



The Eastern *Vibes*

Monthly Newsletter 2020

December 2020, Issue #77

ERHA Wins the IDB People's Choice Award 2020



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, ERHA accepts the People's Choice Award as Ms. Rocio Medina-Bolivar, IDB Group Country Representative T&T looks on

Thank you all staff and friends of the ERHA for your personal and extended support in having the ERHA declared winner of the People's Choice Award in the IDB 2020 President's Awards for Service Excellence and Innovation in the Public Sector.

*Once again our Authority demonstrated not just "**Caring is the Key**" but also our Commitment to Excellence.*

The ERHA appreciates your

support and we are touched to know that you recognise our contribution and the positive impact on so many lives.

We remain committed to serving you as we continue to work together to deliver quality health care to all our clients.

**Ronald Tsoi-a-Fatt,
Chief Executive Officer**

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Congratulations

To the ERHA

Winner of the People's Choice Award in the IDB 2020 President's Awards for Service Excellence and Innovation in the Public Sector

The Chairman and Board of Directors of the Eastern Regional Health Authority (ERHA) extend congratulations to the Management and staff of the ERHA for their stellar achievement in winning the Inter-American Development Bank People's Choice Award for Service Excellence in the Public Service.

The implementation of services at the Nariva/Mayaro Satellite Dialysis Unit during a challenging year when our resources were stretched in dealing with the COVID-19 pandemic, truly demonstrates your commitment and dedication in the provision of quality healthcare to our clients.

This award to the ERHA is a public acclamation from the people we serve in our catchment area. It also indicates national and international recognition of the work of the Authority.

We recognize that this award will provide motivation to team ERHA in the delivery of quality healthcare and service to all our clients.

From Ms. Esme Rawlins-Charles, Chairman and Members of the ERHA Board of Directors

New Year Message from the Chief Executive Officer



Dear ERHA Family,

2020 has been a year filled with changes and challenges as an unexpected visitor entered our lives. The Covid-19 pandemic caused our lives to shift as it changed our common practices and forced us to adapt to a 'New Normal' lifestyle. For many of us, our lives became more challenging to manage, as we tried our best to balance our responsibilities of being an essential worker in extremely trying conditions while taking care of our families.

Despite all our challenges, we at the ERHA continued to perform with excellence and I am extremely proud and grateful for what we have been able to achieve. From being the first Regional Health Authority to establish and manage quarantine and step-down facilities to Covid-19 patients to commencing services at the first Satellite Dialysis Unit which is located in Nariva/Mayaro. We have truly done well and this has paved the way for us to capture the People's Choice Award for Service Excellence in this year's IDB President's Awards for our Dialysis Unit. This proves that the people of Trinidad and Tobago appreciate our hard work and share our vision for excellence in healthcare delivery.

As we begin 2021, I wish to thank each and every one of you for your commitment and dedication throughout 2020. Your unwavering service and support have not gone unnoticed and are greatly appreciated.

I encourage you to remain on the path we have charted together to provide quality healthcare and to continue serving our clients with care and compassion. Be vigilant and continue to practice all the health and safety guidelines to keep you and your family safe.

Remember that "Caring is the Key."

I wish you and your family a very happy, healthy and safe 2021! Happy New Year!

*Ronald Tsoi-a-Fatt
Chief Executive Officer, ERHA*



ERHA Christmas Babies



The Sangre Grande Hospital recorded the first and third births in Trinidad on Christmas Day.

Ms. Reana James gave birth to a healthy baby girl named Julianna at 12:15 a.m. The baby weighed 3200 g and was delivered by Dr. Corridon and Dr. Sobers.

Ms. Vanessa Vallaruel and Ms. Jennifer Thompson, Midwives present Ms. Reana James with a hamper in the presence of Ms. Alicia Ross, Nursing Supervisor.

The second birth in the Eastern Region, third in the country, occurred at 1:02 a.m. when Ms. Meenadaye Sookdeo delivered her baby boy. The child weighed 2530g and was delivered by Ms. Tricia Thomas and Ms. Spencer, Midwives. Congratulations to the parents!

Ms. Meenadaye Sookdeo cuddles her baby boy



New Year's Day Bundle of Joy



The first baby in the Eastern Region on New Year's Day was welcomed at the Sangre Grande Hospital at 9:08 a.m.

Ms. Shinneil Mahabir gave birth to her baby girl weighing 3275g. The child was delivered by Midwives, Ms. Tamika Secharan and Ms. Sabrina Anastascio.

Ms. Shinneil Mahabir poses with her bundle of joy alongside Ms. Tamika Secharan (left) and Ms. Sabrina Anastascio, Midwives.

