



# The Eastern *Vibes*

**Monthly Newsletter 2023**

January 2023, Issue #102

## Sangre Grande Hospital Annual Review Meeting



Members of staff at the Sangre Grande Hospital Annual Review Meeting

Staff of the Sangre Grande Hospital filled the Morton Memorial Hall on January 26, 2023 for their Annual Review Meeting. Dr Rajiv Bhagaloo, Medical Director (Ag.) welcomed

everyone and thanked the staff for their support and contribution to the achievement of their goals for the period 2021/2022.

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# Sangre Grande Hospital

## Annual Review Meeting (continued)

In his presentation Dr. Bhagaloo highlighted several of the key accomplishments which included among others; Re-commencement of services in Urology, Echocardiography and Endoscopy. Commissioning and managing of the Tacarigua Extended Care Unit and the Tacarigua Racquet Centre as a COVID-19 Step Down Facility and relocation of the Accident and Emergency Department to facilitate refurbishment works.

Some of the major clinical achievements in 2022 were the record of no adverse events for the year 2022; zero maternal deaths for the last 2 years and the highest survival rate at the Neonatal Intensive Care Units (NICU's) in Trinidad. Staff at the Sangre Grande Hospital also assisted in the launch of the adolescent clinic at the Sangre Grande Enhanced Health Centre

Focusing on our internal stakeholders, the **Healthy Hospital Initiative** was relaunched to protect and improve our environment by

planting trees, vegetables, and recycling. Staff were also encouraged to prepare healthy meals, exercise and to participate in sporting activities.

During his address Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer thanked staff for their service to the Eastern Regional Health Authority and to the people of Trinidad and Tobago. He reminded them of their journey within the Authority and how important it is to stop at each mile mark along the way to celebrate and to get the required sustenance to continue. Mr. Tsoi-a-Fatt told staff to have vision as they continue their journey and to align their Vision with that of the Authority. He further asked for each and everyone to know his/her purpose and to use his/her influence to attain the Vision.

All other departments presented their achievements and thanked their teams for making it possible. They also provided some insights into their future plans.

See photos below



# Vaccination Campaign



The Eastern Regional Health Authority conducted Outreach activities aligned with the Ministry of Health's Campaign, **"Don't End Up Playing Mas in Your Bed Take the Vaccine Instead"** to encourage persons to get vaccinated to build their immune system against COVID-19 and the Influenza viruses.

Persons in the communities were provided with

additional access for vaccines in heavily trafficked areas such as S&S Supermarket in Rio Claro and Xtra Foods in Sangre Grande. The outreach programme was conducted on Fridays and Saturdays only and commenced on January 6 and will end on February 4, 2023.

The COVID-19 and Influenza vaccines can also be accessed at your nearest health facility.

## Learning about the benefits of physical activity



Clients in the Chronic Disease Clinic at the Brothers Road Outreach Centre do stretches

According to the World Health Organization (WHO), children and adolescents aged 5-17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily for at least three days per week. Adults should engage in at least thirty (30) minutes of exercise five days per week.

During the month of January the Health Education Teams in St. Andrew/St. David and Nariva/Mayaro conducted a lecture series on Physical Activity for all ages. Over 300 clients from the Chronic Disease Clinics in the Sangre Grande Enhanced Health Centre; the Mayaro District Health Facility and the Manzanilla, Biche and Brothers Road Outreach Centres

participated in the sessions. The main aim of the lecture series was to highlight the benefits of exercise during all stages of life; that is, childhood, adolescence, adulthood and late adulthood. Emphasis was also placed on the importance of physical activity for persons living with a chronic disease. Simple exercises were demonstrated to improve muscle strength, heart health and to control blood pressure and blood sugar.

Ms. Sherifa Ali, Health Education Aide conducted the sessions in St. Andrew/St. David and Ms. Karen Copland, Ms. Zalina Khan Health Education Aides. conducted the sessions in Nariva/Mayaro.



# Health Care Services at Xtra Foods Compound



Member of staff from Marios gets her Blood Pressure tested

## Regular health check-ups can help identify early signs of diseases.

Recognising that person's may not always have time to visit a health facility, the Health Education Department St. Andrew/St. David hosted a health fair at Xtra Foods Compound,

Guaico, Sangre Grande on January 10, 2023,

Over 75 persons benefited from services offered which included Immunization, Pap Smear, HIV, Blood Pressure and Glucose Testing, Food and Nutrition Display and Medical Social Work Counselling and a Health Education Booth.

## HIV Testing



# HIV TESTING CAN SAVE YOUR LIFE

**Ask your doctor to include a HIV test in your evaluation**

**Confidential Free Effective Treatment Expedited Results**

**The risk is not knowing. Let's Stop HIV together!**

**CALL THE NATIONAL HOTLINE 800-4HIV**

# New Year Message from The Chief Executive Officer



## New Year Message From The Chief Executive Officer

During this time of the year many of us reflect on what we would have accomplished and begin to set new goals for what we will like to achieve.

2022 was a very interesting year for us at the Eastern Regional Health Authority and by extension the healthcare industry, and it represented a turning point. We moved from times of uncertainty and restrictions to a point of enhanced knowledge from lessons learned, improved skills and access to diagnostics and life-saving treatments for COVID-19 and new and strengthened partnerships.

As a team we were able to demonstrate that we can rise to and conquer our challenges and continue our core and support inputs in delivering quality healthcare. Significant infrastructural improvements were undertaken as we sought to increase the comfort of our internal and external stakeholders and create a welcoming environment. This included the renovation of the Medical Laboratory; refurbishment/upgrade of the Sangre Grande Blood Donation Centre; expansion of the clinic space at the Toco Health Centre and adherence to a rigid maintenance programme throughout among other projects.

New equipment with advanced technology was also procured for several departments to improve efficiency and we also strengthened our Human Resource capabilities to ensure the maintenance of acceptable standards. The Authority also introduced several electronic

solutions to increase client access to services. Our Primary Health Care System was also strengthened and over 185 outreach initiatives were conducted including sessions on the Baby Friendly Hospital Initiative to educate and encourage clients to be proactive and to focus on their health. These accomplishments were only possible because of the dedication, commitment and passion demonstrated by you our staff. You reached into your inner strengths and talents and embraced the ERHA team spirit to generate the required synergy to achieve our Mission objectives.

As we approach 2023 and prepare to open the doors of our new Hospital Campus, let us continue to focus on the Authority's Vision which is to, **"Continually improve the quality of life of our clients though the promotion of wellness by partnering with all stakeholders to deliver accessible quality healthcare that is focused on the needs of the population"**. I thank each and everyone of you for your unwavering support and I am indeed proud to be of service with my ERHA family.

I take this opportunity to wish you and your families a peaceful, healthy, happy New Year.

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

## ERHA's Calendar of Events

In 2023 we will host a number of staff related activities under our ERHA banner. These activities will be designed to foster camaraderie, convey appreciation and to increase awareness on the achievements of the Authority.

Listed hereunder is a schedule of activities for you to save in your calendar.

Name of Events	Proposed Months
Calypso and Ole Mas Competition	February 10, 2023
Interfaith Service	March 17, 2023
Sports and Family Day	April 30, 2023
Quality Awards & Evening of Elegance	September 2023
Public Board Meeting	To be announced
Annual Reviews	November 2023
Annual General Meeting	December 2023
Tree Lighting at Sangre Grande Hospital and all other Health Facilities	December 2023



## Six babies delivered at Sangre Grande Hospital on New Years Day



(Centre) Ms. Esme Rawlins-Charles, Chairman of the ERHA and Ms. Lucy Torres, Member of the Board of Directors congratulates Ms. Bryttany Roopsingh after giving birth to her son Kai

The Eastern Regional Health Authority (ERHA) welcomed the first baby to be born at the Sangre Grande Hospital for 2023 at 4:02 a.m. on January 1, 2023.

Ms. Bryttany Roopsingh from Oropouche Road, Sangre Grande gave birth to a healthy baby boy named Kai. Dr. Shaun Sobers, Dr. Danielle Burnberry and Midwife Madonna Cooper delivered Kai who weighed 3550 grams.

Ms. Esme Rawlins-Charles, Chairman of the ERHA, Ms. Lucy Torres Member of the Board of Directors and staff on the Maternity Ward congratulated Ms. Roopsingh on the new addition to her family and presented her with a hamper filled with baby products. Six babies were delivered at the Sangre Grande Hospital on New Years' Day. All mothers on the ward were also presented with gift bags.

## Secondary School Pre-Carnival Programme

The Health Education Department and the Medical Social Work Department in collaboration with the Community Police Unit, Sangre Grande Police Station will be embarking on a Pre-Carnival programme from January 24 to February 10, 2023.

The target is Secondary Schools throughout the County St. Andrew/St. David. The aim of the programme is to educate the students and create a forum for young people to reflect on

how their lifestyle choices can impact their health and development not only for the Carnival season but throughout their life. The following schools were visited: Sangre Grande Secondary School; Guaico Secondary School; Manzanilla Secondary School; SWAHA Hindu College; Coryal Secondary School; Valencia Secondary School; Toco Secondary School; Matura Secondary School; Matelot Secondary School and North Eastern College.

# Wall Art Contest

The Sangre Grande Hospital Management Team under the direction of Dr. Rajiv Bhagaloo, Ag. Medical Director launched the Wall Art Contest at the Sangre Grande Hospital from November 17, 2022 until January 6, 2023.

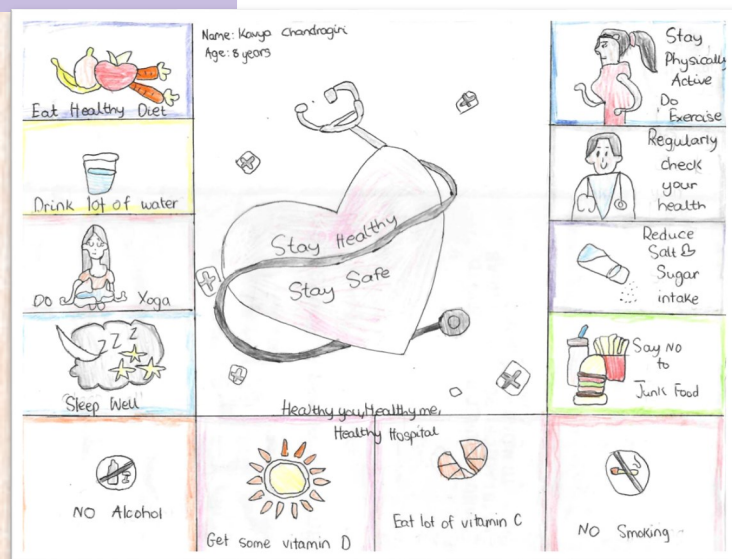
The theme selected was **"Healthy You, Healthy Me, Healthy Hospital."** The purpose of this contest was to showcase the talent of our own and foster a sense of pride in our region with the end goal of displaying the art pieces around the facility.

The contest was opened to the children of

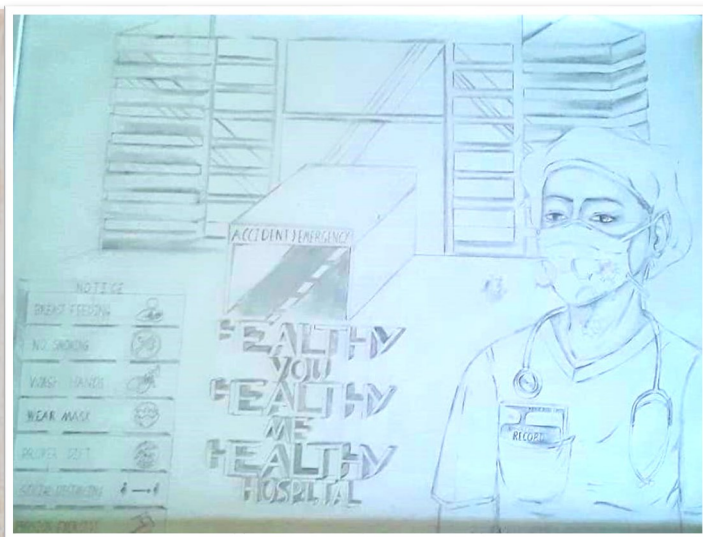
ERHA staff members between the ages of 6-18 years.

13 pieces of art were submitted in the three categories. 8 year old Kavya Chandagiri won in the 6-9 year category; 13 year old Jolene Hayde won in the 10-13 year category and 17 year old Lishan Browne, won in the 14-18 year category.

The team thanks all participants for their submissions, excellent work displayed and we encourage you to continue developing your creativity.



**1st Place**  
Kavya Chandagiri  
6-9 year category



**1st Place**  
Jolene Hayde  
10-13 year category



**1st Place**  
Lishan Browne,  
14-18 year category



# Community Consultations continue at the ERHA



Members of the public at the Coryal Outreach Centre & Grande Riviere Outreach Centre Community Consultations

Community Consultations within the Eastern Regional Health Authority (ERHA) came to a close in January when the Management Team met with stakeholders at the Grande Riviere and the Coryal Outreach Centres on January 16 and 19, 2023 respectively.

Members of the communities welcomed the opportunity to discuss their concerns with the team and to share their ideas to solve some of their challenges. Access to a 24-hour ambulance service was raised by Ms. Marcia Barker, in Grande Riviere. Lack of medications at the pharmacy and request for dental care for all ages were some of the other main items that were discussed.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer clarified the role of the ERHA and Global Medical Response of Trinidad and Tobago (GMRTT) in the provision of ambulance services. He explained that the Authority provides inter-facility transportation to ensure that clients arrive in a timely manner to maintain the continuum of care. On the other hand, the GMRTT service is from private residences, businesses etc. to the hospitals. He also shared the contact number for GMRTT.

Dr. Allana Best responded to both questions posed stating that a new system is in place where the pharmacist will now source the medication and bring it to the facility so patients no longer have to travel to different facilities to access medication. In response to the dental care for all she informed that the Dental Department is currently managed under the Ministry of Health and is expected to be transferred to the ERHA and then the Authority

will be able to expand services to accommodate the adults.

Members of the public also commended the staff for their excellent service.

The ERHA thanks clients for attending the consultations and making contributions to improve the delivery of healthcare services in the region.

## Good News - January

**ERHA**  
AUTHORITY

### Good News

Ali F Umar  
Jan 12, 2023

I would like to express my wholehearted appreciation to EMT Samaroo, RN Jose and Dr. Sanjay Persad for the care and professional attention I received today at the Sangre Hospital- Accident and Emergency Department. I am kindly requesting that my commendation be shared with the direct superiors of these named individuals. Also, please feel free to share my message on your FB page if needed. Thanks.

Posted on Facebook by Ali F Umar  
January 12, 2023

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



# Leprosy Word Search

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

**Airborne**

**Numbness**

**Skin**

**Hansens disease**

**Pain**

**Treatable**

**Lesions**

**Patches**

**Ulcers**

**Mycobacterium leprae**

**Rare**



## International Women's Day

*"I CHOOSE ME,  
GREATER ACCESS,  
BETTER HEALTH FOR ALL WOMEN."*

The Eastern Regional Health Authority supports the National Campaign to educate and empower women and girls to take responsibility for their health.

Visit a health facility near you to access the listed services.

You can also join us to participate in our Women's Wellness Programme

### DATE

**11 & 12  
March, 2023**

### TIME

**9:00 a.m.  
-  
2:00 p.m.**

### VENUE

**Sangre Grande  
Enhanced Health Centre**

### Services offered:

- ◆ Screening and education on breast cancer; cervical cancer; diabetes mellitus and hypertension
- ◆ Importance of self-care management, promotion and maintenance of mental health
- ◆ Intimate partner violence/gender based violence awareness and support locally
- ◆ Vaccination (HPV, Influenza, COVID-19 vaccines)
- ◆ HIV Testing, Counselling and IPV screening
- ◆ Cyberbullying and cyber violence and the importance of information technology
- ◆ Improving self-efficacy skills, stress management and coping strategies

*"Caring is the Key"*



# Improving Safety in the ERHA

## ISO 45001:2018

In the last issue of the newsletter we discussed the implementation of the International Organisation for Standardization (ISO) 45001:2018 at the Eastern Regional Health Authority. Today we are going to examine the next step on becoming ISO 45001:2018 registered which is to conduct a Gap Analysis.

### Gap Analysis

This is an evaluation of our current processes to see what we have in place that already meets the requirements of ISO 45001:2018 and what we need to do to meet the remaining requirements.

Members of staff from our Occupational Safety and Health Department will visit and assess all departments. They will examine/review procedures and records so that they can evaluate the current method of doing things against the requirements of the standard.

### After the Gap Analysis ...

When we have completed the Gap Analysis we will put together a plan to address the requirements of the ISO 45001:2018 standard.

This plan will include outlining new ways of doing things and developing documented information for the OH&S system processes. Many employees will be involved in this effort. We have also established an OH&S Team to lead the effort and create point teams to identify ways to meet requirements in different areas. These include documenting and updating procedures and work instructions.

### Our OH&S Policy

Top Management have developed an OH&S Policy to demonstrate their commitment and leadership with respect to the Occupational Health and Safety Management System. At the Authority your work contributes to meeting our OH&S policy. Each and every individual has an impact on our OH&S performance.

### **ISO 45001 Highlights: Things that you will be hearing about as we proceed with this project.**

#### **Documented Information**

- Documented information will support the operation of our activities and the processes and will provide confidence that they are carried out as planned.
- Procedures will be written to describe how a process is done. For example, a procedure for the control of documented information is written to describe the overall document control process.
- When detailed instructions are needed, a work instruction will be written to describe how to do a task or process. In the example above, a procedure is written describing the overall control process. A work instruction is written to describe how to assign control numbers for the documents.

# 2023 DRY SEASON

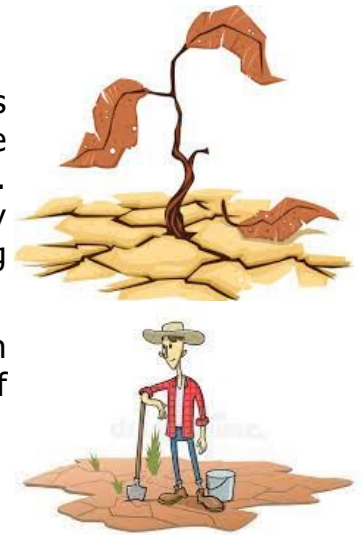
The Met Office officially declared the start of the dry season on January 6, 2023. Trinidad and Tobago's dry season is an annual period of lower than average rainfall. It can start as early as the beginning of January or as late as the beginning of February and continues until late May or into June.



## **2023 Dry Season Forecast:**

In accordance with the Met Office the 2023 Dry Season outlook indicates mixed conditions are favoured during the dry season. Rainfall in the categories of near normal to above normal is likely in January and February. April is likely to be the driest month. The outlook also calls for average day and night temperatures, with few chilly nights/early mornings during January and February, where temperatures can fall below 20.0°C.

As the dry season progresses, there is a high probability of an increase in Saharan dust-haze. Drier environmental conditions increase chances of bush/grass/forest and landfill fires.



## **What can I do to help this Dry Season?**

### ***Conserve water in the dry season by doing the following:***

- ◆ Fix all leaks
- ◆ Harvest rainwater
- ◆ Consider low-flush toilets
- ◆ Don't let water run while shaving or brushing your teeth
- ◆ Do not use running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave
- ◆ Do not hose down your driveway or sidewalk. Use a broom to clean leaves and other debris from these areas
- ◆ Invest in water tanks and good quality water pumps



#### **Source:**

[https://www.wasa.gov.tt/WASA\\_ConservationTips\\_outdoor.html](https://www.wasa.gov.tt/WASA_ConservationTips_outdoor.html)

<https://www.metoffice.gov.tt>

<https://www.ymcatvidaho.org/2022/07/heatwave-safety/>

<https://www.swfwmd.state.fl.us/blog/celebrate-water-conservation-month-saving-water-indoors>





**JANUARY 2023**

**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: 226-9353

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to  
[corpcomm@erha.co.tt](mailto:corpcomm@erha.co.tt)**

