



The Eastern *Vibes*

Monthly Newsletter 2020

September 2020, Issue #74

Virtual Staff Meetings



The COVID-19 pandemic has contributed to significant changes to our workplace here at the Eastern Regional Health Authority, in our homes and in the world around us.

Recognising the personal sacrifices that many of us had to make as essential frontline workers in order to cope with the challenges as we adapt to the new normal, Virtual Staff Meetings are being hosted by Mr.

Ronald Tsoi-a-Fatt, our CEO with all staff.

The meetings commenced with primary care facilities on September 22, 2020 and facilitate open discussions on how these changes may affect staff. It also focuses on identifying ways to collectively address concerns raised.

See schedule of Virtual Staff Meetings on page 2.

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Schedule of Virtual Staff Meetings

FACILITY	DATE	TIME
SEPTEMBER		
Cumuto Outreach Centre (<i>completed</i>)	September 22, 2020	12.30 p.m.
Biche Outreach Centre (<i>completed</i>)	September 30, 2020	12.30 p.m.
OCTOBER		
San Souci Outreach Centre (<i>completed</i>)	October 19, 2020	12:30 p.m.
Toco Health Centre	October 21, 2020	12.30 p.m.
Brothers Road Outreach Centre	October 26, 2020	12.30 p.m.
Valencia Health Centre	October 28, 2020	12.30 p.m.
Coryal Outreach Centre	<i>Date to be confirmed</i>	
NOVEMBER		
Sangre Grande Enhanced Health Centre	November 04, 2020	1:00 p.m.
Mayaro District Health Facility	November 05, 2020	12:30 p.m.
Matura Outreach Centre	November 06, 2020	12.30 p.m.
Rio Claro Health Centre	November 11, 2020	12:30 p.m.
Grande Riviere Outreach Centre	November 13, 2020	12:30 p.m.
Manzanilla Outreach Centre	November 17, 2020	12:30 p.m.
Cumana Outreach Centre	November 18, 2020	12:30 p.m.
Matelot Outreach Centre	November 19, 2020	12:30 p.m.
Guayaguayare Outreach Centre	November 25, 2020	10:00 a.m.
DECEMBER		
Sangre Grande Hospital	<i>Dates to be confirmed</i>	

ERHA Launches Text All Service **#InDKnow**

Members of staff can now stay **#InDKnow** with the ERHA's *Text All Service*.

Adverse weather alerts, safety tips and other emergency advisories are now at your finger tips as the ERHA stays committed to keeping staff informed via short message service (sms).

The new feature was launched on 7th September, 2020 to all members of staff within the Authority.

The service will continue to provide regular updates and vital information. Remember to check your notifications and stay "**#InDKnow**".

The system is managed by the Disaster Preparedness Unit.



**YOU HAVE NEW
MESSAGES
FROM ERHA**

#InDKnow

ERHA Hosts Virtual 5K Walk & Run

Recognising that regular exercise is an important factor in maintaining a healthy lifestyle, the ERHA Health Education Department and Wellness Unit hosted a Virtual 5k Walk & Run to provide an opportunity for persons to keep fit during the coronavirus pandemic.

The event was conducted over a period of five (5) days from September 28, 2020 to October 02, 2020 and was held in observance of Caribbean Wellness Day under the theme "**Stronger Together focusing on Mental Health**".

Over 200 persons accepted the challenge and were motivated to convey their fitness goals based on their own schedules from a location of their choice. Participants were able to walk, jog, run outdoors or even on a treadmill at their own pace with the use of a schedule app, persons forwarded their times and the route upon completion of the 5K.

The ERHA awarded all runners/walkers who completed the race with a medal, digital certificate of participation and a New Normal package consisting of a pocket hand sanitizer, a disposable

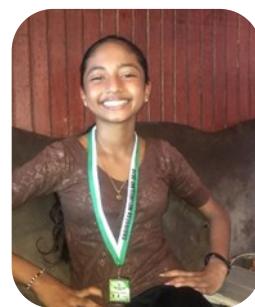
face mask as well as education material on Covid-19.

