



The Eastern *Vibes*

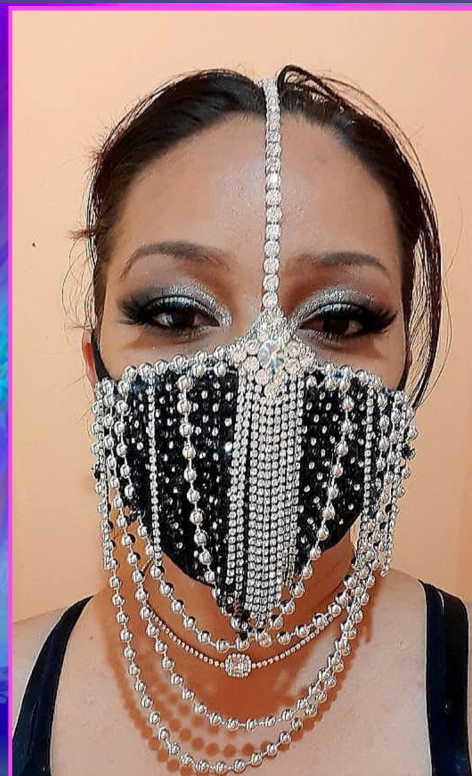
Monthly Newsletter 2022

February 2022, Issue #91

ERHA's Calypso and Face Mask Competition



*Ms. Faytonia Rahim,
1st place - Calypso*



*Ms. Cristal Estrada-Jaghoo,
1st place - Face Mask*

Over 110 members of staff tuned in to the ERHA's 1st virtual Calypso and Face Mask Competition on February 24, 2022 via Zoom. With a line up of seven contestants and

nine face mask presentations, this year's show was packed with entertainment, humour and fun.

See more on Pages 2 & 3.

In this Issue

- ERHA's Calypso and Face Mask Competition
- Lecture Series - Frequently Touched Surfaces
- ERHA's Amateur Radio Society Club
- ERHA Nurses Promote Healthcare
- STAD's Motor Vehicle Drivers Recognised
- Good News Posts for February
- OSH Feature - Preventing Needlestick Injury
- The Saharan Dust - A Cause for Concern

ERHA's Calypso and Face Mask Competition (continued)

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, opened the show and reminded staff of the good ole' days. The times when we celebrated Carnival face to face and used it as an opportunity to meet and greet and build camaraderie amongst colleagues. He encouraged persons to get vaccinated and do their part. Mr. Tsoi-a-Fatt, also urged staff to look forward to new beginnings and gave a glimpse of what to expect in the coming months with the new Sangre Grande Hospital Campus.

The competitions were judged by Mr. Joseph Rivers, Musician, Educator and Producer, Ms. Jordanne Rivers, Performer and Mr. Christopher Toussaint, Nursing Supervisor and member of the ERHA's Sports and Cultural Committee.

The event was hosted by Mr. Arnold Jordan, Calypsonian, who also treated the viewers to some

sweet kaiso music. Viewers were then entertained by the seven calypso contestants who submitted their video recordings and the nine face mask presentations. After much deliberation, the winners were announced with Ms. Faytonia Rahim, Registered Nurse, placing first in the calypso category with her composition, **"The Queen"**. Taking home the first place spot for the 2nd time in the Face Mask category was Ms. Cristal Estrada-Jaghoo, Clerk I, with her portrayal entitled **"Jewels of the Night"**.

During the show, giveaways were awarded to five (5) lucky staff members who all received 2 tickets each to Sekon Sta Festival Friday which was held at the Queens Park Savannah on February 25, 2022.

The ERHA's Sports and Cultural Club thanks all participants and viewers of this year's competition.

CALPYSO COMPETITION

The ERHA's Sports and Cultural Committee congratulates the winners and thanks all participants for competing in this year's Calypso Competition. .



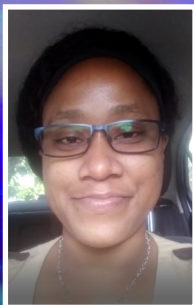
*Faytonia Rahim,
1st place winner*



*Athia Adams,
2nd place Winner*



*Ms. Jewel Williams,
3rd place winner*



Penny Ramlagan, 4th place



Shamilla Ramkisson, 5th place



Salisha Braithwaite - Best Health Calypso



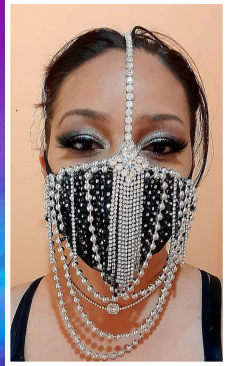
*Wendy Lee-Aping,
People's Choice*

FACE MASK COMPETITION

The ERHA's Sports and Cultural Committee congratulates the winners and thanks all participants for competition in this year's Face Mask Competition.



