



Bermuda Hospitals Board
CARING FOR OUR COMMUNITY

SPRING 2008

PULSE

B E R M U D A H O S P I T A L S B O A R D

Newsletter to the Community

New CT Scanner Provides Faster, Higher Quality Service

The hospital's new 8-slice CT scanner opened for patients in February. Compared to our previous scanner, this equipment provides a faster test that uses less contrast, reducing potential sensitivity for patients.

“As one of the most needed services for emergency patients, the 8-slice CT scanner can look for internal damage, especially to the brain.”

“As one of the most-needed services for emergency patients, the 8-slice CT scanner tests for internal damage, especially to the brain,” said Renée Butterfield, Manager of the Diagnostic Department at KEMH. “This is critical for many road traffic accident victims or patients who have had a stroke.”

The 8-slice CT scanner provides quality images and is the first phase of a project that will culminate in installing a 64-slice CT scanner. Although there is no significant increase in the quality of the image produced compared to an 8-slice CT scanner, the increased speed of a 64-slice CT scanner will enable the hospital to provide new tests, such as Cardiac CT Angiography, which will reduce the need to travel abroad for diagnostic tests.



Earlington Raynor takes a patient through the new 8-slice scanner.



(l to r, top to bottom) Shawn Leach, Shirnell Lambert, Casmo Morgan, Earlington Raynor and Shelly Dixon make up the CT Team.

New Lymphedema Clinic Opens at KEMH



Tanaeya Burch wraps the leg of a patient being treated at the Lymphedema Clinic.

Patients with lymphedema can now benefit from a new service at King Edward VII Memorial Hospital.

Lymphedema is a condition that results in swelling of a body part and most often affects the extremities. It may also occur in the face, trunk, abdomen or genital area. Caused by an accumulation of protein-rich fluid just underneath the skin, lymphedema can result from a congenital abnormality or

side effects during or after breast cancer treatment.

Lymphedema is serious and will continue to progress if left untreated. Presently, there is no cure for this chronic condition but physiotherapy can help alleviate symptoms. Currently, the Lymphedema Clinic is treating over a dozen patients.

“The goal of treatment is to return Lymphedema to a stage of latency, utilizing remaining lymph vessels and other lymphatic pathways,” explains Tanaeya Burch, physiotherapist for the Clinic. “This helps to keep limbs from swelling.”

Patients generally attend the Clinic daily over a four to eight-week period.

“We provide several care options at the Clinic,” said Mrs. Burch. “Complete decongestive therapy (CDT) is a non-invasive approach that combines manual lymph drainage, compression therapy, decongestive exercises and skin care. In addition, we fit patients for compression stockings.”



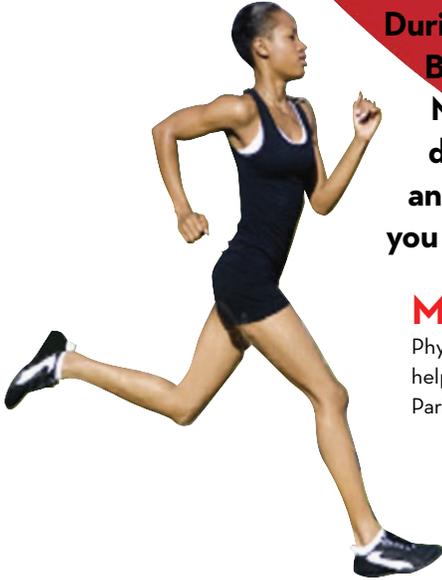
Left arm of a patient treated before and after CDT treatment.

Located on the first floor of KEMH in the Occupational Therapy Department, the Clinic is open between 8:00am and 4:00pm, Monday through Friday. Patients need a referral from a physician. For further information, call 239-2034.



Be Heart Smart

During Healthy Heart Month in February, Nurse Specialist Myrian Balitian-Dill, of the Cardiac Care Programme at King Edward VII Memorial Hospital, shared ten simple steps that can combat heart disease, the number one killer of men and women both in Bermuda and worldwide. By incorporating these tips into your daily routine, you can help prevent heart disease.



Move that Body!

Physical activity is essential in preventing heart disease. Moving your body 30 minutes a day helps keep your bones and muscles activated. Take the stairs instead of the using the elevator. Park further away and walk to work. Go dancing or work in the garden. All physical activity is beneficial.

Fruit and Vegetables Rule!

Fruits and vegetables are loaded with minerals, vitamins and anti-oxidants. They help heal the body and protect it from the effects of inflammation. Diets rich in fruits and vegetables lower LDL cholesterol. Your body will thank you for eating 2 to 4 cups of fruits and vegetables a day!



Fibre Up!

Eating 25 to 35 grams of fibre a day slows digestion and the absorption of fats and sugars. Foods high in fiber include oatmeal, brown rice, whole grain breads, beans, broccoli, baked potato, acorn squash, raspberries, apples, oranges, bananas and pears.

No Butts Allowed!

Smoking is the number one cause of heart disease. Smokers are three times more likely to have a heart attack. So butt out—and ask people not to smoke around you. Second-hand smoke is bad for your health.

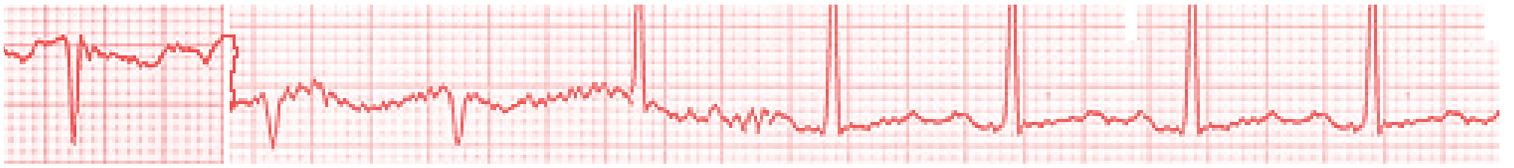


Know Your Numbers

120/80

- Your blood pressure should be close to 120/80mmHg or lower. Talk to your doctor about ways to lower your blood pressure if it is high.
- Your total cholesterol should be under 200 mg/dl, LDL-cholesterol less than 130 mg/dl, HDL cholesterol less than 45 in men, and less than 50 in women, Triglycerides less than 150 mg/dl. Your physician can outline options if your cholesterol is high.

200



Your Dentist Was Right

Brushing your teeth regularly helps limit the bacteria that live in your mouth. Research indicates a 200-300% decrease in heart attacks in those who brushed their teeth regularly!



Enough is Enough!

Eat slowly, savour your food, and stop when you are full.

A Smile a Day Keeps the Doctor Away

Smiling not only attracts other people to you, which is important in heart health, but it also shows your happy disposition. Research found that people with positive attitudes were half as likely to experience heart problems, compared to those with more negative attitudes.



Fats: The Good, the Bad and the Ugly

Incorporate healthy fats into your diet and limit the bad ones. Limit saturated fats like meat, cheese and full-fat dairy products. Trans-fats, found in many crackers, cookies, snack foods, and deep-fried foods, increase your LDL (bad cholesterol) and decrease your HDL (the good cholesterol). Eat healthy fats, in moderation, like olive, soy and canola oil, avocados, nuts, seeds and olives. They will protect your heart and make your body smile.

The Big Sleep

Not getting enough sleep can increase your risk of heart disease. People who regularly sleep less than five hours a night have a greater risk of heart disease than those who sleep more. The exact reasons are unclear, but it appears not getting enough quality sleep increases blood-clot forming proteins that can cause heart attacks.



25

- Your Body Mass Index (BMI) should be less than 25.
- Men should aim for a waistline less than 40 inches. Women should have a waistline less than 35 inches.

40

- Your fasting blood sugar should be less than 110 mg/dl. Random blood sugar should be less than 140 mg/dl. If you have diabetes, it is very important to keep these numbers well controlled.

110

Child and Adolescent Services Welcomes New Consultant Psychiatrist



Dr. Woodbury-Smith has recently joined the team at Child and Adolescent Services.

Dr. Marc Woodbury-Smith took up the post of Consultant Psychiatrist for Child and Adolescent Services (CAS) in December. CAS provides in- and out patient mental health services for Bermuda's 14 to 18-year olds in a new facility in Devonshire.

Originally from England, Dr. Woodbury-Smith trained in Medicine in Scotland. Prior to joining BHB, he worked in the UK as a Consultant Psychiatrist in Cambridgeshire.

Dr. Woodbury-Smith undertook clinical training in developmental psychiatry at Cambridge and Yale Universities, focusing on autism and Asperger Syndrome. He has ongoing research interests in Asperger Syndrome and is currently collaborating on studies with colleagues in Cambridge and London.

When asked about his initial impressions of Bermuda and his new position, Dr. Woodbury-Smith replied it was with great excitement that he took up his post at MWI.

