



The Eastern *Vibes*

Monthly Newsletter 2022

July 2022, Issue #96

Empowering our Clients to lead a healthy lifestyle



Mrs. Charlene Pattoo-Sooklal, Dietitian interacts with clients

Making healthy choices can be difficult when you are not aware of the implications and long-term effects.

Staff at the Nutrition and Dietetics Department of the Sangre Grande

Hospital hosted a Nutrition Outreach Programme at the hospital on July 14, 2022 to guide clients on how to avoid certain types of behavior that will contribute to Non-Communicable Diseases (NCDs) and serious illness.

In this Issue

- Empowering our Clients to lead a healthy lifestyle
- Improving Health care Professionals Response to Caring for Survivors of Intimate Partner Violence & Sexual Violence
- The Dynamic Ward - Innovative Change and Improvement
- Health Centre Lecture Series - Mosquito Borne Diseases
- Students benefit from interactive session for July/August Camp
- Emancipation Day Message
- The Health Education, Nutrition and Medical Social Work Departments participate in Matelot Police Youth Club Emancipation Extravaganza
- World Hepatitis Day
- Brighten Your Corner Initiative
- Staff and Community Consultations
- OSH Feature General Safety Practice – OSH Re-sensitization Session
- Disaster Preparedness Feature: Tropical Storm and Hurricane Development

Empowering our Clients to lead a healthy lifestyle (con't)



(From L to R) Nequita Ramoutar, Lisa Myers-Joseph, Nailah Antoine, (OJTs), Charlene Pattoo-Sooklal, Dietitian & Charlene De Freitas Johnson, Senior Dietitian

Over 95 clients participated and had the opportunity to get their Body Mass Index (BMI) measured before engaging in individual consultations. Each client received meal plans tailored to their specific health requirements and were encouraged to choose healthy foods for their diets. They were informed about the importance of drinking 8 glasses of water each day and viewed an exhibition which

highlighted the sugar content in several popular drinks which are consumed regularly and the associated dangers. The clients were astonished to learn about the sugar content in the following drinks: Caribbean Kool-19 tsp, Coca Cola-13¼ tsp, Lucozade-11¼ tsp, Smalta-7¼ tsp, Kool Kids-7¼ tsp, Chubby-6½ tsp and Cran Water 3¾ tsp.

To ensure that the information was retained, handouts on diabetes, my plate planner which was used to help plan healthy meals, dietary guidelines for high blood pressure, how to read food labels, meal planning guidelines for renal disorder and dietary guidelines for healthy eating were distributed.

The clients were encouraged to incorporate small positive steps into their daily routine.

An unhealthy diet is one of the contributing factors to NCDs that cause over 41million deaths per year globally.

See photos below.



Lisa Myers-Joseph, Dietitian talks with a client about the sugar content in drinks



Charlene Pattoo-Sooklal, Dietitian, checks the height of a client



Nequita Ramoutar, OJT engages with clients

Improving Healthcare Professionals Response to Caring for Survivors of Intimate Partner Violence and Sexual Violence



(From L to R) Dr. Caroline Allen, Spotlight Initiative Project Manager for Trinidad and Tobago PAHO/WHO, Shalini Jattan, Manager Organisational and Employee Development with graduates of the Intimate Partner Violence and Sexual Training Development

Over 100,000 women in Trinidad and Tobago are estimated to have experienced physical and/or sexual violence perpetrated by male partners.

The Eastern Regional Health Authority recognises that it is difficult for victims to come forward to say **"I am being abused"** and collaborated with the Pan American Health Organization (PAHO) and the Ministry of Health to address this challenge.

Over 55 members of staff from a multi-discipline clinic team participated in an Intimate Partner Violence (IPV) and Sexual Violence (SV) Training Development Workshop and were trained to provide quality first line support and care to survivors. Trainees include Clinical staff, Social Workers and Emergency Medical Technicians. The Organisational approach was adopted to place emphasis on early identification and support. In an effort to continue developing institutional capacity, four persons among the group were trained as trainers. Participants were presented with their certificates in a ceremony on July 19, 2022 at the Sangre Grande Enhanced Health Centre.

