



The Eastern *Vibes*

Monthly Newsletter 2019

April 2019, Issue #58

ERHA COORDINATES TRAINING IN MASS CASUALTY MANAGEMENT



Participants engage in a practical session

Fifty (50) persons from within the Eastern Region were successfully trained and certified in Mass Casualty Management.

The Mass Casualty Management Training Course was coordinated by Ms. Alana Lewis, Disaster Preparedness Coordinator of the Eastern Regional Health Authority (ERHA) during the period April 8th, 2019 to 13th April, 2019 at the BPTT Resource Centre in Mayaro. It focused

on building regional capacity to manage mass casualty incidents and promoted coordination among key agencies. The key agencies that were brought together included the Trinidad and Tobago Police Service; Trinidad and Tobago Fire Services; Sangre Grande Regional Corporation; Mayaro/Rio Claro Regional Corporation; Global Medical Response Trinidad and Tobago; as well as representatives of the Eastern Regional Health Authority. **(Article continues on page 2)**

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ERHA Coordinates Mass Casualty Management Training *(continues from front page)*

The training session was conducted by seven (7) Mass Casualty Management national facilitators led by Dr. Darren Dookeeram of the ERHA. The course focused on both theory and practical aspects of mass casualty management. It also assisted participants to clearly understand their roles and incorporated simulation exercises to effectively coordinate resources. The simulations in which the participants were trained includes: plane crash; chemical explosion; fire; major vehicular accident; gang incident; active shooter etc. There was also an intense tabletop exercise in addition to the practical simulations. The course culminated with a practical simulation nighttime exercise where participants were required to successfully manage a number of casualties through effective coordination among the key stakeholder agencies.

During the programme the skills of participants were enhanced and they were tested on coordination, their ability to successfully tag, triage, treat and transfer a number of casualties in a limited time so as to do the greatest good for

the greatest number.

As a result of the training, the Eastern Region's emergency response capacity has been strengthened as well as Trinidad and Tobago's potential for conducting local training.



Facilitators of the Mass Casualty Management Training with Ms. Alana Lewis, Disaster Preparedness Coordinator, ERHA (standing, right)



Accident victim being attended to during a simulation exercise



Participants engaged in a briefing exercise



Participants engage in a practical session

HR's Annual Easter Egg Treasure Hunt

The Human Resources Department, Head Office kept the Easter tradition alive with their annual Easter Egg Treasure Hunt where staff members took part in the action.

The exciting competition was held on Thursday 18th April, 2019 at the De Freitas Building.

Each player was given a slip of paper that contained a clue of where eggs were hidden and once a player found the egg that was specified in his/her clue, a new clue was awarded to the player. The player with the most eggs after all clues were given, was crowned winner of the game.

Ms. Narisha Baksh-Mohammed, Human Resource Officer Ag. claimed the title and a special prize was

also awarded to Ms. Tiola Rodney, Trainee, founder of the Golden Egg. See photos below.



Winners pose for a photo

(L-R) 1st place - Ms. Narisha Baksh-Mohammed, HRO Ag. Golden Egg Founder— Ms. Tiola Rodney, OJT
2nd place - Ms. Scarlet Cariah, HRA Ag.
3rd place - Ms. Seeta Buchoon, HRO Ag.



The HR Team at their Easter Egg Treasure Hunt

COMMUNITY CONSULTATIONS 2019

Members of the Eastern Regional Health Authority (ERHA) Community will meet with Management and staff of the Authority to share their concerns and offer suggestions to improve the services offered.

The ERHA is hosting weekly Community Consultation during the period April 2019 to August 2019. The Community Consultation commenced on April 05, 2019 in San Souci. During the meeting, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer informed the residents that the ERHA was embarking on a process to rebrand the Health Centres as Wellness Centres. He stated that the centres would offer more wellness and health promoting programmes to assist in addressing the chronic disease challenge and encouraged them to take responsibility to stay healthy.

Dr. Allana Best, Acting County Medical Officer of Health-St. Andrew/St. David, (CMOH) was happy to report to the clients that the ERHA listened to the issues they raised in the Community Consultation in 2018 and through other forum. She provided an update on the achievements and other developments within the region. Dr. Best also reminded our clients that the ERHA's team was there to provide an opportunity for everyone to interface and get a clearer picture of what is required to meet the needs of our clients.

