



The Eastern *Vibes*

Monthly Newsletter 2018

July 2018, Issue #50

ERHA HOSTS AN INTERFAITH SERVICE TO LAUNCH ITS 21ST ANNIVERSARY CELEBRATIONS

"You Raise Me Up," was the inspirational call issued by The Honourable Terrence Deyalsingh, Ministry of Health, (Feature Speaker) to staff of the ERHA during his Feature Address as he invited them to join him at the Altar. Also in photo: Esme Rawlins-Charles, Chairman and Ronald Tsoi-a-Fatt, Chief Executive Officer (front)



ERHA staff and supporters



Members of the choir sing songs of praises



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Caring is the Key

ERHA CELEBRATES 21 YEARS! *(continued from front page)*

Over four hundred (400) persons gathered at the St. Francis of Assisi R.C. Church on July 24, 2018 to attend the Eastern Regional Health Authority's (ERHA) Interfaith Service and Mini Health Fair that was held to commence the celebration of the ERHA's 21st Anniversary.

The ERHA's Board of Directors, Chief Executive Officer and members of staff came together at the parish grounds to give thanks for all the ERHA's accomplishments over the past 21 years of its existence.

The Honourable Terrence Deyalsingh, Minister of Health, spoke at the Interfaith Service and graciously thanked the healthcare workers of the ERHA for their handwork and commitment to provide quality health care within the

Region and for always demonstrating that "**Caring is the Key**".

The Service was immediately followed by a Mini Health Fair as part of the ERHA's outreach activities. Blood pressure and blood glucose testing were available as well as Pap smear examinations, vaccination and health education information.

Mr. Rushton Paray, Member of Parliament for Mayaro, Mrs. Christine Newallo-Hosein, Member of Parliament for Cumuto Manzanilla, Mr. Terry Rondon, Chairman of the Sangre Grande Regional Corporation, Councillors, key stakeholders and of course, clients also participated in the celebratory activities.

See photos below taken at the Health Fair.



The Honourable Terrence Deyalsingh, Minister of Health poses for a "selfie" with Aneisha Elder, Registered Nurse



Staff and clients visit the Nutrition Desk



(L - R) Mrs. Christine Newallo-Hosein, Member of Parliament - Cumuto/Manzanilla chats with Sushma Ramkissoon, Registered Nurse-School Health Unit as she registers to get screened



The Honourable Terrence Deyalsingh, Minister of Health gets a blood glucose test done by Charmaine Spring, Registered Nurse - School Health Unit

ERHA RECEIVES KEYS TO THE SANGRE GRANDE ENHANCED HEALTH CENTRE

Ronald Tsoi-a-Fatt, Chief Executive Officer of the ERHA received the keys to the new Sangre Grande Enhanced Health Centre from Ronald Koylass, Project Manager, Ministry of Health during a meeting on July 24, 2018. Present to witness the handing over were representatives from the Ministry of Health, ERHA, NIPDEC and Adam's Project Management & Construction. All parties agreed that there was great teamwork and collaboration on the project.

Here are few photos taken at the handing over.



(L-R) Ronald Koylass, Project Manager, MoH, hands over keys to Ronald Tsoi-a-Fatt, Chief Executive Officer



Narine Singh, General Manager-Operations signs contract



(L-R) Narine Singh, General Manager-Operations; Angelina Rampersad-Pierre, Primary Health Care Services Administrative Officer; Anjanie Singh- Gyan, Area Administrative Officer (STAD); Dr Allana Quamina – Best, County Medical Officer of Health (Ag) (STAD); Ronald Tsoi-a-Fatt, Chief Executive Officer; Ronald Koylass, Project Manager, MoH; Irwin Archer, Project Officer, MoH; John Roopchand, Site Control Officer, NIPDEC; Vyas Ramphalie, Head, Property Development; NIPDEC and Arshad Ali, Chief Engineer, Adam's Project Management and Construction take a group photo at the SGEHC

10 QUESTIONS & ANSWERS ABOUT THE SANGRE GRANDE ENHANCED HEALTH CENTRE (SGEHC)

The Sangre Grande Enhanced Health Centre will be commencing services on **September 04, 2018** and both staff and public are eagerly awaiting its opening.

Here are a few important things you should know about this facility to help prepare you when accessing services at the new Sangre Grande Enhanced Health Centre:

Q1: *Is the SGEHC the same as the Sangre Grande Health Centre?*

A: Not quite. The same clinical services such as antenatal, post natal, family planning, child welfare and chronic disease clinics will be available. However, new services will also be introduced at the SGEHC.

