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All You Need to Know About HINI – Swine Flu



Qitma Noor
(Communications and Marketing Assistant)

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Our Mission

We work with our communities and partners to respond to medical and trauma emergencies through the provision of accessible, responsive and quality...pre-hospital care to save lives. Our patients will receive prompt and appropriate emergency medical pre-hospital care from properly trained and certified professionals.

Our Vision

A regionally recognised leader for responsive, superior-quality emergency medical and trauma response services.

Our Core Values (iSPIE)

Innovation: E-Plus continues to pursue new ways to improve its' service offering in a socially responsive manner in order to create transformative changes in patient experience.

Sustainability: E-Plus provides its services while ensuring long-term financial and social positive outcomes.

Professional Excellence: E-Plus provides the highest level of compassionate services at all times. It demonstrates quality and ethical behavior in its work and acts in the best interests of the people its serves. Treating people with dignity and consideration.

Integrity: E-Plus is honest and reliable. Its actions and decisions are guided by its professionalism, transparency and respect for others. E-Plus is accountable to the people it serves, the community and each other and to its authorities.

Empathy: E-Plus actively seeks to understand how patients, family members, caregivers and its own staff experience the emergencies they respond to, taking into account the emotions they go through and using this knowledge to improve their well being and its service delivery.

All You Need to Know About H1N1 – Swine Flu



Qitma Noor
(Communications and Marketing Assistant)



A swine flu scare that occurred during this month of August was reported in Nakuru County, Kenya, where one youngster died and eight others were hospitalized.

The Kenya Ministry of Health has since then denied that this was a swine flu outbreak as all the tests carried out tested negative for the H1N1 Swine Flu but instead showed that it was an influenza outbreak most likely linked to the cold weather.

In light of these recent events, here's a few things you should know about the Swine flu.

The H1N1 is also known as swine flu because originally, people who contracted it had close contact with pigs. Several years ago, a new virus that spread

among humans who had not been around pigs caused a change in that.

Even if the swine flu is not as dangerous as it was a few years ago, it is still crucial to avoid acquiring it. It can lead to more significant health issues people, just as the seasonal flu. The best course of action is to receive an annual flu shot. One of the viruses in the vaccines is swine flu.

Risk Factors for Swine Flu

Young adults and children aged 5 and older were most frequently affected when the swine flu initially appeared. This was surprising because people who are very young or older have a higher risk of problems from most flu virus infections.

The risk factors for contracting swine flu today are the same as for any other flu strain. Spending time in an environment where a lot of people are sick with the swine flu puts you most at risk.

Those who contract the swine flu are more likely to develop severe illness. These groups consist of:

- adults over age 65
- children under 5 year's old
- young adults and children under age 19 who are receiving long-term aspirin (Bufferin) therapy
- people with compromised immune systems (due to a disease such as AIDS)
- pregnant women
- people with chronic illnesses such as asthma, heart disease, diabetes mellitus, or neuromuscular disease

How Do You Catch It?

Similar to the seasonal flu, the virus is released into the air in the form of small drops when infected individuals cough or sneeze.

You can contract H1N1 swine flu if you are exposed to these droplets, touch a surface (such a doorknob or sink) where the drops landed, or touch items that an infected person recently handled. People who have it can transmit it up to 7 days after being ill and up to 1 day before showing any symptoms. Children can spread germs for up to 10 days.

Despite the name, eating bacon, ham, or any other pig product will not make you sick with the swine flu.

Symptoms

- Cough
- Fever
- Sore throat
- Stuffy or runny nose
- Body aches
- Headache
- Chills
- Fatigue

Similar to the common flu, swine flu can cause more severe issues like pneumonia, a lung infection, and other breathing difficulties. Additionally, it may exacerbate

conditions like diabetes or asthma.