The meeting was hosted by District Health Visitor Penny Ramlagan who networked with the Community to get them to embrace the opportunity to attend the consultation and discuss their issues. The residents were very welcoming and complemented the staff for their commitment and dedication. Some of the suggestions

forwarded by members of the community focused on mental health clinic sessions for the youths and exercise programmes through the wellness centre.

The Community Consultation are scheduled to end on August 08, 2019 at Sangre Grande Hospital. These meeting would assist management to align the vision and mission of the ERHA to fulfil the needs of our clients.



(L) Community members at the San Souci Community Consultation



(below) Ms. Penny Ramlagan, District Health Visitor introduces Dr. Alana Best, CMOH Ag and Dr. Venkata Ramana Vedula, Primary Care Physician II, members of the Head Table



ERHA Team and community members



Community Consultations - Calendar 2019

APRIL	MAY	JUNE	JULY	AUGUST
05 - San Souci OC	02 - Mayaro DHF	06 - Grande Riverie OC	04 - Valencia OC	08 - SGH
11 - Rio Claro HC	09 - Matelot OC	13 - Matura OC	11 - Toco HC	
17 - Manzanilla OC	16 - SGEHC	26 - Guayaguayare OC	17 - Cumana OC	
	22 - Coryal OC		24 - Biche OC	
	29 - Brothers Road OC			

DEVELOPING STRATEGIES FOR THE FUTURE

The Eastern Regional Health Authority (ERHA) is engaging in a strategic planning exercise that would guide our day-to-day decisions and enable us to evaluate our progress and change our approaches as we move forward to accomplish our mission.

On April 05, 2019 members of staff of the Head Office Departments attended a strategic planning workshop at the Anise Resort & Spa, Big Bay, San Souci, Toco to develop key attributes that are in alignment with the identified core strategies. The core strategies are systems re-engineering; cultural realignment, health promotion and institutional strengthening.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer welcomed the team and outlined the importance of the strategic planning process. He stressed the need for everyone to focus on their departments/units and develop their tactical intervention and

activities that are aligned to the core strategies.

Mr. Keston Daniel, Acting Non-Medical Epidemiologist provided background on the initiative and guided the teams which were organised according to their functions through the process.

Teams brainstormed and developed their tactics, activities and timelines which were connected to the core strategies. At the end of the productive, interactive session, presentations were made by various departments.

Mrs. Deline Rodriguez, Acting Executive Assistant, organizer of the workshop was instrumental in managing the time for the activities. She provided a summary and guided teams on the way forward to complete the process.

Below are a few photos of the session.



Participants engage in brainstorming activities



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer has a chat with Ms. Alana Lewis, Disaster Preparedness Coordinator as participants look on



Members of staff at the strategic planning exercise

USC Student Nurses Sensitise Clients on Breastfeeding

Student nurses from the University of the Southern Caribbean (USC) sensitized clients on the importance of breastfeeding at the Sangre Grande Enhanced Health Centre on April 10th, 2019.

The expectant mothers who were at the facility to attend clinic were provided information on the benefits of breastfeeding, colostrum, the composition of breast milk and other areas relating to breastfeeding through a visual interactive presentation.

The initiative was based on a prerequisite of their nursing programme. The students chose to focus on breastfeeding as their main health topic.

The session was conducted under the supervision of Ms. Natasha Charles, Clinical Nurse and Ms. Theresa Garcia, District Health Visitor. The information was well received by the clients who enquired about further discussions on the topic.



Student nurses conduct a presentation as Ms. Theresa Garcia, District Health Visitor looks on

Preparing to Respond to Disasters

Exercise, Exercise, Exercise was the operational command to commence the disaster preparedness simulation exercise which was conducted on April 03, 2019.

Over fifty-five members of staff participated in a Sensitization Exercise designed to test the coordination among the main Emergency Operating Centre (EOC) located at Conference Centre and the sub-EOCs at Sangre Grande Hospital, St. Andrew/St. David and Nariva/Mayaro following response to an emergency.

