



The Eastern *Vibes*

Monthly Newsletter 2017

January 2018, Issue #44

ERHA HOSTS COMMUNITY CONSULTATIONS



(at left) Ronald Tsoi-a-Fatt, Chief Executive Officer, brings greetings at the Community Consultation at Toco Health Centre



(at right) Community members at Cumuto Outreach Centre's Community Consultation

The Eastern Regional Health Authority has embarked on a series of Community Consultations throughout the Eastern Region in an effort to improve on its delivery of healthcare to the public.

During the month of January, sessions were held at Toco Health Centre, Rio Claro Health Centre, Manzanilla Outreach Centre and Cumuto Outreach Centre.

At the sessions, community members were given the opportunity to meet with the ERHA's Management Team, raise concerns as well as express commendations on the services they receive at the facilities they visit.

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ERHA HOSTS COMMUNITY CONSULTATIONS (continued)

During each of the consultations, community members praised staff for excellent service and also gave suggestions for improvement.

Ronald Tsoi-a-Fatt, Chief Executive Officer, underscored the importance of caring in the provision of healthcare during his remarks at each session. He also gave community members the assurance that their recommendations would be discussed at

upcoming Management meetings.

The ERHA's Community Consultations will be held at all the health facilities within the Region with the next session carded for Thursday February 22, 2018 at the ERHA's Learning Resource Centre, Mayaro. All sessions will begin at 4:00 p.m.

Take a look at some of the highlights from the sessions held in January as well as the roster for the



Dr. Allana Best, County Medical Officer of Health (Ag), St. Andrew/St. David, delivers a presentation at Toco Health Centre as members of the Head Table look on. (From left: Anjanie Singh-Gyan, Area Administrative Officer, Dr. Venkata Ramana Vendula, Primary Care Physician II and Ms. Verna Bacchus, Primary Care Nursing Manager, St. Andrew/St. David



Members of the ERHA Management Team listen attentively to proceedings at the Rio Claro Health Centre



Mr. Rushton Paray, Member of Parliament for Mayaro, makes a contribution at the Consultation held at the Rio Claro Health Centre



Community members and staff of the ERHA at the meeting held at the Manzanilla Outreach Centre



Community member makes a contribution at Manzanilla Outreach Centre



Community member gives a suggestion at the session held at Cumuto Outreach Centre



Folasade Charles, Administrative Assistant Ag. (left) and Kimberly Beharry, Junior Administrative Assistant, (right) take notes at the meeting held at Cumuto Outreach Centre

Upcoming Community Consultation Sessions 2018

| Date | Venue |
|-------------------------------|---------------------------------|
| Thursday 22nd February, 2018 | ERHA's Learning Resource Centre |
| Wednesday 28th February, 2018 | Matelot Outreach Centre |
| Wednesday 07th March, 2018 | Sangre Grande Health Centre |
| Wednesday 14th March, 2018 | Coryal Outreach Centre |
| Thursday 22nd March, 2018 | Brothers Road Outreach Centre |
| Wednesday 28th March, 2018 | Grande Riviere Outreach Centre |
| Wednesday 04th April, 2018 | Matura Outreach Centre |
| Thursday 12th April, 2018 | Guayaguayare Outreach Centre |
| Wednesday 18th April, 2018 | Valencia Outreach Centre |
| Wednesday 25th April, 2018 | San Souci Outreach Centre |
| Wednesday 02nd May, 2018 | Cumana Outreach Centre |
| Thursday 10th May, 2018 | Biche Outreach Centre |
| Wednesday 16th May, 2018 | Sangre Grande Hospital |

WORLD LEPROSY DAY 2018

World Leprosy Day is observed annually on the last Sunday of January. This year focused on the aim of zero cases of leprosy-related disabilities in children with the theme, "Zero Disabilities in Boys and Girls"

Early detection is key to achieve this target, alongside scaling up interventions to prevent leprosy transmission.

ERHA WELCOMES ITS FIRST BABY FOR 2018



(from left) Joyce Grandison Spencer, Midwife, Ronald Tsoi-a-Fatt, Chief Executive Officer, Keisha Johnson with baby, Sebla La Rose-Orr, Midwife, Muminah Abdul-Basit, Midwife and Alicia Sandiford, Patient Care Assistant

The Eastern Regional Health Authority welcomed its first baby for 2018 at the Sangre Grande Hospital at 2:15 on New Year's morning.

The healthy baby boy, weighing eight pounds was born to Ms. Keisha Johnson from Matura.

Ronald Tsoi-a-Fatt, Chief Executive

Officer, was on hand to congratulate Ms. Johnson and presented her with a hamper filled with baby products.

A total of two (2) babies were born at the Sangre Grande Hospital on New Year's Day 2018.



ERHA INTRODUCES ITS MATERNITY DAY ASSESSMENT UNIT

The Eastern Regional Health Authority proudly introduced its new Maternity Day Assessment Unit (MDAU) at the Sangre Grande Hospital on January 09, 2018.

A small opening ceremony was held to officially open the new Unit where Dr. Devendra Singh, Head of Department Ag., Obstetrics and Gynaecology, gave a brief overview of the MDAU and its main purposes.

At the event, Ms. Winnifred Vambe, Head Nurse at Ward 4, provided the nursing staff with guidelines and information on the operational process of the MDAU and also thanked her nursing staff for their support and commitment to service.

About the MDAU

The MDAU is an outpatient Unit located on Ward 4 at the Sangre Grande Hospital. It is designed to identify and monitor pregnant women with urgent or ongoing obstetric complications. The Unit provides care for women with complications after the 20th week of pregnancy in an effort to ensure improved outcomes for both the mother and her baby during the antenatal and postnatal period.

The Unit is a midwifery-led service with support from the obstetric doctors. The unit is open from 8am to 4pm Monday to Friday and accepts internal referrals from the Antenatal Clinic or Accident and Emergency as well as external referrals from General Practitioners, District Health Visitors and other health care professionals from local health facilities. The

Unit's contact number is 701-8605.

The purposes of this service are:

- To monitor both maternal well-being e.g. blood sugar / blood pressure monitoring
- To monitor fetal well-being e.g. mothers with decreased fetal movements
- To facilitate pre-operative assessment for those having planned Caesarean sections
- To ensure women receive consistent advice throughout their pregnancy e.g. postnatal issues, episiotomy and wound care etc.
- To reduce unnecessary hospital attendance for low risk mothers
- To ensure high risk women are identified early and assessed in an appropriate setting.

The Authority aims to have an ultrasound service established within the Unit in the near future which will facilitate increased surveillance during pregnancy in order to identify and minimize risks to both mother and baby.

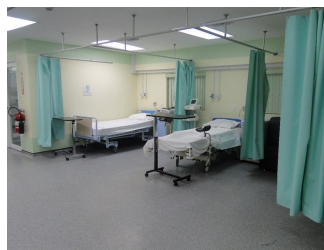
The opening of the new Maternity Day Assessment Unit is one of the many successes of the ERHA and it greatly enhances the Authority's current services.

The ERHA continues to progress and improve the quality of healthcare services provided to the population.

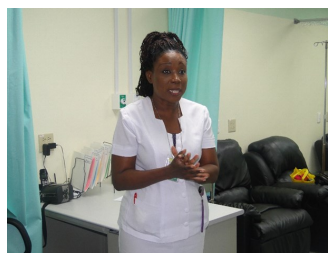
See photos below.



Staff members of the Sangre Grande Hospital pose for a photo at the MDAU



Beds at the MDAU



Ms. Winnifred Vambe, Head Nurse, Ward 4, provides details on the MDAU and its process flow



Dr. Devendra Singh, Head of Department Ag. (Obs & Gynae) gives an overview of the MDAU

PHARMACY ESSAY COMPETITION 2017: WINNING ESSAY

In celebration of Pharmacy Week 2017, the County St. Andrew/St. David's Pharmacy Department conducted an essay competition where staff members submitted essays on the role of Pharmacists and Pharmacy Assistants in managing patients with NCD's. Below is the winning essay which was submitted by Eliel Briggs, Registered Nurse.

“MEDICATION SPECIALISTS”: THE UNRECOGNIZED HERO

The roles of the Pharmacist and Pharmacy Assistant are crucial parts of the team effort towards managing patients with NCD's. From the lens of a registered nurse, this fact appears to be downplayed among members of the health care team, and can adversely affect the patient. I do believe that relevant and appropriate medication can and will have a major effect on the health and/or rehabilitation of patients with NCD's and therefore puts the "Medication Specialists" at the very centre of patient care.

There are other points of reference that will strengthen this proposal. One is of course the fact that almost all NCD patients are managed with medication. Ninety-nine percent (99%) of patients in the average ERHA Chronic Disease Clinic will visit the pharmacy before leaving the health centre. All Major NCD's are treated with Medication which again puts Pharmacy staff as heavy weights in the management of these patients. Though doctors are versed in medication after years of practise, they are not the specialists in this field and are known to be prone to medication errors.

Medication in some cases can be strong chemicals that can kill human beings if not taken right. One role of Pharmacists and their Assistants when dispensing drugs is to dialogue with their patients to ensure that their condition warrants the medication ordered and advise the patient on side effect, adverse effects and drug interactions. For NCD patients who may be on one to ten or more different drugs with one or many different conditions the Pharmacist may just become their best friend.

Pharmacists and their Assistants; the Medication Specialists, at the very heart of patient care may just be the most overlooked, overworked, underpaid members of the health care team, but the hard work and dedication of this part of the team may just be the difference between life and death for some of our patients. The next time you collect your medication, don't forget to say thank you.

NAMA'S HEALTHY RECIPE CONTEST 2017 - MOCO LASAGNE (winning dish)

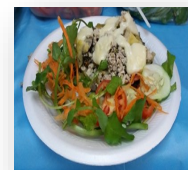
In recognition of Chronic Disease Awareness Month which is held annually in the month of November, the County Nariva/Mayaro's Health Education Department conducted a healthy recipe contest with the Chronic Disease Support Groups. The competition was won by the Brothers Road Outreach Centre Chronic Disease Group who prepared Moco Lasagne. See below for the recipe:

Ingredients

- 12 Half ripe Moco
- 2 cups of cooked spinach
- 1 lb minced Chicken breast
- ½ lb Pumpkin
- 1 lb Melongene, cut in thin slices
- 1 cup thinly sliced ochroes
- 2 tbsp. chopped pimentos
- 1 tbsp. chopped celery
- 1 cup chopped sweet peppers
- 1 tsp. olive oil
- ¼ tsp salt
- ¼ tsp black pepper

Method

1. Boil and slice moco lengthwise.
2. Steam spinach or dasheen bush with ochroes, pimentos and sweet pepper.
3. Cook and mince chicken with celery, chive and olive oil
4. Steam pumpkin and melongene.
5. In an oven lightly spray baking tray with vegetable oil.
6. Put a layer of moco, then top with spinach or dasheen bush, chicken, pumpkin and melongene.
7. Repeat to make three layers.
8. Cook in oven at 350 F for 30 minutes.
9. Serve with white sauce or cheese sauce and salad.



Influenza A H1N1: What you need to know!

Influenza A (H1N1) virus is a flu virus that is contagious and causes respiratory illness. It is spread among humans through droplets containing the virus as they are released into the air by coughing or sneezing and land on surfaces or objects including tables, door knobs, phones or handles.

An infected person can have common flu-like symptoms but can usually be cared for at home. However, persons can develop severe symptoms that require medical treatment.

Persons at risk for severe illness include:

- Pregnant women
- Children (aged 6 months to 5 years)
- Elderly (persons 65 years and older)
- Persons with chronic diseases such as Asthma, Diabetes, Heart & Kidney disease
- Immunosuppression therapy or transplant patients & persons living with HIV/AIDS



Flu Emergency Warning Signs

For Adults:

- Difficulty breathing or shortness of breath
- Severe or persistent vomiting
- Pain or pressure on the chest or abdomen

For Children:

- Fast breathing or trouble breathing
- Not drinking enough water or other fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held

FLU PREVENTION TIPS

- Wash your hands often with soap and water or use alcohol-based hand sanitizer containing at least 70% alcohol.
- People may become infected by touching surfaces or objects such as desks that are contaminated with the flu virus and then touching their mouth, nose or eyes.
- Avoid close contact with people who are sick. If you are sick, stay home from work, school or public places until 7 days after symptoms begin or until 24hrs after they clear up. Get plenty rest and drink clear fluids to keep hydrated.
- Clean all surfaces especially tables, door knobs, phones and toys for children with household disinfectant according to product directions or bleach solution (1 part bleach to 10 parts water).
- Cough and sneeze into the crook of your elbow or shirt collar if you do not have a tissue. When using tissue, throw it away after use and wash your hands with soap and water or 70% alcohol-based hand sanitizer.



