



The Eastern *Vibes*

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ERHA Launches an On-Line Medical Library at the Sangre Grande Hospital

(L-R) Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, ERHA and Professor Chidum Ezenwaka, Deputy Dean, Basic Health Sciences, UWI cut ribbon to officially open the facility



Group photo of ERHA and UWI professionals at the On-Line Library Facility

Medical students are now equipped with the necessary tools to access research material as the Eastern Regional Health Authority (ERHA) introduces an On-Line Library Facility at the Sangre Grande Hospital in collaboration with the University of the West Indies (UWI). *See more on page 2.*

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ERHA Launches an On-Line Medical Library at the Sangre Grande Hospital *(continued from front page)*

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer together with representatives of UWI opened the On-Line Library Facility at the Sangre Grande Hospital on 29th November, 2018.

In his address Mr. Tsoi-a-Fatt indicated that the ERHA embraced the opportunity to collaborate with the University of the West Indies, one of its key stakeholders when approached to establish facilities for library services within the Eastern Region. He further stated that through the fruitful partnership, the Sangre Grande Hospital has gained accreditation for the training of medical students and post graduate students have also benefited from the practical experience gained in the Accident and Emergency and Anaesthesiology Departments.

With the opening of an On-Line Library Facility, medical professionals are now able to access information at the hospital to better equip themselves to be able to quickly respond to the changes in the environment, assisting them in the delivery of quality healthcare. With the click of a button, these professionals can access material on disease trends and risk factors, outcomes of

treatment of public health interventions and other areas of healthcare which will greatly enhance their knowledge.

Professor Chidum Ezenwaka, Deputy Dean, Basic Health Sciences, UWI reminded the audience about the transition in education from books as the main resource to the use of cellular phones, laptops and the Internet by students to access information today. He pointed out that the opening of the On-Line Library Facility enabled UWI to fulfil a key aspect of their educational requirement to attain accreditation and also to provide a valuable resource to their students. He further stated that this demonstrates the commitment the University of the West Indies has in raising the bar and the standards of the education system and expressed his gratitude to all those associated with the project.

The ERHA continues to foster partnerships to empower its staff to broaden their horizons demonstrating that, ***Caring is the Key.***

First Christmas Baby at the Sangre Grande Hospital

At 12:01 a.m. on 25th December, 2018 Ms. Kezie Mitchell was the first mother to give birth to her son, Phoenix at the Sangre Grande Hospital.

The healthy baby boy weighed 3210 grams and was delivered by Ms. Joanne Hanooman, Midwife.

Ms. Mitchell who resides at Pierre Phillip Road, New Grant expressed her gratitude towards the Maternity Ward staff and stated that it was a quick and easy delivery and the doctors and staff at the Sangre Grande Hospital were really nice, helpful and supportive.

Sangre Grande Hospital was honoured to register the first baby on Christmas in the country.



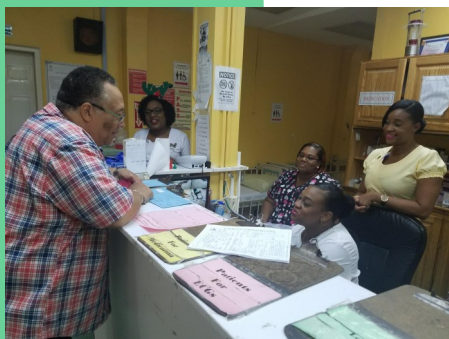
L to R: Ms. Kezie Mitchell with her son Phoenix (Christmas baby delivered at the Sangre Grande Hospital), Ms. Amity Baker-David, Staff Midwife, Ms. Ellen Campbell, Acting Head Nurse and Mr. Ronald Tsoi-a-Fatt, CEO of the Eastern Regional Health Authority.

CEO Commends Healthcare Workers on Christmas Day

Staff at the Sangre Grande Hospital, the Mayaro District Health Facility and the Rio Claro Health Centre were presently surprised when they received a visit on Christmas Day from Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer. Mindful that members of the ERHA team will be assigned on every shift in an effort to continue providing quality care every day of the year, the CEO visited to spread Christmas joy with staff and clients.

He commended the employees for their passion and dedication to duty and presented various wards and departments with tokens of appreciation.

Members of staff warmly displayed their appreciation as they exchanged greetings, sang carols and danced to the cheerful voices while others captured the moment on camera.



Staff of Accident & Emergency Department chats with CEO



CEO with nurses at Pediatrics



CSSD Department welcomes CEO



CEO signs notice board at Ward 3

ERHA Spreads Christmas Cheer

The wards and corridors of the Sangre Grande Hospital were filled with the melodious voices of artists during the "Christmas Cheer" mini concert series hosted at the Sangre Grande Hospital during the period 14th to 21st December, 2018.

The initiative was launched by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer on 14th December, 2018 with a tree lighting ceremony. During his brief remarks, Mr. Tsoi-a-Fatt wished staff and visitors a very happy holiday season and reminded them to make healthy choices when having their Christmas meals. This was followed by entertainment from members of staff and guest artiste Soca star, Fireball. The concert series continued on 20th December, 2018 with a performance from members of the Sabroso group. Ms. Cathy Martin brought the Christmas Cheer segment to a close with a stellar

performance on 21st December, 2018.

Clients and staff enjoyed the open air concerts and were seen dancing and singing along to their favourite selections. Visitors captured the show on their mobile devices and transmitted live to their loved ones who were admitted to the wards.



Medical staff sings Christmas Carols



Staff and clients enjoy the entertainment



Soca Singer, Fireball entertains the audience

ERHA Celebrates World AIDS Day 2018

One hundred and thirty seven (137) persons embraced the opportunity to know their status during the HIV Rapid Testing Outreach initiatives conducted by the ERHA in commemoration of World AIDS Day 2018.

