



JUNE, 2023



Saviours of Speed! Saving Lives at the 2023 Safari Rally..



Dr. Austin Omondi
(Medical Doctor)

The 2023 World Rally Championships (WRC) held in Naivasha from the 22nd to 25th, June was a thrilling event that showcased the skill and precision of rally drivers from around the world.

However, amidst the high-speed action and adrenaline-pumping races, the Emergency Plus Medical Services (E-Plus) played a vital role in ensuring the safety and well-being of participants and spectators alike, including the remarkable rescue missions that saved the lives of driver George Vasilakis and Timo Krawszik, his navigator..[Continue on Pg 1](#)

Highlights

- ▶ Saviours of Speed! Saving Lives at the 2023 Safari Rally...
- ▶ Albinism: Embracing Diversity and Shattering Stereotypes
- ▶ Work Smart Not Hard
- ▶ How To Correctly Use An Inhaler
- ▶ President William Ruto Launches BodaBoda Care, Signaling Major Progress towards Universal Health Coverage in Kenya
- ▶ Pictorial

EDITORIAL TEAM

Editor in Chief:

Susan Ng'ong'a

Editor:

Felix Musila

Contributors:

Felix Musila

(Communications & PR Officer)

Margaret Moraa

(Complaints Handling Assistant)

Zainab Athman

(Customer Care Assistant)

William Kimanzi

(Paramedic)

Guest Contributor,

Dr. Austin Omondi

(Medical Doctor)

Design & Layout:

Mohamed Talal

(Graphic Designer)

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.

Saviours of Speed! Saving Lives at the 2023 Safari Rally...



Dr. Austin Omondi
(Medical Doctor)



The WRC Medical Team

The 2023 World Rally Championships (WRC) held in Naivasha from the 22nd to 25th, June was a thrilling event that showcased the skill and precision of rally drivers from around the world.

However, amidst the high-speed action and adrenaline-pumping races, the Emergency Plus Medical Services (E-Plus) played a vital role in ensuring the safety and well-being of participants and spectators alike, including the remarkable rescue missions that saved the lives of driver George Vasilakis and Timo Krawszik, his navigator.

Ensuring Safety on the Rally Course

Safety has always been a crucial component of any motorsport event, and the 2023 WRC was no exception.

With a team of highly trained medical professionals, emergency

responders, and advanced life support equipment, E-Plus was prepared to handle any medical emergencies that arose during the rally. A fleet of ambulances, helicopters, and medical support vehicles were strategically stationed along the rally course, ensuring swift response times to critical situations.

Throughout the event, E-Plus personnel were on standby, ready to provide immediate medical attention to drivers and their navigators. Their expertise in managing trauma and providing on-site emergency care proved crucial in reducing the risk of long-term complications and even saving lives.

The Rescue of George Vasilakis and Tom Krawszik

One of the most remarkable incidents during the 2023 WRC was the rescue of Greek rally driver George Vasilakis and British navi-

gator Timo Krawszik who got involved in an accident at the Gilgil weighbridge. The E-Plus team, managed to stabilize the duo, administer immediate medical care, and evacuate them to a nearby hospital for further evaluation and treatment.



E-Plus paramedics attend to George Vasilakis and Tom Krawszik at the accident scene

Conclusion

The 2023 WRC was a thrilling event that showcased the extraordinary skills of rally drivers. However, behind the scenes, the Emergency Plus Medical Services played a vital role in ensuring the safety and well-being of participants. Through their rapid response, expert medical care, and life-saving interventions, E-Plus proved indispensable in the provision of emergency medical care.

Albinism: Embracing Diversity and Shattering Stereotypes



Margaret Moraa
(Complaints Handling Assistant)

June 13th every year marks the International Albinism Awareness Day.

This year's theme is **"Inclusion Is Strength"** which builds on from last years' theme of "Ensuring the inclusion of the voices of persons with albinism in all sectors of life."

It emphasizes the importance of inclusion of a diversity of groups from both within and outside the albinism community.

