



The Eastern *Vibes*

Monthly Newsletter 2024

February 2024, Issue #115

Minister of Health Tours the New Sangre Grande Hospital Campus



Mr. Terrence Deyalsingh, Minister of Health, tours the New Sangre Grande Hospital along with Mr. Roger Monroe, Member of Parliament for Toco/Sangre Grande; Dr. Rai Ragbir, Member of Parliament for Cumuto/Manzanilla; Ms. Esme Rawlins-Charles, Chairman of the ERHA Board of Directors; Mr. Noel Garcia, Chairman UDECOTT; Mr. Thomas Zangerl – Managing Director, VAMED and other representatives

In this Issue

- Minister of Health Tours the New Sangre Grande Hospital Campus
- Soca Jamdemic
- Highlights of Soca Jamdemic
- ERHA Receives Baby Friendly Accreditation Status
- New Year, Healthy Me Challenge 2024
- ERHA Sensitisation Sessions to Empower the Youth
- World Cancer Day
- Public Health Observatory Department
- Virtual Research Training
- Overview of Research Made Easy Lecture 1
- Good News - February
- Fire Safety
- Stay Hydrated
- Calendar of Events – March & April
- ERHA's - Vision, Mission, Core Value

The Journey to the opening of the New Sangre Grande Hospital Campus will come to an end in mid-April and will usher in a new dimension of service, quality of healthcare delivery as well as patient experiences and outcomes.

On February 27, 2024 the Honourable Terrence Deyalsingh, Minister of Health toured the new facility and was briefed on the commissioning

phase of the project. Presentations were made by Mr. Alvaro Sendin, Project Manager and Ms. Laura-Cristina Cojan, Architect from Vamed on updates on the project and Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer of the Eastern Regional Health Authority (ERHA) who outlined the Communications plan.

Minister of Health Tours the New Sangre Grande Hospital Campus (continued)

The Minister was accompanied by Mr. Roger Monroe, Member of Parliament for Toco/Sangre Grande, Dr. Rai Ragbir, Member of Parliament for Cumuto/Manzanilla; Ms. Esme Rawlins-Charles, Chairman of the ERHA Board of Directors; Mr. Noel Garcia, Chairman UDECOTT; Mr. Thomas Vangrel, Managing Director VAMED and other representatives.

The MP's were impressed with the new facility

which was designed in accordance with international hospital facility standards and the suite of services that will be offered to the public. These include among others ENT, MRI, Fluoroscopy, Hydrotherapy, Pathology and Non-Invasive Cardiology.

Members of the public will have an opportunity to tour the New Sangre Grande Hospital Campus after the official opening.

Soca Jamdemic

The voices of members of staff could be heard echoing in the Duranta neighborhood as they chanted **"Roll, Roll, Roll, Roll"** to support Ms. Debra Samuel, Dental Assistant with her winning performance **'Soca Jamdemic'** at the Calypso and Ole Mas Competition. The event also entitled **'Soca Jamdemic'** was held on February 2, 2024 at the Northeastern Community Centre. Four contestants shared their stories through social commentary while three persons demonstrated creative dramatic pieces in the Ole Mas segment.

Ms. Debra Samuel captured the hearts of the audience and made a clean sweep as she claimed the triple crown titles of first place for Calypso, Ole Mas and People's Choice. Ms. Jewel Williams-Alleyne, Assistant Head Nurse, placed

second in both categories and snatched the Best Social Commentary prize. Ms. Denise Gosyne, Enrolled Nursing Assistant won third place with her calypso, **'MiMi, turn down the paper'**. Registered Nurses Ms. Shelly Ann Watson and Ms. Avian Smith placed third in the Ole Mas Competition with their portrayal entitled **"D Fence"** in which they reenacted a popular topic that was trending.

Soca artiste Akeem 'Preedy' Chance brought the audience to their feet as they joined him and sang some of his popular selections. Members of the audience also had a chance to display their soca talent to win prizes as they performed the popular hit **'Market'** by Nadia Batson.

The event ended with a prize giving ceremony. **See highlights on the next page.**

Highlights of Soca Jamdemic

Congratulations to the Winners of the Calypso Competition!



Jewel-Williams Alleyne



Debra Samuel



Denise Gosyne

Congratulations to the Winners of the Ole Mas Competition!



Jewel-Williams Alleyne



Debra Samuel



Shelly Ann Watson



ERHA Receives Baby Friendly Accreditation Status

The Honourable Terrence Deyalsingh, Minister of Health unveiled the Baby Friendly Accreditation Plaque for the Eastern Regional Health Authority on February 2, 2024 at the Ministry of Health headquarters.