In her brief remarks, Dr. Latoya Baptiste-Manzano Registrar (Ag.) at the Sangre Grande Hospital, indicated that the aim of the training was to teach participants to be able to identify and assess violence against women. It also focused on improving responses when caring for survivors and provided guiding principles of care and enhanced safety and support for victims.

Dr. Erica Wheeler, PAHO/World Health Organisation (WHO) Representative for Trinidad and Tobago, stated in her address that "Violence against women and girls is a global scourge. Around 1 in 3 women are affected in their lifetime as well as their family and to address this is critical to every society".

The ERHA will continue working with the Ministry of Health to create institutional guidelines and policies for an efficient, professional and standardized pathway of care. The Authority will also raise awareness within the catchment areas to educate persons on services available to survivors of IPV & SV.

The Dynamic Ward – Innovative Change and Improvement



Members of staff on Ward 5 pose with their trophy

Albert Einstein is widely credited with saying, “The definition of insanity is doing the same thing over and over again, but expecting different results”.

The Nursing Department of the Sangre Grande Hospital in their quest to find new ways to continuously provide the highest quality of healthcare to clients has embarked on an initiative called, “The Dynamic Ward”. The aim of the initiative is to motivate, grow and encourage Nursing Staff to reinvent the way in which activities are undertaken on the wards. This initiative was patterned after the Well-

Organised Ward model which involves creating an ideal workplace by using the five S’s: **Sort**- remove what is not needed; **Set**- right thing in the right place; **Shine**- keep things clean and ready to go; **Standardise**- an agreed, consistent process and **Sustain**- continually audit and improve.

Five wards submitted their projects which were assessed on July 2, 2022. Ward 5 emerged winners with their project, “Pressure Ulcer Prevention and Management Plan” and were presented with a trophy on July 18, 2022.

Health Centre Lecture Series- Mosquito Borne Diseases

Preparing for the Rainy Season

Mosquito eggs require water to hatch into larvae. During the rainy season there is an abundance of water which increases the chances for the larvae to emerge and complete the life cycle. This increase in mosquitoes can result in an increase in the number of persons affected by mosquito borne diseases.

In an effort to address this situation, the Health Education Department of County St. Andrew/St. David, conducted a lecture series on Mosquito-Borne Diseases in July. 490 clients of the

Chronic Disease, Ante Natal, Post Natal and Health Office clinics at Coryal Outreach Centre, Manzanilla, Valencia and Sangre Grande Enhanced Health Centres were informed about the life cycle and common breeding sites for mosquitoes for them to be aware and clean up their surroundings. They were also given information on the transmission, signs and symptoms, medical treatment and prevention of mosquito-borne diseases. The sessions were facilitated by Sherifa Ali and Khadine Ramdial, Health Education Aides.

Students benefit from an interactive session for July/August Camp



Khadine Ramdial, Health Education Aide, chats with children about healthy eating at the St. James the Just Anglican Church Camp

Getting children to eat healthy is a challenge for most parents.

The Health Education and Nutrition Department (STAD) partnered with organisations in Sangre Grande to teach children the benefits to healthy eating in a fun interactive face-to-face session during their July/August camps. The first session was hosted at the Sangre Grande Public Library on 19 July, 2022 and the second session was held at the St. James the Just Anglican Church on 28 & 29 July, 2022. Twelve children between the ages of 7-12 years old participated in both sessions. The lecture was entitled, "***Gimme Five for Healthy Eating***".

The Healthy Plate Method and food models were used to demonstrate to the children how to build balanced meals by including go foods for energy, grow foods for growth and repair as well as glow foods for good health and well-being. The lesson emphasised the need to consume a variety of foods every day while enjoying some foods in moderation. This message was reinforced with the use of a catchy song and games. The children were reminded that when choosing foods, remember to, "***Gimme Five***"- Go with Staples, Grow with Protein, Glow with fruits and vegetables, limit sugars and limit fried foods.

