



The Eastern *Vibes*

Monthly Newsletter 2020

November 2020, Issue #76

ERHA Attends the National Health Research Conference 2020



Mr. Keston Daniel, Non-Medical Epidemiologist Ag., (2nd from left, top) engages participants in a Q&A segment at the 2020 National Health Research Conference

The Eastern Regional Health Authority's Ethics Committee participated in this country's first National Health Research Conference, **"Advancing Health Research in Trinidad and Tobago"** which was held virtually on 19th and 20th November, 2020.

Mr. Keston Daniel, Non-medical Epidemiologist Ag., chaired a segment on non-communicable diseases as it relates to mental health and cancer.

The Conference was held using the innovative and interactive online platform, HUBILO and focused on enabling the dissemination of

indigenous research evidence on the health priorities of the country.

Emphasis was also placed on the development of evidence-informed policy and programming, aimed at improving the health outcomes of the population.

See more on Page 2.



In this Issue

- ERHA Attends the National Health Research Conference 2020
- We are in the Final Four! Journey to the IDB Awards 2020
- ERHA Celebrates World Diabetes Day: Nurses Make the Difference
- Test your Knowledge on Diabetes
- Holiday Tips for Chronic Disease Patients
- Six Healthy Holiday Tips from the Health Education Department
- Men's Health Fair at Toco
- World Quality Day 2020
- MoH: Suicide Prevention Tips
- Highlights of Divali 2020
- Hurricane and Rainy Seasons 2020

ERHA Attends the National Health Research Conference 2020 (continued)

The two-day conference also provided an opportunity for medical practitioners, medical students, healthcare providers, administrators and researchers to share research findings with key stakeholders and strengthen the national health research culture.

Some key areas of discussion were, COVID-19; Diabetes; Obesity and Cardiovascular Disease; NCDs - Mental Health & Cancer; Veterinary & Dental Health and Health Services and Innovation in Health. The participants also engaged in a few case study exercises.

The conference featured a 3D Poster Hall, where participants were able to set-up their virtual

profile; visit the virtual speaker lounge; view live and pre-recorded sessions; participate in polls; Q&A and contests; visit the networking lounge and network with exhibitors and sponsors.

The 2020 National Health Research Conference was hosted by the Faculty of Medical Sciences, University of the West Indies in collaboration with the Ministry of Health, the Tobago House of Assembly, Regional Health Authorities, the University of Trinidad and Tobago and the University of the Southern Caribbean.

We are in the Final Four! Journey to the IDB Awards 2020

From a field of 44 entrants, the ERHA has been selected as one of the four finalists in the Service Excellence category who can move forward to win the Inter-American Development Bank (IDB) 2020 President's Awards for Service Excellence and Innovation in the Public Sector or the People's Choice Award.

On October 30, 2020, the ERHA submitted a detailed proposal of our Satellite Dialysis Unit project together with a short video highlighting the services. We were then shortlisted as a finalist and the journey continued to the next phase which included a presentation on the project to Her Excellency Paula-Mae Weekes, President of the Republic of Trinidad and Tobago and the other panelists. The ERHA's team of presenters was led by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and included Mrs. Angelina Rampersad-Pierre, General Manager-Operations; Dr. Rajiv Bhagaloo, Head of Department/Specialist Medical Officer, Internal Medicine and Mr. Keston Daniel,

Non-Medical Epidemiologist.

We are elated that the Nariva/Mayaro Satellite Dialysis Unit has been recognised as a transformational initiative undertaken by a public sector institution and has impressed the judging panel.



ERHA Celebrates World Diabetes Day “Diabetes: Nurses Make the Difference”

Recognising the importance of diabetes awareness, the Eastern Regional Health Authority hosted a lecture series on 11th November, 2020 in observance of World Diabetes Day to sensitise persons on diabetes during this global pandemic.

Over 67 persons participated in the informative Pre-Diabetes lecture series.

