

UPGRADE OF INTERNET AND INTERCOM SYSTEM - GRANDSTREAM WAVE

Over the past few months Woodlands Hospital has upgraded the telephone and intercom system used. The Grandstream Wave (GS Wave) is now in use.

INTRODUCTION

GS Wave enables users to move freely and continue to receive calls from Woodlands or Residential Session Initiation Protocol (SIP) accounts. It is a free softphone application that allows users to connect to their SIP accounts from anywhere in the world. All you need to have is an Android or iOS phone

It expands your communications solution by linking your desk phone to your mobile device to keep in touch with your business and residential accounts while working remotely or traveling.

GS Wave revolutionizes a user's workflow. It integrates with up to 6 SIP accounts and supports essential call control features such as 6-way voice conferencing and so much more. It is also capable of integrating with your IP PBXs (such as Grandstream's UCM6200 series or UCM6510 series of IP PBX) for even more powerful network utilization.

This system with its modern technology now offers new features which were not available in the previous system.

These include:

Call history, Redial and also uses internet to make calls. Doctors and on call staff can have the app downloaded on their phone and be assigned an extension so they can be called without incurring any charges.

Additionally, calls can be made from anywhere on all mobile phones that has the app using their data connection. However, it was noted that there were some complaints that calls do not always go through using the internet and only busy tone is sometimes heard.

Switchboard staff has also noted that there's no caller ID for outside callers so if a prank call is made the caller can't be identified also the call cannot be returned if it was a missed call. This feature has not been obtained from Gtt.

All departments also have an extension from which staff can page an Attendant or Housekeeper or to make any other announcement.

It has had a fair share of teething problems but has also made life a little easier as the constant need to approach Switchboard Operators is eliminated.. Also all the Consultants can be contacted directly in or out of Guyana and vice versa through an extension number once they have Wi-Fi.

Due to the bandwidth we now have available we have been able to sell Wi-Fi access to Staff and customers. This has become so popular that it has now become imperative to get access to more bandwidth and this is now being pursued.



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NEWS IN BRIEF**SOME STATISTICS FOR
JULY 2018****DOCTORS MEETING:-**

Was held on 27th June, 2018 at 17:00 Hrs.....Chairperson—Dr. N.Gobin
Topic: Polycystic Ovary Syndrome by Dr. Y. Gonzalez Ricardo

NURSES MEETING:-

RM/RN/NA/LPN:- Was held on 22nd June, 2018 at 15:00 Hrs.
Topic: General Nursing Concerns

Emergency Room

Patients Seen— 2522

Admissions— 108

Maternity

Total Deliveries— 34

Males— 19

Females— 15

Caesarean Sections—11

Neonatal Death— 0

Twins— 0

Premature—0

Breech— 0

Still Births— 0

Male ward

Admission— 118

Deaths—0

Female ward

Admission - 121

Deaths—1

ICU

Admissions—31

Deaths- 5

CICU

Stenting— 15

Angiograms—16

Radiology

X-ray— 1195

CT— 152

Ultrasound— 2533

Theatre

Surgeries— 132

Ophthalmology — 39

Pharmacy

Prescriptions— 4878

Laboratory

Patients attended—2893

Pathology Lab

Cytology — 69

Histopathology— 138

WORK STUDY AT WOODLANDS LIMITED**What is work study?**

Work Study is a type of vocational training program where students work in an organization for a fixed period of time in order to gain knowledge and practical skills related to their career goal or to satisfy requirements for a qualification.

What purpose does it serve?

Work Study serves to:

- 1) Assist students in developing employability skills.
- 2) Give valuable insight into whether or not their aspired profession is the right choice.
- 3) Expose students to a professional culture and expand their dreams of what is possible for their future.
- 4) Give the best ways to truly learn about their field from a real world perspective.

Who benefits?

The student benefits as the opportunity allows them to be engaged in service activities which provide them with hands-on experience that enhances their learning or understanding of issues relevant to their career choice.

Initially only Staff members approached Management to have their children do work study at Woodlands Limited while awaiting results of their CSEC examinations .

From the year 2011 the Ministry of Education approached Woodlands Limited to participate in their work study venture. The students we have received are from various Schools across Georgetown. Other than these students we still facilitate children of Staff members.

