



The Eastern *Vibes*

Monthly Newsletter 2022

March 2022, Issue #92

ERHA Observes World Kidney Day



Staff of the Sangre Grande Hospital at Dialysis Unit observe World Kidney Day

“Kidney Health for All – Bridge the knowledge gap to better kidney care”.

The Eastern Regional Health Authority (ERHA) joined the global community in observing **World Kidney Day** on March 10, 2022, in an effort to increase education and awareness about kidney health.

Members of the public, clients and staff members throughout the

region were sensitised on the importance of a healthy lifestyle to prevent kidney disease. This message was reinforced through various activities that were held at the ERHA including a 5K Race and lecture sessions, among others.

See more inside.

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Sangre Grande Hospital's World Kidney Day Activities

Recognising the importance to support and encourage persons living with kidney diseases, the Sangre Grande Hospital's Dialysis Unit awarded tokens of appreciation and certificates to clients for adhering to their treatment plan. The presentations were made on March 10, 2022 at the Dialysis Unit to over 20 clients who were also encouraged to think positively along their journey.

A session on Eating and Nutrition was held by the Nutrition Department and the Medical Social Work Department also spoke with the clients and their

families to educate them on other aspects of their health. The session included details on the role of the Medical Social Worker and how to access assistance.

The Dialysis Unit also conducted lectures on kidney diseases to chronic disease clients at the Sangre Grande Enhanced Health Centre and at the Sangre Grande Hospital Outpatient clinic.



Ms. Glennis Francis, Nursing Supervisor, presents token to client



Clients and their families at the Dialysis Unit



Dr. Ryan Kunjal, Nephrologist/Consultant awards client with a certificate



Nurses of the SGH Dialysis Department conduct lecture at SGEHC

NAMA's Satellite Dialysis Team Shares Information on Kidney Diseases



Staff members of the Nariva/Mayaro Satellite Dialysis Unit on World Kidney Day

Community members were sensitised on kidney diseases and the importance of a healthy diet as the Nariva/Mayaro Satellite Dialysis Team ventured into the town of Rio Claro in observance of World Kidney Day on March 10, 2022.

Information packages on kidney health were distributed and members of the public were given contact details for follow-up discussions.

"Kidney Health for All – Bridge the knowledge gap to better kidney care".



10 March 2022

Bridge the knowledge gap to better kidney care.



World Kidney Day Virtual 5K Race

Over 170 persons registered for this year's ERHA's World Kidney Day Virtual 5K Race which was held from 10-20 March, 2022. The aim of this challenge was to increase awareness about kidney disease and encourage persons to engage in physical activity as a healthy lifestyle choice in order to maintain good kidney health.

The challenge was designed for persons to participate in running, jogging or walking at their own pace from any location in the country. To increase awareness of the initiative, participants were asked to wear green clothing while completing the challenge as this colour represents Kidney

Disease Awareness.

Prizes were awarded to the first 100 persons who submitted their results showing that they completed the distance. The youngest and oldest competitors as well as the first male and female to complete the challenge were awarded special prizes.

"I did the run in the loving memory of my dad Hardeo Deonarine, 99th Kidney Recipient Transplant who unfortunately passed on January 20th, 2022."

-Shawn Deonarine, participant of the Virtual 5K Race

See photos of some of the participants below.



Adeloa Walsh



Cherry Ann Khan



Christiana Williams



Dieanna Carter



Evangeline Gobin



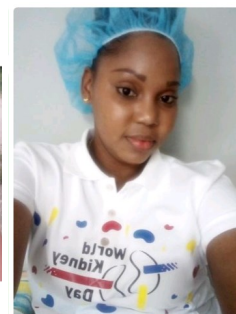
Fonda Samuel



Kayann Herbert



Malisa Lewis-Alexander



Marian Matthews



Tristan Gobin

World Kidney Day Quiz

Providing information is essential to achieve positive outcomes. With this in mind, the Health Education Department conducted an online World Kidney Day Quiz to increase awareness about the importance of our kidneys.

Members of staff were invited to test their

knowledge on March 10, 2022 via Google Forms. 61 persons participated and prizes were presented to the first 20 persons with a perfect score.

Answer the questions below and test your knowledge.



WORLD KIDNEY DAY QUIZ ANSWERS

WORLD KIDNEY DAY QUIZ - QUESTIONS AND ANSWERS

1. What are the kidneys ?

2 bean shaped organs about the size of the fist, located just below the rib cage, one on each side of the spine.

3. What is Chronic Kidney Disease?

When your kidneys lose their ability to sufficiently filter waste from the blood over time.

5. What can put you at risk for Chronic Kidney Disease ?

- Drug abuse and Smoking
- High Blood Pressure and Uncontrolled Diabetes

7. How to check for Chronic Kidney Disease ?

- Blood & Urine Test

9. How can you prevent Kidney Disease ?

- Lose weight if you are overweight
- Manage High Blood Pressure and Diabetes
- Quit Smoking and Avoid Alcohol

2. What are the functions of the kidney?

- To remove waste products and excess fluids from the body
- To produce hormones that help regulate blood pressure

4. How many stages of Chronic Kidney Disease are there ?

5 Stages

6. What are the warning signs of Chronic Kidney Disease ?

- Fatigue and Drowsiness
- Blood in Urine
- Itching and Dry Skin

8. Dialysis is the only way to treat Chronic Kidney Disease ?

False !

- Keep clinic appointments
- Maintain diet given by your dietitian
- Take medication as prescribed

10. What is the best ways to keep your kidneys healthy ?

- Drink enough water and eat a healthy diet
- Stay Active and exercise regularly
- Take Medication as prescribed

Lectures on Kidney Health

Over 430 clients benefited from the Chronic Kidney Disease lecture series conducted by the St. Andrew/ St. David Health Education Department during the month of March.

The aim of the lecture series was to provide information on Chronic Kidney Disease. It also highlighted the importance of keeping clinic appointments, following guidelines from the dietitian and the benefits of taking medication as prescribed.

The target audience was patients of Chronic Disease, Child Health, Antenatal, Postnatal and Health Office clinics at Cumuto, Coryal, Valencia, Manzanilla, Sangre Grande Enhanced, Cumana, Sans Souci and

Matelot Health Centres.

The sessions were facilitated by Sherifa Ali Badri, Khadine Ramdial, and Onella Chuniesingh, Health Education Aides



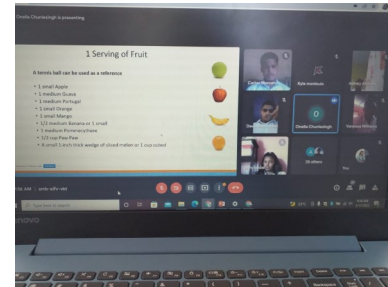
Ms. Sherifa Ali-Badri, Health Education Aide delivers a presentation at SGEHC

CCC Students Educated on Healthy Lifestyles

75 trainees of the Civilian Conservation Corps (CCC) of the North East Region were sensitised on a range of health related topics during the annual health promotion initiative. The sessions were held from February 15, 2022 - March 22, 2022 via a virtual platform.

Lectures on Preventing NCD's; Stress; Anger Management and Conflict Resolution; Substance Abuse; Parenting; Healthy Lifestyle and Sexual Reproductive Health were facilitated by members of the Health Education and Medical Social Work

Departments. Sessions on professionalism for youth and a career fair was also conducted.



Healthy Lifestyle lecture conducted by Onella Chuniesingh RD, Health Education Aide (OJT) with CCC

Online School Health Education Programme

“Establishing healthy behaviors to prevent chronic disease is easier and more effective during childhood and adolescence than trying to change unhealthy behaviors during adulthood”.

- www.cdc.gov

Students from six primary schools within County Nariva/Mayaro were informed on a range of health topics through the ERHA's Online School Health Education Program which was held from January-March, 2022.

The programme was conducted by the NAMA Health Education Team in collaboration with the Ministry of Health and covered topics relating to Nutrition;

Wellness; Mental Health and Personal Hygiene.

The sessions benefited a total of 547 students in Infant One and Standard Four classes.



Health Education

Supporting Our SEA Students

In several households, the month of March signifies Secondary Entrance Assessment (SEA) for students. In an effort to show support to children of the members of staff who were preparing for the exam, the ERHA provided care packages to 76 students.

The package included a surgical face mask; hand sanitizer; water bottle;

pencil; thermometer and an ERHA bag. The gesture was greatly appreciated by the parents and children.

The ERHA continues to demonstrate that **"Caring is the Key"**.



Andres and Priya display their ERHA packages

ERHA's COVID-19 Vaccination Outreach Programme Continues

The Ministry of Health in collaboration with the ERHA is inviting persons to get their COVID-19 vaccine to **Bring Back the Ole' Time Days!**

The ERHA's COVID-19 Vaccination Outreach Programme continued throughout the month of March bringing healthcare services closer to persons and making it easier for them to get vaccinated against COVID-19.

