



# The Eastern Vibes

Monthly Newsletter 2019

February 2019, Issue #56

## ERHA HOSTS THEME SONG COMPETITION



*Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents Ms. Debra Williams, Dental Assistant and winner of the Theme Song Competition with prizes*

"We are the ones to trust, helping the ones you love, serving our community, we believe Caring is the Key."

This was the winning chorus that was sang by our members of staff in the ERHA's Theme Song competition as they joined the winner Ms. Debra Williams, Dental Assistant during her performance.

The competition was held on February 08, 2019 at the BPTT Resource Centre in Mayaro. Four members of staff, who we recognize as champions in their field motivated and encouraged staff through their valuable contributions to strengthen their commitment to the ERHA.

St. Andrew/St. David, Nariva/Mayaro and Head Office also presented their creative presentations of their interpretations of their unit's development throughout the last twenty-one years. The Head Office

theme was led by Mr. Ronald Tsoi-a-Fatt. The talent and creativity that was displayed was extremely high and this was evident from the professionally choreographed presentations.

During this event the Authority also took the first step to reintroduce a Reward Programme to recognize the contribution of our staff. Ms. Michelle Ramnarine, Manager-Quality presented tokens to thirty-two officers who were nominated for their excellent performance. Four departments were also recognized.

Ms. Ramnarine indicated that plans are being finalized for the ERHA Service Excellence Award.

The event was truly enjoyed by the staff and provided an excellent opportunity to build camaraderie.

**See more photos on page 2**

### In this Issue

- ERHA Hosts Theme Song Competition
- Clinical Primary Care Workshop
- Soca in the Eastern Region
- School Principals Get Sensitized on H1N1
- Let's Reduce the Incidence of Non-Communicable Diseases
- ERHA Takes "Song Talk" to Schools
- "I Can, We Can" Cancer Awareness Walk
- Creating a Health Environment
- Disaster Feature: Earthquakes
- Cancer Awareness Word Search
- Upcoming Activities and Events

## Photos - Theme Song Competition and Unit Presentations



Nominees of the Service Excellence Awards with Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Ms. Michelle Ramnarine, Quality-Manager



Audience enjoys the presentations

Judges of the song competition: (L-R)  
Mr. Keston Daniel, Non-medical  
Epidemiologist, Ms. Barbara Punch, Director  
and Ms. Davie Ann Abraham,  
Best Village Officer



STAD's presentation



NAMA takes a bow after their presentation



Head Office with umbrellas in their portrayal

## Clinical Primary Care Workshop 2019

The ERHA is preparing its 5-year Strategic Plan for the period 2019-2024. The Core Team of persons assigned to this exercise, examined and revised the Vision and Mission Statements of the Authority as well as the Core Values that guide our Authority's operations.

The Core Team undertook a Situational Analysis of the Authority and developed the major strategies and vision indicators that would outline the strategic direction of the Authority over the next 5 years.

Each sub unit, i.e. Head Office, STAD, NAMA and Sangre Grande Hospital, is required to reflect on each vision indicator and strategy, in order to identify the relevant programmes and approaches that will facilitate the achievement of the Authority's Strategic Plan. The four main strategies include:

- Systems re-engineering
- Cultural realignment
- Health Promotion
- Institutional Strengthening.

STAD and NAMA collaborated in this process and conducted three (3) workshops. Participants reflected on the Strengths and Weaknesses of Primary Care and also examined Opportunities and Threats with the potential to impact on Primary Care services. This exercise was multidisciplinary in nature and there were approximately 100 representatives comprising Medical, Nursing, Pharmacy, Health Education, Wellness, Nutrition, Social Work, Medical Records and other managerial staff. The three-part workshop was highly productive and the Core Team is now tasked to review the input and map out the way forward for Primary Care within the overall context of the Authority's Strategic Plan.

The next unit to engage in this strategic exercise will be Head Office, on Friday 5th April.

## Soca in the Eastern Region

If it's nice do it twice. That's exactly what Ms. Shamilla Ramkissoon, Enrolled Nursing Assistant at the Sangre Grande Hospital did when she captured the 2019 Calypso title. Shamilla edged out two other contestants with her crafty composition entitled "What Next?"

The Calypso and Ole Mas Competition was held on February 22, 2019 at the Sangre Grande Hospital Car Park. Members of staff came early to select their seats while others lined the corridors to cheer on their colleagues.

North Coast staff brought the audience on board

their shuttle to experience "A Day at the North Coast" with their winning Ole Mas presentation.

