



# GLOBAL DOCTOR HEALTHCARE

Dec 2010

Issue 2

## Content:

<b>KIDS CORNER</b>	<b>1</b>
PREVENTION OF HOUSEHOLD ACCIDENTS	
<b>TIPS FOR A GREAT SLEEP</b>	<b>2</b>
<b>TIME TO GET YOUR FLU SHOT: THIS YEAR'S VACCINE IS UNIQUE</b>	<b>3</b>
<b>GLOBAL DOCTOR NEWS</b>	<b>4</b>
<b>LAUGHTER</b>	<b>2.3</b>

## KIDS CORNER

### PREVENTION OF HOUSEHOLD ACCIDENTS

#### Precautions

1. Do not buy toys with small loose parts. Always check the packing for guidance.
2. Small objects such as marbles, beads, coins and peanuts should be kept out of sight and reach of children.
3. Cords on curtains and blinds should be kept short so that it is out of reach for the child.

#### FIRE

Children are naturally curious and will explore any objects which they come in contact with.

Playing with some of these objects such as matches and lighters may result in disastrous situations.



#### Precautions

1. Matches and lighters must be kept out of sight and reach of children.
2. Extinguish and dispose of cigarette butts



safely.

3. Fit your home with a smoke detector and fire alarm.
4. Keep a fire extinguisher to put out small fires.
5. Finally, have an emergency escape plan in case of a real fire.

#### FALLS

Falls from heights are the commonest cause of serious injuries and fatalities in children. Even tripping over on the same level can cause serious injuries and sometimes death



in young children.

#### Precautions

1. Ensure that floors are free from obstruction or objects where children can trip and fall.
2. Always use secure safety harness whenever the baby or child is in a pram or a high chair.
3. Do not place baby bouncers or walkers on raised surfaces as these may fall on movement.
4. Fit a safety gate at the top and bottom of the stairs and ensure there is no obstruction to prevent tripping accidents.
5. Keep windows locked with child resistant locks.
6. Do not place chairs or low tables near windows to prevent children from climbing.
7. Install anti-slip mats in the bathroom and bath tub.

### INTRODUCTION

Every year millions of children around the world are involved in home accidents resulting in hospital treatment. Home or household accidents are the commonest cause of death in children over one year old and thousands suffer from some form of disabilities. The age group with the highest risk is kids aged 0-4 years. Most accidents involving children are preventable through increased vigilance, modification of the

home environment and with the use of safe products.

We shall discuss the most common household accidents involving children as follows:



### SUFFOCATION AND CHOKING

Children can swallow, inhale or choke on small items such as toys, marbles, beads and peanuts. They can also choke on cords and curtains.

**ALWAYS BE VIGILANT AND SAFE NOT SORRY!!!**

**1. Go to bed at the same time each night**  
Our body is sensitive to change in time. Allow your mind and body a chance to rest at a regular and fixed scheduled time.



**2. Exercise regularly, preferably in the morning**

Regular exercise improves restful sleep; this includes stretching and aerobic exercise, meditation and yoga.

**3. Get regular exposure to outdoor or bright lights during the day**

This allows the mind and body to be aware of the day and the night hence promotes sleep in the night.

**4. Maintain a comfortable temperature in the Bedroom**

You won't be able to sleep well if you are sweating, nor would you if it's too cold.

**DO**

**8. Keep feet and hand warm**

Wear warm socks and/or gloves to bed especially in winter.

**7. Use a relaxation exercise just going to sleep**

Examples are muscle relaxation, imagery, massage and warm bath. These may help promote deeper sleep.

**6. Keep the bedroom dark enough to facilitate sleep**

Dark environment helps to raise Melatonin levels in the blood hence helps for sleep.



**5. Keep the bedroom quiet when asleep**

A noisy environment might keep you awake.



**1. Exercise just before going to bed**

The heart rate and adrenaline levels in the blood needs some time to slow down. Avoid exercising 3 to 4 hours before sleep.



**2. Engage in stimulating activity just before bedtime**

Such as playing competitive computer games or watching exciting movie.

**3. Have caffeine in the evening**

Coffee, tea, chocolate and soda contain stimulants that might keep you awake at night.

**Don't**

**5. Go to bed too hungry or too full**  
Gastric pain and chest discomfort may keeps you awake.

**4. Read or watch television in bed**

Bed is only for sleep. Don't confuse your mind and body.



