



# The Eastern *Vibes*

**Monthly Newsletter 2024**

**April 2024, Issue #117**

## The Prime Minister Opens the New Sangre Grande Hospital



Dr. the Honourable Keith Christopher Rowley cuts the ribbon at the New Sangre Grande Hospital to officially open the facility

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Dr. the Honourable Keith Christopher Rowley officially opened the New Sangre Grande Hospital Campus on April 17, 2024 on Ojoe Road, Sangre Grande. The Prime Minister indicated that the Government of Trinidad and Tobago has always prioritised health and hospitals do not guarantee healthcare delivery, it is what goes on inside the facility that determines the quality of healthcare.

The Prime Minister also shared a personal memory when he noticed the outstanding care and attention provided by staff of the Sangre Grande Hospital in spite of the physical conditions being far from satisfactory. The spirit of the staff did not go unnoticed as they focused on providing the best healthcare available using what was available to them.

## The Prime Minister Opens the New Sangre Grande Hospital Cont'd

He stated "that has been the hallmark of the Eastern Regional Health Authority" and thanked Ms. Esme Rawlins-Charles, Chairman of the Authority and the ERHA team that held the fort in Sangre Grande. The Prime Minister noted that it was the ERHA's turn to receive the latest, most modern and probably only health campus to give the best healthcare in Trinidad and Tobago and thanked the people of the Eastern Region for their patience.

The Honourable Terrence Deyalsingh, Minister of Health in his address indicated that the ERHA has always stood as a beacon of excellence and provided some insight into the features of the new facility which include expanded services with 106 beds; 3 operating theatres; 1 endoscopy suite; CT scan and over 250 parking spaces. The Minister also identified some of the new services that will be offered such as Magnetic Resonance Imaging (MRI). He pointed out that the services will be offered on a phased basis. The Minister also informed that the Ministry was in the process of digitising patient

records. This will assist with the problem of lost medical records and will facilitate the accessing of records electronically from any health facility.

Ms. Esme Rawlins-Charles, Chairman expressed thanks to the Government of Trinidad and Tobago and the Ministry of Health for this initiative. The chairman recognised the Chief Executive Officer, Mr. Ronald Tsoi-a-Fatt who was a driving force in bringing this hospital campus to realisation.

She also stated that, "As we unveil this state-of-the-art facility, we are not just opening doors; we are opening a new chapter in history of healthcare in our region. With extended and new services, the ERHA stands ready to meet the challenges in healthcare today and the demands of tomorrow."

The chairman congratulated all who played a part in bringing this vision to fruition and hoped the Campus will be a source of healing, comfort and inspiration for all who walk through its doors and utilise our services.



Dr. the Honourable Keith Christopher Rowley unveils the commemorative plaque at the New Sangre Grande Hospital with the Honourable Terrence Deyalsingh, Minister of Health, Mr. Roger Monroe, Member of Parliament for Toco/Sangre Grande, Ms. Esme Rawlins-Charles, Chairman of the ERHA Board and Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.)





## Eastern Regional Health Authority Transforming Healthcare Delivery

*The opening of the New Sangre Grande Hospital Campus provides the Eastern Regional Health Authority with an opportunity to usher in a new dimension of quality healthcare delivery. Offering new and expanded services and improved patient outcomes and experiences.*

"Caring is the Key"



Government of The Republic of Trinidad and Tobago  
Ministry of Health



The Official Opening Ceremony for  
**THE NEW**  
**SANGRE GRANDE HOSPITAL CAMPUS**  
OJOE ROAD, SANGRE GRANDE

*Best Wishes from PM to all  
Staff at ERHA  
C. G. Lundy  
17/4/24.*



Signed Sealed Delivered

## Opening of the Sangre Grande Hospital Campus 17/04/2024





# Commemoration Ceremony

Opening of a new hospital in a community is a notable achievement. With this in mind, the Ministry of Health and the Eastern Regional Health Authority (ERHA) partnered with the Honourable Roger Monroe, Member of Parliament for Toco/Sangre Grande to host a ceremony to Commemorate the Opening of the New Sangre Grande Hospital Campus.

