



The Eastern *Vibes*

Monthly Newsletter 2023

March 2023, Issue #104

Women in Eastern Communities said Yes to "I Choose Me"



Members of the Board of Directors of the ERHA, special invited guests and members of staff of the ERHA

Over 500 women throughout the Eastern region responded to the call and choose to focus on themselves in the, **"I CHOOSE ME: GREATER ACCESS, BETTER HEALTH FOR ALL WOMEN"** Campaign.

Women in the community prioritised their health and visited the 16 primary care facilities which included Matelot, Guayaguayare, Rio Claro, Valencia among others to benefit from a range of screening services to facilitate early detection of illnesses.

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Women in Eastern Communities said Yes to “I Choose Me” (continued)

The initiative was held in collaboration with the Ministry of Health and Pan American Health Organization (PAHO) in commemoration of International Women’s Day on March 8, 2023.

The main weekend of screening was opened by Ms. Sarah Mootor-Charles, Member of the Eastern Regional Health Authority Board of Directors. Ms. Mootor Charles in her address indicated that she strongly believed that it is crucial that women choose themselves, not on the grounds of selfishness but remembering that our presence is crucial and needed, we are the innovators, the game changers and resilient core, in our workplaces, homes and social circles. As women our mental health, physical health and emotional health are all important. Self-care management is necessary if we want to give our best. The way we feel, think and perceive life must be positive and the stigma of mental illnesses must be removed, as women we must break the cycle and seek help.

She urged the women present to take the initiative to ensure that we give ourselves the

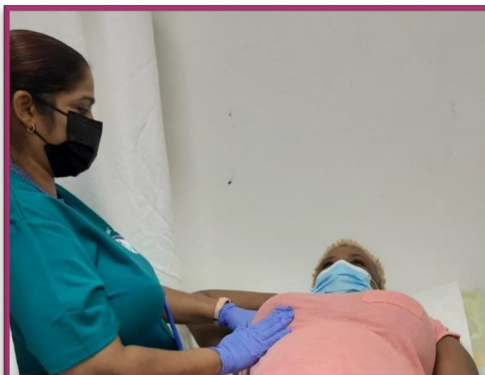
best chance of holistic health and well being. The services are widespread and becoming more accessible, so take advantage of what is being offered, be the change you want to see in society and encourage others to do likewise. Let us continue to work towards being wealthy, always remembering that our Health is our greatest wealth let us treasure it.

The programme was conducted during the period 5-12 March, 2023 and provided key services to assist in the early detection of cervical and breast cancer such as pap smears & breast examinations. Other services offered included Blood Pressure, Blood Sugar & HIV testing; Medical consultations; Dental; Vision Screening & ECG; Medical Social Work, Nutrition, Mental Health and Breastfeeding counselling.

The staff of the Mayaro District Health Facility also performed a skit with a strong message on Intimate Partner Violence to the captive audience at the Sangre Grande Enhanced Health Centre.



Staff receives rejuvenation therapy



Client receives breast examination



Intimate Partner Violence Skit



Minister of Health Continues Visits to Primary Care Health Facilities in the Eastern Regional Health Authority



Matelot Outreach Centre



Grande Riviere Outreach Centre

The Honourable Terrence Deyalsingh, Minister of Health continued his series of visits to Primary Care Health facilities in the Eastern Regional Health Authority (ERHA) reaching out to the staff in Toco, Matelot, Grande Riviere and Sans Souci. The Minister was overjoyed and commended them for their commitment and dedication to provide quality healthcare to the people of Trinidad and Tobago.

Minister Deyalsingh indicated that he recognized the challenge staff had to overcome to access their health facilities due to the damage to the roads and ongoing roadworks along the North coast. He however, acknowledged the efforts to alleviate the challenge through the regular daily shuttle for staff provided by the Authority.

Minister Deyalsingh was accompanied by Mrs. Esme Rawlins-Charles, Chairman and Ms. Barbara Punch, Director of the Board of the ERHA; Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and members of the Management Executive Team. The visiting party was warmly received by the Head Nurse and staff of the respective health facilities.

