



The Eastern *Vibes*

Monthly Newsletter 2018

April 2018, Issue #47

ERHA CELEBRATES ADMINISTRATIVE PROFESSIONALS WEEK 2018



Administrative staff celebrates Administrative Professionals Week 2018 at the North Eastern Community Centre, Duranta Gardens



Ronald Tsoi-a-Fatt, Chief Executive Officer, brings greetings



Dr. Karen Pierre, Assistant Professor, delivers a presentation on teamwork

The Eastern Regional Health Authority hosted an Administrative Professionals' Appreciation Programme on April 24, 2018, in celebration of this year's Administrative Professionals Week (April 23rd-April 27th).

The programme was held at the North Eastern Community Centre, Duranta Gardens, where the Authority's Administrative Assistants and Junior Administrative Assistants were recognized and honoured for their hard work and dedication.

Administrative professionals were greeted by Harigobin Jhinkoo, General Manager-Human Resources, who presented corsages and escorted the Guests of Honour to their seats.

Ronald Tsoi-a-Fatt, Chief Executive Officer, brought greetings and graciously thanked the administrative professionals for their valuable contribution and commitment to healthcare. Tokens and gifts were also presented and two (2) Administrative Assistants shared their experiences as administrative professionals.

The feature presentation at the event was facilitated by Dr. Karen Pierre, Assistant Professor and Programme Leader at the Health Sciences and Health Administration Unit, University of Trinidad and Tobago. Dr. Pierre conducted an interactive and informative session on the different types of teamwork and focused on its importance.

See photos above

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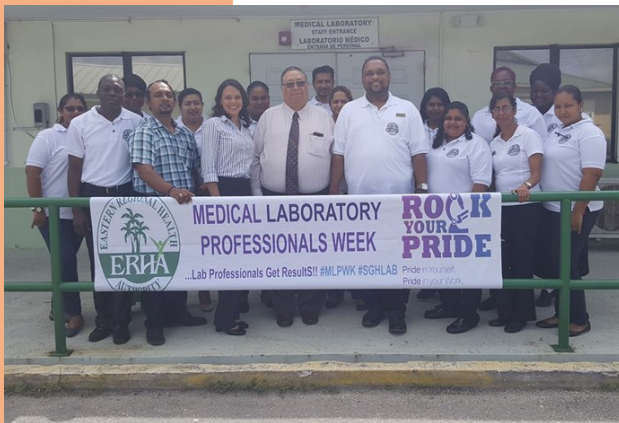
- ERHA Celebrates Administrative Professionals Week
- Medical Laboratory Professionals Week 2018
- ERHA Warmly Congratulates New Managements
- World Social Work Day Activities
- World Health Day
- Healthy Living Workshop at Mayaro
- Easter Parade and Tea Party at SGH
- Immunization Outreach Programmes Continue
- Chronic Disease Sports and Family Day
- Mayaro Wellness Committee Participates in a Health Walk
- Customer Service Training
- Training on the Mental Health Gap Action Programme
- Special Feature: Are You Ready for a Disaster?

MEDICAL LABORATORY PROFESSIONALS WEEK 2018

The Sangre Grande Hospital's Medical Laboratory Department celebrated Medical Laboratory Professionals (MLP) Week on April 22nd - 28th, 2018 with the theme "One Lab, One Team, Making a Difference in the Community."

This year's celebrations focused on recognizing the vital role both medical laboratory professionals and pathologists play in healthcare.

The week's activities commenced with an Opening Ceremony, breakfast for the Laboratory staff and continued with student tours and lectures.



Ronald Tsoi-a-Fatt, Chief Executive Officer, (centre) with management and staff of the Medical Laboratory Department

Secondary school students were invited to visit the lab in an effort to educate young minds on the field of medical laboratory. Prizes were also awarded to the hard working professionals.

One of the highlights from MLP Week 2018, was the attendance of Ronald Tsoi-a-Fatt, Chief Executive Officer, who took a tour of the lab and met with staff.

The Sangre Grande Hospital's Medical Laboratory Department wishes to thank the management and staff of the hospital for their continued support and looks forward to next year's celebrations.



"Brighten Your Corner" initiative which is aimed at enhancing the Patient Waiting Area and outside of the Medical Laboratory Department

Breakfast for staff at the Medical Laboratory Department



ERHA WELCOMES NEW MANAGERS

The Eastern Regional Health Authority wishes to congratulate Anita Rampaul-Mohamed who assumed duties as the General Manager, Legal and Corporate Affairs on November 30, 2017, and Marjella Paul on her appointment as Manager, Industrial Relations, Compensation and Benefits Administration with effect from January 04, 2018.

Ms. Rampaul-Mohamed has been working in the ERHA since 2013 where she was first employed as the Legal Officer/Corporate Secretary and then acted as General Manager Legal and Corporate Affairs.

She is the holder of a Bachelor of Laws Degree (Hons) from the University of the West Indies and is also a member of the Barbados Bar Association.

Ms. Rampaul-Mohamed also possesses a Legal Education Certificate from the Huge Wooding Law School.

Marjella Paul joined the ERHA family in 1999 where

she was initially employed as a Clerk I. She then held positions, such as, Human Resources Assistant, Human Resources Officer and also acted in the position of Manager-Industrial Relations, Compensation and Benefits Administration.

Ms. Paul possesses a Bachelor of Science Degree in Behavioural Science and Diplomas in Industrial Relations Practice and Public Relations.

Congratulations Anita Rampaul-Mohamed and Marjella Paul!



Active Lewis, Manager - Security Services (left) congratulates Anita Rampaul-Mohamed, General Manager, Legal and Corporate Affairs. (right)



Rachel John, Manager, Corporate Communications Ag. (left) presents Marjella Paul, Manager - Industrial Relations, Compensation and Benefits Administration (right) with a Welcome Package.

ERHA CELEBRATES WORLD SOCIAL WORK DAY 2018

In celebration of this year's World Social Work Day (March 20th), the ERHA's Medical Social Work Departments hosted various events and activities, educating clients, community members and staff on the importance of social work. Take a look at some of the highlights below.

County St. Andrew/St. David

The Medical Social Work Department of County St. Andrew/St David hosted a Mini Fair at the Cumuto Outreach Centre on March 23 2018, in celebration of World Social Work Day with the theme "Promoting Community and Environmental Sustainability."

The event gave members of the community an opportunity to engage with representatives from various organizations and assisted in bridging the gap between the community and needed resources.

Representatives from the Ministry of Agriculture, Land and Fisheries, Jobs and Career Coach, Alcoholics Anonymous and the Trinidad and Tobago Blind Welfare Association were present and provided display booths.

The audience was also treated to a live performance from former Extempo Monarch, Victor La Placelere (Lingo) who sang his 2017 calypso "Nobody Cares."

Staff members pose for a photo with Officers from the Trinidad and Tobago Police Service



Persons visit a Nutrition display at the Mini Fair

Sangre Grande Hospital

The Sangre Grande Hospital's Medical Social Work Team held their World Social Work Day activities on March 28, 2018 with an open-day at the hospital.

The Team held talks with both staff and clients; sensitizing them on the roles and functions of the Medical Social Work Department. Lectures were conducted tokens were distribution. Brochures on how to access external resources such as housing

repairs, remedial classes, financial assistance via Social Welfare etc. were also shared.

Additionally, tea and light refreshments were provided to the patients of the Oncology Department as part of the celebrations.

Members of the Sangre Grande Hospital's Medical Social Work Team at their celebrations



County Nariva/Mayaro

County Nariva/Mayaro's Medical Social Work Team recognized this year's Social Work Day with lecture sessions surrounding the theme "Promoting Community and Environmental Sustainability."

