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E-Plus & NHIF Evacuate a Two Day Old Child with a Rare Spinal Condition



Munir Ahmed
(Digital Communications Officer)

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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.

E-Plus & NHIF Evacuate a Two Day Old Child with a Rare Spinal Condition



Munir Ahmed
(Digital Communications Officer)



Wycliffe Mtepe (father) inside the ambulance. His baby is lying on the stretcher

On the 23rd of July 2022, E-Plus through the National Hospital Insurance Fund (NHIF) ambulance cover evacuated a 3-day-old baby with **Spina Bifida** – a treatable malformation of the spinal cord from Nairobi to Kilifi. His father, Wycliffe Mtepe, accompanied the baby during the evacuation.

Stranded and struggling to find a means of transport back home to Kilifi County, E-Plus through the NHIF, swiftly came to his aid.

Three days ago, Wycliffe’s son had been referred to a Nairobi Hospital for further medical management of the baby. The mother, having undergone a cesarean operation was unable to travel with them.

With no place to stay in Nairobi, the father opted to go back to Kilifi until the appointed date. However, several attempts to find an ambulance to transport him back home were futile. The father even contemplated traveling with a commercial bus. It was then that he contacted E-Plus and in collaboration with NHIF the medical escort was availed. The father and son are now back home safely.

emergency ground ambulance services to declared members of the NHIF throughout Kenya.

Members get to enjoy unlimited ground ambulance services all over Kenya upto a radius of 30kms, treatment and stabilization on site, access to a 24-hour medical helpline, and transfer to your hospital of choice.

The evacuation demonstrated our capacity in the area of critical care as our ambulances are fully equipped with the latest medical equipment and trained personnel.



E-Plus and the NHIF have been partnering since 2015 to provide

EPILEPSY – First Aid and Safety



Qitma Noor
(Communications and Marketing Assistant)



Epilepsy causes recurring, spontaneous seizures in its victims. Medication can help about 70% of epilepsy sufferers control their seizures.

People who continue to experience seizures are more susceptible to the risks that may be connected to them, especially when seizures come on suddenly and impair awareness.

Just like other chronic illnesses like diabetes or asthma, epilepsy comes with certain risks. These have the potential of becoming very serious if ignored. People who experience poorly controlled seizures are more prone to seizure-related risks.

The first step in lowering risks associated with seizures is good seizure control. When seizures are more severe, they may even cause or contribute to death. They can also occasionally result in injuries or falls. Seizures of various kinds come with various consequences.

Your risk level is determined by the kind of seizures you experience and your lifestyle. For in-

stance, poorly controlled tonic-clonic seizures present the greatest risk to your safety, and this risk is amplified if you engage in activities like mountain climbing. Life is never completely risk-free, but taking proactive steps to lessen your seizures, considering personal risks, and talking to your doctor about seizure management are a start to lowering some of your seizure-related risks.

How to Identify Seizures

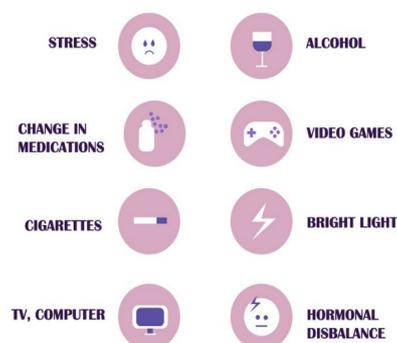
Seizure patients have a variety of symptoms, ranging from tonic-clonic (A type of seizure that involves a loss of consciousness and violent muscle contractions) activity with acute hypoxia to being fully conscious but losing movement in one body part.

Emotionally, they could be joyful or depressed. Some people might not be able to control their feces or urine. They might recollect everything clearly if they are having a focused motor seizure. A broad seizure may cause them to lose all memory.

Some people get seizures as a

result of brain trauma. Patients with sepsis as well as those with ischemic stroke who have compromised consciousness and can also experience seizures. Infants with high fevers and pregnant patients with eclampsia frequently experience febrile seizures.

