

Newsletter

ISSUE #10
JUNE 2024

EVERYTHING YOU NEED TO KNOW ABOUT BAYVIEW HOSPITAL



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And much more!



Photo: Bayview Hospital undergoing its updates.

JULIE REID

Bayview Hospital Administrator's Message

ADMIN UPDATES | WELCOME



Photo: Jules Reid

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Welcome to the June edition of the Bayview Hospital Newsletter!

I'm delighted to announce Crystal Clarke's appointment as our new Nurse Manager. We also bid farewell to Nurse Jeanette Gittens, a stalwart Midwife and Ward Manager who dedicated over three decades of service to Bayview. We extend our heartfelt thanks to Jeanette for her tireless dedication and wish her many wonderful years of retirement.

The ongoing construction of our Urgent Care Centre has been a significant focus for us. While we acknowledge the challenges posed by noise and access issues during this expansion phase, we're grateful for the understanding and patience exhibited by our community. Rest assured, we're making great strides towards completion, with the estimated handover date set for late August.



Photo: Nurse Jeanette Gittens Retirement

We anticipate significant improvements in road access and parking facilities once construction is finalised.

I'm pleased to share that Bayview Hospital has been featured in Business Barbados 2024, highlighting our expansion efforts. Construction is progressing at full throttle, and we're on track to meet our targets for the Urgent Care Centre's completion by late August.



Photo: Crystal Clarke

Even amidst our expansion, we remain steadfast in our commitment to social responsibility. We partnered with the Rotary Club of Barbados to assist with NCD screening initiatives. We also sponsored the Healthy Living Expo, St Paul's Fiesta, and Carols by Candlelight, underscoring our dedication to promoting community wellness.

Additionally, we've collaborated with Bayview Laboratory and Diagnostic Radiology to sponsor the Girlfriends Expo, showcasing our comprehensive range of services, including lab testing and HPV screening.



Photo: Bayview Hospital at Girlfriends Expo

Exciting developments are underway, with new positions and staff joining our ranks, including additional pharmacists, as we are gearing up to extend pharmacy hours and weekend availability once the Urgent Care Centre is operational.

Lastly, I'm thrilled to announce the upcoming launch of our new ambulance and shuttle service. This service caters to patients requiring wheelchair transportation to and from their homes and an ambulance for emergency transportation. This service further underscores our commitment to providing accessible and quality healthcare to all.

As we navigate these dynamic times, I extend my deepest appreciation to our dedicated staff, esteemed partners, and supportive community for their commitment to Bayview Hospital.



Photo: Bayview Shuttle

CELEBRATING NURSES WEEK

“Our Nurses, Our Future, The Economic Power of Care”

STAFF UPDATES | NURSES WEEK 



Nurse Bacchus and Nurse Hall

In May we celebrated Nurses Month with the theme “Our Nurses, Our Future, The Economic Power of Care.” It was a time to honour and recognise the invaluable contributions of our dedicated nursing team here at Bayview. Throughout the month, we’ve organised various activities to express our gratitude and appreciation for their unwavering commitment to patient care.

Our celebrations kicked off with the Barbados Registered Nurses Association’s Church Service at Restoration Ministries, followed by an Invitational Sports Day. At the YMPC playing field, we competed against the Geriatric and Psychiatric Hospital Staff. Team Bayview Hospital (BVH) was declared the winner since they received the highest points overall.

In House Activity was the voting of colleagues who fit the following Categories and the outcome, the selection was from the Operating Room and Ward, hence the two recipients in all categories:

- Reliable**
 - Nurse Lisa Frazer-McBean
 - Nurse Rita Hall
- Punctual**
 - Nurse Jacqueline Brathwaite
 - Nurse Assistant Veronica Knight
- Resourceful**
 - Nurse Petrine Gibbs
 - Nurse Laverne Bacchus
- Deportment**
 - Nurse Sonique Fenty
 - Nurse/ Midwife Simone Conway
- Customer Service**
 - Nurse Ama James
 - Nurse Josee Ross

A special mention is extended to Registered Nurse Laverne Bacchus, who played a pivotal role in coordinating and executing the celebratory activities for BVH Nurses Week 2024. This was a bottom-up effort supported by management. All nurses are to be scheduled for day passes at the Barbados Hilton as a token from the Management of Bayview Hospital.



Photo: Nurse Rita Hall & Major Patrick



Photo: Bayview Staff at the Invitational Nurses Sports Day



The Bayview Group joins BARP's discount program

The Bayview Group has joined the Barbados Association of Retired Persons (BARP) discount program, enhancing access to discounted services for Barbadians. BARP members can now benefit from discounts at Bayview Hospital, Bayview Laboratory, and Diagnostic Radiology Services. The partnership aims to provide exceptional care and improved accessibility for a wider range of patients.



