



TAKE STOCK

In the last two weeks we looked at anger, and how we manage or handle anger in the different situations that we encounter.

Anger is just but one of so many uncontrolled emotions that most if not all of us have found ourselves caught unawares at some point in our lives.

What I've found for myself is that no matter how many times I tell myself not to allow a negative emotion to happen to me, no matter how much wisdom tells me it's not good for me or for my family or for my society, it's not easy to be on guard to make sure that I achieve the ability to keep calm. I believe that I'm not unique, there are many of us, and maybe as you read this article you have just experienced a very fresh such encounter.

Fortunately, I've also found for myself for the 21 years of regular practice of wholistic yoga -breathing exercises, yoga stretches and meditation, that I no longer have to remember not to be angry, or sad, or stressed, you can add more to the list.

Wholistic yoga has this unbelievable, amazing effect of keeping negative emotions at bay, almost too good to be true. I've seen first-hand, people testify "miracle peace" that comes almost as a wave on you just from a four-day course. Not only peace, but healing, good energy, feeling of oneness with other people, clarity of mind and purpose, the list goes on. Breath, as used in yoga is literally a magic wand.

Now the big question is who doesn't have breath? All of us walking above the soil have breath. In that case, how can we be blessed with something so precious yet not benefit from its goodness? I'd like to believe that no one would consciously choose to experience negative emotions or ill health. No one, because it'll not only compromise our immunity and make us vulnerable to catch disease, it also spoils our happiness, it ruins relationships, makes us unproductive, etc.

I know that we may have doubts about what I've just said. That is perfectly ok. But, if you have doubts but you are suffering, what do you stand to lose by having a go? My take is you have nothing to lose but everything to gain. Why not take the risk and experience it?

More next week...

GAME CHANGER

New wound and stoma care clinic improves patient care

BY LAME CHABA

The new recently opened Wound and Stoma Care Clinic at Nyangabwe Hospital in Francistown is expected to significantly improve the quality of patient care.

Minister of Health and Wellness, Dr Edwin Dikoloti said the clinic which was built by Orthosurge (Pty) LTD, first came into existence in 2015 following an increase in the number of post-enterostomy clients in the northern region.

The clinic instantly became a game changer, especially the surgical department, as it has now become the center of excellence for caring for clients with complicated wounds and enterostomies in the north.

According to Dikoloti over the past five years, one of positives of the clinic is the reduction of mortality in adult wound clients.

However, the clinic has its share of challenges. One of the challenges is the vastness of the area it covers. Another is shortage of working space.

"Subsequently, in 2019 Nyangabwe Hospital Wound and Stoma Care team realized the dire need to have a central point where ostomates and wound care clients would be consulted. Due to resources constrains within the Ministry, the team reached out to various stakeholders to help in the renovation, furnishing, and procurement of medical equipment to facilitate the realization of their vision," said Dikoloti.

Dikoloti highlighted that true to their commitment to help transforming lives of Batswana, Orthosurge (Pty) LTD responded positively to the plea to renovate and furnish one of the caravans within the premises of Nyangabwe Hospital as well as procure medical equipment for use at the clinic. Despite the economic uncertainties due to the COVID-19 Pandemic the company injected capital and the project commenced at the beginning of 2021.

There are 107 ostomates and three wound care clients who are going to benefit from the clinic.

Orthosurge Botswana, Managing Director, Oremeng Motshegare noted that the company takes pride in community building and has over the years supported numerous community building projects.

"We are an organization who prides itself in promoting the wellbeing of others and as such, it is only just that we extend our hand to those in need of aid within Nyangabwe and the areas surrounding Nyangabwe to the best of our capabilities," said Motshegare. He said through this project not only is the dignity and privacy of patients restored but there is also a sense of belonging and expediency in helping the stoma and wound care patients. This is one of the company's Corporate Social Responsibility projects.



Minister of Health and Wellness, Dr Edwin Dikoloti



FITNESS PLAN



Simply put, a fitness plan is a schedule of planned sessions of physical exercise. These sessions can be relaxed exercise, like a walk, or it can be more strenuous, like interval training or resistance training. Having a fitness plan can help you with the following benefits:

Reduce chances of getting diabetes

Exercise improves your body's ability to tolerate carbohydrates, by enhancing the action of insulin. When exercising, your muscles pull blood sugar, or blood glucose, out of the blood and into your muscles. The more you exercise the less insulin you need to manage blood sugar levels.

If you have less than normal insulin and glucose levels in your body, your body will limit the amount of carbohydrates converted into fat, which reduces fat storage and enhances fat burning. Lastly, exercise is not only beneficial to

your muscles. The IGF-1 protein is released after exercise for the formation of new neural connections in the brain.