Community members visited the outreach activities to receive their 1st, 2nd and booster shots and to also speak with the healthcare professionals on vaccination.

The Vaccination Outreach Programmes were held at Xtra Foods Supermarket, Guaico on March 4 & 18, 2022 and at Zachary's Fashion Centre on March 11, 2022.



Medical Social Work Day



Nariva/Mayaro Medical Social Work Department



Sangre Grande Hospital Medical Social Work Department



St. Andrew/St. David Medical Social Work Department

World Social Work Day was internationally recognised on March 15, 2022 under the main theme "**Ubuntu: I am Because We Are**" – **Strengthening Social Solidarity and Global Connectedness**. According to the International Federation for Social Workers (IFSW), the focus on the theme was "**Co-Building a new Eco-Social World: Leaving No One Behind**".

The Eastern Regional Health Authority's Medical Social Work Departments joined the global community in standing together to celebrate the achievements of the profession and to spread awareness of the social work contribution into communities and workplaces they serve.

The Nariva/Mayaro's Social Work Team hosted a mini fair at the Learning Resource Centre Mayaro on March 15, 2022 to increase awareness and educate persons on the significance of Social Work in the ERHA. Members of the public were provided with information from the Medical Social Work; Community Nursing; Dental and Health Education Departments. The health fair also featured representatives of Civilian Conservation Corps and

Pan American Insurance who were also on site to engage with community members.

The Medical Social Work Department in St. Andrew/St. David observed World Social Work Day by hosting 11 Open-Day sessions at the health facilities to sensitise clients and members of staff on the role of the medical social worker and the importance of social work in the region. The department also adopted two (2) families for a year through the "**Adopt a Family**" programme where they will provide support to assist the family to meet their psychosocial needs. The department also engaged in team bonding exercises such as hiking and pedicure treatments which were aimed at fostering good working relationships.

The Sangre Grande Hospital Medical Social Work Team during the month of March, focused on sensitising clients and staff members on the roles and functions of the department. Brochures were widely distributed in the waiting areas and persons were encouraged to meet with the Team to get more information on how the department can assist them.



Medical Social Work Mini Health Fair at LRC

Prize Distribution for Calypso and Face Mask

The Sports and Cultural Committee hosted its prize distribution for the Calypso and Face mask Competition on March 9, 2022 at the Sangre Grande Enhanced Health Centre.

Congratulations to the winners and thank you to all the participants for making the event a success.

See photos below of the prize distribution.



Ms. Faytonia Rahim, 1st place Calypso Winner receives her trophy and voucher from Ms. Sherifa Ali-Badri, representative of the Sports and Cultural Committee



Ms. Sherifa Ali-Badri, representative of the Sports and Cultural Committee presents 1st place prize to Mrs. Cristal Estrada-Jaghoo, winner of the Face Mask Competition



Mr. Dillon Suepaul receives voucher on behalf of Ms. Athia Adams, 2nd place winner in the Calypso Competition.



Ms. Wendy Lee-Aping, People's Choice Winner in the Calypso competition receives her hamper from Ms. Sherifa Ali-Badri, representative of the Sports and Cultural Committee



Ms. Sherifa Ali-Badri, representative of the Sports and Cultural Committee awards Ms. Salisha Braithwaite with her hamper for Best Health Calypso



Ms. Sherifa Ali-Badri, representative of the Sports and Cultural Committee presents 2nd place Face Mask prize won by Ms. Vanescia Danscia-Pierre



Presentation of 3rd place Calypso Competition prize, won by Ms. Jewel Williams

Good News - March



Good News

The ERHA is pleased to inform you of a "Good News" message:



Blossom Guevarra ▸ ERHA Trinidad & Tobago

15h · 🌐

Thanks to Dr. Danlal for seeing about my baby. He was extremely gentle with her and very knowledgeable and informative. They need more doctors like him.

Posted on Facebook by Blossom Guevarra
March 15, 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 a "Good News" message:



Rennee Lea Edwards-Shillingford ▸ ERHA Trinidad & Tobago

17h · 🌐

We, the family of the late Terrance Edwards, would like to thank the staff of the Sangre Grande Hospital for their assiduous care and compassion in their treatment of our husband and father. Particular mention to the Doctors, nurses and staff of Ward 6, Oncology, Radiology and Surgical departments. From his pancreatic cancer diagnosis and whipple procedure in 2016 to his most recent illness this year, the staff has been accommodating and professional. Thank you to you all and keep up the great work. Edwards, Alcantara and Shillingford family. — with Rhona Alcantara and 5 others.