Preventing Swine Flu

The best defense against swine flu is an annual flu shot. Other simple steps to avoid catching the swine flu include:

- Avoid touching your nose, mouth, or eyes while often washing your hands with soap or hand sanitizer (The virus can survive on surfaces like telephones and tabletops.)
- When the swine flu season is in effect, staying home from work or school if you are sick and avoiding large gatherings



Matters Obesity



Margaret Onyancha
(Complaints Handling Assistant)



Obesity is a prevalent condition that is frequently caused by consuming more calories than are burnt via exercise and daily activities.

When a person's body mass

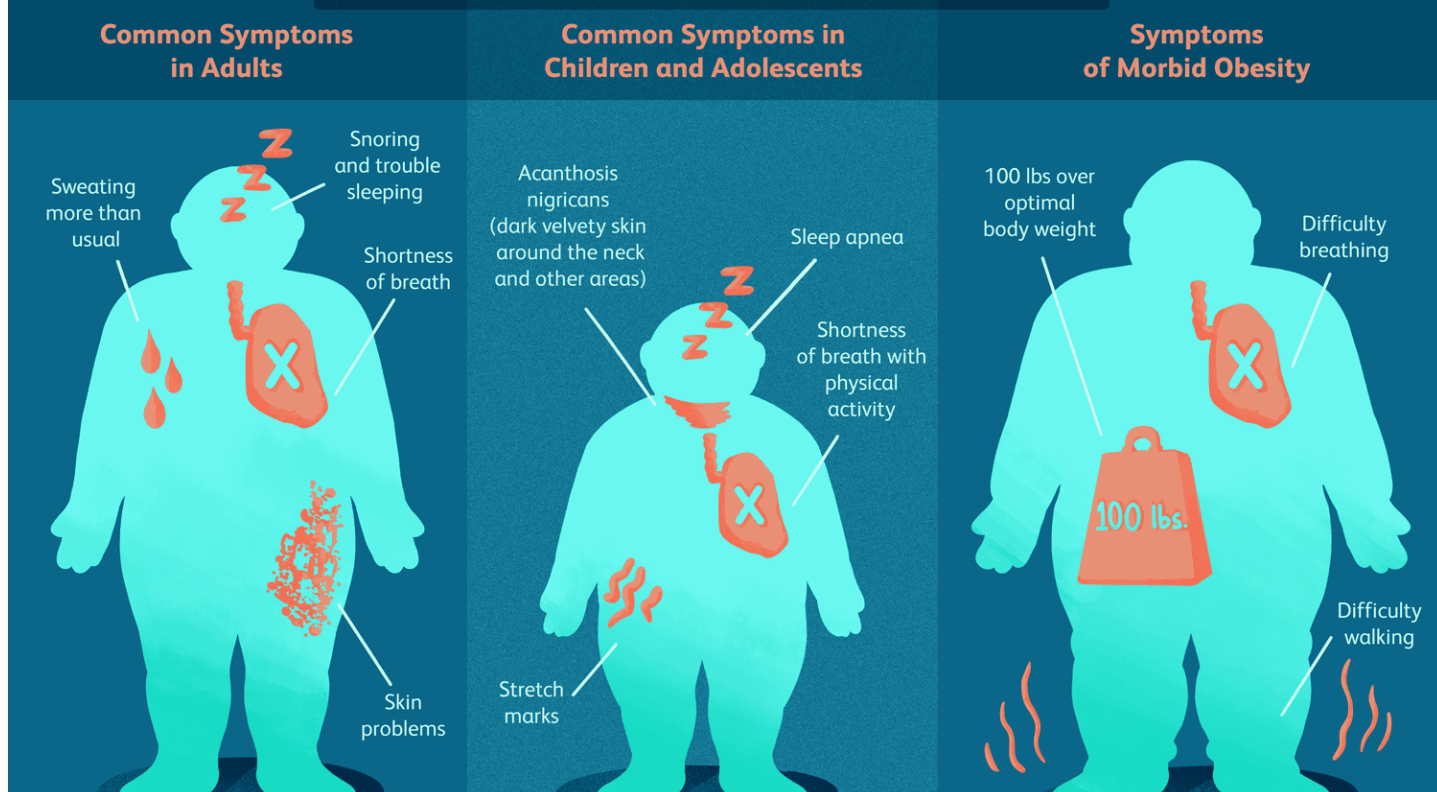
index is 30 or higher, they are considered obese. Excessive body fat is the primary symptom, which raises the risk of significant health issues like type 2 diabetes, heart disease, and cancer.