Q2: *What are the enhanced services that will be available?*

A: Radiology- both x-rays and ultrasounds

- *Optometry*
- *Specialised Wound Care*
- *Podiatry*
- *Point of care blood tests eg. Blood count*
- *General Practitioner (GP) Walk-in clinic*



Q3: *Will the SGEHC be open every day?*

A: Yes. Services will be available from 8:00 a.m. – 8:00 p.m. on Mondays-Fridays and from 9:00 a.m. – 5:00 p.m. on Saturdays, Sundays, and public holidays.

Q4: *Will all of these enhanced services be available from 8:00 a.m.. – 8:00 p.m. on weekdays and during weekends?*

A: No. The following services will be available whenever the facility is open:

- General Practitioner Walk in clinic
- Pharmacy services
- X-ray services
- Point of care testing
- ECGs

Q5: *Will dental services still be available?*

A: Yes. The new dental suite will also have the capacity to perform dental x-rays.

Q6: *Is there an Accident & Emergency Department at SGEHC?*

A: No. Serious accidents and emergencies will continue to be seen at the A&E Department at the Sangre Grande Hospital. However, non-life threatening conditions and minor injuries can be assessed at the GP Walk in Clinic at the SGEHC.

Q7: *Will Mental Health services be available at SGEHC?*

A: Yes. The team that provides care at the existing Sangre Grande Health Centre will host the mental health clinic at SGEHC.

Q8: *If I am working on the North Coast can I park my car at the SGEHC while I take the shuttle?*

A: No. There is limited parking at this new facility.

Q9: *If I work at the Sangre Grande Hospital can I park at the SGEHC?*

A: No. There is limited parking at this new facility.

Q10: *Will patients be kept overnight at SGEHC?*

A: No. There is no inpatient facility at the SGEHC

ERHA BRINGS HEALTHCARE TO CLIENTS

Scores of residents from Rampanalgas and Plum Mitan came out to their Community Centres to access primary health care services provided by the Eastern Regional Health Authority (ERHA) on July 30, 2018 and July 31, 2018 respectively.

The ERHA responded to requests from residents and brought health care services directly to the people. Health Care Providers within both Counties came together to provide a wide range of services at the outreach programmes. These included screening; dental; vision; medical checks; HIV testing; immunization; nutrition; social worker consultations; pap smear and pharmacy services.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer attended the Outreach Programme held at the Plum Mitan Community Centre and encouraged residents to practice healthy lifestyles. Mr. Rishi Deonanan, President of the Plum Mitan Village Council was also at the event and graciously thanked the ERHA for its good work and expressed gratitude for bringing healthcare to the people.

Ms. Angela Baptiste, a resident of Rampanalgas who requested the service during the Authority's Community Consultations stated, "I am happy that you all are here. I promoted the clinic to the residents for them to know what is going on with their health." She also indicated that since the bus service from her area was stopped, she missed clinic due to a lack of transportation. Ms. Baptiste recommended that the community health service be provided twice yearly.

Other residents also complimented the Team for their professionalism and the high quality service that was provided.



Ronald Tsoi-a-Fatt, Chief Executive Officer delivers an Address at the Plum Mitan Community Centre



A resident of Rampanalgas gets her eyes checked at the Rampanalgas Community Centre



Rishi Deonanan, President of the Plum Mitan Village Council visits the Health Education Display Booth at the Plum Mitan Outreach

ERHA PREPARES FOR DISASTERS

Staff at the Eastern Regional Health Authority recently completed a training programme on Emergency Operations Centre (EOC) Management and the Incident Command System (ICS). This programme will equip employees with the necessary skills and knowledge to coordinate Incidence response in the health service within the Eastern Region during disasters.

While the EOC is a physical location, the ICS is a globally recognized all-hazards approach to coordinating disaster response. It is a management system that allows for greater response efficiency through enhanced stakeholder coordination, similar communication and a standardized organization for incidence response.

In 2017, the Ministry of Health in its review of existing disaster response mechanisms, advocated for the adoption of the ICS in the health sector. As such, the Authority has sought to integrate the ICS into our disaster response mechanism.

The two-day practical workshop was conducted

in-house by Ms. Alana Lewis, Disaster Preparedness Coordinator. Ms. Lewis guided the participants through the modules to ensure that they understood the basics of the ICS; identify where they fit into the standardized structure and clarified their roles under the ICS structure. The session sought to outline these requirements and identify gaps in the existing EOCs.

