

# HSFB NEWSBREAK

NEWSLETTER OF THE HEART AND STROKE FOUNDATION OF BARBADOS INC.

Volume 1 | Issue 1

**MISSION STATEMENT** TO KEEP PEOPLE HEART HEALTHY AND REDUCE SUFFERING AND DEATH FROM HEART DISEASE AND STROKE



Humphrey Metzgen  
President of HSFB

## Message from the President

The main goals of the Foundation are to reduce the mortality rate from heart and stroke diseases as well as improve the quality of life for every patient. It sounds simple but the task is demanding and wide encompassing, touching most of us in the process. It is estimated that of Barbadians aged 20 years and older, 38,000 are living with high blood pressure (hypertension), 90,000 are overweight, 19,000 are diabetic and one person suffers a stroke every day.

The latest statistics in our region show that more than half of all deaths are attributable to chronic non-communicable diseases (NCDs), and of these deaths 30% are due to heart disease. The experts tell us that heart disease will cause three times more death and disability than all infectious diseases, including HIV/AIDS, over the next 20 years in this region.

### **The good news is that we are beginning to win!**

Earlier this year the Foundation's cardiac rehabilitation programme was awarded the American Association of Cardiovascular and Pulmonary Rehabilitation accreditation. The Foundation will be the only entity in the Caribbean (other than Mexico) that will have achieved this coveted accolade, making it possible for doctors and hospitals to refer their patients to us with confidence in our service.

Clearly none of this would have been possible without our very dedicated professional staff, board members and benefactors, many of whom have brought to us their medical, financial, HR, legal, business and academic skills in order that we might make a difference. In this context I am pleased to announce that His Excellency Sir Elliott Belgrave KCMG, KA, Governor General, has graciously consulted to be the Foundation's patron with immediate effect. The Governor General knows well the dangers of heart disease and stroke and will become a part of the fight against these two scourges of modern day life.

Welcome to our first Newsbreak edition and we will be sure to keep you informed of the work of the Foundation over the coming year.



Gina Pitts  
CEO of HSFB

## Message from the CEO

It gives me great pleasure to be able to speak to you in our first issue of HSFB Newsbreak. We have listened to your requests and recognise that we needed to put another communication tool in place to ensure that you could see all of the hard work that we have been doing every quarter. The Foundation is now on a solid footing and is able to increase its community efforts that affect health changing behaviours.

I have also spoken with a youth group to find out how their young minds tick, and as a result we have been able to form a purposeful pilot project in our healthy lifestyle cooking summer camp aimed at the 14-19 year old group. It will be a lot of fun and give some real insight into our nutritional needs.

Our donors have stuck with us through these harsh economic times and I would especially like to thank the Paloma Trust and Valeant SRL for their contributions towards our Telemetry system, which assists us in monitoring patients as they exercise - an essential part of our cardiac rehabilitation.

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## ECC - SERVICE THROUGH KNOWLEDGE



**Instructor Ryan Selby  
teaching First Aid to a  
youth group**

Welcome to the world of the ECC (Emergency Cardiac Care) Training Department which is headed by Simon Fields. The ECC department offers a range of courses which include:

- Basic Life Support (BLS) designed to train healthcare workers in the lifesaving skills both of CPR for adult, infant, child and relief of choking in a safe and effective manner
- Advanced Cardiac Life Support (ACLS), a two day ACLS Provider Course provides the knowledge and skills needed to evaluate and manage the first 10 minutes of an adult ventricular fibrillation/ventricular tachycardia (VF/VT) arrest
- Advanced Paediatric Life Support (PALS)
- Heartsaver First Aid with CPR(Cardiopulmonary Resuscitation) and AED (Automated External Defibrillation)
- Heartsaver Paediatric First Aid with CPR& AED

The department is manned by skilled and experienced staff, with 40 individuals from all walks of life. Courses are tailored to clients' needs, and can be delivered to small and large groups. For more information and course registration go to our HSFb website or contact Cindy Phoenix on 437-3312 or [ecc@hsfbarbados.org](mailto:ecc@hsfbarbados.org)

**Consider learning First Aid TODAY as it enables you to save the precious life of a loved one.**

## CPD&R – RESTORING THE ESSENCE OF LIFE THROUGH CARDIAC CARE

The Cardiac Disease Prevention Program (**CPD&R**) is designed for individuals with risk factors for Heart Disease i.e. high blood pressure, diabetes mellitus, high cholesterol, overweight, an inactive lifestyle and family history. These patients enter our programme as Phase 4 (lifestyle modification) and are given exercise and nutritional guidelines. Cardiac Rehabilitation is a medically monitored exercise programme designed for those who have had a recent heart illness or surgery/procedure. It provides a supervised environment to safely increase activity/exercise levels and maintain regular communication with physicians.

Cardiac rehabilitation is proven to be a safe and effective way to help patients with heart conditions. The programme reduces the risk of mortality following a heart attack and increases ability to perform jobs or tasks.

The team consists of Medical Director, Dr Winston Batson; eight specially trained rehab nurses who are all certified by the American Heart Association in Basic and Advanced Cardiac Life Support, nutritionist Carla Ramsay and manager Denise Persaud.

Our team is available to provide ongoing encouragement and support, answer questions, and discuss areas of concern with patients. If you are interested in joining the **CDP&R**, contact the Heart and Stroke Foundation at 437-3312 or [DPersaud@hsfbarbados.org](mailto:DPersaud@hsfbarbados.org) and remember to seek a referral from your doctor to enter the programme.

### FACTOIDS

**The top three food groups contributing to salt intake are:  
Seasoned Fish  
Bread and  
Rice Dishes.**

## THE RED DRESS EVENT

It was a Chic affair on February 25th 2012 when the HSFB hosted a “Go Red for Women- Red Dress Event,” at the Concorde Experience.

Ladies came out wearing red with pride while the men wore lounge suits to lend support to women as they were subtly educated on how they can take control of their health with facts provided by the Chronic Disease Research Centre.

“This cocktail party was entertaining and informative whilst also providing an opportunity for patrons to begin the process of reflective change” said Gina Pitts, CEO.

She said that men suffer from heart disease as well but their symptoms can be different from those experienced by women. This event would place more emphasis on the symptoms that women face and how they can come together to help out other women in combating heart disease.

*Go Red for Women* is an initiative of the World Heart Federation and focuses on the personal choices that each woman makes towards her health. Pitts said that women tend to have six prominent risk factors for heart disease that can be prevented or treated with proper care. Aside from obesity, the others include high blood pressure, high cholesterol, exposure to tobacco smoke, physical inactivity and diabetes.



## ANNUAL GENERAL MEETING 2012

There was a healthy turn out for the Sixth Annual General Meeting held on April 18th. Those present were stimulated by a feature address by guest speaker President of the Upper House Senator the Honourable Kerry-Ann Ifill.

### Board of Directors

- |  |                                       |
|--|---------------------------------------|
| • <b>President</b>                         | <b>Mr Humphrey Metzgen</b>            |
| • <b>Immediate Past President</b>          | <b>Dr Stephen Moe</b>                 |
| • <b>Senior Vice President</b>             | <b>Mr Charles Holder</b>              |
| • <b>Vice President Financial Services</b> | <b>Mrs Anne Marshall</b>              |
| • <b>Directors</b>                         | <b>Dr Rudolph Delice</b>              |
|  | <b>Mrs Anne Reid</b>                  |
|  | <b>Dr Winston Batson</b>              |
|  | <b>Mr Almroth Williams</b>            |
|  | <b>Mr David Leacock</b>               |
|  | <b>Lt Col Owen Springer</b>           |
| • <b>Honorary Life Presidents</b>          | <b>Professor Trevor Hassell</b>       |
|  | <b>Mr Dru Symmonds</b>                |
| • <b>CEO</b>                               | <b>Mrs Gina Pitts (by invitation)</b> |

### Advisory

- |                          |                             |
|--------------------------|-----------------------------|
| • <b>Legal</b>           | <b>Mrs Cicely Chase QC</b>  |
| • <b>HR</b>              | <b>Mrs Rosalind Jackson</b> |
| • <b>Board Secretary</b> | <b>Miss Laura Rudder</b>    |



**CEO Gina Pitts and President Humphrey Metzgen at the Red Dress Event.**



**Members of Staff and friends of the Foundation supporting the 'Go Red for Women' Campaign.'**

**FACTOIDS**  
**Three out of four women have high blood pressure.**

## ALL CHANGE!

In March, the Heart and Stroke Foundation said a heartfelt goodbye to Administrative Assistant Nadia Adams and Accountant, Petula Ashby (although she continues to work in a consultancy capacity). Petula was an integral part to the growth and stability of the Foundation.

New Accounting Administrator is Sharol John (left). Her enthusiasm, drive and exceptional work ethics have shown her to be a great asset to the Foundation. We wish her best of luck in her new position.

Additions to the HSFb team also include rehab nurses Petrina Headley and Tracy Harewood. These highly qualified individuals have shown their sense of devotion to the restoration of the health and lives of their patients through their strong work ethics. We wish them every success in their new posts at the Foundation.



**Sharol John**  
Accounting Administrator



**Rehab nurses Tracy Harewood (left) and Petrina Headley**

**FACTOIDS**  
Tobacco kills up to half of its users and second hand smoke when breathed in contains 4000 chemicals of which 250 are harmful and 50 cause cancer.

## UPCOMING EVENTS 2012

AUGUST 20th-31st

HEALTHY LIFESTYLE YOUTH COOKING CAMP

SEPTEMBER 29th

DINNER AND DANCE HELD AT THE BRITISH HIGH COMMISSION

OCTOBER

CPR VIDEO RELEASE FEATURING 'BLOOD'

DECEMBER

MUSEUM NCDs SHOWCASE

### BE AN ADVOCATE OF CARDIOVASCULAR HEALTH!

**Become a HSFb Volunteer assisting in areas such as:**

- Collections
- Events and projects
- Health fairs
- Administration
- Marketing and media
- Transport

### DID YOU KNOW...?

**You can support the HSFb in different ways:**

- Personal or corporate donations
- Covenants
- CIBC FCIB bill payer site
- Legacy will donation
- Funeral collections

***Donations may attract a tax deduction***

***When making a donation please send your ID Number or Corporate ID along with the contribution to receive a receipt.***

# AGM REPORT

## Extract from the President's AGM Report

So what have we accomplished in the last nine months?

A new CEO was recruited, Mrs Gina Pitts, and in a short period she has improved staff morale and increased work output to new levels. Already we are beginning to see improved financial results - more about this later.

We have also introduced an additional role for our directors: each now has a supervisory function, through the CEO's office, for key operational areas. These include Medical, Finance, HR, Capital Projects and Equipment, Sales & Marketing, Legal, Fund Raising & Outreaching and Nomination. The latter is primarily aimed at identifying board member skills, potential new members, orientation of new members and the election of officers at the Annual General Meeting (AGM).

On the operational front we have outsourced our Emergency Cardiac Care function to Platinum Healthcare Promotions but we have retained tight financial and quality controls. This is beginning to show some encouraging signs. Over a 9 month period, 93 courses were carried out, which represented 1121 persons receiving training.

In our Cardiovascular Disease Prevention and Rehabilitation programme, 125 persons were admitted during the year of which 52 were through our contract with the Ministry of Health. As at September 2011 there were 215 persons on the register.

Most gratifying is the news that the Foundation achieved its certification from the American Academy of Cardiovascular and Pulmonary Rehabilitation, making us the only Caribbean country to have done so. This accolade underscores our commitment to delivering the highest standards of patient care.

You will also be pleased to know we have paid off our mortgages. We now own our own building.

On the financial front we ended the year with a surplus compared to a net deficit in the previous year. We increased our total income by 7% thanks to a promising income from donations and grants.

So what is the future?

Ideally I want to double our income but I will settle for half as much again. We need this as one day our Foundation will wish to commission its own original research, funding it from our own resources.

In the meantime our mission remains the same: to reduce the incidence of heart disease nationally and provide education for cardiovascular patients, their families and healthcare professionals.

In addition we want to reach out to corporate Barbados and to this end we have entered into discussions with insurance partners to develop a cardiovascular screening programme.

It goes without saying that you our members, our benefactors and individual donors and trustees of charities have played an important part in our development, and I thank all for the equipment and supporting the work of the Foundation.

# BANANA– OAT MUFFINS RECIPE

**Yield:** 6 muffins

**Cool:** 5 mins

**Preparation:** 15 mins

**Bake:** 18 mins to 20 mins 400° F

## INGREDIENTS

- Nonstick cooking spray
- 1/2 cup white whole wheat flour or whole wheat flour
- 1/4 cup quick-cooking rolled oats
- 3 tablespoons packed brown sugar
- 2 tablespoons flax seed meal
- 1/2 teaspoon baking powder
- 1/4 teaspoon ground cinnamon
- dash salt
- 1 ripe banana, cut up (1/2 to 2/3 cup)
- 1/4 cup fat-free milk
- 2 tablespoons refrigerated or frozen egg product, thawed, or 1 white egg
- 1 tablespoon canola oil

## DIRECTIONS

1. Preheat oven to 400 °F. Lightly coat six 2 1/2 inch muffin cups with non-stick cooking spray or line with paper bake cups and coat insides of paper cups with non-stick cooking spray; set aside.
2. In a medium bowl, stir together flour, oats, brown sugar, flax seed meal, baking powder, cinnamon and salt. Make a well in the centre of the flour mixture; set aside.
3. In a blender, combine banana, milk, egg, and oil. Cover and blend until smooth. Add banana mixture all at once to flour mixture; stir just until moistened (batter should be lumpy). Spoon batter into prepared muffin cups, filling each about 3/4 full.
4. Bake for 18 to 20 minutes or until lightly browned. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Serve warm.

## NUTRITIONAL FACTS

### Nutrition facts per serving

- |                       |      |                       |       |
|-----------------------|------|-----------------------|-------|
| • Calories            | 123  | • Protein             | 3 gm  |
| • Dietary fibre       | 2 gm | • Carbohydrate        | 21 gm |
| • Sugar               | 9 gm | • Fat total           | 3 gm  |
| • Monounsaturated fat | 1 gm | • Polyunsaturated fat | 1 gm  |