Body mass index (BMI) is a technique that uses your height and weight measurements to calculate an estimate of your body fat percentage.

It can be used to determine health issues' risk factors. BMI is not everything because it has some limitations as a metric. The link between BMI and body fat can be influenced by elements like age, sex, ethnicity, and muscle mass. Additionally, the BMI does not distinguish between extra fat, muscle, or bone mass, nor does it show how fat is distributed among people. Despite these drawbacks, BMI is still frequently employed as a tool for determining body size.



What to Know About Obesity



How is Obesity Classified?

BMI	Class
18.5 or under	Underweight
18.5 to <25.0	“normal” weight
25.0 to <30.0	Overweight
30.0 to <35.0	class 1 obesity
35.0 to <40.0	class 2 obesity
40.0 or over	class 3 obesity (also known as morbid, extreme, or severe obesity)

Causes of Obesity

- Eating more calories over the long run than you burn off through normal activity and exercise.
- Having a sedentary lifestyle
- While those are indeed

- causes of obesity, some causes you cannot control.
- Common specific causes of obesity include:
 - genetics
 - growing older
 - not sleeping enough
 - pregnancy

- Polycystic ovary syndrome (PCOS), a condition that causes an imbalance of female reproductive hormones
- Prader-Willi syndrome, a rare condition present at birth that causes excessive hunger

- Cushing syndrome, a condition caused by having high cortisol levels (the stress hormone) in your system
- Hypothyroidism (underactive thyroid), a condition in which the thyroid gland doesn't produce enough of certain important hormones
- Osteoarthritis (OA) and other conditions that cause pain that may lead to reduced activity

Diagnosis

BMI is a rough calculation of a person's weight in relation to their height. Other more accurate measures of body fat and body fat distribution include:

- skinfold thickness tests
- waist-to-hip comparisons
- screening tests, such as ultrasounds, CT scans, and MRI scans
- blood tests to examine cholesterol and glucose levels
- liver function tests
- a diabetes screening
- thyroid tests

- heart tests, such as an electrocardiogram (ECG or EKG)

A measurement of the fat around your waist is also a good predictor of your risk for obesity-related diseases.

What are the Complications of Obesity?

The effects of obesity extend beyond simply weight gain.

Your bones and internal organs are put under stress when your body fat to muscle ratio is excessive. Additionally, it heightens the body's inflammatory response, which is known to be a cancer risk factor.

Health issues, some of which can be fatal if untreated, have been connected to obesity such as;

- type 2 diabetes
- heart disease
- high blood pressure
- certain cancers (breast, colon, and endometrial)
- stroke
- gallbladder disease

- fatty liver disease
- high cholesterol
- sleep apnea and other breathing problems
- arthritis
- infertility

Prevention

On a personal level, you can help prevent weight gain and obesity by making healthier lifestyle choices:

- Exercising like walking, swimming, or biking for 20 to 30 minutes every day.
- Eat well by choosing nutritious foods, like fruits, vegetables, whole grains, and lean protein.
- Eat high fat, high-calorie foods in moderation.

Effects on the Body

People living with obesity have higher chances of developing a range of serious medical issues. These health problems affect nearly every part of the body, including the brain, blood vessels, heart, liver and gallbladder.

Treatment

A dietician, a therapist, or other medical personnel may be of great assistance in your weight loss journey.