Cristal Estrada-Jaghoo
1st place winner



Vanescia Danscia-Pierre
2nd place winner



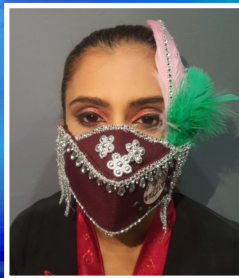
Nandanie Moonilal
3rd place winner



Tiffany Mitzi Rampersad,
4th place



Michele Bassanoo-Jones,
5th place



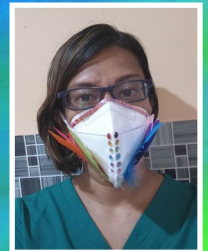
Sonia Seecharan-Raphael,
6th place



Roshan Mungroo,
7th place



Athia Adams,
8th place



Christianne Rampersad,
9th place

Lectures - Frequently Touched Surfaces

Over 330 clients benefited from a lecture series on COVID-19 entitled, **"Frequently Touched Surfaces"** conducted by the St. Andrew/St. David's Health Education Department.

The sessions were conducted during the period January 10, 2022 - February 25, 2022 and were held during clinics for Chronic Disease; Child Health; Antenatal; Postnatal and Health Office. These lectures were held at Cumuto; Coryal; Valencia; Manzanilla Outreach Centres and at the Sangre Grande Enhanced Health Centre.

Information on the updated COVID-19 health guidelines was also provided to clients.

Participants were advised to:

- **Sanitize** – Use soap and water or an alcohol based sanitizer 60% or more when outdoors.

- **Clean** to remove germs, dirt and impurities by using soap and water, clean surfaces
- **Disinfect** surfaces and objects at home by using a solution of 1/3 cup bleach to a gallon of water.
- **Avoid touching your face** – keep your hands away from your eyes, mouth and nose.
- **Remember the 3 W's** – Wear your Mask, Watch your Distance and Wash your Hands.



Ms. Onella Chunesingh, Health Education Aide delivers a presentation to clients at the Cumuto Outreach Centre

ERHA's Amateur Radio Society Club

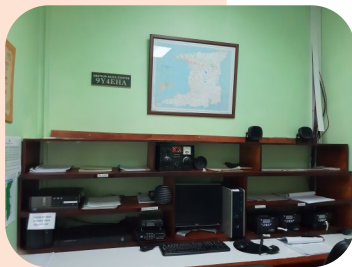
Recognising the need to ensure that the Eastern Regional Health Authority (ERHA) is equipped to respond to disasters without the use of internet and cellphones, the ERHA Amateur Radio Society (EARS) Club was established to foster and encourage staff to get interested in amateur radio.

Led by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, the Club trains prospective amateur radio users in order to obtain Amateur Radio License at the Technician, General and/or Amateur Extra levels and to cooperate with other organisations in providing both national and international communication in the event of disasters and emergencies. The training also educates the members in communications and disaster

preparedness and promotes and preserves the rights and privileges of Amateur Radio Licenses which allows users to operate, make contact and communicate with other amateur users locally, regionally and internationally.

Amateur radio or ham radio as it is popularly known brings people, electronics and communication together. Persons use ham radio to talk across the country, around the world, or even into space, all without use of the internet or cell phones. It is entertaining, educational, and can be a lifeline during a disaster.

If you are interested in joining the ERHA's Amateur Radio Society, feel free to contact 226-9941, 226-9947 or 226-9266.



Radio setup



Portable radio setup

"Amateur Radio plays a vital public safety communications service...with...tremendous potential...when all other forms of radio communication fail, especially during emergencies".

ERHA Nurses Promote Healthcare

Help Us To Help You, Don't Delay, Get the COVID-19 Vaccine Today!

ERHA nurses assisted in promoting the COVID-19 vaccine through the Ministry of Health's national vaccination campaign.

Ms. Allyson Auguste and Ms. Shenika Fredrick, Registered Nurses, were featured in a billboard advertisement as part of the drive to encourage members of the public to get their vaccine, throughout the country.

Let us continue to work together.

Get vaccinated and follow the health guidelines.



Ms. Allyson Auguste and Ms. Shenika Fredrick, Registered Nurses, featured in billboard located on the Uriah Butler Highway

STAD's Motor Vehicle Drivers Recognised

Motor Vehicle Drivers of St. Andrew/St. David were recognised for their hard work and commitment on February 20, 2022, at the Kingdom Hall Church, Sangre Grande.

Mr. Zaid Mohan, Transport Assistant, hosted the event to show appreciation and to say "thank you" to his Team for their dedication. Each driver was presented with a trophy and were encouraged to continue to work together to provide quality healthcare at the Authority.

Special Remarks were delivered by Mrs. Anjanie Singh-Gyan, Area Administrative Officer, who graciously thanked the Transport Department for their never-ending and invaluable contribution to healthcare in the region.

The drivers and their guest were entertained by Mr. Selwyn Jordan, Gospel Artiste and Mr. Elias Briggs, Saxophonist in a safe zone in accordance with all COVID-19 protocols.



Mr. Zaid Mohan, Transport Assistant presents a trophy to Mr. Sooknarine Gopeechand, Motor Vehicle Driver



Drivers and their families raise a toast



Mrs. Anjanie Singh-Gyan, Area Administrative Officer, presents a trophy to Mr. Denvil Agrillo, Motor Vehicle Driver



Mr. Selwyn Jordan, Gospel Artist, entertains the audience



Reverend Arlene Duke Stroud, Master of Ceremonies



Drivers and guests



Mr. Elias Briggs, Saxophonist serenades the audience

Protect Yourself from COVID-19 (NOVEL CORONAVIRUS)



WASH YOUR HANDS AND USE HAND SANITIZER



AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK



THOROUGHLY COOK MEAT AND EGGS

Good News

Life Saving Service

Today at the age of sixty, I, Boston Ian Monsegue, am taking the time to thank the staff at both the Toco Health Centre and the Sangre Grande Hospital for the excellent lifesaving service you provided to me.

On Friday 31st December 2021, in the midst of the pandemic, whilst on the beach, I began experiencing respiratory difficulties. I quickly drove home and went next door to Nurse Kershell Marcano who moved speedily to get me to Toco's Health Centre, Accident and Emergency section. It is here that doctors stabilized me enough to be transported to Sangre Grande Hospital.

Attendants (Ms. Merrit and Mr. Rondon), nurses (Head Nurse Winter and Nurse Onika), doctors (Dr. Ramkhalawan and Dr. Caruth) and driver (Mr. Sean Samuel), sincerest thanks from myself and my family.

It was Dr. Caruth who accompanied me to the hospital following the ambulance and transferred me into the capable arms of Dr. Marshall and the team at Sangre Grande's hot spot. I was immediately given a Covid test and taken to the nebulizer room. Eventually the Covid test came back negative and doctors continued running a series of tests. I spent the first six days of 2022 on ward six in the highly competent hands of Doctors Bhagaloo, Basdeo, Ali, Gadd, Thomas and Williams. To Nurse Henry and all the other dedicated nurses of ward six, I say a heartfelt thank you for keeping an eagle eye on my recovery and comfort. Mention must be made of the meals that were hot and on time, special thanks to the kitchen staff. I walked out of the hospital with a renewed respect and admiration for our health care professionals and health system and so unreservedly recommend the Sangre Grande hospital as a premier health care institution.

To all the staff at the Toco Health Centre and to those at Sangre Grande Hospital, from the doctors to the ancillary staff may God's continuous blessings be upon each and every one of you. Heartfelt thanks from my family and I to everyone who cared for me in my time of need.

By Boston Ian Mosegue

13th February, 2022

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



Good News

Recognition of Dr. Elise Renaud

The following is a personal testimony and acknowledgement of a fellow colleague, House Officer, Ms. Elise Renaud, attached to the Urology Department at our Sangre Grande hospital, to whom I want to publicly express my sincerest gratitude for her service and dedication towards my care over the last few months. For those of you who were not aware, I am attached to the ERHA's I.S./I.T. Department.

I was afflicted with a physical life-threatening bacterium. My prognosis became complex where over the past two years I would have undergone a series of trials and setbacks in my recovery. Needless to state, my physical health along with my mental and emotional well-being suffered immensely.

At the point in time where Dr. Renaud was assigned to my care, I was admitted for a six-week period which warranted a strict regimen of IV antibiotics.

Dr. Renaud was thoroughly committed and ensured that I was administered the IV antibiotics in a timely manner. I appreciated her detailed instructions to the nursing staff on Wards One and Two that needs to be highlighted as prior to her undertaking, this was a core element of patient care that was taken for granted while I was at other institutions.

Additionally, it must be recognized that on numerous occasions where I needed my IV access to resite. Dr. Renaud would volunteer to stay beyond her shift to personally secure my IV access.

Not only was she dedicated to my case but I also personally observed that Dr. Renaud would visit other assigned patients just to ensure all was well before handing over to another doctor. To this end, I can attest that Dr. Renaud is truly patient-centred, taking her responsibilities seriously.

Furthermore, I am truly indebted to her for the approach taken towards my mental health care. During my stay, my mental state deteriorated to the point where I was unable to communicate with others; emotions ran high and at times I became withdrawn and depressed. Dr. Renaud's ability to communicate and offering timely words of encouragement, added comfort to my state of being. She was also very accommodating and patient with my immediate family and relatives regarding questions and concerns about my condition.

As an employee of the ERHA for 10 years, Dr. Renaud's work ethic most definitely aligns itself with our core values such as: quality care, commitment to excellence and integrity. She has indeed set a high standard of patient care to which other doctors throughout the healthcare system in Trinidad and Tobago should adopt.

Today, I publicly acknowledge Dr. Elise Renaud for her excellence in the execution of her duties as a professional in her area of expertise of Urology as well as her dedication and commitment on a humanitarian level in going above and beyond patient care.

Dr. Renaud, I salute you for your endeavours and I am forever grateful for your care and compassion extended in my recovery.

Andy Moodnarine
Network Support Technician
IS/IT Department
Eastern Regional Health Authority
28th February, 2022

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

Good News

The ERHA is pleased to inform you of two "Good News" messages received via Facebook

Good evening,

I write to you regarding the staff in Ward 4 at the Sangre Grande Hospital.

On Weds 26th Jan @ 4:14pm, I gave birth to a beautiful baby girl. I was extremely anxious about delivering a baby with no Analgesia and wondered whether I'd be able to cope. I can honestly say that the staff who were beside me in the delivery suite (albeit they were under immense pressure) provided high quality care. Their clinical decision making was on point and being in so much pain, I still don't know how they managed to make me smile and focus on the task at hand, but they did it and I am so so grateful. Recognition should be given where it is due.

Kindest Regards,
Mrs. Scherron Martin



Brent Wisky is feeling thankful with **Jason Wisky** and **8 others**.
20h ·

Pleasant Good afternoon to each and everyone here on facebook .
Today i take this time to say a
HEARTFELT
THANK YOU !!
For ALL THE PRAYERS THAT WENT OUT FOR ME,
To the staff at the
ICU UNIT
in
SANGRE GRANDE HOSPITAL
for all their effort in keeping me alive today
with the help of the Almighty GOD.
(GOD BLESS YOU ALL)
I know GOD used them as instruments and vessles that today i can be a living testimony to many
others.
TO ALL THE MEMBERS OF CHURCHES
There isn't enough words to say how grateful i am to be alive today .
Father in heaven i thank you !!!
Last but not least, I must BIG UP ! the
KITCHEN STAFF
for the lovely tasting porridge , For someone who don't drink porridge it was GREAT !!!
HONESTLY I WISH I COULD GET IT TOGETHER WITH MY MEDICATION THROUGH THE PHARMACY
!!! 🙏🙏🙏
THANKS AGAIN

Posted by Brent Wisky

8th February, 2022

Preventing Needlestick Injuries

The Occupational Safety and Health Department is constantly working to ensure the health and safety of staff and clients at the Authority. In light of this, the OSH department is raising awareness on Needlestick and Sharps safety during the month of February.

Here are some tips for Sharps Safety

PREVENTING NEEDLESTICK INJURIES

BEING EXPOSED TO NEEDLES OR BODY FLUIDS MEANS THAT ANOTHER PERSON'S BLOOD OR OTHER BLOODY FLUID TOUCHES YOUR BODY.

DO NOT UNCOVER OR UNWRAP THE NEEDLES UNTIL IT IS TIME TO USE IT.



KEEP THE NEEDSTICK POINTED AWAY FROM YOURSELF AND OTHER PEOPLE AT ALL TIMES.