What's Albinism?

Albinism is a genetic condition/disorder that affects people of all races and ethnicities worldwide. It is characterized by the absence or reduction of melanin, the pigment responsible for hair, skin, and eye color.

Albinism is not a disease, but a unique variation of human beings that comes with its own set of challenges and strengths.

Types and Causes

Albinism is caused by a variety of genetic mutations that affect



Two kids with Albinism in an embrace

melanin production. It's inherited when an individual receives two copies of the albinism gene, one from each parent.

Symptoms of Albinism

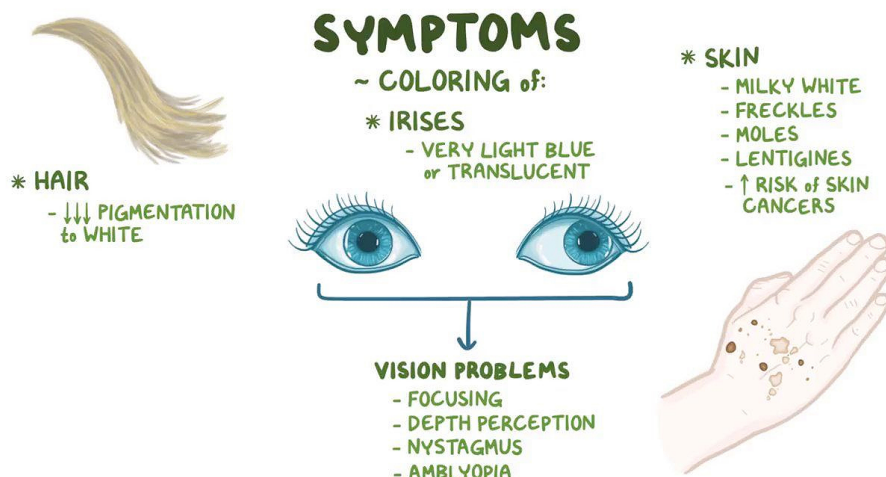
- › An absence of color in the skin, hair, or eyes
- › Lighter than normal coloring of the skin, hair, or eyes
- › Patches of skin that have an absence of color

- › Albinism occurs with vision problems, which may include:
 - › strabismus, or crossed eyes
 - › photophobia, or sensitivity to light
 - › nystagmus, or involuntary rapid eye movements
 - › impaired vision or blindness
 - › astigmatism

Is there a cure for albinism?

There's no cure for albinism. But treatment can help relieve symptoms and prevent sun damage. Treatment may include:

- › sunglasses to protect the eyes from the sun's ultraviolet (UV) rays
- › protective clothing and sunscreen to protect the skin from UV rays
- › prescription eyeglasses to correct vision problems
- › surgery on the muscles of the eyes to correct abnormal eye movements



Challenges and Discrimination

Living with albinism can present numerous challenges.

Visual impairment is a significant hurdle, as individuals with albinism may have reduced visual acuity, nystagmus (involuntary eye movements), and strabismus (misalignment of the eyes). These difficulties can affect daily activities and education. The reduced visual acuity and sensitivity to light can make it challenging to perform tasks that require precise vision, such as reading, writing, or driving.

However, with appropriate assistive devices, visual aids, and accommodations, individuals with albinism can overcome many of these challenges and lead fulfilling lives. Moreover, individuals with albinism are more susceptible to sunburns and skin cancer due to the lack of protective melanin in their skin.

Beyond the physical challenges, people with albinism often face discrimination and social stigmatization. Due to their unique appearance, they are sometimes subjected to stereotypes, prejudice, and misconceptions. In some cultures, these misconceptions can be deeply ingrained, leading to exclusion, bullying, or even violence. It is crucial to dispel these misconceptions and promote inclusivity and acceptance.



Embracing those with Albinism and making them feel included

Strengths and Achievements

Despite the challenges they face, individuals with albinism possess strengths and talents that deserve recognition. Many develop exceptional abilities in fields such as arts, music, sports, and academia. Their keen attention to detail, creativity, and perseverance often enables them to excel and contribute to society in meaningful ways.