Additionally, it explored media relations in disaster management and stress management during emergency operations. The Command System will be managed by staff who will be on-call during disasters to minimize disruption to the health service.



Alana Lewis, Disaster Preparedness Coordinator (presenter) conducts training session for managers/supervisors

DISASTER PREPAREDNESS FEATURE : RAINY SEASON

The rainy season is upon us and it is important that we are prepared for what to expect during this season. Here are a few points on what you should know:

What happens during the rainy season?

You may have heard about ITCZ and that it brings the rainfall we experience during the rainy season. However, what is the ITCZ?

The ITCZ or the Inter Tropical Convergence Zone is a belt of lower pressure which circles the earth near the equator and appears as a band of clouds consisting of showers and occasional thunderstorms. This is the major feature of our rainy season.



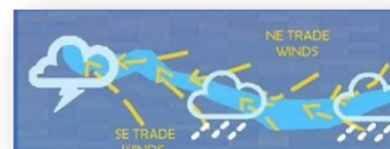
When does the ITCZ affect Trinidad and Tobago?

The ITCZ brings showers / thunderstorms intermediately between May-November.

During the dry season the ITCZ is well South of Trinidad during (January-May).

What influences the ITCZ?

The ITCZ is the zone where the North East Trade Winds meet the South East Trade Winds.



1. Winds meet/converge near surface.
2. Air is then forced to rise after meeting .
3. Once air is cooled vapour turns into liquid/clouds form.
4. With sufficient moisture, cloud drops will get bigger until they fall as showers.

Tropical waves/troughs can interact with the ITCZ and influence the amount of shower/thunderstorm activity.

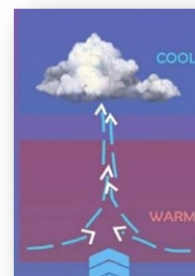
What are Tropical Waves?

Tropical waves are another common feature during the rainy season. Tropical waves are areas of low atmospheric pressure often develop in the waters east of the Caribbean islands all the way to Eastern Africa during the local rainy season. The air in the African continent varies in temperature and humidity. The convergence of these different types of airs causes a kink in the air flow that looks like a wave. The wave then moves across the Atlantic Ocean.

Some tropical waves cause significant rainfall and damage, while the more common ones are not as strong and cause the typical rainfall and thunderstorm during the rainy season. Storms often start as tropical waves but a number of conditions must be met for storm formation and as such many tropical waves do not develop into storms.

What can you do to be safe on the roads during downpours?

- Slow Down. Drive below the speed limit.
- Turn on your wipers.
- Turn on your headlights.
- Do not turn on hazard lights.
- Plan your route.
- Watch out for road hazards.



Be Keen

*** Be Alert ***

Drive

ERHA WELCOMES A NEW MANAGER - PROJECT UNIT

Ms. Cathy Ann Fuentes assumed duties as the Manager-Project Unit at the Eastern Regional Health Authority (ERHA) with effect from July 02, 2018.

Ms. Fuentes comes to the ERHA with a wide range of working experience. She held positions of Laboratory Technician and Civil Engineer at Caribbean Industrial Research Institute (CARIRI) as well as Project Manager, Programme Manager, Senior Programme Manager, Acting Head-Property Development Department and Consultant during her tenure at the National Insurance Property Development Company Limited (NIPDEC).

Ms. Fuentes is presently the Chairperson of the Properties Committee at St. Francis of Assisi R.C. Parish, Sangre Grande, and is registered with the Board of Engineering of Trinidad and Tobago. She is currently a Fellow by the Association of Professional Engineers of Trinidad and Tobago (APETT) and is also a member of the Project Management Institute.

During her studies, she acquired a Master of Science in Construction Engineering & Management; a Masters Certificate in Project Management and an

Executive Master of Business Administration. Ms. Fuentes also holds a Bachelor of Science in Civil Engineering (Upper Second Class Honours) from the University of the West Indies.

The Authority congratulates Ms. Fuentes on her appointment as the new Manager - Project Unit as we continue to work together to provide quality healthcare to the population.



(L-R) Pearl Singh, Project Officer presents a Welcome Package to Cathy Ann Fuentes, Manager - Project Unit

RECIPE: PAPAYA BANANA SMOOTHIE

INGREDIENTS

- 1 cup milk
- 1/4 cup Greek yogurt (optional)
- 1 teaspoon pure vanilla extract
- 1 small ripe banana, peeled and sliced
- 1/2 large, ripe papaya, peeled, seeded and chopped
- 1 cup ice cubes

DIRECTIONS

Combine the milk, yogurt, vanilla, banana, papaya and ice cubes in a blender and blend until smooth. Pour into a large glass.

