



The Eastern *Vibes*

Monthly Newsletter 2021

February 2021, Issue #79

ERHA Employees Honoured in “Cruise for a Cause” Initiative



Nurses pose for a photo with a biker as they receive tokens of appreciation

Frontline healthcare professionals at the Sangre Grande Hospital were honoured by over fifty representatives from Vintage Toys Car Club, New Millennium Knight Riders, Team Riders and Law Enforcement Riders in their

“Cruise for a Cause” initiative.
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ERHA Employees Honoured in “Cruise for a Cause” Initiative (continued)

Led by Mr. Alastair Saunders, President of Vintage Car Club, the group of bikers and car enthusiasts paid a courteous call and presented a trophy, face masks and hand sanitizers to show their appreciation to frontline healthcare workers for their dedication, hard work and amazing response to the Covid-19 challenge.

Ms. Alicia Ross, Nursing Supervisor, together with Ms. Glennis Francis, Acting Nursing Supervisor, Ms. Deianna Carter, Acting Head Nurse and Ms. Ceula Portillo, Registered Nurse, received the tokens on behalf of the employees of the Authority and thanked the group for the thoughtful gesture. The nursing professionals

also encouraged the riders to continue adhering to the safety protocols and to lead the way influencing our population to get vaccinated in the fight against the pandemic.



Ms. Alicia Ross, Nursing Supervisor, accepts a token on behalf of the ERHA from Mr. Franklyn Hall, President of the Law Enforcement Riders



Motorcycles display at Sangre Grande Hospital

ERHA host public webinar in Observance of International Childhood Cancer Day

The Health Education Department Nariva/ Mayaro hosted a public webinar in observance of International Childhood Cancer Day. The main purpose was to raise awareness about childhood cancer and to express support for children with cancer and their families.

This interactive 90 minute session was held on 15th February, 2021 via Microsoft Teams and featured professionals in the field. Dr. Curt Bodkyn, Pediatric Oncologist discussed, ***"The Status of Childhood Cancer in Trinidad and Tobago."*** Dr. Asante Le Blanc, Chairman of the Trinidad & Tobago Cancer Society, spoke about the role of Non Governmental Organisations in Cancer Management and gave some insight into

the Trinidad & Tobago Cancer Society/Royal Bank of Canada Children Cancer Fund. Founders of the Just Because Foundation, Chevaughn Joseph & Noel Joseph, drew from their personal experience and shared coping strategies for a childhood cancer diagnosis.

The panelists engaged the audience in a lively discussion on the topic. They clarified what can be done to assist children with cancer through the RBC Children Cancer Fund; where to access treatment care and support for children diagnosed with cancer together with their families as well as other important areas.



*Dr. Asante Le Blanc, Chairman
Trinidad & Tobago Cancer Society*



*Chevaughn & Noel Joseph, Founders of the Just
Because Foundation*



Dr. Curt Bodkyn, Pediatric Oncologist

COVID-19 Vaccination Sensitisation Sessions for Staff

In preparation for the rollout of the COVID-19 vaccination programme, in-house vaccination sensitisation sessions were conducted for members of staff.

Doctors, nurses, phlebotomists, emergency medical technicians and other frontline staff participated in the sessions which commenced on February 22, 2021 at the Sangre Grande Enhanced Health Centre.

Storage, handling, reporting and patient education were some of the topics discussed at the sensitisation session. During the interactive session, the participants had the opportunity to get clarification on a number of issues and were introduced to new information in the field.

The healthcare workers were also encouraged to lead the way and get vaccinated as they continue to be on the frontline of the nation's

fight against this deadly pandemic.

COVID-19 Vaccination Sensitisation sessions will continue at various locations throughout the ERHA for all frontline healthcare providers.



Members of staff listen to the Vaccination Sensitisation session

Virtual OSH Training for ERHA Staff

150 members of staff improved their knowledge on safety during their participation in a virtual training exercise conducted by the Occupational Safety and Health Department of the ERHA.

The training commenced in February with staff from Head Office, St. Andrew/St. David and Sangre Grande Hospital and is expected to continue in March with an additional 100 persons from various departments in the Authority.

In keeping with the Occupational Safety and Health Act, amended 2006, this training was geared towards educating staff on General OSH Procedures and Office Safety to assist in creating and maintaining a safe work environment.

Some of the topics covered were accidents and their causes; possible injuries one can encounter at the office; safe lifting steps; ergonomics; fire safety; noise; accident/incident reporting; COVID-19 guidelines for administrative areas; first aid and the Safety Warden Programme. Participants were assessed at the end of the interactive session.

The OSH Department urges members of staff to become **"safety conscious"** and to join the Safety Warden Programme.

For more information, send your email to OSHDept@erha.co.tt.

The **OSH Act** is designed to keep employees healthy and safe at work.



Physical Activities Lecture

Recognising the challenges clients were encountering to maintain their usual exercise routine, the Health Education Department conducted a series of lectures on physical activity during the period January 25, 2021 to March 2, 2021.

The lectures highlighted the benefits that can be received from exercise at different stages of life, such as strengthening bones and muscles, weight control and reducing the risk of developing chronic diseases such as heart diseases, diabetes and cancer. It also outlined the recommended amount of physical activities required for healthy living.

