



# The Eastern Vibes

## Monthly Newsletter 2018

August 2018, Issue #51

### EMPOWERING COMMUNITITES TO DEAL WITH DISASTERS



The Honourable Terrence Deyalsingh, Minister of Health delivers the Feature Address



The Honourable Terrence Deyalsingh, Minister of Health and participants practice CPR technique in the Disaster Preparedness Training Session. Ronald Tsoi-a-Fatt, Chief Executive Officer (back row centre) looks on with other participants.



Participants of the Disaster Preparedness Outreach Programme

Over 50 participants representing thirty-two (32) Community Organisations in the Nariva/Mayaro County were empowered during a Disaster Preparedness Outreach Programme to take charge of their situation during disasters.

The Programme which was an initiative of the Eastern Regional Health Authority (ERHA) was held on 17th August, 2018 at the Mayaro Fire Station. The aim of the programme was to strengthen disaster resilience of individuals and communities by equipping them with the knowledge and skills to ensure their safety during times of disaster, and to encourage them to take necessary measures to enhance their preparedness.

The Honourable Terrence Deyalsingh, Minister

of Health in his Feature Address encouraged the participants to take up their personal responsibility during disasters. Minister Deyalsingh identified key areas for persons to focus on before, during and after disasters. These include, inter alia, taking care of the elderly and persons with chronic diseases and ensuring that they have sufficient medication for a two week period; preventing water borne diseases, mosquito borne diseases and cleaning and sanitizing their surroundings was also advised. Minister stressed the importance of using protective gear when disposing of dead animals and to properly wash canned foods that may have been exposed to flood waters prior to opening.

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## CEO UPDATES MEDIA ON ACHIEVEMENTS OF THE ERHA



Ronald Tsoi-a-Fatt, Chief Executive Officer of the ERHA address members of the media

Also in photo:  
(left to right) Wendy Ali, Chief Executive Officer, NWRHA, Dr. Vishwanath Partapsingh, Chief Medical Officer (Ag.), Ministry of Health, The Honourable Terrence Deyalsingh, Minister of Health, Dalvin Thomas, Chief Executive Officer, NCRHA and Keith McDonald, Chief Executive Officer, SWRHA

Ronald Tsoi-a-Fatt, Chief Executive Officer of the Eastern Regional Health Authority (ERHA) address members of the media on the achievements of the Authority during a media conference held at the Ministry of Health on August 8, 2018.

Mr. Tsoi-a-Fatt indicated that the services offered by the ERHA were shaped by feedback from clients through its annual community consultations. He outlined some of the initiatives undertaken to enhance service delivery in primary care development which include inter alia, the establishment of clinical community outreach for the Rural villages of Rampanalgas and Plum Mitan.

The commissioning of seven new ambulances and the establishment of a School Health Assessment Team to address Non Communicable Diseases (NCD).

At the Sangre Grande Hospital achievements include the completion 320 cataract surgeries, 605 orthopedics surgeries, 41 joint replacements of knees including hip and shoulders also arthroscopy of the knee, shoulder and wrist. Enhanced Dialysis Care with new Infection Control Suite and increased patient flow. New Neo-Natal Intensive Care Unit that contributed to the national strategy to reduce maternal mortality to zero. 3,234 sessions of chemotherapy completed. The installation of a new digital main X-ray Unit and two new digital mobile X-ray Units and improved linkage of X-ray services through PACS/RIS Technology to share images across facilities. The Commissioning of 10 new beds in Oncology and Orthopedics. Infrastructural Upgrades include the following:

### **INFRASTRUCTURAL UPGRADES COMPLETED**

- The Refurbishment of Wards 5 & 6, with High Dependency Unit and Discharge Lounge.
- Upgraded the Diesel Bond and LPG Storage Facility
- Installed a Fire Suppression and Fire Alarm System
- Refurbished the kitchen, inclusive of new equipment and the main Public Washroom Facilities

### **INFRASTRUCTURAL UPGRADES IN PROGRESS**

- Refurbishment Wards 1 & 2 to include baby friendly spaces
  - Construction of a new CT Scan Suite to accommodate a new 15 slice CT Scanner
  - Relocation of Endoscopy Unit in order to construct an additional (4<sup>th</sup>) Operating Theatre
  - Completion of the New CSSD / Pharmacy / Medical Records Building
  - Electrical upgrade of the entire facility
- Mr. Tsoi-a-Fatt also took the opportunity to inform the media about the Authority's involvement in Disaster Management, recognizing the location of some of its clients.