MP Monroe indicated that he was pleased to know that his constituents had additional access to quality healthcare with the opening of the new facility. He thanked the Friends of the Sangre Grande Hospital and recognised founding members for their contributions.

Among those honoured for their work in the community were Dr. Pamela Manning; the late Mrs. Lelematie Sinanan; Mrs. Lyris Haynes-Smith and Mrs. Shira Ali-Rahman.

The Honourable Terrence Deyalsingh, Minister of Health in his address saluted the staff of the

ERHA and indicated that they represent compassion, caring and excellence. He stated that the launch of the campus integrates the old with the new to serve over 157,000 persons and will be the hub, the heartbeat for healthcare in the eastern region. He further stated that healthcare will be more accessible with additional bed capacity and listed some of the new and expanded services which include Ear, Nose and Throat and MRI among others.

Minister Deyalsingh presented MP Monroe with a symbolic key for the Campus. The Vote of Thanks was moved by Director Sarah Mootoor-Charles and this was followed by group tours to the facility and a health fair. Over **60** persons accessed services such as Blood Pressure, Glucose and Cholesterol testing; Body Mass Index; Medical Consultation, Nutrition and Health Education were among some of the other services offered.



## Town Hall Forums



Town Hall Forum at St. Andrew/St. David



Town Hall Forum at Nariva/Mayaro

The Eastern Regional Health Authority (ERHA) has advanced along its Journey from Vision to Reality with the completion of the first phase of the Sangre Grande Hospital Campus. With this in mind, several stakeholders accepted the invitation to discuss the opening of the new facility at two Town Hall Forums which were held on April 5 & 11, 2024 in the counties of St. Andrew/St. David and Nariva/Mayaro respectively.

The management and staff received numerous commendations on the quality of service, vision, effort and willingness of staff, outreach programmes and continuous improvements in the region with expanded new services and a new hospital.

Several questions were also posed to get a clearer understanding of the benefits to derive with the opening of the New Sangre Grande Hospital Campus. These focused on job opportunities; new services being offered; reduction in waiting time; adequate staffing; maintenance; traffic plan to alleviate traffic along Ojoe Road; parking and an onsite taxi stand.

The ERHA team welcomed the opportunity to engage stakeholders and to receive their feedback. Chairman Ms. Esme Rawlins-Charles; Deputy Chairman Sasha C.A. Darbeau and Dr. Rajiv Bhagaloo Medical Director addressed

the St. Andrew/St. David audience while Director Sarah Mootoor-Charles; Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) and Ms. Amy Ali, Manager Para-Clinical Services addressed the audience in Nariva/Mayaro.

Both meetings were informed that the ERHA was on the cusp of ushering in a new dimension of quality healthcare delivery as well as patient experiences and outcomes with the New Sangre Grande Hospital Campus. Additionally, numerous infrastructural, equipment upgrades and staffing improvements throughout the Authority were outlined.

The audience viewed a presentation on the campus features, patient services both new and improved before an astute panel who answered all questions guided by the moderators Ms. Darbeau and Ms Mootoor-Charles. The full panel comprised, Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.); Dr. Rajiv Bhagaloo, Medical Director; Dr. Darren Dookeeram, Medical Director (Ag.); Ms. Keisha Pritchard, General Manager-Operations (Ag.); Mrs. Sonia Seecharan-Raphael, General Manager -Human Resources and Ms. Amy Ali, Manager Para-Clinical Services.

The stakeholders were thanked for their recommendations and for partnering with the ERHA to provide quality healthcare.



# Kids Healthy Lifestyle Inspector Academy

**20** children between the ages of 5-11 received their Inspector badges after graduating from the Healthy Lifestyle Inspector Academy Easter Hybrid Camp and are now Agents of Change to increase awareness about Non-Communicable Diseases (NCD's). The programme was hosted from 25th March, 2024 to 4th April, 2024 by the Eastern Regional Health Authority's Nutrition Department, St. Andrew/St. David, under the Ministry of Health's TT Moves Campaign.

