



The Eastern *Vibes*

Monthly Newsletter 2019

May 2019, Issue #59

ERHA SECONDARY SCHOOL AEROBICS COMPETITION - ENCOURAGING HEALTHY LIFESTYLE



From (L-R) second place winner Aaliyah Joseph, first place winner Blessing Waldrop and third place winner Abdul Hugh pose with their mountain bicycles and trophies.

The energy level and excitement were extremely high among the participants and supporters of the Eastern Regional Health Authority's (ERHA) 18th Annual Secondary School Aerobics Competition.

Blessings Waldrop, a form four student of the North Eastern College, Sangre Grande,

emerged the winner of the competition which was held on May 01st, 2019 at the North Eastern College, Sangre Grande. Aaliyah Joseph, form three student of the Matura High School placed second and Abdul Hugh of the North Eastern College won third place.

Article continues on page 2

In this Issue

- ERHA Secondary School Aerobics Competition - Encouraging Healthy Lifestyles
- Observing Safety Week 2019 - NAMA Wins Safety Debate
- Eastern Nurses Now: A Celebration of ERHA Nursing Professionals
- ERHA Celebrates Mothers
- ERHA Upgrades GIS Technology
- World No Tobacco Day Outreach Programme
- Dangers of Smoking Word search
- Upcoming Activities and Events

ERHA Secondary School Aerobics Competition - Encouraging Healthy Lifestyle

(continues from front page)

This year the competition was held under the TT Moves Campaign promoted by the Ministry of Health to encourage change in behavior and personal eating and exercising choices. There were also displays and presentation from the Nutrition Department and a representative of the Ministry of Health gave a lecture on Healthy Lungs. Over one hundred (100) students from fourteen (14) schools which included North Eastern College; Coryal Secondary; Toco Secondary; Holy Cross College; Malabar Secondary; Guaico Secondary; Matura Secondary; Sangre Grande Secondary; Bates Memorial participated in the competition.

Recognizing the importance of physical activity in promoting healthier lifestyles for everyone, teachers were also invited to participate in the competition. Mr. Kennyatha Johnson, teacher of the Toco Secondary School won first prize, while Ms. Khadija Glasgow of Holy Cross College placed second and Ms. Lana Koonj Beharry of North Eastern College came third.

The top winners of the competition were each presented with a trophy, medal and a mountain bicycle while teachers received plaques and a fruit hamper.



Staff of the ERHA and stakeholders surround student winners of the Secondary School Aerobics Competition.



Mr. Kennyatha Johnson, teacher of Toco Secondary School receives his prizes as first place winner - teacher category from Dr. Candace Simpson-Smith, Nutritionist and Ms. Sherifa Ali-Badri, Health Education Aide as students look on



Students follow the lead of the instructor during the Aerobics Competition.



Top competitors face off in a push-ups battle



Mr. Blessing Waldrop, winner stops for an interview with Ms. Carol Matroo, Journalist, Newsday



Students battle for the top spots



Students and teachers during the competition

OBSERVING SAFETY WEEK 2019: NARIVA/MAYARO WINS SAFETY DEBATE

Team Nariva/Mayaro : Winners of the Safety Debate 2019



Over thirty (30) members of staff embraced the challenge to test their knowledge on safety related topics in the Safety

Debate which was hosted by the Occupational Safety and Health (OSH) Department. The safety debate was held in observance of OSH Week 2019 under the theme **"A Safe and Healthy Future of Work"**. The main objective of the event was to increase the knowledge of members of staff on safety related issues.

The finals were held on May 03, 2019 after the successful competition of the preliminary rounds in the respective units. This was followed by the semifinal rounds which were held in Learning Resource Centre and the Sangre Grande Enhanced Health Centre.

During the final debate, Team Head Office and Team NAMA squared off in a lively passionate discussion to demonstrate their understanding of OSH. Both teams were well informed on the subject and were very skillful in the presentation of their argument. In the end, NAMA emerged the winner and was awarded a challenge trophy and vouchers for Woodford Café. In acknowledgement for their commitment and sportsmanship, all participants were presented with certificates and tokens.

The event also provided an opportunity to

emphasize to staff that wellness was an integral component in Health and Safety. This was demonstrated through displays in the various booths which were set-up by some of our partners in health. The Occupational Safety and Health Agency provided information, the National Shoe and Occupational Solutions showcased personal protective equipment and H.E.R.O.E.S. provided massages.