A presentation titled, "Thriving Through the Experiences in Motherhood: A Focus on Mental Health" was conducted during Antenatal Clinic sessions where persons were

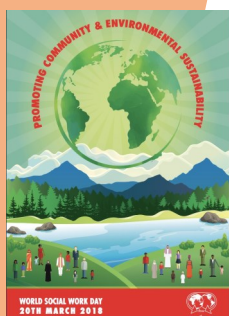
given the opportunity to meet Medical Social Workers and discuss issues with them. Information on mental health was also shared at various locations in County Nariva/Mayaro.



Anjanie Bittan (left) and Videsh Rampersad (right) Clerks, share information on mental health with clients at the Mayaro District Health Facility



Vesiash Ramtahal, Medical Social Worker I, chats with clients at the Mayaro District Health Facility



WORLD HEALTH DAY 2018

The Health Education Department of County St. Andrew/St. David hosted a Health Fair on April 5, 2018 in the community of La Tosca in recognition of World Health Day 2018.

The theme for this year's celebration was titled, "Universal Health Coverage: Everyone, Everywhere" and the community of La Tosca was targeted as a way of providing coverage to everyone, everywhere.

Blood pressure and glucose testing were available to all community members at the health fair and vaccines were also administered.

The Nutrition, Dental and Health Education Departments provided display booths at the event and residents of La Tosca were also sensitized on issues relating to health and wellness.

Additionally, information on support services were shared by the Medical Social Work Department and the Blind Welfare Association.

The County St. Andrew/St. David's Health Education Department wishes to thank all departments and staff members for their assistance in the successful execution of the Health Fair.

**UNIVERSAL
HEALTH
COVERAGE:
EVERYONE,
EVERYWHERE**



Sonja Spann, Dental Nurse,
gives a demonstration at the Health Fair

HEALTHY LIVING WORKSHOP AT NARIVA/MAYARO

The County Nariva/Mayaro's Health Education Process," "Diabetic Eye Care," "Nutrition," and "How to Cope with Depression and Pain" were conducted and persons were also given health education literature.

The event was held at the Rio Claro/Mayaro Lions Club Building, Mayaro, where a total of 130 persons attended.

Members of the Chronic Disease Support Groups, community groups and clients participated in interactive lecture sessions which focused on various areas of health.

Presentations titled "Understanding the Ageing

The County Nariva/Mayaro's Health Education Department says "thank you" to all who assisted in this year's Workshop and looks forward to continued teamwork in next year's event. *See photos below.*



Peter Jeffery, Health
Education Officer Ag,
conducts a
nutritional session at
the workshop



Vesaish
Ramtahal,
Medical Social
Worker I,
speaks about
dealing with
depression

EASTER PARADE AND TEA PARTY



Ladies pose for a photo in their Easter Hats



Children in their Easter attire at the parade

Friends of the Sangre Grande Hospital hosted their annual Easter Parade and Tea Party at the Sangre Grande Hospital on April 02, 2018.

Children were beautifully dressed and portrayed different aspects of Easter, such as, Western Culture and Religion.

Persons also participated in an Easter Egg Hunt and were treated to live entertainment. *See photos at left.*

IMMUNIZATION OUTREACH CONTINUES AT ERHA

In celebration of this year's World Immunization Week (last week of April) and in keeping with the Ministry of Health's national flu vaccination drive, the ERHA conducted several immunization outreach programmes throughout the month of April.

The Nursing Teams visited various business places and organizations within the Region in an effort to sensitize the public on the importance of vaccination.

Please visit your nearest health facility and get your flu shot today!



Sandra Ramdeen Newton, District Health Visitor (right) administers a vaccine to Constable Jason Archibald, Rio Claro Police Station at an Influenza Outreach Programme held in Ecclesville Village, Rio Claro



CHRONIC DISEASE SUPPORT GROUP: SPORTS AND FAMILY DAY

The County St. Andrew/St. David's Health Education Department hosted its annual Chronic Disease Support Group Fun and Family Day on April 25, 2018.

The event was held in observance of World Hypertension Day 2018 with the theme "Know Your Numbers."

The day's activities commenced with a Health Walk at Zachary's on the Eastern Main Road, Sangre Grande to the Recreation Ground, Ojoe Road, Sangre Grande. During the walk, persons displayed posters with various health tips.