These students are normally attached for a period of five weeks and are placed in various department based on their interest/career goals. This work study program is held during their July- August vacation and every year we have 2 batches of students. They are allowed to do minimum task which aims at encouraging their continuous involvement.

They are also paid a stipend of \$15,000.

Those who are exemplary and wish to continue are absorbed into our work force once there is a vacancy.

At the end of their work study a small function is held when they receive certificates from the Managing Director acknowledging their participation.

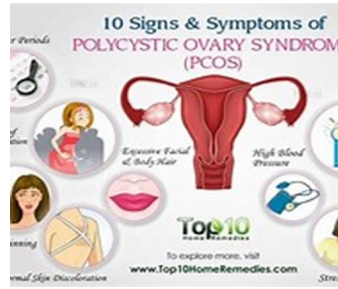
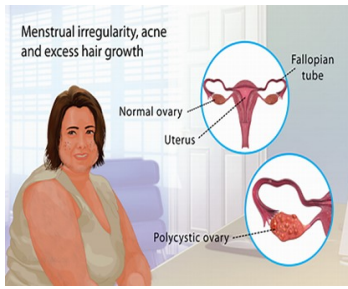
Other than these students we also have ‘ Attachments’ in the Laboratory and Pharmacy for students at University of Guyana.

This year we have decided to do a survey by distributing questionnaires to each of the 8 students who were on work study attachment.

The questionnaire consisted of 10 questions which targeted the knowledge and experiences of their stay at Woodlands.

An analysis of the questionnaires showed that seven or 87.5% of the students wished to pursue a profession within the medical field.

When asked about their experiences as a work study student, they were all thankful for the opportunity as they were able to gain a better understanding in the work industry.



Polycystic ovary syndrome (PCOS) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. The name polycystic ovary syndrome describes the numerous small cysts (fluid-filled sacs) that form in the ovaries. However, some women with this disorder do not have cysts, while some women without the disorder do develop cysts.

Ovulation occurs when a mature egg is released from an ovary. This happens so it can be fertilized by a male sperm. If the egg is not fertilized, it is sent out of the body during your period.

In some cases, a woman doesn't make enough of the hormones needed to ovulate. When ovulation doesn't happen, the ovaries can develop many small cysts. These cysts make hormones called androgens. Women with PCOS often have high levels of androgens. This can cause more problems with a woman's menstrual cycle. And it can cause many of the symptoms of PCOS.

Treatment for PCOS is often done with medication. This can't cure PCOS, but it helps reduce symptoms and prevent some health problems.

What causes PCOS?

The exact cause of PCOS is not clear. Many women with PCOS have insulin resistance. This means the body can't use insulin well. Insulin levels build up in the body and may cause higher androgen levels. Obesity can also increase insulin levels and make PCOS symptoms worse. PCOS may also run in families. It's common for sisters or a mother and daughter to have PCOS.

What are the risks for PCOS?

You may be more likely to have PCOS if your mother or sister has it. You may also be more likely to have it if you have insulin resistance or are obese.

What are the symptoms of PCOS?

The symptoms of PCOS may include: Missed periods, irregular periods, or very light periods, Ovaries that are large or have many cysts, Excess body hair, including the chest, stomach, and back (hirsutism), Weight gain, especially around the belly (abdomen), Acne or oily skin, Male-pattern baldness or thinning hair, Infertility, Small pieces of excess skin on the neck or armpits (skin tags), Dark or thick skin patches on the back of the neck, in the armpits, and under the breasts.

How is PCOS diagnosed?

Your health care provider will ask about your medical history and your symptoms. You will also have a physical exam. This will likely include a pelvic exam. This exam checks the health of your reproductive organs, both inside and outside your body. Some of the symptoms of PCOS are like those caused by other health problems. Because of this, you may

also have tests such as:

Ultrasound. This test uses sound waves and a computer to create images of blood vessels, tissues, and organs. This test is used to look at the size of the ovaries and see if they have cysts. The test can also look at the thickness of the lining of the uterus (endometrium).

Blood tests. These look for high levels of androgens and other hormones. Your health care provider may also check your blood glucose levels. And you may have your cholesterol and triglyceride levels checked.

How is PCOS treated?