The CEO also provided the media with a breakdown of the number of doctors employed with the Eastern Regional Health Authority. He stressed the challenges encountered with the filling of vacancies as persons prefer not to work in rural areas.

In closing, Mr. Tsoi-a-Fatt reiterated that the Eastern Regional Health Authority was responding to the needs of its clients and is demonstrating that ***Caring is the Key.***



● Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer (2nd from left), presents trophies to overall winners—Sangre Grande Hospital 
 ● Audience 
 ● Head Office Cookout Team - Stush Infusion 
 ● Tug of War fun 
 ● Teams compete in novelty events 
 ● STAD March Past Team

## ERHA Hosts Sports and Family Day

The Eastern Regional Health Authority (ERHA) held its Sports and Family Day at the Trinidad and Tobago Prisons Sports, Recreational and Cultural Club in Arouca on Sunday 5th August, 2018 under the theme, **“Caring is the Key.”**

The event was officially opened by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer who in his brief remarks encouraged members of staff to **“move forward and do what we do best as caring is the key that open the doors to quality care”**. He thanked everyone for coming out to participate and urged them to have a beautiful time.

Over 1,100 members of staff, board members, family and friends cheered on the four teams which represented Head Office, Sangre Grande Hospital, Nariva/Mayaro and St. Andrew/St. David as they participated in the March Past, Cook out and the novelty games.

## RESULTS

### Overall Sports

- 1st - Sangre Grande Hospital
- 2nd - St. Andrew/St. David
- 3rd - Nariva/Mayaro
- 4th - Head Office

### March Past

- 1st - Sangre Grande Hospital
- 2nd - St Andrew/St. David
- 3rd - Head Office
- 4th - Nariva/Mayaro

**Best Flag** - Nariva/ Mayaro

**Best Queen** - Sangre Grande Hospital

### Cookout Competition

- 1st - Nariva/Mayaro
- 2nd - Head Office
- 3rd - Sangre Grande Hospital
- 4th - St. Andrew/St. David

### Aerobics

- 1st - St. Andrew/St. David
- 2nd - St. Andrew/St. David
- 3rd - St. Andrew/St. David

**“Caring is the Key”**

## ERHA's CAMP R.O.C.: "How have you been?"

### **Changing habits and cultures may take a lifetime.**

However, when 9 year old Annelia Hosein, could boast to Nutrition Camp ROC Instructor that she was eating a healthy snack instead of her regular snacks and Ayeisha Daniel, 9, could report that she practiced one of the healthy snacks recipes learnt at the camp at home, the Eastern Regional Health Authority is convinced that the Nutrition Camp was a success.

Fifteen children from communities within the Eastern Region graduated from the one week camp on August 9, 2018 at the Sangre Grande Civic Centre and will all take the lessons learnt back to their homes and to their schools.

Camp R.O.C. is a nutrition camp that teaches children how to make healthy choices to reduce obesity and to improve their approach to eating and their lifestyles. During the programme, the children were exposed to a holistic approach to stay healthy. This included healthy eating; importance of physical activity which comprise a practical yoga session; loving me segment which focused on inspirational and morale boosting talks by

professionals; hands on grow boxes session or plant their own food; personal hygiene and craft.

It was managed by the Health Education Team of the ERHA and is a project of the Health Education Division of the Ministry of Health under the Directorship of Ms. Yvonne Lewis. At the closing ceremony, Ms. Lewis reminded the children of the theme for the camp, **"Healthy You, Healthy Me, Healthy T&T"** and encouraged them to practice what they learnt at home. She also thanked the Pan American Health Organisation (PAHO) for supporting the camp and congratulated the STAD team for their consistent participation in the camp and for working with the children and their parents.

All R.O.C. campers were presented with certificates and tokens.



Campers and parents at the Graduation Ceremony



Yvonne Lewis, Director –Health Education, Ministry of Health presents certificate and token to



Campers demonstrate healthy and unhealthy foods in a

## HEALTH EDUCATION: WOMEN'S HEALTH, MEN'S HEALTH



Participants at the Sangre Grande Hospital Conference Room during the Men's Health Programme

The Health Education Department of County St. Andrew/St. David hosted three Women's Health Programmes and a Men's Health Programme during the month of July, 2018 .

The Women's Programme were conducted at the Grosvenor Presbyterian Primary School, Coalmine District, North Eastern Settlement and Plum Mitán Community Centre as a collaborated effort with Nariva/Mayaro as an Outreach Clinic. The Men's Health Programme was conducted at the Sangre Grande Hospital Conference Room.

At the Men's Health Programme the main objective of the session was to sensitize men on the risk factors by encouraging them to practice healthy lifestyle . It is expected that the knowledge gained would be used to reduce the key risk factors of Prostate Cancer and Chronic Diseases. Lectures were done on Andropause, Prostate Cancer and Chronic Disease.

At the Women's Health Programme the Eastern Regional Health Authority partnered with the Trinidad and Tobago Cancer Society which conducted Pap Smear and Breast Examination screening at two of the Programmes.

Screening for Blood Pressure and Blood Sugar was also done. Lectures about Menopause was also given to clients as they wait to be screened.

The general consensus from participants indicated that the initiatives were well received and requests were made for the programme to be conducted annually.

## HEALTH EDUCATION ACTIVITIES IN NAMA



Campers at the Mayaro Secondary School pose for photo

The County Nariva/Mayaro's Health Education Department successfully conducted a "Healthy Me Camp" with students identified as at risk for chronic diseases within the school's Non-communicable Disease (NCD) Prevention Program.

The camp begun with Cluster One between the 6<sup>th</sup> - 10<sup>th</sup> August, 2018 at the Rio Claro Secondary School followed by Cluster Two on the 13<sup>th</sup> - 17<sup>th</sup> August, 2018 at the Mayaro Secondary School.

factors for NCD's which includes, Unhealthy Eating, Physical Inactivity, Tobacco and Alcohol use and there was also a Mental Health component. Each day the students participated in physical activities, games and interactive sessions. They gained hands on experience when they learned how to make health sandwiches and smoothies. Some of the topics discussed at the camp were the Importance of Exercise, Personal Hygiene, Healthy Meal Planning and Eating, Effects of Tobacco and Alcohol, Benefits of Planting your own food, Peer Pressure and Bullying. The presentations were informative and interactive which the children enjoyed.

There were a number of facilitators at the camp including personnel from the Ministry of Agriculture, Children's Authority of Trinidad & Tobago, Community Police, The National Alcohol and Drug Abuse Prevention Programme (NADAPP) and the Youth Training Centre. Internal facilitators included Astra Bennett-Edwards, Wellness Coordinator, Zanisha Mohammed-Jaimungal, Senior District Health Visitor Cluster II, Lisa Myers, Dietitian, Peter Jeffrey, Health Education Officer, and Vesaish Ramtahal, Social Worker I.

At the end of the camp the children were presented with Certificates by the Health Team.



Children presents poster on Drug Prevention



Students learn how to make healthy sandwiches with assistance from food demonstrator Shelly-Ann Charles



Children display their talent



Exercise at the Healthy Me Camp

## PAPSMEAR OUTREACH AT RIO CLARO



ERHA staff at the Rio Claro Outreach Programme

On August 09, 2018 health care professionals at the Rio Claro Health Centre conducted an Outreach Programme for women at the Rio Claro Health Centre.

Over forty (40) women attended and benefitted from the services offered which included breast examination and pap smear. They were advised to do a pap smear yearly as this is one of the most important ways to detect and prevent abnormalities in the cervix.

They were also encouraged to lower the risk of breast cancer

by maintaining a healthy weight; not smoking; moderately using alcohol and exercising regularly. Patients were also given literature for additional information to maintain their health.

## WORLD BREASTFEEDING WEEK 2018

World Breastfeeding Week is celebrated annually from the 1<sup>st</sup> - 7<sup>th</sup> August. It is a worldwide event, organized by the World Alliance for Breastfeeding Action (WABA), an international network of organizations that promote and support breastfeeding around the world. The theme for 2018 is ***Breastfeeding: Foundation of Life.***

Indeed, the importance of breastfeeding for lifelong good health for both mother and baby cannot be underscored. However, for many mothers in Trinidad and Tobago, breastfeeding may be challenging. Additionally, many mothers may be presented with “advice”, which many times is inaccurate and make breastfeeding unnecessarily complicated.

*Here are some popular breastfeeding myths, busted!*

### **A breastfeeding mother has to drink lots of fluids. Not true!**

A mother should drink according to her thirst. Some mothers may be thirsty all the time, while others may not drink more than usual. The mother’s body knows if she needs more fluids and tells her by making her feel thirsty.

### **A breastfeeding mother has to be strict about what she eats. Not true!**

A breastfeeding mother should eat a balanced diet, but does not need to eat any special foods or avoid certain foods. She does not need to drink milk in order to make milk. Although certain foods the mother eats may affect the baby, all women do not need to avoid these foods e.g. spicy foods, garlic, cabbage. A breastfeeding mother should eat a normal healthy diet, using foods from the Caribbean Six Food Groups.