Share What You Can

The Sports and Cultural Club demonstrated that Christmas is a time for giving and gifted four food hampers to families in need.

Members of staff throughout the ERHA were invited to donate items, and with their act of kindness, smiles were brought to the faces of community members as they were presented with beautifully decorated hampers. The families were selected by the Medical Social Work Department of the Sangre Grande Hospital.

The Sports and Cultural Club thanks all members of staff who graciously donated as we continue to

demonstrate that **"Caring is the Key."**



On the Job Trainees at the Sangre Grande Hospital assist with preparing hampers

Minister of Health Visits Staff in the Eastern Region

Christmas came early in December when the Honourable Terrence Deyalsingh, Minister of Health visited staff in Mayaro and Rio Claro on December 18, 2020 and presented them with tokens of appreciation.

Minister Deyalsingh was accompanied by Ms. Melanie Noel, Deputy Permanent Secretary, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Mrs. Angelina Rampersad-Pierre, General Manager -Operations.

During the visit, the Honourable Minister stopped



The Honourable Minister of Health engages in a discussion with medical professionals at Rio Claro Health Centre



Members of staff receive tokens of appreciation from the Honourable Terrence Deyalsingh, Minister of Health



The Honourable Terrence Deyalsingh, Minister of Health with Ms. Melanie Noel, Deputy Permanent Secretary, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Dr. Clem Ragobar, Acting County Medical Officer of Health at the NAMA Satellite Dialysis Unit



Nursing professionals chat with the Honourable Terrence Deyalsingh, Minister of Health at the Rio Claro Health Centre

CEO Visits Toco Health Centre for Christmas

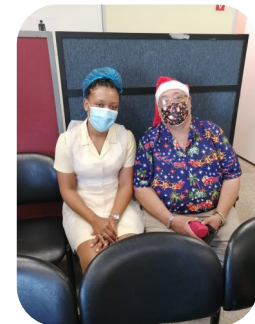
Smiles were brought to the faces of nurses, doctors, emergency medical technicians and other categories of staff who worked on Christmas Day at the Toco Health Centre as Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer made a surprise visit.

Keeping with the tradition, the CEO ensured that he paid a courtesy call on staff to thank them for their commitment to service. He spent some quality time with the hard working staff at the Toco Health Centre and the A&E Department and presented them with tokens of appreciation.

The CEO ensured that other areas were not forgotten. Ms. Alicia Ross, Nursing Supervisor distributed tokens to staff at the Sangre Grande Hospital while Ms. Silla Bissessar, Area Administrative Officer spread the cheer at the Mayaro District Health Facility, Rio Claro Health Centre and the Satellite Dialysis Unit.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents gifts to staff



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer sits and chats with staff member



Ms. Silla Bissessar, Area Administrative Officer presents tokens to staff of the Satellite Dialysis Unit



Staff of the Rio Claro Health Centre pose for a photo with Ms. Silla Bissessar, Area Administrative Officer

Christmas During Covid at Sangre Grande Hospital

Members of staff of the Sangre Grande Hospital did not allow Covid-19 to ruin their Christmas celebrations as they worked together to spread the 'Christmas Cheer' despite the pandemic.

Due to the New Normal guidelines, a different approach was adopted for the hosting of the annual Christmas Tree Lighting Ceremony. In an effort to get more staff to participate, a video was created. This was welcomed by staff as it provided them with different timeframes to record their performances and greetings.

The video was aired on December 17, 2020 in the green space at the hospital in the vicinity of the Operating Theatre, next to the beautifully decorated Christmas tree for clients and staff to enjoy as they passed by.

It featured Christmas Messages from Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and the Management of the Sangre Grande Hospital. Dr. Davin Powdhar, Registrar entertained passersby in song while Ms. Charlene De Freitas-Johnson, Nutritionist, captivated the hearts of clients and

staff with a poem entitled, "Christmas During Covid".

Over 100 members of staff of the Sangre Grande Hospital were also featured in the video presentation sending good wishes and greetings to all those who visited the hospital. Staff were also presented with tokens by the Management Team.

The Management and Staff of the Sangre Grande Hospital wish you a safe Season and a bright and prosperous 2021!



Ms. Winnifred Vambe, Hospital Nurse Manager, presents gift to staff



Dr. Sasha Sankar-Maharaj, Medical Director distributes gifts to staff



Dr. Davin Powdhar, Registrar



Members of staff pose for a photo in front of the Christmas Tree

Share what You can

Students between the ages of 12-18 years were invited to show off their creativity, talent and skill in the ERHA's Video Competition - "The Other Pandemic" which was held in observance of World AIDS Day.