In an effort sensitise the public on the initiative, Mr. Peter Jeffrey - Health Education Officer, Ms. Shareeda Mohammed - Medical Social Worker II and Ms. Astra Bennett - Wellness Centre Coordinator appeared on TTT's "The New Morning Show". Over 70 persons registered to participate after the programme.

A video series on Mental Health Awareness was also shared via the ERHA's Facebook page and website during the walk of the Virtual 5k Race.



Health Education Department distributes prizes to a participant



Ms. Karissa Ropchan, fastest female runner under the age of 18

Sports and Cultural Club Hosts “National Pride” Competition

The ERHA’s Sports and Cultural Club extends congratulations to Ms. Narisha Baksh-Mohammed, Human Resources Officer on winning the recently held National Pride Trivia Question & Answer Competition.

The competition was held in an effort to develop a sense of national pride and create awareness in celebration of Trinidad and Tobago’s National Days.

Members of staff were invited to test their knowledge on key aspects of our country’s history by responding to selected questions. All correct entries were placed in a box and a winner was drawn.

In addition to the trivia competition, the **“National Pride”** initiative also featured an internal decorating competition where members of staff were given the opportunity to form teams and decorate their office space in keeping with the theme, **“National Pride.”** Sadly, there were no

entries in this category.



Ms. Chrystal Bute, Communications Officer Ag presents a voucher and gift bag to Ms. Narisha Baksh-Mohammed, Human Resource Officer, on behalf of the Sports and Cultural Committee



Mr. Octive Lewis, Manager-Security Services chooses a winner from the box held by Mrs. Lisa Daniel-Charles, Manager-Corporate Communications

Appreciation Letter to ERHA Healthcare Workers



Ronald Tsoi-a-Fatt,
Chief Executive Officer

I wish to take this opportunity to personally express my heartfelt gratitude and appreciation to all employees of the Eastern Regional Health Authority (ERHA) for rallying and demonstrating your love and commitment to your profession.

It has been many days since Trinidad and Tobago received its first COVID-19 patient and this has contributed to significant changes in the environment in which we operate. I am truly touched by your personal sacrifices, invaluable dedication and unwavering efforts as you administer quality care to our clients.

I am aware that a lot is being asked as you are also busy managing challenging personal and family situations at this time. Your effort is making a tremendous difference and I pray that you will have strength to endure the journey to the end when we win the fight against COVID-19.

The clients of the ERHA and the people of Trinidad and Tobago support you.

We are in this together!

Thank you

Ronald Tsoi-a-Fatt
Chief Executive Officer



The COVID CHRONICLES

A thank you note on behalf of Dr Sricharan Reddy

MY COVID
STORY

"As a medical professional, I was extremely impressed by the high level of professional care given by the nurses."

I am a Medical Professional attached to the Eastern Regional Health Authority, and actively involved in patient care and swabbing of suspect COVID-19 cases.

Due to experiencing symptoms of the virus, I presented myself for testing on August, 31, 2020. I received my results of being positive for COVID-19 within a few hours.

I was admitted to the Couva Medical & Multi Training Facility on the same day.

After a few days of admission at the CMMTF, I began experiencing breathing difficulty, my condition deteriorated, and I was transferred to the High Dependency Unit for medical management.

At that point I was unsure of my recovery but the Medical Team, consisting of **Dr Arnaz Maccum, Dr Anisha Sookoo, Dr Aneesa Ragbir** and **Dr**

Sana Mohammed were always present with expert clinical administration.

I was also attended to by the ICU Team which includes, **Dr Kevin Kernahan, Dr Ackram Hosein**, Consultants and House Officers who all provided exceptional support to me.

I was continuously communicated with and am still being supported by the Surveillance Unit – County Caroni and my employers, The Eastern Regional Health Authority (ERHA).

I spent a total of 25 days at the CMMTF. The nursing staff is clearly the backbone of the Hospital.

They are exemplars of a dedicated, hardworking, sincere, and continuously committed team to patient care even though they are often the victims of negativity and ingratitude by some.

As a medical professional, I was extremely impressed by the high level of professional care given by the nurses.

They were always on point, be it feeding the patients one by one, tidyng them, changing diapers, checking vitals every 6 hours, or administering medications on time. You name it. They were on target.

**Kudos to you nurses.
Keep up the good work!**

My heartfelt appreciation to the entire COVID-19 Team for your dedication to your patients.

