



MAY, 2023



Transforming Emergency Care: E-Plus Introduces Neonatal Pediatric Incubators to its Ambulance Fleet



Felix Musila
(Communications and PR Officer)

In Kenya, access to quality emergency medical care is crucial for saving lives, especially when it comes to newborns and infants

Recognizing this critical need, the Emergency Plus Medical Services (E-Plus) has taken a significant leap forward by upgrading its ambulance fleet with state-of-the-art **neonatal pediatric incubators**...Continue on Pg 1

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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)

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.

Transforming Emergency Care: E-Plus Introduces Neonatal Pediatric Incubators to its Ambulance Fleet



Felix Musila
(Communications and PR Officer)



Dr. Christine Memusi (in a grey sweater), E-Plus Medical Director joins the ambulance crew in inspecting the new neonatal pediatric incubator

In Kenya, access to quality emergency medical care is crucial for saving lives, especially when it comes to newborns and infants.

Recognizing this critical need, the Emergency Plus Medical Services (E-Plus) has taken a significant leap forward by upgrading its ambulance fleet with state-of-the-art **neonatal pediatric incubators**.

This milestone marks a groundbreaking development in emergency care for the youngest and most vulnerable members of society, ensuring their safe transportation and enhanced chances of survival.

Just recently, the new neonatal pediatric incubator was used to evacuate an infant from the Machakos Level Five Hospital to Mater Hospital in Nairobi.

Enhanced Emergency Care for Newborns and Infants

With the introduction of neonatal pediatric incubators, E-Plus has

expanded its capacity to provide specialized care during emergency medical transportation.

These advanced incubators create a controlled environment that offers optimal conditions for the safe transport of newborns and infants. Equipped with cutting-edge technology and comprehensive monitoring systems, the incubators maintain a stable tempera-

ture, humidity, and oxygen levels, ensuring the utmost comfort and safety for the little patients.

Temperature regulation is particularly critical for newborns, as they are more susceptible to fluctuations in environmental conditions. The neonatal pediatric incubators in E-Plus ambulances employ advanced temperature control mechanisms, allowing medical professionals to provide a stable and optimal environment for neonates and infants, even during long-distance transfers.

This upgrade ensures that the delicate patients receive the necessary care and attention from the moment they are picked up until they reach the hospital.

Improved Monitoring and Life-Sustaining Capabilities

The neonatal pediatric incubators incorporated into E-Plus ambulances boast advanced monitoring systems that continuously track vital signs and provide real-



The neonatal pediatric incubator in use



time feedback to healthcare providers.

These systems enable medical professionals to closely observe and respond promptly to any changes in a newborn's condition. Parameters such as heart rate, respiratory rate, blood pressure, and oxygen saturation are accurately monitored, ensuring early detection of complications and enabling timely interventions.

Additionally, the incubators are equipped with life-sustaining equipment such as ventilators, infusion pumps, and cardiac monitors. These crucial devices assist medical personnel in administering respiratory support, delivering medications, and monitoring the cardiovascular status of the neonates and infants, thereby providing a comprehensive continuum of care during transit.

Specialized Training for Medical Personnel

Recognizing the unique challenges and requirements of

neonatal and pediatric care, E-Plus has also invested in specialized training for its medical personnel. The ambulance crews receive comprehensive instruction on handling and operating the neonatal pediatric incubators, ensuring that they are proficient in providing the highest standard of care for newborns and infants during emergency situations.

This training equips the healthcare professionals with the necessary



knowledge and skills to assess and respond appropriately to the needs of their tiny patients, ultimately improving outcomes and minimizing risks.

Collaborative Efforts and Future Prospects

Looking ahead, the introduction of these advanced incubators is expected to have a profound impact on reducing neonatal and pediatric mortality rates in the country.

By providing a safe and controlled environment, coupled with enhanced monitoring and life-sustaining capabilities, the neonatal pediatric incubators will undoubtedly contribute to improving the outcomes and survival rates of newborns and infants during critical and time-sensitive situations.

Conclusion

The introduction of neonatal pediatric incubators into E-Plus ambulance fleet in Kenya signifies a significant advancement in emergency medical services. This upgrade highlights E-Plus's commitment to providing the highest standard of care to newborns and infants during emergency situations.