In an effort to recognize members of staff for their hard work to adopt and maintain a positive safety culture in the workplace, prizes were awarded various areas. Below is a list of awards and winners:

- NIL Needle Stick Injuries for 2018 – STAD
- Fire Safety Awareness- CHA-NAMA
- Award for Attendance to Practical Development Training for Medical Officers 2018 - STAD
- Award for Most Outstanding OSH Officer for 2018- Ms. Jennifer Sampson-Harper
- Award for Least Number of Days Lost to Injury- STAD

Drivers - Award for excellence in driving:

- STAD- Denvil Agrilla
- NAMA- Nigel Roopan
- SGH- Justin Montrose
- Head Office- Selwyn Beharry

Safety Wardens - Award for attentiveness to duties

- STAD- Roma Badal-Besai
- NAMA- Rosanna De Gannes-Raymond
- SGH- Ann Marie Cupidore
- Head Office- Jeremy Meade.



Junior Administrative Assistants, Ms. Vindra Ramdass and Ms. Jenelle Ramsaran -Ramsewak visit OSHA display booth



Ms. Farah Mohammed, Manager- OSH welcomes staff to the debate



Mr. Vesaish Ramtahal, Medical Social Worker enjoys a back and neck massage from H.E.R.O.E.S. rep at the finals



Finals - Head Office vs NAMA

“Eastern Nurses Now” - A Celebration of ERHA’s Nursing Professionals

“Eastern Nurses Now” was the theme for the 2019 Nursing Appreciation Event which was hosted on 10.5.19 at the Sangre Grande Civic Centre.

This year’s theme is geared towards raising the status and profile of the nursing field. It seeks to empower nurses to invest in their profession and come together to tackle the health challenges of the 21st century.

Over 300 nursing personnel gathered to celebrate as they recognized and honoured their colleagues for their leadership and innovation. The event provided an opportunity for all nurses to relax and foster camaraderie while being appreciated for their hard work.

During her address, Mrs. Anita Rampaul-Mohamed, Acting Chief Executive Officer thanked the nurses for going above and beyond what is expected of caregivers and applauded them for demonstrating their commitment during the floods of October 2018. She informed that community members at our Community Consultations gave positive feedback on the services and the quality health care provided by our nurses. Mrs. Rampaul-Mohamed encouraged them to continue serving with pride and urged them to uplift each other and work together – care not only for clients but for your brothers and sisters in the profession.

Ms. Gloria Andrews, Member of the Board of Directors of the ERHA and former Manager-Regional Nursing called on the nurses to remember the role Florence Nightingale played in the development of Nursing Profession and to go forth with their light.



Audience at the event



Ms. Anita Rampaul-Mohamed, Acting Chief Executive Officer brings greetings



Mrs. Gloria Andrews, Director reminds nurses to shine their light with the help of Mr. Christopher Toussaint, Nursing Supervisor



Ms. Jewel Alleyne, Vice Chairman of TTRNA - Eastern Branch brings greetings



Audience enjoys the ceremony



Ms. Stacy Ann Edwards, Nursing Assistant

“Eastern Nurses Now” - A Celebration of ERHA’s Nursing Professionals

(continues)



Reverend Margaret Mc Carthy, Feature Speaker delivers her address

The audience was taken on a journey by the Feature Speaker Reverend Margaret Mc Carthy, who informed on what guided her to become a nurse in village in Africa. After assisting to deliver a baby with no prior medical experience, she realized the power that was within to help those in need and that where there is a will there is a way.

Reverend Mc Carthy indicated that nursing was a high calling and advised the nurses to always deliver more than what is expected. She also encouraged them to have dialogue with other professionals and make use of the communication system that is available today. They were also advised to invest in their profession, become advocates to raise the status and profile of nursing and to engage in policy making and research.

In closing, Reverend Mc Carthy stated “own your work and make it personal. Speak together in one voice, for our strength is in our voice. The future is in your hands”.



Members of the Head Table and audience

Also featured on the programme were Ms. Winnifred Vambe, Hospital Nursing Manager; Ms. Elenor John-Eccles, former Acting Manager-Regional Nursing and Ms. Jewel Alleyne, Vice Chairman of Trinidad & Tobago Registered Nurses Association (TTRNA) who brought greetings.



Nursing professionals enjoying the entertainment



Ms. Winnifred Vambe, Hospital Nursing Manager presents an award for Best Clinical Nurse to Ms. Neeshie Willie, Registered Nurse Oncology



Performance by registered nurses attached to the High Dependency Training Course



Ms. Nelcia Smith, Registered Nurse brings the house down with her performance

Thank you
Nurses

ERHA APPRECIATES MOTHERS

The Eastern Regional Health Authority (ERHA) paid tribute to all mothers on the Maternity Ward at the Sangre Grande Hospital on Sunday 12th May, 2019.

Ms. Annesha Dhanpat of Rio Claro gave birth to the first baby on Mother's Day at 12:00 noon. The baby girl was delivered by Ms. Adanna Bowen-Mohammed, Nurse/Midwife.

Ms. Sasha Darbeau, Deputy Chairman; Ms. Lucy Torres, Director and Ms. Anita Rampaul-Mohamed Rampaul-Mohamed, Acting Chief Executive Officer presented fruit hampers and 360° Health – Mind, Body and Soul Gift Certificates to the mothers.

Twelve mothers received the gifts which entitle them to access personal one-on-one sessions with an ERHA Wellness Coordinator, Nutritionist, Breast Feeding Counsellor and a Medical Social Worker who will offer life coaching sessions.

Ms. Darbeau congratulated the mothers and informed them that the ERHA was concerned about the health of its clients and healthy mothers will be able to focus on their families' health. She encouraged the mothers to use the wellness

certificates and to incorporate fresh fruits, water and exercise in their daily routines.

The mothers expressed their thanks and were looking forward to take the babies home and to be able to use the gifts.



L to R: Ms. Sasha Darbeau, Deputy Chairman (1st person); Ms. Lucy Torres, Director (3rd person); Ms. Anita Rampaul-Mohamed, Acting Chief Executive Officer (4th person) with mothers and baby at the maternity ward at the Sangre Grande Hospital.



Ms. Sasha Darbeau, Deputy Chairman; Ms. Lucy Torres, Director and Ms. Adanna Bowen-Mohammed, Nurse/Midwife make a presentation to Ms. Annesha Dhanpat who delivered the first baby on Mother's Day at the Sangre Grande Hospital

ERHA UPGRADES GIS TECHNOLOGY

The ERHA, with the assistance of the Ministry of Health's Insect Vector Control Department, particularly Dr. Naresh Nandram, has revamped and re-energized its Geographic Information System (GIS) program in 2019. The Authority has now extended its GIS reach from the Public Health Observatory to include the Office of Disaster Preparedness. The GIS software capabilities have been enhanced with the acquisition of two software licences that will enable both departments to have individual and autonomous licences to use for their specific purposes.

GIS provides a framework for gathering, managing, and analyzing data which is organised into visualisations using maps and 3D scenes. This reveals deeper insights into data, such as patterns, relationships, and situations so as to assist the end-users with planning and decision making. Specific to our health context, GIS allows users to visualize vulnerable populations, profile communities, assist with disease surveillance and

subsequently, facilitate client-based interventions to promote healthier communities.

This technology also allows for hazards and resources to be mapped. It assists key emergency personnel in making decisions to determine the most effective response measures as they identify vulnerable communities for targeted evacuations and healthcare service delivery; safe access and egress routes as well as resources for deployment, etc. GIS therefore is a unique and value adding tool in the healthcare environment.



Dr. Naresh Nandram, former County Medical Officer of Health (NAMA) shakes hands with Mr. Vejai Ramsaroop, Manager-IS/IT on the GIS Project

World No Tobacco Day Outreach Programme at Sangre Grande

Shoppers and passersby of Sangre Grande were reminded to "Make every day No Tobacco Day" at the ERHA's World No Tobacco Day Outreach Programme which was held next to Zrada's Fashion, Sangre Grande in an effort to sensitize the public on the dangers of smoking.

The session was conducted on World No Tobacco Day (May 31st) under the theme, **"Tobacco and Lung Health"** and focused on the multiple ways exposure to tobacco can affect lung health.

Onlookers were invited to visit the health booths which featured a display of the "Healthy Lungs" vs the "Smoker's Lung" as well as information on Healthy eating habits when quitting smoking and different types of cancer associated with smoking.

Representatives of the Tobacco Control Unit, Ministry of Health, the Lung Cancer Unit, NCRHA and the ERHA's Nutrition Department were also at the event sharing vital information and meeting with members of the public to answer their health related questions.

Dr. Elijah Fagorola, Medical Officer also conducted health talks during the outreach exercise and strongly encouraged persons to visit the walk-in smoking cessation clinic at Cumuto Outreach Centre if they are trying to quit smoking and need additional support. He also provided Key tips on how persons can quit smoking.

The outreach programme was coordinated by the County St. Andrew/St. David Health Education Department.

See photos below.



Ms. Dionne Buffong, Health Education Officer Ag at display booth



Dr. Elijah Fagorola, Medical Officer I, with Ministry of Health representative

Dangers of Smoking Word Search

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

ADDICTIVE	BURNS
CANCER	CARCINOGENS
COSTLY	COUGH
DISCOLORS	EXPENSIVE
FIRE	HEART
KILLS	LUNGS
NICOTINE	NOT COOL
PEER PRESSURE	SECONDHAND SMOKE
SMOKER	STINKS
TAR	TASTE BUDS
UNHEALTHY	



If you or someone you may know wants to quit smoking, feel free visit the Smoking Cessation Clinic at the Cumuto Outreach Centre on Thursdays from 9:00 a.m. - 1:00 p.m.

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- June 14th: World Blood Donor Day

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



MAY 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