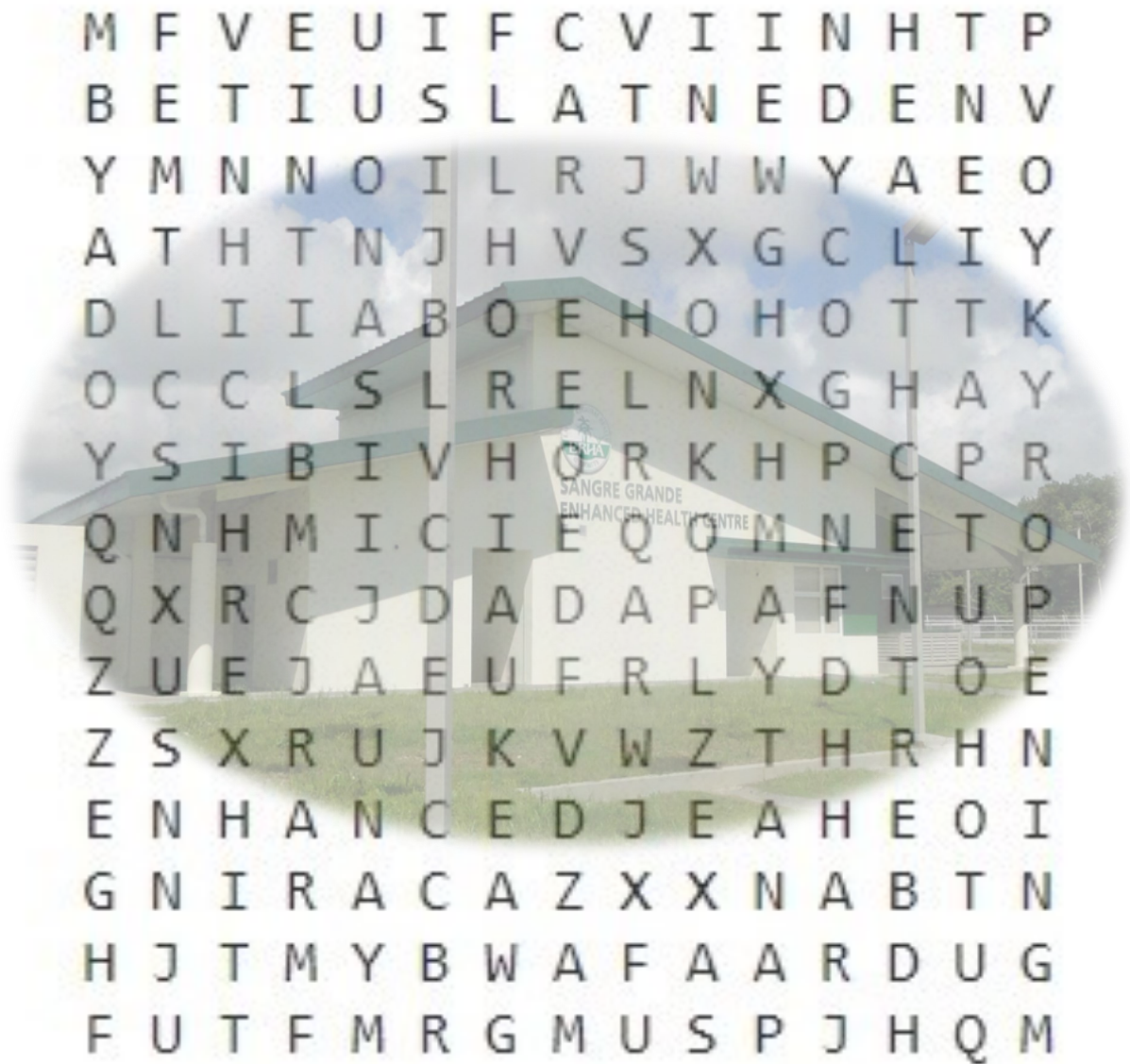
Prep: 2 min

Yield: 1 serving



SANGRE GRANDE ENHANCED HEALTH CENTRE

WORD SEARCH



NEW FACILITY

NEW SERVICES

OJOE ROAD

OPENING

OUTPATIENT

RADIOLOGY

CARING

CLINICS

DENTAL SUITE

ENHANCED

HEALTH CENTRE

MENTAL HEALTH



JULY, 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