Decrease risk of disease

This is one of the greatest benefits of working out regularly. Just by working out, we can enhance our immune system and our brain health. Exercising regularly causes your muscles to expand and contract, and this muscle movement is one of the most effective ways to make sure your immune system is flushing out dangerous toxins and pathogens.

Avoid physical injuries

More active people are prone to accidental injuries, like a pulled muscle or a few blisters, they are improving their flexibility and strength. Because of this, physical exercise is especially good for our older patients. Creating a fitness plan is one of the best ways to be proactive on your health. Simply by exercising for 30 minutes to an hour each day, you can reduce your chances of getting cardiovascular diseases, injuries, diabetes, and much more.

EliteFitnessBw (+267) 74000072/73705737

elitefitnessbw@gmail.com EliteFitnessBW

'UNNECESSARY' DEATHS

Most maternal deaths can be prevented

98% occur in health facilities

BY SUN REPORTER

Out of every 100 000 live births, 156.6 women die due to excessive bleeding, obstructed labour, uterine rupture and hypertensive disorders, estimates Statistics Botswana.

According to the African Peer Review Mechanism, almost 98 percent of these deaths occur in health facilities, meaning they may have been prevented had the facilities been properly resourced with knowledgeable staff and emergency obstetric care procedures.

The report further states that a majority of pregnant women, about 73 percent also attend the recommended four or more antenatal visits, further indicating that the problem lies at the point of delivery.

"If Botswana is to meet its 2030 SDGs, its maternal mortality ratio will need to be reduced to 70 per 100 000," the report states. Research conducted in 2014 revealed that the factors leading to the high number of maternal deaths include: failure to recognise the seriousness of a patient's condition; lack of knowledge; failure to follow recommended practice; lack of or failure to implement policies; and poor organisational arrangements.

According to the office coordinating family planning in the Ministry of Health and Wellness, further research is currently being conducted to identify gaps that lead to maternal deaths. Each maternity facility has also been fitted with an audit committee responsible for investigating maternal negligence and deaths. The report, the work of Botswana civil society (BOCONGO) in partnership with the South African Institute of International Affairs (SAIIA)



sees the need for greater commitment, better management and more accountability at the individual, health facility and district levels, as well as at the Ministry of Health and Wellness and the Ministry of Finance and Economic Development. It also calls for accountability from the Parliament committees responsible for health and coordination of the SDGs to improve the practice of emergency obstetric care. Challenges include poor quality of services, a shortage of human resources, problems associated with urbanisation and inadequate planning. For example, a study conducted in 2014 found that the ratio of doctors to people in Botswana was 4:10 000, while the nurse to people ratio was 42:10 000.

According to the World Health Organisation (WHO), countries with fewer than 10 doctors and 40 nurses for every 10 000 people are considered to not have enough healthcare profes-

sionals. The ratios are even worse in rural districts, indicating that health care professionals are concentrated in urban areas. The report sees the need for ongoing training for hospital staff in new and modern technologies to reduce maternal deaths. It also recommends that the capacity of health sector staff should be improved through effective training, monitoring and evaluation. Additionally, only 21 percent of the doctors registered with the Botswana Health Professionals Council were from Botswana, resulting in a reliance on migrant professionals. According to the report, the effects of these shortcomings are most felt in the area of maternal health. Currently, there are 27 health districts and three national referral hospitals, 15 district hospitals, 17 primary hospitals, 105 clinics with beds and 206 without, 351 health posts and 931 mobile stops.



Pharmaceutical project to enhance health care system

Founder of First Commerce, Dr Boago Tapela and Ensymm Managing Director, Dr Pedram Dehdari have massive plans to open Botswana's first pharmaceutical manufacturing facility, Sun Health caught up with them.

Tell us about your plans to establish a pharmaceutical manufacturing company?

Dr Tapela: First Commerce, is a local medical supplies company working with Ensymm, a German Life Science Consultancy company, to establish Botswana's first unique A to Z pharmaceutical manufacturing facility. Ensymm owns a network of over 100 industry partners that service clients worldwide in life science consultancy especially in pharmaceuticals, medical, biotech, agriculture and food supplement fields. We identified a gap in the sector and decided to fill it because

currently there is no manufacturing of pharmaceuticals but only packaging and repackaging.

Where did this all begin?

Dr Dehdari: Ensymm started the groundwork six years ago. The company did a techno-financial feasibility study for the pharmaceutical project in Botswana. However, it was only last year in June, Dr Tapela, reached out for the same project field, and we decided to refocus and work on something in Botswana.

How important is this project to Botswana?

Dr Dehdari: We regard this project as a national project as it will be the footprint of the pharmaceutical

industry in the country. Once fully operational, the plant will produce for health care supply and consumption within Botswana and SADC in less than two years. We expect that 50 percent of production will be for the domestic market and the remaining 50 percent for export in SADC and the rest of Africa.

How did you identify Ensymm?

Dr Tapela: We looked around to see who could deliver a quality turnkey project, with right certifications, and investment as well. We looked into South Africa, which is not a bad place to start, but we were inclined to the Germans because of their advanced technology, engineering, processes and quality. I got in touch with Dr Dehdari and started the conversation in June 2020, enquiring if Ensymm can manage

a pharmaceutical project consultancy for Botswana.

How has the Covid-19 pandemic affected your plans?

Dr Tapela: Progress stalled and necessary travel could be done because of Covid-19 restrictions. We wanted Dr Dehdari to travel here to get a feel of what it takes to set up a project of this magnitude locally. Our partners had to also come to Botswana to appreciate the culture, manufacturing industry itself, as well as the supply logistics chain among other factors.

How did you convince Dr

Dehdari to come to Botswana?

Dr Tapela: We shared with them about the economic landscape of the country. We are dependent on mining, tourism, we used to have Agriculture as one of the mainstays of the economy, however not anymore. Botswana can no longer heavily depend on resources, and therefore needs to strengthen its manufacturing industry. This was a good opportunity.

How will this pharmaceutical manufacturing project benefit Botswana?

Dr Dehdari: The pharmaceutical project will present opportunities in the value chain in terms of job creation, skills transfer and technology transfer. Having worked around the world, we thought they could bring in some knowledge and technology and skills transfer with setting up the pharmaceutical company.

While Botswana may not have full supply from the coming pharmaceutical manufacturing project, the factory will be a starting point. This will be a great initiative to diversify the economy, and to ensure self-supply of pharmaceuticals. Botswana will be free from being hostage to supplies from South Africa or India. The project will also boost the health care system because of the fast-chain supply.

Are there any lessons that you draw from the Covid-19 pandemic?

Dr Tapela: Covid-19 pandemic has taught us important lessons that depending on other countries for supplies will always be a challenge. What happened recently even with Covid supplies is that South Africa which is Botswana's main supplier in terms of pharmaceutical imports, wanted to satisfy their own health care needs first, and we suffered.

Where else in the world has Ensymm done similar work?

Dr Dehdari: In the last 20 years, Ensymm has successfully done project in over 44 countries worldwide and in Africa. In Sudan in pharmaceuticals, Nigeria in agriculture and pharmaceuticals, Libya in pharmaceuticals, Namibia in food supplement study, and have been involved for three years in a pharmaceutical project with Aspen phamacare, Kenya in chemical project.

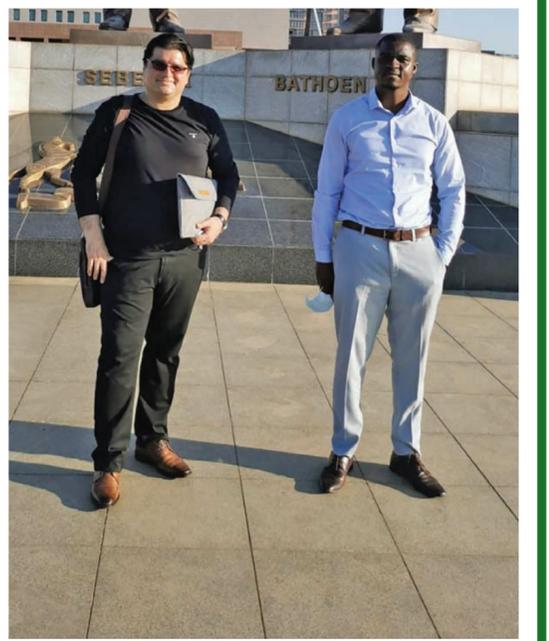
Why do you think your company is right for the job?

Dr Dehdari: Ensymm will do a good job with the Botswana project. We are a German company, and do not sacrifice on quality because of budget or to meet completion deadlines. There is a certain quality with which we follow. The World Health Organisation (WHO) standard should be a minimum standard for producing such pharma-

ceutical products. The quality has to also be maintained not only for the local health care system but also for the export market.

Is there a particular reason why you believe Botswana is the right place to establish this project?

Dr Dehdari: Botswana has political and social stability. It also has an impressive economic growth rate and boasts of ample opportunities to venture into other industrial fields. Ensymm is honoured to be the head consultant for developing and establishing a state-of-the-art facility, as it will get a prime reference from country and SADC. We hope to generate more projects for Ensymm network in Botswana and SADC after showing our capability with this reference project.



Dr Boago Tapela and Dr Pedram Dehdari