



TREE TOP
HOSPITAL

NEWSLETTER



Anniversary Edition

Q1-22



Adil Moosa
Chief Operating Officer

A Message from the COO

Welcome to the Anniversary Edition of Tree Top Hospitals TTH Newsletter.

The past year has been a successful year for Tree Top Hospital. We are proud to highlight our achievements.

Tree Top Hospital launched the Women and Child Health Clinic. Our Obstetrics, Gynecology and Pediatrics department's services are being offered on the 3rd floor of our building.

In partnership with Villa College, we have awarded the TTH Scholarship for students pursuing nursing studies at the bachelors and diploma levels in our efforts to promote education and building Maldivian healthcare professionals.

As part of our continuous efforts at broadening the areas of medical care we can offer our guests, we have introduced new specialties such as Family Medicine Clinic (General Consultation), Pain and Rehabilitative services for Cancer patients, Child Nutrition Clinic, Furthermore, our labor team successfully delivered the 1000th baby in August. This is an exceptional milestone that we celebrated.

Tree Top Hospital was founded with the goal of becoming the Maldives' leading healthcare provider by providing international healthcare standards and high-quality outcomes to customers while also ensuring the organization's long-term viability.

Tree Top Hospital is where it is today because of the hard work and dedication of our employees. I'd like to express my heartfelt gratitude to our entire team for their invaluable contributions that have led us to where we are today. I'd like to take this opportunity to thank our staff for another year of hard work and dedication to achieving our vision of being the best health-care provider in the Maldives and the South Asian region.

Tree Top Hospital has a number of exciting projects in development for the future. This includes expanding our health care services to include a Fertility Clinic where services such as Intra-Uterine Insemination (IUI) and In Vitro Fertilization (IVF) are provided (IVF). Tree Top Hospital intends to open a clinic in Second Phase of Hulhumale' in the near future.

We hope that this Newsletter will provide our Guests interesting knowledge on different health topics and other information on our services.

Editorial Team



Co-Editor
Mohamed Hoodh
Public Relations Manager



Co-Editor
Aishath Rukhushath
Marketing Manager

Content Executives



Ihsan Abdul Muhsin
Assitant Field
Marketing Manager



Aini Riyaz
Public Relations
Executive



Aishath Shamha
Marketing
Executive

Design Team



Mohamed Farih
Senior Marketing
& Communication
Executive



Saroofudheen Jamal
Marketing
Executive

Contributors



Mariyam Nashrath
Director of Nursing



Dr. Rukshana Ahmed
Child Nutritionist



Dr. Kanniraj Marimuthu
Orthopaedician



Vimal Raphael
Chief Physiotherapist



Aishath Shafeeu
Head Nurse Labor
Ward



Sonia Joseph
Head Nurse



About Us

Tree Top Hospital officially opened doors on March 1st 2018, aiming to improve people's standard of health through developing and ensuring patients' rights, safety and service quality.

This sleek, ultra-modern private facility features state of the art technology supported by international teams of skilled and knowledgeable doctors and staff with over 30 specialties and 210 bed capacity. The hospital's aim is to pioneer healthcare in the Maldives, by continuously innovating and improving services and fostering precision.

We offer a wide spectrum of specialized health and medical services, ranging from health screening centers leading to high end medical and surgical procedures and services supported by state of the art technology.

Our Vision

To be the leading healthcare provider in the Maldives, delivering international healthcare standards and high quality outcomes to our Guests as well as ensuring sustainability of our organization.

Our Mission

- To be customer focused, preventive, diagnostic, and curative healthcare services that deliver superior outcomes and touch all individuals
- To promote, improve and sustain excellent integrated healthcare services, where trust and ethical behavior are integral to the delivery of care.
- To provide quality training and development that nurtures competent and compassionate healthcare personnel

WHY CHOOSE TREE TOP HOSPITAL

International experience and expertise

At Tree Top Hospital, we have the combined international experience and expertise of highly trained professionals with a wide range of treatment, surgery and diagnostic capabilities, who are committed to excellence in healthcare.

Service Quality and Safety

We employ state-of-art technologies and advanced techniques to promote an exceptional guest experience, as well as efficient, effective healthcare. Our personnel and processes follow the latest research and knowledge in the field with emphasis on safety and reliable care.

Compassionate Care

Our medical and non-medical professionals are dedicated to providing our services with respect, compassion and excellence through the full continuum of care. We welcome and review feedback from our guests and visitors to develop and improve our services.

Individualised Approach

Our guests are at the center of everything we do. As your health and conditions evolve, our care guest-centric programs are designed to allow transition to different levels of care with minimal disruption while receiving the highest quality of healthcare.

Exceptional Healthcare, Close to Home

We strive transform the healthcare landscape of Maldives by creating a guest experience dedicated to superior quality, safety, satisfaction, and the best possible outcomes.

Multidisciplinary Healthcare

Multidisciplinary team care is a key feature in our healthcare approach. Our professionals collaborate across various medical disciplines and departments, to effectively address the full range of health needs and achieve your best possible outcome.





