at the Emergency Department follow new procedures.

The Emergency Department (ED) at KEMH recently introduced the Emergency Severity Index (ESI) triage system, a process utilized by many emergency departments in the USA. ESI provides clinically relevant stratification of patients into five groups from 1 (most urgent) to 5 (least urgent) on the basis of acuity and resource needs.

The new system will help the ED rapidly identify patients in need of immediate attention and better identify those patients who could safely wait longer to be seen by a physician. The introduction of the ESI system has been a nursing initiative, fully endorsed by the physician staff and mandated by the last accreditation survey.

Lynette Raynor, Clinical Coordinator for the ED, said, “The ESI system contributes to quality care for emergency department patients. It ensures those patients most in need of care receive it in a timely fashion while optimizing finite resources, such as personnel and equipment, that are available to provide treatment.”

# Going Down with KEMH's Hyperbaric Services

Diving in the sea may not be your cup of tea, but if you have a problem wound, extensive burns, certain life-threatening infections or carbon monoxide poisoning, a dive in KEMH's Hyperbaric Chamber may be just what is needed. Hyperbaric Oxygen Treatment (HBOT) has been offered at KEMH since 2000 and, as the only facility of its kind on the island, caters to about 400 patient treatments annually.

HBOT dramatically increases oxygen molecules entering the bloodstream, pushing oxygen to bones and tissues. This is achieved by taking a patient (and up to eight can go at one time) into a chamber that is sealed, so that air pressure inside can be increased. The pressure is greater than sea level and has a similar effect as diving underwater. HBOT enhances the function of white blood cells, which fight infection, and has a positive effect on the immune system. Affecting peripheral blood vessels as well, HBOT effectively increases blood flow to the body's extremities (hands and feet).

The treatment usually lasts about 90 minutes but may vary depending on a client's need. Patients may read a book, listen to music or just relax during the dive. After the prescribed amount of time has elapsed, the flow of oxygen is stopped and the chamber is slowly decompressed (pressure released) and returned to the same pressure that exists outside.

***“Wound care plays a pivotal role in the management of hyperbaric patients, optimizing outcomes and promoting cost effectiveness.”***



Hyperbaric treatment helps hundreds of patients annually.

Daniel Gericke, the new Hyperbaric Safety and Training Officer for BHB, said, "This therapy is an important adjunct in the management of chronic non-healing wounds and infections. HBOT has been very successful in managing wounds that have not responded to traditional treatment and has proven to be a limb- and life-saving modality."

Hyperbaric physicians at KEMH provide assistance to referring specialists and doctors by assessing patients to determine whether they will benefit from HBOT.

In addition, KEMH operates an Advanced Wound Care Facility that provides service to patients needing treatment for a variety of wounds.

"Wound care plays a pivotal role in the management of hyperbaric patients, optimizing outcomes and promoting cost effectiveness," notes Mr. Gericke.

## BHB Nurses Now Trained to Care for Child & Adolescents with Mental Health Challenges

Eight nurses from King Edward VII Memorial Hospital and Mid-Atlantic Wellness Institute recently graduated from a specially designed, yearlong curriculum, accredited by the Royal College of Nursing (RCN).

Completion of the course, *Mental Health Matters*, qualifies nurses to work with young people receiving care at Child and Adolescent Services (CAS), a programme offered through Mid-Atlantic Wellness Institute (MWI). CAS is expanding to include an inpatient unit and day hospital and additional psychiatric nurses with specialized training are needed.

***“The course also gives nurses the advantage of applying psychiatric skills in a medical setting, thus improving the quality of patient care.”***

Last year, CAS staff developed the cross training curriculum and produced a training manual. To ensure the programme met international standards, it was submitted to the RCN certification body, which granted approval in October - an international milestone for both MWI and CAS.

Graduates of *Mental Health Matters* received both theoretical and practical training and are now qualified to make initial assessments, analyze presenting symptoms, offer recommendations and assist in completing care plans for children and adolescents.



Eight nurses graduate from Cross Training course.

Tawanna Wedderburn, acting family therapist at CAS said, "Because these nurses are trained to work in both medical and psychiatric units at the hospitals, staff shortages will be reduced. The course also gives nurses the advantage of applying psychiatric skills in a medical setting, thus improving the quality of patient care. We'd like to congratulate them for their commitment to the mental health of Bermuda's children and adolescents."

