Ministry of Health

NEWSLETTER

SEYCHELLES HOSPITAL 100 YEARS 1924 - 2024

December 2024

No. 2024:05

Seychelles

A message from the Minister Mrs. Peggy Vidot

As 2024 draws to a close, I wish to thank you all for the efforts you have made throughout the year and for the solidarity you have shown. The year has been a successful one, not only for the special events we have celebrated, such as the Seychelles Hospital Centenary, but also for the day to day achievements in caring for our patients, the community and for each other. As we normally do, at work or in our family, we end the year with celebrations. As we celebrate we also give thanks for the many blessings we have received, for the opportunities we have seized to become better health professionals and for the support and encouragement we have received from those around us.

There is something special about being health professionals. People put their trust in us, often at the times they feel most vulnerable. Receiving that trust is also a humbling experience, and one which we treasure, and which inspire us to become better and to do better. We earn that trust, and that special place in people's regards, because of that drive that keeps us wanting to give more and do better. Better carers and healers, better leaders and teachers.

Over the past few years, we have created the framework that allows us to focus our attention and action towards better performance. We have the necessary organisational structure that strengthens our role as health workers, and the national health strategic plan to define the way forward. Our annual performance reviews measure and evaluate our programmes and services. Each and every one of us participates in periodic reviews of our own performance.

Last year, I called on all of us to focus on quality. The response was very encouraging and we saw visible efforts and results in many areas. Taking note of the opportunities of digital technology in 2024, my call was for us to embrace digital health. We have seen the rapid progress in rolling out the electronic Health Information System, which now, in the last few weeks of the year, is set to transform the way we interact within the public health system and with our patients. Both initiatives, quality and digital health, are based on foundations we have been creating together over the previous years. In addition, as initiatives and areas of special focus, they are building blocks on which we continue to engage additional endeavours, set new targets and achieve more results.

In 2025, our vision should be set on efficiency for better outcomes for health, better health for patients and better health for all. In everything that we do and in every part of our services, we should set our vision on creating greater efficiency so that we attain better outcomes. We need to build on our achievements in pursuing quality and harness more opportunities from our digital health transformation so that we seek greater efficiency, which ultimately translates into better services and greater and enduring health outcomes. I know we can all agree that greater efficiency is a desire we all share and to which we can all give our commitment. In most instances, it does not require additional resources, but does need initiative and perhaps a change of perspective.

I call on all leaders and managers to identify key areas of focus and to define the necessary processes and targets to measure and achieve efficiency. I urge everyone to make this drive for efficiency a personal journey and to work together to demonstrate our capacity to do better. By the end of next year, we will show measureable and lasting results.

I am confident that, as ever, every one of you will do your best in 2025. I thank you all for your support this year, and I wish you all and your family a Happy Christmas and all the very best in the New Year.

A note from the editorial team

We are a very small team, and we dedicate what little spare time we have to bring you this Newsletter. We have done so, as promised, every two months. We hope that you enjoy reading the Newsletter, and that you find it a useful way to share ideas and information, and as a way to celebrate our work as health professionals.

Do you wish the Newsletter to continue into next year? Would you like to see it better and more interesting? If you do, there are two things you must do. Firstly, send us an email with your comments, ideas and suggestions. Secondly, be part of making the Newsletter – by submitting short articles, photos and announcements, and/or by joining the editorial team. We look forward to hearing from you at newsletter@health.gov.sc.

We hope that, as you reflect on 2024, you find many reasons to rejoice and to give thanks. We end the year with Prayer, Praise and Worship on Monday 23rd, and the MOH staff party on Saturday 28th. We look forward to 2025 and to the continuing celebration of the Seychelles Hospital Centenary, Health Workers Day and all the many good things we will work on together throughout the year.

We wish you and your family Good Health, a Happy and Peaceful Christmas and a Blessed New Year.

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Home gardening: "a future elegance to health"

Improve both your mental and physical health. The act of planting, weeding, and harvesting in today's fast-paced world, finding a sanctuary that offers peace, productivity, and a touch of nature can be challenging. Home gardening presents a perfect solution, allowing you to cultivate not just plants, but a fulfilling hobby and a healthier lifestyle.

Gardening is a fantastic way to provides a moderate workout, promoting physical fitness. More importantly, spending time in nature has been shown to reduce stress, anxiety, and depression.

One of the most rewarding aspects of home gardening is the ability to grow your own fruits, vegetables or herbs, whether you have a sprawling backyard or a tiny balcony or a small flat, there's always a way to grow something beautiful and beneficial.

Imagine stepping outside to harvest fresh tomatoes, chilies, fragrant basil, or crisp lettuce for your meals. Homegrown produce is often more flavorful and nutritious than store-bought varieties, and you have complete control over what goes into your food.

There is always a demand for local fruits and vegetables in Seychelles because more people are conscious now on consuming healthy diets. Vegetables and fruits produced at home is healthier, as there are less pesticides or other chemicals involved and has far less impact on the environment and at the same time comes with reduce costs.