The clinical staff gave feedback to the Minister on good results that were experienced at health office clinics and in particular at Chronic Disease Clinics. They noted that through education drives



Sans Souci Outreach Centre

and outreach initiatives they were able to reach persons in the communities and influence increasing health seeking behavior. Minister Deyalsingh thanked the staff for their feedback on the programmes and services which demonstrated that the ongoing Ministry of Health led policies are working.

During the tour, Minister Deyalsingh presented the staff with fruit baskets. At the final stop at Sans Souci Outreach Centre, Registered Nurse Candace Pavy, presented the Minister with a token to demonstrate the appreciation of the staff. Chairman Rawlins-Charles thanked Minister Deyalsingh on behalf of the staff for his interest in the work of the ERHA. She also indicated that the staff were delighted that the Minister had taken time off from all of his commitments to spend some time with them at their facilities.

ERHA Hosts Interfaith Service



Members of the Eastern Regional Health Authority (ERHA) family recognised **“The Goodness of God”** and came together on March 17, 2023 to give thanks at our Interfaith Service at the St. Francis of Assisi R.C. Church, Sangre Grande. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer welcomed Mr. Anil Juteram Chairman of the Sangre Grande Regional Corporation, members of the Board of Directors of the ERHA, staff and other specially invited guest who were in attendance.

The service was organised with the assistance of the Inter-Religious Organisation (IRO) and officiated by Mr. Michael Serrette, Lay Minister. Mrs. Barbara Punch, Member of the Board of Directors of the ERHA, delivered the scripture reading from Hosea 14: 2-10 which recognises a continual orientation to God and renewal in Christ will help us when we have wandered and gotten lost and are not even aware of it.

Prayers were delivered by Sister Kalyca Keelia Gonzales of the Orisha Community; Sister Rosie

Deonath, Raja Yoga Centre; Bishop Austin Alleyne, TRIUNE Spiritual Baptist Church of Trinidad and Tobago and Baba Neil Ryan Rawlins, Secretary of the IRO. Mrs. Eleanor John-Eccles, Acting General Manager-Nursing read extracts from Psalm 81 which reminded us of the good works of the lord, to return to the Lord and to acknowledge him and give praise.

In the sermon, Mr. Serrette reminded everyone of the Goodness of God. He stated that there is one God and he is blessing us every day. His love is constant and everlasting. He is a God of Mercy, a God of Compassion. He further stated, that the two laws mentioned in Mark 12:28-34 lay the truth of freedom and to love God and your neighbours.

Dr. Andrew Lakhan, House Officer thanked the representatives of the religious organisations for participating in the Interfaith Service and the ERHA Chorale for blending their melodious voices and creating the perfect atmosphere to give thanks.

Empowering our Communities

Finding qualified persons to fill vacancies in rural communities can be very challenging. The Organisational Employee Development Unit has been on a continuous education drive to share pertinent information on careers in the health sector with stakeholders in education, students and parents with a view to prepare graduates for upcoming opportunities. Several schools and

communities were visited and thousands of students were engaged and provided with insights on evolving specialised areas in the clinical, para-clinical, nursing, administration and technical fields.

The Corporate Communications Department recently spoke with Ms. Nicky-Ann Joseph one of our young employees who shared the following:

Q: Where do you live?

A: Matelot

Q: At what facility do you work?

A: Grande Riviere Outreach Centre

Q: What is your current position?

A: Registered Nurse

Q: How did you hear about positions within the Eastern Regional Health Authority?

A: I heard about the position from colleagues when I was a student nurse training at the Sangre Grande Hospital.

Q: What about the Eastern Regional Health Authority encouraged you to work here?

A: After seeing different hospitals it is the best in the region. It is also close to home.

Q: What are some of the benefits of working in the community in which you live?

A: Providing service to people in the area that I already know. They don't have to depend on an outsider.