The series was held via Zoom and was conducted by Ms. Zanisha Mohammed-Jaimungal, Senior District Health Visitor and Certified Caribbean Diabetes Educator. The session focused on diabetes; symptoms and risk factors for pre-diabetes; preventative measures and tips.

Members of the public had the option to access the information through the Carlton Phillip Diabetes Webinar which was held by the Diabetes Association of Trinidad and Tobago as well as a Diabetes series which was aired on Mayaro Cable TV.

The ERHA also partnered with the Lion’s Club for their World Diabetes Day activities. Ms. Kezia Philip, Health Education Officer delivered a virtual presentation which included information on diabetes management and the

effect of Covid-19 on diabetes patients.

Ms. Philip also shared information on accessing services such as nutrition, physical activity and mental health at ERHA health facilities with her audience.

About World Diabetes Day

World Diabetes Day is celebrated annually on November 14 and this year focused on raising awareness around the crucial role that nurses play in supporting persons living with diabetes as well as their role in prevention and management of diabetes.

The ERHA encourages its clients, staff and members of the public to adopt healthier lifestyle behaviors. Eat healthier meals, drink more water and exercise or engage in physical activity for at least 30 minutes each day.

Take responsibility for your health and avoid pre-diabetes.

TEST YOUR KNOWLEDGE ON DIABETES

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



****Answers will be provided in next Issue***

Holiday Tips for Chronic Disease Patients

246 persons benefitted from the ERHA's Holiday Tips series which was designed to assist chronic disease patients with making healthier choices during the holiday season.

The St. Andrew/St. David's Health Education Team visited seven health facilities across the County and shared vital information on alcohol consumption; healthy food choices; medication and exercise.

Clients were also sensitised on New Normal guidelines as it relates to the holiday season.



Ms. Aneka Thomas, Health Education Aide delivers a presentation to chronic disease patients at Toco Health Centre

Six Healthy Holiday Tips from the Health Education Department

- ***Avoid Alcohol***

- Alcoholic drinks are high in calories especially cocktails.
- Limit your intake and drink water to keep hydrated.
- Persons with chronic diseases should talk to their doctor about drinking alcohol.
- Remember, you cannot drink alcohol when taking certain medication.

- ***Be Sensible***

- Do not pack your plate with a mountain of food - overeating forces the body's digestive system into overdrive and can lead to high blood pressure, uncontrolled blood sugar or weight gain.
- You can try various dishes and limit yourself to 1 to 2 tablespoons of each.
- Don't go to an event on an empty stomach. Some persons are guilty of not eating all day and going hungry with the intention of getting their money's worth in food. This practice can lead to overeating or making poor food choices and it is also not recommended for diabetics who should always eat on time.

- ***Choose Carefully***

- Choose vegetables and salad to help fill you up and prevent you from overeating. Non-starchy vegetables, like salad greens, are low calorie and high in fibre. Consuming foods that are low in calories and high in fiber and water before meals can help you feel full, which might decrease overeating.
- Choose seasonal foods to help control the amount of food on your plate.

- ***Do not forget to take your medication***

- Remember to take your medication as prescribed.
- Do not forget to keep your clinic appointment at the scheduled time.

- ***Exercise***

- Maintain your weight or keep off the holiday season pounds by continuing to exercise regularly.



Men's Health Fair at Toco

The Toco Police Station was transformed to a Men's Health Fair on 26th November, 2020 as officers and residents of Toco met with health professionals from the ERHA who provided free health screening and shared pertinent information on physical health and well being.

The Authority's Health Education and Nutrition Departments participated in the Health Fair and facilitated display booths which provided information on prostate cancer; andropause (male menopause); smoking cessation; healthy eating habits; flu prevention and COVID-19.

Personnel from the police station and community

members were also provided with health screening. Flu and tetanus vaccinations were facilitated by Ms. Penny Ramlagan, District Health Visitor.

