



# The Eastern *Vibes*

**Monthly Newsletter 2022**

January 2022, Issue #90

## ERHA Provides Additional Bed Space for COVID-19 Patients



*New beds at the COVID-19 Stepdown Facility at the National Racquet Centre*

The ERHA continues to contribute to the national response for the management of the COVID-19 pandemic. With the confirmation of the presence of the Omicron variant in Trinidad and Tobago, the need for additional bed capacity for low acuity COVID-19 patients was recognised. The ERHA commissioned the National Racquet Centre Extended Care Facility for use as a COVID-19 Stepdown Facility on January 10, 2022.

In keeping with our Core Values, particularly that of Respect for Human Dignity; Commitment to Excellence and Quality Care, Ms. Esme Rawlins-Charles, Chairman

and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the ERHA, steered the process. They visited the site with a core team of clinical, managerial and support staff on January 7, 2022 to ensure that systems were in place to administer quality care in accordance with the approved standards.

Oxygen Therapy will be available at the Stepdown Facility and COVID-19 patients will be cared for until they meet the criteria for home discharge.

*The ERHA continues to increase efficiency and provide quality health care to its clients.*

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## *New Year Message from the Chief Executive Officer*

*It is no secret to anyone that 2021 has been a very difficult year. We have all had to face new, and in many cases, very important challenges, both in our professional and personal lives. During these times of uncertainty, restrictions and social distancing, we have sought to maintain normal services to our clients as well as provide the care demanded by the current COVID-19 pandemic as it attacked our population. Together we have faced this great challenge and together we have delivered although we have faced the ultimate challenge of losing peers and loved ones so suddenly and I join you in offering our prayers and support.*

*I embrace this opportunity to express my heartfelt appreciation and thanks for your dedication, unwavering commitment, passion and support as we continued to work as the distinguished ERHA Team, to deliver on our Mission and to achieve the colour of our vision.*

*I am deeply moved by the strength and resilience you have shown during these unprecedented times. You have been able to focus and re-engineer our processes and service delivery creating opportunities and finding solutions when we are most challenged. Through your energy and efforts we have been able to serve our patients and clients with quality and caring and we are thankful for our achievements in 2021.*

*As we move forward into 2022 with excitement and renewed energy looking at the emerging landscape with our new Hospital Campus and the consolidation of some administrative departments into one Building in Sangre Grande, we will keep innovating and expanding our services to continue offering the best client experiences and to further increase our customer satisfaction ratings.*

*I wish you and your families a very safe and healthy 2022.*

*Let us continue to strengthen the ERHA family as we move into the New Year!*

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



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

**“I am deeply moved by the strength and resilience you have shown during these unprecedented times. You have been able to focus and re-engineer our processes and service delivery creating opportunities and finding solutions when we are most challenged”.**



## First New Year Baby at the Sangre Grande Hospital

The Eastern Regional Health Authority welcomed the first baby to be born at the Sangre Grande Hospital for 2022 at 12:19 a.m. on January 1, 2022. Ms. Tramane Marcano-Baker from Sangre Grande gave birth to a healthy baby girl. The baby girl, named Azariah, weighed 2780 grams and was delivered by Dr. Rachel Corridon, Registrar and Ms. Tsahai Sylvester-Browne, Midwife.

Staff at the Maternity Ward congratulated Ms. Marcano-Baker on the new addition to her family

and presented her with a hamper filled with baby products on behalf of Ms. Esme Rawlins-Charles, Chairman and the Board of Directors.

Mothers who gave birth on New Year's Day were also presented with gift bags which included a publication entitled, **"Breastfeeding and Beyond: A Guide to Infant and Child Feeding"**. COVID-19 packages were also presented to all mothers and mothers-to-be on the ward.



Ms. Winnifred Vambe, Hospital Nursing Manager and Ms. Ellen Campbell, Head Nurse/Midwife present a hamper to Ms. Tramane Marcano-Baker, first mother to give birth on New Year's Day at the Sangre Grande Hospital.



Ms. Ellen Campbell, Head Nurse/Midwife and Ms. Winnifred Vambe, Hospital Nursing Manager, present a hamper to Ms. Genevive Roberts, second mother to give birth on New Year's Day at the Sangre Grande Hospital

## Breastfeeding and Beyond

**"Breastfeeding is one of the most effective ways to ensure child health and survival".**  
-World Health Organization.

Recognising the importance of educating mothers on the benefits of breastfeeding, the Breastfeeding Coordinating Unit distributed handbooks to mothers and mothers-to-be at ERHA health facilities.

Clients were provided with their personal copy of the Ministry of Health's **"Breastfeeding and Beyond: A Guide to Infant and Child Feeding"** which provides important information on preparing for, maintaining and transitioning after breastfeeding. In an effort to further assist

mothers and increase breastfeeding rates throughout the region, the Unit also installed **Ten Steps to Successful Breastfeeding** banners at all health facilities in the region for clients to be more informed about the importance of breastfeeding.



Family presented with the Breastfeeding and Beyond Handbook



Nurses with the Ten Steps to Successful Breastfeeding banner

## ERHA Launches Online School Health Education Programme

Guided by the National Strategic Plan for the Prevention and Control of NCDs and the Primary Health and Family Life Education Curriculum (P.H.L.E), the Eastern Regional Health Authority launched an online School Health Education Programme on January 11, 2022. The objective of the programme was to educate, influence, and inspire school aged children to adopt and maintain positive health practices at an early stage in their lives.

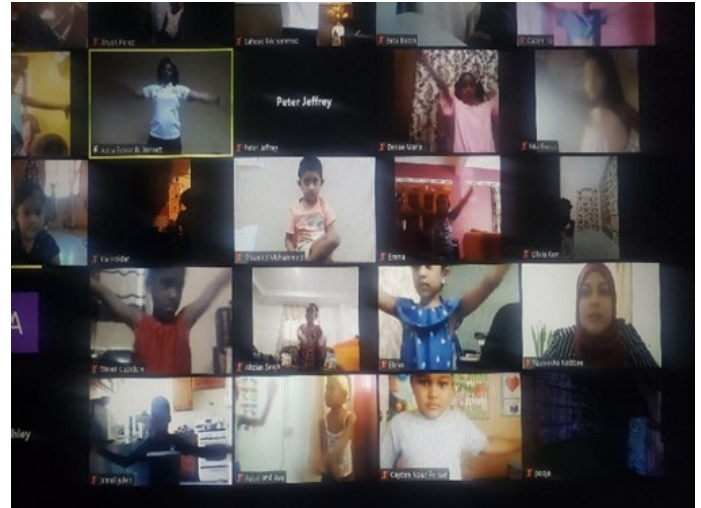
The programme which targets Infant 1 and Standard 4 students, focuses on developing healthy behaviours and psycho-social competency in areas such as Physical Health, Mental Health and Nutrition.

The topics were presented in interactive and fun 30 minute sessions where students were given the opportunity to ask questions and participate in educational activities.

The Online School Health Education Programme was conducted by collaborating departments within Nariva/Mayaro, such as, Nutrition &

Dietetics; Wellness Unit; Medical Social Work Department; Nursing and the Health Education Department and was approved by the Ministry of Education Curriculum Planning and Development Division.

The programme will be completed by the end of the 2nd school term.



Physical Activity session by Ms. Astra Bennett, Wellness Coordinator

***“Schools play an important role in promoting the health and safety of children and adolescents by helping them to establish lifelong health patterns. Healthy students are better learners, and academic achievement bears a lifetime of benefits for health”.***  
***- Centers for Disease and Control Prevention.***

## NSGH Stakeholder Awareness Initiative

The landscape in the vicinity of the Sangre Grande Hospital is quickly changing as the construction of the new Sangre Grande Hospital progresses. In a effort to keep our internal and external stakeholders informed as they visit our facilities, signboards were strategically installed in high-traffic areas at the Sangre Grande Hospital, Sangre Grande Enhanced Health Centre, Toco Health Centre, Mayaro District Health Facility and Rio Claro Health Centre.

The signboards provide insight on our exciting “Journey towards Excellence” featuring snapshots of the progress and highlights some of the main features of the new facility.

*The ERHA invites you to get ready for the new wing & campus.*



Signboards at  
Mayaro District Health Facility



Signboards at SGEHC



ERHA's  
*Excellence*  
AWARDS

***Congratulations to Our Winners***



***Mr. Ronald Tsoi-a-Fatt, CEO, presents 1st place prize to Ms. Malissa Roberts as Ms. Michelle Ramnarine, General Manager-Quality, looks on***



***Ms. Shezille Scipio, 2nd place winner, receives her prize from Mr. Ronald Tsoi-a-Fatt, CEO and Ms. Michelle Ramnarine, GM-Quality***



***Mr. Ronald Tsoi-a-Fatt, CEO and Ms. Michelle Ramnarine, GM-Quality, present the 3rd prize to Ms. Romanitta Mohammed-Williams***

***Thank you to all members of staff who viewed the ERHA's Excellence Awards.***

## Special Feature - Rising Above the Challenges from the Acting Medical Director

It is 7:00 a.m. and the staff car park at the Sangre Grande Hospital still has few empty spaces. With numerous staff from multiple departments on quarantine, this is our new normal this week. Walking through the corridors I can smell freshly cut grass and the aroma of breakfast being served. Just ahead of me is Ms. Lucy Charles, Food Service Worker, on her way to the wards to bring the tasty porridge, a breakfast treat to clients. What is the flavour today? I asked. "Corn meal, hot out the pot, good to warm the heart" was the response.

As I walk towards the Accident and Emergency Department, two Emergency Technicians are attending to a patient for transfer to another facility. Upon entry a patient is being triaged by a nurse. Ahead I can see a member of the clinical team from the night shift. Another tough night. Busy with the heart attack and gunshot wound and not forgetting the multiple suspected and confirmed COVID-19 cases who need stabilization and management prior to transfer to a parallel hospital if space is available. The entire shift was still on duty processing hand overs with their incoming colleagues.

Next door in Pharmacy the first group of clients were already leaving with medication in hand, while the Customer Service Representatives and nursing staff were attending to clients in the clinics. The remainder of the hospital busy even with challenges from the Pandemic. The wards were bustling as morning rounds were being conducted, in ward 4 the strong voices of the four new born babies demanding attention were heard. The theatre was in operation with an emergency caesarean section.

Oh, it is 7:45 a.m. already, I can make a quick stop at the Lab before my meeting with the para clinical team. The floor is still damp with the caution signs in place. To date the Lab team has completed over 6,700 in-house PCR tests to guide the work of the clinical teams and the demand is still high. Back in Administration, some staff are signing the register, stock is being received and staff are talking with clients on the phone.

Today, like always Team ERHA is on the frontline, ***'Rising Above the Challenges'*** and administering quality care to our clients. I thank you all for your sacrifice and hard work. It is because of your dedication and commitment that we are able to respond to the needs of our clients and the COVID-19 pandemic. We must continue working together as a family to maintain wellbeing of our community and country.

I salute you.





# Good News

The ERHA is pleased to inform you of a “Good News” post published on Facebook by Mr. David Leader:



David Leader

January 12 at 9:40 AM · 🌐

This morning, I find it fitting to write a most appreciative note to the management of The ERHA of Sangre Grande and their operation at the new Enhanced Health Facility adjacent to the hospital on Ojoe Road. On January 6th 2022, it became necessary to make an unscheduled visit to the facility. In particular, I would like to thank the security staff who were courteous professional and most helpful in giving instructions and information upon our arrival. We ultimately were seen by Nurse Thomas (Triage) and Dr Andrew Chan Chow who delivered the most concise health assessment and prescribed what was required to correct the irregularities being experienced. The facility was clean and even while waiting, facility staff were sanitizing and ensuring that the environment remained safe and comfortable for those visiting. The pharmacist accepted and filled the prescription for which my Mom and I are extremely thankful. You can imagine my joy when my 95 yr old mother, who has resided abroad for the past 50 years but regularly visits Trinidad as a winter getaway stated without hesitation that “ if this is the kind of service one can expect, I will definitely return to Trinidad and live”!! ❤️🇳🇧❤️ Enough is sometimes said about the challenges we face as a nation in our overburdened healthcare system, but kudos to the staff for their excellence and dedication, and I encourage the ERHA to continue the model of the new Health Center and make the new Sangre Grande District Hospital a facility that citizens would be proud of. It is necessary to not just complain when things don't work out just right, but pause and thank those who continue to do yeoman service to their country and humanity when we receive optimum service that's provided. From the depths of our hearts, please accept our heartfelt thanks!!

Ruby J. Leader

David K. Leader

Lifelong Residents 🙏

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





Government of the Republic of Trinidad and Tobago  
Ministry of Health

# If you have Hypertension (or 'Pressure')

**Then the COVID-19  
vaccine is for you!**

- People with Non Communicable Diseases (NCDs), like Hypertension or High Blood Pressure, are more likely to have serious medical issues and to be hospitalised if they become COVID-19 positive.
- People with Hypertension are also at a higher risk of dying if they contract the COVID-19 virus.
- Remember, COVID-9 Vaccines are safe and effective, even against COVID-19 variants.

**DON'T DELAY**  
VACCINATE TODAY!



Visit any health centre or mass vaccination site.  
No appointment required.



[www.health.gov.tt](http://www.health.gov.tt)



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH\_TT



minhealthtt

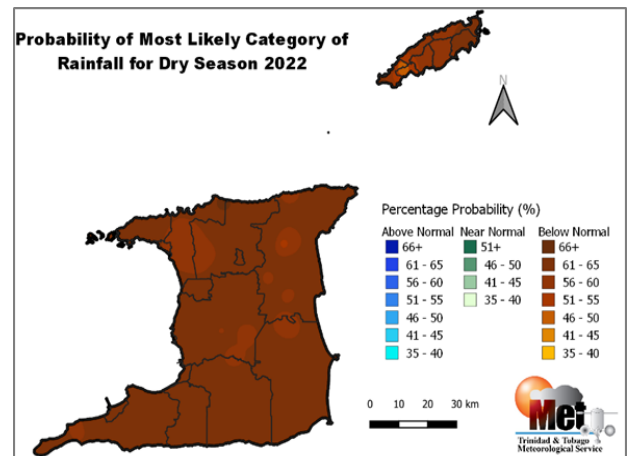


# The Dry Season 2022

According to the Trinidad and Tobago MET Office, the 2022 Dry Season has officially commenced and is expected to be drier than usual. This year differs from last year's record-breaking wetter than usual dry season. This is an annual period of lower-than-average rainfall that typically runs during the months of **January to May**.

## OUTLOOK:

- Less rainfall is likely with below-average totals favoured at this time for both islands. **January** is likely to get near-normal rainfall.
- The months: **February, March** and **April** are likely to be the driest months of the season.
- Warmer than average day and night temperatures is expected. There is a 68% probability for **4 to 9, 7-day** dry spells and **2 to 6, 10-day** dry spells.
- Few chilly nights are expected when temperatures fall below 20.0°C. This is due to relatively colder air from the sub-tropical high-pressure system and migrating weather systems from colder latitudes.
- The majority of the country is likely to get percentage of average seasonal rainfall totals that are less than 90% of average.



## DRY SEASON IMPACTS:

- An increase in the occurrence of hazardous sea conditions.
- Reduced surface water availability and reduced water recharge rates.
- Agricultural drought due to soil moisture deficits, reduced ground water and reservoir levels needed for crop irrigation.
- Surface dryness may cause environmental conditions such as bush, grass, forest, and landfill fires especially during late February and March.
- Decreased air quality may contribute to respiratory ailments such as asthma, coughing and shortness of breath and irritation. The exposure of smoke can negatively affect persons with existing respiratory infections.
- An elevated frequency of Saharan dust-haze events.



### ***DID YOU KNOW?***

**There are specific features that become present which signals the region has transitioned to its drier state. These include:**

- **Reduced moisture**
- **Increased stability**
- **Fewer deep clouds**
- **Less frequent rainfall**
- **Cooler temperatures**
- **Stronger surface winds**



### **KEY REMINDERS:**

**Conserve, store and manage water in a sustainable manner!**

- Adjust your lifestyle to integrate water conservation practices into daily routines:
  - Turn off the faucet while brushing your teeth
  - Only run the washing machine when you have a full load
  - Use a low flow shower head and faucet aerators. When bathing, turn off shower when not use.
  - Install a rain barrel for outdoor watering
  - Plant a rain garden for catching storm water runoff from your roof, driveway, and other hard surfaces.
  - Track your water usage on your water bill
- Create/review your household water plan.
- Store water in proper containers with lids or covers as it can create breeding areas for mosquitoes.
- Refrain from burning rubbish in grassy or forested areas during the dry season.
- Be dry season ready!



***For more information visit the MET Office website: <https://www.metoffice.gov.tt/>***

#### **Emergency Numbers:**

***POLICE: 999***

***FIRE SERVICE: 990***

***GMRTT (Emergency Health Service): 811***

***ODPM EMERGENCY: 511***





JANUARY 2022

**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](mailto:corpcomm@erha.co.tt)