SAFETY TIPS FOR CARNIVAL 2K18

The Carnival Season is here and the Eastern Regional Health Authority wants you to be safe this Carnival.

If you are a "Carnival Baby" here are some important tips you should follow:

When attending parties/activities you should:

- ◆ Travel in groups
- ◆ Not carry around large amounts of money
- ◆ Not have wallets and/or purses visible
- ◆ Not accept drinks from strangers
- ◆ Not leave drinks unattended
- ◆ Prearrange transport arrangements and designate an alcohol free driver
- ◆ Wear minimum jewellery
- ◆ Avoid wearing earbuds



When driving to and from parties you should:

- ◆ Ensure that your vehicle is properly secured
- ◆ Lock doors when vehicle is in motion
- ◆ Notify the police whenever you observe any strange activities around vehicles
- ◆ Obey traffic signs
- ◆ Not leave vehicle unattended with keys in the
- ◆ Not leave valuable items exposed in your vehicle
- ◆ Be cautious of persons loitering near traffic lights
- ◆ Have your keys in hand when you approach your vehicle
- ◆ Be vigilant at all times when returning home especially at night and if you are travelling alone

DO NOT DRINK AND DRIVE!

For those of you who love to camp during the Carnival Season, here are a few tips to remember:

- ◆ Have a basic First Aid Kit
- ◆ Never approach wild animals
- ◆ Look out for snakes, spiders and insects
- ◆ Wear sunscreen and sunglasses
- ◆ Never hike alone, always go with a friend
- ◆ Supervise your children and be careful around water

Information adapted from www.tntisland.com

CARNIVAL FOOD SAFETY TIPS

This Carnival, be very careful about where and what you consume. Here are some guidelines you should follow:

- ◆ When purchasing food, ensure that the food preparation facilities and environment are clean - no garbage, no stray animals, no visible signs of dirt on walls.
- ◆ Ensure vendor has portable water and soap for washing hands and utensils
- ◆ Ensure vendors and food providers are clean - no dirty hands, no dirty fingernails, must be wearing full head covering.
- ◆ Only buy from food facilities that have toilet areas for the food providers. If you are buying from a food vendor, ensure that you are aware of toilet facilities nearby for the vendor to use.
- ◆ Don't be fooled by food providers wearing gloves. If the gloves are not changed regularly, you still can get food poisoning by food contamination from dirty gloves. Pay attention and make sure that the food provider changes gloves if he/she moves away from the food and handle other non-food items.
- ◆ Try to avoid water and drinks that are not bottled by reputable suppliers
- ◆ Do not eat raw oysters because the pepper cannot kill the bacteria. Ensure that the foods you eat are either piping hot or very cold. Remember, "warm" foods sold to you can be contaminated with bacteria and germs that thrive at "warm" temperatures.

Submitted by the Public Health Inspectorate Department, County St. Andrew/St. David

NUTRITION WORD SEARCH



CARBOHYDRATE
BREAD
MINERALS
FOOD
NUTRIENTS
FAT
AVOCADO
DIETARY FIBRE
VEGETABLE
LETTUCE
DIGESTION
EXCRETION
WATER
VITAMINS
LEGUMES
EGGS
WARMTH
PROTEIN
FRUIT



UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- February 04th: World Cancer Day
- February 22nd: Community Consultation at the ERHA's Learning Resource Centre, Mayaro
- February 28th: Community Consultation at Matelot Outreach Centre
- March 7th: Community Consultation at Sangre Grande Health Centre
- March 14th: Community Consultation at Coryal Outreach Centre
- March 24th: World Tuberculosis Day

For details on upcoming activities, feel free to contact the Corporate Communications Department at 691-5475



JANUARY, 2018

HOSPITAL & HEALTH CENTRES

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 668-2273/2221/2468/2577
Tel/Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 630-1258/9
Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
Tel: 668-8066

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 643-9075

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

**Guayaguayare Outreach
Centre**
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Matura Main Road
Matura
Tel: 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 644-2236, 644-0181 Fax: 644-3463

Sangre Grande Health Centre
Brierley Street and River Street
Sangre Grande
Tel: 668-2509

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Toco Health Centre
Paria Main Road, Toco
Tel: 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 667-8197

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt**