



# The Eastern *Vibes*

Monthly Newsletter 2019

June 2019, Issue #60

## Celebrating World Blood Donor Day 2019



Ms. Dionne Patrick Waterman, Registered Nurse and Ms. Valerie Diaz, Enrolled Nursing Assistant attend to donors at the Donation Room on World Blood Donor Day 2019



Ms. Anita Rampaul-Mohamed, Acting Chief Executive Officer, gets her glucose level checked by Ms. Charmaine Gomez, Enrolled Nursing Assistant at the Blood Donation Drive

The Eastern Regional Health Authority (ERHA) joined with countries around the world to celebrate World Blood Donor Day on June 14, 2019 under the theme, "**Safe Blood for all.**"

Staff at the Blood Bank at the Sangre Grande Hospital through their annual promotion drive connected with residents within the Eastern Region to raise awareness of the need for regular blood donation.

### In this Issue

- Celebrating World Blood Donor Day 2019
- Healthy Living Workshop 2019
- Chronic Disease Support Group Family Day at Trini River Lime
- Networking to Provide Opportunities in the ERHA
- Safety Alert Lectures at Schools
- NAMA Talks NCD Prevention
- Security Awareness Initiative
- Disaster Feature
- MoH and RHAs Participate in HEARTS Regional Workshop
- Libert Building Appreciates Male Staff for Father's Day Blood Donation Word Search
- Upcoming Activities and Events

## Celebrating World Blood Donor Day 2019 (continued)

Twenty-one (21) volunteers donated blood and were provided with support and advice by the team at the Blood Bank. This donation will increase the affordable and timely supply of safe and quality assured blood and blood products that are available to individuals and communities. This is an integral part of universal health coverage and the key component of an effective health system.

World Blood Donor Day is sponsored by the World Health Organisation.

Visit the Blood Bank at the Sangre Grande Hospital and become a voluntary blood donor today!

### Opening Hours:

- Mondays - Fridays: 8:00 a.m. - 3:00 p.m.
- Saturdays: 8:00 a.m. - 12:00 noon

### Address:

Katwaroo Entrance of the Sangre Grande Hospital's Compound.

### Contact Numbers:

- 668-2468 or 668-2288 ext. 147.



*Dr. Adesh Sirjusingh, Director - Women's Health, Ministry of Health (MoH), with representatives of the MoH and SGH Blood Bank Team pose for a photo at the ERHA's Blood Bank on World Blood Donor Day 2019*



*Mr. Ricardo Babb, Senior Deskside Support Technician (Ag.) and Mr. Jeremy Meade, Deskside Support Technician relax with their blood bags after voluntarily donating blood*



*Mrs. Charlene Pattoo-Sooklal, Dietician chats with clients on healthy eating habits at the blood drive.*

## Healthy Living Workshop 2019

72 persons attended the 5<sup>th</sup> Annual Healthy Living Workshop 2019 which was held under the theme **"Prevention is the Key to Lock Out Diseases"**. The main topics discussed were:

- Risk Factors for Non Communicable Diseases
- Healthy Meal Preparation (including live food demonstrations) &
- The Importance of Physical Activity (including live demos)



*Ms. Glenda Lynch George, Primary Care Nursing Manager delivers an address*



*Attendees participate in a physical activity session*

## Chronic Disease Support Group Family and Fun Day at Trini River Lime

Over 270 members of the Chronic Disease Support Groups engaged in a day of healthy and active fun as the ERHA hosted its annual Chronic Disease Family and Fun Day under the Ministry of Health's TT Moves campaign.

The event was held on May 30, 2019 at Matura Trini River Lime where the members, families and friends came out in their team jerseys to socialize and enjoy the sunny weather while participating in friendly and interactive activities.

Each group occupied a shed and members prepared healthy meals onsite based on guidelines they received from the Nutrition Department on controlling high blood pressure and diabetes with a healthy diet.

While some members cooked, others represented their teams in physical activities such as, Arm Chair Aerobics, Musical Chairs, Balloon Pop Race

and Ball Walk. Group members were encouraged to incorporate different forms of physical activity to "Shape Up" as part of the process of preventing and controlling chronic diseases in their everyday lives.

Dr. Allana Best, County Medical Officer of Health brought greetings at the event and encouraged the chronic disease support group members to be each other's support throughout their journey to living healthier lifestyles.

This year's Family and Fun Day was held in observance of World Health Day and was coordinated by both Health Education Departments which created a greater bond and togetherness within the groups of both Counties, demonstrating that Caring is the Key.