Epileptic Seizure First Aid



If you are with someone having a tonic-clonic seizure (where the body stiffens, followed by general muscle jerking), try to:

- Remain composed/calm and close to the person
- Immediately turn them onto their side if they have anything in their mouth, including food or liquid
- Keep them safe and safeguard them from injury
- Put a soft object beneath their head, and adjust any restrictive clothing
- Reassure the person until recovery
- Try to time the seizure
- When the jerking ceases, gently turn the person onto their side

Do not put anything into their mouth, restrain, or move the person, unless they are in danger.

If a person having a seizure is in a wheelchair;

- Keep the person seated and buckled in (unless it is causing injury).
- Apply the brakes to the wheelchair.
- If the wheelchair has a tilt feature, tilt the seat and lock it in place.
- Hold their head steady until the seizure is over.
- Slightly slant the body to one side to help any liquid in the mouth drain.

Take the person out of the chair and place them in the recovery position if they need to sleep or have problems breathing after the seizure. If the person's breathing problems persist, call

an ambulance and keep a careful eye on them. In case they stop breathing, be ready to perform CPR.

Seizure Emergencies



The majority of seizures last for about two minutes. However, some people with epilepsy frequently experience severe or fatal seizures. Their seizures may last longer or occur in waves.

These severe seizures may occur frequently in some people causing seizure emergencies. It's critical to identify and handle these seizures as soon as possible since they can result in brain damage and pose a threat to life. Fortunately, it is possible to give medication out-of-hospital in a method that will probably stop a severe seizure.

Early detection will result in early intervention. We can improve outcomes in terms of cognitive impairment, overall neurologic function, and in some circumstances even the emergence of chronic epilepsy by strengthening the capacity to diagnose seizures early.

Health Benefits of Walking Barefoot



Margaret Onyancha
(Complaints Handling Assistant)



human body some amazing health benefits.

Studies have shown that walking with your feet in contact with the ground allows your body to absorb negative electrons from the Earth, which helps to balance your internal bioelectrical environment and maintain your daily cortisol cycle. In other words, the earth's negative ions can assist maintain a balance with our bodies' positive ions (if we allow contact). And when that occurs, our health is improved in a variety of ways.

Here are ten health benefits of walking barefoot;

1. Controls Insomnia

You may be suffering from insomnia, which is a sort of sleep disorder, if you frequently find yourself unable to fall asleep at night and awake well into the early hours of the morning. According to research, persons who have experienced grounding sleep better at night than those who don't often walk bare feet. This is so that the circadian rhythms, which are the internal mechanism responsible for controlling emotions of wakefulness and drowsiness throughout a 24-hour period, can be stabilized by barefoot walking, which is the first step to getting better sleep.

2. Maintains Blood Pressure

Walking barefoot stimulates the feet's nerves. And in most cases, this results in a decrease in stress levels. But because earthing, or walking barefoot, is a method of releasing tension, it aids in blood pressure regulation. When you walk barefoot, the nerves in your feet are stimulated, which releases stress. As a result, your stress levels immediately decrease. Similar to when you receive a foot reflexology massage. Your blood pressure stabilizes when your stress level decreases.

3. Improves Eyesight

Your feet have a pressure point that's thought to be related to the nerves in your eyes. This pressure point can be stimulated by barefoot walking, which will help your overall vision.

4. Energy levels booster

Everyone who appreciates nature is aware of its superior energy. Because of this, whenever you are surrounded by the natural environment, you are able to tune into its higher frequencies and so boost your own energy levels. Walking barefoot has several advantages, one of which is that it provides resistance, which activates the pressure points on your feet. For a few days, walking barefoot could be challenging, but as your feet become acclimated to it, your legs and body will grow stronger. You'll have more energy and be more active throughout the day. The advantages of walking barefoot on sand, pebbles, or stones are the same.

5. It helps to reduce chronic pain

In addition to strengthening the immune system, earthing raises the body's oxygen levels, which helps lessen both acute and chronic pain. The earth's electrons, according to proponents of alternative medicine, strengthen our body's immune system.



