

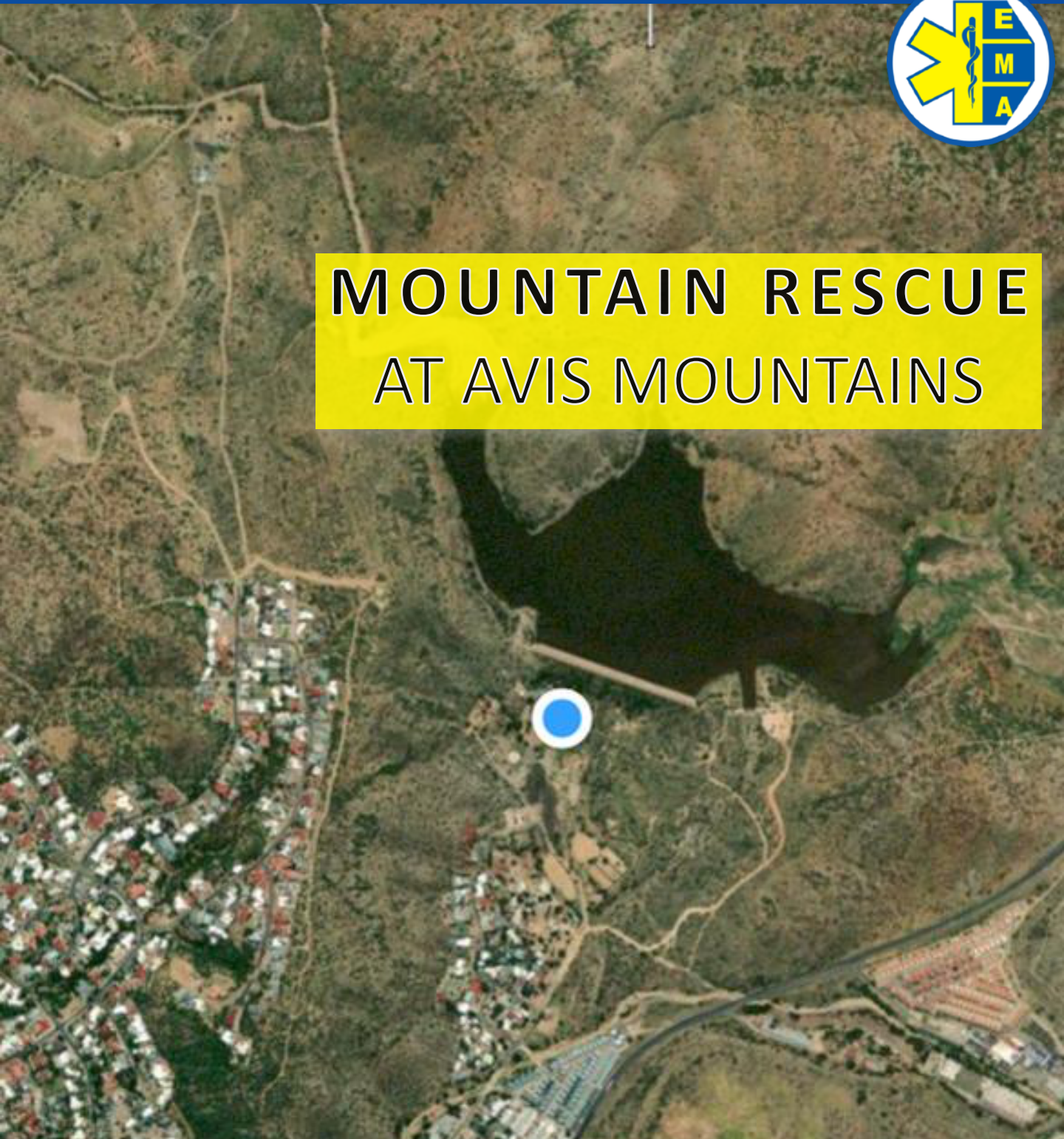


# OSHMed Health Magazine

by



## MOUNTAIN RESCUE AT AVIS MOUNTAINS



Health Magazine for the Health of your Family and Employees,  
Occupational Safety, Occupational Health, Emergency & Medical Care  
and much more

## Mountain Rescue at the Avis mountains.

On the 22.07.2023 at a sports event at the Avis Mountains a runner collapsed and it was reported to the E.M.A. medical team on-site, that the runner has a back injury and can't move anymore.

