



The Eastern Vibes

Monthly Newsletter 2018

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SANGRE GRANDE HOSPITAL'S FIRST BABY FOR MOTHER'S DAY 2018



Esme Rawlins-Charles, Chairman of the ERHA's Board of Directors (left) presents a hamper to Avia Samuel (centre), on Mother's Day at the Sangre Grande Hospital as Jennifer Thompson, Licensed Midwife (right) looks on

The Eastern Regional Health Authority says congratulations to Avia Samuel, the first mother to give birth on Mother's Day at the Sangre Grande Hospital.

Ms. Samuel who resides in Valencia, gave birth to a bouncing baby boy on May 13, 2018 at 2:00 a.m.

The healthy baby boy, weighed approximately six (6) pounds.

Esme Rawlins - Charles, Chairman of the

ERHA's Board of Directors, and Jennifer Thompson, Licensed Midwife, presented the mother with a hamper filled with baby products and congratulated her on the new addition to her family.

Ms. Samuel graciously thanked the Maternity Ward staff and stated that she was truly pleased with the excellent service received at the Sangre Grande Hospital.

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NURSES' APPRECIATION DAY 2018

The Eastern Regional Health Authority hosted its annual Nurses' Appreciation Programme on May 11, 2018 at the BPTT Resource Centre, Mayaro, in celebration of International Nurses Day 2018.

Nursing staff members were celebrated and recognized at the event for their tireless efforts and commitment to providing quality healthcare at the ERHA.

Ronald Tsoi-a-Fatt, Chief Executive Officer, spoke at the programme and graciously thanked the nursing staff for always going "beyond the call of duty" and encouraged them to continue to embody the theme, "Caring is the Key," in their duties.

The feature presentation was delivered by Kay Gairy, Former Training Officer at the ERHA. Ms. Gairy reminded the nursing professionals of the indispensable roles they play and urged them to be

forefront advocates in transforming a healthcare system where no person is left behind, without access to care.

About International Nurses Day 2018

International Nurses Day celebrates the contribution that nurses make to societies around the world. This year's theme, "Nurses: A Voice to Lead, Health is a Human Right" focuses on how nursing professionals are transforming healthcare and health systems; ensuring that all persons have the right to access affordable and quality healthcare.

International Nurses Day is celebrated on May 12th, recognizing the birth of Florence Nightingale, Founder of the nursing profession.

Below are some highlights of the Nurses' Appreciation Day Programme.



Nursing Professionals at the Nurses' Appreciation Day Programme



Members of the Planning Committee pose for a photo at the event



Dancers entertain the audience at the programme

MAYARO WELLNESS COMMITTEE ASSISTS WITH BRINGING JOY TO MAYARO HOME

The Mayaro Wellness Committee visited the Mayaro Home for Senior Citizens on May 18, 2018 and brought cheer to the residents.

Committee members as well as representatives from the Trinidad and Tobago Fire Service, Shell Trinidad and other community groups greatly enhanced the Senior Citizens' Home by performing maintenance work such as, cleaning, painting and landscaping.

The Mayaro Wellness Committee members also treated the members of the Home to manicures and pedicures as well as healthy food items.



Group photo at the Mayaro Home for Senior Citizens

ERHA's COMMUNITY CONSULTATION

The Eastern Regional Health Authority recently concluded a series of Community Consultation sessions at its health facilities.

The sessions commenced in the month of January and concluded on May 16, 2018 at the Sangre Grande Hospital.

The community consultations gave community members an opportunity to share their concerns and commendations on the services they receive at the facilities they visit as well as give recommendations for improvement.

Ronald Tsoi-a-Fatt, Chief Executive Officer, spoke at the sessions and emphasized the importance of hearing from the people we serve. He also assured the

community members that their concerns will be discussed at management meeting and efforts will be made to resolve concerns.

The sessions were well attended by members of the ERHA's Management Team and staff. *See photos below*



Members of the community at the Biche Outreach Centre Community Consultation held on May 10, 2018



Community member gives a suggestion at Cumana Outreach Centre on May 02, 2018



Ronald Tsoi-a-Fatt, Chief Executive Officer, brings greetings at the Sangre Grande Hospital Community Consultation

WORLD HAND HYGIENE DAY

The Eastern Regional Health Authority hosted an open-day on May 04, 2018 at the Sangre Grande Hospital.

Clients, visitors and staff were invited to visit an information booth where information on hand hygiene was shared.

Persons also participated in educational games and demonstrations on proper hand washing techniques. Tokens and prizes were also given to participants.

An interesting hand tree was also displayed where persons wrote their promises to perform hand hygiene and to share proper hand washing techniques with their families and friends.