NEVER RECAP OR BEND A NEEDLESTICK.



KEEP YOUR FINGERS AWAY FROM THE TIP OF THE NEEDLE.



DISPOSE NEEDLESTICK PROPERLY INTO CLOSED CONTAINER AFTER YOU USE IT.



TELL THE PEOPLE YOU ARE WORKING WITH WHEN YOU PLAN TO SET NEEDLESTICK DOWN OR PICK IT UP.

If you incur an injury from a Sharps/Needlestick, kindly report the incident to your immediate supervisor, proceed to the nearest A&E Department and inform the OSH Department and IPCD.

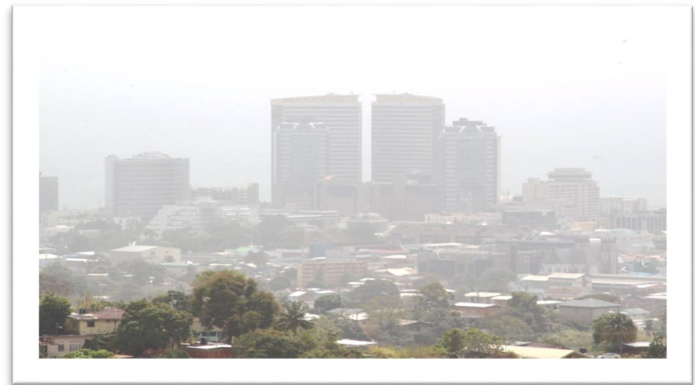
The Saharan Dust - A Cause for Concern



The dry season accompanies frequent occurrences of Saharan dust-haze events. The dust, which you may know, is released from the world's hottest desert - the *Sahara Desert* located in North Africa. The dust can be present throughout Trinidad and Tobago all year. High concentrations of dust can move across the region making our typically blue, serene skies become heavily polluted in a dusty, orange-hued, hazy mess. Since this is an ever-present occurrence in T&T, it is advised that you know how to protect yourself and your family when dust concentrations reach toxic levels.

The Air Quality Index (AQI) and Associated Health Effects:

The AQI is an index that measures daily air quality and indicates how clean or polluted the air is. It gives an idea of the level of health effects that you may experience within a few hours or days after inhaling polluted air. It is the easiest tool that tells you the level of readiness you should be at before and during a severe Saharan Dust event. The table below describes the AQI values and associated risk categories.



AQI Category and Colour	Index Value	Description of Air Quality
Good Green	0-50	Air quality is satisfactory, air pollution poses little or no risk.
Moderate Yellow	51-100	Air quality is acceptable. However, there may be risk for some people who are sensitive to air pollution.
Unhealthy for Sensitive Groups Orange	101-150	Sensitive groups may experience health effects. General public less likely to be affected.
Unhealthy Red	151-200	Some members of the general public may experience health effects. Sensitive groups may experience for serious health effects.
Very Unhealthy Purple	201-300	Health alert: The risk of health effects is increased for everyone.
Hazardous Maroon	300 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Precautionary Measures:

Before:

1. Stock up on necessary medications

Persons who suffer from respiratory ailments, cardiovascular diseases, experience itchy eyes, sore throat or sinus issues should have their medication on hand.

2. Prepare your home

In order to limit dust from entering your home, try sealing doors by placing mats at the entrances and keeping any openings to your home closed. Where necessary, change air filters frequently or invest in an air purifier.

After:

1. Stay indoors, keep windows and doors closed.
2. Protect your eyes, nose and mouth by using masks and eyewear.
3. Treat any resulting symptoms accordingly – use medications, humidifiers, do steam inhalation techniques.
4. Stay hydrated!



ACTIVITY CORNER!

DISASTER WORD SCRAMBLE

Unscramble the words below to find a list of familiar disaster-related terms:

1.	HANRRSIUEC	
2.	DERBSI	
3.	GLINIHTGN	
4.	LDIWESIRF	
5.	SDOLFO	
6.	DTHRUOG	
7.	NARUALT	
8.	THEARQKUASE	
9.	UDM NACOEVOLS (Two words)	
10.	ANLDESLIDS	
11.	DERUNTH SMORST (Two words)	
12.	CALITROP SMORST (Two words)	

Emergency Numbers:

POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811



FEBRUARY 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**

Website : www.erha.co.tt



ERHA Trinidad & Tobago



@erhatrinidad