



Ali  
Medical  
ISO 9001:2015

# ▶ NEWSLETTER

## February 2018

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# Stress in Attendants of ICU Patients

Addressing stress in attendants of patients admitted in Intensive Care Units (ICU).

Stress related issues among the family members of patients admitted to intensive care units (ICU/PICU/NICU) are often ignored entities. Studies done time and again in this area have almost equivocally pointed towards the high prevalence of anxiety and depression among them. Concern and support to the family members of high risk patients thus plays an integral role in providing a holistic approach to ICU care.

The concept of family centered care has evolved and gained worldwide acceptance over the last few decades. This aims to fulfil the informational and emotional needs of the family members which in turn improves their satisfaction and reduces stress and its consequences. At Ali Medical Centre we evaluate the various factors contributing to anxiety and depression among the patients' attendants and continuously study the outcomes to deduce the measures which can help in reducing such stress in our ICU set up.



Majority of the family members visiting patients in ICU suffer from symptoms of anxiety or depression. The major factors contributing to this include:

- Female dependents.
- Inappropriate information given by ICU doctors.
- Poor financial status of the family.
- The spouse of the admitted patient is also more likely to ail from symptoms of anxiety or depression owing to the increased emotional quotient involved than with other family members.
- The financial and social status of the patient is also one major causative factor especially in lower and middle income group families.
- Mothers of babies admitted in Neonatal Intensive Care Unit especially mothers who are in puerperium and already suffering from post-partum Blues/Depression.

Recognition of abnormal signs of anxiety and depression in a timely manner, adequate counselling or professional help by designated professionals should be provided at the earliest possible to such individuals, which may help in reducing long term consequences like Post Traumatic Stress Disorder.

Regular counselling sessions with families are conducted at Ali Medical Centre to support the emotional needs of families of patients admitted in Intensive Care Units. Medical Boards are frequently formulated and conducted to facilitate the multi-disciplinary approach towards patient care and appropriately guide the way forward to the families.

# Hand Hygiene Week

Hand Hygiene Week was celebrated from February 2, 2018 to February 10, 2018 to create awareness among the AMC staff, consultants, patients, visitors and all stakeholder. All departments of AMC participated in the event by decorating their respective departments by posters, balloons and slogans.

The closing ceremony was very well organized where presentation on Hand Hygiene was presented to audience and steps of hand wash were demonstrated to create awareness. Cash prizes and awards were given to the staff by the management.



# Speech-Language Pathology & Therapy

Communication is obligatory to the human experience. Communication skills improved over time, from graphic exchanges of pictures to the creation of the alphabet, leading to the emergence of reading and writing skills. The acquisition of speech and language is considered a dynamic skill innate to the human species. However, it is easily influenced by environmental, social, cultural, parental, and biological parameters.

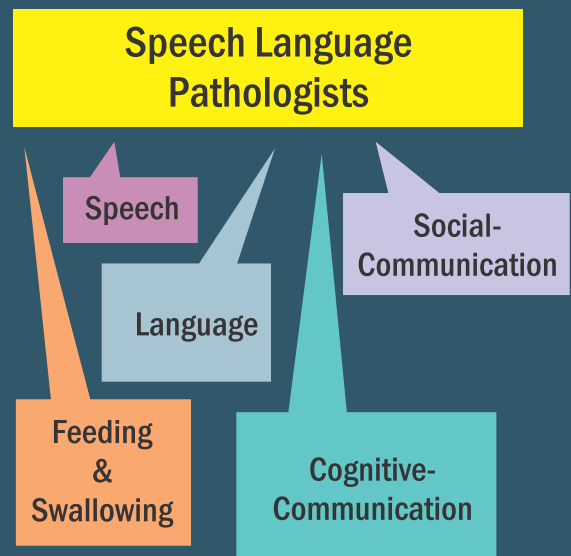
The sad truth we faced in Pakistan until a few years ago was the absence of nationally-qualified professionals in the field of Speech Language Pathology to work with children and adults with communicative impediments and swallowing disorders. But nowadays the field of Speech and language pathology is emerging all over the country.



**Qurat-ul-ain Baig**  
 Speech & Language Pathologist/ Therapist  
 M.Sc. Applied Psychology  
 MS Speech & Language Pathology/Therapy  
 (Gold Medalist)



*We have ways of making you talk*



SLP's are involved in identifying, diagnosing and treating children and adults with the following problems.

