



The Eastern *Vibes*

Monthly Newsletter 2018

February 2018, Issue #45

ERHA's CALYPSO & OLE MAS COMPETITION 2018



Trudy Blackman-Moore, Manager-Corporate Communications (left) presents trophy and hamper to Shamilla Ramkissoon, Enrolled Nursing Assistant and winner of the Calypso Competition



Shamilla Ramkissoon, Enrolled Nursing Assistant, performs her winning calypso "Racket in the Hospital"



Winning Ole Mas performance: "Changes" by the Sangre Grande Health Centre Team



The crowd cheers the performers

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CALYPSO & OLE MAS COMPETITION 2018 (continued)

This year, the ERHA hosted its grand Calypso & Ole Mas Competition on February 08, 2018, at the Sangre Grande Hospital Multipurpose Car Park.

Three (3) persons participated in the Calypso segment while two (2) contestants competed in the Ole Mas category.

Shamilla Ramkissoon, Enrolled Nursing Assistant, Ward 3, Sangre Grande Hospital, emerged as the winner with her calypso titled, "Racket in the Hospital". The Sangre Grande Health Centre Team placed first in the Ole Mas Competition with their performance called, "Changes." Staff members were also treated to live performances by Claire Williams and Arnold Jordan.

During the event, Ronald Tsoi-a-Fatt, Chief Executive

Officer, brought greetings and wished staff a healthy and safe Carnival.

The event was well attended by staff members from the various Units as well as members of the

Calypso Competition

1st Place - Shamilla Ramkissoon, Enrolled Nursing Assistant, Ward 3, Sangre Grande Hospital

2nd Place - Penny Ramlagan, District Nurse, Sangre Grande Health Centre

3rd Place - Athia Adams, Clerk I, Head Office

Ole Mas Competition

1st Place - Sangre Grande Health Centre

2nd Place - Lue Ann Millington-Guppy, Head Nurse, Oncology, Sangre Grande Hospital



Athia Adams, Clerk I, performs "Calypso Baby"



Lue Ann Henry, Accounting Assistant and Master of Ceremonies



Staff members enjoy the competition



Claire Williams, Guest Artiste, entertains the crowd



Lue Ann Millington-Guppy, Head Nurse, performs "Permission" in the Ole Mas category



Ronald Tsoi-a-Fatt, Chief Executive Officer, brings greetings at the event



Whitney Thomas, Hospitality Assistant (left) and Ria Affonso, Quality Coordinator (centre) serve corn soup at the event



Penny Ramlagan, District Nurse, sings "Listen"



Members of staff take photos of the performances

WORLD CANCER DAY 2018

World Cancer Day is celebrated annually on February 4th and this year's theme was "We Can, I Can".

Everyone can do their part to reduce the global burden of cancer and 2018 focuses on how persons can raise awareness together and individually.

Individuals can:

- Make healthy lifestyle choices
- Know about signs and symptoms
- Support cancer patients and survivors
- Join support groups to help make positive changes

Visit www.cancer.org for more information



COMMUNITY CONSULTATIONS CONTINUE AT ERHA

In January 2018, the ERHA commenced Community Consultation sessions throughout the Eastern Region in an effort to improve on its delivery of healthcare to the public.

Two sessions were held in February; on February 22, 2018 at ERHA Learning Resource Centre, Mayaro, and on February 28, 2018 at the Matelot Outreach Centre.

Community members were given an opportunity to raise concerns and commendations as well as meet with members of the ERHA Management Team.

Persons were advised that all issues and suggestions raised at each session will be addressed at management team meetings.

The next session will be held at Sangre Grande Health

Centre on March 07, 2018.

Take a look at some of the highlights from February's sessions as well as the roster for all upcoming sessions.

Date	Venue
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



Community members and staff at the Mayaro District Health Facility Community Consultation held at the ERHA Learning Resource Centre



Ronald Tsol-a-Fatt, delivers greetings at the consultation held at the ERHA Learning Resource Centre



Members of the Head Table (from left) Silla Bissessar, Area Administrative Officer, Dr. Sricharan Reddy, Registrar, Indardaye Maharaj, Primary Care Nurse Manager and Dr. Anushka Bissoon, Primary Care Physician II, County Nariva/Mayaro at ERHA Learning Resource Centre



Community member gives a suggestion at the meeting held at Matelot Outreach Centre



Staff and members of the community at Matelot Outreach held at Matelot Outreach Centre



From left: Anjanie Singh-Gyan, Area Administrative Officer, Dr. Venkata Ramana Vendula, Primary Care Physician II and Dr. Allana Best, County Medical Officer of Health (Ag), St. Andrew/St. David at Head Table in Matelot Outreach Centre

HEALTH AND SAFETY COMMITTEE/RISK ASSESSMENT TRAINING

On February 02, 2018, the Occupational Safety and Health Department conducted Health and Safety Committee Meeting/Risk Assessment Training at the County Health Administration Conference Room, Nariva/Mayaro.