The Power of Financial Planning: Nurturing Mental Well-being



Margaret Moraa
(Complaints Handling Assistant)

May, known as **Mental Awareness Month**, provides an opportunity to break the stigma surrounding mental health and promote a better understanding of the importance of psychological well-being.

In our fast-paced world, financial obligations and the rising cost of living can exert significant pressure on our mental health. Therefore, it is crucial to prioritize mental wellness as we navigate financial challenges.

Today, we explore the profound connection between proper financial planning and promoting mental well-being, offering practical tips and techniques to empower individuals to take control of their finances and lead balanced lives.

Alleviating Financial Stress

By maintaining a balanced lifestyle and adhering to a budget that prioritizes essential items, you can avoid the stress of overspending and living beyond your means. This financial stability reduces anxiety and promotes peace of mind, nurturing your mental well-being.

Mindful Spending



Engage in mindful shopping by exploring local markets that offer affordable prices, supporting both



your financial goals and local businesses.

Making conscious purchasing decisions not only alleviates financial strain but also fosters a sense of community, positively impacting your mental health.

Sustainable Choices

Opt for sustainable transportation options like public transit or cycling. Not only does this reduce transportation costs, but it also promotes physical activity, leading to improved mental and physical well-being.

Embracing Minimalism

Cutting back on unnecessary luxury expenses cultivates gratitude, contentment, and a focus on experiences and relationships rather than material possessions. Embracing a minimalist approach reduces financial burdens and enhances your mental well-being.

Energy Efficiency

Implementing energy-efficient practices, such as taking shorter showers, fixing leaks, and using energy-saving appliances, reduces expenses and fosters a sense of purpose and environmental stewardship. Contributing to a sustainable environment can positively impact your mental well-being.

Optimizing Housing Expenses

Consider sharing living space with a roommate to divide costs if you rent, or explore options such as refinancing or temporarily renting out a room if you own a home. Reducing housing expenses provides financial relief and a greater sense of security, positively influencing your mental health.

Nurturing Body and Mind

Preparing and enjoying meals at home promotes both financial and mental well-being. Prioritizing nutritious meals through packed lunches not only saves money but

also improves physical health and cognitive function.

Collaborative Living

Sharing living expenses with family or friends fosters connection, support, and shared responsibility. This creates a strong support network and positively impacts your mental health by reducing financial burdens.

Intentional Shopping

Create a shopping list and stick to it to reduce impulsive buying, cut down on food expenses, and streamline meal planning. This mindful approach to shopping enhances financial control and reduces decision fatigue, contributing to your mental well-being.

Debt Repayment Strategies



Prioritize paying off debts using effective strategies such as the debt snowball method. Reducing debt not only improves your financial situation but also instills a sense of accomplishment, alleviating anxiety and boosting self-confidence.

Optimize Insurance Expenses

Compare insurance premiums to find more affordable options and review policy details to ensure you're not over-insuring. Managing insurance costs effectively enhances financial stability and reduces worries about unexpected expenses, positively impacting your mental well-being.

Responsible Credit Card Use

Consider temporarily freezing your credit card to prevent new purchases if credit card debt is a concern. This practice promotes responsible spending, reduces financial stress, and encourages mindful financial habits.

Exploring Entrepreneurship

Utilize your skills, talents, or hobbies to start a small business, providing additional income and a sense of fulfillment. Entrepreneurship offers financial benefits while positively influencing your mental well-being.

Embracing Freelancing and the Gig Economy

Offer your marketable skills through freelancing or gig economy platforms. This flexible approach allows you to earn extra income, maintain control over your schedule, and foster professional growth, promoting both financial and mental well-being.

Engaging with Nature

Consider engaging in agricultural pursuits, such as small-scale farming or urban farming, to generate additional income. Connecting with nature and nurturing growth can have profound positive effects



on mental health, fostering a sense of purpose and environmental connection.

Harnessing Delayed Gratification

Developing the ability to delay immediate desires promotes better financial decision-making. Overcoming the pressure for instant gratification fosters resilience, self-control, and a deeper sense of contentment, benefiting both your mental and financial well-being.

Conclusion

Prioritizing mental well-being through effective financial planning is a vital aspect of leading a fulfilling life. By adopting practical strategies that promote financial stability, reduce expenses, and increase income, you can nurture both your financial and mental health.