"I am enjoying my time here very much. It is a great privilege to be living and working in such a beautiful location," he said. "I work with with a very supportive and forward thinking team at MWI and look forward to being part of service development to meet new challenges."

BHB is pleased to welcome such an eminently qualified professional to its team.

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Getting To The Heart Of Social Work

March is Social Workers Month and Pulse talked with professionals in the field to learn how they help our community.

A team of twelve medical, psychiatric and clinical social workers provide services to thousands of clients at both BHB hospitals, offering assistance with personal, family or social problems that might contribute to illness or complicate their recovery.

"We offer confidential counselling, teach coping skills and match patients with community resources," explains Colleen English, a medical social worker at KEMH. "We also help with discharge planning and evaluate home environments to assess what patients will need when they leave the hospital."

"We help patients and their families understand a diagnosis and explain how to support a loved one facing illness or injury."

In addition, social workers are an essential link when patients need to go aboard for treatment, arranging for air evacuations and helping relatives make plans for accommodations.

"We help patients and their families understand a diagnosis and explain how to support a loved one facing illness or injury," Colleen adds. "Social workers provide connections between patients and communities."

Psychiatric and clinical social workers at MWI work with clients in Acute Mental Health, Learning Disability, Child and Adolescent Services, Community Rehabilitation Mental Health and Substance Abuse.



Kellie Hall, Colleen English and Lorianne Gonzalez discuss the needs of clients.

"Psychiatric social workers treat clients and families by assessing the biological, psychological, social and spiritual components of their lives," said Kelly Madeiros, a psychiatric social worker at MWI. "We recognize that when one part of the system is under stress, it will affect the system as a whole. We do not focus on one component of a person's life, but treat clients as a whole."

In addition, social workers advocate, empower and develop policies.

Top DOCS

This month, our regular PULSE column profiling physicians who work at BHB, talks to eye surgeon Dr. Teye-Botchway



The most common ophthalmic procedure conducted at the hospital is phacoemulsification with intraocular lens implantation (cataract extraction).

Dr. Leonard Teye-Botchway is a consultant eye surgeon and physician who has been Medical Director of the Bermuda International Eye Institute for the past ten years.

After earning his medical degree from the University of Ghana Medical School, he undertook post graduate training in the UK and obtained the Fellowship of the Royal College of Physicians and Surgeons of Glasgow.

Dr. Teye-Botchway settled in Bermuda in 1998, after working as an Ophthalmology Consultant at Singleton Hospital, Swansea, United Kingdom.

His practice offers a range of comprehensive eye services including cataract and primary eye care, treatment for glaucoma, retina care and oculoplastics in association with Lahey Clinic, treatment for external eye disease, cornea service, paediatric ophthalmology, low vision service, eye trauma management, refractive surgery service and tele-ophthalmology, in association with Johns Hopkins Hospital.

"The most common treatments in my practice include advanced cataract surgery," explains Dr. Teye-Botchway. "We also perform quite a number of laser surgeries and work with patients who have diabetes-related eye

"It is a joy working with colleagues to save sight."

disease. In addition, we treat macular degeneration, eye inflammations and infections. We have created a website(www.bermudaeyeinstitute.com) where people can learn more about preventative eye care."

Dr. Teye-Botchway says his practice depends very much on a team approach. "I have an outstanding team at the Eye Institute and am grateful for their skill and commitment. I also receive excellent support from nurses at KEMH. Staff in the surgical outpatient unit, recovery room and operating room are truly dedicated. It is a joy working with colleagues to save sight."

Dr. Teye-Botchway's concern for others is evident from his commitment to promoting wellness in the community. "For the past several years, my practice has been organising racing events to promote health, general well being and social awareness," he explains. "Through the Charis Foundation, the charity arm of the Bermuda International Eye Institute, we have assisted charities such as Age Concern and the Sunshine League."

Despite tremendous improvements in technology and medicine, Dr. Teye-Botchway says some limitations still remain when it comes to treating clients. "One of my greatest challenges is balancing a realistic outcome with the expectations that some patients have."

Married to Ronita and the proud father of three young sons, Dr. Teye-Botchway still finds time to enjoy running, photography, astronomy, historical re-enactments and spending time with his family.

"The foundation of our family life is our firm faith in God," he says with sincerity. "We are an adventurous family and enjoy travelling. Mostly, we look forward to times that we spend together."



The operating room at the hospital includes state-of-the-art equipment for eye surgeries.