Treatment for PCOS depends on a number of factors. These may include your age, how severe your symptoms are, and your overall health. The type of treatment may also depend on whether you want to become pregnant in the future. If you do plan to become pregnant, your treatment may include:

A change in diet and activity. A healthy diet and more physical activity can help you lose weight and reduce your symptoms. They can also help your body use insulin more efficiently, lower blood glucose levels, and may help you ovulate.

Medications to cause ovulation. Medications can help the ovaries to release eggs normally. These medications also have certain risks. They can increase the chance for a multiple birth (twins or more). And they can cause ovarian hyperstimulation. This is when the ovaries release too many hormones. It can cause symptoms such as abdominal bloating and pelvic pain.

If you do not plan to become pregnant, your treatment may include:

Birth control pills. These help to control menstrual cycles, lower androgen levels, and reduce acne.

Diabetes medication. This is often used to lower insulin resistance in PCOS. It may also help reduce androgen levels, slow hair growth, and help you ovulate more regularly.

A change in diet and activity. A healthy diet and more physical activity can help you lose weight and reduce your symptoms. They can also help your body use insulin more efficiently, lower blood glucose levels, and may help you ovulate.

Medications to treat other symptoms. Some medications can help reduce hair growth or acne.

What are the complications of PCOS?

Women with PCOS are more likely to develop certain serious health problems. These include type 2 diabetes, high blood pressure, problems with the heart and blood vessels, and uterine cancer. Women with PCOS often have problems with their ability to get pregnant (fertility).

Living with PCOS

Some women struggle with the physical symptoms of PCOS, such as weight gain, hair growth, and acne. Cosmetic treatments, such as electrolysis and laser hair removal, may help you feel better about your appearance. Talk with your health care provider about the best ways to treat the symptoms that bother you.

When should I seek medical care?

If you have missed or irregular periods, excess hair growth, acne, and weight gain, call your doctor for an evaluation.

**vacancies**

Housekeeper: 3 Positions
 Audit Clerk: 1 Position
 Human Resources Assistant :1 Position
 Pharmacist: 1 Position
 Bond Clerk-1
 Switchboard Operator: 1 position
 Customer Services Manager: 1Position

Management and Staff wish to congratulate the following persons on their birth anniversary for July, 2018

Name of Staff	Birthday
Joan Yussuff	5 th
Jenelle Chesney	9 th
Kishaan Persaud	9 th
Odessa Bobb-Semple	10 th
Elizabeth Taylor	12 th
Azam Latiff	13 th
Geraldine Fraser	13 th
Tisha Amsterdam-Wiggins	15 th
Shannas Basdeo	15 th
Alexander Kwang	16 th
Gorwie Fraser	20 th
Shiji Shaji	21 st
Vonetta Rampersaud-Dick	22 nd
Rondine La Rose	27 th
Micaila Singh	27 th
Julian Deane	28 th

TAKING A BREAK FROM WOODLANDS

Staff	Leave
Amilia Phillips	27 th – 31 st Aug
Cindy Persaud	13 th Aug-3 rd Sept
Deomattie Dabyram	20 th Aug-4 th Sept
Haimanda Singh	21 st Aug-2 nd Sept
Jasmattie Chumandath	13 th Aug- 9 th Sept
Khemwattie Talmakund	13 th Aug-2 nd Sept
Leiselle Paul	5 th Aug-1 st Sept
Leslyn Harry	14 th Aug-27 th Aug
Mathew Thomas	12 th – 18 th Aug
Milika Stephens	13 th -26 th Aug
Nandranie Dhanpaul	13 th Aug-2 nd Sept
Nicola Rodrigues	19 th Aug-15 th Sept
Odessa Bobb-Bacchus	5 th Aug-1 st Sept
Roshnie Singh-Persaud	6 th – 19 th Aug
Shannas Basdeo	6 th Aug-2 nd Sept
Sheneise Lopes	19 th Aug-15 th Sept
Shonette Bynoe	20 th Aug-17 th Sept
Talfaa Sampson	27 th Aug-17 th Sept
Thomas George	19 th Aug-15 th Sept
Tishanna Gomes	24 th -29 th Aug
Vanetta James	24 th Aug-6 th Sept
Rawle Nurse	20 th -24 th Aug
Peggy Rebeiro	27 th Aug-16 th Sept

We can now be perused on our Web Site
www.woodlandshospital.com