The audience was also entertained by guest Artist Mr. Arnold Jordan.

The Eastern Regional Health Authority, thanks our judges Director Barbara Punch, Mr. Jeeva Ragoonanan (Best Village Officer) and Ms. Lorraine Heath (Chairman of the Sangre Grande Carnival and Festivals Committee) for their unwavering support, as well as our contestants for keeping the art forms and tradition alive.



Ms. Anjanie Singh-Gyan, Manager-Hospital Administration (Ag.) presents trophy and gift to Ms. Shamilla Ramkissoon, Nursing Assistant and Calypso Winner 2019



Ms. Penny Ramlagan, District Health Visitor sings her composition "A Nurses' Cry"



North Coast Crew presents "A Day at the North Coast"



Ms. Carlene George, Area Administrative Officer Ag with the North Coast Crew, winners of the Ole Mas Competition



Ms. Debra Williams, Dental Assistant performs her calypso "Dr. Pull it Out"



Staff members view the entertainment from the corridors



Audience enjoys the performances



Team Sangre Grande Enhanced Health Centre performs in the Ole Mas Competition

## School Principals Sensitized on H1N1

Thirty seven (37) school principals within the Eastern Region were trained on how to recognize the symptoms of influenza and how to prevent the spread.

The principals participated in the H1N1 sensitization lectures which were conducted by the Health Education Unit.

The three (3) lectures which were conducted were very interactive and provided an opportunity for questions to be answered on the topic.

Health Education material was also distributed on

Flu Prevention Tips, Home Care Guidelines and Handwashing Techniques.



## Let's Reduce the Incidence of Non communicable Diseases

According to Noble Prize Winner and Human Rights Activist, Desmond Tutu, **"We need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in."**

This quote could relate to all public sectors but more specifically the health sector as too often emphasis is placed on secondary care as opposed to primary health care and the prevention of Non-Communicable Diseases (NCDs).

During a Strategic Thinking and Planning exercise in February 2019, the Management Team of the ERHA discussed factors that contributed to poor health outcomes. Consumption of unhealthy food was identified as a contributing factor to the current NCD crisis.

The staff of the Quality Department in County St. Andrew/St. David (STAD) has embarked on a **"Plant a Seed Drive"** in February 2019. An "upstream" approach has been taken with this initiative in an effort to prevent the onset of NCDs. Staff of STAD's Quality Department distributed packets of seeds to clients who were engaged in the recent Client Satisfaction Surveys to encourage them to start their home gardens.

It is hoped that this initiative helps to empower our communities with the necessary resources to

lead healthy lifestyles and to have healthy communities. The Quality Department will continue to look for innovative ways to engage with our communities to reduce the incidence of Non Communicable Diseases.



*Mr. Clint Ryan, Customer Relations Officer presents packets of seeds to client*



*Client receives packet of seeds from Ms. Lalita Ramthal-Singh, Customer Relations Officer*

## ERHA takes “Song Talk” to Schools

Over 3,200 secondary school students and 19 principals participated in the Ministry of Health’s “**Song Talk**” initiative, geared towards educating students on the importance of behavior and personal safety during the Carnival Season.

This year, the initiative was carried out by the County St. Andrew/St. David’s Health Education Team who visited nine (9) secondary schools within the Region. Topics including, *Music and Age Appropriate Behavior, Effects of Alcohol and Drugs, Sexually Transmitted Infections, Food Safety and Personal Safety* were presented through a combination of lectures and various activities. The main delivery approach used in the initiative was the playing of popular Soca Songs for students in an effort to demonstrate how music influences behavior. The lyrics were also analyzed to identify the messages behind the music and to show how music can affect a person’s mind and actions.

The programme also featured a Food Safety segment which allowed students to dress in complete and incomplete food handlers gear (gloves, apron, hair net and food badge) to

demonstrate correct practices and to provide safety tips for buying street food at carnival events were held.

The sessions were conducted in collaboration with Medical Social Work Department, County St. Andrew/St. David.



Lecture sessions at secondary schools

## “I Can, We Can” Cancer Awareness Walk

Over 120 persons promoted cancer awareness through the streets of Rio Claro on February 24, 2019 in a Health Walk which was held in observance of World Cancer Awareness Day.

Members of the Wellness Centre Groups, Women’s Groups, Youth Groups, Faith Based Organizations, Non-Governmental Organizations and residents came out in their pink attire and joined the ERHA’s Team in an effort to raise awareness and support persons battling cancer, under the theme “**I can, We can**”.