The one-day training session was geared to assist persons who are required to conduct or oversee health and safety risk assessments in the workplace.

The session covered the key components of how to complete a suitable and sufficient risk assessment and the proper functioning of a safety committee.

The training was facilitated by National Shoe and Occupational Solutions Company (NATCO) and participants included members of the Safety Committee and Safety Wardens.

See highlights below.



Participants listen attentively to Mr. Anthony Allsop, Health & Safety Officer – NATCO, presenter



Ashley Mohammed, Clerk I and Safety Warden (right) receives a token from Mr. Anthony Allsop, Health & Safety Officer – NATCO (left)



Anthony Allsop, Health & Safety Officer – NATCO (left) presents token to Shamaine Maharaj, Clerk I and Safety Warden (right)

SENIOR APPRECIATION DAY AT VALENICA

The Eastern Regional Health Authority's Valencia Wellness Centre Committee hosted its Seniors' Appreciation Day function on December 10, 2017 at the Valencia Government Primary School.

Approximately seventy (70) senior community members attended the event where they were entertained with music, food and live performances.

Three (3) stalwarts, Monica Paponette, Joycelyn Campbell, and John Baptiste were given special recognition for their longstanding service to making Valencia an exceptional community.

At the event, members of the Valencia Wellness

Committee expressed their gratitude to ERHA for affording them the opportunity to serve their community by promoting healthy lifestyle throughout Valencia.

They also gave community members the assurance that they will continue to serve and emphasised on the importance of living healthier lifestyles.

Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande and Danielle Piper, Alderman, also attended the ceremony as well as Astra Edwards-Bennett, Wellness Coordinator.

See photos below.



Mrs. Glenda Jennings-Smith, Member of Parliament Toco/Sangre Grande (left) presents token to Joycelyn Campbell (right)



Annette Paponette (left) receives present for her mother from Mrs. Glenda Jennings-Smith, Member of Parliament Toco/Sangre Grande (right)



Ann Richardson, Chairman of the Valencia Wellness Committee, brings greetings at the ceremony



Mrs. Glenda Jennings-Smith, Member of Parliament Toco/Sangre Grande (right) gives a token to John Baptiste (left)

HEALTH EDUCATION ACTIVITIES AT NAMA

During the month of January 2018, the County Nariva/ Mayaro's Health Education Department continued on a Leptospirosis drive at various communities in Nariva/ Mayaro.

The Health Education Team visited different business places and met with community members one on one in an effort to sensitize persons on the infectious

disease.

Brochures and flyers were also distributed throughout Nariva/Mayaro and sessions were also conducted at the health facilities and various organizations.

Take a look at some of the highlights below.



Karen Copland, Health Education Aide, (left) uses a display board to discuss Leptospirosis with clients at Rio Claro Health Centre



Peter Jeffrey, Health Education Officer, shares information on Leptospirosis with a community member



Members of the Health Education Team talk Leptospirosis with food workers



Peter Jeffrey, Health Education Officer, (back left) conducts activities with staff at Forestry Division, Brothers Road

LEPTOSPIROSIS: SIGNS AND SYMPTOMS

Leptospirosis is spread by bacteria and, once diagnosed early, it can be treated. It is spread through the urine of infected animals (usually rodents, dogs, farm animals and horses). The risk of this infectious disease is especially high in flood situations, such as after a hurricane or heavy seasonal rains. Signs and symptoms are:

**High Fever, Headache, Muscle Aches, Vomiting, Jaudice (yellow skin and eyes),
Red eyes, Diarrhea, Rash**

The Ministry of Health has warned that “many of these symptoms can be mistaken for other diseases. In addition, some may have no symptoms at all. The time between a person’s exposure to a contaminated source and becoming sick in two days to four weeks. Illness usually begins abruptly with fever and other symptoms”.

To reduce the risk of Leptospirosis, persons are advised to:

- Avoid contact with animal urine, especially if you have cuts or abrasions of the skin.
- Avoid contact with potentially contaminated water (e.g. streams, rivers and ponds)
- If working in areas that may be prone to contamination, wear protective clothing such as boots, aprons, eye protection, or face masks.
- Consume only clean drinking water
- Inspect food carefully



FOOD SAFETY: AFTER A FLOOD

During and after a flood, waters may carry silt, raw sewage and other bacteria that can contaminate food and make it unsafe. Therefore, it is important to take precautions to ensure that food is safe to consume. Here are some tips you can follow:

- Inspect food carefully to determine if it may have come into contact with flood water.
- Discard open containers, packages and foods contained in bags, paper, cloth, fiber or cardboard boxes
- Throw away fresh fruits, vegetables, fish and meat that may have come into contact with flood waters.
- Canned food items should be safe for consumption but persons are advised to remove labels and disinfect cans thoroughly with a bleach solution before opening.

WATER SAFETY ADVISORY

During a flood, water for household use may become contaminated with bacteria, viruses and other organisms that can spread diseases and make you and your family very sick. This applies to treated and untreated water sources (streams, springs, wells). Take precautions to ensure that water is safe to consume.

- Boil or drink water that may have come into contact with flood waters. Bring the water to a complete rolling boil and then leave it to boil for an extra five minutes OR
- Purify water by treating it with regular household bleach. If water is untreated allow it to settle to remove sediment. Add bleach according to the volume of water being treated (one teaspoon of bleach to one gallon of water). Mix the bleach into the water well and cover and let stand for 30 minutes before using.

If you believe that you may have Leptospirosis please visit your nearest health facility immediately.

GET YOUR FLU SHOT TODAY!

The Ministry of Health has once again embarked on an extensive campaign to encourage persons to get their flu shots at various health facilities across Trinidad and Tobago.

At the ERHA, the nursing staff has been reaching out to the public by offering influenza vaccines and sensitizing persons on the H1N1 virus. Vaccines are

also being offered to staff members at administrative offices and at various health facilities.

The ERHA urges you to get vaccinated today and protect yourself and your loved ones against the contagious flu virus.

See below for information on the importance of flu vaccines:

The flu vaccine provides:

- **Protection** against the flu virus and serious complications like pneumonia
- **Reduction** in the severity of flu symptoms, if they do occur
- **Protection** against the flu for pregnant women during and after pregnancy
- **Reduction** in the risk of flu-like illness in babies after birth, when mothers receive the vaccine during pregnancy
- **Reduction** in the risk of deaths in children from the flu
- **Reduction** in absenteeism from work and school

Children aged 6 months to 5 years, pregnant women, adults over 65, people with chronic medical conditions and persons with chronic respiratory illnesses are particularly susceptible to the flu and the associated complications and are therefore encouraged to get the New 2018 Flu Vaccine.

For more information call your nearest Health Centre



HAND, FOOT AND MOUTH DISEASE

Hand, foot and mouth disease, or HFMD, is caused by a virus. Anyone can get the disease, but children under age 10 are more likely to catch it than adults.

The symptoms of HFMD are fever, painful sores in the mouth and rashes with blisters on hands, feet and buttocks

It is important to note that while HFMD is contagious, the symptoms usually resolve on their own within 1 to 2 weeks and are generally mild to moderate in intensity. Simple personal hygienic measures can reduce the risk of infection. Members of the public are therefore encouraged to:

- Wash hands frequently and thoroughly, especially after changing diapers and after using the toilet
- Clean dirty surfaces and soiled items, including toys, first with soap and water and then disinfect them with a solution of chlorine bleach (made by adding 1 tablespoon of bleach to 4 cups of water)
- Avoiding close contact with persons with HFMD (e.g. kissing, hugging, sharing eating utensils/ cups, etc.)
- Keep sick infants and children away from kindergarten, school or gatherings until they are well
- Cover your mouth and nose when sneezing and coughing
- Dispose properly of used tissues and nappies into waste bins that close securely
- Ensure the cleanliness of homes, child care centres, kindergartens and/or schools.

The Ministry of Health advises that there is no outbreak of hand, foot and mouth disease at this time. However, please continue to take preventative measures. If you or your family members present with the symptoms of HFMD, please stay away from home or school, as applicable, and visit your doctor or nearest health facility.

CANCER AWARENESS WORD SEARCH



K M W S U R V I V O R E T S R B E L I E V E
 N H V X Z N M E N B S R E S E A R C H H O K
 O U P Y D D D A C A A K G W X L W T X F U T
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DIAGNOSIS
 SURVIVOR
 COURAGE
 DOCTOR
 BREAST
 LUNG

COLON
 CHECK UP
 SELFEXAM
 AWARENESS
 WOMEN
 CERVICAL

PROSTATE
 HOPE
 RESEARCH
 PREVENTION
 KNOWLEDGE
 MAMMOGRAPHY

BELIEVE
 FAITH
 CURE
 CHILDREN
 DETECTION
 MEN

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- March 7th: Community Consultation at Sangre Grande Health Centre
- March 14th: Community Consultation at Coryal Outreach Centre
- March 22nd: Community Consultation at Brothers Road Outreach Centre
- March 24th: World Tuberculosis Day
- March 28th: Community Consultation at Grande Riviere Outreach Centre

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



FEBRUARY, 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