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Celestial Rise: Darajani Gogo Boys FC's Dazzling Debut in the National Super League!



Felix Musila
(Communications & PR Officer)

In the 2022/2023 National Super League season, Darajani Gogo Boys FC made an impressive debut, finishing in a commendable 6th position.

The team's remarkable journey was not only marked by their spirited performances on the pitch but also by their association with the Emergency Plus Medical Services, as their main sponsor. This partnership played a significant role in the team's success, fostering a sense of community support and fortitude throughout the season...[Continue on Pg 1](#)

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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 it 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.

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A Dream Come True: Darajani Gogo Boys FC Joins the National Super League

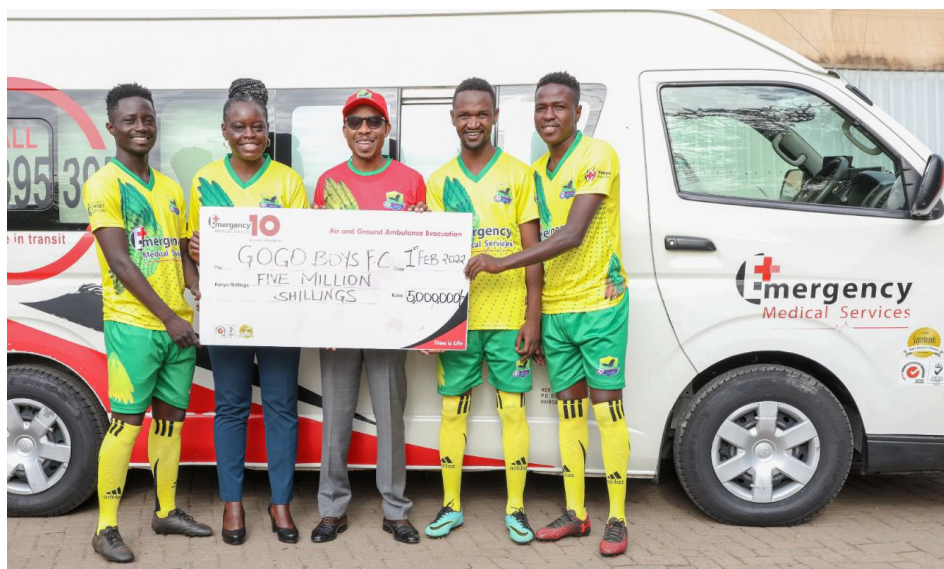
Darajani Gogo Boys FC's debut in the National Super League was the culmination of years of hard work and dedication. The team had been dominant in their local leagues, showcasing tremendous potential and talent. Their promotion to the National Super League

sparked excitement among players and fans alike, as they were eager to compete against more established teams.

Emergency Plus Medical Services: A Pioneering Sponsorship

and commitment to the community's well-being, making them an ideal partner for the club.

The sponsorship brought financial stability to the team, allowing them to invest in better training facilities, equipment, and the



The support from Emergency Plus Medical Services as the main sponsor for the 2022/2023 season was a game-changer for Darajani Gogo Boys FC. Eplus is renowned for its top-notch medical services

acquisition of skilled players.

Beyond the monetary aspect, the association with Eplus also instilled a sense of responsibility and community engagement in the team.

On the Pitch: Darajani Gogo Boys FC's Journey to Success



Throughout the season, Darajani Gogo Boys FC displayed their grit and determination on the field. Under the guidance of their experienced coaching staff, the team embraced a style of play that focused on fluid passing, tactical awareness, and disciplined defending.

The team's attacking line was formidable, with a combination of seasoned forwards and talented young stars. Their midfield orchestrated the game adeptly, controlling possession and transitioning smoothly from defense to offense.

The defensive line, marshaled by a reliable goalkeeper, demonstrated resilience and teamwork throughout the season.

Notable Wins and Key Performers

Darajani Gogo Boys FC registered several impressive wins during their debut season, taking on some of the league's top sides with courage and determination. Key victories against more experi-

enced teams served as a testament to their potential and talent.

Throughout the season, some players stood out with outstanding performances. Strikers John Mwita and Kevin Omondi formed a lethal partnership upfront, scoring crucial goals and creating numerous scoring opportunities.

In midfield, captain Nicholas Omondi (Nico) led by example, showing excellent leadership skills and contributing with crucial assists. The defensive duo of Peter Ochieng and Michael Kamau proved to be a formidable force, thwarting opposition attacks with discipline and tenacity.



The Impact on the Local Community

Darajani Gogo Boys FC's success in the National Super League had a profound impact on the local community. The team's rise to prominence inspired many young aspiring footballers in the area, giving them hope that dreams could be realized through hard work and dedication. The partnership with Emergency Plus Medical Services also strengthened ties between the club and the community.

Conclusion

The 2022/2023 National Super League season was a memorable journey for Darajani Gogo Boys FC.

Their 6th position finish was a testament to their skill, dedication, and the support they received from their main sponsor, Emergency Plus Medical Services. Beyond the sporting success, the team's partnership with Eplus showcased the positive impact that collaboration between sports and community-oriented organizations can have.

As the team looks ahead to the 2023/2024 season, they carry with them the memories of an unforgettable debut season, laying a solid foundation for even greater accomplishments; like earning a promotion to the Premier league.

Unlocking the Secrets of Stroke: Your Must-Know Guide!



William Kimanzi
(Paramedic)



The Brain needs Oxygen in order to function properly - just like any other organ in the body. Oxygen is transported within the body through the blood.

Your brain controls a lot of major aspects in the body including muscle movement, speech, sensations (pain, pleasure) and surprisingly - even breathing. Blockage or injury to the brain's blood vessels may cause blood rich in oxygen not to get to part of the brain.

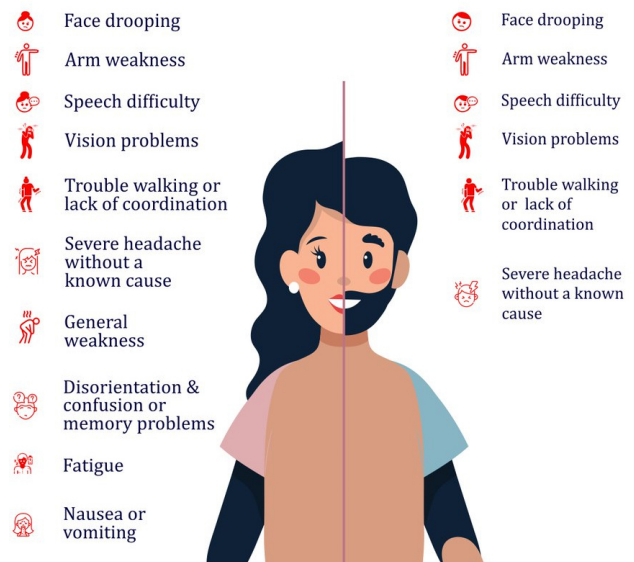
If this continues for a long time, the cells in that part of the brain die - leading to a medical condition called Stroke.

Types of Strokes

- A clot may block a blood vessel within the brain, making it difficult for blood to get to a part within the brain. This causes an *Ischemic stroke*
- Bursting of a blood vessel within your brain due to conditions like high blood pressure, weakened arteries and even injuries cause a *hemorrhagic stroke*
- Clots may at times cause temporary blockages on the blood vessels. Symptoms resolve on their own, leading to a *Transient Ischemic Attack*

Stroke Signs & Symptoms

STROKE SYMPTOMS WOMEN vs MEN



Watch out for sudden;

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

If you suspect a stroke, check for the following:

F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty – Is the person having trouble coordinating their speech?

T = Time to get advanced medical help – Every minute counts. Get help immediately.

Note the time when any of the symptoms first appear.

RECOGNIZE THE SIGNS OF A STROKE:

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

First Aid for STROKE

If you think someone is having a stroke, here is what to do:

1. Call emergency services. Stay as calm as possible while waiting for emergency help
2. Make sure they're in a safe, comfortable position. - Preferably, this should be lying on one side with their head slightly raised and supported in case they vomit
3. Check to see if they are breathing. If they're not breathing, perform CPR
4. Cover with a blanket to keep them warm
5. Do not give them anything to eat or drink

Long Term Stroke Management

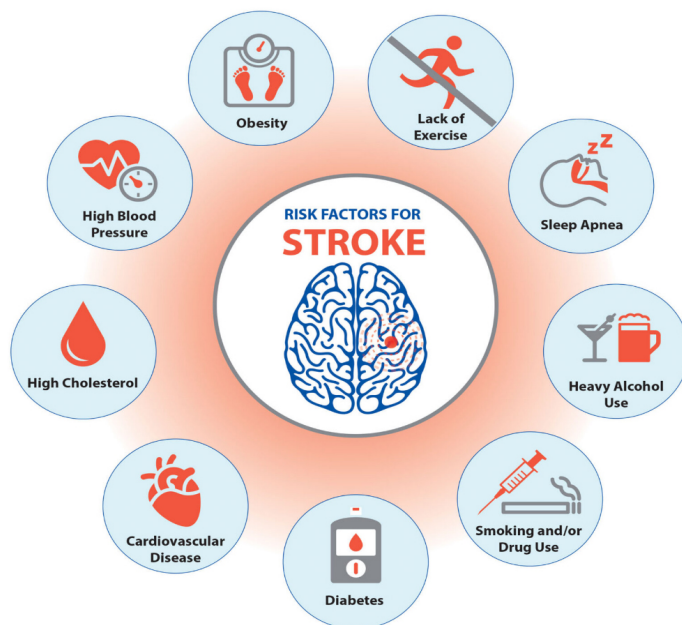
Long-term stroke management is aimed at preventing another stroke and minimizing the effects of the stroke that has already occurred. It is important to work with a healthcare team that includes a stroke neurologist, a rehabilitation specialist, and a primary care physician.

The Goals of Long-Term Stroke Management Include:

Some of the medications that may be used to prevent another stroke include:

- ✓ **Antiplatelet drugs:** These drugs help to prevent blood clots from forming. Examples of antiplatelet drugs include aspirin and clopidogrel
- ✓ **Anticoagulants:** These drugs help to keep the blood flowing smoothly. Examples of anticoagulants include warfarin and rivaroxaban

- ✓ **Statins:** These drugs help to lower cholesterol. High cholesterol is a risk factor for stroke



Lifestyle Changes Include:

- ✓ **Quitting smoking:** Smoking increases the risk of stroke
- ✓ **Eating a healthy diet:** A healthy diet can help to control blood pressure, cholesterol, and blood sugar
- ✓ **Exercising regularly:** Exercise can help to improve overall health and reduce the risk of stroke
- ✓ **Maintaining a healthy weight:** Obesity is a risk factor for stroke

Rehabilitation services that can help people who have had a stroke to regain their independence include:

- ✓ **Physical therapy:** Physical therapy to help improve their mobility and strength
- ✓ **Occupational therapy:** Occupational therapy to help improve ability to perform activities of daily living such as dressing, bathing, and eating
- ✓ **Speech therapy:** Speech therapy can help people to improve their communication skills

Long-term stroke management can be challenging, but there are many resources available to help make a difference in recovery.

Call E-Plus on **1514(Toll Free), 0700 395 395 or 0738 395 395** for medical help.

Breathe Easy and Stay Strong! Defeating Pneumococcal Pneumonia



Margaret Moraa
(Complaints Handling Assistant)



Pneumococcal pneumonia is a bacterial lung disease caused by the *Streptococcus pneumoniae* germ, typically residing in the upper respiratory tract.

It can occur on its own or after a viral cold or flu. Unlike colds and flus caused by viruses, this condition is brought on by bacteria. Often affecting one lobe of the lung (lobar pneumonia), it can lead to mucus buildup, making breathing difficult.

The infection can spread through coughing or close contact, striking quickly and unexpectedly.

Who's at Risk?

Individuals with weakened immune systems due to age or chronic medical conditions like diabetes or asthma are more susceptible to pneumococcal pneumonia.

This includes those aged 65 and older, and those between 19 and 64 with certain chronic diseases such as asthma, diabetes, or heart disease.

Additionally, people recovering from surgery, those with respiratory conditions or viral infections, and those on immunosuppressive drugs are at higher risk.

Signs and Symptoms

Pneumococcal pneumonia symptoms can develop gradually or suddenly, lasting for weeks or longer. In severe cases, it can lead to hospitalization, hearing loss, brain damage, or death.

Symptoms may include:

- High fever with excessive sweating and rapid heartbeat
- Fatigue
- Cough
- Chilly shivers
- Chest pains and breathing difficulties
- Earaches
- Lack of oxygen leading to blue lips and nailbeds
- Delirium or confusion

Treatment

Antibiotics are the usual treatment for pneumococcal pneumonia, but antibiotic resistance is a concern. Preventative measures are

crucial to avoid dangerous infections.

Prevention

To reduce the risk of pneumococcal pneumonia:

- **Get vaccinated:** There are two types of pneumococcal vaccines, and other vaccinations can protect against viruses and bacteria that cause pneumonia.
- **Wash hands frequently:** Maintain proper hand hygiene, especially after coughing, using the restroom, or before eating.
- **Don't smoke:** Smoking damages the lungs' ability to fight infections, increasing pneumonia risk.
- **Monitor general health:** Pay attention to lingering symptoms after respiratory illnesses and maintain a healthy lifestyle.
- **Consult a doctor:** High-risk individuals, children, and those with certain conditions should explore additional prevention methods.

Conclusion

Pneumococcal pneumonia can strike at any time and spreads easily.

Vaccination is a key preventive measure. Consult your healthcare provider to determine if you should get vaccinated, especially if you're 65 or older, or between 19 and 64 with specific health conditions.

Protect yourself and stay safe from this potentially severe lung infection.



Unraveling the Power of Communication: 10 Crucial Ways it Shapes Management



Zainab Athman
(Customer Care Assistant)

In the grand tapestry of Earth's creatures, communication plays a pivotal role in connecting beings and conveying thoughts and emotions.

However, for humans, the ability to harness words and language to transfer precise meanings sets us apart from the animal kingdom. In the realm of management, communication takes center stage, wielding a remarkable influence that permeates every aspect of organizational life.

Let's embark on a journey to shed light on the major ways communication holds paramount importance in the world of management.

Basis of Decision-Making and Planning

Picture a management team attempting to navigate the treacherous waters of decision-making without communication as their

guiding star. Impossible, right?

Effective communication empowers managers to gather crucial information, essential for making informed decisions and crafting well-thought-out plans.

The quality of decisions hinges upon the quality of communication, while effectively relaying management's decisions and plans to subordinates ensures seamless implementation.

Smooth and Efficient Working of an Organization

Just as lubricant ensures smooth machinery, communication is the lifeblood of a well-oiled organization. Through communication, management can steer the actions of subordinates in the desired direction, fostering a harmonious and efficient working environment.





Facilitates Co-ordination

Imagine a team of individuals working toward a common purpose but devoid of unity. Chaos would ensue! Communication acts as a magical thread that weaves unity of action, ensuring that everyone collaborates effectively towards shared goals. It binds people together, paving the way for seamless coordination.

Increases Managerial Efficiency

In the realm of management, nothing springs into action until communication sets it in motion. A manager's efficiency lies in their ability to communicate effectively. Transmitting goals, issuing instructions, and evaluating performance all depend on adept communication skills.

Promotes Co-operation and Industrial Peace

Effective communication is a bridge that connects employers and employees, nurturing mutual understanding and trust.

Through communication, grievances and suggestions can flow freely, fostering sound industrial relations and cultivating a peaceful work environment.

Helps in Establishing Effective Leadership

Leadership without effective communication is like a ship without a

rudder. True leadership stems from a strong bond of communication between leaders and their followers. A leader's ability to connect with their team members, creating a close-knit relationship, lies at the heart of effective leadership.

Motivation and Morale

Words possess the power to ignite fires within souls. Communication can modify behaviors, inspire motivation, and boost morale among workers. Crafting the right messages, employing proper timing, and delivering communication effectively can invigorate an entire workforce.

Increases Managerial Capacity

Like superheroes with their power-enhancing gadgets, managers can elevate their capacity through communication. By delegating authority and responsibilities efficiently, managers expand their

influence and extend their reach.

Effective Control

Control, an integral managerial function, relies on communication as its trusty ally. Plans need to be communicated to subordinates, actual performance measured and reported, and corrective actions taken or communicated to align with organizational goals.

Job Satisfaction

When employees feel a sense of belongingness, trust, and confidence through effective communication, job satisfaction blossoms. Content and enthusiastic workers contribute wholeheartedly to the organization's success.

Conclusion

It is evident that effective communication is the cornerstone of organizational success.

Like an ancient art passed down through generations, mastering the language of communication empowers managers to orchestrate a harmonious symphony within their organizations.

As we embrace this knowledge, let us unleash the true potential of communication and witness the transformation it brings to the world of management.



Pictorial



First On Scene Response Training Programme

Athletics Trials for The World Athletics Championships at the Nyayo Stadium








On Standby at the World Rugby Under 20 Barthes Cup at the Nyayo Stadium



2023 Nairobi City Marathon



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

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