Graduates include: Vernica Batista-Cabral, Karen Lightbourne, Lovette Lovell, Linda McKinnon, Glenna Rose-Williams, Nicole Jackson, Chandra Persad and Rhonda Smith-Simmons.

# Many Thanks for Making a Difference

As April is National Volunteer Month, Bermuda Hospitals Board would like to say a special word of thanks to all its volunteers. Their contribution to care over many, many years at both hospitals is highly valued by BHB and patients. To help everyone appreciate the wonderful and varied work that volunteers provide, here are the experiences of four people.

**Jakila Maybury** began volunteering at the hospital when she was 14-years old. She served as a Candy Stripper for about 18 months before becoming an after school student.



Jakila discovered she really enjoyed being with older patients and she volunteered to help feed them. "My friends wondered why I chose to spend time with the elderly but I found they had so much wisdom and understanding. I had a real feeling of satisfaction when I volunteered," she says.

Recently, Jakila switched to the laboratory after making a decision to pursue forensic pathology as a career. Helping out at the lab has provided new experiences for her. "I really love the people I am meeting, the things I am learning and the exposure I am getting in this field. Volunteering is a

**"My friends wondered why I chose to spend time with the elderly but I found they had so much wisdom and understanding."**

great way to gain knowledge and make a contribution. I recommend that students with an interest in healthcare take advantage of volunteer opportunities at the hospital," she says.

**Joyce Todd** made a decision to become a hospital volunteer in 1976 because she had an interest in healthcare and a desire to help others. Despite working part time and raising two children, Joyce made time to join the Hospitals Auxiliary of Bermuda, volunteering on the wards, in the coffee shop and delivering flowers. Thirty years, 5 grandchildren and 3 great-grandchildren later, Joyce still comes to KEMH every week.



For the past 10 years, Joyce has run chapel services, held every Thursday afternoon in the Continuing Care Unit. Patients and staff attend the service, led by ministers who rotate from various churches throughout Bermuda.

Joyce now serves as the Chairperson for Chapel Services and has a team of 4 or 5 other volunteers who assist her. "Hearing prayers and singing hymns brings comfort to many patients in their time of need," she says. "I enjoy volunteering in the chapel because I feel near to the Lord. God is my right hand- working in the chapel is an expression of my love for Him and my desire to help others."

**"God is my right hand- working in the chapel is an expression of my love for Him."**

**Ricky Lopes** has been serving meals to patients at Agape House since 2003. After seeing an ad in his church newsletter seeking volunteers at the island's only hospice, Ricky made a decision to help out several mornings a week, before he opened his own business each day. "I thought there had to be something I could do before I went to work at 10:00am and when I heard help was needed at Agape House, I applied," he says.



Not only did Ricky take on working at the hospice, he eventually involved his son, daughter and niece, all of whom served as student volunteers at Agape House. When asked about how he handles interacting with terminally ill patients, Ricky says, "I am a compassionate person and find this work fulfilling. Sometimes, there is nothing I can say

**"Offering support, especially when someone's time is limited, is really important and very rewarding for the volunteer."**

to someone who is facing death, but just being there, sharing conversation and holding their hand makes a big difference." Ricky offered guidance to his children and niece on dealing with patients at Agape House. "I told them to find little ways of bringing comfort to people who are sick. Offering support, especially when someone's time is limited, is really important and very rewarding for the volunteer."

**Lynn Wilson** is a 78-year-old great grandmother who prefers riding her motor scooter to King Edward VII Memorial Hospital every Wednesday and Friday when she serves lunch and shares in activities with residents on the Continuing Care Units (CCU). Mrs. Wilson has been a faithful and dedicated volunteer at CCU for the past 17 years and finds feeding and spending time with patients to be a pleasure.



**"Coming here feels like being at home - these people are part of my extended family."**

The retired bookbinder explains what attracted her to helping others. "I was working full time when my mother became unwell. All of our neighbours helped out by looking after her. I couldn't have managed without them. When my mother passed, I made a decision to help others who needed care, as a way to pay back the kindness shown to my family."

Mrs. Wilson forges a bond with many of the patients she visits. "I often become attached to patients. Coming here feels like being at home- these people are part of my extended family."