Q: What is your favorite part of working for the ERHA?

A: Working with the elderly in the Chronic Disease Clinic.

Q: Where do you see yourself in five (5) years?

A: As a District Health Visitor. I am also currently doing the Midwifery Programme.

Q: What advice would you give to persons that are interested in becoming a part of the ERHA Team?

A: ERHA is the best. The staff is friendly and supervisors are very accommodating.

World Kidney Day Lectures and Scavenger Hunt



Zalina Khan, Health Education Aide informs members of the Chronic Disease Support Group about Kidney Care

According to the Centres for Disease Control and Prevention (CDC) Chronic Kidney Disease (CKD) is a condition in which the kidneys are damaged and cannot filter blood as well as they should. As a result of this, excess fluid and waste from blood remain in the body and may cause other health problems, such as heart disease and stroke.

World Kidney Day is a celebration recognised annually by various organisations. The main purpose is to boost awareness and inform the public of the catastrophic effect on people who are diagnosed with kidney disease. In commemoration of this day, which is celebrated on the 2nd Thursday in March yearly, the Health Education and Nutrition Departments conducted six Chronic Kidney Disease (CKD) lectures. These sessions were held from 14-31 March, 2023 at health facilities within County Nariva/Mayaro.

The Health Education Aides, Dietician, and Food Demonstrator identified the potential indicators for CKD, which includes being overweight; hypertensive; a smoker and having a family history of diabetes and or heart disease. Additionally, they included a summary of the five stages of kidney diseases signs and symptoms, diagnostic procedures and available treatments.

Over 70 residents from the county attended the lectures and received literature on kidney care. A scavenger hunt for staff was also organised by the Health Education Department in observance of World Kidney Day which was celebrated on 9 March, 2023. Staff members raced against the clock on 29 March, 2023 to demonstrate their knowledge on proper Kidney care. The Dialysis Department Nariva/Mayaro placed first and second and the Dental Department in Valencia placed third. Please see highlights below.





ERHA Staff Celebrates World Down Syndrome Day

Rock Your Socks

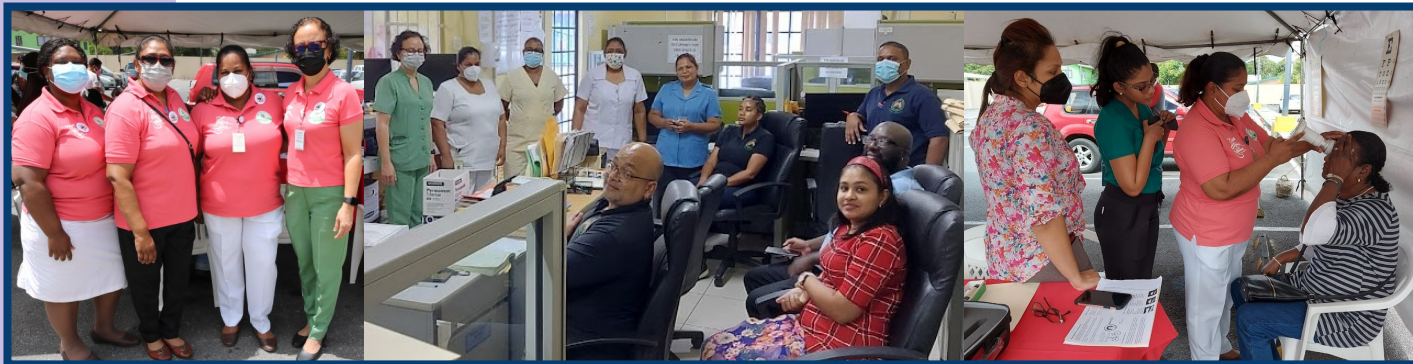


Civilian Conservation Corps Lecture

The Health Education Department, in collaboration with the Nursing, Medical Social Work and Nutrition Departments facilitated the Youth Health Promotion Program for The Civilian Conservation Corps (CCC) - South East District. Sessions were conducted during the period March 16-22, 2023. Topics covered included Sexual Reproductive Health; How to cope with stress; Anger Management and

Conflict Resolution; Non-Communicable Disease; Nutrition; Physical Activity and the importance of Dental Hygiene. A Wellness Instructor from the Rio Claro Wellness group held a fitness and physical activity session with the trainees and prizes were awarded during the session. 75 trainees participated in this program.

