

# HHCS Newsletter

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## Welcome Message



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Director of Nursing - HHCS

I am pleased to welcome you to the second edition of our HHCS newsletter. Every quarter, we will be providing updates and highlights on the latest news and achievements in Home Healthcare Services (HHCS).

HHCS is now part of the journey towards Person Centered Care (PCC) Certification. Everyone is engaged to prepare, coordinate, and collaborate in overcoming the challenges. The first Compassionate Human Interaction (CHI) Training was held in August 2019. Successfully, 92% of the HHCS clinical and non-clinical staff have participated at the CHI Training, where they received educational training on PCC Program. We are looking forward to further enhance our services by providing high standard quality of care.

Finally, I would like to take this opportunity to thank everyone for their hard work, contribution, and dedication to deliver excellent service and care, full of empathy and compassion, towards our patients.

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# HHCS Activities



## HHCS Nursing Competency Fair

HHCS held its first Nursing Competency Fair in collaboration with NMER last August 27, 2019 at the Medical Education Center, where 137 staff attended. The activities were organized in six learning stations to explore the different procedures and expertise in a simulated environment:

- ADCDE Assessment
- Tracheostomy Care
- Enteral Feeding
- Wound Care
- Triage
- Equipment



## World Physical Therapy Day

HHCS Physiotherapy celebrated the World Physical Therapy Day in September 8, 2019. In solidarity with this year's theme, "Chronic Pain and Exercise", the team offered personalized consultations and conducted tests for strength, posture, flexibility and balance. The aim was to promote awareness of managing chronic pain through exercise.



## HHCS Physiotherapy Workshop

The HHCS Physiotherapy team held its first educational session for caregivers in September 12, 2019 at Bayt Al Dhiyafah, Medical City. The workshop entitled, "Range of Motion Exercises and Assistive device for Ambulation: Principles and Types", was geared towards teaching caregivers the conditioning exercises for bedridden or bed-bound patients, and the proper use and types of assistive devices in ambulation. The aim was to promote awareness to prevent the deconditioning effects of immobility and to prevent falls in the elderly.



## World Alzheimer's Day

As part of the HMC's campaign to participate in World Alzheimer's month, the Occupational Therapy team held the Alzheimer's Day in Sept 29, 2019. The team has prepared brain work-out sessions with visual aids for the visitors and staff. The event was meant to raise awareness for Wellness Program conducted for the staff on "working out your brain" to encourage components of memory attention.



## World Occupational Therapy Day

The Occupational Therapy team organized the OT Day celebration with the theme, "Improving World Health and Well-being". A Yoga session was held as a part of the celebration, where participants were taught by Surya Namaskar. The aim was to create awareness on the importance of Yoga being part of the OT, adjunct to connect the body, mind and spirit.



# Home Healthcare Services Staff Wellness

The HHCS Staff Well-being Program has officially kicked off with the Smart Weight Program. The Dietician team has organized a BMI screening to all staff. Those with BMI of 28.5 and above were invited to partake in a 6-months evidence-based and scientific approach weight reduction program. Likewise, Wellness Campaign activities such as hydration, flexibility, balance exercises and relaxation are currently being conducted on site. These activities aim to increase health awareness, motivate a healthy lifestyle and improve personal and professional productivity. Everyone will surely be looking and feeling better by next year.



# Home Healthcare Services Staff Social Activity



Pediatric Nurses conducted a social gathering named "ONAM 2019" on 14<sup>th</sup> September 2019 as a part of team building exercises. A sense of joy at work is important and crucial because how well a group of healthcare workers communicate, respect and understand each other ultimately affects patient outcomes. The program was enriched by the Pediatric team with a variety of cultural activities including dances and musical performances. It was made memorable by the children of Pediatric HHCS family by contributing different talent shows. The program was highlighted by the delectable, elaborate traditional ONAM Feast

# Home Healthcare Service Falls Awareness Week

## Falls Awareness Week

Falls Awareness Week emphasizes the importance of healthcare professionals conducting comprehensive assessments to identify their patients' risk for falls. The goal was to enhance and refresh the staff's knowledge about the standardized tools used for Falls Risk Assessment through discussion and activities. The Falls Awareness and Prevention week delivered great learning and skills development for staff, designed to empower them to enhance their patients' care experience.



# Road to Planetree Certification

The much awaited first Planetree Progress Assessment was successfully completed last October 6 and 7, 2019. Homecare has overcome the first hurdle in the journey to the final accreditation visit slated in 2020. Preparations for the assessment started in January 2019 through training sessions and educational activities, culminating in a one-day workshop at Bayt al Dhiyafah last August 3, 2019. This success shows that we are all committed to improve people's health and their healthcare experience, and to help our healthcare staff find joy in their work by involving patients and family members as equal partners in the process.



## Editorial Board

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PFE  
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## Message Board

HHCS is dynamic and evolving and here are a few of the stars whose light are shining brighter. Cheers to these achievers:

- Dr. Hanan Yazidi for completing the Improvement Advisor Course (IHI) and ILM5 leadership course
- Ms. Safa Bader, Patient Pathway Coordinator
- Ms. Ethel Joy Damasco, Physical Therapy Supervisor
- Ms. Annie Ninan, Occupational Therapy Specialist
- Ms. Loriebel Guloy, Occupational Therapy Specialist

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