Special Offer

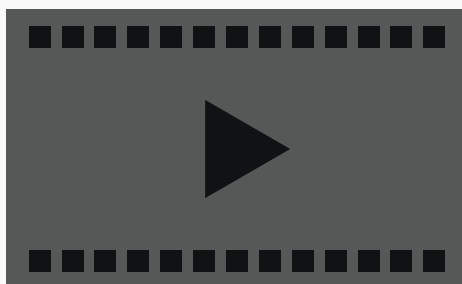
**10%
OFF**

Well Women Packages
Well Male Package
Healthy Living Packages
Heart Screening Packages

Valid from March 1 to 31, 2022

For bookings
3351610

Pain & Rehabilitative Services for Cancer Patients



Rehabilitative Services

Rehabilitative Centre at the Tree Top Hospital include all treatment given to patients, as designed by qualified therapists. Our Rehabilitative services include physiotherapy, speech therapy and occupational therapy. Our specialized healthcare team is dedicated to improving, maintaining or restoring physical strength, cognition and mobility with maximized results, after a person has suffered an illness or injury.



- Pain management
- Musculoskeletal conditions (orthopaedics)
- Neurological conditions
- Cardiothoracic conditions
- Orthopaedic conditions
- Sports injuries
- Paediatric conditions such as Cerebral Palsy, Autism, Downs Syndrome and delay milestone management.
- Pre and post-operative conditions
- Geriatric conditions
- Speech and Language disorders such as fluency disorders, Voice disorders, Articulation disorders and Aphasia
- Hearing disorders such as Presbycusis, tinnitus and auditory verbal therapy

For bookings
3351610





Special Offer

10%
OFF

**Healthy
Living
Packages**

Valid from March 1 to 31, 2022

For bookings
3351610





Tree Top Hospital Pain and Rehab Services

An Interview with Vimal Raphael - Chief Physiotherapist

Tree Top Hospital's Chief Rehabilitative Therapist is Vimal Raphael.

He enjoys spending time with his friends and books, as well as learning new techniques in his line of work. Vimal went on to study physiotherapy after graduating from high school. He believes in movements and self-sufficiency.

His motivation for pursuing this field was the infinite amount of opportunity and the profession's constant development. He enjoys it because it allows him to learn new things while also assisting others.

"We have the power to change someone's life." Physiotherapists assist patients in all

aspects of their lives, including their health, confidence, and even overcoming obstacles.

The most rewarding aspect of Vimal's work stems from the thought that they are making a significant difference to the quality of life of his patients, enhancing their health and wellbeing by restoring functional movement. The most fulfilling aspect of his work is the guest recovery.

"It is the most rewarding when we see the smiling faces of our guests after they recover from their pain"

One of the most memorable cases in his career is a pediatric case, a CP case, when a guest is able to independently sit, stand, or

walk, and the parent's face lights up. According to Vimal, the elated moment is the best to experience as a therapist.

The majority of people anticipate a quick or rapid recovery. Explaining the care plan to the guest is a challenge that we face on a daily basis. His patients have taught him valuable life lessons such as patience.

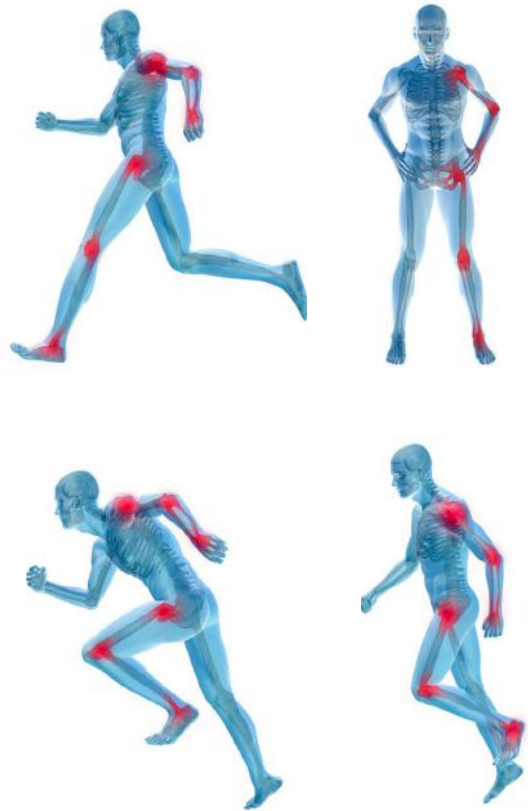
Vimal chose Tree Top Hospital because he wanted to work abroad and learn about a new culture and people. He was hired as a pre-opening staff member. He was impressed by TTH's efforts to improve the Maldives' health-care system, and he wished to provide the best possible care to the Maldivians.

Vimal sees his future and his field of work as one in which he will continue to learn new methods and approaches that will assist our guests in recovering from pain or illness and maintaining a high quality of life.



Protect Yourself From Sports Injuries

Article by: Dr. Kanniraj Marimuthu



It is commonly said that “injury is just part of the game”, whether someone is playing for passion or fitness.

Sports injuries may have long term consequences and is essential to stay safe and avoid painful injuries while playing. According to American Academy of Orthopedic sports related injuries can be prevented up to 25 % by taking appropriate preventive measures.