Remember that the journey to true financial freedom requires patience, perseverance, and self-care. Start today by taking small steps, and gradually build a healthier financial future and a happier mind.

The Silent Epidemic: Unveiling the Crisis of Emergency Physicians Burnout



Dr. Austin Omondi
(Medical Doctor)



In the fast-paced and high-stress environment of emergency departments (EDs), where lives hang in the balance, emergency physicians play a critical role in providing immediate medical care.

However, behind the scenes of their heroic efforts lies a hidden crisis: burnout. Emergency physicians face an alarming level of emotional exhaustion, depersonalization, and diminished personal accomplishment, leading to a significant decline in their overall well-being.

We look at the causes and consequences of burnout among emergency physicians while emphasizing the urgent need for intervention and support.

Several factors contribute to the burnout experienced by emergency physicians. Firstly, the unpredictable nature of their work brings a constant state of alertness and readiness, leading to chronic stress. Long, irregular

shifts with inadequate rest and sleep disruption further exacerbate the problem.

Moreover, the high patient volume, acuity, and complexity place immense pressure on emergency physicians, requiring rapid decision-making and resource allocation. The constant exposure to traumatic events, suffering, and death takes an emotional toll and

can lead to compassion fatigue.

The consequences of burnout among emergency physicians are far-reaching and extend beyond individual well-being. Burnout affects patient care, as exhausted physicians may experience reduced empathy and make errors in diagnosis or treatment.

Research has shown that burned-out physicians are more likely to report medical errors, compromising patient safety. Additionally, burnout contributes to high turnover rates and early retirement, further exacerbating the physician shortage crisis. The loss of experienced emergency physicians not only disrupts the continuity of care but also affects the morale of the remaining staff.

Addressing the crisis of burnout among emergency physicians requires a comprehensive approach.

Healthcare organizations must prioritize physician well-being by



implementing strategies such as creating a supportive work environment, providing adequate resources, and establishing protocols for managing workload and scheduling. Regular breaks, opportunities for self-care, and access to mental health services should be incorporated into the work culture.

Training programs can also play a crucial role by equipping physicians with coping mechanisms to manage stress, promote resilience, and enhance emotional intelligence.

Furthermore, fostering a sense of community and peer support is vital. Establishing support groups,

mentorship programs, and open forums for discussion can help physicians connect with colleagues and share experiences. Promoting a culture of work-life balance and recognizing the importance of self-care is essential for preventing burnout. The burnout crisis among emergency physicians is a pressing issue that requires immediate attention. By acknowledging the causes and consequences of burnout, healthcare organizations can take proactive steps to support their emergency physicians.

Prioritizing physician well-being not only enhances individual satisfaction and work performance but

also improves patient care and organizational outcomes. Addressing burnout requires a multifaceted approach that focuses on creating a supportive work environment, promoting self-care, and fostering peer support.

It is time to recognize and respond to the silent epidemic that threatens the well-being of those who tirelessly serve on the frontlines of emergency medicine.



Things You Need to Know About Your Appendix

 **Zainab Athman**
(Customer Care Assistant)

We're all familiar with the fact that we have an organ called the appendix? Here are 9 facts that will help you become well-versed in why you have one, what it does, and what might be signs of trouble.