Following the Cancer Awareness Walk, a health outreach programme was conducted which offered

health screening and pap smears. The event also featured an aerobic competition.

The programme was coordinated by the County Nariva/Mayaro’s Health Education Department with assistance from the Nursing and Quality Departments, Ministry of Community Development, and REACT.



Aerobic burnout



Health Walk

## Creating a Healthy Environment

The Eastern Regional Health Authority (ERHA) is focusing on the creation of healthy spaces for members of staff. With this in mind, the Cost and Management Accounting Department began an exercise to dispose of unserviceable assets.

Four (4) Public Auctions were scheduled for the

period February 2019 to April 2019 to dispose of used vehicles, furniture, appliances and other equipment. The sale of these items will enable the Authority to reclaim valuable space which can be reengineered for the enjoyment of all staff.

# EARTHQUAKES

## What is an earthquake?

An earthquake is a natural hazard which occurs when the ground shakes or rocks violently. An earthquake can take place at any time day or night, without any forewarning. Each year, over 1200 earthquakes are recorded in the Eastern Caribbean. Not all of these events are felt but they serve as a reminder that the region is seismically active.

## Before an earthquake:

- Build your home in accordance with the recommended building codes.
- Place largest and heaviest items on lower shelves.
- Practice safety tips through regular drills.
- Ensure you have an emergency kit/bag with canned foods, medications, first aid supplies, etc.

## During an earthquake:

- Drop to the ground. Take cover under a desk or table. Hold on to the desk or table.



Stay calm. Do not panic. Be alert.

If inside stay inside, do not use elevators or stairs. Move away from windows, glass doors hanging objects and heavy objects that may shatter.

If outside, move into an open area, away from buildings, walls, power lines and trees.

If in a vehicle, do not stop on or under a bridge park in a safe area turn on the hazard lights and remain in the vehicle.

If you are in a wheelchair, put the brakes on in a safe place and protect your head with your arms.

If you are in a crowded place protect your head with your arms or take cover under a desk, table or bed and hold on.

## After an earthquake:

### DOs

- Check for broken gas lines and fires.
- Check building for damage and exit to muster point or safe area if there is any threat.
- Be prepared for more aftershocks.
- Turn on your radio for emergency news.
- Check for injuries and administer first aid if necessary and within your capability.

### DON'Ts

- Never touch fallen lines!
- Do not light a match or turn on light switch. Use a flashlight instead.
- Do not go sightseeing. Leave the streets clear for emergency and rescue vehicles.
- Do not attempt to move seriously injured persons unless they are in danger of further injury.

### Remember:

**DROP! COVER! HOLD ON!**

# CANCER AWARENESS WORD SEARCH

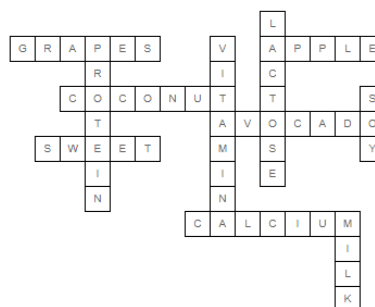
K M W S U R V I V O R E T S R B E L I E V E  
 N H V X Z N M E N B S R E S E A R C H H O K  
 O U P Y D D D A C A A K G W X L W T X F U T  
 W W R S K I E W Z O S I M Q U J F S Z B Z X  
 L O E D P A T Q R I C S M P L V U E Y X H N  
 E W V B R G E H G Q E Y M K L U N G X G H D  
 D C E K O N C A W A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

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



*Answers for crossword  
 puzzle featured in January  
 Issue*

## UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- March 14th: World Kidney Day
- March 24th: World Tuberculosis Day



FEBRUARY 2019

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

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

**Cumuto Outreach Centre**  
Main Road  
Cumuto  
Tel: 226-1106/643-9075

**Manzanilla Outreach Centre**  
Eastern Main Road  
Manzanilla  
Tel: 226-1111, 668-2063

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

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

**Mayaro District Health Facility**  
Pierreville, Mayaro  
Tel: 226-1575, 630-1258/9  
Tel/Fax: 630-1257

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

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

**Matelot Outreach Centre**  
Main Road  
Matelot  
Tel: 670-2428

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

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

**Biche Outreach Centre**  
Canque Village  
Biche  
Tel: 668-9053

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

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

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

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

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to  
[corpcomm@erha.co.tt](mailto:corpcomm@erha.co.tt)