



The Eastern *Vibes*

Monthly Newsletter 2023

February 2023, Issue #103

Eastern Regional Health Authority host Annual General Meeting



Chief Executive Officer, Mr. Ronald Tsoi-a-Fatt addressed members of staff at the Annual General Meeting

***"Alone we can do so little;
together we can do so much".
Helen Keller.***

On February 8, 2023 Management and Staff of the Eastern Regional Health Authority (ERHA) came together at the BP Resource Centre, Mayaro for the Annual General Meeting (AGM) for the period 2021 to 2022.

The AGM was held after the completion of Annual Review Meetings in St. Andrew/St. David, Sangre Grande Hospital, Head Office and Nariva/Mayaro. These meetings laid the foundation and provided important feedback from our most valued stakeholders our employees. During the period under review several department goals and objectives were achieved.

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Eastern Regional Health Authority host Annual General Meeting (continued)

This contributed to the ERHA's team accomplishing several milestones. The AGM was hosted by the Chief Executive Officer, Mr. Ronald Tsoi-a-Fatt, to focus on the journey ahead with a view to:

- ◆ Evaluate the overall performance of the ERHA
- ◆ Efficiently allocate resources to achieve additional goals
- ◆ Provide leadership to the team
- ◆ Develop a strategic path to attain the Mission and Vision
- ◆ Identify strengths and opportunities to overcome weakness and threats.

In his address, Mr. Tsoi-a-Fatt thanked the ERHA team for their dedication, support and passion which contributed to the attainment of the objectives. Moving forward he provided some insight on the strategic pillars "Systems Re-engineering; Cultural Re-alignment; Institutional Strengthening and Health Promotions" and the major vision components

which will be implemented to continue the journey to provide quality healthcare.

Mr. Ronald Tsoi-a-Fatt also highlighted the changing epidemiological profile where there is an explosion in Chronic Non-Communicable Diseases (CNCD's) that will generate increased demands on health services. He pointed out the need to strengthen primary care with increased emphasis on promotion, prevention and rehabilitation.

All divisional heads delivered presentations to provide updates on behalf of their departments and there was a segment dedicated to questions and answers to provide clarification if required.

One of the key messages that the Chief Executive Officer left with the meeting was delivered in the song "**Heal the World**" by Michael Jackson where he invited each and every one present to reflect on the words of the song which states "Make it a better place, for you and for me and the entire human race". There are people dying, If you care enough for the living make a better place for you and for me".



Members of staff at the Annual General Meeting

Head Office Annual Review

Staff located at the Head Office at the Eastern Regional Health Authority finally had an opportunity to participate in their Annual Review Meeting on February 01, 2023 after the impromptu rescheduling on November 14, 2022 due to a disruption in the water supply at the venue.

Members of staff were reminded about how important their participation was to the review process and were encouraged to get creative and share their views on what can be done differently to improve the quality of service.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer incorporated the ERHA's theme song in his address to reinforce the importance of "TEAM" in the strategic journey of the Authority.

The Chief Executive Officer also reminded the staff about our Mission, Vision, Core Values and the strategic pillars moving forward. These include Systems Re-engineering; Cultural Realignment; Institutional Strengthening and Health Promotion.

Mr. Tsoi-a-Fatt introduced all of the departments under the umbrella of the Head Office and some of the new developments going forward.

He urged the management team to encourage the sub teams by using the three E's. The three E's are **Envisioning** as team leaders, they need to infuse the vision and mission of the organisation which acts as the motivating factors.

Enabling - he called on management to create an enabling environment to ensure that staff have the training and resources needed to do the job.

Energising - they need to light that fire of energy which is what we are doing by having the Annual Review Meeting. Celebrating and creating an excitement as we go into the New Year.

He went on to say that, "It is necessary for us to take a rest, refocus and celebrate our organisation, celebrate each other and most of all to celebrate ourselves."

Ms. Felicia Smart-Babb, Auditor led the unit presentations while Ms. Krysta-Rae Snaggs brought the session to a close with updates and achievements for the Disaster Preparedness Unit.



Staff members at the Head Office Annual Review Meeting

Nariva/Mayaro Hosts Annual Review Meeting

15 comprehensive presentations were delivered by staff at the Nariva/Mayaro Annual Review Meeting to provide updates on the achievements of their respective departments for the period 2021/2022.

The meeting was held at the BP Resource Centre, Mayaro on February 03, 2023.

In her opening remarks Dr. Jamila Augustine, County Medical Officer of Health, encouraged staff to continue the passion they have for what they do as it not only unites but also helps to achieve individual as well as collective goals. She urged staff to continue to partner with each other keeping the motto of the ERHA in mind.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer reminded staff of the significant contribution the ERHA made to serve the people of Trinidad and Tobago at the onset of the COVID-19 epidemic and beyond. He indicated that the Authority was the first to set up quarantine facilities to manage the care of persons and thanked staff

for volunteering to work in the facilities in spite of the unknown.

The Chief Executive Officer also highlighted the journey that we are on in our careers and stressed on how important it is to pause to celebrate and to rejuvenate. To close your eyes and take yourself to that quiet place to ensure that you are prepared mentally to continue that journey to accomplish your objectives. He reminded the staff of the importance of vision, purpose and influence along that journey.

The staff were treated to some outstanding, uplifting musical interludes by Ms. Athia Adams-Kerr, Ms. Catherine Johnson-Lewis and Ms. Mahalia Luces-Marin and Mr. Eliel Briggs.

Another highpoint of the programme was an employee recognition item that was delivered by Ms. Vitra Gajadhar. Tribute was paid to members of staff who passed away during the period under review. They are gone but will not be forgotten.



Staff members listen attentively at the Nariva/Mayaro Annual Review Meeting

Carnival Come Back Again

It was real good!", "The performances was real vibes! I loved it!", I really, really enjoyed it. Best one yet!"

These were some of the statements used by staff to describe the performances of their colleagues who participated in our Calypso and Ole Mas Competition which took place on February 10, 2023 at North Eastern Community Centre, Duranta Gardens. The general consensus amongst the audience was that the talent in the Eastern Regional Health Authority (ERHA) was first class and deserving to enter some of the national competitions.

The event was a success thanks to the seven participants who told their stories through the calypso art form and the eight contestants who choose the more dramatic tradition of "ole mas"

to make their commentary on popular topics in society and issues of concern in the Authority.

Ms. Debra Samuel, Dental Assistant had the crowd singing along to her winning rendition as they chanted, 'Booster, Booster' to her calypso titled " COVID-19 Time to Booster Up." She was also awarded Best Health Calypso and People's Choice. In the Ole Mas Competition the audience exploded in laughter when Ms. Linda Chuniesingh took centre stage with her portrayal, " Incremental Strain" so their was no surprise when she was crowned the winner.

Soca Artiste College Boy Jesse had staff on their feet as they danced during his performance. The Sports and Cultural Committee extends its heartfelt thanks to Ms. Silla Bissessar, Manager - Para Clinical Services and Ms. Kathy Martin judges, Mr. Andrew Frosty Brooks host, all contestants and staff for making the event a success.

Winners and Participants of the Calypso Competition



**Debra Samuel, 1st place,
Best Health Calypso &
People's Choice winner**



**Issac John,
2nd place winner**



**Athia Adams,
3rd place winner**

Carnival Come Back Again (continued)

Winners and Participants of the Ole Mas Competition



**Linda Chunesingh,
1st place winner**



**SGH Medical Social Work Department,
2nd place winner**



**SGH Community Liaison Department,
3rd place winner**



**Entertainer
College Boy Jesse**

Participants of the Calypso and Ole Mas Competition



Sensitisation on Men's Health



Karen Copland, Health Education Aide chats with clients at the Mayaro Police Station

Men are at higher risk for many serious diseases including heart disease, lung cancer and HIV and they also face unique health problems that don't affect women, such as prostate cancer.

The Health Education Department and Nutrition Department Nariva/Mayaro conducted several outreach activities during the month of February with a focus on prostate cancer in recognition of World Cancer Day which is celebrated annually on February 4.

Over 85 men assigned to the Mayaro and Rio Claro Police and Fire Stations and other Government Institutions attended the interactive sessions which were designed to increase awareness about preventative

screenings and regular healthcare to improve men's health. One of the main topics discussed by the Medical Officers was Prostate Cancer which is one of the most prevalent types of cancers that affect men.

The Nutrition Department held discussions centered around the effect a man's diet has on his risk in developing prostate cancer. They also mounted displays to increase awareness about high fats and sugar foods that individuals may consume regularly. These include among others fast foods and sweetened beverages. Healthy food options to assist in the prevention of cancers were also highlighted. In closing, clients were provided with information on Men's Health Clinics in the County.

Men's Health Clinic Schedule Nariva/Mayaro

DAY	TIME	VENUE
Mondays	11:30 a.m.- 2:00 p.m.	Biche Outreach Centre
3 rd Wednesday of each month	1:00 p.m. – 4:00 p.m.	Brothers Road Outreach Centre
Fridays	9:00 a.m. – 12: 00 noon.	Guayaguayare Outreach Centre
Tuesdays	11:00 a.m. – 4:00 p.m.	Mayaro District Health Facility
2nd to 4th Fridays	11:00 a.m. – 2:00 p.m.	Rio Claro Health Centre

ERHA's Voluntary Non Remunerated Blood Donation Drive



32 units of blood were collected at the Sangre Grande Hospital Blood Bank under the new Voluntary Non Remunerated Blood Donation (VNRBD) system on February 3, 2023. The blood drive was conducted to increase awareness on the new system and to encourage members of the public to donate blood for the greater good without expecting

anything in return.

The Minister of Health, Terrence Deyalsingh launched the VNRBD System on June 14, 2022. It will run concurrently with the existing replacement system for a period of time before full integration. Six units of blood were also collected under the current system.

Guaico Secondary School Career Fair

Over 250 students participated in the Eastern Regional Authority's Career Caravan at the Guaico Secondary School on February 16, 2023.

Students were provided with information on different career opportunities available in the health sector. This information will help students chart their career path and academic requirements for each field.

Members of staff from different departments were on hand to provide students with

information on their respective fields and answer any questions related to the field. The Departments present were the Public Health Inspectorate; Radiology; Medical Social Work; Occupational Safety & Health; Nursing; Pharmacy; Ophthalmology; Nutrition; Para Clinical and Organisational & Employee Development.

The caravan will continue at other secondary schools within the Eastern Region.



Staff members interact with students at the Guaico Secondary School

Journey to Improving Safety in the ERHA ISO 45001:2018

ISO 45001 Highlights: Three other important things that you will be hearing about as we move forward with this project....

1. Process Approach

Application of a system of Processes and its Interactions

The OH&S Management System will incorporate the process approach where consistent and predictable results are achieved more effectively and efficiently when activities are understood and managed as interrelated processes.

ISO 45001 uses a process approach where a process is an action that turns inputs into outputs, like turning ice to water by heating it. So, as we look at our business as a series of interacting processes, we can try to improve them for better results no matter what the process is in our workplace.

Identifying, understanding and managing interrelated processes as a system helps the Authority effectively and efficiently achieve our OH&S objectives.

Journey to Improving Safety in the ERHA (continued)

2. Plan-Do-Check-Act

A Cycle for Continual Improvement

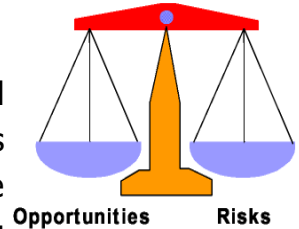
The Plan-Do-Check-Act approach requires that we create and implement a plan to achieve the desired results. This is true for any type of management system and it is simply good business practice. ISO standards use this PDCA approach in all of their Management Systems because it is really just a way to get things done and continually improve.



3. Risk-Based-Thinking

A proactive approach aimed at preventing undesirable outcomes

We will make use of our organisational knowledge, lessons learned and experience with our activities and the processes to determine the opportunities and risk that need to be addressed. This way, we will have assurance that we can achieve the intended results of eliminating or at least reducing



OSH Department creates a complaint form

In an effort to provide an improved health and safety environment for staff at the ERHA, the Occupational Safety and Health Department has developed a complaint form.

We urge you to use the various platforms available to bring potential hazards to our attention. The Form is available at all OSH Offices.

Below is a list of the contact Information for the OSH Department;

Head Office	Ms. Farah Mohammed, Manager- OSH	Supercare Building	735-8369	226-9184/9190
St. Andrew/St. David (STAD)	Mr. Duane Nimblett, OSH Officer	STAD	780-5624	226-9850
Sangre Grande Enhanced Health Centre	Mr. Christian De Freitas, HSE Technician	SGEHC	725-7354	226-9628
Sangre Grande Hospital	Mr. Kendall Drakes, OSH Officer	SGH		226-9796
Nariva/Mayaro (NAMA)	Ms. Nichelle Morgan, OSH Officer	NAMA	462-8982	226-9907/8
For more information email : OSHDept@erha.co.tt				

Forest Fires

In accordance with the Office of Disaster Preparedness and Management Trinidad and Tobago, forest fires (also commonly referred to as bush fires or wild fires) are signature events of the dry season. Annually throughout the country, especially along hillsides and roadways, these hazards leave a discernible mark on the biological landscape.

Forest fires can be natural occurrences, however, each year, incidences of natural forest fires are augmented by occurrences of fires set deliberately or inadvertently by humans. Out of control '**slash and burn**' agricultural practices, hunters lighting areas to flush animals out of hiding places and careless tossing of cigarettes out of car windows are common ways in which man-made forest fires can result.

Impacts

Ecosystem Damage

Exacerbates flooding due to its destructive effect on watershed catchments.

Erosion

Reduced canopy and weakened roots can lead to erosion problems.

Air Pollution

Wildfires generate smoke, harmful particulates and greenhouse gases.

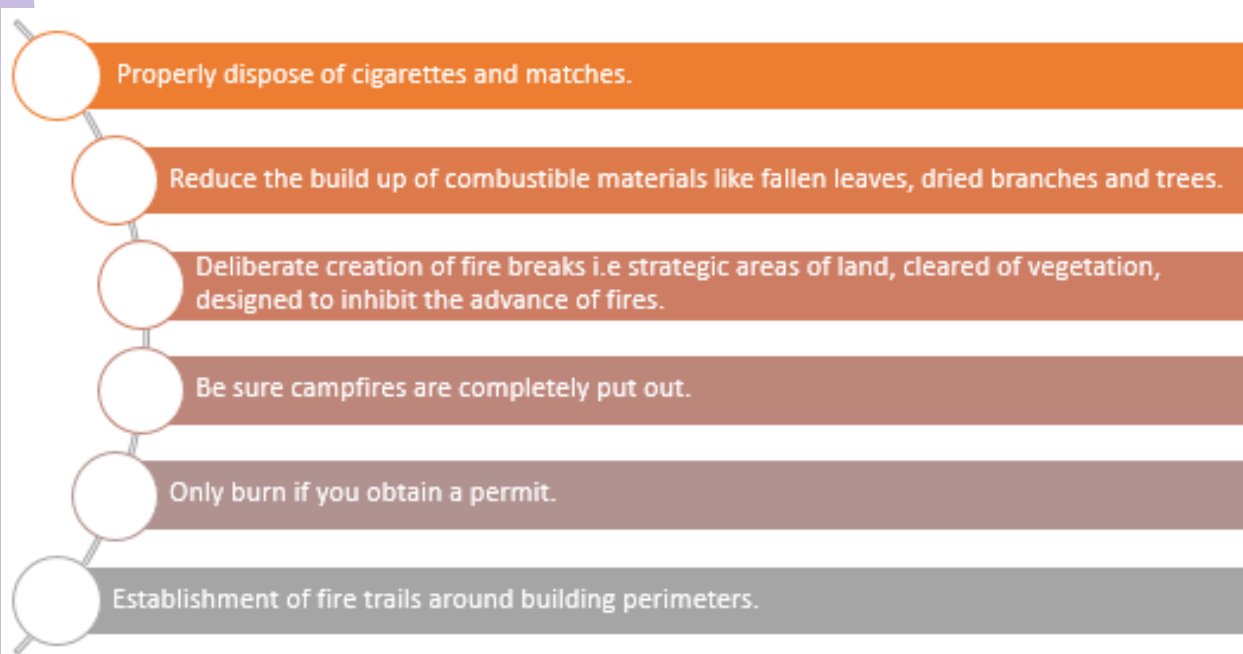
Human Health

Sinus irritation, decreased lung function, pulmonary inflammation, bronchitis, exacerbations of asthma, exacerbation of cardiovascular diseases.

Forest Fires (continued)

Prevention and Mitigation

Strategies that can be used in fire prevention and mitigation include:



Reporting a fire:

To report a bush fire in Trinidad and Tobago, persons can call:

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

Sources: <https://www.tha.gov.tt/info-hub/a-permit-is-essential/>

<https://odpm.gov.tt/node/19>

<https://www.ashland.or.us/page.asp?navid=17822>

<https://wfca.com/articles/deforestation-and-forest-fires/>

World Cancer Day

In observation of World Cancer Day 2023, the Health Education Department conducted a Virtual Cancer Awareness Quiz for staff on February 2, 2023. The aim of World Cancer Day was to raise awareness and education about cancer. This year's theme was **"Close the Care Gap"** with the sub-theme **"Uniting our voices and taking action."**

The goal of this quiz was to educate staff on cancer, including the most common types in Trinidad & Tobago, risk factors, screening, prevention and treatment.

A total of 51 persons participated in the quiz, with 15 participants (30%) receiving a perfect score. All participants received tokens while those with a perfect score were awarded prizes.

1. Cancer is the result of the uncontrolled growth of abnormal cells anywhere in the body such as in the breast, ovaries, cervix, colon, rectum, prostate and blood.

A. True B. False
2. What are the main causes of Cancer?

A. Cigarette Smoking and Second-hand Smoke Exposure and Excessive Alcohol Use.
 B. Overweight, Obesity and Infectious Disease.
 C. Physical Inactivity and Poor Diet
 D. All of the Above
3. In Trinidad, what type of cancer is most common in men?

A. Lung cancer
 B. Prostate cancer
 C. Breast cancers
 D. Oral cancer
4. In Trinidad, what type of cancer is most common in women?

A. Colorectal cancer
 B. Skin cancer
 C. Ovarian cancer
 D. Breast cancer
5. The most common form of cancer in Trinidad.

A. Breast Cancer, Prostate cancer, Colorectal Cancer,
 B. Ovarian cancer, Uterine cancer, Rectal cancer
 C. Skin cancer, Pancreatic Cancer, Thyroid Cancer
 D. A and B
6. Which of the viruses below causes cancer resulting from chronic infection?

A. Herpes simplex viruses
 B. Human Papilloma Virus (HPV)
 C. Hepatitis B
 D. Answers B and C
7. What are the benefits of screening for Cancer?

A. It can detect cancer at an early stage.
 B. Sometimes, it can prevent cancer from developing.
 C. It's for persons with no symptoms at all.
 D. All of the above.
8. Match the Cancer with the Screening

A. Breast Cancer	Pap Smear
B. Prostate Cancer	Mammogram/Ultrasound
C. Cervical Cancer	Colonoscopy
D. Colon Cancer	PSA/ Digital Rectal Exam
9. At what age should a routine colonoscopy be done?

A. 45 years
 B. 30 years
 C. 50 years
 D. 65 years
10. At what age should a routine Mammogram be done?

A. 25 to 35 years
 B. 40 to 44 years
 C. 45 to 55 years
 D. 65 to 70years
11. Which of the following has been associated with an increased risk of cancer?

A. Bacon and Salami
 B. Coffee and red wine
 C. Green tea and turmeric
 D. Dried peas and beans
12. What are the types of treatment for Cancer?

A. Chemotherapy, Radiation Therapy
 B. Hormone Therapy, Immunotherapy
 C. Surgery/ Stem Cell/Bone Marrow Transplant
 D. All of the Above

World Cancer Day Answers to Quiz (Continued)

1. True
2. All of the above
3. Prostate cancer
4. Breast cancer
1. A and B
6. B and C
7. All of the above
8. **Breast** - Mammogram/Ultrasound
Prostate Cancer - PSA/Digital Rectal Exam
Cervical Cancer - Pap Smear,
Colon Cancer - Colonoscopy
9. 45 years
10. 40 to 44 years
11. Bacon and salami
12. All of the above

The Health Education Department congratulates the following winners of the quiz in no particular order:





FEBRUARY 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: 668-9053/280-9781

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**