**Are you interested in volunteering at BHB? Contact the Office of Staff Affairs at 239-2134.**

# Helping Long - Term Care Patients

Patients are not always able to return to their home environment when they no longer require acute medical care. As a result, there are some patients who remain at the hospital, even after they are ready to be discharged. These people are often seniors and in order to protect their health and safety, there are times when they cannot be immediately discharged from hospital. Not only has this been an on-going story in Bermuda, it is an issue faced by hospitals, patients and families around the world. There has recently been a great deal of focus on the problem and BHB has been working to provide solutions that allow patients to access the care they need, while maintaining their dignity, comfort and safety.

Patients in the Continuing Care Units will have additional beds.



The hospital has an extensive process for handling discharge arrangements that involves physicians, nurses, social workers and physiotherapists. They all work closely with patients and their families to find a solution that is safe and accommodates both the patient and his or her family.

***“Working with families to ensure safe and adequate care for their loved ones is our priority.”***

BHB's first step was to increase access to our Continuing Care Unit (CCU) at KEMH. Sixteen beds are being added - and this means 16 seniors who need long-term care will be able to move from the hospital environment to a unit dedicated to their needs. In its final stages of implementation, we hope the unit will be ready in the coming months.

Kathy Lewis, Director of Clinical Programmes, says, “We will continue to address the issue of care for long-term patients. Working with families to ensure safe and adequate care for their loved ones is our priority. We appreciate the support of the community and look forward to our new 16-bedded unit at CCU opening in the near future.”

In addition, the Day Hospital was officially opened in 2006, providing outpatient day care and physiotherapy to patients who have home support and can be discharged. This facility means some patients can be sent home sooner from hospital because the Day Hospital will now provide the services they need.

Dr. David Harries, Director of Continuing Care and Rehabilitative Services for BHB says the Day Hospital fills a much needed function. “Our team works with patients recovering from stroke, amputations and surgery, such as hip or knee replacements, as well as a wide range of other conditions. The Day Hospital also provides an alternative to patients who need therapy without having to be admitted to hospital.”

## Continuing Medical Education Lecture Focuses on #1 Killer in Bermuda

In conjunction with Healthy Heart Month in February, medical professionals at KEMH had an opportunity to attend a Continuing Medical Education lecture that addressed the number one killer of both men and women in Bermuda: heart disease.

Dr. Jay Hefner, medical director of cardiac rehabilitation at Spaulding Rehabilitation Hospital in Boston, gave a clinical presentation on cardiac management and risk reduction. An average of three Bermudians a month visit Spaulding for treatment following cardiac incidents. Patients are also sent to Spaulding for rehabilitation after brain and spinal cord injuries sustained in road traffic accidents.

Dr. Hefner outlined the process patients go through during inpatient treatment at Spaulding. The four components of cardiac rehabilitation are exercise, vocational counseling, risk reduction and medical treatment.

***“Modifying a patient’s risk factors is critical in preventing further incidents.”***

“Modifying a patient’s risk factors is critical in preventing further incidents,” said Dr. Hefner. “This is when we talk about smoking cessation, blood pressure modification, ongoing medical therapy and medications.”

In addition to her lecture, Dr. Hefner talked with hospital administrators about enhancing the relationship between BHB and Spaulding. “We want to assure a continuum of care as people go back and forth between Boston and Bermuda, said Dr. Hefner.

Judy Richardson, Director of Quality and Risk Management, looks forward to collaborating with Spaulding. “A partnership between our two facilities will contribute toward the best outcome for patients recovering from cardiac disease or injuries.”



Dr. Hefner and dietitian Jessica Wade discuss the importance of a healthy diet.

# Working to Reduce Escalating Rates of Diabetes

Debbie Jones, Coordinator for the Diabetes Centre at KEMH, was recently elected to serve as one of only twelve vice-presidents of the International Diabetes Federation (IDF). Debbie now sits on the executive board of the IDF, which works on behalf of over 240 million people with diabetes.



Debbie Jones works globally and locally to educate patients about a disease affecting many Bermudians

Last year, the IDF proposed a resolution to the United Nations, which was passed in December and recognizes the global burden of a disease that is expected to affect over 300 million people within the next two decades.