Recognising the need to increase HIV awareness and knowledge during the Covid-19 pandemic, the Health Education Department utilized social media platforms to connect with students and continue its outreach initiatives. Students were invited to create and submit videos highlighting challenges faced by youths while focusing on abstinence.

Ms. Neraiah Gabriel captured first place, winning herself a laptop with a detachable keyboard and laptop bag. A Samsung Galaxy Tab A was awarded to Ahren Peruse who placed second, while a pair of Samsung Galaxy Ear Buds was presented to the third place winner, Camille Ellborne.

Tokens of Appreciation courtesy the National AIDS Coordinating Committee were also awarded to all participants.

About World AIDS Day

World AIDS Day was first observed in 1988 and since then, each year, organisations and individuals across the globe bring attention to the HIV epidemic in an effort to increase HIV awareness and knowledge.

The theme for 2020, "Ending the HIV/AIDS Epidemic: Resilience and Impact" encourages persons to speak out against HIV stigma as we move forward to end this "other pandemic".



Neraiah Gabriel, 1st place winner, receives her laptop



2nd place winner, Ahren Peruse, is presented with his prize



Camille Ellborne is proudly presented with the 3rd place prize

Board of Directors Receives Flu Vaccine

“Don’t risk getting seriously ill, get the new flu vaccine”.

Mrs. Esme Rawlins-Charles, Chairman and Members of the ERHA Board of Directors are encouraging all members of staff to visit their nearest facility and get vaccinated against the influenza virus.

The members of the Board recognise the importance of getting the new 2021 flu vaccine and took that step on December 17, 2020. Mrs. Eleanor John-Eccles, Primary Care Nurse Manager administered the vaccine to Members of the Board.

Get the Vaccine, not the Flu!



Ms. Esme Rawlins-Charles, Chairman, gets vaccinated against the influenza virus



The Ministry of Health will begin providing the new 2021 influenza (flu) vaccine to members of the public, at no cost, from Tuesday 29th September, 2020 at health centres. Don't risk getting seriously ill, get the new flu vaccine.

Who should get the new flu vaccine?

While the flu vaccine is available for everyone, persons who are at highest risk of getting very ill from the flu are especially encouraged to get the new flu vaccine. Persons in the high-risk group include:

- Children aged 6 months to 5 years
- Adults 60 years of age and over
- Pregnant women
- Persons suffering from Non Communicable Diseases - NCDs (e.g. Diabetes, Hypertension, Heart Disease)
- Persons with compromised immune systems (e.g. persons with Lupus, cancer patients)
- Persons with chronic respiratory illnesses (e.g. Asthma, Chronic Obstructive Pulmonary Disease)
- Members of the National Security Forces and Customs and Immigration Division
- Healthcare workers

**GET
THE VACCINE
NOT THE FLU**

Where can I get the new flu vaccine?

In Trinidad, while the flu vaccine will be available at all Health Centres, certain centres will provide the flu vaccine from Monday to Friday, 8am - 4pm. You may call the other health centres in Trinidad for their flu vaccination schedules.

For the flu vaccination schedule in Tobago, please visit the social media pages of the Division of Health, Wellness and Family Development, THA and the Ministry of Health.

All COVID-19 health protocols will be followed.

'Tis the Season

'Tis the Season for Giving! In keeping with the holiday spirit, the male employees of the Projects Department treated all the ladies at Libert Building with cool and refreshing coconut water.

The men hand delivered the tokens of appreciation to each female member of staff with warm smiles and laughter as they brought 'Christmas Cheer' to the building.

The surprise gesture was graciously accepted by the female staff.

Mr. Adesh Ramkissoon, Handyman, presents a cold beverage to Ms. Sadiyya Razac-Ramsewak, Junior Administrative Assistant



WORLD QUALITY DAY 2020
"Creating Customer Value"

Congratulations

Congratulations to the winners of the Quality Essay and Scavenger Hunt Competitions!

Quality Essay

- 1st place - Disaster Preparedness Unit
- 2nd place - Intensive Care Unit, Sangre Grande Hospital
- 3rd place - Pharmacy Department, Biche Outreach Centre

Scavenger Hunt

- 1st place - Ward 4, Sangre Grande Hospital
- 2nd place - Coryal Outreach Centre
- 3rd place - Rio Claro Health Centre

The Quality Department wishes to thank all staff members who participated in Quality Week 2020.