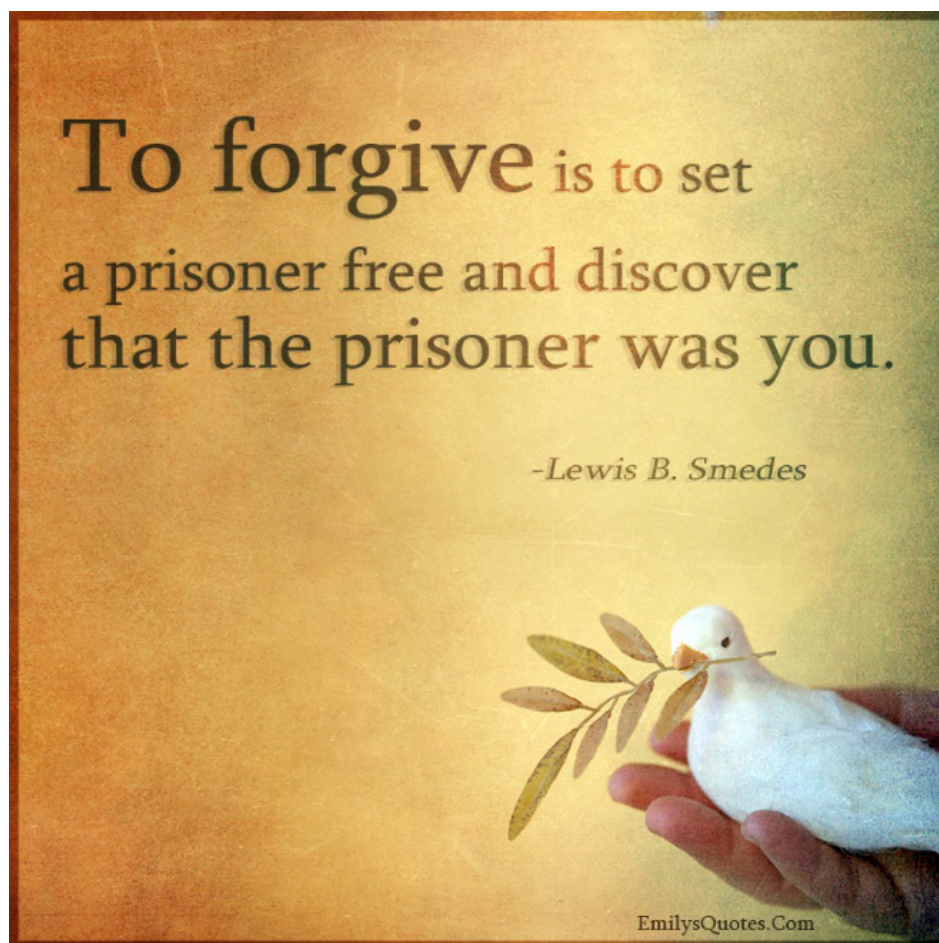
A doctor will assist you in making the necessary lifestyle adjustments and may occasionally suggest medications or weight-loss surgery.



The Healing Power of Forgiveness



Mark Njeru
(Quality Management Coordinator)



If someone has ever harmed you, you understand how difficult offering forgiveness is.

Forgiveness can feel counter-intuitive depending on the circumstances, and you may find yourself harboring ill will or resentment. As if all this was not difficult enough, you may also be struggling with forgiving yourself for an error in judgement or poor behavior, and now carry the weight of regret or shame.

Resentment, revenge, shame and guilt only keep you from healing and moving forward. If you've been holding onto past pain because you feel the need to be vindicated, or if you are punishing

yourself for choices you've made which perpetuate feelings of shame or regret...it's time to let go!

Healing old wounds and embracing forgiveness requires you to develop an awareness for compassion and self-love. Forgiveness is a commitment, as the process will bring feelings and emotions to the surface. Consider breaking down the forgiveness process into smaller more manageable parts, and be kind to yourself while attempting to understand your feelings and release toxic emotions.

Take the opportunity to learn, heal and grow from your experience. Releasing yourself from

the weight of resentment and shame allows space for a happier and healthier life.