The day's celebrations continued with an award presentation to the winners of the "Clean Hands Count" competition. Departments were closely monitored for six months on their adherence to hand hygiene

recommendations. The competition was won by staff of the Intensive Care Unit while staff of Ward Two placed second.

See photo below.



Lynette Francis, Hospital Nursing Manager (back, right) presents a trophy to staff of the Intensive Care Unit on winning the "Clean Hands Count" competition as Dr. Rajeev Nagassar, Medical Director (front, right) and other staff members pose for a photo

WARD 4 CELEBRATES INTERNATIONAL DAY OF THE MIDWIFE

Staff of Ward Four (4) at the Sangre Grande Hospital celebrated International Day of the Midwife, by hosting a breakfast event on May 05, 2018 at the hospital.

Dr. Rajeev Nagassar, Medical Director, Lynette Francis, Hospital Nursing Manager and Ria Affonso, Quality Coordinator also attended and shared a celebratory cake with the staff at Ward Four (4).

International Day of the Midwife is celebrated annually

on May 4th and this year's theme was titled, "Midwives: Leading the Way with Quality Care."



Dr. Rajeev Nagassar, Medical Director, (front, right), Lynette Francis, Hospital Nursing Manager, (back, right) and Ria Affonso, Quality Coordinator, (front, centre) with staff of Ward 4

DIABETES TRAINING PROGRAMME AT RIO CLARO

The County Nariva/Mayaro's Health Education Department successfully conducted a three day workshop on April 25 - April 27, 2018, titled, "Diabetes: Train the Trainer."

The workshop was held at the Ministry of Community Development, Rio Claro, where approximately twenty-five trainees from active community groups and organizations attended.

The participants were encouraged to empower their groups and by extension their communities to live and maintain healthy, active lifestyles in an effort to prevent persons from developing diabetes.

Topics such as, "What is Diabetes?" and "Types of Diabetes" were presented as well as lectures on risk

factors, complications and treatment. Nutritional tips on healthy food choices were also shared at the workshop as well as health related literature.

The workshop was facilitated by Peter Jeffrey , Health Education Officer (Ag) and Zanisha Mohammed-Jaimungal, Senior District Health Visitor, and Certified Caribbean Diabetes Educator, County Nariva/Mayaro.



Zanisha Mohammed-Jaimungal
SDHV Cluster II / Certified Caribbean
Diabetes Educator.

TRAINING FOR AIDES TO NURSING

The Organizational & Employee Development Department conducted a training session for Aides to Nursing on May 18, 2018 at the Mayaro Fire Station.

The training was held in an effort to sensitize the participants on the different types of infection, how diseases are spread as well as the modes of transmission.

A presentation on the importance of wearing Personal Protective Equipment (PPE) was conducted by Lima Harper, Registered Nurse, and the County Nariva/Mayaro's Health Education Team gave lectures on the importance of a healthy diet.

Participants were awarded with a Certification of Participation and displayed positive feedback on the workshop. See highlights below.



Aides to Nursing plan a healthy diet



Lima Harper, Registered Nurse, speaks
about infectious disease

MINUTE TAKING TRAINING FOR JUNIOR ADMINISTRATIVE ASSISTANTS

The Eastern Regional Health Authority held a training session on minute taking for Junior Administrative Assistants on May 21, 2018, at Sankar Building One, Head Office.

The session, titled, "Making Meetings Meaningful with Minutes" was facilitated by the Business Etiquette & Protocol Specialists.

Junior Administrative Assistants were given information on the different types of meetings and on how to effectively prepare oneself and a manager for a meeting.

Tips were also given on documenting minutes during an argument.

The importance of active listening was also discussed at the session and all attendees were awarded Certificates of Participation.



Junior Administrative Assistants with their Certificates of Participation

CORYAL WELLNESS CENTRE ELECTS NEW OFFICERS

The Coryal Wellness Centre elected new officers at their Annual General Meeting (AGM) which was held on May 15, 2018, at the Coryal Outreach Centre.

The main duties of the elected officers are to promote sustainable health maintenance and promotion programmes that will encourage the community to adopt healthy lifestyles.

The newly elected officers and their positions are listed below:

1. Mr. Anthony Osuna - Chairperson
2. Mr. Daryl Dookram - Treasurer
3. Ms. Jenelle Ramsewak - Secretary
4. Ms. Joanne Monsegue - Education Officer

5. Mr. Paul Carrera - Trustee 1
6. Ms. Ursula Pascall-Thomas - Trustee 2
7. Ms. Marva Dominique - Public Relations Officer
8. Ms. Sharon Rambharack - Research Officer



Newly elected officers of the Coryal Wellness Centre

WORLD NO TOBACCO DAY

World No Tobacco Day is recognized annually on May 31st and the theme for this year is "Tobacco and Heart Disease."

World No Tobacco Day 2018 is aimed at increasing awareness of the link between tobacco use and heart and other Cardiovascular Diseases (CVD).