Recognising that the prevalence of overweight and obesity amongst the school age population is increasing in Trinidad and Tobago, a lifestyle approach was adopted to teach the children practical skills. Some of the activities included Nutrition Inspector Training where information on nutrition and health was provided and simple gardening techniques were taught for them to learn the importance of growing food. The

children were also trained as Food Preparation Detectives where they explored the isles of a supermarket and were taught how to read food labels to identify healthy food products. They then participated in preparing healthy meals and snacks, as well as physical activities such as dance sports and walks to combat NCD's.

The camp ended with a graduation ceremony at the Morton Memorial Presbyterian Church, Guaico, Sangre Grande. Mr. Michael Reid, Deputy Permanent Secretary, Ministry of Health, in his remarks, encouraged parents to do their part to assist their children to make healthy choices. He stated that, ***"The onus is on us as adults and parents to lead by example, as children tend to emulate behaviours of their parents and peers and it is imperative that we set a good example when it comes to diet and exercise."***



# Increasing Awareness On The Benefits of Breastfeeding

Breast milk provides the ideal nutrition for babies and infants as it contains a perfect mix of nutrients needed for growth and it may reduce the risk of diseases and promotes healthy weight.

This important message was delivered by the Baby-Friendly Hospital Initiative (BFHI) Unit to over **50** women who attended a Health Fair hosted in recognition of International Women's Day on April 6, 2024 at the Sangre Grande Enhanced Health Centre. The purpose of the outreach was to educate women in the community on the importance of breastfeeding and to increase awareness of the Unit's thrust to promote, protect and support breastfeeding

and non-breastfeeding mothers.

Through Health Education lectures the women learnt about the additional benefits of breastfeeding which includes lowering the risk of postpartum depression, breast and ovarian cancer; reducing the risk of developing other health issues such as type 2 diabetes, high blood pressure and heart diseases; as well as the savings benefit that can be derived as breast milk is free.

Nutrition and Mental Counselling; Pap Smear; HIV Testing; Physiotherapy; and Massage Therapy were among some of the other services offered.



## Medical Laboratory Professional's Week



The Eastern Regional Health Authority

*Happy Medical Laboratory Professionals Week*  
*April 14 - 20, 2024*



*"Caring is the Key"*



# The Sports and Cultural Club Host it's T-10 Cricket Tournament

**'Build Connections, Create Memories, Play Cricket'** was the theme of the Eastern Regional Health Authority's (ERHA) T10 Cricket Tournament held under the umbrella of the Sports and Cultural Club. Staff members came out to witness the official opening of the tournament on April 19, 2024 at the Paharry Recreational Grounds, Quash Trace, Sangre Grande.

Cricket is a sport that transcends borders, connects cultures and can foster camaraderie amongst staff and bring the ERHA family closer together, especially the members of the representing teams: Sangre Grande Hospital, Head Office, St. Andrew/St. David, Nariva/Mayaro and their supporters.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) in her opening remarks reminded

persons about the importance of participating in regular physical activity to develop and sustain a healthy lifestyle. She also encouraged staff to incorporate into their lives the values of perseverance, teamwork and patience which can be learnt from playing the game of cricket. Mrs. Rampersad-Pierre then demonstrated her cricketing skills as she faced the first ball in the wicket which was bowled by Mr. Rayad Emrit, former West Indian Cricketer.

The first match was a thriller between St. Andrew/St. David and Head Office. Head Office emerged as the winner with 91 runs while the second match was between Sangre Grande Hospital and Nariva/Mayaro with Sangre Grande Hospital winning their first match of the tournament with a total of 80 runs.

***Please see highlights below***





## A tribute to Christopher Toussaint, Nandanie Moonilal and Melissa Baksh for their dedication and hard work



Ms. Nandanie Moonilal, Nursing Supervisor  
& Melissa Baksh, Critical Care Nurse

Mr. Christopher Toussaint  
(former) Nursing Supervisor

As the Sangre Grande Hospital prepares to launch the third iteration of its High Dependency Programme (HDU), we pause to reflect on the remarkable journey thus far. This pioneering educational endeavour was led by Ms. Nandanie Moonilal, Nursing Supervisor; Ms. Melissa Baksh, Critical Care Nurse and Mr. Christopher Toussaint former Nursing Supervisor whose unwavering commitment and dedication have been inspirational.

