



The Eastern *Vibes*

Monthly Newsletter 2020

January 2020, Issue #66

ERHA's Breast Cancer Awareness Drive



The Honourable Terrence Deyalsingh, Minister of Health encourages members of the public to get screened for cancer

"Early Detection Saves Lives" was the main message emphasized by the Honourable Terrence Deyalsingh, Minister of Health as he encouraged members of the public to get screened for cancer at the Eastern Regional Health Authority (ERHA) Breast Cancer Awareness Drive.

Over 300 persons benefited from the outreach programme which was hosted 15th January, 2020 at the St. Francis of Assisi R.C. Church, Sangre Grande.

The Honourable Terrence Deyalsingh, Minister of Health informed the clients of the Eastern

Region that the initiative was about awareness, early detection and it offered hope and good news because cancer if detected early was not a death sentence.

The Minister encouraged women to educate themselves and to do their own examinations. He also informed men that it is being recognised that breast cancer is also a man's issue. "Even though the incidents of men getting breast cancer are much lower, it is still an issue." ...Cancer is not a death sentence, there is still a lot of hope, there is a lot of good news."

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ERHA's Breast Cancer Awareness Drive

During the outreach programme Minister Deyalsingh was guided by Nurse Suzette Hernandez to perform a breast self-examination. The Minister commended Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, of the Eastern Regional Health Authority's team and all health care workers for their excellent work.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer in his short address welcomed all the clients and briefly outlined some of the initiatives of the ERHA to increase awareness on Non-Communicable Diseases (NCDs). He also listed the services offered at the Awareness Drive which included Cancer Screening, Blood Sugar Testing, Blood Pressure Testing, BMI; Breast Examination; Lectures, Consultations; Scheduled referrals for Mammogram and breast ultrasound; Food demonstrations and Flu Vaccines.

Also addressing the clients were Dr. Priya Gopie, Head of Department of Haematology and Oncology and Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David.

The Authority continued its Breast Cancer Awareness Drive at the Rio Claro Car Park on Thursday 16th January, 2020.

Over 200 residents of Rio Claro accessed the various services provided such as Breast Examinations, Cancer Screening, Flu Vaccines, Consultations, Blood Sugar Testing and Blood Pressure Testing amongst others.



The Honourable Terrence Deyalsingh, Minister of Health is guided by Nurse Suzette Fernandez to perform a Breast Self-Examination



District Health Visitor Jennifer St. Clair administers a flu vaccine to a client



Clients visit the Medical Social Work Department display area at the Breast Cancer Awareness Drive in Rio Claro

First Baby for 2020 at the ERHA



Ms. Esme Rawlins-Charles, Chairman, Mrs. Gloria Andrews, Director and other members of the ERHA Team congratulate Ms. Jenissia Carter on her new bundle of joy

The Eastern Regional Health Authority (ERHA) welcomed the first baby to be born at the Sangre Grande Hospital for 2020 at 12:40 a.m. The healthy baby girl weighed 3150 grams was born to Ms. Jenissia Carter.

Ms. Esme Rawlins-Charles, Chairman of the Eastern Regional Health Authority, Ms. Gloria

Andrews, Director and other members of the ERHA team were on hand to congratulate Ms. Carter and presented her with a hamper.

Ms. Carter thanked Ms. Tamika Seecharan, Midwife and the staff at the Sangre Grande Hospital for the safe delivery of her daughter.

Re-establishment of the Managers “Walk the Floor” Initiative

In an effort to improve service delivery, communication, and creativity at the Eastern Regional Health Authority, the Quality Department kicked off the new year with the reintroduction of the Management Team “Walk the Floor” initiative.

The “Walk the Floor” commenced on 21st January, 2020 at the Sangre Grande Hospital where members of the Management Team visited all the wards and departments to observe day to day work activities. An inspection sheet consisting of items such as signage, housekeeping

and life safety was designed for managers to document their findings and recommendations. Members of staff were also engaged to obtain their views and suggestions.

The Management Team will walk the floors of all health facilities throughout the months of January and February as the Authority continues on a strategic path that would assist in the provision of quality healthcare to all clients.

Let’s Talk Nutrition - Interview Series

Shorter eating windows, the “real detox” (fasting) and a whole foods diet were some of the major topics discussed by Dr. Candace Simpson-Smith, Nutritionist during an interview series segment on i.95.5 F.M.

Members of the public were given advice to assist them to adopt healthy eating practices. They were advised to avoid processed foods and to lower their sugar consumption. The two-day series was

aired on 13th and 22nd January, 2020 with hosts, Darian Marcelle and Ralph Maraj respectively.

The interviews were aimed at encouraging persons to change deeply entrenched habits and to make healthier decisions as well as accept personal responsibility for their health status in an effort to reduce the occurrence of NCDs through proven cost-effective practices.



Become a Voluntary Blood Donor Today

This year, why not become a voluntary blood donor and help save lives?

The Eastern Regional Health Authority is inviting members of the public and staff to visit the Sangre Grande Hospital Blood Bank 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

Contact Numbers: 668-2468 or 668-2288 ext. 147



Remember, one pint of blood can save up to three (3) lives!

Pre-Carnival Secondary School Outreach Programme

The Eastern Regional Health Authority's Health Education Department in collaboration with the Nutrition and Medical Social Work Departments will embark on a Pre-Carnival Secondary School Outreach Programme from **31st January, 2020 – 19th February, 2020**. The programme is designed to sensitise students on food safety, music and behavior, alcohol prevention, managing sexuality and healthy eating on the go. *See flyer and schedule below.*

**EASTERN REGIONAL HEALTH
ERHA
AUTHORITY**

**HEALTH EDUCATION DEPARTMENT
IN COLLABORATION WITH
NUTRITION & MEDICAL SOCIAL WORK
DEPARTMENTS**

Presents

**PRE-CARNIVAL
SECONDARY SCHOOL
OUTREACH PROGRAMME**

31st January, 2020 - 19th February, 2020

Topics include:

- Food Safety
- Music and Behaviour
- Alcohol Prevention
- Managing Sexuality
- Healthy Eating on the go

"Caring is the Key"

31st January, 2020

Coryal Secondary School

5th February, 2020

Sangre Grande Secondary School

7th February, 2020

Manzanilla Secondary School

10th February, 2020

Matelot Community College

12th February, 2020

Guaico Secondary School

14th February, 2020

Matura Secondary School

17th February, 2020

Northeastern College

18th February, 2020

Valencia Secondary School

19th February, 2020

Brazil Secondary School

TIME: 10:00 A.M.

Dry Season 2020

In Trinidad and Tobago, the dry season normally occurs from January to May each year. The Trinidad and Tobago Meteorological Service (TTMS) declared the start of the 2020 dry season on 21 January. The overall prediction for the 2020 dry season is for near-normal dry season conditions with near-average rainfall totals from January to March while slightly wetter than average conditions are predicted for April to May. The outlook also forecasts March to May 2020 to produce one or two short-duration hot spells.

Dry Season Impacts

- **Heat Stress and Heat Stroke** can result due to periods of excessive heat. Children, the elderly and outdoor workers are especially vulnerable.
Mitigation: Stay hydrated, wear light coloured loose fitting clothes and stay cool in an air conditioned area.
- **Reduced Air Quality** due to smoke from landfill and bush fires. Plumes of Saharan dust can also reduce air quality to harmful levels.
Mitigation: Remain indoors, keep doors and windows shut, use air conditioners on the recirculation setting. Use properly fitting dust masks if outdoors.
- **Fires** can spread rapidly due to drier conditions and overall warmer temperatures. This can damage ecosystems and threaten lives, property and economic activities.
Mitigation: Do not light outdoor fires without a permit from the T&T Fire Service. Establish fire trace/break around property. Keep driveways and roadways accessible to fire trucks.
- **Increase in Mosquito-Borne Diseases** as a result of drier conditions which increases the need to collect and store water in containers, which can increase mosquito breeding areas.
Mitigation: Have a plan to store water safely; cover all water containers to prevent mosquitoes breeding.
- **Hazardous Seas** can be caused by stronger low-level winds that increase the potential for rough seas, affecting marine activities and coastal communities.
Mitigation: Avoid swimming during rough seas and where rip currents are present. Stay out of the ocean if you are a mariner with a small craft.