Prevention is always better than cure and it can be defined as

- **Primary prevention** – Avoiding the injury – Steps for primary prevention are presented below.
- **Secondary prevention** - early diagnosis & treatment once an injury has occurred. The goal of early diagnosis is to ensure that the injury is receiving proper care and recovering

correctly, thereby limiting the concern for other medical problems that can result from the initial traumatic event.

- **Tertiary prevention** - to reduce the occurrence of sequelae / long term consequences of the injury. This is focused on rehabilitation to reduce and correct an existing disability resulting from the traumatic event. In an injured sports person, physiotherapy and rehabilitation exercises to regain balance, flexibility and strength, use of braces to help gradual & supervised return to sports is tertiary protection.

Primary prevention – Avoiding the injury
Some of the essential steps to prevent sports related injuries are;

Keep in shape and condition muscles before playing a Sport

Weekend warriors tend to have a high rate of sports injuries. Try not to overdo it when beginning a new activity or returning to your sport after a break.

You need to strengthen your muscles as well as increase flexibility, balance and endurance to be able to last any game. It is incorrect to expect the sport itself to get you into shape. By understanding your limits, the chance of sustaining a sporting injury is reduced.

Stretching and Warm up

Adequate and appropriate game specific stretching and warm up exercises are very crucial for injury prevention. Warm up is particularly important in sports requiring quick, dynamic movements such as football and basketball.

Conditioning programs like the FIFA 11 program can be incorporated into pre-game warm up sessions in football to prevent injuries. These exercise programs have been researched extensively and several studies have shown that they are effective in preventing football related injuries. The program does not require any special equipment other than a ball and can be completed in 20 minutes.



Don't forget to hydrate

Playing in hot and humid climate like in Maldives is likely to lead to dehydration, if enough water is not consumed. Dehydration can lead to fatigue which increases the chances of injury. It is essential to drink adequately before, during and after the sports.

The best drink for avoiding dehydration is water. Coconut water is a good alternative as it is rich in electrolytes and less sugary. Drinks containing caffeine can lead to increased dehydration.

Drink 500ml of water half an hour before game, 250 ml of water every 20 minutes of game or more based on thirst. After the game 1-2 Liters of water will help replace, the fluid lost during sports. The more active you are the more fluids you should be putting back into your body.

Learn proper technique

Learning the proper technique specific to each game and move is vital to avoid injuries. In football, it is essential to learn proper way of tackling as it a risk factor for injury. The player should be leading with and initiating contact with the shoulder. While tackling head should be held up and should not lead with the helmet.

Similarly learning proper landing techniques and change of direction technique will help prevent ACL injuries in Knee



Use appropriate protective gear

In sports where knee and ankle injuries are common, such as netball and football, correct footwear is essential to absorb the impact of movement as well as provide adequate support for your ankles and feet.

Protective equipment such as knee and elbow pads, helmets, mouth guards, gloves or shin pads may be helpful in many contact sports.

Rest adequately

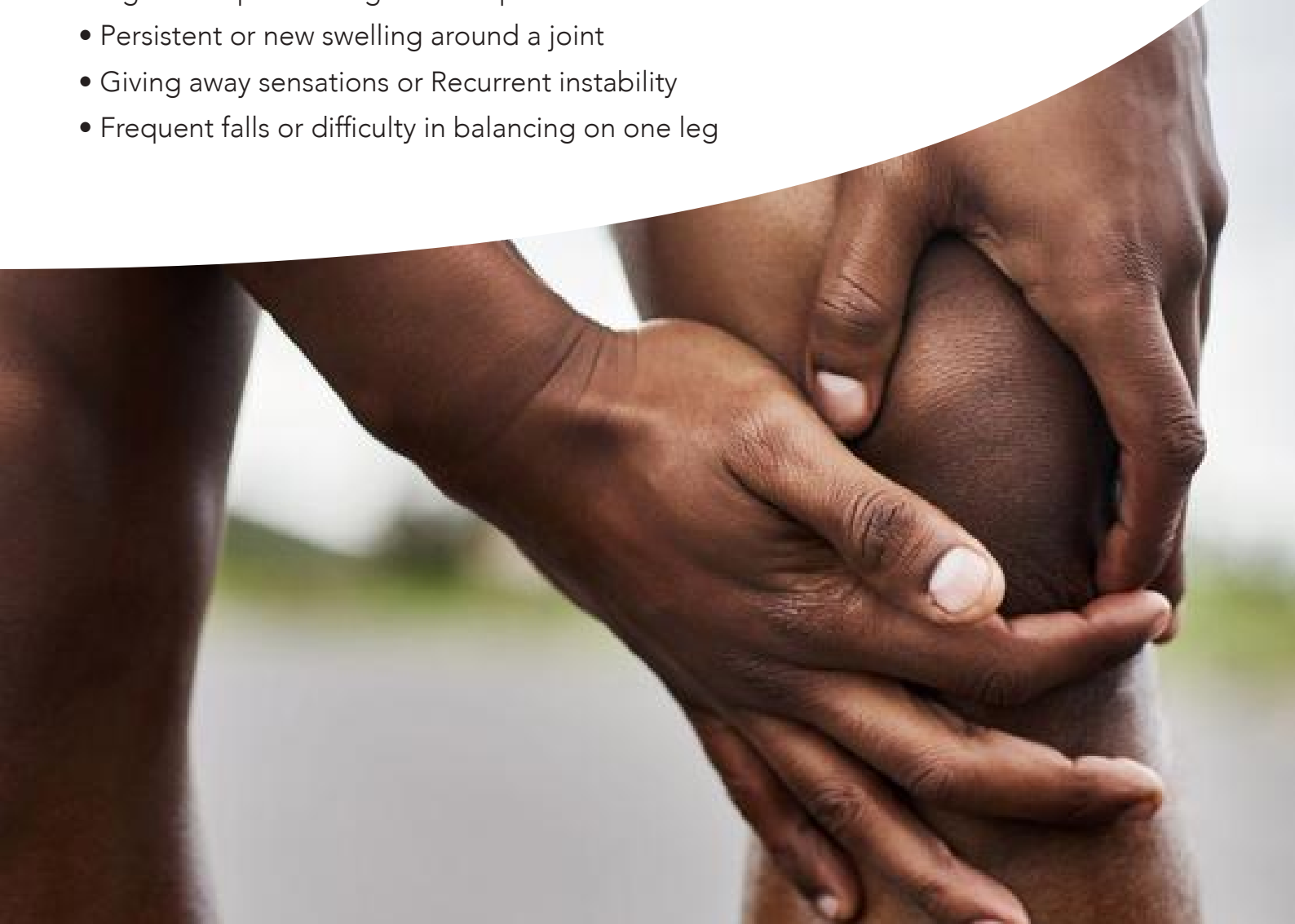
Continuous training days without enough breaks will lead to increased risk of overuse injuries. Rest is a critical component of proper training. Getting enough sleep and proper rest are critical components of proper training. Rest prevents injuries of overuse, fatigue and poor judgment.