6. It improves overall posture

Our feet are suffering the effects of the shoes we wear. Because of shoes and soft surfaces, which prevent our feet from being as flexible and robust as they once were, our foot muscles are weaker than ever. Parents are advised to allow a toddler to learn how to walk spontaneously and without shoes. That's because footwear can influence how a toddler uses their foot muscles and bones. This is one of the main causes of poor posture since it forces us to utilize other muscles to support our weight when our feet should be doing so. Weak feet can result in poor posture, which can cause back pain, neck discomfort, and even

knee pain, which is quite uncomfortable.

7. Improves the nervous system

Specific acupuncture sites in the foot can be stimulated by barefoot walking at home; this will in turn activate your nerves and veins, enhancing your nervous system. People with diabetes who experience varicose vein pain may find relief if they regularly walk barefoot. Since barefoot walking activates the nerve system, it also boosts immunity by making a person stronger and less prone to illness.

8. Helps Menstrual and Hormonal Issues

You will have both physical and mental issues if your hormones are out of balance. Premenstrual syndrome is a condition that affects women and can include mood swings, migraines, stomach pain, weight gain, acne, constipation, and other problems. Many of these symptoms can be reduced by just walking barefoot on the ground.

9. Cardiovascular Activity is Improved

We talked about how going barefoot improves the nervous system. As a result, your body's blood circulation is enhanced. Better cardiovascular symptoms



are associated with increased blood circulation.

10. Clears the mind and improves moods

Walking barefoot on the grass or sand can help you unwind and concentrate on the here and now if you experience mood swings and a lot of mental chatter. Your

body takes in negative electrons from the earth, which contributes to the earth's creation of a stable bioelectrical environment.

We should make time to go barefoot as much as we can because modern culture is continually affecting our energy. As long as you take the necessary safety precautions and exercise

in moderation, wearing nothing but your feet while walking and working out has several advantages. Before exposing your bare feet to nature for an extended amount of time, it is a good idea to speak with your doctor if you have any worries about your own safety or foot health.

Improve Your Life With A New Outlook



Zainab Athman
(Customer Care Assistant)



The glass is half-full metaphor is the last thing you want to hear when you are feeling sad.

What does that accomplish for you?

Positive thinking may seem to have no advantages at the moment. You feel disappointed because your glass isn't full or because you don't even believe your glass exists. Someone else shattered, stole, and damaged it.

Anger, frustration, disappointment, sadness, and fear are all bad emotions that you must experience for a while. The important thing is to accept them and move on. It's important to acknowledge them before moving forward.

When someone advises you to "cheer up" or "think positively," it can feel very tone-deaf because

life is sometimes complicated and difficult. Positive thinking without regard for reality is rarely helpful. Because of this, positive thinking has a bad reputation due to poisonous optimism.

Positive thinking that accepts reality may not produce any instant miracles, but it can ultimately be beneficial to all of us in the long run.

Although some people are naturally more optimistic than others, it is still possible to develop an optimistic outlook on life.

What is Positive Thinking?

The first thing to understand about positive thinking is that it does not entail ignoring reality or reason, nor does it entail forcing yourself to feel only good feelings. That's not being realistic

When you think positively, you tackle stressful situations or bad news with a good attitude. You're able to look past the difficulty or setback rather than letting it overwhelm you.

Although you may need to identify and comprehend the un-

pleasant component, you are confident that you will overcome it. You are aware that bad news need not imply that everything in the world is awful or that goodness will never again be experienced by you.

Instead of leaping to negative conclusions and assuming the worst, a positive thinker assumes the best intentions from other people and views actions more favorably.

Positive thinking often starts with self-talk the thoughts running through our heads never end. Some maybe from clear facts and unbiased, many have a positive or negative outlook.

If you practice more negative self-talk and think about all the downsides, you're probably more of a pessimist. But that's not to say we can't change our behavior to adopt a more positive mind set,

It takes some effort but after you practice consciously adopting a more positive approach, your brain will form new ways of thinking. Some optimists work hard to combat their negative emotions but negative thought

patterns can be changed with mindfulness and self-compassion.

Benefits of Positive Thinking

Why is it important to have a positive mind set?

The power of positive thinking can impact your physical and mental health.

The health benefit of positive thinking may surprise you, too.

Some of these benefits include;

- Better coping skills during stressful moments and stress management
- Lower risk of depression
- More resistant to the common cold
- Decreased risk of heart attacks and heart diseases
- Lower blood pressure
- Better at problem-solving
- Greater ability to adopt to change
- More creative thinking
- Consistent attitude with fewer mood swings
- Stronger leadership skills

We all want to reap the benefits of positive thinking, but sometimes we need help getting started

5 Tips to Start “Positive Thinking”

Having a positive attitude takes practice. If you struggle with positive thinking, know that you can't completely change how you practice self-talk overnight. It can be challenging for people who have more pessimistic thoughts to change their habits of thought.

It's important that sometime you will slip back into thinking

negative thoughts, but that's ok. What matters is that your trying to empower yourself to have a more positive mindset by becoming aware of your automatic negative thoughts and reframing them to be positive.

Becoming aware makes, you question your negative automatic thoughts. many coaches recommend some version of this questions to ask of your thoughts:

- Is it true? Is the sky falling or there is another possible interpretation?
- Is it helpful? Does interpretation help me get through this moment productively or inspire me to find solutions?
- Is it kind? Does this thinking help me feel capable and able to reach out to others for help or support.

Here are more 5 tips to help you think positively:

Remember to be grateful

You can be grateful for so many things in your life, both big and small like having your family close by or the rain holding off during your walk to work. Write down whatever your grateful for and keep it in a gratitude journal. when you're feeling pessimistic or upset, reflect on what you're thankful for in your life to boost your mood.

Get plenty of sleep

Are you getting enough sleep each night, or at least trying to? Being well rested sets you up for a better day. It helps us recharge and get our tasks done. dwelling on how tired you are wont help your attitude either. Your self-talk

will be filled with wanting to get your day over with impatient thoughts, so try developing a good nightly routine that prioritizes your sleep schedule.

Accept situations as they are

If you're in a negative situation, there is no sense in being denial and pretending it never happened. For example; if your brother has taken the car and you have to walk to an appointment reframe the situation: this gives you the chance to get some exercise and fresh air.

Identify areas you need to work on

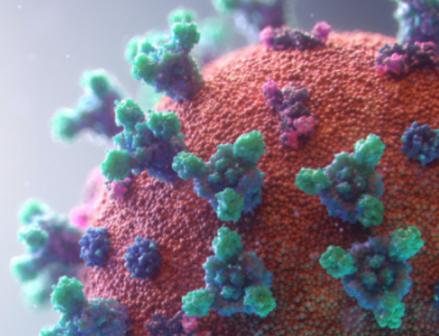
Is there one particular situation or environment that makes you incredibly pessimistic? If you can identify area that throw off your positive outlook on things, you can start to work on strategies that will help. it can be something like your commute to work that gives you negative thoughts.

Try to have fun with the challenges. Next time create a fun play list of music when you head to work. avoid people or places that really drain your energy and try spending more time with positive people.

Remember to laugh

When you try your best to find humor in your daily life, it helps you look on the bright side. it also enables you to cope with stress and reduce your heart rate. If you can't laugh, then at least smile. laughing along with yourself can help you accept any mistakes and calm yourself down. if you need to watch a funny video or phone a friend that can make you laugh.

Pandemic Pages



Kenya and World Health Organization (WHO) Launch Emergency Hub



Felix Musila
(Communications and PR Officer)



President Kenyatta (left) and WHO Director-General Dr. Tedros Ghebreyesus (right) shake hands during the unveiling ceremony

The Kenyan government and World Health Organization (WHO) have launched a medical emergency hub in Nairobi, the first in a network of African centres they say will hasten responses to regional emergencies.

The facility will include a training centre, house a cadre of professionals that can respond to a medical emergency within its first 24 hours and stockpiles of medical equipment.

The African region experiences over 100 health emergencies per year, more than any other region in the world. In recent years, much progress has been made with the efforts of countries, WHO and partners. For example, the time required to end outbreaks has plummeted from 131 days in 2017 to 45 days in 2019.