### **An exclusively breastfed baby needs extra water in hot weather. False!**

For exclusively breastfed babies, no extra water is needed as breast milk contains all the water the baby requires. In addition, offering young babies water may cause them to drink less breast milk or to stop breastfeeding early, which can cause malnutrition.

### **A breastfeeding mother has to eat more in order to make enough milk. Not true!**

It is commonly said that women need to eat 500 extra calories a day in order to breastfeed. Some women do eat more when they breastfeed, but others do not. Unless the mother’s calorie intake becomes critically low for a prolonged period of time, milk supply or quality is unaffected. The mother should eat a balanced diet based on her appetite.

### **Breastfed babies should be started on solid foods before six months to get accustomed to eating regular foods. Not true!**

By ages 4 months to 6 months, most babies are ready to begin eating solid foods as a complement to breast-feeding or formula-feeding. By waiting until 6 months of age, before introducing solid foods to babies who are exclusively breast-fed, can help ensure that they get the full health benefits of breast-feeding. Starting solids too early before age 4 months may cause allergic reactions, upset stomach and swallowing problems.

#### **References**

- Information sheet Breastfeeding Myths, Jack Newman MD, FR PC, IBCLC, 2009. Revised by Edith Kernerman, IBCLC, 2009
- <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/starting-solids/faq-20057889>
- <http://www.who.int/features/qa/breastfeeding/en/>

## VALENCIA BRINGS CHEER TO THE ELDERLY



Astra Edwards-Bennett, Wellness Coordinator (6th from left), with members of the Valencia Wellness Team

Smiles were brought to the faces of elderly persons in the community of Valencia on August 03, 2018 as members of the Valencia Wellness Committee made courtesy calls to four (4) elderly homes and six (6) shut-ins or persons confined to indoors.

The Committee presented fruit baskets to the homes while members engaged the elderly in conversations, singing and in prayer.

Astra Edwards-Bennett, Wellness Coordinator also accompanied the Team on its outreach programme which is one of the initiatives that seeks to assist in the welfare and social upliftment of the elderly in the community.

The Valencia Wellness Committee continues to provide quality service to their community with compassion and dignity, as they demonstrate that **"Caring is the Key."**



Member of an elderly home engages in conversation with committee member



Committee member has a chat with resident

## MINISTER OF HEALTH TOURS THE MAYARO DISTRICT HEALTH FACILITY



The Honourable Terrence Deyalsingh, Minister of Health chats with a member of staff at the Mayaro District Health Facility

On August 17, 2018 the Honourable Minister of Health Terrence Deyalsingh, Minister of Health, paid a short visit to the Mayaro District Health Facility, accompanied by Ronald Tsoi-a-Fatt, Chief Executive Officer of the Eastern Regional Health Authority.

Minister Deyalsingh was welcomed by Zanisha Mohammed-Jaimungal, Senior District Health Visitor Cluster II and other members of staff who guided him on the tour of the facility. During the visit the Minister was engaged by employees who embraced the opportunity to meet with him and exchange their views on matters of mutual interest.

The Minister reinforced the Ministry's commitment to supporting staff to deliver quality health care and commended the staff for providing excellent health care service to the people of Trinidad and Tobago.

## EMPOWERING COMMUNITIES TO DEAL WITH DISASTERS *(continued from front page)*

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the ERHA reminded participants of the vulnerability of the region. He pointed out that the possible risk of isolation reinforced the need to cultivate resilient communities within the region so that when emergencies and disasters do occur, community residents can act as first responders to protect themselves and their families from the impacts of disasters.

With this in mind, Ms. Alana Lewis, Disaster Preparedness Coordinator with the Authority partnered with the Mayaro Fire Station, Mayaro/Rio Claro

Regional Corporation and the Cardiac Life Support Training Group to enhance the skills of the members of the community. Participants were introduced to disaster management concepts; hazards within the region; methods to prevent vector-borne diseases; fire safety measures to protect life and property and practical training in CPR administration.

After the interactive session, certificates were awarded to participants who shared the view that the information learnt has empowered them and would assist them to deal with disasters.



AUGUST, 2018

# WORD SEARCH: BREASTFEEDING AND BREAST MILK

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

- economical
- protection
- healthy
- exclusive
- antibodies
- colostrum
- foremilk
- best milk
- nutrition
- latch on

## UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- Caribbean Wellness Day - September 8th
- World Heart Day - September 29th

For a full list of Hospital, Health Centres and Outreach Centres, please visit our website @[www.erha.co.tt](http://www.erha.co.tt)

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to [corpcomm@erha.co.tt](mailto:corpcomm@erha.co.tt)