ERHA Celebrates World Glaucoma Week



According to the World Health Organization 2.2 billion people have vision impairment or blindness and glaucoma is the second leading cause of blindness worldwide.

Recognising that Glaucoma can affect persons at any age, the Sangre Grande Hospital Ophthalmology Department hosted a series of Outreach activities from 12-18 March, 2023 in commemoration of World Glaucoma Week.

Over 120 persons were educated on the importance of screening to help prevent damage to their eyes. They also benefited from multiple services offered on March 14, 2023 at the Xtra Foods Compound, Guaico, Sangre Grande. Some of the services included Vision testing;

Tonometry testing; Vitals; doctor review and EYER Retinal Fundus testing for diabetics. Pharmacists were also present to discuss different medication used to treat eye diseases and the proper application methods.

A series of lectures were conducted for staff at the Administration Building, Supercare Building, County Medical Officer of Health and Sankar Building. Staff were informed about the different types of eye diseases, the importance of glaucoma screening and how chronic diseases can affect the eyes. Staff were also screened and referrals to the Eye Clinic at the Sangre Grande Hospital were issued for persons requiring further tests.

Health Education empowers individuals and communities to live healthier lives

During the month of March three health education sessions on Hand, Foot and Mouth Disease and Scabies disease were conducted for schools within the Eastern region to educate teachers and parents about these diseases. Over 240 persons attended the sessions.

In the first session on March 16, 2023 Ms. Beverly James, District Nurse and Mr. Adesh Narine Singh, Public Health Inspector I engaged the Parent Teachers Association at the Sangre Grande Hindu Primary School on Hand, Foot and

Mouth disease, Scabies and Environment Control.

Recognising the challenges of some persons to attend in person, two sessions were conducted virtually. On March 2, 2023 parents and teachers from the Guaico Presbyterian School tuned in to the session. The third session was conducted by Ms. Zanisha Jaimungal, Primary Care Nurse Manager and Ms. Tamara Lewis, Public Health Inspector I who both spoke on topics related to their respective fields.

Telemedicine Project for ERHA



L to R Ms. Shalini Baksh - Statistical Assistant II, Ms. Janice Jordan - Head Nurse, Maternity Ward 4, Dr. Roma Bridgelal-Nagassar - Manager, Medical Research and Audit, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, Dr. Brequelle Timothy - Specialist Medical Officer, Obstetrics and Gynecology, Dr. Kristy Mendes - Specialist Medical Officer, Obstetrics and Gynecology and Mr. Vejay Ramsaroop - Manager, Information Systems/Information Technology

The Eastern Regional Health Authority (ERHA) received IS/IT equipment for further integration of telemedicine within the healthcare system under a collaborative project with the Ministry of Health (MOH) and Pan American Health Organisation (PAHO).

The platform will integrate several modes of patient interaction and will provide linkages for patient medical records, digital prescriptions and other medical support systems.

The Sangre Grande Enhanced Health Centre was the first site in Trinidad to receive equipment. The other ERHA implementation sites are Sangre Grande Hospital, Rio Claro Health Centre and Mayaro District Health Facility.

A total of 10 sites throughout the RHA's were selected for the first phase of implementation.

Breast-feeding Sensitisation



Members of the Baby Friendly Hospital Initiative Unit interact with a member of the public

Breast milk is a special type of nutrition for infants because of its healthy properties required for the infant's health, growth, and development.

It is the only food source that can adequately nourish a baby and it includes a large number of antioxidants that guard against pathogens adverse effects, making it impossible to substitute any other diet for this source of nutrition. Breastmilk contains

Vitamins such as Vitamin C and E, which prevent or lessen oxidative damage to various body tissues. Hence, breastfeeding is seen as the ideal method used to nourish babies.

On March 29, 2023 the Baby Friendly Hospital Initiative Unit, in collaboration with the Health Education Department,

conducted a pop-up display booth in front of Heroes Pharmacy, Rio Claro and a sensitisation walk on the Eastern Main Road, Sangre Grande. The main objectives of these activities were to increase awareness on the importance of breast-feeding and to promote the Baby-Friendly Hospital Initiative.

The departments distributed flyers on the benefits of breast feeding to both mother and child, informed persons on the breast-feeding policy and mother- friendly care. Information on the ten steps to successful breast-feeding along with tokens for participating women were distributed.

Good News -March



Good News

Mar 27, 2023

Good day. I would like to express my gratitude for the exceptional service that a patient who is one of my relatives, is receiving, from the staff on ward 5, the women's ward, at the Sangre Grande General Hospital. On March 25th, 2023, we visited our family member at 11am and the nurses & security were so polite and hospitable to us. We also noticed the patience and care in which they treated the other patients with. I would have liked to publicly thank them as we know the stigma attached to most public hospitals but Sangre Grande General Hospital is number one in caring for people.

Posted on MoH's Facebook inbox by Grateful Citizen
March 27, 2023

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

World Water Day

If there is no water, there is no life. Save water to secure your future.

World Water day is celebrated on March 22 annually to raise awareness on the water and sanitation crisis affecting the world.

Water affects us all and we should all take action to eliminate the crisis.

Please see a list of actions we can take to preserve water.

MY ACTION LIST



- Save water:** Take shorter showers and don't let the tap run when brushing my teeth, doing dishes and preparing food.
- Break taboos:** Talk about the critical connection between toilets, water and menstruation.
- Make it equal:** Share water fetching between women and men, girls and boys.
- Flush safe:** Fix leaking water and waste pipes, empty full septic tanks and report dumping of sludge.
- Stop polluting:** Don't put food waste, oils, medicines and chemicals down my toilet or drains.
- Eat local:** Buy local, seasonal food and look for products made with less water.
- Be curious:** Find out where my water comes from and how it is shared, and visit a treatment plant to see how my waste is managed.
- Protect nature:** Plant a tree or create a raingarden – use natural solutions to reduce the risk of flooding and store water.
- Build pressure:** Write to my elected representatives about budgets for improving water at home and abroad.
- Clean up:** Take part in clean-ups of my local rivers, lakes, wetlands or beaches.

World Day for Safety and Health at Work 2023



The 2023 World Day for Safety and Health at Work will be commemorated on 28th April, 2023 and will explore the topic of a safe and healthy working environment as a fundamental principle and right at work.

In June 2022, the International Labour Conference (ILC) decided to include “**a safe and healthy working environment**” in the International Labour Organization (ILO) framework of fundamental principles and rights at work. On this occasion, the **Occupational Safety and Health Convention, No. 155** and the **Promotional Framework for Occupational Safety and Health Convention, No. 187** were declared fundamental conventions.

As a result of this decision, all Member States, even if they have not ratified the Conventions in question, have an obligation, arising from the very fact of membership in the Organization, to respect, to promote and to realize, in good faith and in accordance with the Constitution, the principles concerning the fundamental rights which are the subject of those Conventions.

ERHA Continues To Support Recycling



At the Eastern Regional Health Authority, we continue to recycle and shred office paper for reuse. The Authority has also facilitated the collection of both glass and plastic (PET/Type 1) beverage bottles over the last three and a half years through the iCare program.

The programme has now been extended to collect aluminum cans and drink cartons (tetra-paks). These items can also be placed in the same recycle bins that are present throughout the various administrative and clinical areas of our facilities.

For more information on the iCare recycling program, feel free to check the link below:

https://drive.google.com/file/d/11eDORzwooBEmSGdmz2rFQSE5H_XqJXIB/

Source:

<https://www.ilo.org/global/topics/safety-and-health-at-work/events-training/events-meetings/safeday2023/lang--en/index.htm>

EARTHQUAKES

What is an Earthquake?

According to the Office of Disaster Preparedness and Management (ODPM), an earthquake is a natural hazard which occurs when the ground shakes or rocks violently. An earthquake can take place at any time, day or night, without any forewarning at all and is capable of inflicting the same type of damage as a major hurricane.

Earthquake Terms:

A SEISMIC WAVE is a vibration which travels through the Earth, most often as the result of an earthquake, sometimes from an explosion.

INTENSITY describes the severity of an earthquake in terms of its possible effects. Intensity is usually given a numerical rating.

MAGNITUDE is a measure of the size of an earthquake and is related to the amount of energy released based on the amount of motion recorded.

The HYPOCENTRE/FOCUS is the area within the Earth's crust where rocks ruptured and an earthquake is initiated.

The **EPICENTRE** is the point on the earth's surface that is directly above the hypocentre or focus where seismic waves originate. The damage caused by an earthquake is more severe when an area is closer to the epicentre as the intensity will be greatest.

What should I do during an earthquake?

1. Remain calm.

2. Find a sturdy desk and do the drop, cover and hold until the shaking stops.

3. If outside, move to an open area and stay away from buildings, trees, power lines and glass.

4. Do not use the elevators.



5. When inside a car, stop as quickly and safely as possible. Move your car to the shoulder away from utility poles, overhead wires and trees. Stay in the car and set the parking brake.

EARTHQUAKES (continued)

What should I do after an earthquake?

1. Once the shaking stops, calmly evacuate the building using emergency exits. Do not forget to bring your emergency bag.
2. Check yourself and others for injuries. Then check water and electrical lines for damages.
3. Look out for fires that may spread.
4. Keep yourself updated for the latest news about the earthquake.
5. Be prepared for aftershocks.



Sources:

<https://odpm.gov.tt/>
<https://www.shutterstock.com/search/earthquake-clipart>
<https://mbmg.mtech.edu/MontanaGeology/geohazards/earthquakes/glossary.asp>
<https://www.cdc.gov/disasters/earthquakes/during.html>
<https://www.ucpb.com/blog-earthquaketips/>



EASTERN REGIONAL HEALTH AUTHORITY

SPORTS *and* FAMILY DAY

Bring Back D' Ole Time Days

DATE	TIME	VENUE
MAY 7, 2023	10:00 a.m.	LARRY GOMES STADIUM

JOIN YOUR TEAM!

◆ HEAD OFFICE

◆ SANGRE GRANDE HOSPITAL

◆ NARIVA / MAYARO

◆ ST. ANDREW / ST. DAVID



KIDS ZONE

FUN ZONE

ENTERTAINMENT

BOUNCY CASTLE

POPULAR ARTISTE

THEMED CHARACTERS

TRADITIONAL GAMES

NOVELTY GAMES

LUNCH & SNACKS

DANCE PAST COMPETITION

FACE PAINTING

PRIZES AND MORE ...

"Caring is the Key"



MARCH 2023

Sangre Grande Hospital

Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
Fax: 668-4368

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Cumuto Outreach Centre

Main Road
Cumuto
Tel: 226-1106/643-9075

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Rio Claro Health Centre

De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104/644-2236/644-0181

Toco Health Centre

Paria Main Road, Toco
Tel: 226-1576/670-8277

Mayaro District Health Facility

Pierreville, Mayaro
Tel: 226-1575/630-1258/9
Tel/Fax: 630-1257

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 484-1368/668-8066

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Sangre Grande Enhanced Health Centre

Ojoe Road
Sangre Grande
Tel: 226-1102/668-2509

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Biche Outreach Centre

Canque Village
Biche
Tel: 668-9053

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Matura Outreach Centre

Toco Main Road
Matura
Tel: 226-1261/668-6276

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

**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**

