



The Eastern *Vibes*

Monthly Newsletter 2018

September 2018, Issue #52

SANGRE GRANDE HOSPITAL REOPENS ITS X-RAY UNIT WITH STATE OF THE ART MACHINE



Ronald Tsoi-a-Fatt, Chief Executive Officer cuts ribbon at the Reopening Ceremony of the SGH's X-ray Unit as Dr. Rajeev Nagassar, Medical Director and Amy Ali, Manager-Para Clinical Services look on.

Also in photo at back: Ruth Mahabir, Assistant Manager-Hospital Administration and Dr. Jason Etienne, Specialist Medical Officer

Clients of the ERHA are benefiting from technological advancements with the installation of a new Direct Digital X-ray system at the Sangre Grande Hospital.

The X-Ray Unit was formally reopened by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer on September 25, 2018. Mr. Tsoi-a-Fatt commended staff and all parties who contributed to the accomplishment of this milestone. He indicated that milestones help us to stop and celebrate and these times should be used to energize us as we prepare to move forward.

About the new X-ray System

The new X-ray system will assist in improving efficiencies as it boasts of high productivity and high throughput. Its fully automated direct radiography with Zero-Force technology ensures that there is smooth operation with almost zero effort in movements. It allows for light, easy, automated operation and includes the latest in auto-positioning technology with automated or manual positioning. Due to its ergonomic design, the operators can work more comfortably and quickly and this enhances the patient's experience.



Gabrielle Baptiste, Radiographer II (Ag)/Department Supervisor gives a demonstration of the new X-ray machine

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ERHA SUPPORTS BREASTFEEDING TO REDUCE SECONDARY INFECTION AMONG INFANTS



Winnifred Vambe, Hospital Nursing Manager and Ronald Tsoi-a-Fatt, Chief Executive Officer take a photo with staff member and infant

Working mothers on staff at the Sangre Grande Hospital at the Eastern Regional Health Authority (ERHA) now have a private and secure space to express milk while at work.

Studies show that each additional month of exclusive breastfeeding may reduce hospital admissions secondary to infection by as much as 30% in the first year of life.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer opened the Staff Lactation Lounge and Milk Kitchen at the Sangre Grande Hospital on Monday September 17, 2018. In his statement he informed staff that the ERHA had a duty to care for staff, he stated, **"when we speak about health promotion we have to start at home and with ourselves."**

He also indicated that the opening of the Staff Lactation Lounge was part of the Baby Friendly Hospital Initiative that was launched by the World Health Organization and the United Nations International Children's Emergency Fund in 1991.

The goal was to protect, promote and support breastfeeding by adherence to the WHO's **"Ten Steps to Successful Breastfeeding."**

Sangre Grande Hospital was the first hospital to attain this certification, which was lost.

The ERHA has embarked upon a formal programme to regain this status and has taken the first step with the opening of the lounge.

The ERHA has also developed a breast feeding policy and a training plan and will recruit a Breastfeeding Co-ordinator and eight Breastfeeding Counsellors to assist in educating and training mothers within the Eastern region.

The "Staff Friendly Initiative", as referred to by the CEO was spearheaded by Ms. Winnifred Vambe, Hospital Nursing Manager; Ms. Ruth Mahabir, Assistant Manager-Hospital and Ms. Indardaye Maharaj, Acting Manager-Regional Nursing and staff at the ERHA.



Ronald Tsoi-a-Fatt, Chief Executive Officer delivers an Address at the launch of the ERHA's lactation room

**The ERHA continues to demonstrate that
Caring is the Key!**

KUDOS TO THE DAILY RATED WORKERS

The Daily Rated Workers at the Sangre Grande Hospital continue to make major contributions to the delivery of quality healthcare by providing invaluable services.

Recognising the need to upgrade the aging facility with a limited budget, a number of projects were identified. The 53 employees embraced the challenge and applied their skills in carpentry, masonry, plumbing, electrical and other related fields to execute major refurbishment works. Some of the major projects undertaken include refurbishment works for:

- Ward 1
- Ward 2
- Ward 5
- Ward 6
- The Extended Care Unit
- Creation of a Staff Lactation Lounge

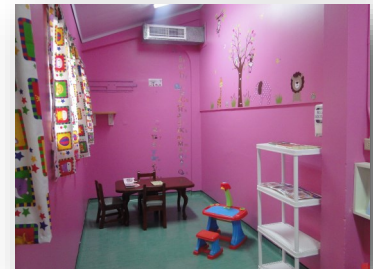
Clients can now enjoy the upgraded facilities

at the Sangre Grande Hospital in a comfortable environment thanks to the workers' commitment to excellent service.

The Management of the Sangre Grande Hospital salutes our team members for their dedication to service and for their never-ending support, co-operation and enthusiasm to get the job done.



(L-R) Suresh Seebaran and Kyron Richardson, Male Labourers at work



Playroom upgrade done by Daily Paid Workers



Landscaping works



Beautification project

THANK YOU TO OUR WARDS MAIDS

The Management of the Sangre Grande Hospital hosted an appreciation programme for all wards maids in celebration of Wards Maid Month which was observed in September.

The event was held on October 01, 2018 in the staff lounge at the Sangre Grande Hospital.

Members of staff were presented with Certificates of Appreciation for their hard work and were encouraged to continue demonstrating ***Caring is the Key*** when performing

their duties. The event was attended by Ms. Nadira Maharaj, Manager-Hospital Administration as well as Ms. Debra Duncan, President of the Wards Maid Branch of the PSA.



Nadira Maharaj, Manager-Hospital Administration (front, right) with members of the Public Service Association



Wards maids pose for a photo at the Staff Lounge

WEEK OF WELLNESS CHALLENGE AT NAMA

The staff of County Health Administration, Nariva/Mayaro, engaged in a week of healthy activities in observance of this year's Caribbean Wellness Day, under the theme **"Healthy Communities: Preserving the Workforce"**.

The initiative was led by the Health Education Department who coordinated a series of interactive activities geared towards establishing healthy lifestyle choices and practices. The **"Week of Wellness"**

was hosted from 25th - 28th September, 2018 and featured challenges in screening, nutrition, exercise and mental health. *Take a look at some of the highlights below.*



Winners of the Week of Wellness Challenge with staff of the Health Education Team



Day 2: Send a selfie with your healthy meal

Laura Bhagaloo, Junior Administrative Assistant takes a selfie with healthy meal (inset)



Day 3: Exercise

Health Education Team demonstrates simple aerobic exercises at workstation

ERHA HOSTS ITS 2ND DISASTER PREPAREDNESS OUTREACH PROGRAMME

Partnering with the Cardiac Life Support Training Group (CLSTG) and the Sangre Grande Regional Corporation, the Eastern Regional Health Authority conducted its second Disaster Preparedness Outreach Programme at the Sangre Grande Civic Centre on September 27, 2018.

The full-day programme which was aimed at building personal and community resilience in the region, attracted over eighty-five (85) participants from more than fifty-five (55) organizations within Sangre Grande and environs.

The day's event commenced with a general introduction to disasters and personal disaster preparedness and continued with a segment on disaster risk in the region and the role of the municipal corporation which was presented by the Sangre Grande Regional Corporation.

Ms. Tamara Lewis, Public Health Inspector I then led the group through an exciting feature on vector-borne diseases which was followed by a presentation from the OSH

Department on safety measures for reducing fire hazards and for promoting personal safety.

Similar to the outreach programme held in August at the Mayaro Fire Station, persons were thrilled about the CPR segment. The Cardiac Life Support Training Group demonstrated hands-only CPR training to the participants so that they may be equipped to save a life should the need arise.

All participants were awarded Certificates of Participation and expressed gratitude to the Authority and to the facilitators for delivering an excellent, interactive and informative session.



Alana Lewis, Disaster Preparedness Coordinator delivers a presentation to participants

10 MUST-HAVE ITEMS FOR YOUR DISASTER EMERGENCY KIT

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Here are ten items your emergency kit should have:



1. **Non-perishable food items:** Whether it is peanut butter, crix, cereal, dried fruits and dried nuts, or canned food, there's a whole range of non-perishable, easy-to-make food items that you can add to your emergency kit.
2. **Water:** It is recommended that you stock up on one gallon of water per person per day. Be sure to store your water in a cool dry place away from the sun.
3. **First Aid Kit:** Ensure that your kit includes essential items such as a gauze, scissors, latex gloves, bandages of different shapes and sizes, painkillers and safety pins to name a few.
4. **Personal Hygiene kit:** This should include items such as soap, toothpaste, sanitary napkins, moist towlettes etc.
5. **Battery-powered radio and extra batteries:** During heavy rainfall and strong wind events there may be power outages, making it difficult for us to receive updates and emergency measures such as whether we should evacuate. Having a battery powered radio is key to knowing what is happening around you.
6. **Flashlight:** Having a flashlight in emergency situations are important to prevent a disaster within a disaster. You should also keep candles and matches in a waterproof container in case you may be caught without electricity for some hours.
7. **Personal Documents stored on a flash drive and/or in a waterproof container:** Important documents such as photo ID's, personal records (birth certificate, marriage certificate), medical records, bank and credit card information, Property records (deed, leases, and insurance policy), photo album, valuables etc. should be stored in a safe dry place in case of flooding or fire hazards. Place the original documents in a waterproof container on a high shelf, as well as a soft copy in case originals are damaged.
8. **Extra infant supplies and formula:** If you have infants, don't forget to have extra supplies on hand just in case. If making infant formula, ensure you have bottled water. A toy can also come in handy to keep them occupied during the commotion.
9. **Pet supplies:** Do not forget to prepare for your pet(s). They need a comfortable place to stay and extra supplies during an emergency. Be sure to have a carrier, leash and emergency food and water for your pet(s).
10. **Extra clothing/comfy shoes:** Although you may have clothes at home, it's always good to keep an extra t-shirt or clean underwear in your emergency kit.

For more information, feel free to contact the Office of the Disaster Preparedness Coordinator at 226-9942 or visit the Office of Disaster Preparedness and Management's website at www.odpm.gov.tt

Nutrition and Heart Health

Heart disease is the number one cause of death among women and men worldwide. Making dietary changes can reduce your risk for heart disease and improve the health of this vital organ. As we observe World Heart Day 2018, these are some dietary tips for maintaining a strong, healthy heart.

Limit unhealthy fats.

Cut back on foods containing saturated and trans fats. These include fatty meats, pastries, cakes, fried foods and lard. Regular consumption of these fats cause plaque build-up in the arteries, a condition known as atherosclerosis. When using fats, choose monounsaturated fats like avocados, almonds, pumpkin seeds, sesame seeds and plant-based oils such as olive, canola, peanut. Sources of polyunsaturated fats are also excellent choices. Choose foods like oily fish, soybean and sunflower oils, walnuts and flaxseed.

Put a rainbow on your plate.

Eating a variety of fruits and vegetables daily is a sure way to maintain optimal heart health. Fruits and vegetables are rich in nutrients such dietary fiber, potassium, vitamin C and many antioxidants. They are also low in calories. Remember to consume different coloured fruits and vegetables to benefit from the diverse antioxidants these contain.

Choose low-fat sources of protein.

Animal-based foods are good sources of protein. However, animal foods tend to contain saturated fat. Choose low-fat choices such as lean meat and low-fat dairy foods (milk, yogurt, cheese). Remember to remove excess skin and fat on meats before cooking. Including fish, like salmon and herring also ensure your body gets plenty of beneficial omega 3 fatty acids. Legumes (peas, beans and nuts) are also suitable alternatives to animal protein because are rich in protein, dietary fiber and low in fat.

Limit your sodium intake

High blood pressure is a major risk factor for cardiovascular disease. You can reduce your sodium intake by using little or no salt when cooking and limiting intake of high-sodium, processed foods. Read food labels to compare sodium content of different products. Include more fresh green seasonings and herbs in meal preparation.

Engage in daily physical activity

Regular physical helps you to maintain a healthy body weight, lowers your blood pressure and LDL "bad" cholesterol levels, all risk factors for heart disease. Aim for at least 30 minutes of moderate intensity exercise three to four times per week.

***Submitted by the Nutrition Department,
County St. Andrew/St. David***



WORD SEARCH: HEALTH & WELLNESS

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

1. Blood pressure
2. Cholesterol
3. HDL
4. LDL
5. Blood glucose
6. Diabetes
7. Nutrition
8. Exercise
9. Insurance

10. Flu
11. Depression
12. Laughter
13. Play
14. Asthma
15. Wellness
16. Healthy
17. Sleep
18. Systolic

19. Diastolic
20. Family





SEPTEMBER, 2018

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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 Enhanced Health
Centre**
Ojoe Road
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