By acknowledging and celebrating their achievements, we can challenge prevailing stereotypes and promote the inclusion of people with albinism in all aspects of life.

Promoting awareness and understanding is vital in supporting individuals with albinism. Creating a supportive environment requires a collective effort. Education plays

a pivotal role in dispelling myths and breaking down barriers. Schools, communities, and media should prioritize educating others about albinism, fostering empathy, and encouraging inclusivity. By providing appropriate resources and support, we can help individuals with albinism thrive academically, socially, and professionally.

Conclusion

Albinism is a natural genetic variation that should be celebrated and respected. It is not a condition that defines a person's worth or potential. By embracing diversity, challenging stereotypes, and fostering inclusivity, we can create a society that appreciates the unique qualities and talents of individuals with albinism.

Work Smart Not Hard



Zainab Athman
(Customer Care Assistant)

You put in hard work each day, and you know it. Your body knows it, and most certainly, your mind knows it.

Maybe you've thought about how many projects you're taking on or how long your commute is to work. Maybe you're getting things done, but it's taking all your energy.

You aren't afraid of working hard. But you aren't sure if you can keep finding ways to work even harder.

Have you wondered if there's a better or more effective way?

If you want to get somewhere without going down the path of burnout, it might be time to consider if you could be working smarter, not harder.

I Work Hard, How Could I Work Smarter?

Most of us could be more efficient. Over time we develop bad habits or keep doing tasks one way even though we have the tools to do them an easier way.

But when you think about working smarter, before you jump to efficiency, pay attention to effectiveness. What is the outcome you're trying to achieve and is there a better way to get there?

Depending on your role, you might not have control over the best way to get to an outcome — maybe your manager requires you to fill out an overcomplicated form every day. Even if you don't control all of your work, to work smarter, you should periodically at least ask the question: Is there a better way? Is there anything I can stop doing?



Why Working Smarter is A Good Idea

Your time and energy aren't things you should waste. Working smarter values your energy and optimizes your time. It helps you spend less time burning your energy and more time saving it for other important things.

Plus, it makes you a more efficient worker. You know what tasks need to be accomplished in what order and the best strategies to use to complete them.

Here are four other benefits when you start working smarter, not harder:

1. It makes time for more rest: When you work smart, you rest smart, too. It gives you more time for all sorts of types of rest. That might involve meditating, practicing mindfulness, or even taking a nap. Short naps have been found to strengthen your memory, improve your mood, and boost your creativity.

2. Helps to reduce or recover from burnout: Burnout zaps your energy levels and harms your

mental health. But working smarter enables you to be mindful of your energy to recover or reduce burnout. Working smarter shows you how to connect with your values, what's meaningful to you, and your goals.

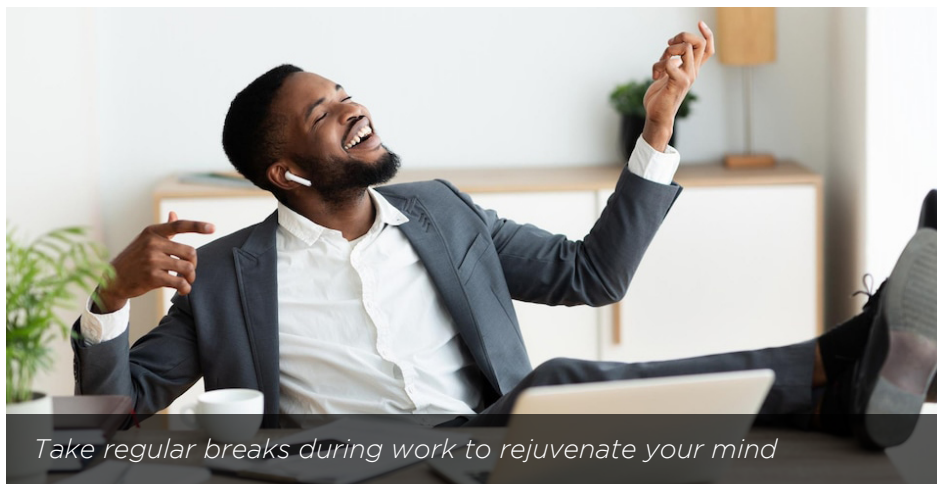
3. Improves your work-life balance: Rather than work longer hours and be consumed by your professional life, working smarter carves our time for your personal life. Working smarter is a great time management practice that allows for more balance in your life and hitting deadlines on schedule.

