



The Eastern *Vibes*

Monthly Newsletter 2021

April 2021, Issue #81

Sangre Grande Hospital Jerusalema Dance Challenge



Staff members participate in the Jerusalema Dance Challenge

Dancing is an enjoyable way to be more physically active, stay fit and reduce stress. The current COVID-19 pandemic is enough to daunt even the strongest, but dancing can be a useful vehicle of hope and positivity to bring relief into a world that is severely impacted.

Noting that healthcare workers are also affected, the staff of the Sangre Grande Hospital came together to promote unity through the joy of music and participated in the popular Jerusalema Dance Challenge. Led by the nursing department, over 100 members of staff from various categories, worked together while they were off

duty to execute a dance video at the hospital, promoting togetherness and love during the isolation and loss caused by this global pandemic. Smiles were brought to the faces of passersby while the video was being recorded, radiating positive energy and hope.

The video which has gone viral with lots of compliments and excellent feedback from members of the public, can be viewed on the ERHA's YouTube page "ERHA Trinidad" under the name, "**Sangre Grande Hospital Jerusalema Dance Challenge.**"

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New Board of Directors at ERHA

The Eastern Regional Health Authority (ERHA) welcomes the members of the new Board of Directors who were appointed with effect from March 17, 2021 for a period of three years.

The Board met on April 15, 2021 at the Emergency Operations Centre for their first meeting under the Chairmanship of Mrs. Esme Rawlins-Charles. The Board of Directors and the Chief Executive Officer share corporate responsibility for all decisions of the Board. The Board of Directors is required to meet regularly

and to retain full and effective control over the organization. They are responsible for monitoring the executive management of the organization and are accountable to the Minister of Health for the discharge of these responsibilities.

See photo with members of the Board and the Chief Executive Officer.



1. Ms. Esme Rawlins-Charles, Chairman
2. Ms. Sasha Darbeau, Deputy Chairman
3. Ms. Barbara Punch, Director
4. Ms. Sarah Mootoor-Charles, Director
5. Ms. Lucy Torres, Director
6. Mr. Avind Moonan, Director
7. Dr. Maryam Abdool-Richards, Director
8. Ms. Gloria Andrews, Director
9. Dr. Michelle Trotman, Director
10. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer

ERHA COVID-19 Vaccination Report

Vaccines are one of the tools being used in the fight against the COVID-19 virus.

The first phase of the ERHA's COVID-19 Vaccination Programme commenced on April 06, 2021 targeting persons 60 years and over with Non-Communicable Diseases (NCD's).

The ERHA made a strategic decision to commence the rollout of the vaccines at the Sangre Grande Enhanced Health Centre, Toco Health Centre, Mayaro District Health Facility and the Rio Claro Health Centre to provide easy access to persons in the surrounding communities. Staff were also called upon to manage the vaccination process for essential workers at the National Racquet Centre, Tacarigua.

Members of staff came forward and led the way as they got vaccinated to protect themselves, their families and the communities they serve.

Total Vaccinated in April at ERHA: 5,895



Clients pose for a photo after receiving their first dose of the AstraZeneca COVID-19 Vaccine at the Sangre Grande Enhanced Health Centre

See photos on pages 4 and 5

New Buses for the Fleet Department

Every second counts in providing quality healthcare services.

The acquisition of two 24-seater buses to the ERHA's fleet of vehicles will assist in improving service delivery to clients.

Additional members of staff will be able to access the shuttle service to journey to facilities as far as Matelot in the North East and Guayaguayare in the South East to provide healthcare services.

The Authority will also be able to increase its reach in the communities under its health promotion caravan with the provision of the 2nd bus which was provided by the Ministry of Health. This is an extension of the **TTMoves Campaign** and is aimed to encourage members of the communities to make healthier lifestyle choices.



New 24-seater bus

My Health is My Wealth Campaign

The Health Education Departments are encouraging clients to make their health a priority in the **"My Health is My Wealth Campaign."**

Under this initiative, clients are reminded about the importance of primary healthcare and the services being offered. Key things they should do to achieve optimal health are also

highlighted in the short videos which place a strong emphasis on preventative interventions. Already featured in Phase I are the General Practitioner Service, Pharmacy, Immunization and Wellness.

Videos can be viewed on the ERHA Facebook page.

My *Health* is My *Wealth*

Primary Healthcare Services



Clients Led the Way and Got Vaccinated Against COVID-19 at ERHA



I GOT MY COVID-19 VACCINE!



Staff Led the Way and Got Vaccinated Against COVID-19 at ERHA



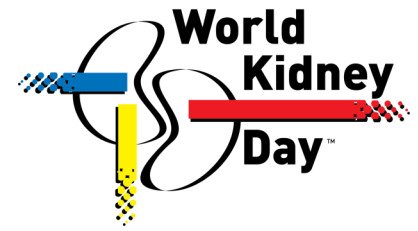
World Kidney Day Lecture

490 clients are now empowered to make lifestyle changes about Chronic Kidney Disease (CKD) after participating in a lecture series hosted by the Health Education Department, St. Andrew/St. David.

The sessions were conducted at health facilities during the period March 9, 2021 to April 29, 2021. They explored the risk factors of CKD which include family history, uncontrolled diabetes, high blood

pressure, recurrent urinary tract infections, untreated kidney stones, and drug and alcohol use.

Also discussed were the five stages of CKD and simple prevention tips which included: the benefits of quitting smoking, avoiding alcohol, eating a healthy diet, managing your diabetes, physical activities, using medication as prescribed and drinking sufficient water.