Listen to your body

Don't try to tough it out. If you are not feeling good while playing, just take a break. Working through the pain can only increase your risk of injuries or worsen the existing one.

Seek medical consultation if your injury causes

- Painful pops
- Significant pain during or after sports
- Persistent or new swelling around a joint
- Giving away sensations or Recurrent instability
- Frequent falls or difficulty in balancing on one leg





Q: What is Knee Cap Instability or recurrent patellar dislocation?

A: Recurrent Patellar Dislocation or recurrent patellar instability refers to the condition where the knee cap bone "Patella" keeps moving out of its normal position repeatedly.

Q: Where is Knee Cap Patella located in our body?

A: Knee joint is formed by lower end of thigh bone & upper end of leg bone. Patella or Knee cap is a small bone that sits in front of the knee, in a groove in the center of the thigh bone. As we straighten and bend the knee, the patella moves up and down. Normally it remains in the center of the thigh bone in its groove as it moves up & down.

Q: What happens in Patellar instability?

A: Dislocation –when the knee cap moves out completely.
Subluxation: where the knee cap moves out partially

Q: How likely am I to get a patellar dislocation?

A: Patellar dislocation is common in athletes who participate in high-impact sports;

teenagers and young adults are more likely to experience it because their joints and ligaments are looser due to growth spurts. Young women with hormone-induced ligament laxity and people with loose ligaments or tissues have the possibility of getting this condition



Q: What are the symptoms of Patellar Instability - Dislocation?

A: When a dislocation occurs you may face symptoms such as severe pain and swelling at the knee, you may also have the inability to walk or bend the knee.

Q: How can you identify the symptoms of Patellar Instability - subluxation?

A: If it is a subluxation you may face symptoms such as getting a sensation of knee cap moving out of pain, knee pain, audible sounds and locking of knee.

Q: What happens when your knee cap dislocates?

A: When your knee cap dislocates the ligaments are damaged. This will also cause damage to cartilage. Due to a knee cap dislocation is likely for patient to arthritis and have remnants of fractures.



Special Offer

10%
OFF

Well
Male
Package

Valid from March 1 to 31, 2022

For bookings
3351610



Women's Day 2022

Women in leadership: Achieving an equal future in a COVID-19 world – UN



#Break TheBias

International Women's Day 2022



Special Offer

10%
OFF

Well Women Packages

Valid from March 1 to 31, 2022

For bookings
3351610



Women's Day 2022

Women's Day Features



Aishath Shafeeu

Head Nurse Labor Ward

Aishath Shafeeu chose to be a nurse because she wanted to be a useful person in life, helping others in need.

A common topic of discussion in the workplace is the existence of diversity. Aishath Shafeeu believes that diversity helps us understand the differences between people and cultures, allowing us to learn about other people's values and beliefs.

Aishath Shafeeu sends this message to young women pursuing their careers and lives on the occasion of International Women's Day.

Collaborate with other professionals to achieve the same goal. Patient satisfaction and providing exceptional care were two of my main motivators. Even if you fail, learn from your mistakes and move forward; every day is a learning experience; constantly reflect on your mistakes and develop in order to empower yourself.

