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Va Va Vroom! E-Plus at the World Rally Championships 2022 in Naivasha, Kenya



Felix Musila
(Communications and PR Officer)

Emergency Plus Medical Services (E-Plus) was contracted to offer ground ambulance services/emergency medical services at the World Rally Championships held in Naivasha, Kenya from Thursday, 23rd June to Sunday, 26th June, 2022.

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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.

Va Va Vroom! E-Plus at the World Rally Championships 2022 in Naivasha, Kenya



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Emergency Plus Medical Services (E-Plus) was contracted to offer ground ambulance services/ emergency medical services at the World Rally Championships held in Naivasha, Kenya from Thursday, 23rd June to Sunday, 26th June, 2022.

Making a comeback since 2002, the event was flagged off on Thursday 24th June 2022 by President Uhuru Kenyatta at the Kenyatta International Convention Centre (KICC), Nairobi. The rally experience was nothing short of excitement, raving machines, dusty terrains and skillful

driving. The E-Plus ambulances and crew formed part of a larger medical team consisting of Medical Doctors, Paramedics/ EMTs trained in vehicle extrication, air evacuation teams (helicopters) and a Chief Medical Officer.

A total of 114 fully equipped ambulances were deployed on different areas of the rally course including Elementaita, Soysambu, Sleeping Warrior, Loldia, Malewa and Kedong. A number of standby choppers for air evacuation support complemented our ambulance teams on the ground.

For the past three years, E-Plus has partnered with World Rally Championships (WRC) to offer standby ambulance services and this year was no different. Our teams had undergone extensive trainings and continuing medical education (CMEs) before the championship to enhance their skills especially on vehicle extrication of victims and ground evacuations. The teams also had sessions to familiarize themselves with the safety master plan and the rally safety book, key aspects of the safari rally.



The WRC Medical unit pose for a photo

E-Plus at the 2022 Lewa Marathon



Qitma Noor
(Communications and Marketing Assistant)

E-Plus was once again privileged to provide ground ambulance services to the 2022 annual Lewa Safari Marathon held on the 25th June 2022 at the Lewa Wildlife Conservancy in, Meru County.

The annual marathon was organized by the Tusk Trust and the Lewa, and supported by a number of corporate organizations. The aim is to raise funds for conservation activities in the Lewa conservancy.

E-Plus deployed 3 standby ambulances to all the participants together with an accompanying 40 volunteer first aiders. We also set up a recovery point where medical attention and first aid services were administered to the participants.

More than £6 million has been raised through Tusk's annual Lewa Safari Marathon for frontline conservation, educational, and healthcare efforts in Kenya. The virtual event in 2020

raised more than £250,000 to support programs safeguarding endangered species and enhancing the livelihoods of rural communities that coexist with wildlife.

The actual Lewa Safari Marathon returned to Kenya this year for the World's Wildest Challenge at Lewa Wildlife Conservancy, supporting individuals affected by the widespread COVID-19 pandemic's effects.



E-Plus paramedics during the marathon



Runners during the marathon

Self-Awareness and Developing Positive Attitude



Margaret Onyancha
(Complaints Handling Assistant)

Self-awareness means having a deep understanding of one's emotions...how their feelings affect them, other people and their job performance – Daniel Goleman.

Components of Self-Awareness

- **Emotional Awareness** - recognizes one's emotions and their effects.
- **Accurate Self-Assessment** - knowing one's strengths and limits.
- **Self-Confidence** - a strong sense of one's self-worth and capabilities.

People with high skill levels of self-awareness:

- Interact easily with team members and clients who are demanding.
- Make decisions in a calm state of mind.
- Accurately assess themselves and exhibit openness.
- Are quietly self-confident.
- Accurately assess people and situations



Actions to build Self-Awareness include:

- Develop habit of self-observation
- Spend time daily on self-reflection
- Keep a journal
- Ask for feedback

What is a positive attitude?

A positive attitude is a psychological term that describes a mental phenomenon in which the central idea is that one can increase achievement through optimistic thought processes. Positive attitude is exhibiting fortitude when confronted with failure. A positive mental attitude rejects negativity, defeatism and hopelessness and has been known to

help people through certain difficult times in their lives or even help them overcome illnesses. Attitudes are powerful in that; people with positive attitudes are more likely to achieve personal and professional goals while those with negative attitudes find it difficult to achieve contentment or satisfaction in life.

Your attitude is your mental focus on the outside world. It's like using a camera, you can focus or set your mind on what appeals to you and see situations as either opportunities or failures e.g. a hot summer day may be beautiful or ugly or a departmental meeting is either interesting or boring.

One can develop a positive attitude by emphasizing the positive and diffusing the negative. Like using a magnifying glass, you can place the glass over good news and feel better or you can magnify bad news and make yourself miserable. Magnifying situations can become a habit, if you continually focus on difficult situations the result will be exaggerated.