1. It might not be useless

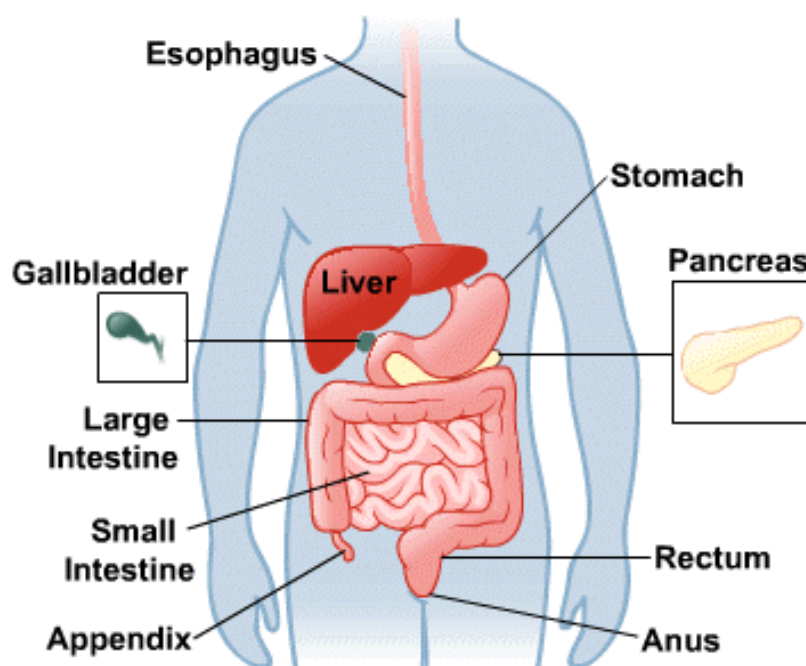
Historically, the appendix has been thought of as a purely vestigial organ—a useless leftover from the evolutionary process.

But lately, doctors are starting to wonder if it might actually have a beneficial purpose. Recently, some new evidence suggests that the appendix might play a role in repopulating good bacteria in your body.

It is thought of as a repository for good bacteria and flora that's sup-

posed to help replenish in the case of a catastrophic wipeout—like in the case of antibiotics. (Though if

you do have it removed after a bout with appendicitis, you'll still be perfectly fine.)



2. It likes lots of fiber, fruits, and veggies

If your appendix bursts and goes untreated, it can cause serious trouble. And while there's no real way to ensure you'll never have appendix issues, there are things you can do to lower your risk of scary complications like appendicitis.

Eating fruits and vegetables, along with a diet rich in fiber, can help prevent your appendix from getting inflamed and eventually rupturing.



3. Poop causes appendix problems

Your appendix is essentially a little tube (it looks sort of like a long balloon that's been deflated), and when one of the ends gets blocked, it can cause major problems. The way this happens is when faeces—yes, poop—plugs it up.

That's why keeping your digestive system healthy with a diet high in fiber is so important for appendix health—staying regular helps ensure that things can run through your system without blockages.

4. Pain around your belly button is trouble

Your appendix is located in the lower right quadrant of your stomach, but signs of trouble aren't always super straightforward. The first sign of appendicitis is actually pain around your belly button. The pain will then migrate over to the right side of your abdomen.

Even after it moves, it's not always so easy to tell the difference between pain associated with your appendix and pain associ-

ated with your menstrual cycle. If you don't typically have pain during that time of the month or the pain feels like it's moving, see a doctor to be safe.

5. But you're less likely to have appendicitis if you're a woman

According to the latest research from the American Journal of Epidemiology, you're slightly less likely to develop appendicitis if you're female. The reason why is not clear, but it may be due to higher fiber intake by women. In other words, your smoothie bowl obsession is paying off.

6. Appendicitis is still the most common stomach emergency

Tummy troubles are the most common reasons for hospital visits according to research published in the International Journal of General Medicine. And the most common cause of all the stomach aches is, you guessed it, appendicitis.

7. But it's getting less common

Despite the fact that appendicitis still causes a large portion of hospital visits, doctors say it's becoming less common. The decline is most likely due to an increase in dietary fiber.

8. Removing your appendix is pretty easy

If you get to the hospital on time, the appendix can be removed laparoscopically—also known as no big incision and no scar. In fact, the whole procedure takes only about 8 minutes.

9. Unless it ruptures

After the appendix actually ruptures, it becomes more complicated and dangerous. When you have appendicitis, the deflated balloon-like structure starts to swell. It's kind of like a pimple in your belly, and as we know, the way pimples tend to go away is by popping.

If that happens and your appendix bursts, it starts leaking all sorts of nasty stuff (remember all those bacteria?) into your blood. Not good. In this case, doctors have to open up the abdomen, clean things up, and potentially repair other organs that got damaged by the spill, which can cause long-term issues like pain and scarring.

Always remember, stay healthy, stay wealthy!!

Pictorial

Responding to a Road Traffic Accident on the Mai-Mahiu-Narok road in Suswa



**#Under20BarthesTrophy
Semi-Finals at the Nyayo
National Stadium**

Evacuation using the New Neonatal Pediatric Incubator



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