Their tireless efforts have not only shaped the HDU program into a beacon of excellence but have also cultivated a cohort of 19 highly skilled nurses. These professionals stand as a testament to the quality of training they have received, now fully equipped to provide exceptional care to patients in need of high-dependency care.

The success of the HDU program, a first of its

kind in Trinidad and Tobago, is a direct result of the meticulous planning, profound knowledge and compassionate teaching imparted by these esteemed nurses. Their contributions extend beyond the walls of the Sangre Grande Hospital, setting a new standard in healthcare education nationwide.

The Eastern Regional Health Authority extends deepest gratitude to these pillars for supporting our nursing community. Their diligence and devotion have not only enriched the lives of students but have also enhanced the level of patient care delivered by the Authority.

As we embark on this new chapter, we do so with immense pride and appreciation for their outstanding service. Their legacy will continue to influence generations of nurses to come and for that, we are eternally grateful.



*Celebrating  
Administrative Professionals  
at the  
Eastern Regional Health Authority*



**St. Andrew/St. David**



**Head Office**



**Nariva/Mayaro**



**Administration Building**



# Caring for Adolescents - Our Future Leaders

The Eastern Regional Health Authority (ERHA) is focused on its Vision and Mission to provide high quality healthcare and has taken steps to enhance services to the adolescent population ***Our Future Leaders*** who comprise approximately 25,000.

Adolescent Clinic Services commenced in County Nariva/Mayaro (NAMA) on April 24, 2024 under the lead of Dr. Asha Pemberton, Paediatrician, Head of Department Paediatrics, Sangre Grande Hospital. The new service is already available at the **Mayaro District Health Facility** on the **4<sup>th</sup> Wednesday of each month** and will be reintroduced at the Sangre Grande Enhanced Health Centre in August 2024. To access the service a referral is required.

It is recognised that during the transition phase between childhood and adulthood, that is ages 10-19 years, adolescents are faced with changes in multiple domains which include the physical, social, emotional, cognitive and intellectual. During this unique stage of development some adolescents are faced with health and social challenges and may experience serious mental disorders or become vulnerable to dangerous

behaviour which may include:

- **Binge drinking**
- **Drug/tobacco use**
- **Entertainment of casual sexual partners**
- **Participation in violent/criminal behaviour**
- **Involvement in serious/fatal accidents is also higher among adolescents.**

Research has shown that during adolescence, the changes in brain structure allow for establishment of behavioural patterns that last into adulthood. Thus, this period of 'brain plasticity' is an opportunity for health interventions, to establish positive, desirable habits to support clients to navigate through the challenges of adolescence and also assist in reducing the incidence of diseases during adulthood.

The ERHA is proactively expanding healthcare services to meet the needs of the adolescents in the communities we serve and to safeguard their health and well-being.

## Vaccines save lives!

Over **575** persons comprising the migrant population, unvaccinated and under vaccinated persons responded to the call by the Eastern Regional Health Authority (ERHA) to ***"Catch Up"*** and change their vaccination status.

The vaccination drive was held in observance of the World Health Organization ***"World Vaccination Week,"*** under the theme ***"Engage now to protect your future."***

Activities were conducted during the period April 24-30, 2024 to sensitise participants on the

importance of vaccines, availability of vaccines and the legal requirements for entry into educational institutions.

To increase access, vaccines such as 2nd MMR; HPV; influenza; yellow fever; measles; mumps; rubella; varicella; pneumococcal; hepatitis; meningococcal and polio amongst others were offered at ERHA health facilities and outreach programmes held at multiple locations. These include primary schools, homes for the aged, farms, bakeries and government offices.



# Good News



**Donna Paul**

Admin, please allow me to share this  
I had cause to visit Sangre Grande hospital yesterday, I haven't been there as a patient in quite a long time (2015)  
I was already afraid because I hear of so many bad experiences but mostly because I'm generally afraid of hospitals  
My experience was really good  
I thank God  
I was able to get through casualty in 5 mins  
I didn't even know where I needed to go  
The attending Dr. Sean Pascall was very kind and informative.  
I was well attended to at the pharmacy.  
Also at the Enhancement Center  
I just want to express my gratitude to the administrative staff and to God Almighty 🙏

*Posted on Facebook by Donna Paul*

*April 9, 2024*

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



# Overview of Research Made Easy - Lecture 3

## "Choosing the Study Subjects: Specification, Sampling and Recruitment"

A population is a complete set of people with specified characteristics whereas a sample is a subset of the population. The characteristics that define a population tend to be geographic - for example, the population of Trinidad.