Aishath Shafeeu lives by the motto "be there when in need, anticipate what is expected, and always be prepared."

Women's Day 2022

Women's Day Features

Sonia Joseph

Head Nurse - Outpatient Department

Sonia Joseph is the Outpatient Department's Head Nurse. She is deeply committed to assisting others and believes in honest and humble work.

According to Sonia Joseph, International Women's Day is important because it recognizes women's achievements in various social, economic, cultural, and political fields.

The 2022 Women's Day theme, 'Gender equality today for a sustainable tomorrow,' means giving women at work a voice in decision-making processes.

To young women and girls considering a career in nursing, I would recommend it as a professional career that allows you to stay in close contact with people. We can demonstrate compassion and care while also pursuing a rewarding career. Always remember to be emphatic and to provide the best care you can.



Women's Day 2022

Women's Day Features



“The female workforce at the TTH Nursing department 90% are female nurses from the Maldives and other nationalities”



Mariyam Nashrath Statements from DON – Nashrath



Mariyam Nashrath is the Director of Nursing at Tree Top Hospital. Her nursing career spans more than 21 years. She has worked as a bedside nurse for 9 years before moving career pathways to nursing administration.

Mariyam Nashrath has an extensive educational career, she completed her Bachelor of Nursing from Maldives College of Higher Education and her Master of Nursing Science in Nursing Administration.

She began her career as a senior registered nurse at IGMH. She has also performed in the role of Director of Nursing at ADK Hospital before joining as the Director of Nursing at Tree Top Hospital.

"You have chosen a very important and honourable profession; the privilege of caring for others when they need it most. Take care of patients and families like your own, communicate clearly and compassionately with them. Ensure patient safety is always your priority. Never stop learning as you are

the resource for the lives you touch. Broaden your career by exploring the different areas of nursing and finding the area you are most passionate about. To be successful always remain open-minded and flexible in your career decisions."

The nursing shortage is not just an issue in the Maldives, but also a global problem. The demand for nurses has increased more than ever due to various factors so additional nurses need to be educated and employed to maintain a safe health care delivery system. Thus, in 2021 Tree Top Hospital introduced scholarship programs for students pursuing Diploma and Undergraduate Degrees in Nursing. The purpose of the nursing scholarship is to provide nursing education opportunities for existing students and for new nursing students who are pursuing nursing education.

Tree Top Hospital Nursing Scholarship aims to provide valuable opportunities for nursing students who are interested in pursuing a career in Nursing in the Maldives. Tree Top Hospital is focused on developing local talent and since Nurses require a commitment to lifelong learning. Nurses need to participate in continuing education and self-directed learning to enhance their clinical growth and to become expertise in the work. Continuing professional development is vital for keeping nurses' knowledge and skills up-to-date. In Tree Top Hospital we provide professional development plans and opportunities for new and existing nurses using regular CPD sessions, workshops, on the job training, conferences, webinars etc.

Women's Day 2022
Women's Day Features



Women's Day 2022

Women's Day Features



Hawwa Sana Rashad
Tree Top Hospital Nursing Scholarship Recipients

Hawwa Sana Rashad is one of the recipients of the TTH Nursing Scholarship. She is pursuing a Diploma in Nursing at Villa College and is currently working at Tree Top Hospital as a Nursing Assistant in our nursing department.