Leading Through Tough Times

The COVID-19 pandemic has changed the world we live in and we all had to adapt to the new normal in order to survive.

Mr. L. Anthony Watkins, CEO and Principal Consultant of ODYSSEY CONSULTinc Ltd. conducted a session with the Management Team on 19th April, 2021 entitled, "**Leading Through Tough Times**". The interactive session focused on the ODYSSEY 5P MODEL-

People→Purpose→Process→Products→Principles.

During the coaching session, participants were encouraged to pause and reflect on oneself before focusing on the key principles that guide the ERHA team. This self-awareness phase provided an opportunity to ensure that everyone identified their needs and received the required support. It was also pointed out that an event does not only affect the persons in the immediate environment. With this in mind participants were guided on how to develop mechanisms to lead through tough times, how to discover insights and how to remain focus and balanced. Ways to manage

stressors such as resting, exercising and self-care were also highlighted as important areas to concentrate on to heal and rejuvenate.



Mr. L. Anthony Watkins, CEO and Principal Consultant of ODYSSEY CONSULTinc Ltd delivers a presentation

Medical Laboratory Professionals' Week

Medical Laboratory Professionals through their work in public health and clinical laboratories play a vital role in healthcare and patient advocacy.

This year marks the 45th observance of Medical Laboratory Professionals week which will be celebrated from 18-24 April. At the Eastern Regional Health Authority, the Medical Laboratory is divided into the Hematology and Blood Bank Department; Biochemistry Department; Microbiology Department; Immunology Department; Cytology Department and the Molecular Department. These departments were

responsible for the successful completion of approximately 1.6 million diagnostic tests during the period 2019 to date which provided essential information for the timely delivery of healthcare. It is also important to note the significant role of the staff in the fight against the COVID-19 pandemic.

Thank you to the Medical Laboratory team for your unwavering commitment to the health of the clients of the ERHA today, tomorrow and beyond.

Living Well with Kidney Disease - A Short Skit

In an effort to increase education and awareness about effective symptom management of kidney disease and patient empowerment, the staff of the Nariva/Mayaro Satellite Dialysis Unit produced a short skit to remind patients that they can live well with kidney disease.

Being diagnosed with kidney disease can be challenging for both the patient and the people around them. Recognising the severe impact it can have on everyday living, the staff used their creativity and talent to empower and motivate kidney patients on how they can achieve health outcomes and life goals that are important to them.

The skit, entitled **"Living Well with Kidney Disease"** was developed in observance of this year's World Kidney Day and will be displayed at our Dialysis Units. It can also be viewed on the ERHA's YouTube page "ERHA Trinidad."



Staff of the Nariva/Mayaro Satellite Dialysis Unit

ERHA Supports St. Vincent & the Grenadines Relief Drive

Members of staff demonstrated true solidarity by providing relief items for persons who were impacted by the eruption of the La Soufriere Volcano in the St. Vincent & the Grenadines on April 9, 2021.

Several of the requested items were collected and timely shipped.

Thank you for responding to the call and for coming together to give hope to those who were in need.




Ms. Athia Adams, Junior Administrative Assistant lends a helping hand by packaging items for shipment

Good News from Clients

The ERHA continues to impress its clients with excellent service. See below a few **“good news”** posts from clients who received their first dose of the AstraZeneca COVID-19 vaccine at ERHA sites.

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



“ I received my first shot of the AstraZeneca vaccine on April 25th at the Tacarigua Racket Centre. I was extremely impressed and pleased with the organization, coordination and quality of service and attention by the staff. The process for me was smooth and efficient. I arrived and left within an hour inclusive of the observation period. Congratulations and keep up the good work ERHA! ”

**For Me, for Family for T&T...
Take the COVID-19 Vaccine!**

www.health.gov.tt | Ministry of Health-Trinidad and Tobago | TrinidadHealth | MoH_TT | minhealthtt




“ Congratulations on a well run RHA. The customer service was excellent from beginning to end. I heard members of the public speaking well of the ERHA and the excellent level of service, but this is my first experience and I am pleased. Thanks again sir.”

- Carol Morain

**For Me, for Family for T&T...
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www.health.gov.tt | Ministry of Health-Trinidad and Tobago | TrinidadHealth | MoH_TT | minhealthtt



“ I wish to thank you and your colleagues at the ERHA for the excellent work done today .. ”

**For Me, for Family for T&T...
Take the COVID-19 Vaccine!**

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Good day, I would just like to share that I got my first shot of the AstraZeneca vaccine today at the Sangre Grande Enhanced Health Centre and I must say the Nurses and CSR's were very professional, helpful and friendly. I salute these front line workers for their level of professionalism during these trying and difficult times. 🏆👏


- Kashin Ali

“Caring is the Key”



Roxanne Pantin
Had to comment on this. The entire experience from arrival to leaving was excellent! Extremely polite and knowledgeable ERHA staff. Very pleasant. Kudos to you all for this. Far exceeded my experience with some of the other clinics. You all got it RIGHT! Congratulations and thank you for the yeoman service!

“Caring is the Key”



Stephen Chadee
Really impressed with the level of professionalism and care. Thank you to all the nurses and especially Nurse Mohammed.

“Caring is the Key”



“Very well-planned, polite, really nice, thank you.”

- Karen Daniel

“Caring is the Key”



APRIL 2021

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 Tobago



@erhatrinidad