The Bermuda International Eye Institute

The Arches, 13 Berry Hill Road, Paget
232-3937; info@bermudaeyeinstitute.com
www.bermudaeyeinstitute.com

Medical Director - Dr. Leonard Teye-Botchway

Associate - Dr. Syed Arshad

Manager - Ms. Andrea Denise Brown

Satellite locations:

Adinifinitum, 129 Front St, Hamilton

The Bermuda International Eye Institute Surgical Suite

31 Point Finger Rd, Paget

Eye Care Services include:

- Amblyopia (Lazy Eye)
- Bell's Palsy
- Cataracts
- Choroidal Melanoma
- Detached and Torn Retina
- Diabetic Retinopathy
- Dry Eye
- External Eye Infections and Inflammations
- Eyelid and Orbital Tumors
- Floaters and Flashes
- Glaucoma
- Low Vision Macular Degeneration (AMD)
- Pink Eye (Conjunctivitis) and other forms of Conjunctivitis
- Presbyopia
- Pseudostrabismus
- Ptosis
- Refractive Errors
- Retinoblastoma
- Strabismus/Squints
- Watery Eyes



School representatives met with a staff member from pathology to see what student volunteers experience at the hospital.

Meet the Pros

Bermuda Hospitals Board offers a variety of programmes to attract Bermudians to careers in healthcare. One such project, Meet the Pros, was set up to introduce school professionals to hospital staff who work with student volunteers.

“We want school representatives to understand the range of career options at the hospitals,” said Debbie Byrd, Manager of the Office of Staff Affairs.

“Meet the Pros helps educators understand there are over 150 job categories available at the hospitals, including carpentry, plumbing, landscaping,

“Meet the Pros helps educators understand there are over 150 job categories at the hospitals.”

accounting, dietary, communications, hospitality, and security. There really is something for everyone here and making sure we develop interest among Bermudians for these positions is vital for keeping us well-staffed.”

Twenty public and private school counsellors, social workers and teachers, along with staff from the National Training Board, were recently invited to tour the hospital and learn about student programmes. School representatives meet with staff from pharmacy, nursing, human resources, pathology and the occupational and physiotherapy departments.

“This project allowed us to demonstrate what is available at the hospital for students,” explains Linda Trott, Student and Volunteer Services Coordinator. “Our mandate is encouraging young Bermudians to consider career paths at the hospitals. Bringing in school professionals to meet with hospital staff who mentor, guide and coach students, really made an impact.”

School counsellors agreed. “The tour made it all real,” confirmed a guest in her evaluation form.

New Test Confirms the Presence of MRSA in Two Hours

The Pathology Department at KEMH is now able to confirm the presence of Methicillin Resistant Staphylococcus Aureus (referred to as MRSA) in only two hours.

MRSA is commonly found in the nose or on the skin of healthy individuals. However, in a hospital where there are surgical patients, open wounds and patients who are frail or have compromised immune systems, it is treated very seriously.

Most people who test positive for MRSA are not sick, but colonised (which means they carry the bacteria). The new test allows for a quicker response to a positive result and patients under precautionary isolation will know very quickly if they need treatment or not.

“The BD GeneOhm MRSA assay is a diagnostic test that detects nasal colonisation by MRSA and will aid in the prevention and control of this



Kamala Burns, undergraduate medical technician, can detect nasal colonization of MRSA in two hours.

infection in healthcare settings,” explains Dr. Clyde Wilson, Consultant Microbiologist. “It will be an essential tool and contributes to better outcomes for patients.”

Laundry Facility at KEMH Undergoes Modernisation

The laundry department at KEMH is a busy operation, managing 1.5 million pounds of laundry each year! Their work touches almost every patient who is treated at KEMH and MWI.

“My team plays a vital and integral role in quality patient care. Our modernised facility contributes to service excellence. We are proud that our laundry now meets and exceeds industry standards.”

Major upgrades were undertaken recently and include new equipment that will improve processes, expand storage space and increase efficiency.

“We have installed folding machines that will save time and allow us to better utilise our resources,” explains Laundry Manager, Blanche Phillips-Wilkinson.

“We have also increased storage space, which means we can back up supplies in case of emergencies.”



Laundry staff have been visiting hospitals and commercial laundries in the USA.

Laundry service for MWI will be consolidated with KEMH. Staff have been travelling overseas for the past year to visit US hospitals and commercial laundries in operation, learning first-hand about time-saving initiatives.

“We felt it was important to invest in our staff and expose them to operations aboard following best practice standards,” Blanch added. “My team play a vital and integral role in quality patient care. Our modernised facility contributes to service excellence. We are proud that our laundry now meets and exceeds industry standards.”