### The defining characteristics of a research can be:

#### **Clinical and Demographic Characteristics**

This is defined as the target population, the large set of people throughout the world to which the results may be generalized. Example, teenagers with asthma.

#### **Accessible Population**

This is the portion of the target population (geographic/time period) that is available/accessible for study by the researcher.

Example, teenagers with asthma living in the investigator's town this year.

#### **Intended Study Sample**

This is the subset of the accessible population that the investigator seeks to include in the study.

#### **Actual Study**

Sample which is the actual group of subjects that does participate in the study.

### Generalisability in Research

This is a characteristic of the relationship between results from a specific study sample and a specific target population. It is the degree to which you can apply the results of your study to a broader context. Therefore, to make meaningful inference about a study results, the target population of interest must be

well-defined and sample must be sufficiently a representation of the target population.

### Establishing Selection Criteria in Research

#### **Inclusion Criteria**

This is defined as the main characteristics of the target population that pertain to the research question. In other words, these are the key features of the target population that the investigation will use to answer the research questions. For example, demographic characteristics such as age and gender and geographic characteristics such as Trinidad or another country.

#### **Exclusion Criteria**

This is defined as those factors or characteristics that make the recruited population ineligible for the study. In other words, this is specifying the characteristics of the population that will not be studied due to various factors such as the inability of providing good data. For example, language barrier difficulties.

### Sampling Methods in Research

There are two sampling methods in research namely: non-probability and probability sampling methods.

**Non-probability sampling** is where the sample population is selected in a non-systematic process that does not guarantee equal chances for each subject in the target population.

**Probability sampling** method is where all subjects in the target population have equal chances to be selected in the sample.

# SAHARAN DUST



Saharan dust comes from the Saharan Desert in Northern Africa. **Thunderstorms and cyclones** can produce high-speed winds that lift the dust and transport it thousands of miles through the air. The dust can travel around the globe to parts of Europe, South America, Central America, the Caribbean and the United States.

## SAHARAN DUST ON YOUR HEALTH

Saharan dust can be harmful to your health. The particles can be breathed in and enter your lungs and blood stream, potentially triggering asthma attacks in people who have asthma and aggravating other respiratory conditions. Saharan dust worsens air quality and increases the levels of particulate matter in the air.

Saharan dust can affect anyone. But like all particulate pollution, it bothers some people more than others. People most likely to experience health problems caused by exposure to Saharan dust includes the following:

- **Children and babies**
- **Older adults**
- **People with underlying lung conditions**
- **People with chronic cardiopulmonary diseases**

Saharan dust has been linked to increased emergency department visits for:

- **Asthma**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Respiratory infections**

## TAKE ACTION

When Saharan dust levels are high, take steps to limit the amount of air you breathe in while you are outside. For example, think about spending more time indoors where Saharan dust pollution levels are usually lower. Choose easier outdoor activities (walking instead of running) so you do not breathe as hard.

## AIR QUALITY INDEX

The Air Quality Index (AQI) is a number used by government agencies to communicate to the public how polluted the air currently is or how polluted it is forecasted to be. As the AQI increases, an increasingly large percentage of the population is likely to experience increasingly severe adverse health effects. You can check the air quality in your region by using the following link: [AQMIS | Dashboards \(weblakes.com\)](https://ei.weblakes.com/RTTPublic/DshBrdAQI%20https://www.cdc.gov/air/saharan-%20dust.html)

### Sources:

<https://ei.weblakes.com/RTTPublic/DshBrdAQI%20https://www.cdc.gov/air/saharan-%20dust.html>



## 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.



**April 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**

**Website : [www.erha.co.tt](http://www.erha.co.tt)**



**ERHA Trinidad & Tobago**



**@erhatrinidad**