The Ministry of Health's HIV and AIDS Coordinating Unit conducted HIV Rapid Testing at the health fair and provided counselling.

The officers and residents were grateful for the services that were offered and thanked the ERHA for bringing healthcare to the community.



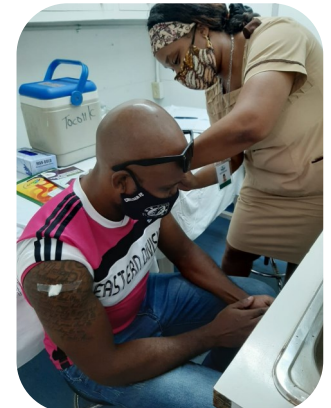
Client gets his blood pressure checked at the health fair



Client visits the Nutrition Booth



Members of the Health Education Department share information with client



Ms. Penny Ramlagan, District Health Visitor administers a vaccine

World Quality Day 2020

World Quality Day is celebrated on the second Thursday in November, annually. It is an initiative that was introduced by the United Nations in 1990 in order to bring global awareness on the importance of quality, quality management systems and its contribution to the enhancement of organisation and countries.

The day is focused on recognising the contributions of quality professionals and organisations by celebrating their achievements. It also highlights individuals, teams and organisations that are deeply invested in creating and improving customer experience.

The theme for 2020 is "**Creating Customer Value**".

In recognition of World Quality Day 2020, the Quality Department hosted a Scavenger Hunt and an Essay Writing Competition based on this year's theme. Winners will be announced in the next issue of the newsletter.





Government of the Republic of Trinidad and Tobago
Ministry of Health

SUICIDE PREVENTION TIPS:

1. Things you can do to support someone who may be contemplating suicide:

- **Ask** - Don't be afraid to ask if someone may be thinking about suicide. Check-in with friends, family and co-workers. Ask if you may be worried.
- **Listen** - Be patient and non-judgemental when persons share thoughts and feelings about their pain. Try to be understanding and be mindful of how you listen. Give your full attention and show concern. Be aware of your non-verbal reactions.
- **Support** - Persons thrive with supportive relationships and appropriate intervention. Encourage persons to seek help before they experience crisis. Ask how you can support them during their difficult time.

2. Things you can do if you may be contemplating suicide:

- **Share** - Talk with someone you trust. Express your feelings honestly in a safe space
- **Survive** - Seek the appropriate help sooner than later. Develop a safety plan and let others know how they can support you.
- **Thrive** - Practice new coping techniques to maintain a positive healthy lifestyle.

3. Warning Signs

These are indicators that a person may be at a very high risk or in immediate danger of suicide. Seek help urgently!

- Drastic changes in mood
- Saying goodbye to close family and friends and giving away possessions
- Feeling hopeless and like a burden to others
- Talking about wanting to die or kill oneself
- Planning ways to kill oneself
- Increased drug use and reckless behaviour
- Withdrawal from activities of interest and isolation from friends and family
- Showing aggression, rage and irritability
- Sleeping too much or too little

Suicide Help Resources

For more information
contact **Ministry of Health, Mental Health Unit**

Tel#: 285-9126 ext. 2577, 2571, 2573 and 2590
Monday-Friday, 8:00 a.m - 4:00 p.m

LIFELINE (24hr hotline)

Tel#800-5588, 231-2824, 220-3636

In case of an emergency (suicide attempt)
call: 990, 811, 999.

Emergency Care Resources
St. Ann's Psychiatric Hospital

St. Ann's Road, St. Ann's
624-1151-5



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



TrinidadHealth



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Highlights of Divali 2020

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Divali



Hurricane and Rainy Seasons 2020



The extremely active 2020 Atlantic Hurricane Season has come to an end with a record-breaking thirty (30) named storms.

It was the 5th consecutive year with an **above-average** Atlantic hurricane season.

While the official hurricane season runs from 1 June – 30 November, it is not unheard of for tropical cyclones to occur outside of this period.

Year	Number of Named Storms	Number of Hurricanes	Major Hurricanes (Category 5)
2005	28	15	4
2018	15	8	2
2019	18	6	2
2020	30	13	1

The 2020 Hurricane season was the second season to use the Greek letter storm naming system, the first being 2005. Prior to this year, 2005 was the first year on record for the most number of named tropical cyclones.



Image taken from The Weather Channel showing tropical storm activity in 2020

The active 2020 Hurricane season was fueled, in part, by a **La Niña** event.

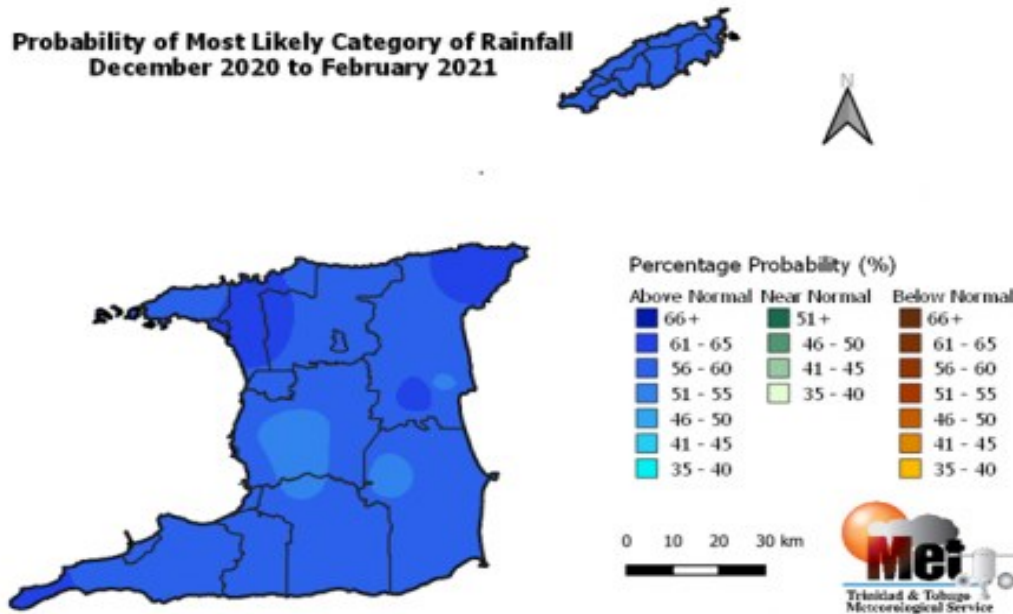
What is **La Niña**?

La Niña is the name given to the cooling of the Pacific Ocean surface, or below-average sea surface temperatures (SST). It influences our weather and climate in the late wet season and dry season of the following year. It enhances the dry season rainfall in both Trinidad and Tobago, often leading to above-average rainfall.

Rainy Season Update:

According to the Trinidad and Tobago Meteorological Service:

- ◇ December is likely to be wetter than usual, with above-normal rainfall totals expected.
- ◇ The existing La Niña conditions are likely to last into the 2021 local dry season which will significantly influence rainfall conditions.
- ◇ Increased risk of riverine and flash flooding during December and early January, particularly for flood prone and flood risk areas.



Flood Preparation Tips:

- ◇ Keep disaster kit in an easily accessible location.
- ◇ Monitor weather conditions and official updates.
- ◇ Listen to the radio or TV for emergency instructions.
- ◇ Check for rising water levels in the area.
- ◇ Move electrical items from low shelves to higher areas.
- ◇ Do not allow children to play in flood waters as it contains harmful debris.
- ◇ Avoid driving through flood waters.
- ◇ Delay travel and use alternative routes.

For more information:

Trinidad and Tobago Meteorological Service (TTMS)

Emergency Numbers

POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811

ODPM EMERGENCY 511



NOVEMBER 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