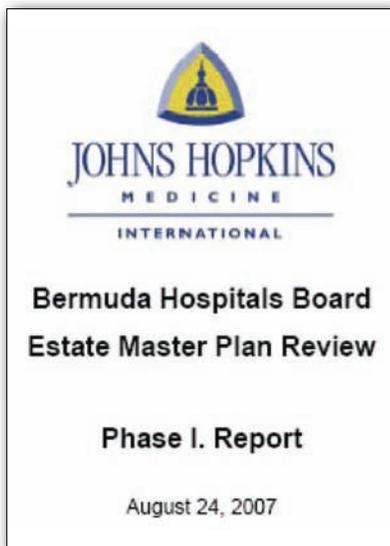
Upgrades in the laundry mean improved processes.



New machines increase efficiency and save time.



Laundry staff play a vital role in quality patient care.



NOW AVAILABLE: Johns Hopkins Medicine International First Phase Review

The first phase of the Johns Hopkins Medicine International (JHMI) Review has now been made public and can be read on our website (www.bermudahospitals.bm). Hard copies can be reviewed at the Library in King Edward VII Memorial Hospital.

As was announced last March, JHMI has been working with Bermuda Hospitals Board to review its Estate Master Plan (EMP), which planned how the facilities of Bermuda Hospitals Board should be managed. At the centre of the EMP are the recommendations to replace both King Edward VII Memorial Hospital (KEMH) and Mid-Atlantic Wellness Institute (MWI) buildings due to their age.

The EMP was drawn up by CannonDesign, and was publicised through a number of public meetings in 2005. To ensure the EMP met Bermuda’s long term healthcare needs, JHMI was asked to carry out a review that looked at the delivery of healthcare in Bermuda and potential future demand. This formed the basis of the First Phase of the Review. The second phase focuses on the EMP itself. The cost and complexity of a new acute care hospital is critical, as changes during construction will be extremely costly. Therefore, we must move forward after ensuring we have solid data.

Improving the Ward Experience

When patients are admitted to hospital, the time they spend on the wards plays a big part in their overall experience. BHB is making good progress toward improving wards so that patients are comfortable and receive the best care.



Here are a few recent improvements:

- A newly renovated room on Perry Ward, creating more bed spaces
- An increase in the number of nurses to meet best practice nurse-patient ratios
- Installation of improved overhead lighting
- The use of calming blue and green colours throughout the hospital
- New furniture for the Emergency Department family consultation room
- New patient and family chairs for visiting guests
- Standardised medication carts that are clearly labelled to reduce errors and improve care
- Sixteen additional beds and a transition lounge in the Continuing Care Unit

Building Clinical Excellence & Quality Care

In the coming year, a Hospitalists Programme will be established at King Edward VII Memorial Hospital (KEMH), under the leadership of Chief of Staff, Dr. Donald Thomas III.

At the moment, inpatients at KEMH are cared for by their GPs, who are often very busy managing patients in their private practice. The Hospitalists Programme will assign a staff physician to every person who is admitted. This physician will be responsible for their care.

The hospitalist will be expected to work very closely with GPs and remain in regular communication with them. The great advantage of this programme is that patients will have around the clock physician coverage, which will help standardise the level of care currently received.



Dr. Arlene Basden has been appointed as Director of the new Hospitalists Programme.



The HAB recently donated funds to purchase equipment for the operating room.

Many Thanks to the Hospitals Auxiliary of Bermuda

The Hospitals Auxiliary of Bermuda (HAB) recently donated funds to purchase a laparoscopic telescope for the operating room. This instrument gives physicians the ability to look directly at the contents of a patient's abdomen or pelvis through a very small incision.

"Diagnostic laparoscopy confirms if problems exist using a less invasive procedure," explains Loretta Santucci, Programme Manager for the Surgical Programme. "In appropriate circumstances, physicians can confirm inflammation of the gallbladder, appendix, pelvic organs or tumors of the ovaries without major surgery."

"These less invasive surgeries mean less discomfort for patients and a faster recovery time."

In addition, a laparoscope can be inserted into the pelvis or abdomen when carrying out a number of surgical procedures. These less invasive surgeries mean less discomfort for patients and a faster recovery time.

"We are most grateful to the HAB for their generous support," Loretta said. "Their recent donation contributes to quality care for surgical patients."

Pulse is produced by the Bermuda Hospitals Board's Public Relations Department.

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<http://www.bermudahospitals.bm>



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