Emergency Contact Numbers

Fire Services - 990

Forestry Division - 225-3868/225-3720/225-3740

ODPM - 511/640-1285

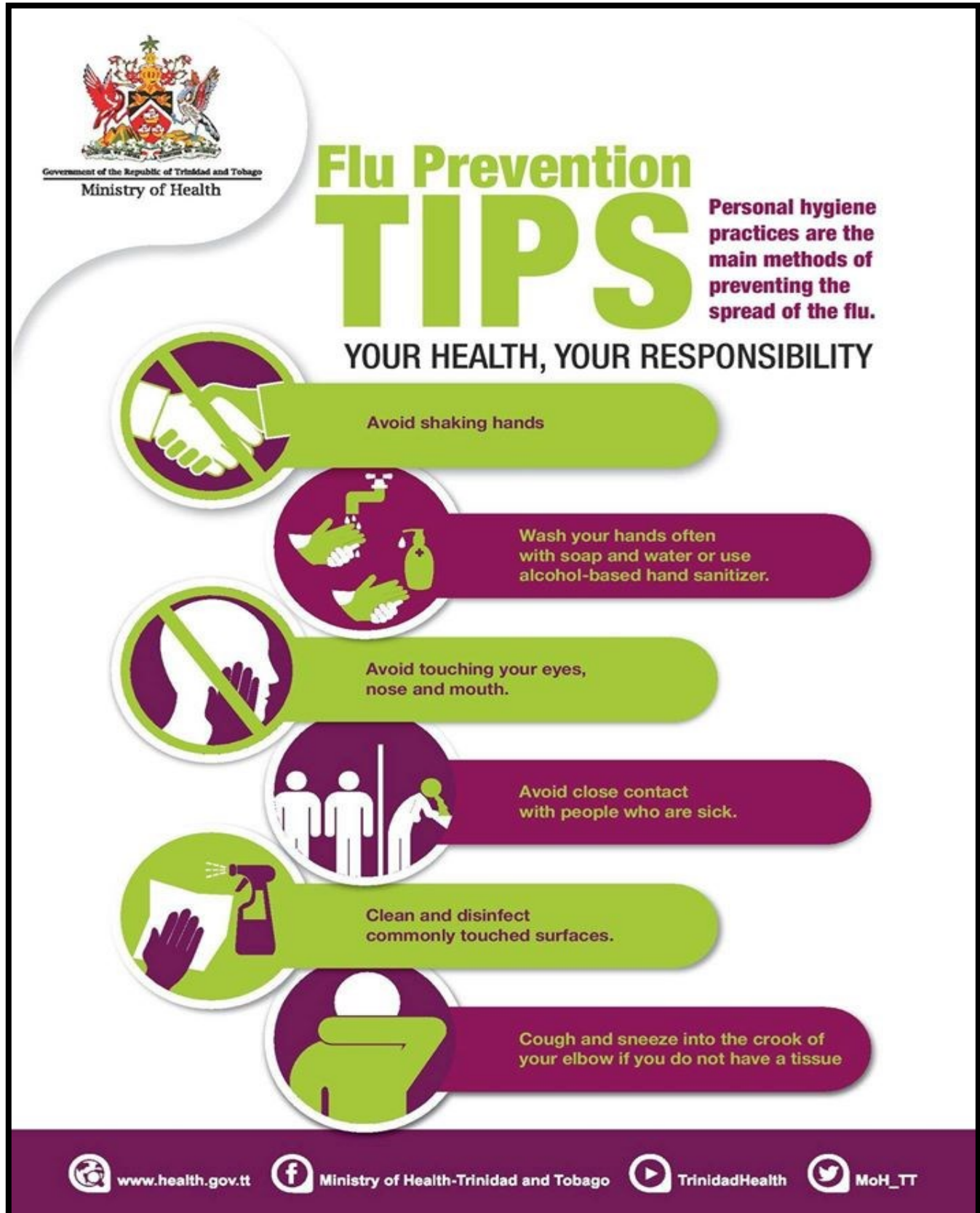


Follow the TTMS for more information

Protect Yourself and Your Loved Ones from Getting Sick

The Ministry of Health is urging members of the public to take steps to protect themselves and their loved ones from the flu and other diseases.

See tips below to help you stay healthy and stay free from the flu.



The infographic features the coat of arms of Trinidad and Tobago and the text 'Government of the Republic of Trinidad and Tobago Ministry of Health' in the top left. The main title 'Flu Prevention TIPS' is in large green letters, with 'TIPS' being significantly larger. Below it, the subtitle 'YOUR HEALTH, YOUR RESPONSIBILITY' is in black. To the right, a purple box contains the text 'Personal hygiene practices are the main methods of preventing the spread of the flu.' The infographic lists six tips, each with a circular icon and a corresponding text box:

- Avoid shaking hands**: Icon shows two hands shaking with a red prohibition sign over it.
- Wash your hands often with soap and water or use alcohol-based hand sanitizer.**: Icon shows hands being washed under a faucet with soap suds and a bottle of sanitizer.
- Avoid touching your eyes, nose and mouth.**: Icon shows a hand reaching towards a face with a red prohibition sign.
- Avoid close contact with people who are sick.**: Icon shows three people, one of whom is coughing into their elbow.
- Clean and disinfect commonly touched surfaces.**: Icon shows a hand spraying a surface with a disinfectant bottle.
- Cough and sneeze into the crook of your elbow if you do not have a tissue**: Icon shows a person coughing into their elbow.

At the bottom, there is a purple bar with social media icons and links for www.health.gov.tt, Facebook (Ministry of Health-Trinidad and Tobago), YouTube (TrinidadHealth), and Twitter (MoH_TT).

Breast Cancer

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

AWARENESS

DEATH

MALIGNANT

PINK

STRONG

BREAST

DETECTION

MEN

RIBBON

TATAS

CANCER

DIAGNOSE

OCTOBER

SCREENING

TREATMENT

CHEMO

INSPIRATIONAL

OPTIMISTIC

STAGE

WOMEN





JANUARY 2020

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