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UPHOLDING EXCELLENCE

Meet Bayview Hospital Senior House Officer-Dr. Destiny Griffith

STAFF UPDATES | HIGHLIGHT



I wanted to be just like my mum, who is a nurse, and they encouraged me to go further and become a doctor.



Photo: Dr. Destiny Griffith



Senior House Officer Dr. Destiny Griffith, a dedicated healthcare professional, joined the Bayview Hospital family in September. Her experience in the public health sector and her unwavering desire to make a difference in patients' lives have been invaluable to our team. Born and raised in St. John, Barbados, Dr. Griffith's medical journey was shaped by her upbringing and familial influences, instilling a deep commitment to patient care.

Her educational path took her from Mount Tabor Primary School to Wesley Hall Primary and eventually to Harrison College for her secondary education. Inspired by her mother, Dr. Griffith knew from an early age that she wanted to have a medical career: "I wanted to be just like my mum, who is a nurse, and they encouraged me to go further and become a doctor." That is precisely what she did. Dr. Griffith graduated from the University of the West Indies Cave Hill Campus in 2017 and then completed a rigorous internship at the Queen Elizabeth Hospital, where she honed her clinical skills and gained invaluable insights into patient care. Subsequently, she worked across various departments at the Queen Elizabeth Hospital, immersing herself in the many intricacies of healthcare delivery.

Dr. Griffith ventured beyond Barbados' shores and completed a comprehensive year-long program in Jamaica's healthcare system, working in both hospitals and polyclinics. Shortly after returning to Barbados, the global pandemic COVID-19 erupted, and within a few weeks, Dr. Griffith

got to work on the frontlines and began serving her country by contributing her skills to the Branford Taitt Polyclinic's COVID-19 Unit.

While she is a General Practitioner, Dr. Griffith's true passion lies in surgical intervention, a passion that was ignited during her time at Q.E.H, where she was extensively involved in general surgery. "Compared to all of the other specialities, when someone has a problem, you can go in and fix it with surgery and then literally watch the patient get better in front of your eyes; there's a vast improvement between when they come in and when they leave." This deep-seated passion for surgical care, combined with the dynamic nature of the hospital environment, led her to seize the opportunity to apply for the position of SHO at Bayview when it became available.

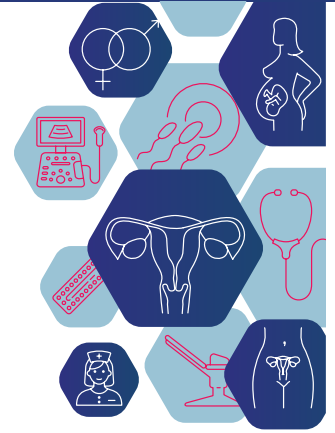
Reflecting on her transition from the Polyclinic to the private healthcare realm, Dr. Griffith noted that while the experience was both enjoyable and invaluable at the Polyclinic, the move to Bayview was the right one. "It's been quite a change in terms of having to change my mindset from working at the Polyclinic. I definitely will say it's more interesting for me. It's more fast-paced than working at the Polyclinic...I do quite enjoy it; I think it came at the right time in terms of my skills and, interacting with different specialities, and not seeing the same thing every day in and out as you would at the Polyclinic. It is definitely refreshing being back in hospital medicine. I really enjoy it

here; everyone has been welcoming and accepted me with open arms; it's a good fit. It's been a really good experience so far."

Dr. Griffith acknowledged the difference in the level of personalised care that Bayview Hospital can provide versus larger institutions. "It's just different with regard to the level of care that they receive. Patients have a call button, and you can go directly to the patient; there are fewer patients so that you can have a more involved interaction. It allows you to have a much closer interaction; you get to learn a lot more about them while they are staying with you because it's less stressful in terms of the number of patients you have to see." Dr. Griffith expressed excitement for the hospital's expansion, which will see the opening of the Urgent Care unit, foreseeing new possibilities and enhanced healthcare services.

When asked what advice she would give to aspiring healthcare professionals, Dr. Griffith shared her wisdom. She encouraged budding clinicians to approach their journey with determination and resilience and to recognize the profound impact they will have on the lives of others. "It is an extremely rewarding process and profession. But it does require a lot of time and commitment, especially as you go through medical school and internship. So if you want to get into medicine you have to be very sure that it is what you want to do and that you can weather the tough situations that it will require of you, because there is a lot of personal sacrifice and your work-life balance if you let it can be lost so, you have to be firm in your resolve that you can make it through. It will test you."

Dr. Griffith is an invaluable asset to Bayview Hospital, and we are happy to have her on board as a Senior House Officer.