Steps for Forgiving

Validation - Yes, your pain is real

When someone has treated me poorly, I provide myself validation of my thoughts and feelings. This is incredibly important, since many of us have been told as children we should remain silent and not speak our truth.

As adults, we are told to "get over it." Once we are able to acknowledge our pain we can assess if we are responsible for any part of the pain we are experiencing.

This acknowledgment, though painful is empowering. It takes a great deal of courage to admit when we've moved out of our integrity or made a mistake in judgement, but it also moves us forward and assists in the emotional growth process.

Evolution - Drop the emotional baggage

Now that you have validated your pain, you are ready to move into the evolution stage. This stage can be painful because this is when you will need to approach your feelings, and do something with those feelings.

Too often people instantly want to forget a painful situation. Be careful not to move through this stage too quickly (or not at all). Do not miss an opportunity to understand why you are making particular choices and how you



can learn, grow, and modify your behaviors for the future.

When you hold onto hurt (even in your subconscious), you store it within you. Pain stored in the body can come out in the form of illness and disease. Are you ready to approach your pain differently so you are able to fully heal? If you are still vacillating on your next step you made need to go back to the validation stage.

There is no shame in reworking stages of forgiveness. If you are holding onto your pain as protection, find safety in knowing your intention is to heal, and you are deserving of a life free of resentment and ill-will.

Take the time to realize all of human kind is imperfect. We are all going to make mistakes and hurt each other at some point. Search for understanding and perspective. If you feel someone has caused you harm with intention, understand this person may be working through some personal matter, which you are

completely unaware of. However, you can make the choice to move beyond blame or revenge and into a place of compassion, healing and growth.

Releasing - True Forgiveness Is Empathy And Compassion For Others And Self

Releasing with love is a blessing to those whom have harmed you and also a blessing to yourself. This may seem counter-intuitive, but you have been through the validation and evolution stages so you are ready!

Love is a powerful gift and we can source it at any time. If someone has caused you harm you have a choice to either dwell in a place of victimization or thrive in a place of courage and strength. Provide those whom have harmed you with something they may be unable to source themselves...love.

**FORGIVENESS:
Releasing You
Is Freeing Me**

It is the ultimate gift and is readily available if you genuinely desire to be free of negativity and on the path for emotional growth. Provide yourself compassion if you have behaved poorly, and consider it an opportunity and motivation to do better next

time...and there will be a next time.

This stage is the most difficult and may take some time to fully embrace and trust you have forgiven others for the pain they have caused you. If you practice integrity and positive intention, you will begin to understand you do not need to burden yourself with other people's cruelty.

Moving through life this way allows you to release others to find their own way, because you have already moved on to a better place.

The stages of forgiveness take time to refine, so remember to have compassion for yourself. As humans, we have a habit of moving to a defensive position when we have been harmed. In some instances, taking a defensive position is helpful, but this is not the case if you wish to move through the forgiveness process.

A defensive position may have worked when we were cave dwellers, but we are evolving and expectations for ourselves should also evolve. Take the time to practice these three steps when a situation comes up where you feel deceived, slighted, or harmed in some way. Once you allow yourself to experience your feelings and emotions differently, you will find understanding in a place of calmness and growth.

Remember, forgiveness is a precious gift you give to others and yourself.

10 Fun Activities to Help you Stay Healthy as you Get Older



Zainab Athman
(Customer Care Assistant)

Staying or starting to become more active can be more difficult as you get older, but there are lots of fun ways to stay fit and healthy at any age.

An active lifestyle helps boost your emotional wellbeing, as well as reducing your risks of condition like arthritis and high blood pressure.

There are loads of fun ways for older adults to stay physically active.

Leading an active lifestyle will help you look and feel younger and reduce your risk of common age-related conditions. These activities will get your body moving and help you stay fit and healthy at any age.

Zumba



Zumba workouts have no age limit and are perfect for enjoyment whilst working out. The fun musical fitness class attracts older adults and roughly, 6 million people are taking Zumba classes all around the world.

Zumba is a flexible exercise class, meaning people of all ages and fitness level can participate.

Going to Zumba, classes can also

be a great way for older adults to socialize and meet new people.

Yoga



Yoga is a popular exercise for all ages as it is low intensity and can be adopted to suit all fitness levels and abilities.

Regular yoga sessions can improve balance and flexibility, increase mobility, reduce stress and improve your sense of well-being.

Water Aerobics



Water-based exercise are ideal for older people as the buoyancy of water reduces stress on your bones and joints.

Water aerobics is a fun, full body workout that will increase fitness levels, helps with weight loss, build muscles mass and improve your balance coordination and mobility without putting too much stress on your body.

Housework

Did you know you could burn over 200 calories and hour doing

housework like Hoovering, ironing and gardening?

Doing chores around the house can be a great way to keep fit, especially if you are not a lover of the gym.

Cycling

Going for a bike ride is a great way to keep in shape, as it will also encourage you to get out doors and enjoy your natural surroundings.

There are a wide selection of cycling clubs across the country. Becoming a member will encourage you to lead an active lifestyle and it will also help you meet new people and make more friends in your local area.

Exercise Dvds

Many people prefer the comfort and convenience of working out from their own home. Exercise DVDs are more affordable than a gym membership and you can find workouts to suit all ages and abilities.

Swimming



Swimming is also another low impact-exercise that provides a full body aerobic workout.

Regular swimming sessions will help you build endurance, muscle

strength and cardiovascular fitness.

It is also less likely to cause injury and can be a great workout when you are recovering from an injury as the water provides buoyancy and removes some of the impact stress of your body.

Older people with chronic joint and muscle conditions, like arthritis can also benefit from water-based fitness activities as it can help with flexibility and supporting a full range of movement as well as added benefit of reducing pressure on joints.

Walking Football

Many sports offer a gentler, low-impact version, for instance, keen footballers can play walking football, which is designed for



those over the age of 50.

The rules of the game are similar to normal football, but there is no running around involved. There are many benefits including lower heart rate and blood pressure, better mobility, reducing the risk of cardiovascular diseases and stroke.

You can also find walking versions of other sports such as netball and basketball that will give you a good cardiovascular workout without the fear of overdoing it, and putting your health at risk.

What They Are Saying About Us



Pandemic Pages



How Safe is that Plate of Meat?



Felix Musila
(Communications and PR Officer)

Do you wash your meat before cooking?

At what temperature do you refrigerate it? How do you determine a cut is fresh? How safe is the meat that you consume?

These are all key questions when it comes to handling animal products.

With the average Kenyan chowing down an estimated 15 kilos per year, according to recent surveys, meat is arguably a key component on the dining table. From selection of the cut to storage, preparation and cooking, every interaction with meat is an opening for possible contamination.

Every year, thousands of Kenyan meat consumers, and millions globally, are poisoned by eating meat that is contaminated with bacteria, protozoa, fungal elements and other pathogens.

To put this into perspective, the World Bank in 2021 stated that Kenya loses Sh100 billion worth of productivity because of food-borne diseases every year. Spoilage in meat is caused by organisms, which form on the cut because of either poor handling or storage methods.

Colour

To most consumers, colour is key to determining the freshness of a cut. This is a misconception, as the normal colour of meat (cherry-red for beef, dark cherry-red for lamb, and pale pink for veal) does not last long after slaughter. Changes of colour in the carcass occur when oxygen combines with the pigment myoglobin, one of the enzymes responsible for colour in meat.

Meat contains fats, iron and other compounds. When exposed to direct light,

pigments in meat form a rainbow of colours, including brown, yellow and green. Different colours in meat don't necessarily mean the meat is bad. Dark red, for instance, is because of chemical reactions in the muscle.

While this change in colour alone does not always indicate spoilage, it may signal the start of rotting. It is for this reason that meat is often packaged in airtight wrappers and kept in dimly lit rooms. If bought at a supermarket, always remember to check the expiry date of a cut.

Sometimes, you may buy meat to cook later, or some may remain after cooking. As in selection of the right cut, storage of meat –whether by refrigeration or freezing –determines if the meat will be safe for consumption when it is ready for cooking.

Pandemic Pages



Besides safety, it is during storage that meat develops flavours, making it tastier to eat.

Refrigeration and freezing are recommended during storage. If you choose to refrigerate your cut, do so at temperatures of between -2 degrees Celsius and 0 degrees Celsius. At temperatures above 20 degrees Celsius, bacteria grow rapidly, spoiling the meat.

Nonetheless, cured and smoked meat takes longer to spoil. It is highly recommended to refrigerate meats in their original cans.

It is during this storage process that ageing is done—the process where the meat is hung in a controlled environment and temperature to develop flavour and breakdown muscle for a tender cut of meat.

Freezing is a more popular meat storage

method, with better odds of preservation. To freeze meat, food safety experts recommend trimming of excess fats and deboning the meat.

Removing fats eliminates the possibility of spoilage when the fats they undergo chemical changes.

Storage

Handling raw meat is as important as its storage. Meat is most dangerous when raw. It's at this stage that it's likely to be contaminated or to spread bacteria to other foods leading to food poisoning. Notably, all raw meats contain contaminants.

When you pick up meat at the store, experts recommend that you keep it separate from other foods and items to avoid contact and possible cross contamination.

The risk of contamination remains high

in the kitchen as meat is being processed. It is recommended that you wash and dry your hands to minimize spreading bacteria and other pathogens to the meat.

Just as in restaurants, the home should adopt colour coded chopping boards for meats and vegetables for ease of identifying which board is for what. Alternatively, a thorough wash of the utensils as surfaces between meat cutting and handling of other produce lowers the risk.

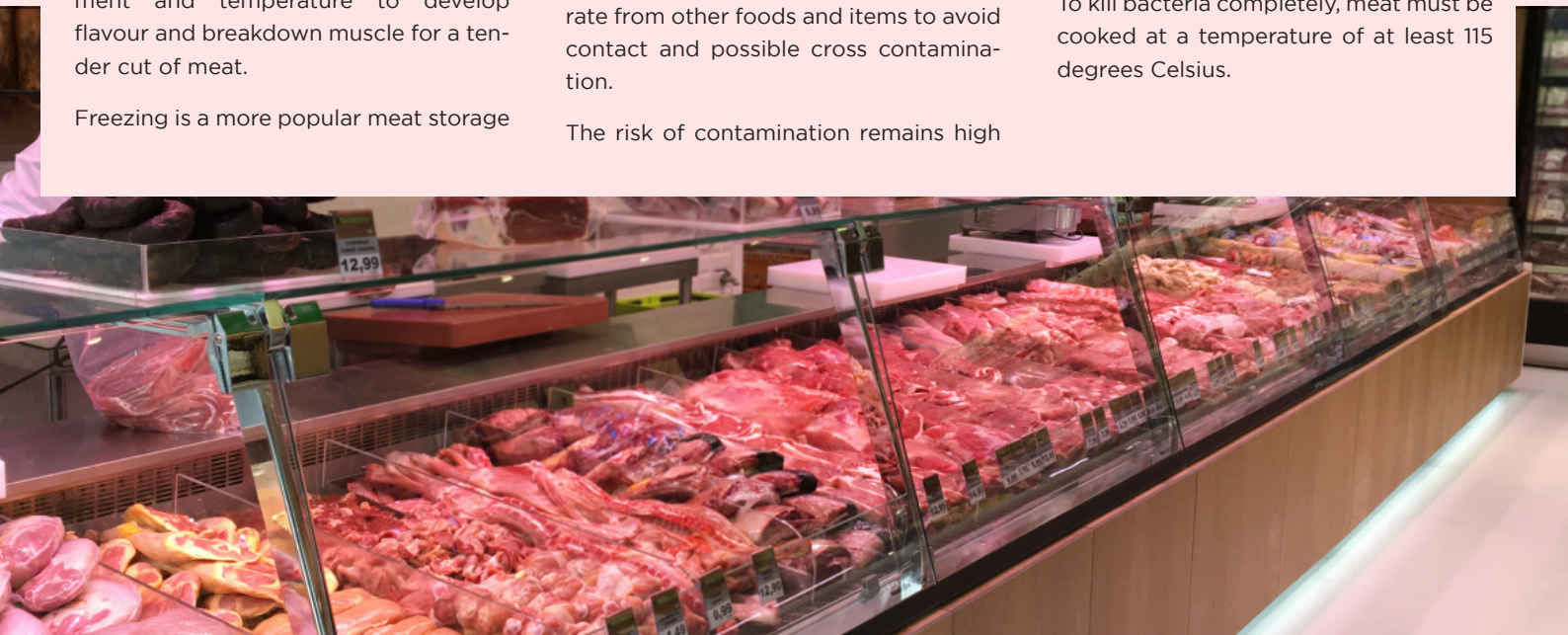
Washing beef, chicken, lamb, turkey or duck before cooking, which many people do, is considered a poor food safety practice and a food safety hazard.

How you eat your meat too bears on your health and safety. Different people enjoy their meat cooked or grilled in a certain way. Some eaters prefer their well cooked, others medium done and others rare. Beef steak and lamb, for instance, are popular with the "rare" option.

Nevertheless, who should eat rare meat? It's recommended that elderly and sick people, toddlers and pregnant women should avoid rare/pink lamb and beef for health reasons.

When cooked rare, meat does not attain the right temperature to kill bacteria and other germs that may be in the cut, which endanger vulnerable people.

To kill bacteria completely, meat must be cooked at a temperature of at least 115 degrees Celsius.



Pictorial

International Day of Medical Transporters



Zenith Randa
(Ambulance Operator, Nairobi County)



Jacob Odongo
(Ambulance Operator Kakamega County)

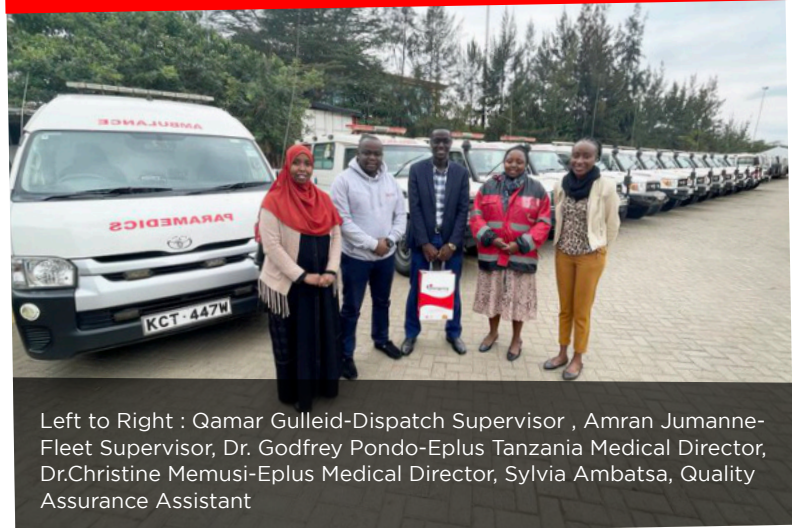


Ali Guchu,
(Ambulance Operator, Nairobi County)



Search and Rescue Efforts (Collapse of a building near Afro Sayari along the Eastern bypass, Kasarani Sub-County, Nairobi)

E-Plus Tanzania Medical Director Visits Nairobi



Left to Right : Qamar Gulleid-Dispatch Supervisor , Amran Jumanne-Fleet Supervisor, Dr. Godfrey Pondo-Eplus Tanzania Medical Director, Dr.Christine Memusi-Eplus Medical Director, Sylvia Ambatsa, Quality Assurance Assistant

If you need to contribute articles/materials to the E-Plus NewsPod, kindly get in touch through

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