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Appreciation of a Job Well Done – G-Plus



Felix Musila
(Communications and PR Officer)

A year after the tragic fire at Bilal Boarding School for Quran Memorization for boys at New Yundum, Gambia, and our very own Alvina Brauhauser was awarded a certificate of recognition for leading the G-Plus Gambia to respond to the incident.

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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.

Appreciation of a Job Well Done – G-Plus



Felix Musila
(Communications and PR Officer)



Alvina Brauhauser - GPlus Head of Operations

A year after the tragic fire at Bilal Boarding School for Quran Memorization for boys at New Yundum, Gambia, and our very own Alvina Brauhauser was awarded a certificate of recognition for leading the G-Plus Gambia to respond to the incident.

In the early hours of Sunday 17th October 2021 at around 2 am, a devastating fire outbreak consumed an important section of the school.

The tragic accident claimed the lives of seven students. Five students died in the fire while two more died later as a result of the severe injuries they sustained. Half a dozen more students who sustained third and second-degree burns were admitted to the hospital and later discharged.

As a demonstration of our commitment to saving lives and providing quality prehospital care, our team selflessly responded to the incident in the wee hours of the morning, offering the much needed emergency care and evacuation services.

The families and management of the school visited our offices on the 17th October 2022, to present the certificates and expressed their appreciation.

The Gambia Red Cross led by Senghore Al and Abdoulie Fye was also recognized for the critical role they played in evacuating the injured to Dakar, Senegal.

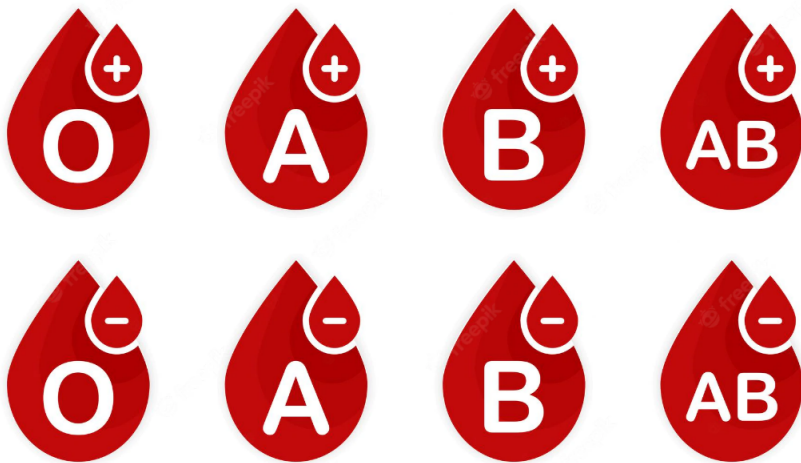


The Gambia Red Cross Team was also recognized and awarded

What Your Blood Group Says About You



Margaret Onyancha
(Complaints Handling Assistant)



Blood type personality

Although the idea of blood type personalities may sound alien to us, understanding blood typing is very common in several nations.

Some people think that a person's blood type and personality qualities are inextricably linked. Although there may be a connection between blood type and personality, there is currently no scientific evidence to support this hypothesis. As a result, the theory of blood type personalities should be seen as more of a fun myth than a scientific reality.

Blood comes in four main categories: A, B, A/B, and O. According to personality theory, the type of blood you have directly connects to one of four personality types, revealing the type of person you are.

Do you want to learn more about the relationship between your blood type and the blood-typing personality theory? Let's examine what, according to the most recent bloodied type personality theory, your blood type might reveal about you below.

Blood type A personality

A blood type individuals are perceptive, cooperative, emotional, passionate, intelligent and have good leadership skills. They are extremely tolerant, devoted, and proponents of peace; as a result, they avoid conflict at all costs. But occasionally, these people exhibit excessive sensitivity. They care about social norms and decorum and dislike breaking the restrictions that society has established.

These people deliberate carefully, are excessively ordered in all areas of life, but they are unable to multitask. Many OCD sufferers have an A blood type because they value order, cleanliness, and placement. Additionally, those with this blood type are more susceptible to stress, which results in higher levels of the stress hormone cortisol.