*Below are a few photos from the event.*



Presidents and members of the Chronic Disease Support Group Network pose for a group photo



Group members prepare a healthy corn soup



Persons enjoy the fun activities



Dr. Allana Best, County Medical Officer of Health brings greetings



Participants engage in ball walk



Pass the Ball fun

## Networking to Provide Opportunities in the ERHA

Opportunities for employment in multiple disciplines will come on stream in the Eastern Regional Health Authority (ERHA) with the completion of the new Sangre Grande Hospital and the addition of new services.

As part of the strategy to ensure that the new facility is properly staffed, our Organisational and Employee Development Unit hosted a symposium on Careers in Health Care for our stakeholders in education. The symposium was held on June 13, 2019 at the Sangre Grande Enhanced Health Centre. The main objective of the initiative was to share pertinent information on careers that would become available.

Presentations were made by Clinical, Nursing and Para-Clinical representatives within the Authority to share insights on the evolving specialised areas in the Clinical, Para-Clinical, Nursing, Administrative and Technical fields. Representatives from the College of Science, Technology and Applied Arts of Trinidad and Tobago (COSTAATT), University of the Southern Caribbean (USC) and the University of Trinidad and Tobago (UTT) shared outlines, as well as the entry routes to their available programmes.

This insight provided the school representatives with information to guide the development of students who are interested in becoming health care professionals. Some of the schools that

participated in the St. Andrew/ St. David County were Guaico Government Secondary School; Matura High School; North Eastern College; Sangre Grande Government Secondary School; SWAHA Hindu School; Valencia High School, Matelot Community College, Coryal High School, Toco Composite School and Sangre Grande Educational Institute. While the Nariva/Mayaro County was represented by Mayaro Secondary School; Biche High School and Guayaguayare High School.

The ERHA's Career Caravan will connect directly with students in the above names schools in September 2019.



Ms. Shalini Jattan, Manager-Organizational & Employee Development welcomes participants to the session



Representatives of various institutions at the symposium



Ms. Sandra Newton, Senior District Health Visitor delivers a presentation on the field of nursing

## "Safety Alerts" at Schools

The Health Education Department conducted a lecture series titled "Safety Alerts" with primary school students in preparation for their July-August vacation period. "Safety Alerts" is a simplified way of explaining potential dangers including sexual abuse to children, these alerts are:

- See Alert
- Touch Alert
- Talk Alert
- Hold Alert &
- Alone Alert

Each of these reminders will help children identify potential dangers and how to navigate them. *At right are some highlights.*



Mr. Peter Jeffrey, Health Education Officer has a chat with students of Pool River R.C. Primary School



Ms. Karen Copland, Health Education Aide conducts lecture at Rio Claro APS Vedic Primary School



Students of the Cushe Government Primary School listen attentively to the safety alert lecture

## NAMA Talks NCD Prevention at Schools



Ms. Bagaloo, Registered Nurse, conducts a presentation on diabetes to students of the Santa Ria RC Primary School



Mr. Vesiash Ramtahal, Medical Social Worker I talks to students of Mafeking Primary School on mental health issues

The Health Education Department continued the NCD Prevention Program in collaboration with the Nursing, Nutrition and Medical Social Work Departments in primary schools in county Nariva/Mayaro. Students learnt about chronic diseases and were screened and counseled.

## Security Services Department Initiative

### No. 01/19 - Security Awareness

**"Security is Everyone's Business"** the phrase is coined on the background that everyone who interacts with the Eastern Regional Health Authority's (ERHA) facilities has a responsibility to contribute to a secure environment.

The ERHA regards a secure working environment to be an atmosphere that will support the safety and protection of all the ERHA assets. These assets include, but are not limited to plant, equipment, people i.e. staff, patients, visitors.

Each person is charged with the responsibility of ensuring that ERHA's assets are not unlawfully removed or tampered with. Critical resources such as our radiology equipment (X-ray machines, CT Scanner), medical equipment in our ICU, Wards, Accident and Emergency and CCTV cameras are all key to ensuring our clients are provided with the best standard of care and by extension aids us as health workers in delivering quality care.

The ERHA's creation and maintenance of a secure environment is supported by outsourced private guards (PRD Security Services Limited and Amalgamated Security Services Limited) as well as technology aids (panic buttons, alarm and monitoring systems).

