



The Eastern *Vibes*

Monthly Newsletter 2022

November 2022, Issue #100

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ERHA's Public Board Meeting

The Eastern Regional Health Authority Accounts for its Stewardship during the periods 2020/2021 and 2021/2022

Clients of the Eastern Regional Health Authority (ERHA) are benefitting from significant improvements which include renovation of the Medical Laboratory Department, refurbishment/upgrade of the Sangre Grande Blood Donation Centre, installation of a Mammography Suite and two ultrasound units at the Sangre Grande Hospital. Upgrade of equipment strengthening of the Primary Care System, the building of resilience in rural communities and

increase in the human resources capacity and enhancement of skills. These achievements among others were highlighted by Mrs. Esmé Rawlins-Charles, Chairman of the Board of Directors of the ERHA at the Public Board Meeting. The Meeting was held at the Sangre Grande Civic Centre, Sukhrum Street, Sangre Grande on November 3, 2022 in accordance with Rule 12 of the second schedule of the RHA Act, No. 5 of 1994.

The Eastern Regional Health Authority Accounts for its Stewardship during the periods 2020/2021 and 2021/2022 (Continued)

It provides an opportunity for the ERHA to review the Authority's performance, present plans, goals and targets for the current year and most importantly to receive feedback from stakeholders with a view to improve services to our clients. Members of the community were also invited to view the meeting online via live stream on Zoom and Youtube.

The Chairman informed the meeting that to ensure the efficient and effective use of available resources to achieve desired outcomes and maximize output, four core strategies which included Systems Re-Engineering, Cultural Realignment, Health Promotion and Institutional Strengthening were employed.

Mrs. Rawlins-Charles also recognised all members of staff who worked tirelessly during the peak of the COVID-19 pandemic, the teams of healthcare professionals and support staff from the ERHA who delivered exceptional healthcare to patients. She thanked the members of the public for attending and for demonstrating their commitment to partner with the Authority to deliver accessible quality healthcare focused on the needs of the population and in particular the ERHA community.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, outlined the ERHA's response to the COVID-19 Pandemic as the Authority was the first to be called to action to receive sixty-eight nationals from the Favolosa Cruise on March 17, 2020 after the closing of the nation's borders. Members of staff went beyond the call of duty.

During the meeting Ms. Yolande Benjamin, General Manager-Finance also delivered a presentation on the Financial Executive Summary/PSIP to provide insight on the spending of the budget for Recurrent and Capital Development Expenditure allocations to the Authority.

Ms. Amy Ali, Commissioning Manager for the new Sangre Grande Hospital provided an update on the construction of the new hospital which is carded for completion in the 3rd quarter of 2023. The new wing will provide 106 new beds and will see the introduction of new services, expansion of existing services and the implementation of a total quality management system aligned with international healthcare accreditation standards.

The Authority is also seeking to have the new hospital internationally accredited as a teaching hospital. See photos below



A member of the public ask a question during the Public Board Meeting



Members of the public at the Public Board Meeting

Increasing awareness on Diabetes



Onella Chuniesingh, Health Education Aide, discuss Diabetes Prevention at SWAHA Hindu College and Sangre Grande Public Library

World Diabetes Day is celebrated globally each year on November 14, with the aim to raise awareness and increase education of diabetes, its impact and the complications associated with the disease.

During the month of November the Health Education Department conducted a series of activities to inform our stakeholders how to reduce their risk of developing diabetes.

Over 500 students at the SWAHA Hindu College benefitted from a lecture which was delivered at the school on November 17, 2022. The presentation highlighted the risk factors, symptoms and diabetes related complications with a focus on Type I and Type II diabetes which can affect children and adolescents.

Maintaining a healthy lifestyle was highlighted as the best way to reduce one's risk and better manage the disease. Students were encouraged to eat healthier foods, choose nutritious snacks, and reconsider their beverage choices by consuming less sugar-sweetened beverages and drinking at least 8 glasses of water each day. Also discussed were ways to reduce screen time

and to be more physically active by playing sports, hiking, skipping or dancing.

On November 22, 2022 a lecture entitled, **"Prevention and Management of Diabetes"** was facilitated at the Sangre Grande Public Library. This interactive lecture highlighted the importance of maintaining a healthy lifestyle and included regular exercise and good nutrition to reduce one's risk and improve blood sugar control. Diabetes risk factors, symptoms, blood glucose target ranges and complications were all covered in the presentation. Persons were advised to eat healthier by using the Healthy Plate Model as a guide to reduce their intake of salt/sodium, unhealthy fats and sugar while consuming more dietary fibre and water.

Additionally, both groups were advised to have meals and snacks about the same time everyday, to monitor blood sugar levels regularly and to take medication as prescribed.

It is important to take small steps every day which can make a big difference in helping you live a longer, healthier life.

Understanding Non-Communicable Diseases

According to the World Health Organization Non-Communicable Diseases (NCD's) kill over 41 million people each year. Research has shown that NCD's can be significantly reduced by persons making the necessary lifestyle changes.