TEST YOUR KNOWLEDGE ON DIABETES

ANSWERS

1. Excessive thirst is a possible warning sign for diabetes. **TRUE**
2. People with diabetes often lose their sense of smell. **FALSE**
3. Hair loss can indicate whether or not you have diabetes. **FALSE**
4. Frequent urination is a possible warning sign for diabetes. **TRUE**
5. People with diabetes can experience numbness in their hands and feet. **TRUE**
6. Being overweight increases your risk of getting type 1 diabetes. **FALSE**
7. People with diabetes cannot eat sweet food. **FALSE**
8. Diabetes can be a life-threatening condition. **TRUE**
9. You cannot catch diabetes from another person. **TRUE**
10. People with diabetes should not exercise. **FALSE**

Christmas at the ERHA



Beautifully decorated Christmas Tree at Supercare Building



(L-R) Ms. Shanice Torres, Clerk I, Ms. Nadine Debisette, Junior Administrative Assistant and Ms. Andrea Lowe, Administrative Assistant pose for a photo at the Office of the Board Secretariat



Paper snowman at Sangre Grande Hospital



Creative decorating from the staff of Matelot Outreach Centre



Christmas at Matelot Outreach Centre



Facts About COVID-19 Vaccination

1. Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19.

2. After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response - the goal of vaccination - there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

3. If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.

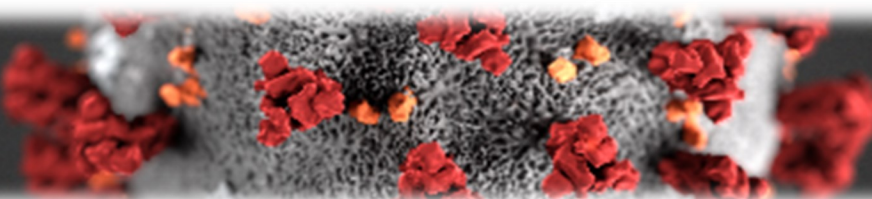
4. Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die.

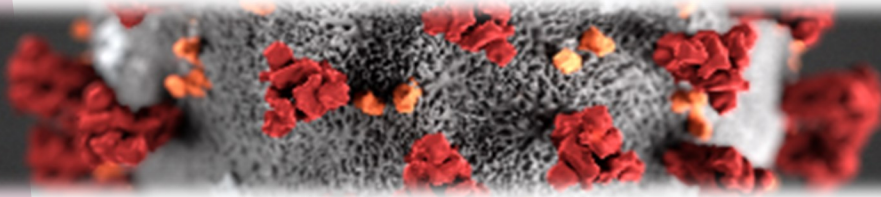
5. Will a COVID-19 vaccine alter my DNA?

No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.



Information extracted from Centers for Disease and Control Prevention.

“COVID-19” - A DISASTER OR NOT?



A disaster can be defined as a serious disruption of the functioning of a community, society or country causing widespread human, material, economic and/or environmental losses which exceed the ability of the affected entity to cope using its own resources. Disasters can be classified as either natural or man-made or a combination of both.

Does the Covid-19 pandemic qualify as a disaster?

A disaster may result in health impacts such as diseases and deaths, social and economic losses. The COVID-19 pandemic combines these characteristics and can be treated as a global disaster.

Is the Covid-19 pandemic a naturally-induced or man-made disaster?

Natural hazards are **extreme events** that occur naturally and cause harm to people and resources. They can be **biological** such as disease epidemics/pandemics. A pandemic is classified as a natural hazard. The widespread impact of COVID-19 illustrates the systemic nature of risk in several areas. The social, political, and financial consequences can persist for years. The pandemic has exposed deep-rooted vulnerabilities in public health infrastructure, supply chains and disaster management mechanisms. There has been a dramatic loss of human life, challenges to public health, food systems and the world of work. There is also significant psychological and social effects on the population such as post-traumatic stress disorder, anxiety, depression and other symptoms of distress.

Some ways of coping are:

- **Taking care of your emotional health** - use support services; counseling or therapy.*
- **Taking care of your body** - deep breaths, stretches, meditation, eating nutritious meals, exercising regularly and getting enough rest.
- **Taking breaks** - from watching, reading, or listening to news stories, including those on social media.
- **Making time to unwind** - doing some activities you enjoy or try to explore new hobbies
- **Connecting with others*** - communicating with trusted persons about your feelings and concerns.
- **Connecting with your community** - participating in extra-curricular clubs, community/faith-based organizations
- **Contacting a health professional or facility** - if you are sick and concerned about COVID-19

**While social distancing measures are in place, consider connecting online, through social media, by phone or mail*

Submitted by the Disaster Preparedness Unit



DECEMBER 2020

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

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