**Author: Dr. LI Xia**

**Global Doctor Beijing Nokia Clinic**

**LAUGHTER**



**FEELINGS**

**STRESS – when your wife is pregnant!!!**  
**TENSION – when your girlfriend is pregnant!!!**  
**PANIC – when both are pregnant!!!**

## Time to get your Flu Shot: This year's Vaccine is Unique

The 2010-11 Influenza vaccine (Vaxigrip) is now available at Global Doctor clinics. This year, the vaccine is unique in that it contains not only two strains of seasonal influenza but also a strain of H1N1 (Swine Flu)- thus it protects against three types of Flu: **Influenza A (H3N2), Influenza A (H1N1-Swine Flu), and Influenza B.** Currently the H1N1 (swine flu) prevalence has waned, but it is possible for another endemic to occur.



Another change this year is that the US CDC is enlarging their recommendations to **include everyone over the age of 6 months of age to receive the vaccine** (barring any contraindication such as egg allergy). The **high risk population** that should definitely be immunized includes: **children under 5 (especially under 2), adults over 65, pregnant women, patients with chronic diseases, morbidly obese patients, patients with young children at home (especially under 6 months), and health care workers.**

Children from 6 months old up to 8 years old will need a booster 4 weeks after their first dose unless



they received both the H1N1 swine flu vaccine and the seasonal flu vaccine last year. Those 6 months old up to 3 years old will receive the lower dose vaccine whereas all those 3 years and older receive the full dose.

Call your local Global Doctor Clinic to arrange an appointment for vaccination.

### Sources:

[http://www.who.int/csr/disease/influenza/recommendations2010\\_11north/en/index.html](http://www.who.int/csr/disease/influenza/recommendations2010_11north/en/index.html)

<http://www.cdc.gov/flu/>

<http://www.uptodate.com>

Author: Jason Logan MD,  
FAAFP

Global Doctor Chengdu Clinic



# LAUGHTER



### WHY THE HIGH COST?

A pipe burst in a doctor's house. He called a plumber. The plumber arrived, unpacked his tools, did some work on the burst pipe and handed the doctor a bill for 10,000 dollars.

The doctor exclaimed, "This is ridiculous! I don't even make that much as a doctor!"

The plumber answered calmly, "Neither did I when I was a doctor".



<http://student.bjtu.edu.cn>

# MEDICAL REPATRIATION FROM BEIJING TO LONDON

## Introduction

Mr. X, a 55 year old gentleman, and an insured with one of Global Doctor's reputable clients, arrived in Beijing, China from Sierra Leone, Africa in August 2010.

Upon arrival in Beijing, he developed fever and oliguria. He was seen at the Beijing United Family Hospital where a blood test was positive for malaria. Subsequently, he was transferred to the Beijing Ditan Hospital, a communicable diseases centre, and admitted to the intensive care unit.

While being treated at this hospital, he developed acute renal failure secondary to the malarial infection. His condition was further complicated with anemia, mild pneumonia and hypertension. He was treated with a combination of anti-malarials, antibiotics and anti-hypertensives. He was also commenced on haemodialysis to improve his renal function. Mr. X responded well to the treatment with no significant complications.

## Medical repatriation

A decision was made by our client to repatriate the insured from Beijing to London as a business class passenger on a commercial aircraft with an escort nurse from Global Doctor. This was scheduled for the first week of September 2010.

On the day of the medical repatriation, Global Doctor's escort nurse arrived at the hospital early to assess the insured and to prepare for the mission. Initial assessment showed normal vital parameters, except for a mildly elevated blood pressure. Upon completion of the necessary paper



The flight from Beijing to London took off on schedule. During the entire flight, Mr. X was monitored closely at hourly intervals. His vital parameters were stable. He was conscious and alert. His medications were served as ordered by the doctor.

works at the hospital, the insured and our escort nurse were transferred to the airport via a ground ambulance.

## Problems at the airport

The insured's entry visa to China had expired and he had overstayed for 6 days. This immigration offence is punishable in China with a fine of RMB500 for each day overstayed. Our escort nurse managed to speak to the senior immigration officer and explained the whole situation.

There was another problem with his passport. His old passport with the entry visa to the United Kingdom was torn. Our escort nurse managed to contact the British embassy in Beijing and spoke to the consular officer on duty. Finally, the consular officer cleared the insured for travel to London.

## In flight and arrival in London

After an uneventful flight, the insured and the escort nurse arrived at the London

Heathrow airport and proceeded to clear the

immigration and customs formalities. These were completed smoothly and a waiting

ground ambulance took the insured and the escort nurse to the receiving medical facility. There our escort nurse handed the insured over to the nurse in charge at the emergency department.