"This is a landmark resolution," Ms. Jones explains. "For the

first time, governments have acknowledged that a non-infectious disease poses as serious a threat to world health as infectious diseases like HIV/AIDS, tuberculosis and malaria."

Ms. Jones noted how the resolution impacts on the World Health Organization (WHO). "WHO will pay more attention to chronic disease and encourage nations to initiate programmes that will have a positive effect on the prevention and care of this pandemic. The developing world will benefit from this resolution."

Ms. Jones is hopeful that governments will implement national programmes to raise awareness, improve access to treatment and address lifestyle issues. "We need to ensure every child around the world has access to insulin," she adds.

The prevention and care of diabetes in Bermuda has been a focus for Ms. Jones over the past several decades. Each year, hundreds of people newly diagnosed with diabetes take classes on diet, nutrition and exercise at the Diabetes Centre. Staffed by certified diabetes educators, registered nurses and clinical dietitians, the Centre offers both group and individual counseling sessions for clients with gestational and Type I and Type II diabetes.

Statistics confirm the number of Bermudians with diabetes is increasing. Figures from 2006 reveal that 9000 residents (13% of the population) were diagnosed with this disease, a rate that is almost double that in the USA.

***"The figures for gestational diabetes have jumped fivefold in the last four years. And we're seeing younger people with Type II diabetes - teenagers and young adults. One of the main reasons is the rising level of obesity."***

"The figures for gestational diabetes have jumped fivefold in the last four years," said Ms. Jones. "And we're seeing younger people with Type II diabetes - teenagers and young adults. One of the main reasons is the rising level of obesity."

Government studies confirm that 38% of adults on the island are overweight. A continued increase in child obesity may translate to a decrease in life expectancy rates.

"Young people are more sedentary than they used to be," Ms. Jones points out. "Kids aren't playing outside after school. They are at home, often watching TV, playing video games or sitting at computers. Add to that a diet consisting primarily of processed foods, high in fats and sugars, and you see a generation of young people who are overweight and at alarming risk for diabetes and heart disease."

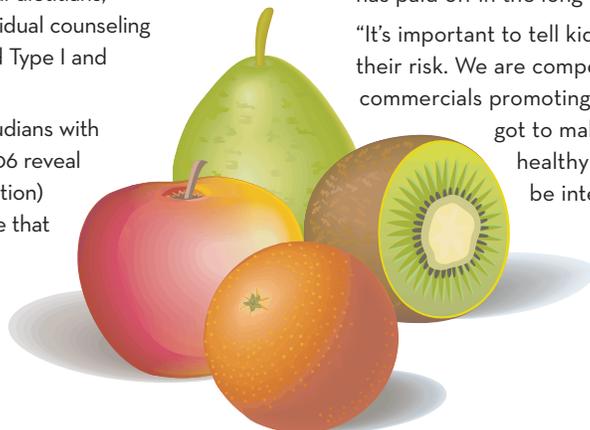
The good news is that these trends can be reversed with lifestyle changes. "Making healthy food choices and increasing physical activity can have an enormous impact on improving the health of Bermudians," she adds.

To bring her message home to clients who are learning how to make these changes in their diets, Ms. Jones often holds up a popular bottle of strawberry flavored drink containing 90 grams of sugar. "I ask people whether they would give this to their dog and the answer is always 'no!' So why give it to our children?"

Ms. Jones suggests simple steps, such as exercising for 30 minutes a day and eating fewer calories, to significantly reduce risk factors. "Replacing sweetened soft drinks with water would be a huge achievement. Some schools in Bermuda have banned soda machines. The next step is preventing children from bringing unhealthy food into school with them."

Ms. Jones points out that educating young people is key to creating real change. In other countries, an emphasis on education and prevention has paid off in the long run with lower rates of disease.

"It's important to tell kids about diabetes and how they can reduce their risk. We are competing against thousands of eye-catching commercials promoting fast foods and sugar-laden snacks. We've got to make things like physical activity and eating healthy foods seem cool. Otherwise they just won't be interested," concludes Ms. Jones.



# Rugby Team Supports New Parents



Rugby members and their families present items to staff from the maternity ward.

The Teachers Rugby Football Club recently donated \$5000 to the Maternity Ward for the purchase of a comfortable, custom-made, hospital grade recliner/rocking chair. Parents often spend months in the neonatal unit monitoring the progress of premature infants. The chair will help ease their time at the hospital. Both parents and staff will use the chair to feed and cuddle infants who need special assistance in the unit.