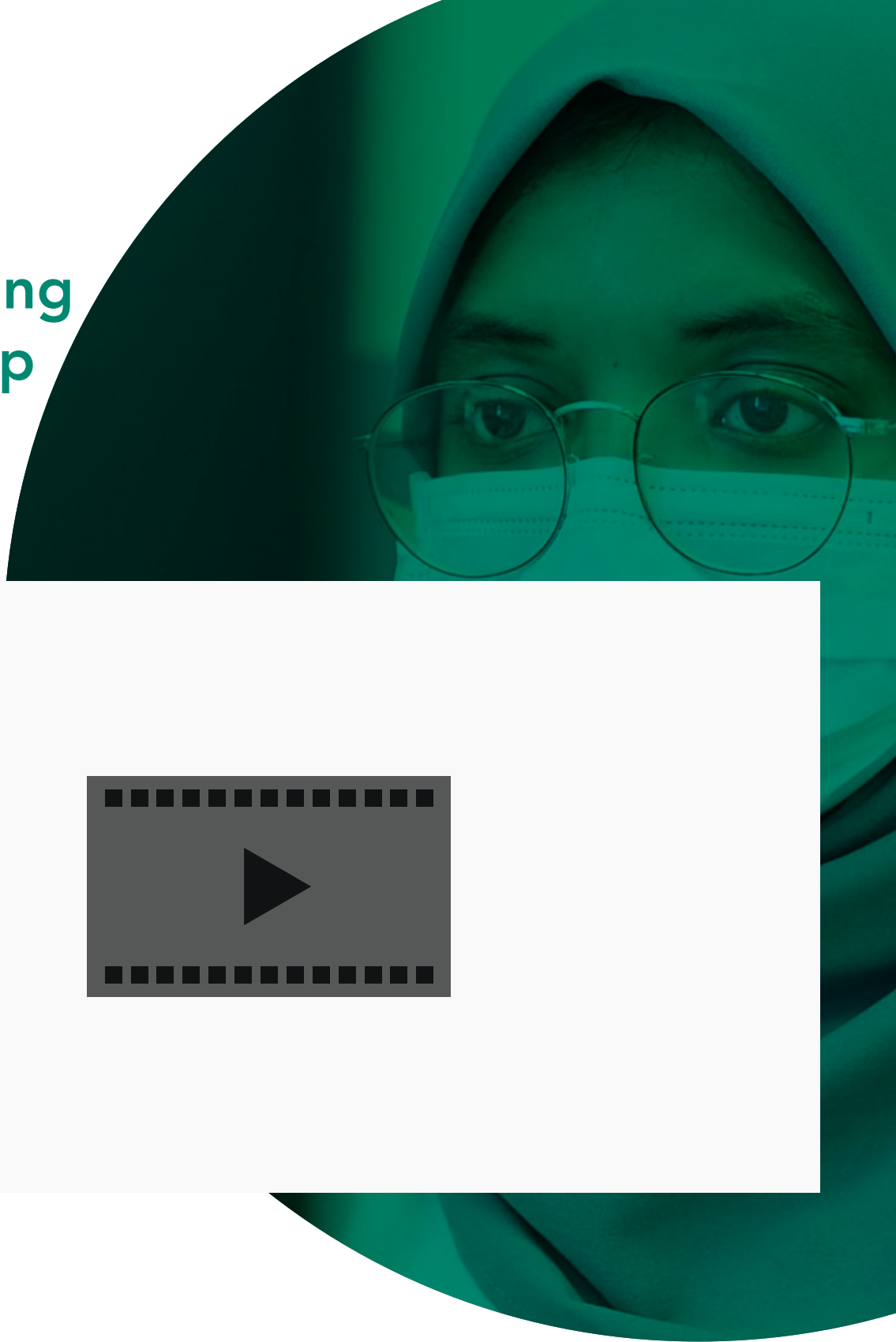
Her decision to pursue nursing stemmed from her joining TTH and working as a ward clerk. She was intrigued by how selfless and compassionate nurses were. The most interesting aspect of the nursing profession to her was how they provided care to everyone with the same kindness and love. She dreams of dedicating her life to providing care to patients without any impartiality.

Attaining the TTH Nursing scholarship is one of Hawwa Sana's most notable achievements. This opportunity provides her with a stepping stone to her lifelong dream of becoming the nurse that she has aspired to become.

"As a nurse, we have the opportunity to heal the heart, mind, soul, and body of our patients, their families, and ourselves" this quote by Maya Angelou is embedded in Hawwa Sana's belief and her work ethic. After her studies, Sana plans to continuously learn and apply her skills to develop as a nurse and serve the community.

Tree Top Hospital's largest group of employees comprises nurses, as they play a key role in the provision of healthcare services. Under the Tree Top Hospital Nursing Scholarship, seven students are currently pursuing studies. Considering the demand for nurses and their valuableness towards patient care, Tree Top Hospital acknowledges the key role of nurses in providing service excellence and strives to empower local nurses through the support of further education and training.

Interview with Nursing Scholarship students



“My goal is to commit myself to the service of humanity and I want to be fully committed to nursing and keep on learning”



Fathuhunnisa's Experience

Fathuhunnisa's shares her experience at **Tree Top**

Tree Top Hospital successfully completes spine surgery: Fathuhunnisa's shares her experience

Fathuhunnisa suffered from Chronic Lower Back pain for over 15 years. Recently, Fathuhunnisa successfully received Micro decompression Spine Surgery to treat her lower back pain at Tree Top Hospital. She shares her experience.

Fathuhunnisa has been consulting for her pain over the past 15 years. To reduce the pain she received an injection in order to not go through operating.

Micro decompression spine a minimally invasive surgery performed for herniated disc. She received the recommendation to undergo surgery from two doctors and with the final opinion of Dr. Juan she chose to proceed with the surgery at Tree Top Hospital. The main definitive factor to go through with the surgery from Tree Top Hospital arose due to the recommendation of her fellow islanders whom have gone through with the same surgery. In addition to this it was due to the opportunity to be able to undergo surgery without having to leave Maldives at Tree Top Hospital Post-Surgery Fathuhunnisa is able to now



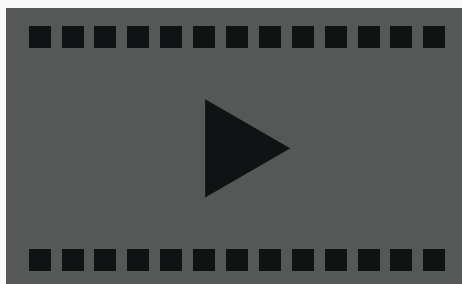
Dr. Juan Lourido

sit and move without any discomfort. Fathuhunnisa has had a pleasant experience during her physiotherapy sessions, and recommends to visit Dr. Juan if anyone is going through a similar situation.

Dr. Juan Lourido is a Neurosurgeon with extensive experience in diagnosing a wide range of neurological conditions and performing surgery with minimally invasive techniques. He has served as Head of Neurosurgery at Hospitales San Roque, Spain and as Director at ICN-Instituto Canario de Neurocirugia, Canary Islands. Dr. Juan has to his credit several visiting fellowships; Microsurgery in Zurich, Neuro-Intensive care in Lund University, Neuro-Oncology at Harvard University and Melbourne, Australia and Vascular in Dallas, America.

Our Neurology & Neurosurgery department is led by highly qualified and well-trained specialists with expertise in all areas of neurosurgery. Tree Top Hospital utilizes the latest techniques and technology to improve service and care for individuals of all ages. Tree Top Hospital is a consultant-led specialty hospital committed towards providing quality services at competitive rates and strives to deliver excellence in healthcare in the Maldives.

Anniversary Video



Celebrating 4
years of excellence
in healthcare in
Maldives



Eat-right food plate for your child

By Dr Rukhshana – Child Nutrition Clinic

Children need a variety of nutritious food for better growth and development. Many parents know that their child needs healthy food. Yet, a common concern parents have is how to give the right food and the quantity to feed their child. Their concern is even greater when the child is a fussy or picky eater. To help parents with the “Eat right” matters, here we have illustrated the good food plate diagram as a guideline on the type of foods and the amounts to feed your child.

Food is the fuel your child needs to thrive. The fuel is derived from the nutrients in foods and comes in two major categories: macronutrients and micronutrients. The macronutrients are carbohydrates, proteins, and fats. One half of a child’s plate should be filled with these types of foods. The micronutrients are vitamins and minerals, and it mainly comes from fruits and vegetables.

To add to these foods a child needs fibre to help with digestion and water.

Carbohydrates

This food component mainly comes from grains and is a major source of energy. Fill a quarter of the plate with carbohydrate-rich foods. These can be rice, roshi, pasta, bread, or oats. If a child is a fussy eater, go slow with smaller amounts and mix it up and make it in different forms.



Fruits and vegetables

This is the main source of vitamins, minerals, and fibre. These foods are needed to build your child's immunity, digestion, absorb iron and help your child to grow. The majority of parents have difficulty getting their children to eat fruits and vegetables. Take advantage of the colours of fruits and vegetables and mix them up to make your child's plate look colourful. Arrange fruits and vegetables to make fun shapes. You may offer some vegetables raw, like salads or steamed, boiled or in sauces. Another idea is to get your child involved in the preparation of their food. Take them food shopping, ask them to help in the kitchen in preparing their food and give them age-appropriate tasks. In this way, children will get to touch, feel, and smell their food before it comes on the plate. Getting the child to be part of the food preparation gives them a chance to know their food plate and it increases the likelihood of them eating more vegetables and fruits.



Proteins

When we think of proteins, we think of animal sources: chicken, fish, beef, and lamb. This type of protein is often hard for young children to eat. They are chewy, have a hard texture and have strong flavours, which often puts off the child from eating them. Try and make them in different forms. Some ideas

are to mince and make nuggets, fish balls, and pair them with foods your child likes to eat. Always remember there are plant foods too which are rich in proteins: lentils (mugu), peas, beans, soya, and nuts. Include them on your child's plate at different meals. Offer nuts as snacks. Proteins are the source of foods to build up muscles, repair body tissues, have healthy hair and provide energy.



Fats

Fats are important for young children to get their calories and energy and you should give them to your infant and toddlers. Some fatty acids like linoleic acid are necessary for your child's brain development and it is not made in the body. We must provide it by including fats in your child's diet. Fats also help to absorb some vitamins like vitamin A, D, E and K. Good fats are essential for your child and come from foods such as olive oil, sunflower oil, avocados, nuts, and nut butter like peanut butter, etc.



Milk and dairy

A growing child needs to develop their bones. Milk and milky foods such as yoghurt and cheese help a child to have strong bones and teeth. Provide these foods in different forms like yoghurt drinks, cheese slices or in sandwiches for school lunch or prepare smoothies or milkshakes.



Water

Get your toddler child to drink water and make it their best drink. Serve water at mealtimes and offer water in between meals. You can get bottles your child likes and offer water in it, or glasses or in Sippy cups.

Parents are the child's first teachers to healthy eating. Children like to imitate adults and learn by watching what the parents do at mealtimes. It is important that parents role model and eat healthy foods in front of their children. The other things to consider in getting your child to eat a variety of foods and fruits and vegetables are:

- Make mealtimes a fun time
- Avoid using distractors such as having the television on, giving the iPad, or phone
- Stay relaxed when feeding your child
- Get your child to sit and eat
- Engage with the child during mealtimes
- Talk about food to your child: colours of

fruits and vegetables, food textures and flavours

- Make changes to your child's diet slowly, add different fruits one at a time
- Know that child between the ages 2-5 years have a reduced appetite, their growth slows down from infancy.
- Children may eat one type of food at a time and may go off it. It's the time to introduce a new food to your child.