- Hearing impairment.
- Language disorders (For children with specific language impairment, mental retardation, Down's syndrome, autism spectrum disorders, learning disabilities, etc.) And (for adults with dysphasia and/or communication difficulties, etc.).
- Voice disorders.
- Dysfluency (Stammering).
- Functional articulation disorders.
- Neurogenic speech disorders (Dysarthria or dyspraxia).
- Swallowing disorders (Dysphagia).
- Cleft lip and/or palate and maxillofacial disorders.

SLTs have stupendous scope in our country and across the globe. The career is very rewarding and satisfying. It is a profession that may stand alone or work in parallel with doctors such as Neurologists, Pediatricians, Pulmonologists, ENT's, Audiologists, Maxillofacial Surgeons, Psychologists, Psychiatrists, occupational or physical therapists, teachers or special educationists as SLTs make life worth living for those afflicted by communicative impairments.

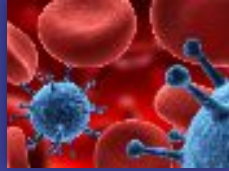
# Safety Tips for Health Care Workers

Health care workers are exposed to several serious safety and health hazards on the job. It is not just doctors, nurses, and medical workers who are exposed to such health hazards and risks; other people working in health care facilities are also facing similar hazards.

Though it is hardly possible to eliminate the risks associated with the health care industry, these safety tips will help workers to avoid extreme situation and reduce the risks.

## 1. Take Precautions to Avoid Bloodborne Pathogens

Health care workers often come in contact with patients' body fluids and are therefore exposed to bloodborne pathogens. In this case, bacterial and viral infections are transmitted through blood and other body fluids. The risk for infection increases when a worker comes in contact with these fluids. Health care workers should therefore take necessary precautions and wear personal protective equipment to avoid contamination. Gowns, gloves, safety goggles, and faceshields will keep body fluids off the worker's skin.



## 2. Be Careful with Sharps Injuries

Scalpels, needles, and other sharp objects that have been used in medical facilities are usually contaminated. Health care workers often come in contact with them. To avoid health hazards arising from them, it is important to follow an appropriate disposal system for all sharps and infectious waste. In addition, workers must be careful when handling sharp items because sharps injuries usually increase the risk of infectious diseases.



## 3. Use Proper Devices to Reduce Risk of Musculoskeletal Injuries

Musculoskeletal injuries are common with medical professionals who have to lift immobile patients and/or transfer them between beds and wheelchairs. This puts those workers at risk for musculoskeletal disorders, which injure their bones, muscles, ligaments, nerves, joints, cartilage, tendons, or blood vessels in the back, limbs, neck or head. To protect yourself from musculoskeletal disorders and severe pains, use assistive devices such as slip sheets, slings, and electronic hoists whenever possible. If you don't have access to these devices, at least use the correct body mechanics for reducing the risk of injury.



## 4. Train Employees to be Safe against Chemical Hazards

Some chemicals used in the health care industry may cause serious diseases such as cancer, reproductive disorders, neurological diseases, asthma, and developmental disorders. The likes of such hazardous chemicals includes mercury, phthalates, bisphenol A, and triclosan. Health care professionals must wear gloves and personal protective equipment while handling hazardous chemicals.



## 5. Provide Fire Safety Training

Hospitals and medical facilities should minimize the fire risk by taking proper precautions, such as using water-soluble materials for covering flammable parts of the body; preventing the buildup of nitrous oxide and oxygen; using fire-retardant surgical drapes, and keeping electrocautery tools in proper places. In case of fire, health care workers need to follow the concept of RACE:

- Rescue anyone nearby
- Activate the fire alarm
- Contain the fire by closing doors and windows
- Extinguish the fire using a fire extinguisher

Regular fire drills are also necessary to train employees.



## New Joiners



**Dr. Beenish Nadeem**  
Radiologist  
MBBS, FCPS



**Dr. Muhammad Azeem Rao**  
Psychiatrist  
MBBS, MPH, FCPS



**Ms. Qurat-ul-Ain Baig**  
Speech Therapist  
MS- Speech & Language pathology/Therapy



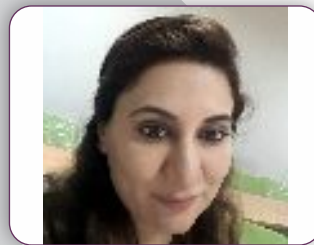
**Dr. Samina Arshad**  
Gynecologist  
MBBS, MCPS



**Dr. Sultan Muhammad**  
Laser Specialist  
MBBS, DIP & Dermatosurgery



**Dr. Huma Karmat**  
Gynecologist  
MBBS, FCPS



**Dr. Aisha Kashif**  
Psychologist  
PHD (Scholar) Psychology

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