The World Health Organization recommends that adults aged 18 to 64 should do at least 150 minutes of moderate-intensity activity, such as brisk walking or jogging, every week.



Lecturer to members of the public on physical activity

Improving Healthcare from Within

Members of the nursing staff were reminded of how important it is to take time to take care of themselves during a Workplace Wellness Virtual Workshop. The programme, entitled, ***Improving Healthcare from Within*** focused on the importance of self-care and stress management and was hosted on February 17, 2021 by the Authority's Health Education Department.

Within the one-hour session, participants were encouraged

by Mrs. Nariscia Philip-Peters, Managing Director/Health Coach of Holistically You Ltd; to value themselves and their needs and to begin viewing self-care as a necessary tool in promoting their own physical, mental and emotional health.

Following the workshop, gift bags containing self-care items and a bookmark with an uplifting poem about nurses were distributed to participants.



Care package distributed to staff

Virtual Men's Health Workshop

Many of the major health risks that men face can be prevented with a healthy lifestyle.

The Health Education Department, St. Andrew/St. David, conducted a Virtual Men's Health Workshop to educate staff of the National Quarries Ltd. on how to improve their health and maintain a healthy lifestyle. Approximately 40 employees participated in the session during the period February 22, 2021 to March 3, 2021.

Dr. Kareem Lynch, Medical Officer I, Mr. Christopher Gyan, Registered Dietitian and Mr. Vesaish Ramtahal, Medical Social Worker I, shared information from their respective fields on prostate, colon and lung cancer; diabetes; heart disease; healthy eating on the go; mental health and stress management.



Government of the Republic of Trinidad and Tobago

Ministry of Health

THE **NEW** NORMAL



Try to go to the grocery when there are fewer people there. That will help with physical distancing.

IS GOD A TRINI



"God is a Trini" we have all heard this saying so many times and even said it ourselves.

But why do we say it and where did it come from? Suggesting that God is Trinbagonian and we will be 'spared' or not severely impacted by hazard occurrences and disasters, maybe it came about as a sense of comfort in times of possible catastrophe? Wherever its origination, it's commonly heard when hazard risk and disasters are involved. This saying is even found in our music. Local artiste Swappi mentions in his recent song 'God is ah Trini': "I remember de day when it had de crazy storm...365 days I say...God is a Trini." The song reassures us that if or

when a disaster is infringing, we should not panic because the Almighty has it under control. Case in point, Tropical Storm Bret in 2017, despite alerts and warnings issued prior to the storm, Trinis opted for a 'lime' on the Avenue instead of staying indoors and preparing.

Why this school of thought?

Perhaps, the major driver of this attitude comes from statistics as disasters are less frequent in Trinidad and Tobago when compared to other countries. Major hurricanes, volcanos, earthquakes and flooding tend to wreak havoc around the world resulting in major catastrophe. Take Australia for example, previously battered by drought and bushfires, the country recently declared another disaster as continuous rainfall has been inundating some areas, leading to its worst flooding in nearly six decades. Bear in mind, this was occurring in the midst of a pandemic. Closer to home, category 5 Hurricane Maria in 2017 made landfall in Puerto Rico and parts of the Lesser Antilles who were at the time still recovering from Hurricane Irma, also a category 5 hurricane. While Trinidad and Tobago has not been exempted from tropical cyclones and other hazards, this type of sequential severe hazard occurrences are less common. But....

Our risk is increasing

With climate change and increasing sea surface temperatures, some studies project an increase in the intensity of hurricanes. We have also seen how global processes can increase our risk profile, most evident by the current COVID-19 pandemic. What about the October 2018 floods that were caused by rain...no storm, just rain? How many of us can say we have ever seen flooding to that extent before?

Whether you believe it or not, disasters are rooted in our history. Did you know that in 1766, Trinidad's first capital, San Jose, was destroyed by an earthquake? What about Hurricane Flora in 1963? We have never been exempted and our country's risk profile is expanding. While we may say God is a Trini, we are all responsible for keeping ourselves and our loved ones safe. So let us ensure we have our family emergency plans, stock up on emergency supplies for our kit and keep ourselves informed. If in fact God is a Trini, why should we try to complicate God's work by not being prepared?

Emergency Numbers

- POLICE 999
- FIRE SERVICE 990
- GMRTT (Emergency Health Service) 811
- ODPM EMERGENCY 511



Carnival Face Mask Competition

Congratulations to the winners of the Carnival Face Mask Competition.

In an effort to keep the Carnival spirit alive, members of staff were invited to display their creativity by designing their face masks and submitting a photo of them wearing the mask and a description. The competition was conducted by the ERHA Sports and Cultural Club in collaboration with the Corporate Communications Department.

Members of staff were invited to submit their votes for the winner. Ms. Cristal Estrada-Jaghoo placed first while Ms. Matasha Ramirez came in at second place.



Matasha Ramirez Second place
winner of the Carnival Face
Mask Competition



Cristal Estrada-Jaghoo Winner of the Carnival
Face Mask Competition



Athia Adams



Alicia Ross



Dr. Christianne Rampersad



Karissa Joseph-Ryan



FEBRUARY 2021

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

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258

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: 226-1134, 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

**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