

## **Visit to the Seychelles – September 2014**

Kate Woodhead and Lesley Fudge were invited to return to the Seychelles to continue the work undertaken in January 2014 – in September.

A small group of nurses from the operating theatres had been brought together to begin to develop documentation for care delivered whilst surgery is taking place. Currently there are sparse records with little detail. Lesley took a small selection of anonymised UK care plans to share with the senior nurses who would choose the elements that they found most helpful for their practice. After three days and several drafts, the nurses were delighted that they had produced an excellent care plan for their adult surgical inpatients. There were practice changes needed to ensure that the care plan worked well including a nurse-led pre-admission pre-assessment to enable effective discharge planning a concept that had not been considered but that would prove very useful for the islands.

We incorporated all the elements of the WHO Safe Surgery Saves Lives checklist at the appropriate places in the care plan as the staff agreed that the checklist was not being applied correctly and that this would make it happen – a great move forward for patient safety. The team also considered the patient as a person and not a dependent on health care staff so looked at enabling more independence by letting patients who would be undergoing appropriate surgery to walk to theatre rather than being taken on a trolley.

The joy of this work with the senior nurses was that they became so engrossed and involved with the work in hand that they didn't want to take breaks and had to be encouraged to stop for meals and refreshments. They were thrilled with the care plan that they developed and said that they wished we had had more time to write a paediatric plan, a day case plan, and specific disease care pathways. They were ambitious and wanted more. It is a great pleasure to work with the Seychelloise nurses and I hope that they are able to implement their care plan soon.

Kate had a small number of staff from Sterile Services to a training programme on two mornings and spent two afternoons with them in their unit, looking at practice and seeing where there were opportunities to improve aspects of their service. A visit was made to two of the surgical wards where we enquired about the packs for dressings and whether they were suitable for current nursing practice. It was agreed that a pilot should be run to add more gauzes into each pack, cut larger bits of gamgee for dressings and more cotton wool balls to each pack. This will reduce work for the ward staff and also sterile services and could be rolled out across the hospital quickly provided that the pilot works well.

All the cleaning and decontamination for both operating theatres and the wards takes place in those places although there is a room in sterile services for it, it is not well set up and is barely used. The staff in theatres and the wards should not be undertaking this practice which is dangerous to them and is not their priority nor expertise – under these circumstances, it is unlikely to be done well. A drawing will be sent to the authorities in Seychelles after the event, with a set of recommendations

An audit of operating theatre practice was undertaken on two days, by Kate and Lesley working together. The theatres have not yet returned to their newly refurbished theatres and are still working within A&E. However, it was decided that despite crowded facilities, it was unlikely that

perioperative practice would be very dissimilar to how it “normally” is practised so the audit could go ahead.

Some investment is required in new equipment. A short report will be made and sent to the Theatre Manager to alert her to a variety of practices which could be developed with specific changes highlighted.

On Thursday afternoon we were very honoured to have the presence of the Minister of Health at the Closing Ceremony and award of certificates. The delegates were very pleased and a few small speeches were made. Television cameras were present and the Theatre Manager, Mrs Bristol was interviewed for the evening news. We had earlier been interviewed by Pure FM – a Seychelles radio station.



Kate and Lesley with the Honourable Mrs Laroue, Minister for Health and Dr Danny Louange, Deputy Chief Executive Officer for Health Care Agency

Kate and Lesley travelled early on Friday morning with the head of sterile services and her deputy, on the ferry to Praslin Island, the second largest of the Seychelles Island to visit and review Sterile services at Baie St Anne Hospital. It was a rough crossing which made Kate and Georgette feel most unwell and it took some recovery! We were welcomed at the hospital and the senior nurse took us on a tour of the hospital, which was very busy with outpatients but not too busy on the wards. The Operating Theatre was visited and sterile service facilities investigated. A report has been made and sent to the senior nurse Mrs Durignon.

A short visit was made to Grande Anse Clinic to review their sterile service facilities. The patients had left after a very busy morning clinic and the nurses were tidying up and restocking, so kindly showed us around. They see a large number of patients each week with visiting doctors. It was interesting for Kate and Lesley to review the health sector from top to bottom in the space of the week and they will send their review notes to the appropriate people on return to UK.

Friends of African Nursing has undertaken mostly bespoke work for the Seychelles – partly due to the small size of their population and the close knit nature of the hospital authorities and the Ministry of Health. We are very grateful to the Ministry for supporting our travel and accommodation for this visit. We have seen rapid development occurring after our visits and we are delighted to work with such a responsive government. We look forward to our next visit to continue the work and to be reunited with our colleagues and friends in the Seychelles.

Kate Woodhead and Lesley Fudge