Dr. Vikash Chatrani

Providing Excellence and Compassion in Women's Health Care

STAFF UPDATES | WELCOME



In the bustling world of modern medicine, most people are looking for a physician who seamlessly combines excellent care with genuine compassion. Fortunately for his patients, Obstetrician/Gynaecologist (OB/GYN) Dr Vikash Chatrani's approach to healthcare is just that: a refreshing blend of professionalism and old-school compassion.

Patients sing praises about Dr Chatrani, not only for his exceptional medical skills but also for his empathetic nature. He goes beyond the clinical aspect of healthcare and shows a genuine interest in the lives and well-being of his patients. Making them feel understood and like more than just a number on the day's schedule of appointments, reflecting his dedication to personalised care.

Dr Chatrani's journey to becoming a physician was a relentless pursuit of excellence. His passion for medicine was clear from his early education at St. Angela's and Queens College to pursuing his MBBS degree at the University of the West Indies in Mona, Jamaica. Upon completing his pre-clinicals, Dr. Chatrani returned to Barbados, where he completed his degree with honours in Obstetrics and Gynecology, General Surgery and Pharmacology. He received the gold medal in surgery for all three campuses and numerous prizes, including the Sir Arnott Cato prize for his results in the MBBS examination, earning the prestigious position of valedictorian for his year. His curiosity about the intricate workings of the human body ignited his interest in the sciences, ultimately leading him to Obstetrics and Gynaecology. "Even though I liked Surgery, I loved Obstetrics & Gynaecology. With obstetrics and gynaecology, you interact with healthy women a majority of the time. You get to bring new life into the world in Obstetrics and help care for women in the most vulnerable state of labour."

Dr Chatrani's quest for knowledge and expertise would take him across the globe to



Photo: Dr. Vikash Chatrani

Tata Memorial Hospital in Mumbai, India, a leading cancer institute in Southeast Asia. There, he underwent a clinical fellowship in Gynecological Oncology, a field that would later become his speciality.

Choosing Gynecological Oncology was not merely a career decision for Dr Chatrani, not only would it challenge his surgical skills, it was also a calling to address a critical gap in the provision of surgical intervention in these complicated cases. His dedication to enhancing women's health led him to establish a dedicated Gynecology Oncology Service at the Queen Elizabeth Hospital, bridging a crucial healthcare void in the region.

Countless mothers, cancer survivors, and numerous others are part of the satisfied patient community who have benefited from Dr Chatrani's unwavering commitment to delivering outstanding healthcare. In addition to his clinical excellence, Dr Chatrani is also a fellow of the American Congress of Obstetricians and Gynaecologists, exemplifying the pinnacle of academic and professional achievement.

Dr Chatrani has had practising privileges at Bayview Hospital for more than a decade. "It is a pleasure to work at Bayview Hospital. Not only does it provide all the modern comforts a private institution should have for the patient, but the support staff is more than accommodating, and it's a joy to work there without having to deal with the usual challenges of scheduling surgeries or having beds available to admit patients. They have all the support structures in place with respect to access to radiological imaging, laboratory and diagnostics and an intensive care unit, and I can call on well-trained colleagues to offer other speciality advice should the need arise."

Dr Chatrani's presence at Bayview Hospital epitomises excellence in healthcare. His dedication to his patients and his commitment to advancing women's health are testaments to his legacy in the medical community. As Bayview Hospital continues to uphold its standards of excellence, Dr Chatrani remains an invaluable partner, embodying the hospital's commitment to compassionate care and medical innovation.



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Josea's Journey

Overcoming Fibroids with Transformative Treatment

TREATMENT UPDATES | FIBROIDS



Photo: Josea Browne

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Josea Browne was in her early twenties when she was first diagnosed with degenerating fibroids. A diagnosis which came as a complete surprise to her because Josea had never experienced any of the symptoms associated with this condition. Initially, it seemed manageable, and throughout the years, her physician diligently monitored their growth. Still, it wasn't until a fall during the pandemic, almost twenty years later, that the true impact that the fibroids were having on her overall health was revealed.

Degenerative fibroids are non-cancerous tumors that grow in or on the uterus' muscular walls and can cause several symptoms, including abnormal or heavy periods, frequent urination, severe cramping during periods, excessive fatigue, and abdominal swelling. Apart from an extended abdomen, Josea's fibroids grew for two decades without causing any of those issues. However, during that time, she would come to experience another severe health issue: deep vein thrombosis. This factor prompted her doctor to monitor the fibroids instead of taking the traditional surgical approach to remove them.