The exercise was conducted by Ms. Alana Lewis, Disaster Preparedness Coordinator to assess the following:

- Direction and control of emergency management
- Adequacy of plans, policies, procedures and roles of individuals or multiple functions
- Individual and system functions
- Decision making process
- Communication and Information sharing among units

At the start of the exercise, the Disaster Preparedness Teams was briefed by the Controllers and presented with a disaster scenario for them to respond to and test the system that were activated. It also provided an opportunity to practice using the tools such as the Emergency Radios and the Shut-ins Locater Database. Also on hand to assist with the simulation exercise were Mr. Eric Mackie, Mr. Conrad James, Mr. Kevin Jagassar, Mr. Amarnath Seepersad, Mr. Shaun Kalipersad, Mr. Keston Joseph, Ms. Deborah Ngsaye- Shoon and Mr. Ronnie Balkaran who assisted as External Evaluators at the EOCs.

For over three hours, the participants assumed their roles in the Disaster Steering Committee, led by the Incident Commander in each area. They followed the Incident Command System which is a globally recognised all-hazards approach to coordinating disaster response. The teams were very enthusiastic and practiced their notes as they applied the knowledge from the ICS training to manage the situation which was very fluid.

At the end of the simulation exercise, the Disaster Preparedness Coordinator and other Controllers thanked everyone for their support and conducted the debriefing with the assistance of the Evaluators to provide valuable feedback. There was consensus that the exercise provided a great learning experience that identified a number of strengths as well as key areas for review. Follow-up exercises will be conducted to enhance the capabilities of the teams until then.

Exercise, Exercise, Exercise.



Exercise at County Nariva/Mayaro



Stimulation exercise at Sangre Grande Hospital



Ms. Michelle Ramnarine, Manager-Quality and Ms. Farah Mohammed, Manager-OSH engage in a radio exercise



Session at County St. Andrew/St. David



Stimulation exercise at the main Emergency Operating Centre

RAINY &

HURRICANE SEASON

PREPAREDNESS TIPS

The hurricane season is set to begin June 1st. The rainy season has officially started and the TT Met Office has forecast a near normal season. In terms of rainfall, June to August is expected to receive less than usual amounts, while September to November is expected to receive more than usual amounts. The potential for flooding during the rainy season is high.

For timely and accurate information about the weather, always check the TT Met Service at:

- <https://www.metoffice.gov.tt/>
- on Facebook at: Trinidad and Tobago Meteorological Service
- Download their App "TT Met Office"



Disaster Bag - Your essential supplies

- Canned foods
- Can opener
- Hygiene articles - Toilet paper, soap, wipes, hand sanitizer, etc.
- Battery-powered radio
- Flashlights
- Spare batteries
- Bleach to disinfect water
- Matches
- Notebooks, pens
- Essential medication
- First aid kit
- Special needs for infants, the aged and people with disabilities
- Bottled water (1 gallon per person per day for drinking and cooking)
- Change of clothes and towels
- Pet food and extra water for your pet
- Water proof box or bag to keep most important documents, cash, etc.



Tips for around the house: Clean your rain gutters, trim tree branches, reinforce outdoor structures and pre-position sand bags.

Bag Storage Locations - Take it a step further

Home: Keep this bag in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where it is kept.

Work: Be prepared to shelter at work for at least 24 hours. This bag should include necessities e.g. medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

Vehicle: In case you are stranded, keep a bag of emergency supplies in your car.



WORD SEARCH: WORK SAFETY

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

Words List

Accident
 Awareness
 Assess
 Anticipate
 Act
 Risk
 Hazard
 Glasses
 Earplugs
 Gloves
 Seatbelts
 lockout
 tagout
 bandage
 cut
 fall
 unsafe
 exit
 safety
 alert
 training
 fatality
 fire
 ground
 hasp
 injury
 dangerous
 emergency
 inspection



UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- May 12th: International Nurses Day
- May 17th: World Hypertension Day
- May 31st: World No Tobacco Day

For details on upcoming activities, feel free to contact the Corporate Communications Department at 226-9102/9119



APRIL 2019

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 668-2273/2221/2468/2577
Tel/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: 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: 226-1106/643-9075

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: 226-1111, 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

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

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

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

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