Kind, shy, attentive, uptight, courteous, reliable, extremely sensitive, perfectionist, responsible, hardworking, timid, worried, composed, and reserved are common personality qualities.

Their best personality traits include consistency, organization, and perfectionism while their negative personality traits include; Obsessiveness, high sensitivity, pessimism, stubbornness, easily stressed, and meticulousness. They prefer not to express their feelings and emotions to others until they feel comfortable doing so. These are the kind of friends you can rely on if you are in danger.

Blood type B personality

These people are quick thinkers and incredibly inventive. However, they struggle to follow instructions. They devote every fiber of their being to whatever it is they choose to concentrate on. They are driven and have a strong desire to excel in everything they do. But like others with blood type A, these persons have trouble multitasking.

B blood type individuals are considerate and empathetic toward others and create dependable friends. Because of their unfavorable personality traits, such as selfishness, sadistic nature and occasionally being uncooperative, these people also experience a lot of discrimination. Despite the fact that persons with blood type B also have a positive side, society tends to focus on this aspect more.

Some of their positive traits include being; strong, relaxed, creative, adventurous, passionate, cheerful, active and outgoing while on the negative side, they can be; wild, erratic, selfish, unforgiving, uncooperative, irresponsible and unpredictable. These people are more compatible with fellow blood type Bs and can also relate well with blood type ABs.

Blood Type

Does it determine personality?



Blood Type A

earnest, perfectionist, responsible, stubborn, sensitive, anxious



Blood Type B

creative, flexible, optimistic, forgetful, irresponsible, selfish



Blood Type O

outgoing, social, natural leader, arrogant, jealous, insensitive



Blood Type AB

cool, rational, talented, critical, unforgiving, eccentric

Blood types and their personality traits

Blood type AB personality

Similar to their blood type, individuals with the AB blood type have traits from both the A and B personality types. These individuals can be both introverted like an A type and outgoing like a B type, making them complex and capable of having two personalities. They make an effort to hide their genuine selves from strangers, leading the majority of people to believe they have many personalities. These people require extensive knowledge before you can fully understand them. Additionally, the world's rarest blood type is present in these persons.

They are endearing and are good at making friends. Even if only one of the friends has the blood type AB, there will never be a dull time in a group of friends. They struggle to manage stress. When interacting with others, AB people use extreme caution and empathy. These individuals also possess great intellect and analytical abilities.

Charming, cool, in control, dream chaser, compassionate, logical, reliable, adaptive, and creative are some of their positive personality traits while their negative personality traits include being complex, vulnerable, careless, selfish, forgetful, critical, and unreliable.

Blood type O personality

O blood type individuals are bold, extroverted, and ambitious. They frequently hold themselves to high standards and make every effort to meet them. Because of their strong leadership skills and lack of concern for trivial matters, these people come seem as conceited to other people, especially to A types. They are loving and giving of themselves. They handle changes well. They may handle challenging circumstances better than other blood types because they are adaptable and resilient.

Positive traits include; Leadership, easy going, positive outlook, confident, calm, outgoing, cautious, loyal, peaceful, passionate, independent, reliable, carefree, trend-setter, devoted, strong and enduring. These people are honest and hate people who hide the truth. On the negative side they are: jealous, ruthless, rude, non-punctual, insensitive, cold, unpredictable, self-centered and arrogant.

The concept of blood type personality is fascinating and makes for lively debates in any group. Nevertheless, personalities are not always simple to comprehend. A qualified therapist can assist you if you are having trouble understanding your own personality or the personality of someone close to you.

Therapy is a fantastic choice if you want to improve and are interested in learning more about yourself.

Cholera; Causes, Symptoms and Treatment



Qitma Noor
(Communications and Marketing Assistant)



A child walks along a sewage line

The Ministry of Health issued a cholera notice in October 2022 after 61 cases reported across six counties were confirmed.

According to acting Director General for Health Dr. Patrick Amoth, the outbreak, which was linked to a wedding in Kiambu County, expanded to Kiambu (31), Nairobi (17), Murang'a (1), Kajiado (2), Nakuru (2), and Uasin Gishu (8) counties.

Out of the sixty-one cases documented, thirteen patients were admitted to hospitals, eight were released, and forty received outpatient care. The National Public Health Microbiology Laboratory identified *Vibrio cholerae*-01-Ogawa as the causative serotype. The country's persistent drought situation could make the outbreak worse.

So, what is Cholera?

Cholera is an illness caused by the infection of the intestines by the *Vibrio cholerae* bacteria, which results in the acute diarrheal sickness. When cholera bacteria are present in food or drink, people might become ill. Although the infection is mostly minor or symptomless, it can occasionally be serious and life threatening. The early stages of cholera include; profuse watery diarrhea, sometimes described as "rice-water stools", nausea, dehydration, leg cramps and agitation or restlessness.

Causes of Cholera

The bacterium that causes cholera, *Vibrio cholerae*, is typically discovered in food or water that has been tainted by an infected person's excrement. The bacteria release a toxin in the intestines that causes severe diarrhea when a person consumes the contaminated food or water. Some typical sources are:

- Untreated water sources,
- Street foods and beverages
- Vegetables cultivated in water that contains human feces
- Fish and seafood that are raw or undercooked

It is unlikely that a brief encounter with an infected person may result in you being infected.

Symptoms

- rapid heart rate
- loss of skin elasticity
- dry mucous membranes
- low blood pressure
- thirst
- muscle cramps

People with severe cholera can develop severe dehydration, which can lead to kidney failure. If left untreated, severe dehydration can lead to shock, coma, and death within hours.

Treatment and Prevention



There is a cholera vaccine available. Who should receive this vaccine is

governed by precise recommendations from both the CDC and the WHO. Use only boiled water, water that has undergone chemical disinfection, or bottled water to keep yourself and your family safe.

For the following uses, make sure you use bottled, boiled, or chemically sterilized water;

- Drinking
- preparing a meal or beverage
- getting ice
- Using a toothbrush
- rinsing your hands and face
- cleaning the equipment and plates you use to consume or prepare food
- Fruit and vegetable washing
- Boil water for one minute (or three minutes at higher altitudes) to disinfect it, or filter it and apply a commercial chemical disinfectant.
- The human waste (feces) from sick people should be disposed of properly to avoid contaminating everything close in order to stop the infection from spreading.
- After touching anything that might be contaminated with patients' excrement, those who are caring for cholera patients need to properly wash their hands.
- When cholera patients are treated quickly, they usually recover without long-term consequences. Cholera patients do not typically become carriers of the cholera bacteria after they recover, but they get sick if exposed again.

Patients who receive prompt treatment for cholera typically recover without suffering any long-term effects. After recovery, they normally do not become carriers of the cholera bacteria, although they do get sick if exposed again.

What our Customers are Saying About Us...



Dr Ahmed Kalebi, OGW
@DrAhmedKalebi

Replying to @EMS_Kenya @Gogo_Boys_FC and 4 others

Big or small, E-Plus @EMS_Kenya ably caters for them all 🚑 🙌

I've witnessed firsthand the exemplary capabilities and professionalism of what the E-Plus network can deliver in various events across the country from Kibra slums to the highest residence in the land 🙌 🙌 🙌



Noellah Musundi
@NoellahNM

Replying to @cbs_ke @Dr_MutaiEric and @ItsMutai

Alternative is to call Kenya Red across ambulance @EMS_Kenya. They are present in all counties and are literally mobile hospitals fully equipped with medics.



David Kutekha
@Davisokutekha

Thank you @EMS_Kenya for the quick response ,when I sought your services today morning along Thika Road and at Thika Level 5 Hosp. Your staff are professional. You can always bank on them for the quick and reliable emergency services.



David Kutekha
@Davisokutekha

Kudos to Erick and Gitonga from @EMS_Kenya Embu dispatch team for the timely and proffesiional conduct in evacuating my patient from Mwea to Medil Nrb. I sincerely thank you.



Pictorial

Customer Service Week 2022



Visit by the Data Science Team from Strathmore University



In the Line of Duty...



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

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