**Keep strong Team COVID-19
Trinidad & Tobago!!!
Thank you.
Dr SRICHARAN REDDY**

The ERHA thanks Dr. Sricharan Reddy for sharing his story with members of the public and wishes him the best of health.

Thank you to the entire COVID-19 Team for their tireless efforts, hard work and dedication to delivering quality healthcare.



Michelle King
September 28 at 2:43 PM ·

Good afternoon. Just wanted to say a heartfelt thank you to the doctors and nurses at Sangre Grande Hospital for excellent treatment. A special thank you to the nurses on Ward 3. They are taking wonderful care of me. Not too sure how long I will be here but I am grateful for their genuine concern. God bless them all

Date: 28th September, 2020

Posted on a Sangre Grande Facebook Group



Maureen Camile James

September 25 at 4:49 PM ·

Kudos to the staff members I came in contact with at the Sangre Grande Enhanced Health Centre. The young lady at the front desk , Dr.Vikash Mungroo and counterparts well done. Patient care Par Excellence.

Date: 25th September, 2020

Posted on a Sangre Grande Facebook Group

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

EARTHQUAKE - WHAT YOU NEED TO KNOW

What Is An Earthquake?

An earthquake is a natural hazard which occurs when the ground shakes or rocks violently. They can take place at any time; day or night, without any forewarning and can inflict significant damage.



Did You Know?

Each year, over 1,200 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.
- ✓ Heavy furniture, water heaters, etc. should be anchored to walls or floors and place the 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.
- ✓ Make a Family Emergency Plan with your family.

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.

Move away from windows, glass doors and hanging or heavy objects. Stay inside, do not use elevators or stairs.

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

EARTHQUAKE - WHAT YOU NEED TO KNOW



- ♦ 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:



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



- ✗ Never touch fallen power 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 vehicle.
- ✗ Do not attempt to move seriously injured persons unless they are in danger of further injury.

REMEMBER



World Suicide Prevention Day 2020

Organised by the International Association for Suicide Prevention (IASP), World Suicide Prevention Day which is observed on 10th September every year, aims to raise awareness about suicide and suicide prevention.

This year's theme "**"Working Together to Prevent Suicide"**" focuses on bringing government organisations, healthcare professionals, NGOs, family, friends, coworkers and loved ones closer together to work hand in hand in an effort to reduce the suicide rate, globally.

FACTS ABOUT SUICIDE:

- Studies show that about 54 percent of people who commit suicide did not have any diagnosable mental illness.
- Unlike what is commonly perceived, suicidal tendencies do not only affect those suffering from a mental health condition.
- People don't always commit suicide "out of the blue."

Those with suicidal tendencies often show some subtle signs that can be identified.

Here are five (5) signs you can look out for to help someone overcome suicide tendencies:

1. Talking about suicide

The person may start to mention how they want to kill themselves or end everything. They may talk about feeling trapped or hopeless and being a burden to everyone. While not everyone who mentions suicide actually goes through with it, it is best to look out for such behavior, intervene at the right time and seek help from a professional if needed.

2. Persistent sadness/depression

If a person has been sad for long and is showing signs of withdrawal and moodiness, they may have depression and would be in need of medical assistance. Those with clinical depression also tend to have low self-esteem, a feeling of hopelessness, guilt and irritability. They may find it hard to make a decision and feel tearful a lot.

3. Self-harm

The person may start to consume excessive alcohol or drugs. They may indulge in rash driving or cutting. Some may even look online for various ways to commit suicide.

4. Saying goodbyes

Often those with suicidal tendencies may start to have no concern about their own appearances and may even get rid of things they once treasured. They may visit or call family and friends to say goodbye and get their affairs in order. Another way to do this may even be to clean their room after putting it off for long.

5. Other signs

A person with suicidal tendency may show anger, sudden calmness, improvement in their behavior, insomnia or excessive sleeping. They may look withdrawn, tired and keep on isolating themselves from their loved ones.

**For more information please contact any health facility or the SUICIDE HOTLINE at
800-5588/220-3636/645-2800.**



SEPTEMBER 2020

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

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

Website : www.erha.co.tt



ERHA Trinidad