Tobacco use is an important risk factor for the development of coronary heart disease, stroke, and peripheral vascular disease. According to the World Health Organization (WHO), tobacco use is the second leading cause of CVD, after high blood pressure.

The Eastern Regional Health Authority continues to raise awareness and sensitize persons on the dangers of tobacco consumption.

Additionally, a Smoking Cessation Clinic at the Cumuto Outreach Centre is ongoing.

Clinics are held at the Cumuto Outreach Centre every Thursday between the hours of 9:00 a.m. - 3:00 p.m.

Patients are counselled via a continuous programme with revisits as a method to overcome barriers to stop smoking.

For more information on the Smoking Cessation Clinic, feel free to contact the Cumuto Outreach Centre at 643-9075.

INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH

International Day of Action for Women's Health is celebrated annually on May 28.

Since its inaugural launch in 1987, this day has been commemorated world wide to advocate for action on women's health.

It is hoped that this commemoration would assist in highlighting issues on women's health and well being as well as their sexual and reproductive health.

The Ministry of Health and by extension the

Eastern Regional Health Authority continue to provide services to assist with issues surrounding women's health, such as, free access to contraceptives through the Family Planning Clinic.

For information on women's health issues, feel free to contact the Health Education Departments at 668-2053 (County St. Andrew/St. David) and 222-5017 (County Nariva/Mayaro).



HURRICANE SEASON

The Atlantic Hurricane Season spans from June 1 to November 30 each year. This is the period within which tropical cyclones are most likely to occur.

The National Oceanic and Atmospheric Organization (NOAA), a company based in the United States, focuses on scientific studies in the atmosphere and is predicting a near or above average season for hurricane activity.

NOAA is predicting a total of 10-16 named storms, 5-9 of which will be hurricanes, and a further 1-4 of those hurricanes will be major.

Whether a hurricane season is considered active or not, it is of utmost importance to be prepared. Regardless of the tropical cyclone impact, in Trinidad and Tobago during the Hurricane Season we can expect to be affected by floods.

WHAT CAN YOU DO TO PREPARE

Apart from building your emergency kit, here are some things you can do to protect yourself and your property:

- Clear drains around your property.
- Remove debris from gutters and downspouts.
- If you are prone to flooding, move valuables, electrical items and furniture to higher ground.
- Place all important documents, valuables and medical supplies in a waterproof case or bag.
- Keep a list of all emergency telephone numbers.
- If you are affected by floods, landslides etc. contact your local municipal corporation disaster hotline.

Contact Information for the Disaster Hotline at Local Municipal Corporations

Arima Borough Corporation -	800-2ABC (7238)
Chaguanas Borough Corporation -	800-DCBC (3222)
Couva/Tabaquite/Talparo Regional Corporation -	800-CTTC (2882)
Diego Martin Regional Corporation -	800-DMRC (3672)
Mayaro/Rio Claro Regional Corporation -	800-4MRC (4672)
Penal/Debe Regional Corporation -	800-PDRC (7372)
Point Fortin Borough Corporation -	800-PFBC (7322)
Port-of-Spain City Corporation -	800-PSCC (7722)
Princess Town Regional Corporation -	800-PTRC (7872)
San Fernando City Corporation -	800-SCDU (7238)
Sangre Grande Regional Corporation -	800-SGRC (7472)
San Juan/Laventille Regional Corporation -	800-SLRC (7572)
Siparia Regional Corporation -	800-4SRC (4772)
Tunapuna/Piarco Regional Corporation -	800-TPRC (8272)

Remember:

Don't panic, just be prepared! "It wasn't raining when Noah built the ark"

WORD SEARCH - SAY NO TO TOBACCO



C B L X M U B K M Z T L C E C
 H M Q T R K W G S B F I M P H
 E S L S N U F F M Y G S B A Y
 M S F X X E I Y M A Q I S X A
 I A O X Y G E N R K U S O E S
 C S T A R F P S C R A V I N G
 A T A M E S Y H P M E R C I R
 L H H C A J X H C V G R V T K
 S M O S S O O A Z I O S Q O K
 O A Z N N O I T C I D D A C K
 X T E S E T T E R A G I C I B
 O L T A J Q K X D P E O D N E
 O C C A B O T L U N G S T W A
 O W H I M B C A N C E R A S F
 N J K S L L E M S A X D Y U Q

Find each of these words in the puzzle above.

addiction
 asthma
 cancer
 chemicals
 cigarettes
 cigars
 craving
 emphysema

lungs
 nicotine
 oxygen
 smell
 smoke
 snuff
 tar
 tobacco



UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- June 14th: World Blood Donor
- July 28th: World Hepatitis Day

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



MAY, 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
Toco 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**