The occasion is observed annually on the 1st December under the auspices of the World Health Organisation (WHO). The ERHA joined the global community to host activities under the theme, "Know Your Status" which was geared toward the attainment of the following objectives:

- Urge people to know their HIV infection status through testing, and to access HIV prevention, treatment and care services;
- Urge policy-makers to promote a "health for all" agenda for HIV and related health services, such as tuberculosis (TB), hepatitis and non-communicable diseases.

A Provider initiated Testing and Counselling (PITC) training session was conducted on 19th November, 2018 - 20th November, 2018 at the Sangre Grande Enhanced Health Centre where twenty (20) staff members attended.

The training was then followed by an HIV Rapid Testing Outreach initiative. Three (3) sessions were conducted at the following locations:

- The Mayaro Car Park on 23rd November, 2018
- Sangre Grande (next to Old Royal Castle) on 30th November, 2018
- The Rio Claro Car Park on 7th December, 2018.

The outreach sessions offered free HIV rapid testing and screening as well as counselling to community members and organizations within the areas.

The activities were coordinated by the Prevention of Mother to Child Transmission of HIV (PMTCT) Unit of the ERHA.



Participants of the two-day training session



HIV Rapid Testing session in Sangre Grande

DID YOU KNOW?

According to the Global HIV & AIDS statistics - 2018 fact sheet, approximately 36.9 million people were living with HIV globally in 2017. In Trinidad and Tobago's statistics, there were approximately 11,000 persons living with HIV/AIDS.

An ambitious target plan by UNAIDS recently proposed a set of three ambitious targets that, if achieved, are predicted to end the AIDS epidemic by 2030. The targets, known as 90-90-90, call for 90% of people living with HIV (PLHIV) to know their status, 90% of PLHIV to receive antiretroviral therapy, and 90% of those on antiretroviral therapy to achieve viral suppression by the year 2020.

Leptospirosis Lectures Continue in Nariva/Mayaro

Eliminating leptospirosis in our communities was the main objective of the sensitization sessions recently conducted by the Health Education Department, County Nariva/Mayaro.

Scores of residents benefitted from the lecture series conducted by the team at health facilities, business places, schools and other organizations within the County. The informative sessions focused on causes, symptoms, treatment and preventative measures of the disease. Brochures

and posters were also widely distributed at various locations.



Mr. Peter Jeffrey, Health Education Officer gives a presentation at a health facility



Members of the Health Education Department conduct a presentation

ERHA Reintroduces Annual General Meetings (AGM)

This year, a strategic decision was taken to reintroduce Annual Review Meetings (AGM) in each Division. The meetings were led by the Divisional Heads and was structured for each member of staff to be informed of the achievements of each department during the fiscal period 2017 to 2018. It also provided an opportunity for staff to contribute to the development of the strategic direction and the targets and goals for the fiscal period 2018 to 2019 and also to commend them for their contributions.

The AGMs commenced in County St. Andrew/St. David on 21st October, 2018 at the North Eastern Community Centre. This session was followed by Nariva/Mayaro on 2nd November, 2018 at the Mayaro Civic Centre, Mayaro. Head Office session was held next on 8th November, 2018 at the Sangre Grande Civic Centre and the Sangre Grande Hospital brought the sessions to a close on 9th November, 2018 at their facility.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer delivered a comprehensive overview on the strategic direction of the Authority for the fiscal 2018/2019 at the opening session and at the Head Office meeting. The CEO commended staff for their contributions to the ERHA's success over the last fiscal year and indicated that we have some

distance to travel but it was important to acknowledge the efforts of those who continue to work tirelessly to move us forward. During his presentation he highlighted some of the new initiatives which include among others a new Sangre Grande Hospital, a new Administrative Complex, a twelve chair Dialysis Centre in Rio Claro and a new focus on Primary Health Care. He also paid tribute to the members of staff who suffered losses in the recent flood.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer delivers a presentation at STAD's Annual Review



Staff of Nariva/Mayaro poses for a photo at their Annual Review



Staff members at the Head Office Annual Review



Head Table at the SGH's Annual Review

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

Symptoms include:

- Fever (high fever over 101F)
- Sore Throat
- Runny Nose
- Cough
- Headaches and body pains
- Fatigue and tiredness
- Stomach symptoms, such as nausea, vomiting , and diarrhea can also occur.
- Severe illness can include pneumonia, pain in chest when taking a breath, respiratory failure and death.



Flu Emergency Warning Signs

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Severe or persistent vomiting
- Pain or pressure on the chest or abdomen
- Sudden dizziness and confusion.

In children emergency warning signs that need urgent medical attention include:

- 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
- Vomiting and diarrhea
- Other conditions like diabetes or asthma that get worse.



What can you do to reduce the risk of getting the flu?

Personal hygiene practices are the main methods of preventing the spread of the flu. Take these actions to protect yourself and others:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash bin after you use, and wash your hands properly with soap and water.
- If you do not have a tissue, sneeze in your sleeve or elbow. This blocks or limits the spread of droplets.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.



What do you do if you develop flu-like symptoms:

If you get flu like symptoms, visit your doctor or nearest health centre. Stay home from work or school if you are sick, and limit contact with others to keep from infecting them.



Don't forget to visit your nearest health centre and get your flu shot to avoid to avoid getting the flu!

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- February 4th: World Cancer Day
- February (TBA): 2nd Public Consultation for the New Sangre Grande Hospital

For details on upcoming activities, feel free to contact the Corporate Communications Department at 226-9102/9119



DECEMBER 2018

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

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 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: 226-1106/643-9075

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: 226-1111, 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Toco Main Road
Matura
Tel: 226-1261, 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104, 644-2236, 644-0181

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-2509

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

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

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