Ronald Tsoi-a-Fatt, Chief Executive Officer, brought greetings at the Sports and Family Day and reminded members of the Support Groups to focus on wellness and to take charge of their health and well-being.

Fun activities followed, such as musical chairs, duck walk and armchair aerobics. Tips for healthy eating were given by members of the Nutrition Department and persons were also educated on maintaining a healthy Body Mass Index. *See highlights below.*



Health Walk to the Sangre Grande Recreation Ground

Members of the Chronic Disease Support Group Network enjoy Armchair Aerobics



MAYARO WELLNESS COMMITTEE PARTICIPATES IN A HEALTH WALK

In recognition of World Health Day, the Mayaro Wellness Committee participated in the BP Resource Centre, Terminal Health Safety Security Environment (HSSE) Committee's Health Walk on April 06, 2018.

Members of the Mayaro Wellness Committee along with BP staff and community groups walked throughout the Mayaro Village with placards and distributed health promotional flyers.

An exciting aerobic session was also conducted by Vavillus Bobb, Instructor and Committee Member of the Mayaro Wellness Committee. *See photo below.*



Members of the Mayaro Wellness Committee at aerobic session



CUSTOMER SERVICE TRAINING AT MAYARO

The Organizational and Employee Development (O&ED) Department commenced a customer service initiative through a three (3) day Train the Trainer Programme.

The first session was held on April 23, 2018 - April 25, 2018, at the Learning Resource Centre, Mayaro, where staff members of various categories attended.

The training session was facilitated by Dr. Roland Baptiste, Consultant at the Ministry of Public Administration and Communication and Lecturer at the University of the West Indies School of Business and Applied Studies (Roytec).

The O&ED Unit will be conducting the Train the Train Programme on a weekly basis in an effort to assist staff with providing exceptional customer service.

For more information on training programmes, feel free to contact the O&ED Department at 691-5066.

See photos below.



Dr. Roland Baptiste (left) presents Devi Ramtahal (right) with a Certificate of Participation



Members of staff at the Train the Trainer Programme

ERHA CONDUCTS TRAINING ON MENTAL HEALTH GAP ACTION PROGRAMME

A series of training sessions on the Mental Health Gap Action Programme (mhGAP) is currently being conducted to staff at the ERHA.

This programme is an intervention for the prevention and management of Mental, Neurological and Substance (MNS) disorders.

The sessions target mainly doctors, nurses, pharmacists and social workers. Areas, such as, epilepsy, dementia, child & adolescent mental & behavioural disorders, self-harm/suicide and disorders due to substance use are emphasized in the interactive sessions.

The six-month training programme which is coordinated by the Organizational and Employee Development (O&ED) Department began in February 2018 and continues with one session per month.



Facilitators and participants at an mhGAP training session held in February, 2018 at Sankar Building I



Participants in the first session of the mhGAP training programme

MENTAL HEALTH - WORD SEARCH

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

Find these words:

stress
pain
life
mood
mental
health

social
anorexia
hereditary
feelings
illness
depression

environment
eating disorder
isolation
symptoms
bipolar

motivation
personalities
treatments
psychological
anxiety



Answers for puzzle featured in March's Issue:

Answers: Across: 4-transplant; 7-GFR; 10-diabetes; 11-exercise.
Down: 1-dietitian; 2-dialysis; 3-salt; 5-nephrologist; 6-hormones; 8-protein; 9-kidney.



APRIL, 2018

HOSPITAL & HEALTH CENTRES

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 668-2273/2221/2468/2577
Tel/Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 630-1258/9
Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main Road
Coryal
Tel: 668-8066

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 643-9075

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

Guayaguayare Outreach Centre
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Toco Main Road
Matura
Tel: 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 644-2236, 644-0181 Fax: 644-3463

Sangre Grande Health Centre
Brierley Street and River Street
Sangre Grande
Tel: 668-2509

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Toco Health Centre
Paria Main Road, Toco
Tel: 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 667-8197

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt