

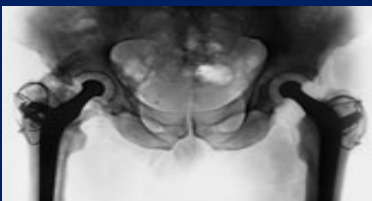
HYGEIA

Real healthcare for real people.



Lagoon Pioneers Joint Replacement Surgery

It is estimated that up to 200,000 people are in need of joint replacement surgery. Although the majority of patients who would be in need of the joint replacements are aged 60 to 70 years, people in their late teens and middle age can be candidates depending on their condition. Before now, to get replacement joints such as shoulders, knees and hips successfully implanted, Nigerians were looking abroad to countries like the US, UK and India.



Lagoon Hospitals is pleased to be able to announce that such medical tourism is no longer necessary and has brought this highly specialized surgical solution to your door step. Lagoon Hospitals is the first private hospital group to be performing these surgeries in Nigeria. It is part of a drive to ensure that Nigerians can be treated by Nigerians who are equipped to provide the same high standard surgical care experienced abroad and even better aftercare as they are closer to the patients both physically and mentally. The intention is for the practice to become more widespread in the coming years.

Joint replacement or 'Arthroplasty' is the reconstruction, reshaping or replacement of a joint either partially or completely. It is an operation to restore pain-free motion to a joint and function to the muscles, ligaments, and other soft tissue structures that control the joint. It is mainly performed in individuals who have diseased joints and suffer severe pain or deformity that threatens their wellbeing, freedom, mobility as well as their happiness. With new technologies and improvement of current instrumentation, a joint replacement may last for 10 to 15 years.

Joint replacement surgeries are major operations and quite sophisticated so the skill-level and standard of the environment required to perform them are high. Lagoon Hospitals has recently unveiled a new ultra modern operating theatre suite with temperature controls and advanced drainage systems that allow for such surgeries to be effectively managed. It also has an advanced Intensive Care Unit staffed by well-trained intensivists and a Physiotherapy Department to provide crucial aftercare support.

To find out more about these surgeries or any of Lagoon Hospitals' services, please call 01 628 3812-15.

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Sharing the Knowledge

Not content to simply be among those pioneering joint replacement therapy in Nigeria, Lagoon Hospitals held a workshop on 28 January 2010 to share the knowledge with other orthopaedic doctors from private and public hospitals. The workshop, held in conjunction with Johnson & Johnson who supply the prosthetic joints, showcased presentations from two senior orthopaedic consultants from the UK - Mr. Sam Osakwe and Mr. Ike Nwachukwu. Guest surgeons were also able to view a live surgical procedure in one of Lagoon's new high-tech operating theatres to see how the joints are actually transplanted.

Open Days

Lagoon Hospital, Apapa is throwing its doors open to visitors in March to allow individuals and groups to learn more about its services and see first-hand the recent advancements made to its technology and environment. Due to its new ultra modern set-up, Lagoon Hospitals now has the capability to perform various medical procedures which were previously only available abroad. To join us on 11, 12 & 13 March call 0805 460 4255 to reserve a place.

Lagoon Hospitals Introduces In Patient Facilities in Victoria Island

It's great news that Lagoon Hospitals has upgraded and extended the services offered at its Victoria Island facility. This means that if you need medical assistance during office hours (or evenings and weekends for those who live on the island) which requires that you be admitted, there is no longer need to leave the island.

Lagoon Hospital, Victoria Island used to cater primarily for maternity care and for children. Now it covers general medicine and has been upgraded to include in-patient beds so that should a patient need to be admitted for further care, they can now remain at the VI facility.

Ultrasound and ECG facilities as well as laboratory and pharmacy services are available at the hospital in Victoria Island which is open 24 hours. An ambulance service can also be operated to this facility.

As the upgrade programme continues to roll out, a Health Assessment Centre (HAC) will be added to VI, providing a place where pre-employment screenings and comprehensive health checks can be conducted. The HAC focuses on preventive health by engaging in screenings which help identify underlying problems before they become major medical conditions. The HAC clinicians also provide lifestyle advice to patients to guide them in minimizing or managing any potential health problems.

Other services provided to various clients include food handlers' tests and pre marital screening. For further information or for a tour of the facility, please call Tel: 01 271 1565, 01 461 7073 to schedule an appointment.

The hospital is located at 11a Idejo Street, off Adeola Odeku Street, Victoria Island.



Pictures of upgraded rooms and reception area in Lagoon Victoria Island, including the Medical Director, Dr. Kale



Managing Stress at Work

In this difficult economy, you may find it harder than ever to cope with challenges on the job. Both the stress we take with us when we go to work and the stress that awaits us on the job are on the rise - employers and managers all feel the added pressure. While some stress is a normal part of life, excessive stress interferes with your productivity and reduces your physical and emotional health, so it's important to find ways to keep it under control. Fortunately, there are simple things you can do to manage and reduce stress at work.

When people feel under impossible pressure at work, they tend to work harder to try to close the gap between what they're achieving and what they think they should be achieving. They stop taking breaks and lose touch with their own needs. The secret of managing stress is to look after yourself and, where possible, to remove some of the causes of stress.

If things start to get on top of you, give yourself some breathing space. Take a day off work, domestic chores, family and everything else that puts pressure on you. Spend the day relaxing; it can make all the difference. Some ways to cope with stress:

- Accept offers of practical help
- Do one thing at a time - don't keep piling stress on stress
- Know your own limits - don't expect too much of yourself
- Talk to someone
- Let off steam in a way that causes no harm (exercise)
- Walk away from stressful situations
- Try to spend time with people who are supportive
- Practice slow breathing using the lower part of the lungs
- Use relaxation techniques

New Year, New Gear, New Healthcare

Purchased a health plan from Hygeia HMO in December or January? You could be getting some new gear for the New Year.

Part of the joy of the festive season is getting gifts and Hygeia HMO decided to give away DVD players and Plasma screen TVs to a few lucky winners as a reward for planning ahead for their healthcare in 2010. All those purchasing plans in December and January were eligible for entry into the prize draw, the winners of which will be contacted and announced in the next 2 weeks.

The prizes were intended to encourage more individuals and families to be proactive about managing their health as having a Hygeia healthplan guarantees access to quality healthcare when you need it at a relatively inexpensive rate and without incurring unexpected out-of-pocket expenses. Employees of the HMO were also at the Palms Shopping Centre in Lekki at the end of December sensitizing Lagosians to the importance of health insurance. We will be conducting more of these outings in the coming months as we feel it is important to get this message out to people. We continue to wish you good health in 2010, peace of mind knowing you and your families have healthcare and maybe a few hours relaxation in front of your new Plasma screen TV!

HCHP Invests in Provider Trainings....For Better Health Outcomes

In addition to providing subsidized health insurance to low income communities through Hygeia Community Health Plan (HCHP) in selected communities, the network of Hospitals and Clinics who provide care to the community also gain from their participation in the scheme. As part of its role in ensuring that enrolled members in these communities are able to access quality healthcare when they need it, HCHP in conjunction with PharmAccess Foundation, a Dutch NGO, has designed a continuing medical education curriculum for participating hospitals and clinics. This is to ensure they are equipped to provide quality care and that medical personnel continue to update their knowledge.

Since its inception in 2007, the HCHP has organized a series of workshops for staff from the scheme's various healthcare providers. As the HCHP is currently operating in selected communities in Lagos and Kwara States, the hospitals and clinics which form the scheme's network are those located in areas which are convenient for its enrollees.

These workshops involve all categories of healthcare workers in the hospitals and are usually focused on the most prevalent conditions among the enrollee population. Some of the recent training workshops cover topics such as advances in Midwifery, Management of Childhood Diseases, Laboratory Technologists' Skills and Updating Perinatal Skills.



Participants at the various workshops have commented on the tremendous benefits of these workshops to their job performance and career as opportunities to update their skills have up until now been few and far between.

Additionally, in support of HCHP's activities in Kwara, the State Government has pledged to commit funds to upgrade infrastructure and equipment in some of the community hospitals so that the environment and capability of the facility is improved alongside the skills of the personnel.

This capacity-building has done much to improve the quality of healthcare provided by the participating hospitals and their performance in turn affects the overall health and wellbeing of those who come to them for care – the real goal of Hygeia's investment.

Well Woman Screenings

It can be easy with today's busy lifestyles for women to forget about caring for themselves. Finding time to visit the doctor can be difficult especially when there does not appear to be an immediate problem. It is important to be proactive about maintaining good health.

Health checks have proved to be highly effective and in many cases early screening has literally saved lives. That's why Lagoon Hospitals has a Health Assessment Clinic (HAC) dedicated to preventative health, aimed at catching underlying issues early before they become full-blown medical conditions.

Our well-women screening package includes a cervical smear test and mammogram to check for cervical and breast cancer and we can also teach you how to conduct breast self-examinations on a regular basis. Cervical cancer is the most common form of cancer among women in the developing world and with this test it is often preventable as early detection makes all the difference. Medical advice is that women over the age of 35 should conduct these tests on a regular basis.



To book a Well Woman Screening or to find out more about the Health Assessment Clinic's other services, please call 01 870 7010-1 Ext 155.

The Drive for Quality



Hygeia Group continues to be at the forefront of driving quality improvement in healthcare delivery in Nigeria through its various activities, affiliations and support for healthcare quality programmes.

In its push to meet its vision of being 'First Choice for Healthcare Solutions of International Standard in Nigeria' Hygeia has implemented various quality initiatives within its businesses and built them into the system to ensure a constant push towards international standard. At the HMO, the Managed Care Quality Group, a gathering of clinicians working within the HMO clinic network, meet monthly to produce treatment and operational guidelines and protocols for the day-to-day management of Hygeia's enrollees.

Furthermore, Hygeia has among its staff, four holders of the Certified Professional in Healthcare Quality, these individuals undertook studies and exams to gain this prestigious quality certificate which is the only voluntary certification programme in the field of healthcare quality management. The qualification is issued by the Healthcare Quality Certification Board (HCQB) of the USA.

It was this same drive for quality which propelled Hygeia to set up the Hygeia Foundation which focuses on building

capacity in Nigerian healthcare workers through training and research. The aim is to improve and upgrade the quality of medical skills and knowledge available in this country.

Looking beyond its own business, Hygeia also supports the Society for Quality in Healthcare in Nigeria (SQHN). The Society was established to promote and facilitate the culture of quality improvement, excellence and leadership in healthcare. Its main focus is to provide a wider understanding and acceptance of Quality in Healthcare towards improved patient outcomes as well as to reduce costs in healthcare delivery and safety through education, collaboration, training and accreditation.



The Society held its maiden conference in July 2009 which was well attended by representatives from Government, private sector, medical students and members of the public, all with a common interest to see improvement in the quality of healthcare in Nigeria. Its last quarterly seminar, held on November 24th 2009, focused on patient safety and medical waste disposal and one of the speakers was Dr Jibike Oyewumi, a Consultant Obstetrician at Lagoon Hospitals.

Upcoming Events

11th and 12th February 2010

The Society for Quality in Healthcare in Nigeria will hold its 2nd quarterly seminar for members. For more information on the Society or to become a member, please visit www.sqhn.org.

11, 12 & 13 March 2010

Join Lagoon Hospitals on one of their open days as they showcase the advancements in their medical capabilities and recent refurbishments. Call 0805 460 4255.

Nutrition: Antioxidants



Walk down the aisle of your local supermarket reading the packaging of the products and you will see that many of them claim to be full of antioxidants which are meant to be good for you. But what are antioxidants? Why should we include them in our diet? And which foods contain them?

Oxidation is when the body's cell's exchange oxygen atoms. This normal process occurs in every person but it can have a negative effect on the cells, sometimes leaving them unstable and weakened. Antioxidants are substances which counteract this effect by keeping your body's cells healthy. Recent studies suggest they are helpful in preventing cancer, heart disease, stroke, cataracts, arthritis and in minimizing the effects of aging.

It will come as no surprise that foods that are good for you for other reasons are also the ones rich in antioxidants namely beans (particularly red, kidney and the black-eyed varieties) and fruits (apples). So there is more than one reason why an apple a day keeps that doctor away.

Hygeia Nigeria Limited

14 Amodu Tijani Close
Victoria Island
Lagos
Nigeria

Tel: 01 764 4757 or 271 2554
Call Centre/Emergency No:
01 773 6996

callcentre@hygeiahmo.com
www.hygeiagroup.com
enquiries@hygeiagroup.com

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