Posted on Facebook by Rennee Lea Edwards-Shillingford

March 27, 2022

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

World Planting Day

Indoor plants have proven to keep persons healthier and happier, offering both psychological and physical health benefits which includes improving mood, reducing fatigue, lowering stress and anxiety, improving office performance and focus and boosts healing and pain tolerance. Indoor plants also absorb and reduces the amount of carbon monoxide, formaldehyde, xylene, benzene, trichloroethylene whilst emitting oxygen and moisture.

On March 21, 2022, the Occupational Safety and Health Department celebrated World Planting Day with a tree planting exercise at the Guayaguayare Outreach Centre. See photos below.



Indoor plants at ERHA Offices

Lovely plant at Supercare Building - Office of the General Manager Nursing



Beautiful plant at Celinex Building- top floor



Sensitisation Sessions on the Revised Accident/Incident Report Policy

The Occupational Safety & Health (OSH) Department has commenced sensitisation to members of staff on the revised Accident Incident Reporting Policy at the Eastern Regional Health Authority which includes the Ticketing System.

The sessions are aimed to educate staff on the following:

- Accident Incident Reporting Protocol
- OSH Act- Compliance and Breaches
- Occupational Diseases
- Motor Vehicular Accidents
- Penalty (OSH Ticketing System)

Sessions will continue at all units throughout the month of March with both in-person and virtual sessions as we aim to sensitise all staff on the new system. The system is expected to be effective April 1, 2022.

Should you require further information or have questions pertaining to the above, feel free to contact the officer assigned to your respective unit or forward an email to: OSHDept@erha.co.tt



Staff at the Matura Outreach Centre having an in-person session with the STAD OSH Officer, Mr. Duane Nimblett

Dangers of Bush Fire in the Dry Season

Bush fires are common during the Dry Season and tend to occur on hilly areas, along the nation's highways or roadways which can scar the natural scenery and landscape. It can cause significant damage to property and infrastructure and even lead to loss of life. The fire itself is only one element of the danger but the impacts of smoke and radiant heat can also be detrimental. It is important to be aware and prepared for any fire threats during this time.

CAUSES:

A bush fire also known as a **forest fire** or **wild fire** can occur naturally or by humans either deliberate or unintended. Some causes include:

- Slash and burn agriculture.
- Lighting of areas to chase animals out of hiding spots.
- Careless tossing of cigarette butts out of car windows.
- Lightning strikes.



IMPACTS:

Bush fires can result in multiple direct and indirect impacts. These may include:

- Loss of life, property and communities.
- Reduced air quality; affects both animals' and humans' health.
- Destruction of plant and animal habitats.
- Increased vulnerability to flooding events from effects on water catchments.
- Loss of soil fertility and washing of the soil into waterways that affects water quality.
- Economic losses in productivity, state budgets and insurance fees.
- Stress and personal trauma from sustained losses.

Effects can prolong into the rainy season where the lack of vegetation increases surface run-off which exposes the soil to erosion and flooding during heavy rainfall events.



PREVENTION AND MITIGATION:

These are some actions that can be done to minimize the risk and occurrence of fires:

- Do not set fires during the Dry Season without a Permit.
- Create a fire smart neighborhood; work together to clear materials that may likely cause a fire within your community.
- Clear any build up of combustible materials like fallen leaves, branches and trees.
- Create fire breaks which are areas of land cleared by ploughing, grading or hoeing to inhibit the spread of fires.
- Create a preparedness or evacuation plan and assemble a disaster kit.
- Provide accessible routes to firefighters to extinguish blazes.
- Minimize the construction of buildings in fire prone zones. If inevitable, use fire resistant material such as bricks over wood.
- Implement early-warning systems which can alleviate negative impacts of fires.
- Before, during and after a bush fire it is important that you keep informed about emergencies in your area .
- Refrain from throwing any cigarettes or flammable material out of car windows.
- Farmers can use alternative and sustainable agricultural practices other than slash and burn which will improve the livelihoods of farming families and minimize destruction.
- Maintain an emergency water supply in the event of a fire.



REPORTING A FIRE:

In order to report a bush fire in Trinidad and Tobago, persons can call:

- ◆ **Fire Services at 990**
- ◆ **Forestry Division at 622-3217 / 662-5775 / 643-9595 / 657-7256** or
- ◆ **ODPM at 640-1285 / 640-8905**

Emergency Numbers:

POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811

ODPM EMERGENCY 511



MARCH 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