Despite the advances, the COVID-19 pandemic has exposed huge gaps, particularly the continent's lack of emergency responders. WHO analysis finds that fewer than 10% of countries in the African region have the workforce re-

quired to prepare, detect and respond to public health risks.

The new hub will help train a corps of 3000 elite responders from across the region. The aim is for each country in Africa to have at least one integrated team of emergency experts who will be ready to deploy within the first 24 hours of a national health crisis. A wide range of professionals including laboratory experts, epidemiologists, data managers, anthropologists, field logisticians and mental health and psychosocial experts will receive training.

The Centre of Excellence and the Emergency Hub builds on Kenya's global health security leadership and will lead to an empowered Africa, which can contain outbreaks and other emergencies rapidly. It complements the country's health response developments that have seen the establishment of local manu-

facturing capacity and robust research into emerging health challenges.

The Government of Kenya is contributing US\$ 31 million towards the Emergency Hub. This includes the allocation of 12.14 hectares of land, with US\$ 5 million for construction and free office space for 120 WHO staff at the nearby Kenyatta University Hospital for three years.

The Emergency Hub will also oversee a variety of sub-regional activities in Eastern

Africa, including maintaining stockpiles of medical and logistical supplies and stationing WHO staff to ensure quick deployment during emergencies.

The WHO says it wants to help create these quick response teams in every African country. Kenya will become a regional hub for medical equipment, which will help neighbouring countries get required medicines faster.

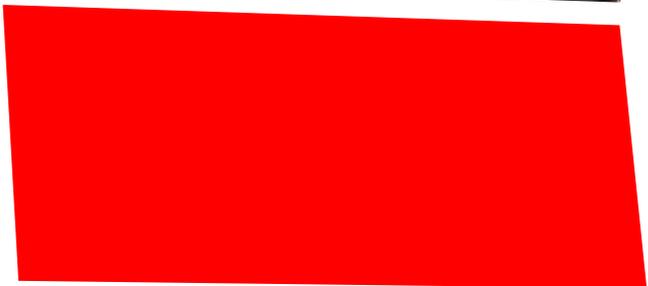
The WHO flagship initiative is the result of extensive consultations with more than 30 African government ministers, technical actors, partners across the continent, which have contributed to shaping the priority activities.



Groundbreaking for the Emergency Hub in Nairobi

Pictorial

Emergency Preparedness Drill (Mass Drill) at the Aga Khan Academy, Nairobi



COP27 Climate Change Conference at the Boma Hotel, Nairobi





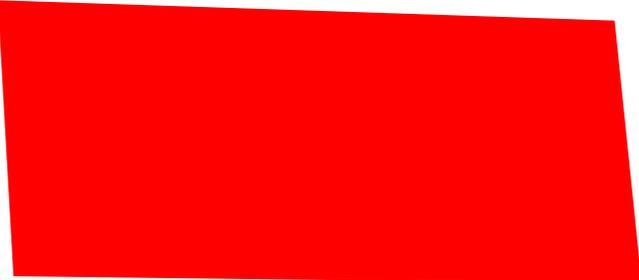
Sudanese Red Crescent Officials Visit E-Plus



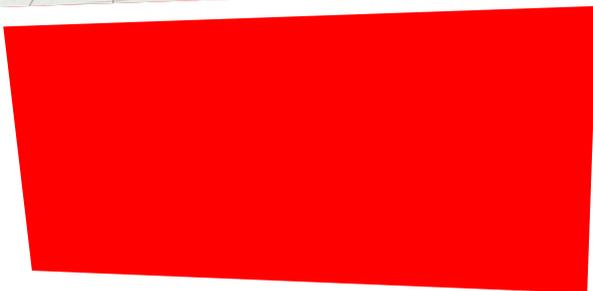
E-Plus in Action, Saving Lives!!



Political Decency & Accountability Forum (Mkenya Daima) at Kenyatta International Conference Centre (KICC) Nairobi



Senior Makeni County Health Officials Visit E-Plus





E-Plus Tanzania Hold a Press Tour at their Dar es Salaam Head Office



Gogo Boys FC secure a place in the Second Successive division one season

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