Make mealtimes a fun time



Tree Top Hospital prioritises healthy eating and healthy growth of your child. To help you and your child on nutrition matters, TTH has started the Child Nutrition Clinic. The CNC provides the services of multi-speciality team and includes nutrition specialised Paediatrician, dietician, nurses trained in anthropometry (body measurements), occupational therapist, physiotherapist and speech therapist. At the CNC, your child's growth is assessed, to find if they are underweight or overweight, malnourished, or obese and help track age-appropriate weight and height. We help with your child's diet plan, calorie count and offer advice on improving your child's diet. Our CNC team gives special attention to children who have the problems of food aversion, slow eaters and chewing difficulties and resolve these problems. At CNC, when necessary, we screen to detect food and diet related medical conditions, food allergies and other childhood gastrointestinal problems.

While we at TTH CNC are here to help your child eat better and grow better, we stress the child's parents are most important persons to get your child to eat healthy. What parents eat affects how a child eats? Therefore, the message we would like to offer is "create healthy eating habits at home for the entire family" to get your child to eat nutritious and healthy foods.



GUEST SERVICES





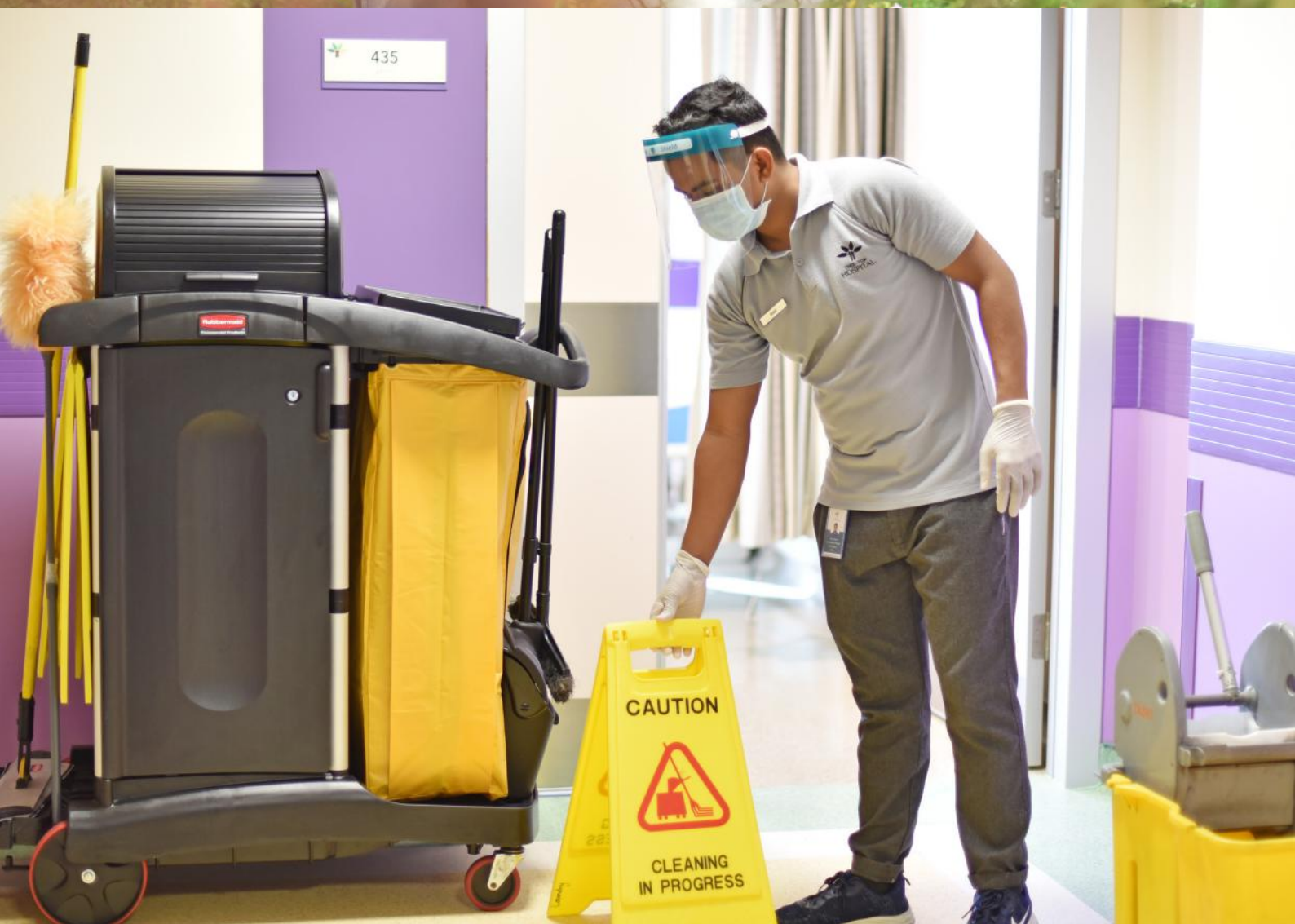
CONTACT CENTRE



LABORATORY



HOUSEKEEPING SERVICES



Join the
Tree Top Community



@TreeTopHospital