On the second day of the St. James the Just Anglican Church camp the children were introduced to simple aspects of infection control. The presentation focused on the importance of handwashing, cleaning and disinfecting surfaces regularly. A demonstration was also done using latex gloves and poster paints to teach children the proper way to wash their hands.

See photos below



Sherifa Ali, Health Education Aide demonstrates the proper technique to wash hands using gloves and poster paints



Natasha Bellamy, Food Demonstrator lectures students at the Sangre Grande Public Library



Students at the Sangre Grande Public Library participate in camp activities

Emancipation Day Message



HAPPY EMANCIPATION DAY

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

Martin Luther King.

The Board of Directors and Chief Executive Officer at the Eastern Regional Health Authority wishes all a Happy Emancipation Day

"Caring is the Key"



The Health Education, Nutrition and Medical Social Work Departments participate in Matelot Police Youth Club Emancipation Extravaganza



Health Education Team at the Emancipation Extravaganza

On Sunday 31st July 2022 at the Grande Riviere Recreation Grounds, the Health Education, Nutrition and Medical Social Work Departments were invited to facilitate booths at the event which included children and adults.

The booths were facilitated by Sherifa Ali and Khadine Ramdial, Health Education Aides, Onella Chuniesingh (OJT) – Nutrition and Renee Mayers – Medical Social Worker.

World Hepatitis Day

78,000 deaths occurred in 2019 due to complications of acute Hepatitis according to the World Health Organization.

Hepatitis is inflammation of the liver and it can affect how the body processes nutrients and filters the blood. There are five types of Hepatitis A, B, C, D and E.

People can be sick for a few weeks to a few

months. Symptoms of Hepatitis include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, light coloured stools joint pain and jaundice. Hepatitis can be spread in the stool and the blood of people who are infected through person to person contact or eating contaminated food and drink.

Source: www.who.int



BRIGHTEN YOUR CORNER INITIATIVE

Imagine ! Innovate ! Improve !

The ERHA invites staff to implement creative ideas to improve service delivery in your workplace

Step 1 : Create your teams

**AUG 30
2022**

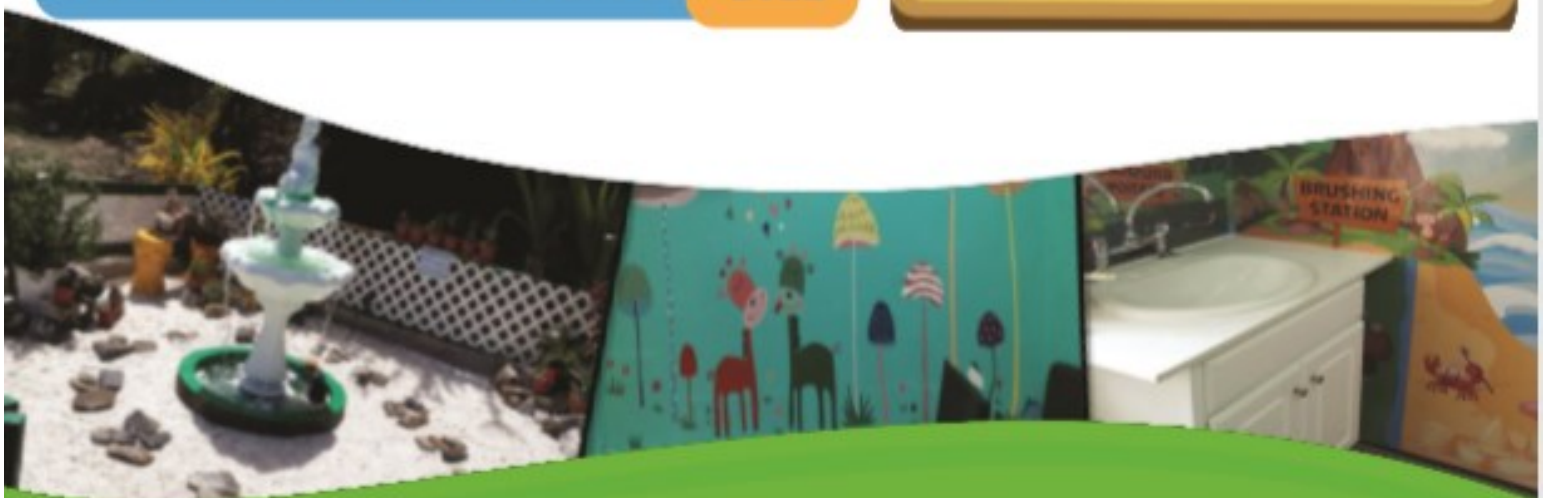
Step 2 : Submit your proposal

**OCT 30
2022**

Step 3 : Complete your project

Prizes

1st	- \$10,000
2nd	- \$6,000
3rd	- \$4,000



For further information contact the Quality Co-ordinators in your unit:

-STAD 226-9866 -NAMA 226-9901

-SGH 226-9709 -HEAD OFFICE 226-9159

"Caring is the Key"



STAFF AND COMMUNITY CONSULTATIONS 2022

Staff and Community Consultations will be held during the period August to October, 2022 at all health facilities.

Look out for the schedule and get ready to share your suggestions to improve the health services offered by the Eastern Regional Health Authority.

TELL US WHAT YOU THINK



"Caring is the Key"



Who Should Wear Face Masks

Some persons are more likely to become very ill due to COVID-19 and should continue to wear their mask in most settings. These persons include:

- Immunocompromised individuals
- Persons with underlying medical conditions
- Obese persons (Body Mass Index (BMI) greater than or equal to 30)
- Pregnant women
- Individuals aged 60 years and older
- Unvaccinated or not fully vaccinated individuals



Consider these when deciding whether or not you should wear a mask

- Are you outdoors or indoors?
- Is there adequate ventilation?
- How long would you be there and do you have to interact with a lot of persons who you don't know?
- Is it crowded?
- Are vulnerable people in that setting?
- Are others complying with other public health measures?



General Safety Practice and OSH Re-sensitization Session

115 staff members participated in the Occupational Safety and Health Department training and re sensitization sessions for the Head Office unit. To maximise reach the training was conducted virtually in two sessions during the month of July. The sessions focused on Office Safety, Emergency Drill, Egress of the building, review of the Accident Incident Policy and OSH Ticketing System. All categories of staff from Housekeeping to the Managerial participated in the interactive sessions and prizes were awarded to participants for their correct responses to the pop quiz at the end of the training session.

DETAILS OF TICKETING SYSTEM

YELLOW	1 ST ISSUE	OSH re-sensitization session mandatory (verbal)
	2 ND ISSUE	Formal meeting with Supervisor and OSH Officer
	3 RD ISSUE	Meeting with employee, supervisor, Head of Subunit (MHA/AAO) and Head of HR Sub-unit/OSH Officer
After receipt of the 3 rd YELLOW ticket, HR/IR to be notified formally for disciplinary action to be taken		
ORANGE	1 ST ISSUE	Formal meeting with Supervisor and OSH Officer along with GM- LCA and M-OSH
	2 ND ISSUE	Formal meeting with Supervisor and OSH Officer along with GM- LCA and M-OSH. Liable to stand cost of damages
After receipt of the 2 nd Orange, HR/IR to be notified formally for disciplinary action to be taken		
RED		Tribunal coordinated by M-OSH and other committee members, which includes; GM-HR, GM-LCA and other designation and the line supervisor.
Any person deemed to be in non-compliance with the OSH duties and responsibilities of the Authority, will be issued the above colour code tickets. Consistent breaches can result in the issuance of a 'red' ticket or a 'black' ticket. The 'red' ticket indicates that an employee has a high occurrence of violations and will result in consequences as outlined when one is issued a 'red' ticket.		

YELLOW When the incident occurred which may/may not have resulted in property damage but had potential to cause/result in injury to others present.

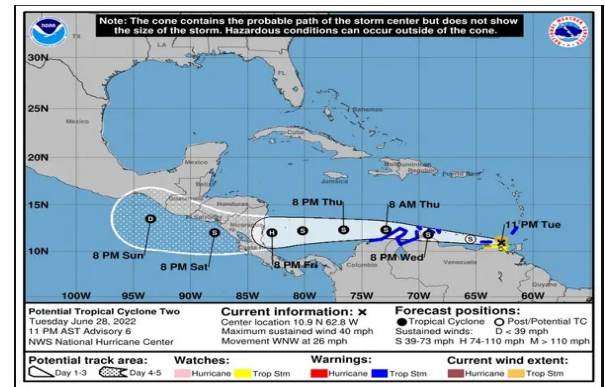
ORANGE When minor injury or damage to property occurs but person is able to perform his/her normal duties, OSH Act –Part VIII

RED As a result from an accident which cause injury to persons at the workplace where they are unable to perform their usual work duties or requires medical attention but such occurrence does not result in death or critical injury leading to disability, OSH Act- Section 46A.

BLACK If an act has been committed where an Accident occurred due to malicious intent and results in critical injury/death, OSH Act- Section 47, and such person is proven to be liable on summary of commitment to a fine of five thousand dollars (\$5000.00) and three (3) months imprisonment. The investigation to be inclusive of TTPS and OSH Agency.

Tropical Storm and Hurricane Development

During the rainy season, Trinidad and Tobago is affected by about 30-40 *tropical waves*. According to the National Hurricane Centre, the North Atlantic region may continue to be at risk for the passage of more waves or depressions that can potentially develop into storms or hurricanes. As such, it is important to be aware of and prepare for the different stages of hurricane or cyclone formation and understand how the changes in wind speed fuels each stage.



Tropical Cyclone FAQs

What are Tropical cyclones, more commonly known as hurricanes?

A tropical cyclone or hurricane is a large, violent thunderstorm with strong winds of at least 74 mph or 119km/h that develop over warm oceans in tropical regions, spiraling in a counter-clockwise direction around a low-pressure core called the *eye*. It is a calm zone of clear skies in the midst of chaos, torrential rain and battering destruction.

What are the different stages in Hurricane Development?

Tropical cyclones develop in four stages:

- **Tropical wave**
- **Tropical depression**
- **Tropical storm**, and
- Full-fledged **tropical cyclone**, also known as a **Hurricane**.



1 Tropical wave **Tropical Wave (Disturbance)**



A disturbance occurs in the easterly wave that moves east to west in the Atlantic Ocean. There are over 60 waves tracked per year, some being weak while others generate adverse weather conditions. If waves interact with the ITCZ it can bring days of bad weather.

2 Tropical depression **Tropical Depression**



A tropical depression develops when a tropical wave or disturbance sustains wind speeds of **61 km/h (38 mph)** winds circulate towards the center of the storm. This activity is accompanied by heavy showers and thunderstorms.

3 Tropical storm **Tropical Storm**



A tropical storm develops when a depression sustained wind speeds of **63-117.5 km/h (39-73 mph)** in definite counter-clockwise direction as bands of thunderstorms continue to form. There is a heightened risk of adverse weather and severe flooding wherever it makes landfall.

4 Hurricane **Tropical Cyclone (Hurricane)**



A tropical storm with wind speeds of **112 km/h (74 mph)** or higher is called a tropical cyclone or hurricane. If the weather conditions persist, the hurricane can strengthen and be categorized based on wind intensity.

Tropical Storm and Hurricane Development con't

What do the different Hurricane category numbers mean?

The **Saffir-Simpson Hurricane Wind Scale** is frequently used to categorize hurricane intensity. It uses categories **1-5** where 3-5 are classified as *major hurricanes*. But do you know what each category really means?

Understanding the different categories paints a clearer picture of the expected hurricane activity and potential damages. The scale helps with getting disaster-ready especially when there is a storm **watch** or **warning**.

Tropical Cyclone Categories			
Category	Wind Speed (mph)	Damage at Landfall	Storm Surge (feet)
1	74-95	Minimal While wind speeds are quicker than the speed a cheetah can run, there is not much damage to property.	4-5
2	96-110	Moderate Wind speeds are as fast or faster than a baseball pitcher's fastball. This category cyclone may break windows and destroy trees.	6-8
3	111-129	Extensive This wind speed is similar, or close, to the serving speed of many professional tennis players. This category cyclone can break windows and doors.	9-12
4	130-156	Extreme With winds quicker than the world's fastest rollercoaster, there is much damage to property in this category cyclone.	13-18
5	157 or higher	Catastrophic This category cyclone causes the most damage. With wind speeds similar to the speed of some high-speed trains, it destroys buildings.	19+

Tropical Storm and Hurricane WATCH vs WARNING

According to the T&T MET Office, A **WATCH** lets you know that weather conditions are favorable for a hazard to occur while a **WARNING** requires immediate reaction.

WATCH

An announcement that a tropical storm or hurricane conditions are possible within the specified area, generally within **48 hours**.

WARNING

A warning that tropical storm or hurricane conditions are imminent within the specified area, generally within **36 hours**.

DID YOU KNOW?

A HURRICANE HAS MULTIPLE NAMES

The generic, scientific term for these storms, wherever they occur, is '**tropical cyclone**'. They are called other names depending on the location in the world that they originate. Meteorologists use the term '**hurricane**' for storms in Atlantic Ocean and the word '**typhoon**' for those in the Pacific Ocean. They are also called '**severe tropical cyclones**', or '**severe cyclonic storms**.'

Hepatitis Word Search

I L Z A D H I Y B D S K D P O R W K E V U Z B C
F X E T L T X O C J T M U X O V T D J G X V S V
L V V F P O N C X C A O X D H Q A K A N D R C Q
R N W Y I N T U I G G W E H G O L L I V E R L E
S T N M D B U J V B E D Q Z L Z Q G B H Z K M I
K O H N J B R L F Y S V N L B L O O D G A I U M
Q N Z I E X R O L I L V A T E X Z C B I N Q P T
Q C F F X Q D A S J M R G Q T V N T X E Q O E F
I Y Y S V H T V R I I O Y Q K Z P O R S W F W H
F Y T E E E P R P V S B T B M S R A Y S Q R S E
E R L V P X K X E K J O S I J R L E L X P X D P
E F E B E V U X K A V I N N O S M N T H S I S A
E B P Q T D I A V G T G G Q O C D P G L P U N T
B J N K R R H Q L U A M Q E P I J D P C R T O I
M J E B T L W H F L Y O E Q N R T Z D I J L U T
M X W Q U T R H T D Y H A N I O U C V X E T S I
V X Y M G T Z L O H O C L A T N T F E I C Y D S
M B U W D P T B P K E C S G G E V Y T F W Z I L
F O R O L Y I K I N T N F L T P D A P N N A A Q
O F B A V T M I I W R J H K J F C P X E O I L D
O R T L N R I C F V V S A P E R I D T E F S U B
D E S A G Z C P U X C B Z U O K Z D O A M J P Z
F D Y M H A S K T B C I R R H O S I S E U G W D
L V F F V H N V B C D V S V X E Q H O H V O U S

AIDS alcohol antibody blood catie
cirrhosis fibrosis food genotype hepatitis
infections liver minerals sexually stages
treatment vaccine viralload virus



**Eastern Regional Health Authority
Wellness Centre Committees
Invites You to our**

Wellness Moves Health Walk & Health Fair

20TH AUGUST, 2022

**WELLNESS MOVES HEALTH WALK
8:00 A.M. - 11:00 A.M.**

**Walk Starts at D Pillars,
Eastern Main Road Valencia to
Valencia Recreational Grounds**

- **Aerobics**
- **Giveaways**



**HEALTH FAIR
9:00 A.M.- 2:00 P.M.**

- **Know Your Numbers:**
(Blood pressure, Glucose testing, Body Mass Index)
- **Vision Screening**
- **Pharmacy Counselling**
- **Medical Social Counselling**
- **Pap Smears**
- **Dental**
- **Vaccination**
- **HIV Testing**
- **Food & Nutrition Display**



For further information contact the Wellness Department at 226-9603



JULY 2022

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