In addition, a neopuff was purchased with the funds. This is the latest in resuscitation equipment for infants. It is portable and can be used in the unit, as well as in the operating theater.

Rugby team member, Chris Way, said, "Every year, our rugby club

***The rugby team's generous donation is well appreciated by patients, staff and members of the community who may one day have need for these items."***

donates funds to charity. Over the past few years, there has been a baby boom among our members, so we thought it was only fitting for the Maternity Ward to be a recipient of our charity donations."

Roxanne Kipps-Jackson, Programme Manager for Maternal/Child, said, "The rugby team's generous donation is well appreciated by patients, staff and members of the community who may one day have need for these items."

## Agape House Benefits from Lindo's DVD



Zach Moniz, Dai James and Charles Reilly filming at Agape House.

Lindo's Market and Family Foods produced and sold a DVD of their commercials. Proceeds from DVD sales have gone to benefit the hospice.

Recently, they filmed a spot on the grounds of Agape House to thank the public for supporting this project.

## Donated Van Helps Day Hospital Patients

A van was recently donated by the Patrick and Beryl Campbell Charitable Trust and The Bermuda Stroke and Family Support Association to the Day Hospital at KEMH. The van will be used to transport patients to and from the hospital.

Pictured (left to right) Donor Mark Selley of the Bermuda Stroke and Family Support Association, Dr. David Harries, BHB Director of Continuing Care and Rehabilitative Services, donors David Lang and Bill Thomson, co-trustees of the Patrick and Beryl Campbell Charitable Trust.



# IN PRAISE OF OUR STAFF

## **Pulling Together to Look After Those in Need**

After two sailors capsized at sea in February and were rescued, they were rushed to KEMH. They were initially treated in the Emergency Department and then sent to Agape House for a few hours, where they could be provided with extra amenities. Excerpts from the following letter, sent to BHB CEO David Hill, commend staff members at KEMH for a display of teamwork that went beyond the call of duty:

*Immediately and without hesitation, Shelly Gibbons, Clinical Coordinator for Agape House, went full force to help accommodate the sailors. She provided a room with a hot shower, supplied toiletries and offered to give additional help, as needed. Merlyn Burgess, Diane Romaine and Tim Durham, all of who were very compassionate, greeted the sailors and made them feel at home. Hot cups of tea and food were arranged. Staff members did laundry for the sailors and helped organize their belongings. Later in the day, the sailors were sent back to KEMH and admitted to a regular ward.*

*Everyone at KEMH, from staff at the Emergency Department, Agape House, Curtis Ward and Admitting to medical social workers and hospital operators went out of their way to help these two sailors, who were very impressed with all the "old fashion hospitality" they received.*

**-April Smith Grigsby, Nurse,**  
Emergency Department

## **After having an accident and breaking her arm, a visitor to our island wrote this:**

*Hospital staff were excellent. In England, we would have been waiting for hours just to get through triage but at KEMH, we were admitted, x-rayed and dealt with in less than two hours. This would be unheard of in England. Our thanks to hospital staff.*

**-Darrol Staten and Rhonda Glover**



## **New Wellness Coordinator Hired for Hospital Staff**

Dr. Leonard Gibbons is the new Wellness Coordinator at BHB. In addition to developing profiles and assessing health needs for staff at both hospitals, Dr. Gibbons will provide personal nutrition and fitness counseling.

Dr. Gibbons has extensive training in nutrition, dietetics, naturopathic medicine, massage therapy and lifestyle and alcohol and drug counseling.

## **Patients Benefit from Van Donated to Dialysis Unit**

The Hospitals Auxiliary of Bermuda recently donated funds to purchase a van for transporting dialysis patients.



Staff at the Dialysis Unit try out the new van.

## **Multisensory Therapy Room Opens at KEMH**

The Continuing Care Unit at KEMH has just opened a new Snoezelen Room. Designed to provide sensory stimulation to patients with Alzheimer's and brain injuries, this therapy encourages clients to explore their environment and improves self-awareness through mental and physical realization.



Capri Smith, activities coordinator for CCU, interacts with a client in the new Snoezelen room.

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**Bermuda Hospitals Board**

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