Josea's health took a critical turn during the pandemic while tending to her garden. An allergic reaction to a tomato vine led to a fall, unveiling the true extent of her fibroid-related issues. Initially attributing the pain she experienced to muscular swelling from the fall, Josea soon discovered that her blood started to clot again and was placed on blood thinners to manage the dangerous condition. Taking the medication led to an exacerbation in the growth of her fibroids. "Once I went back on the blood thinners, I could literally show you photographs of what I looked like at that time, and you could see that as soon as I went back on the medication, my fibroids got big. My doctor said that when they measured them out when I got to see her after the pandemic, I looked like I was seven months pregnant." Despite not experiencing significant pain, the pressure on her internal organs was undeniable, significantly impacting her daily life. "I didn't have the traditional symptoms of fibroids....I didn't feel anything. What started to happen was I couldn't eat a lot, I couldn't do anything because there were so many that they were pushed up in my chest."

With the help of her doctor, Josea explored a variety of options, including seeking treatment at a fibroid clinic in Trinidad, but her fibroids' size ruled out the outpatient procedure available there. The return of the blood clots also ruled out the traditional approach of a myomectomy because they could not determine why the clots had returned. Josea soon learned about Dr Jocelyn Brookes, an interventional radiologist renowned for his expertise in fibroid management out of the U.K. who has practising privileges at Bayview Hospital and comes to Barbados throughout the year. Dr. Brookes introduced Josea to uterine artery embolisation (UAE), a minimally invasive procedure offering hope where traditional surgical methods posed risks. UAE involves injecting small particles into the blood vessels supplying the fibroid, effectively cutting off its blood supply and causing it to shrink.

"I had the consultation on the phone with Dr. Brookes before he came, and I felt very comfortable with him. I liked the fact that this is something that he does every single day, and I especially liked that he was operating out of Bayview." Before the procedure, Josea had to have a pelvic MRI and an abdominal MRI because of where the fibroids were positioned. "They had to scan from my breast bone down to my pelvis. Because of the size of the fibroids, they pushed everything up. There were so many and so big that they pushed all of my internal organs up. So, all of my major organs were sitting in my chest, and

there was a fibroid on the other side of my heart...they were everywhere, and they were massive. And again, I had no pain; the only thing was that I couldn't lie on my stomach or bend down to tie my shoes because there was this thing obstruction, but I had no physical pain."

The procedure went seamlessly. "It was easy....I went under general anaesthesia, and I just remember waking up after. I had no scarring; I can't even tell you where he made the entry to my upper thigh; I didn't even have a Band-Aid on it. Whatever needle they use is very thin; it's not like a laparoscopic surgery procedure where you have a scar and can see where they went; it's nothing like that. I never felt pain. I had slight discomfort at times but slept through the next 24 hours and went home the day after."

Josea was extremely pleased with the results. "I felt when the fibroids in my chest dropped. One day, my stomach was high, and the next day, it was low." With the blood supply being cut off to the fibroids,



Photo: Dr. Jocelyn Brookes

they could no longer grow. "Because I've had fibroids for such a long time, Dr Brookes explained that this is not a 100% procedure; he estimated that 80% would go, but because of how old and big mine were, there are some that would have tapped into a backup supply of blood, and that even though the main supply was cut off the expectation was that there would be a few left behind. So the expectations set from the beginning were very clear, and for me, the biggest thing was not having to undergo major surgery because I am at high risk of having blood clots." Josea was on bed rest for two weeks without any issues. Over the following months, Josea had very heavy menstrual cycles because the fibroids were passing out of her body, and during that time, her stomach became visibly flatter. The results of her follow-up MRI 6 months later were drastically improved. "It was a very different result from the first one. You could see the reduction of them; it's supposed to take a year plus for everything to take. Unlike a myomectomy or anything else where you go in and take them out, it doesn't work like that. You have to give your body time to let everything work. It's a slower process, but the



Photo: large uterine fibroid with gestational sac by ultrasound

beauty of it is that the procedure has changed the environment that allows the fibroids to grow; if the fibroids were to return, it would take about 20 years. Whereas with a myomectomy where you just take them out, the fibroids will grow back faster because the internal conditions are the same."

Josea's overall experience at Bayview was a great one. Along with the procedure's success, the way people dealt with and spoke to her put her at complete ease. "They made it a really warm and inviting experience in which to have the procedure. There was nothing that felt ominous at all. The nurses checked on me every hour on the hour, making sure I was ok....The food was very good, too!"

Asked if she would recommend having the procedure done to anyone else Josea gave a resounding yes. "I've already sent three or four of my friends to get this procedure done; that's how pleased I am with this procedure. The best thing to do is speak to Dr. Brookes because there are alternatives, and he can guide you. He has a very calming demeanor, and when he talks to you and explains what is in the procedure, you feel so at ease that nothing ruffles you. So that is a real testament to his skill and experience."

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SOMETHING TO LOOK FORWARD TO

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