Understanding NCD's and the detrimental effect it can have on one's body can encourage persons to make the necessary change. The Health Education Department St. Andrew/St. David conducted a face-to-face presentation on November 21, 2022 for members of staff in the Accounts Department at the ERHA's Head Office.

The presentation focused on the benefits of good nutrition and exercise in relation to preventing and managing chronic diseases.

Also discussed were the signs/symptoms and target levels for diabetes, hypertension and dyslipidemia.

Persons were also encouraged to be more physically active by performing activities such as jogging and taking a brisk walk for at least 30 minutes, five days per week. They were also advised to get regular health screenings, maintain a healthy body weight and take medications as prescribed.

Persons can manage their risk of developing NCDs by making the necessary lifestyle changes. Small steps make a big difference in helping you live a longer, healthier life.

Promoting Good Health in Our Community

The Health Education and Medical Social Work Departments conducted health education sessions for employees of the Public Transport Service Corporation (PTSC) at the Sangre Grande Depot on November 25, 2022 to continue their awareness drive to promote good health in the community we serve.

Over 20 persons attended the session and participated in the discussion on Mental Health Awareness and Diabetes Prevention Management. The presentations were delivered by Ms. Glendersha Thomas, Medical Social Worker II; Ms. Hayla Jordan, Medical Social Worker I and Ms. Onella Chuniesingh, Health Education Aide.



Ms. Hayla Jordan, Medical Social Worker II, discusses Mental Health Awareness

ERHA Participates in SWAHA Hindu College Career Fair

Students and teachers at the SWAHA Hindu College received a close up view of different career paths that exist at the Eastern Regional Health Authority during their Career Day hosted at the school on November 23, 2022.

Display booths were set-up and students were engaged by members of staff from various departments such as Medical; Nursing; Radiology; Pharmacy; OSH; Physiotherapy; Nutrition & Dietetics; Social Work and Laboratory Departments. The staff shared

insights about their careers and details about necessary education and training for career success to enable the students to connect what is on the curriculum with the workplace. The students were very interested and posed several questions which were addressed by the professionals in their respective fields.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer also visited the Career Fair to demonstrate his support and interacted with the staff and students.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer has a discussion with students



Mr. Christian De Freitas, Health and Safety Officer and a representative from Natco interact with students

Health Awareness Walk

Members of the Sangre Grande Chronic Disease Support Group joined the Health Education Department St. Andrew/St. David in a walk to increase awareness on diabetes on November 16, 2022. The journey commenced at 9:00 a.m. from the Toco Health Centre and ended at the Toco Regional Complex where Ms. Onella Chuniesingh, Health Education Aide delivered a brief talk on diabetes. Literature on the topic was also distributed together with fruits and water.



Members of the Chronic Disease Support Group outside the Toco Health Centre

Sangre Grande Enhanced Health Centre TT Moves Health Fair

The Eastern Regional Health Authority is on a drive to heighten awareness in the communities we serve to inform clients about the importance of drinking water, eating fruits and vegetables and exercising daily. With this in mind, a TT Moves Health Fair was held at the Northeastern Recreation Grounds on November 11, 2022 to bring health services closer to the community.

Over 60 persons visited the Health Fair and welcomed the opportunity to engage with clinical and other members of staff to receive health information. The services provided

included Body Mass Index; Blood Sugar Testing; Blood Pressure Testing; Vaccination; HIV Testing and Counselling; Pap Smears and Dental. Those in attendance also received counselling services on Pharmacy; Palliative Care; Breastfeeding, Nutrition, Medical Social Work; Health Education and viewed live demonstration on CPR/BLS.

Persons were encouraged to maintain a healthy lifestyle and make informed choices that will assist in reducing the common risk factors of Non-communicable diseases.



The Brothers Road Community Welcomes the TT Moves Wellness Caravan



Members of the Nutrition Department interact with clients

The Eastern Regional Health Authority TT Moves Wellness Caravan moved into the Brothers Road Recreation Grounds in Brothers Road on November 4, 2022 to continue the awareness

drive on non-communicable diseases. The Nariva/Mayaro Health Education Department provided basic screening for Blood Pressure Testing; Blood Glucose Testing; Body Mass Index; COVID-19 and Flu Vaccinations; Breast Examinations and PAP Smears.

Additional services provided included Medical Assessments; Men's Health Assessments and Medical Social Work Services. Those in attendance were encouraged to take control of their health by taking simple steps which involves reducing their intake of sweetened beverages and drinking more water, eating fruits and vegetables and exercising for at least 30 minutes a day.

Matura TT Moves Walk

The Eastern Regional Health Authority (ERHA) Wellness Coordinating Unit in collaboration with the ERHA Wellness Centre Committees hosted their 3rd Wellness Moves Health Walk on November 5, 2022 in the community of Matura themed, "***Each One Helps One***".

The aim of the walk was to get members of the communities involved in physical activities, raise awareness on healthy eating and to reintroduce the Wellness Centre programmes in communities.

During the event community members were provided with health screening done by ERHA health professionals and were able to access health related information distributed by members of the Health Education Department. They were also treated to freshly made corn soup, fruits and vegetables courtesy the community market.

The Wellness Coordinating Unit extended heartfelt thanks to the members of the Wellness Committees, Management of the Matura Recreation Grounds and the staff at the Matura Police Station for their support, assistance and participation in the TT Moves Health Walk.

The event concluded with an aerobic burnout session. (See photos below)



St. Andrew/St. David host their Annual Review

The ERHA Annual Review exercise commenced with St. Andrew/St. David on November 23, 2022. The meeting was held at the North Eastern Community Centre, Duranta Gardens, Sangre Grande.

In her opening remarks, Dr. Allana Best, County Medical Officer of Health St. Andrew/St. David thanked the staff for their hard work and dedication over the last two years and their unwavering support. Dr. Best pointed out that persons often see the work that is done by persons in the frontline but they do not see the sacrifices, discipline and commitment by other staff that contributes to the team achieving its objectives.

The Head of all of the departments in St. Andrew/St. David made presentations and updated staff on their achievements for the period 2021/2022 and target/goals for the current fiscal.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer thanked staff for their hard work especially during the pandemic period. He also encouraged staff to continue to let the Eastern Regional Health Authority's beacon shine through them and provided some insight on the strategic direction of the Authority for the upcoming year.

Members of staff were also entertained by Mr. Eliel Briggs, District Nurse, Ms. Mahalia Marin-Luces, Wardsmaid, Ms. Sandy Derrick-Rivers, Administrative Assistant and Ms. Janelle Alexander, Quality Coordinator, who all delivered stellar performances.

The other Annual Review meetings which were scheduled were postponed as a result of the damage done to major roadways due to flooding in the region. These meetings will be rescheduled accordingly.



A snapshot of STAD's Annual Review Meeting

Heightening Awareness on Intimate Partner Violence and Sexual Violence



The Intimate Partner Violence and Sexual Violence Team

Eliminating violence against women and girls is a public good that holds significant benefits to individuals, families, communities and nations.

In an effort to increase awareness about the health and other support services that are

available for victims of violence, staff partnered with the United Nations to deliver appropriate material in a media campaign. The campaign entitled "**16 Conversations to End Gender-Based Violence**" featured a video of the ERHA Team assisting a victim in the final segment. This was aired on CNC3 on November 25, 2022 during the 7:00 p.m. newscast.

The team comprised Dr. Latoya Baptiste-Manzano, Acting Registrar, Ms. Janelle Joseph, Medical Social Worker I, Ms. Patricia Martinez, Head Nurse, Ms. Glendersha Thomas, Medical Social Worker I, Ms. Onika Mitchell, Training Officer and Ms. Lalita Rampersad-Singh, Customer Relations Officer.

Good News - November



Electrical Safety Quiz

Electrical Safety Quiz

Name: _____ Date: _____ Unit: _____

1. Where does electricity always want to go, even if it means traveling through a person?

2. A shock from an outlet at home may be painful, lead to collapse, or even death. True or False
3. Which part of the human body offers the most electrical resistance?

4. Flammable materials can easily be ignited by _____ electricity.
5. Only _____ workers are permitted to work on or near exposed electrical components.
6. When should power tools and extension cords be inspected?

7. Fuses and circuit breaker are designed to protect people from shocks. **True or False**
8. When a circuit breaker trips, you should immediately reset it. **True or False**
9. Extension cords should never be used as a permanent power source. **True or False**
10. What should be done with a damaged power tool or extension cord?

Look out for answers to the Electrical Safety Quiz in the next issue of the newsletter.

For more information feel free to liaise with the
OSH Department at OSHDept@erha.co.tt

The OSH Department will like to congratulate the following participants who submitted correct entries for the September 2022 issue of the ERHA Newsletter.

- Chrystal Bute-Ward
- Onikka Raphael
- Annalee Ali

Adverse Weather Tips



- Monitor the radio, TV, newspaper and social media for official weather updates.
- Remove/clear clogged drains, gutters, overhanging trees and unsecured items.
- Ensure necessary contact information is written, secured and readily available.
- Store important documents in water-proof containers or folders.
- Assemble emergency supplies to last at least 3- 7 days.
- Be prepared and maintain your family emergency kit and grab-n-go bag.
- Reduce potential property damage by installing sandbags and elevating appliances.
- If flooding threatens your home or business turn off electricity at the main breaker.
- Do not walk or drive through flood waters. 6 inches of moving water can knock a person down. 2 feet of moving water can sweep a vehicle away.
- Consider your pets and farm animals. Bring them indoor if possible.
- Assist neighbours, elderly and disabled persons in prevention and preparedness activities.
- Do your best to follow health guidelines and practices.
- COVID-19 and other infectious diseases are still spreading.
- If impacted and in need of assistance contact your disaster management unit .





NOVEMBER 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: 484-1368/668-8066

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: 226-4090/630-8777

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

Sans 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



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