Emotional First Aid



Mark Njeru
(Quality Management Coordinator)



What do you do if you have an emotional wound? Are you prepared for that?

Emotional First Aid is the idea

that we take care of emotional injuries when they occur, so they do not become more damaging in the long run.

When you get a cut on your finger you put ointment and a bandage on it to prevent infection. When you are injured by things like painful heartbreak, death of a loved one, rejection, loneliness, failure, loss or guilt, how do you take care of yourself?

Here are some things you can add to your Emotional First Aid kit:

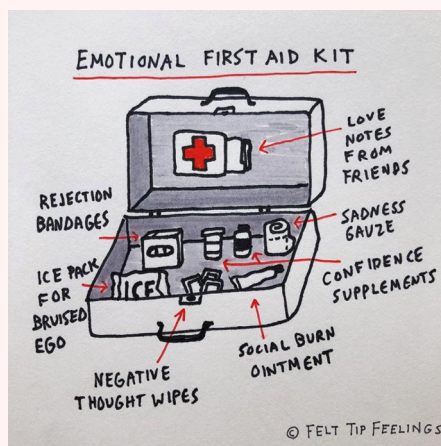
Awareness - Identify when you have been injured and are experiencing emotional pain. Know yourself and be mindful of any changes in your mood such as increased loneliness or depression.

Redirection - When failure makes you focus on the negative, reframe the situation and think about what you can control, what you could do different next time, and how you can plan for improved outcomes in the future. Find your control and ability to adapt instead of focusing on what you did wrong.

Distract yourself from rumination - Replaying upsetting or negative experiences in your head can lead to worsened emotional health. Break the negative cycle by finding something to distract yourself with.

Self-esteem - Notice when your self-esteem has taken a hit or you are putting yourself down. Fight rejection with self-compassion. What would a friend tell you in this situation? Or conversely, what would you tell your friend if they were feeling the way you are right now?

Find Meaning - Loss can be a particularly challenging wound to overcome. If you can find meaning, a new purpose, or a



way your experience has made you grow or can benefit others, it may become easier to move forward.

Acceptance - Being able to accept wrongs done to you, and wrongs you have done, is key to good emotional health. If you are

feeling ongoing guilt over something you have done, find acceptance by truly apologizing for this wrong, either to the person directly or on paper. Express your hurt and pain, but also what you want your life to look like moving forward and how you have grown from this hurt.

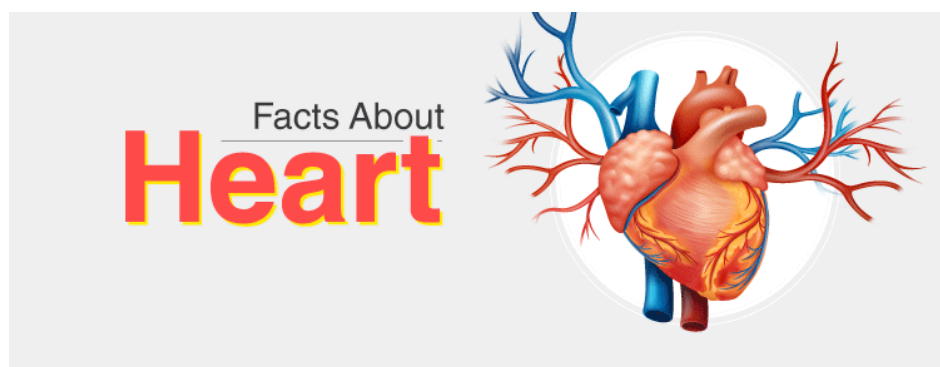
Reflection - Learn from experience. Try each of these techniques out so you know if they help make you feel better. If these are not working for you, take the next step and find someone you trust to talk to.

Always keep in mind that your emotional health is just as important as your physical health.

15 Weird, Scary and Amazing Facts about Your Heart



Zainab Athman
(Customer Care Assistant)



Here are some 15 interesting bits of information you may not know about your body's working muscle.

- Positivity is good for your heart
- Feeling a strong of emotion vitality and overall happiness has been shown to decrease your risk of heart disease
- A lifetime worth 2.5 billion heart beats

According to the American heart association, an adult heart beats approximately 100,000 times per day. That's about 60 to 100 beats per minute. Or at least one beat per second. In an average lifetime, a human heart will beat over 2.5 billion times.

- Early pacemakers had plugs
- The first pacemakers were plugged into a wall socket
- Fitness can help low your heart

rate

Heart rate is affected by age and fitness level. Typically, the heart rate slows as children get older or adults get fitter:

- Newborns: 70 to 160 bpm
- One to four: years 80 to 120 bpm
- Five to nine years: 75 to 110 bpm
- Children 10+years and non-athletic adults: 60 to 100 bpm
- Athletic adult 40 to 60 bpm

Modesty led to the creation of the stethoscope. The innovation of a stethoscope was promoted by modesty before physicians had stethoscope, they had to put their ear directly on the patient's chest

Your heart is actually a handful.

An adult's heart is about the size of that person's hands clasped together in a double fist, since people vary in size, your most realistic assessment is made using your own hands. However a heart can also enlarge because of certain illness and conditions, such as congestive heart failure.

The first beat is at four weeks. The heart begins beating at four weeks after conception.

Heart attack symptoms differ based on our gender.

Men and women typically experience different heart attack symptoms,

Men usually report:

- Sweating
- Crushing chest pain
- Nausea

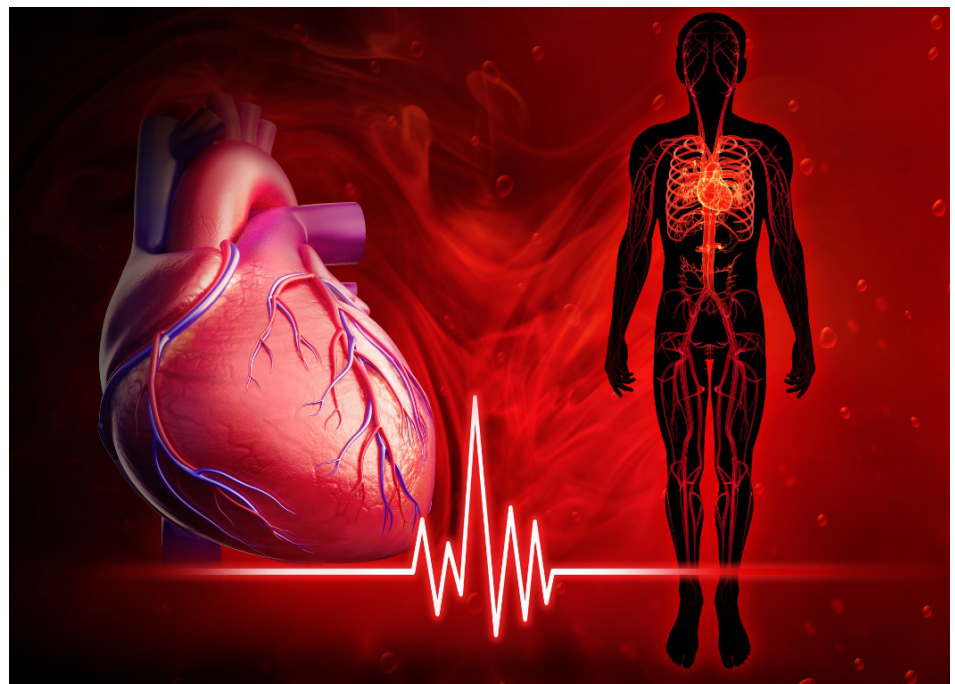
Women often report:

- Shortness of breath
- Fainting or lightheadedness
- Dizziness
- Pain in the lower chest
- Pain in the lower abdomen
- Upper back pressure

The true source of that heart beat sound. A normal heart valve is about the size of a coin. The beating sound your heart makes is a result of its four valve leaflet closing.

Heart disease is an equal opportunity killer. Though we often talk about heart disease being our country's number one killer of men. It's also the leading killer of women.

Enough blood to fill a truck. Each minute your heart pumps an impressive 1.5 gallons of blood. Over



the average lifetime, it will pump enough blood to fill more than three super tanker tracks.

Depression is hard on the heart. Depression increase heart attack risk, especially in women. if you're a woman under 55 with moderate or server depression, you are over twice as likely to:

- Require an artery- opening procedure
- Suffer a heart attack
- Die of a heart disease

Your heart supports trillions. Your heart support about 75 trillion cells, and your heart pumps blood in almost all of them. just your corneas don't receive blood.

All you need is a little Oxygen. The heart has its own electrical impulse and can continue to beat when separated from the body- as long as its receiving oxygen.

Stay active for your heart. The last (and arguably most important) fact for the day is that

YOU are in control of the greatest potential risk factor for heart disease. that risk factor is your activity level. Its recommended getting at least a weekly 150 minutes of moderate-intensity exercise or 70 minutes of moderate vigorous exercise or a combination of the two.

Other ways to lower your risk include:

- Quitting smoking
- Eating better
- Reducing blood sugar
- Controlling cholesterol
- Managing blood pressure
- Losing weight

Your heart is your hardest-working muscle, it only catches a break when your resting or sleeping, and even then it's still ticking. Educating yourself on heart health is a crucial part of your overall wellness. You already took an excellent first step by reading this article. We recommend keeping the proactivity flowing with healthy food and physical activity always.

Pandemic Pages

Why Monkeypox is not likely to be Declared an Emergency Soon



Felix Musila
(Communications and PR Officer)

The World Health Organization (WHO) recently announced that the global monkeypox outbreak does not constitute a public health emergency of international concern for the time being.

WHO reserves this kind of emergency alert for “serious, sudden, unusual or unexpected” events that constitute a health risk to more than one country and may require an immediate, coordinated international response. The organization previously gave the designation to Covid-19, as well as Ebola, Zika, H1N1 flu and polio.

More than 4,000 monkeypox cases have been reported globally across 47 coun-

tries and territories since the start of May, according to the Centers for Disease Control and Prevention. The U.S. alone had recorded more than 200 cases across 25 states and Washington, D.C. as of Friday.

Previously, monkeypox was largely confined to Africa, where it is endemic in 11 countries. Most monkeypox infections have been recorded in the Democratic Republic of Congo, which saw more than 1,200 cases from January to May, according to WHO.

The version of the virus spreading internationally, the West African strain, has a fatality rate of 1%. No deaths outside of

Africa have been reported in connection to the current outbreak. The other, the Congo Basin strain, has a fatality rate of 10%.

The decision could be revised if there is new evidence that the outbreak is spreading to other countries or to new groups, signs that the monkeypox virus is establishing new animal reservoirs outside Africa or that the severity of the disease is increasing. The vast majority of cases so far have affected men who have sex with men and hospitalizations have been rare.





Declared members of the NHIF National Scheme can receive

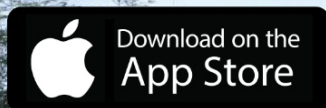
EMERGENCY GROUND AMBULANCE SERVICES

from the Emergency Plus Medical Services (E-Plus)

Benefits:

- ▶ Unlimited ground emergency ambulance services within Kenya up to a 30km radius
- ▶ Treatment and stabilization on site
- ▶ Access to a 24 hour medical helpline
- ▶ Access to a 24 hour dedicated call centre
- ▶ Transfer to your NHIF hospital of choice

E-Plus App Available on
Android & App Store



0700 395 395 / 0738 395 395
NHIF toll free number, 0800 720 601



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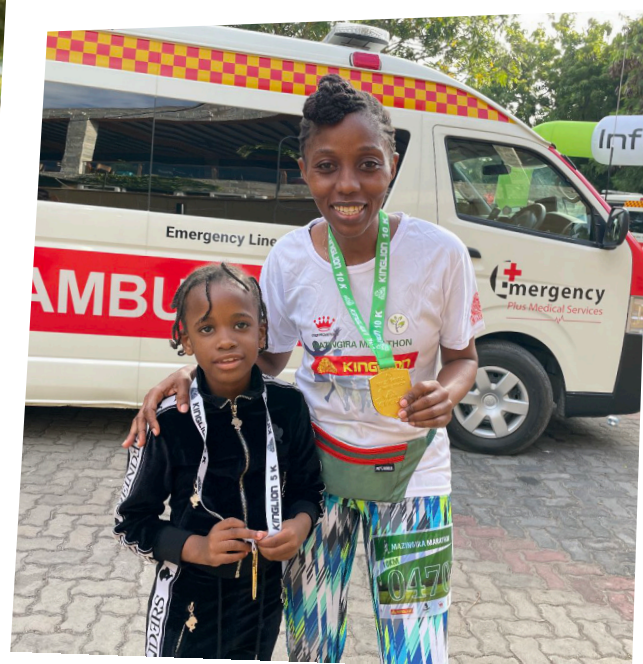
Pictorial

WRC 2022



Weinmann Medical Technology donate a fully stocked Trauma Bag, 2 Adult Traction Splints, a Kendrick Extrication Device, and 2 Oxygen Aluminium Cylinders to E-Plus

E-Plus Tanzania Participates in the Mazingira Marathon

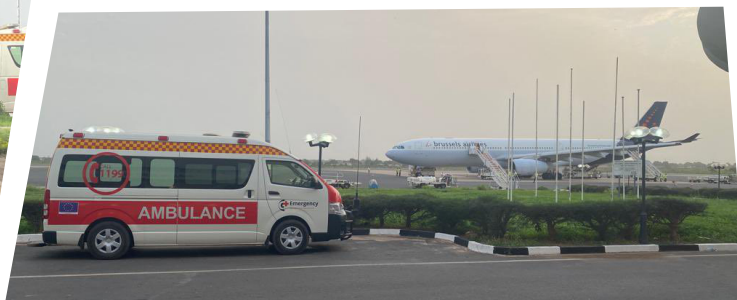


G-Plus Gambia



Standby at the Banjul International Airport to offer emergency medical services to over 800 Gambians going to Mecca for Hajj

On standby offering ambulance services to the Gambia Olympics Team in TAF City



*If you need to contribute articles/materials to the E-Plus NewsPod,
kindly get in touch through*

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