4. Boosts your work motivation: After a few days of working smart, the difference will be hard to ignore. Your motivation will increase because you'll be more productive and feel positive about your work. You'll see what this new strategy is doing for you, motivating you to set new goals and continue your growth.

Tips To Work Smarter And Not Harder

1. Say goodbye to multitasking

Having too much on the go can make it seem like you're accom-



Take regular breaks during work to rejuvenate your mind

plishing a lot, but it also spreads you too thin. Your cerebral cortex only pays attention to one thing at a time.

Multitasking strains your cortex as it tries to focus your energy and attention on too many different things.

2. Complete tasks in batches

Tackling your tasks in batches can keep your momentum rolling. This way, you'll be focused on one task at a time.

3. Take breaks

Even if you're feeling overwhelmed with everything on your to-do list, it's still important to take breaks. Your attention span wears out after focusing for too long, so make sure you schedule downtime in your workday. During your breaks, make sure you get up to stretch, drink water, and have a snack.

4. Block your calendar

Carving out time in your day to dedicate to work keeps you organized and limits distractions. Be mindful of how you schedule your day and any possible distractions that could come your way.

5. Start tracking your time

It's a good idea to get to the root

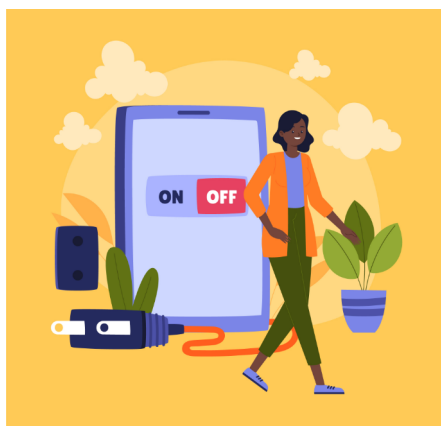
of when and where your productivity plummets. Spend a few days tracking your time with apps like Time Doctor or Reporter to review what sites you visit when you wander off. Moving forward, this will help you see what apps you need to silence notifications from and stay away from while working.

6. Schedule tasks based on your energy levels

Figuring out when you're the most productive and energized to work is an effective way to work smarter. Forcing yourself to work when your brain is tired won't produce good work. It'll only make you dread your tasks even more.

If you work better in the morning, schedule the important tasks that demand a lot of energy. Working to your strengths and not against them will help you get more done and feel more motivated.

7. Turn off notifications



You don't need to have your Facebook or Twitter notifications coming in while you're trying to work. It only takes your focus away from the important tasks at hand and wastes time. And if you're waiting for a response to a message, you might have more difficulty concentrating.

Turning off notifications to apps that aren't work-related increases your productivity. Most smartphones have Do Not Disturb functions that limit notifications or DnD, which keeps you off social media or unproductive apps during selected hours.

8. Enjoy the outdoors

When you find yourself at a standstill with work, it's helpful to have a change of scenery. You can't do your most important work if you feel trapped inside. Getting outside for some exercise relieves stress, calms you, and centers your focus.

If you have extra time over your lunch break, try walking to the nearest park and breathing fresh air. Your mental well-being will thank you.

The bottom line

Remember: implementing these tips to work smarter won't change your life overnight. Practicing these smart working strategies takes time, and you have to experiment to find what works for you before sticking to it.

Maybe you'll try a few of these tips and find they don't work for you—and that's okay. You've recognized what doesn't work for you, and you're leaving those working habits behind you. At the end of the day, remember that you're growing, and that's something to be proud of.

How To Correctly Use An Inhaler



William Kimanzi
(Paramedic)



We might have seen them in different colours and probably even used them but what exactly are inhalers and how should they be used?

An inhaler contains quick-acting medication to widen the airway and ease breathing in an Asthmatic attack.

After ensuring that it is not expired, shake it well before use and follow the following steps:

1. Advise the casualty to take a deep breath and tilt their head back to allow their airway to open. Ask them to exhale slowly.
2. Place the inhaler in their mouth to form a seal with their lips.
3. Ask them to breathe in as you press the inhaler downwards to deliver the medication.

Advise them to hold their breath for about 10 seconds to allow the drug to be absorbed. Repeat puffs after a minute and call us on 1514 or 0700395395 if no improvement.

Inhaler colour differences

Two main types:

1. Preventor Inhalers - used every day to reduce the inflammation & sensitivity of your airways, which stops your symptoms occurring.

2. Reliever inhalers - give you quick relief during an attack by relaxing the muscles of the airways into the lungs, which makes it easier to breath - E.g. Salbutamol ('Ventolin'). Their top covers (caps) are dominantly blue.



Cap Color Differences:

Reliever - Mostly Blue

Preventor - Any Other colour

NB: This information does not substitute your physician's treatment plan. Always consult your Primary Healthcare Provider regarding your medications and treatment plan.

What to do when an inhaler is not available

Alternative: Steam inhalation.

Have the person inhale steam from boiling water. The warm moist air is thought to help loosen mucus in the nasal passages, throat and lungs.

Seek medical help after using home remedies for an attack to prevent recurrence.

Did you know? An inhaler, when properly used is the single most effective therapy after an asthmatic attack? Surprisingly, even more effective than nebulization!

Nebulization is a process by which liquid medicine is converted into mist / aerosols for direct inhalation. A nebulization mask in which the medicine is inserted is pressurized delivers the aerosolized drug into your airways.



His Excellency, President William Ruto engages a Bodaboda rider during the launch ceremony

President William Ruto Launches BodaBoda Care, Signaling Major Progress towards Universal Health Coverage in Kenya



Felix Musila
(Communications & PR Officer)

Joined by Key Stakeholders, President William Ruto launched the BodaBoda Care at the Kenyatta International Convention Centre (KICC).

This groundbreaking initiative, attended by CS Health Nakhuma S. Wafula, Cabinet Secretary Kipchumba Murkomen, Ministry of Health Principal Secretaries Mary Muthoni Muriuki and Kintai Harry, and Nairobi County Governor Johnson Sakaja, signifies a significant leap forward in Kenya's pursuit of Universal Health Coverage (UHC).

BodaBoda Care, a comprehensive program, offers a one-year free health cover specifically tailored for the boda boda sector, recognizing their indispensable role in bridging the transportation gap.

By providing crucial insurance coverage to this sector, the government demonstrates its unwavering commitment to expanding insurance coverage and ensuring access to quality healthcare for all Kenyans.

During the launch the CS emphasized the implementation of strategic interventions that accelerate the realization of UHC. With the aim of making healthcare more accessible and affordable, these interventions will contribute to addressing existing disparities and leaving no one behind in the journey towards achieving UHC.

Universal Health Coverage, an integral part of the Sustainable Development Goals (SDGs) and Kenya's

Vision 2030, strives to provide essential health services to individuals and communities without causing financial hardship.

The launch of BodaBoda Care underscores the government's dedication to upholding this vision and ensuring the highest attainable standards of health for all citizens.



His Excellency, President William Ruto engages an electric Bodaboda rider during the launch ceremony

Pictorial

World Rally Championships 2023



**Medsurge
Healthcare
donates medical
equipment to
E-Plus**

If you need to contribute articles/materials to the E-Plus NewsPod, kindly get in touch through musila.felix@eplus.co.ke