The ERHA Security Department wishes to introduce their slogan to employees and ask that you become a part of our security family. The chosen phrase is **"I am Security Conscious."**



### TIPS FOR CREATING A SECURED ENVIRONMENT

- *Take care of your assets at all times.*
- *Follow the directions and guidance of the security personnel that are reasonable.*
- *Show respect to your Security Personnel.*
- *Follow instructional policies on photographing, videotaping and recording.*
- *Respect the Patients Charter of Rights.*
- *Do not park illegal on the facility compound, you may affect the movement of mechanical response vehicles or personnel.*
- *If you see something that doesn't seem right, ensure that the matter is reported to your ERHA Supervisor, Security Supervisor and/or Department or inform our Security Personnel.*

# DISASTER FEATURE

*Presented by the Office of the Disaster Preparedness Coordinator*

It's officially here! The Trinidad and Tobago Meteorological Service (TTMS) declared the start of the 2019 rainy season on May 28<sup>th</sup> and two of the main weather features we can expect to experience are tropical waves and the Inter-Tropical Convergence Zone (ITCZ). Here are the key points to note about them:

## Tropical Waves

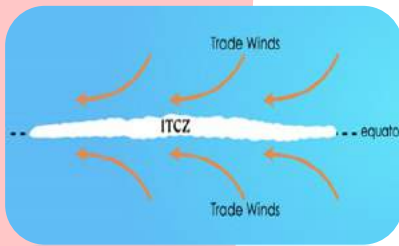


A tropical wave is a slow-moving disturbance in the upper atmosphere which is carried along by the prevailing easterly trade winds. In the early part of the hurricane season, they are often dry because they collect dry air from the Sahara Desert, however, these low pressure systems are associated with rainfall and thunderstorm activity. When these waves become more organized, they can develop into tropical depressions and can further develop into hurricanes.



Did you know? A tropical wave is also called an easterly wave, an invest, or a tropical disturbance.

## Inter-Tropical Convergence Zone



The Inter-Tropical Convergence Zone or (ICTZ) is an area of low atmospheric pressure near the equator where trade winds meet or converge. At this convergence zone, air is forced upward and as it rises, the moisture within it condenses to form a band of clouds. When the ITCZ moves North over Trinidad and Tobago it brings significant rainfall and thunderstorms. Trinidad has a twin-peak rainfall regime due to the movement of the ICTZ, with a major peak in June-August and a smaller peak in November. However, for 2019 June-August is likely to receive less rainfall than usual, while September-November is likely to receive more rainfall than usual.

### What can you do?

- Do your part to keep your surrounding clean - clear guttering regularly, pick up any loose garbage, etc.
- Have your disaster bags ready
- Ensure your vehicle tires are in good condition!

Pay attention to alerts and warnings posted by the TTMS, see their new early warning system below:

<b>MEANING OF THE NEW COLOUR CODED EARLY WARNING SYSTEM (EWS)</b>		
<b>Risk Level</b>	<b>What we mean</b>	<b>What you should do</b>
Green	No hazards expected.	Stock up on emergency supplies. Create an emergency plan.
Yellow	Hazard is possible. Be aware of the potential impacts of the hazard.	Monitor weather conditions & official updates.
Orange	We're more certain that there's risk to personal and property safety.	Get prepared to safeguard yourself & your family, including your property.
Red	Significant risk to lives exist & significant damage and disruption.	Take immediate action to protect lives. Safeguard your property.

*Preparation is key!*

## Sangre Grande Enhanced Health Centre Featured in HEARTS Regional Workshop

The Sangre Grande Enhanced Health Centre was featured in the HEARTS Regional Workshop as a facility which strengthens the management of risk factors for cardiovascular diseases in primary healthcare.

The workshop which was attended by Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David was hosted by the Pan American Health Organization (PAHO) from 14th May, 2019 - 17th May, 2019 in the Dominican Republic.

The workshop focused on the HEARTS technical package which provides a set of effective,

practical interventions aimed at preventing cardiovascular disease in primary health care by ensuring equitable access to continuous, standardized, high-quality care for people at high risk.

*Clients and staff engage in physical activity at the Sangre Grande Enhanced Health Centre's Wellness Room*



### Recognising Our Male Staff for Father's Day



*Some of the male staff at Libert Building*



*Drinks hamper*

In observance of Father's Day, the female staff at Libert Building came together and recognized their male colleagues on 14th June, 2019. The guys were presented with hampers containing some of their favourite beverages as well as other items and they were treated to an assortment of sweet delicacies.

### BLOOD DONATION WORD SEARCH

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

- |               |               |                     |
|---------------|---------------|---------------------|
| 1. Arteries   | 8. Cancer     | 15. Marrow          |
| 2. Human Body | 9. Red Cells  | 16. Platelet        |
| 3. Blood      | 10. Heart     | 17. Oxygen          |
| 4. Donor      | 11. Plasma    |                     |
| 5. Veins      | 12. Life      | <b>Bonus Words!</b> |
| 6. Water      | 13. Receiver  | 18. Hemophilia      |
| 7. Iron       | 14. Corpuscle | 19. Hemoglobin      |
|               |               | 20. White Cells     |



### UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- July 28th: World Hepatitis Day

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



JUNE 2019

**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](mailto:corpcomm@erha.co.tt)