The on-site medics of E.M.A. were dispatched immediately. At the same time our Emergency Control Centre dispatched the Advanced Life Support Paramedic with a 4x4 rescue vehicle (Haval H9) and the E.M.A. Emergency Ambulance.



The rescue vehicle drove close up to the patient via a small trail and through river beds. The patient was stabilised, evacuated and transported to the hospital by the E.M.A. Team.

Watch the video to see the rescue 🙌  
<https://youtube.com/shorts/NmQj8zAHj0?feature=share>

This is one of many samples how the nonprofit organisation E.M.A. saves lives on a daily base. E.M.A. nonprofit organisation is "There when you need us" The special modified 4x4 rescue vehicle is partial sponsored by HAVAL Pupkewitz and OSH-Med international and we thank them for their ongoing support.

If your company would like to support our E.M.A. community service please contact us.

Telephone: 061 302 931E

mail: [ema-support@osh-med.pro](mailto:ema-support@osh-med.pro)

Website: [www.ema-organisation.pro](http://www.ema-organisation.pro)

Our medical staff is dedicated to professionalism and passion to assist all patients.

E.M.A. is a nonprofit organisation and depends on donations.E.M.A.



## Emergency Call



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## Unlocking Cognitive Health: The Power of Brain Mapping & qEEG Analysis



The way an individual's brain is "firing" can tell us a lot about their cognitive health and many behavior patterns. While psychology and psychiatry may provide an evaluation from the outside in, advanced technology now allows for a more inside-out approach. Utilizing quantitative electroencephalogram (qEEG), brain mapping allows for a deep dive into the complexities of the brain and lets us gain valuable insights into its functioning.

### Key takeaways:

Brain mapping, or qEEG, provides insight into the connectivity and communication within the brain.

Brain mapping is completely painless and noninvasive.

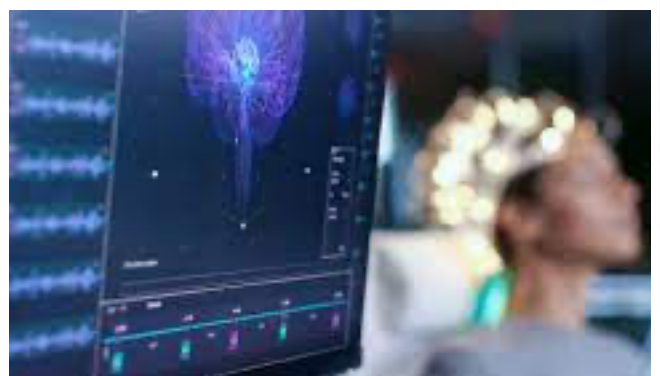
qEEG is a powerful tool to guide neurofeedback training to help patients with ADD, ADHD, and even post-traumatic stress disorder.

Brain mapping is not a diagnostic tool on its own, but may be a powerful addition to a holistic approach to designing a treatment plan for various neurological conditions

By analysing the electrical activity produced by the brain, known as brain waves, brain mapping provides clinicians with a noninvasive window into communication within the brain. While functional MRI and CAT scans provide insight into the structure of the brain, qEEG reveals connectivity and communication along with cerebral strengths and weaknesses within the brain.

### What is brain mapping?

"Brain mapping can give us insights into why prescriptions or therapies aren't effective in a treatment plan. It also allows us to make more specific recommendations so you spend less time troubleshooting." - Dr. Jennifer L. Smith, naturopathic medical doctor and owner of SilverTree Wellness Center



## Applications of brain mapping

Conditions such as attention deficit disorders, memory disorders, executive function disorders, obsessive-compulsive disorders, and learning disabilities can be better understood through brain mapping. By identifying the areas of the brain affected by these disorders, clinicians can develop targeted treatment plans to address the underlying neurological issues.



Dr. Hill explained that researchers in the 1960s, 70s, and 80s were looking for things you can find in an EEG, so you can find out about the person without asking them anything. They were looking for “discriminants that are almost valid, almost meaningful to make a valid diagnosis.”

The only marker that had the highest discriminant, he said, was ADHD markers, with the literature in the late 1980s showing the validity of measuring theta-beta ratio in blind studies. However, as more brain maps were conducted and these databases grew, that plausibility decreased. As Dr. Hill explained, a very similar theta-beta ratio is present with sleep deprivation too. Hence, it’s key for any practitioner and therapist who uses qEEG to guide treatment to holistically assess their client as opposed to blindly following qEEG data only.

## Emergency Responder Communication Skills

*This is an excerpt from Emergency Responder Communication Skills Handbook by Brian Everard Walsh, PhD, JP (Ret.): Chapter Two: Actions, Words and Senses*

In an emergency, what you say and do for patients is just as critical as the medical attention you give them. Employing good communication skills can help them focus on what is

beneficial to relieve discomfort and enable recovery.

### Your Actions

When you see a patient for the first time, be aware of your facial expressions. Avoid outward expression of shock and ensure that your face exudes calmness and a sense of confidence that everything will be OK. Consider removing sunglasses or a hat. Communication is improved when you can see into





each other's eyes.

Move down to the patient's eye level (if culturally appropriate) and briefly touch his shoulder, forehead, or hold his hand while reassuring him or giving instructions. Tell him what you're doing and include nearby family or friends to decrease any general anxiety.



Words are important, but a great deal of communication is nonverbal. Nonverbal cues include voice cadence and tone, hand motions, gestures, facial expressions and posture. Ensure that your body language does not convey any doubts about the patient's potential for recovery. Always display an air of confidence.

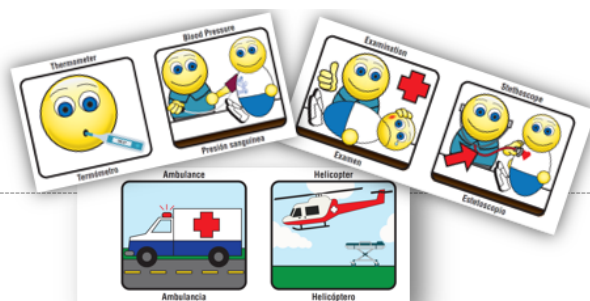
### Your Words

Research has shown that it is 30% more difficult to understand a negative statement or question than it is a positive one. Since patients are already in a fragile condition, make it as easy as possible by using positive statements. For example, use phrases like: "That will be more

comfortable; that looks better; you're doing a good job." It's important that patients hold a positive image of the future. Ask about their family or vacation plans. Have them focus on something to look forward to and the good things in life.

Indirect language is characteristically vague and leaves room for wide interpretation. Typically, a speaker implies something and expects the listener to deduce the correct message. Common examples are sarcasm and irony.

When giving a patient directions, use direct language to ensure understanding and compliance. Giving him a task will distract him from his discomfort and anxiety. For example: "Take slow, deep breaths. It will help you be more comfortable," or, "Hold this oxygen mask to your face and breathe normally." Keep your language positive, supportive and real. Once the patient is stabilized and convinced you understand his predicament, it might help to use some subtle humor, such as: "I bet there are a lot of places you'd rather be right now," or "You'll have a good story to tell your family and friends."



In times of uncertainty, victims and their families are disoriented and confused, but their anxiety can be reduced when they know essential facts. As a professional, you have a duty to facilitate the flow of vital information. Following are questions that may be asked by your patients:

**What is really happening?** Saying nothing to patients allows their imagination to run wild. You don't have to go into detail, but give them enough information to quell their fear.

**How will this affect me?** You will be making decisions about what will happen next and about how, when and where it will happen. Sharing with them how the next step will help will make you more than someone just doing a job.

**What are you doing?** Avoid details, but keeping them in the loop will thwart bizarre assumptions. Let them know who you are (paramedic, EMT, firefighter, etc.) and what you are doing or about to do.

**What do I need to do?** Giving specific direct instructions will distract their attention from the pain or injury. Remember, this is very frightening and traumatic, so be reassuring and calming.

### **How Surroundings Affect Patients**

You have the power to improve your patients' situations. A calming demeanor, intentional words and actions can significantly lessen the impact on their already magnified senses.

There are a number of sensory inputs that have the potential to increase anxiety, including: sight of blood, loud or

unfamiliar noises, sight or smell of smoke, comments from bystanders, feeling pain, being partially or fully naked, and the presence of nonessential personnel like bystanders or some family members.



Following are a few suggestions to assist in neutralising the surrounding stimuli. Do as many as you can. The calmer your patients are, the easier they are to care for and the better their chance for recovery. The specific circumstances will dictate what you can or cannot do:

- Move bystanders far away.
- If possible, move your patient away from the accident scene to a quieter, less public spot.
- Cool or warm the patient as appropriate.
- Wipe mud, blood and debris from the patient's face.
- Cover a patient whose clothing has been removed.

Always keep your patients' comfort in mind. If you wouldn't be comfortable in that position, they probably aren't either.



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## *Advanced care specialists*

**Main address: C/O Sam Nujoma & Beethoven Street, Unit 2, West Care Medical Centre**

**Telephone: +264 61 238 203/Fax: +264 61 254 203**

**Mail : [admin@westcarenam.com](mailto:admin@westcarenam.com) / [admin@wfcmedical.com](mailto:admin@wfcmedical.com)**

### **Our vision**

To be the leader in providing quality medical and clinical care enhancing the well-being of patients.

### **Our mission**

- To provide competent, quality medical care;
- To provide appropriate, relevant and affordable medical support services;
- To contribute to the health of all Namibians;
- To provide an environment that enables all staff to develop their full potential;
- To maintain efficient and cost-effective processes and procedures; and
- To apply the highest ethical standards

Thank you to allow us PROUDLY INTRODUCE OUR SMALL FACILITY.

We are a 100% Namibian owned private entity with Namibian stakeholders and Namibian employees.

To emphasize: We are one of the few fully registered subacute and stepdown facilities in Namibia.

Newly developed wing for Frail care and Hospice care

### **BACKGROUND**

West Care is an established Step-down and Rehabilitation facility providing short and long-term care for patients, enabling them to regain functional independence through skilled nursing care and rehabilitative services. West Care is a health care provider founded in 2016 and

is registered with the Namibia Ministry of Health and Social Services. The group has grown to include West Care Step-down and rehabilitation facility, Frail Care, Palliative Care as well as hospice and clinics. West Care provides a comprehensive range of medical services to the people of Namibia.

West Care has extensive experience in caring for sub-acute patients who are medically stable and no longer require high intensity acute care services. West Care's group of dynamic professionals have proven their commitment and compassion for caring and assisting patients on their journey to recovery.

As a private facility we focus on professional service and the quality of life of our patients. Our clients consist of





specialist physicians, medical practitioners, hospitals, all private medical aids, MVA, mines, insurance agencies, private patients referred directly from a medical hospital or patients transferred to our frail care facilities.



## **CORE VALUES**

At West Care we embrace and promote the following values:

- **Integrity** - All activities will be conducted honestly and ethically.
- **Respect** - The Company recognises the value of all stakeholders, employees, customers and suppliers.
- **Teamwork** - The Company encourages each employee to be a team player.
- **Knowledge** - The Company strives to keep updated with the latest developments and technology.
- **Service Excellence** - The Company seeks to provide the best possible care and service to our patients and customers.
- **Continuous Improvement** - The Company aims to continually improve all aspects of its operation.

## **SERVICES**

### **Sub-acute and rehabilitation**

We offer an equipped isolation unit plus 10 private en-suite rooms meeting all our patients' needs. We offer:

- short-term post-surgical care,
- infections and specialized wound care,
- pain management,
- IV therapy,
- cardiac monitoring,
- nutritional counselling,
- restorative rehabilitation
- doctors-on-call (24-hour service)

**We care for patients recovering from orthopedic surgery, strokes and respiratory and pulmonary failure. Our patients are cared for by specialized nursing staff and physician monitoring.**

### **Frail Care/Palliative Care and Hospice services**

Our long-term frail, palliative and hospice care patients receive the best of care. 24/7 nursing staff are here to attend to their every need.

### **Clinics**

Highly-trained nursing staff perform primary health care services at our clinics.

A travel nurse is available every week day performing special services for insurance companies





# Emergency Call



Important information to give:

- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

## Emergency Numbers:

**Ambulance services:**

**E.M.A. Rescue Service**

**9112**

**Fire Brigade:**

Windhoek

061-21 1111

**Police:**

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

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(all numbers are from GRN or non-profit organisations)



d.o.c.  
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