Chronic diseases such as heart disease, diabetes and obesity have reached epidemic proportions in Seychelles due to unhealthy behaviors, particularly unhealthy diet and lack of physical activity. Small-scale home gardening will produce vegetables and fruits that is healthier and can help counter these diseases, and can be an enjoyable way to relax and do something physical.

Having a garden in everyone's home with a taste of creole fruits and vegetables will ultimately add to our community's good health. Sharing your harvest with neighbours and colleagues at work creates connections and builds relationships.

Small-scale farming and home gardening could be a way forward in today's life for not only to ensure continued and secured supply of heathy diet produced locally but also to help economy to regain.

As we work towards the target of 0% increase in obesity in the population by 2025, it is essential that each family gives a hand by engaging and promoting gardening to promote physical activity, food supply, nutrition and health.

So grab your gardening gloves and gear and start your journey toward a greener, more fulfilling life today.

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Praslin Primary Health Care (PHC) Conference




PHA Creole Festival Celebration









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SH100 Exhibition

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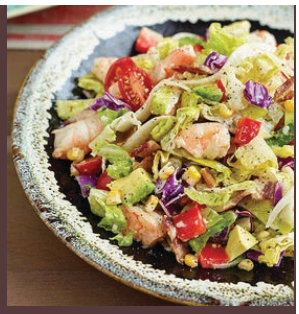
Avocado & shrimp salad



DRESSING
5 tablespoons Greek yoghurt
3 tablespoons extra-virgin olive oil
3 tablespoons cider vinegar
2 tablespoons chopped fresh cilantro
1 tablespoon minced onion
2 cloves garlic, minced
3/4 teaspoon dry mustard
1/4 teaspoon salt

SHRIMP & SALAD
500g raw shrimp, peeled and deveined
2 teaspoons extra-virgin olive oil
2 teaspoons finely grated lime zest
1/4 teaspoon salt & pepper taste
2 ears corn, husked
4 cups chopped lettuce
3/4 cup finely chopped red cabbage
3/4 cup diced red bell pepper
1/2 cup diced red onion
1/2 cup assorted cherry tomatoes, chopped
1 avocado, diced

1. To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth.
2. To prepare shrimp & salad: Preheat grill to medium or heat a grill pan over medium heat.
3. Toss shrimp with 2 teaspoons oil, lime zest, salt and 1/4 teaspoon pepper.
4. Grill corn, turning occasionally, until slightly charred, 6 to 10 minutes. Grill the shrimp, turning once, until cooked through, 3 to 5 minutes total. Transfer corn and shrimp to a cutting board. Cut the kernels off the cob. Chop the shrimp into bite-sized pieces.
5. Combine lettuce, cabbage, bell pepper, onion, tomatoes, and avocado in a large bowl. Add the shrimp, corn and dressing; toss to coat. Season with pepper.

Lemon & herb roasted turkey

4.5 – 5.5kg turkey
¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/ or marjoram, divided
2 tablespoons extra virgin olive oil
1 teaspoon salt
1 teaspoon freshly ground pepper
Aromatics: garlic, onion, apple, lemon and/or orange, cut into 5cm (2-inch) pieces (1½ cups)
3 cups water, plus more as needed

1. **Position a rack in the lower third of the oven; preheat to 240°C.**
2. **Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.**
3. **Roast the turkey until the skin is golden brown, 45 minutes.**
4. **Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 170 degrees and continue roasting for 1¼ to 1¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 75°C.**
5. **Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.**

Black bean cake

1 can black beans, drained and rinsed
1/2 cup sugar
4 large eggs
5 tablespoon melted butter or oil (grapeseed/ avocado/ pure olive oil)
1 tablespoon vanilla extract
5 tablespoon (1/3 cup) cocoa
1 1/2 teaspoon baking powder
1/2 teaspoon baking soda

ICING
2 tablespoons cocoa powder
6 tablespoons icing sugar
1-2 tablespoons water

1. Preheat oven to 180C. Grease and line a 9-inch round cake pan with parchment paper.
2. In a high speed blender or food processor, puree the beans, sugar, oil, eggs and vanilla until completely smooth.
3. Add the cocoa powder, baking powder and baking soda directly to the blender and blend until smooth.
4. Pour batter into prepared pan and bake for 30-35 minutes, or until the top springs back.
5. Allow to cool completely before flipping the cake onto a cooling rack.
6. Mix all icing ingredients together and pour onto cooled cake. Serve.

Food safety tips for the festive season

Quiz Corner

Congratulations to Marjona Dubignon as the winner for the draw of all correct entries in the previous Newsletters, and to Patsy Fanny for the most participation.

Here are the new quiz questions.

Please submit your answers by 31 January, and you might be the lucky winner!

1.Who stole Christmas?
2.What is the name of the miserly old man in Charles Dickens' book A Christmas Carol?
3.How many gifts are there in the 12 Days of Christmas song? ("On the first day of Christmas my true love gave to me")
4.What colour are the decorations in Elvis Presley's Blue Christmas?
5.When is the next Chinese New Year?