Congratulations!

To the Board of Directors, Management and Staff of the Eastern Regional Health Authority for attaining Baby-Friendly Hospital Accreditation for the Sangre Grande Hospital awarded by the Pan American Health Organization/ World Health Organization and the United Nations Children's Emergency Fund



Breastfeeding is an investment to improve the health of mothers and babies

"Caring is the Key"

New Year, Healthy Me Challenge 2024

155 persons accepted the challenge to adopt a healthier lifestyle and registered for the Nutrition and Dietetics' (N&D) Department, Sangre Grande Hospital, ***New Year, Healthy Me Challenge***. The challenge commenced on January 7 and ended on February 10, 2024. The objectives of the ***New Year, Healthy Me Challenge*** were to:

- Encourage the staff of the Eastern Regional Health Authority and patients to lead a healthier lifestyle by providing a daily health challenge guide to follow.
- Equip the staff and patients with the necessary tools and activities to explore different aspects of a healthier lifestyle.
- Promote the N&D Department's position in guiding communities towards a healthier lifestyle in accordance with the ERHA's mission and vision.

The participants received daily emails with challenges for 35 days. Some of the components included Mental Health Wednesdays, Fruit Fridays, Exercise Sessions and a Challenge Hike.

The challenges were intentionally varied to demonstrate to persons that there is a holistic and healthier approach to wellness that was not weight centered. Participants hiked, completed a 5K, planted trees, prepared meals, engaged in stress management techniques and were informed on healthy food choices and habits.

Even though the challenge was limited to 35 days, the N&D Department encouraged the participants to adopt positive, sustainable behavioural modifications and to use the knowledge gained in their health journey. They were also encouraged to share this information with their friends and family.

See photos of winners below.



ERHA Sensitisation Sessions to Empower the Youth



Ms. Renee Mayers, Medical Social Worker | engage students at MIC Sangre Grande



Students of the Mayaro Secondary School



Students of the Biche Secondary School

The spotlight was placed on Secondary School students in the counties of St. Andrew/St. David (STAD) and Nariva/Mayaro (NAMA) in the month of February as a multi-disciplinary team from the Eastern Regional Health Authority (ERHA) conducted sensitisation sessions to empower the youth. The aim was to equip the students with information to empower them to make healthy lifestyle choices, as well as to provide practical strategies to cope with day to day decisions that can impact their future.

The team comprised staff from the Medical Social Work, Health Education, School Health and Nutrition Departments. Representatives from the Community Police and Rapport Youth Information Centre-North Central Regional Health Authority also participated in the sessions in NAMA. Topics covered include Sexual Health, Substance Abuse, Vaping, Road Safety and Stress Management. The presenters created a dynamic environment which was conducive for

learning and dialogue. The students were captivated by the engaging presentations and openly participated in the discussions.

Over 795 students from Biche Secondary; Guayaguayare Secondary; Mayaro Secondary Schools; Mayaro Servol; Rio Claro East and West Secondary Schools; Civilian Conservation Corps Liberville and MIC Institute of Technology Sangre Grande participated in the sessions. Health education material on the topics covered were also distributed to reinforce learning.

The ERHA also participated in a Career Fair at the North Oropouche Government Primary School on February 21, 2024. **110** students were sensitised on careers in health to get them interested in working in the health sector and for them to chart their career path early. Presentations were done on the roles and functions of healthcare professionals in the field of Medicine, Nursing, Medical Social Work and Nutrition and Dietetics.

World Cancer Day

World Cancer Day is internationally recognised as '**Cancer Awareness Day**' and is observed on February 4 every year. The aim is to reduce the number of patients diagnosed with cancer through worldwide knowledge and sensitisation. This initiative encourages governments and individuals across the world to take action against the disease.

What is Cancer?

Cancer is a large group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to the other organs. Some symptoms of cancer are listed below:

- Unexplained pain, bleeding or bruising
- Unexplained weight loss
- An unusual lump or swelling anywhere on your body
- A new mole or changes to a mole
- Skin changes or a sore that will not heal
- Coughing up blood or having difficulty swallowing
- Unusual changes to the size, shape or feel of a breast or chest including nipple or skin changes
- A change in bowel habit such as constipation, looser stool or diarrhea
- Blood in your stool

If experiencing any of the above symptoms, immediately visit your physician for a medical examination



Here are Some Tips to Help with the Prevention of Cancer:

Maintain a Healthy Weight:

Maintain a healthy weight by engaging in physical activities each day and limiting the time spent in front of television, computer and cell phones.

Consume healthy, balanced meals including food groups like fruits, vegetables, proteins, grains and dairy (or use a recommended diet plan from a dietitian).

Refrain from Smoking Tobacco or Inhaling Second Hand Smoke:

Tobacco causes many types of cancer, along with other serious health problems. Persons exposed to second-hand smoke may develop coronary heart disease, stroke, lung cancer and other diseases. The choice that results in the best result is to refrain from the use of tobacco for smoking purposes.

Limit Alcohol Use:

Drinking alcohol can increase your chances of developing cancer. Refrain from the consumption of alcohol.

Protection from the Sun and UV Rays:

The best way to prevent skin cancer is to protect your skin from the sun and other sources of ultraviolet rays. Tanning beds are also harmful once overused.

Protection from Sexual Transmitted Infection:

Sexually transmitted infections like Human Papillomavirus (HPV), Hepatitis and Human Immunodeficiency Virus (HIV), can cause a number of different cancers. Protection against these infections will lower risk.

Public Health Observatory Department

The Public Health Observatory (PHO) is responsible for generating and disseminating accurate, relevant and timely information for the ERHA. This is done through the conducting of quality research and analytics which supports prudent planning, better decision making and outcomes for the Eastern Region. It includes among others, monitoring and evaluating health policies, collating population statics and preparing health services utilisation reports.

The department is also the focal point for

monitoring and evaluating health policies, research planning, research ethics and obtaining relevant approval from our Research Ethics Committee. The PHO department is located at the Supercare Building, Eastern Main Road, Sangre Grande and is headed by Dr. Artee Bridgelal-Gonzales, Primary Care Physician II and is supported by Ms. Naila Khan, Mr. Daniel Geelalsingh, Research Officers and Mrs. Vindra Ramdass-Harridath, Junior Administrative Assistant.

Do You Want To Conduct Research In The ERHA?

The PHO Department is part of the ERHA Research Ethics Committee which is chaired by Dr. Cindy Ann Badaloo, PCP II

If you are interested in conducting research, utilising information from the ERHA, below is the list of requirements:

- Research Ethics Application Form
- Copy of Research Proposal with specifics such as aim, objectives, sample size, introduction, background, literature review, etc.
- If the Researcher is conducting the research as a school project an approval letter from the Institution is required. If the Researcher is conducting an independent study, the Researcher must prepare a letter seeking approval to conduct research at the ERHA
- Copy of your Questionnaire/Interview Questions
- Copy of Consent Form where necessary

For further information, you can liaise with the PHO Department via email: rec.pho@erha.co.tt



Eastern Regional Health Authority

Public Health Observatory Department

Invites all staff members to participate in a



Virtual Research Training

"Research Made Easy"

DATES

February 28, | 4th Wednesday of
2024 | each month

TIME

2:00 p.m.

TOPICS

- Designing Clinical Research
- Literature Review
- Methodology
- Analysis
- And more.....

FACILITATORS

- Dr. Artee Bridgelal-Gonzales, Primary Care Physician II
- Ms. Naila Khan, Research Officer
- Mr. Daniel Geelalsingh, Acting Research Officer

Join Meeting:

Scan Code



[Click here to join the meeting](#)

Meeting ID: 295 132 527 958 | Passcode: G47Qnu

[Download Teams](#) | [Join on the web](#)

For more information contact:

226-9250

Research Made Easy Schedule

Topics	Date
Section 1– Basic Ingredients	
The Anatomy & Physiology of Clinical Research	February 28, 2024
The Research Question and Study Plan	March 28, 2024
Study Subjects- Specification, Sampling & recruitment	April 24, 2024
Measurements: Precision, Accuracy & Validity	May 29, 2024
Sample Size: Hypotheses & Underlying Principles	June 26, 2024
Sample Size & Power: Applications & Examples	July 31, 2024
Section 2- Study Designs	
Designing Cross-Sectional & Cohort Studies	August 28, 2024
Designing Case-Control Studies	September 25, 2024
Enhancing Casual Inference in Observational Studies	October 30, 2024
Designing a Randomized Blinded Trial	November 27, 2024
Alternative Clinical Trial Designs and Implementation Issues	January 29, 2025
Designing Studies of medical Tests	February 26, 2025
Research Using Existing Data	March 26, 2025
Section 3- Implementation	
Addressing Ethical Issues	April 30, 2025
Designing Questionnaires, Interviews and Online Surveys	May 28, 2025
Data Management	June 25, 2025
Implementing the Study and Quality Control	July 30, 2025
Community and International Studies	August 27, 2025
Writing a Proposal for Funding Research	September 17, 2025

Overview of Research Made Easy Lecture 1

The Public Health Observatory Department held the first Virtual Research Training Session on February 28, 2024. Please see below on overview of the topics covered.

1. ANATOMY OF CLINICAL RESEARCH

The anatomy of research is the set of tangible elements that make up the study plan, the research question and its significance and the design, study subjects and measurement approaches. The challenge is to design elements that are relatively inexpensive and easy to implement.

2. PHYSIOLOGY OF CLINICAL RESEARCH

The physiology of research is how the study works. The study findings are used to draw inferences about what happened in the study sample (internal validity) and about events in the world outside (external validity). The challenge here is to design and implement a study plan with adequate control over two major threats to these inferences: random error (chance) and systematic error (bias).

3. RESEARCH DESIGN

In designing a study, the investigator may find it helpful to consider the relationships between the research question (the question to be answered), the study plan (what the study is designed to answer) and the actual study (what the study will actually answer, given the errors of implementation that can be anticipated).

4. THE STUDY PLAN

A good way to develop the study plan is, to begin with a one-sentence version of the research question that specifies the main variables and population and expand this into a one-page outline that sets out the study elements in a standardized sequence. Later on, the study plan will be expanded into the protocol and the operations manual.

5. THE TRADEOFFS

Good judgment by the investigator and advice from colleagues is needed for the many trade-offs involved and for determining the overall viability of the project.

Good News– February



Rhonda Bahadoor-Nagassar

We always seem to put importance on the negative things however I'd like to highlight and give importance where it is due! To the two shifts, from nurses to doctors to ambulance drivers, at the Rio Claro Health Centre on Thursday 22nd February at 5:30 p.m. I'd like to convey my appreciation and heartfelt gratitude. You all tried and tried with my son Lara. You treated him with utmost care and gave him priority whilst ensuring that I was okay as well. It's not easy seeing your child in that condition with all the needles and machines hooked up. But you all made it comforting every step on the way by explaining everything. Thank you so much for everything and may God bless all of you so that you can continue your line of work in his name and glory. Thank you, thank you, thank you. I'd like to make special mention also of the

ambulance driver and the attendant who ensured we were okay. That was the best drive I've ever experienced in the back of an ambulance. No motion sickness at all, not that I want to experience that again. The only thing the attendant didn't offer me was snack and drinks. I thank you all so much Sangre Grande however was a madhouse without direction. However the two doctors who took care of Lara tried their best. The support staff however needs to come Rio and observe for a couple of days. Special thanks to my girl Arti for ensuring she did everything in her power to help out. As much as I can I'd like to appreciate these people because in their line of work the negative things are to the forefront more than the actual positive. Appreciation and gratitude to all of you.

February 24, 2024

Fire Safety

- ◆ **Never play with matches or lighters.**

They can be very dangerous and you could be badly burned.



- ◆ **Talk to your family about a fire escape plan.**

Plan the quickest and safest way out of your home if there is a fire.



- ◆ **Make sure that there are smoke alarms in your homes.**

Test them every week and change the batteries regularly.



- ◆ **If you see smoke or a fire, when inside a building:**

Get out as quickly as you can.



- ◆ **If your clothes catch on fire:**

- 1) Stop what you are doing.
- 2) Drop to the ground.
- 3) Roll on the floor to put out the fire.



- ◆ **In the event of an emergency:**

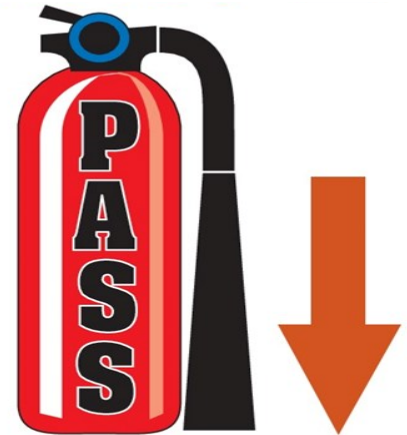
Call 990 and ask for the fire service.

Only call 990 if there is a real emergency.







LEARN... DON'T BURN!

1. Know the location of all fire extinguishers in your work area.
2. Learn the PASS method for fire extinguisher use.
3. Use fire extinguishers only on small, confined fires with little smoke.
4. Know the locations of all exits in your work area. Count the number of doors to the nearest exit.
5. If caught in a fire drop on your hands and knees, hold your breath as much as possible and breathe shallowly through your nose using your garment as a filter.
6. If the fire is large or is near other fire sources immediately call 990 and leave the premises.



The "PASS" Method

	PULL THE PIN LOCATED IN THE EXTINGUISHER'S HANDLE
	AIM THE NOZZLE OR HOSE AT THE BASE OF THE FIRE
	SQUEEZE THE HANDLE ON THE EXTINGUISHER'S TOP
	SWEEP HOSE FROM SIDE TO SIDE AT THE BASE OF FIRE UNTIL OUT

STAY HYDRATED



On January 10, 2024, the Trinidad and Tobago Meteorological Service declared the official start of the 2024 Dry Season. It is recommended to stay hydrated to mitigate the effects of the incoming harsh dry season.

SYMPTOMS OF DEHYDRATION

- Dry lips and mouth
- Small amount of saliva
- Small amount of urine
- Dark yellow urine



GOING TO BE OUTSIDE IN THE HEAT?

- Drink two to three glasses of water one to two hours before going outside
- Take water breaks every **15 minutes**
- Schedule strenuous activities for the cooler parts of the day

HOW MUCH WATER DO YOU NEED EVERYDAY?

- Unlike other nutrients, there isn't a specific daily recommendation for water because of variability in climate, physical activity level, state of health and body size.
- Typically, adults should get between six and eight cups of fluid daily. Drink water throughout the day and with meals to prevent thirst.
- Drink more water if you are pregnant, breastfeeding, working in hot weather or exercising.

Sources

<https://www.metoffice.gov.tt/forecast>
<https://droughtresources.unl.edu/hydrate>
<https://odpm.gov.tt/sms>

Calendar of Events – March & April



"Choose healthier foods for happy kidneys".

March 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 4th - World Obesity Day
- 8th - International Women's Day
- 12th - World Glaucoma Day
- 14th - World Kidney Day
- 19th - World Social Work Day
- 21st - World Down Syndrome Day
- 29th - Good Friday
- 30th - Spiritual Baptist Liberation Day
- 31st - Easter Sunday



"An ounce of protection is worth a pound of cure".
Benjamin Franklin

April 2024

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 1st - Easter Monday
- 7th - World Health Day
- 10th - Eid - ul - Fitr
- 14th - 20th Medical Laboratory Professionals Week
- 18th - Administrative Professionals Day
- 22nd - 30th World Immunization Week
- 28th - World Day for Safety and Health at Work

OUR VISION

The ERHA is a dynamic organization focused on promoting wellness in collaboration with our communities. We commit to providing value driven, technologically appropriate quality healthcare services, through our highly motivated and developed human resource within the guidelines of national policy.

OUR MISSION

The ERHA is the pioneer and preferred provider of quality health and wellness services in Trinidad and Tobago. We influence and set measurable standards of care through excellence in leadership and an enabling environment that presents and safe haven for all.

OUR CORE VALUES

Respect for Human Dignity

We treat our work, colleagues, clients, suppliers, and the community with dignity and respect. We embrace the diversity of people & perspective and encourage open and courteous communication and the sharing of different views.

Integrity

We act with honesty, respect and transparency that will encourage and sustain a high level of trust and reliability in the organization.

Shared Ownership

Providers and clients of the organization have a responsibility in guiding and regulating the quality, efficiency, customer satisfaction and planning of the Authority.

Commitment to Excellence

We foster a spirit of service, build character and ethics, and promote and encourage a commitment to service to achieve the highest possible level of efficiency, effectiveness, professionalism and quality of care. Motivated people guide the organization through deliberate change while promoting service, employee, environmental and financial excellence.

Partnership

Effective partnership with relevant stakeholders including individual, communities, NGOs and other sectors are encouraged.

Universal access, affordability and equity

We subscribe to the ideal of accessible, affordable and equitable service for all.

Quality Care

We are conscious that our vision will only be realized if our clients receive the highest possible quality care to which they deserve.

Innovation

We are focused on utilizing and developing innovative ideas and techniques in conjunction with the technology of the day to enhance the outcomes and experiences of our clients, staff and key stakeholders.



FEBRUARY 2024

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: 280-9781/668-9053

Brothers Road Outreach Centre

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

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: 670-8264/385-5421

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: 670-2428/354-0052

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: 670-2382/280-8694

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**

