



The Eastern *Vibes*

Monthly Newsletter 2019

July 2019, Issue #61

New CT Department at Sangre Grande Hospital



Kavita Seedarnee, Radiographer II attends to a client

In the first week of service 172 clients received diagnostic imaging services at the new CT Department at the Sangre Grande Hospital. The CT Department was formally commissioned on July 29, 2019.

The new facility is linked to the Sangre Grande Hospital Accident and Emergency Department to provide priority care to patients requiring urgent and/or emergency attention.

Diagnostic imaging services are also available by referral through the public health system.

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ERHA's Executive Team Sports and Cultural Club



Members of the Sports and Cultural Club pose for a group photo at the Sangre Grande Enhanced health Centre



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents Ms. Janelle Alexander, President of the Sports and Cultural Club with her instrument of appointment



Mr. Rakesh Jagernath, Committee Member, receives his instrument of appointment from Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents an instrument of appointment to Ms. Donna Peters, Committee Member



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer thanks the Committee Members for coming together to form the Club which will strengthen the bonds of friendship at the ERHA

The ERHA's Sports and Cultural Club is now a reality following the elections which were held on June 28, 2019. The Executive Team was formally installed and presented with their instruments of appointment by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer on July 12, 2019.

Mr. Tsoi-a-Fatt thanked the team for coming together to form the Club which will provide avenues for staff to come together to host Sports, Cultural and Religious events to assist in strengthening the bonds of friendship and camaraderie.

The new executive team pledged their commitment to perform their assigned duties. Ms. Janelle Alexander, President of the Sports and Cultural Club acknowledged that there was a lot of work to be done to build the Club. She encouraged the team to come up with some creative ideas to build interest and attract membership.

ERHA Continues to Reach Clients Through Community Consultations

Clients continue to assist in shaping the health care they receive, as they provide suggestions during the community consultations to improve services they receive.

In the month of July, the ERHA's Management and staff visited the Valenica Outreach Centre on the 4th, Toco Health Centre on the 11th and the Cumana Outreach Centre as well as the Biche Outreach Centre on the 17th and 24th respectively.

Positive feedback was received from the four consultations as well as key suggestions for the improvement of healthcare in the various health facilities.

The Management Team will be heading to the Sangre Grande Hospital on 8th August, 2019 for the final community consultation of 2019.

Take a look at some of the Snapshots from July's Community Consultations.



Ms. Anita Rampaul Mohamed, Acting Chief Executive Officer brings greetings at the Valencia Outreach Centre's Community Consultation as members of the Head Table look on



Community members at the Toco Health Centre's Community Consultation



Community member gives a suggestion at the Cumana Outreach Centre Community Consultation



Residents at the Biche Outreach Centre Community Consultation

Link Nurses Programme Launched at Sangre Grande Hospital

The Sangre Grande Hospital launched the **"Link Nurses Programme"** in its fight to break the chain of infections.

Nineteen (19) Link Nurses representing all clinical areas will monitor all infectious cases and identify any break in the principles that govern Infection, Prevention and Control thus preventing the spread of infections and by extension improving the health service.

This is the first time Link Nurses have been attached to an Infection Prevention Control Department (IPCD) in Trinidad and Tobago. The launch of this initiative took place on 15th July

2019 at the Sangre Grande hospital under the theme "Breaking the Chain of Infection".

The nurses are the link between their areas and the Infection Control Team and will be responsible for reporting the cases to the IPCD. This will assist in preventing outbreaks. They will also assist in increasing awareness of infection control issues and motivate staff to improve the practice. Training sessions will be conducted to ensure adherence to international best practices.



(L-R) Registered Nurse Lima Harper presents the publication "Prevention and Control of Healthcare-Associated Infections" to Registered Nurse Mala Sagar.



Nursing professionals at the launch



Ms. Winnifred Vambe, Hospital Nursing Manager brings greetings

Ms. Janelle Alexander, Quality Coordinator reminds the nursing professionals of the Quality Department's support to the Link Nurses Programme

Sangre Grande Enhanced Health Centre Featured as Pilot Facility for Utilisation of the WISN Software

The Ministry of Health selected the Sangre Grande Enhanced Health Centre as the facility to administer a Pilot Project using the Workload Indicators of Staffing Needs (WISN) software in collaboration with the Eastern Regional Health Authority.

The WISN software, is a tool used to conduct independent assessments of staffing needs at an organization.

It is a facility based method using a health worker's workload and activity (time) standards to determine staff requirements, taking into account different services provided and the complexity of care in different facilities. It's calculation of staff requirements is based on the same medical standards in all similar facilities.

This Human Resource Management tool assists in determining the ideal quantity of health care professionals required in specific categories to cope with the workload in a health facility. In addition, it also determines the workload pressures placed on the health workers in that facility, which subsequently is utilized to justify recommendations to improve the current staffing complement. WISN also supports determining the best way to allocate new functions and transfer existing functions to varying health care professionals and provide calculations based on current professional standards for performing a particular component of work. Additionally, it can be used to plan future staffing requirements for health facilities and to examine the impact of different conditions of employment on staff requirements.

The ERHA's Technical Team assisting with the pilot project was certified for training on December

2018.

The team comprised of the following members who subsequently conducted training sessions in July, 2019:

- Ms. Sonia Seecharan-Raphael, General Manager-Human Resources (Acting)
- Ms. Angelina Rampersad-Pierre, General Manager-Operations
- Ms. Shalini Jattan, Manager-Organisational and Employee Development (Acting)
- Mr. Keston Daniel, Non-Medical Epidemiologist (Acting)
- Ms. Saskia Ramkissoon-Bain, Research Officer

Working alongside the Technical Team to provide the relevant data for this exercise was the expert working group comprising of the following members :

- Dr. Cindy Ann Badaloo, Primary Care Physician II
- Ms. Indardaye Maharaj, Manager-Regional Nursing (Acting)
- Ms. Eleanor Eccles, Primary Care Nurse Manager (Acting)
- Mr. Naresha Sookdeo, Pharmacist II
- Ms. Nyla Sagam, Ultrasonographer II (Acting)
- Ms. Kelly Garcia-Whiskey, Radiographer II (Acting)
- Ms. Zanisha Jaimungal, Senior District Health Visitor (Acting).



Members of the Technical Team at session



Technical Team with Ms. Katrina Smith, Pan American Health Organisation (PAHO) Representative (sixth from left)



Ms. Sonia Seecharan-Raphael, General Manager-Human Resources and Lystra Sylvester-Williams, Nursing Assistant at training session

What is Physiotherapy?

Physiotherapy is a healthcare profession that is focused on restoring, maximizing and maintaining one's physical function.

Who is a Physiotherapist?

A qualified individual who has been educated at the tertiary level and registered within their country of practice.

Who can practice Physiotherapy?

Only registered Physiotherapists.

Is there a difference between Physiotherapy and Physical Therapy?

No. Physiotherapy and Physical Therapy are different names given to the same profession according to the country it is practiced.

What is the regulatory body of Physiotherapy in Trinidad and Tobago?

The regulatory body for Physiotherapy in this country is the Physiotherapy Board of Trinidad and Tobago.

How can a Physiotherapist assist clients?

Physiotherapist can assess a wide range of injuries and administer treatment for:

- Recent injury of an athlete
- Chronic long-standing pain
- Birth-related disorders
- The new mother who had surgery, (like C-sections)
- The critically ill patient in the intensive care unit of the hospital who cannot breathe without the support of machines
- The sedentary worker who really wants to "get back in shape".

What are some of the techniques used by a Physiotherapist?

A Physiotherapist can use a wide range of assessment and techniques which includes therapeutic heat and cold treatments, electrical stimulation, manual therapy and exercise.

What systems in the body can a Physiotherapist assess and influence?

A Physiotherapist can assess and influence conditions affecting a variety of systems in the body such as:

- The musculoskeletal system (muscles, bones and joints)
- Cardiorespiratory system (lungs and heart)
- Neurological system (brain, spinal cord and nerves)
- Integumentary system (skin).

Where are Physiotherapy services available?

Physiotherapy services are available in both government and private healthcare institutions. In the Eastern Regional Health Authority these services can be assessed at the Sangre Grande Hospital.

What is the procedure to access these services?

Physiotherapy services can be accessed by referral at each Regional Health Authority.

How can someone contact the Physiotherapy department at the Sangre Grande Hospital?

The Physiotherapy Department can be contacted at: **226-9774**.



DISASTER FEATURE

Presented by the Office of the Disaster Preparedness Coordinator

FLOODING

During the rainy and hurricane seasons, the risk of flooding is increased and we hear the terms “street and flash flooding” and “riverine flooding” but what do they *really* mean?

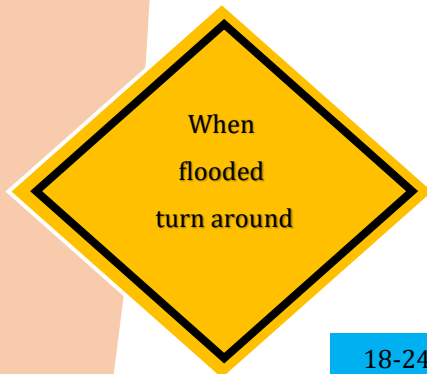
Street/ Flash Flooding

- Occurs when water levels rise rapidly.
- Results from intense rainfall over a relatively small area.
- Usually occurs without warning.
- Very common.
- Localised impact.

Riverine Flooding

- Occurs when a river overflows its banks.
- Results from prolonged periods of rainfall.
- There may be prior warning.
- Not very common.
- Widespread impact.
- Subsides slowly after rain ceases.

Do you really know how deep the water is ?



6 inches of fast-moving water can knock over and carry away an adult.

12 inches of fast-moving water can carry away a small car.

18-24 inches of fast-moving water can carry away **most** large SUVs, vans and trucks.

What should you do during flooding?

DOs	DOs	DON'Ts	DON'Ts
ALERT			
<u>Stay informed</u> Via Official Sources e.g. TT Met Office and Office of Disaster Preparedness and Management	<u>Be ready to evacuate</u> If advised to do so - Know your evacuation route	<u>Avoid water near electrical equipment</u> Turn off utilities at the main switch	<u>Don't walk or drive through water.</u> Beware of both drowning and health hazards

PHYSICAL THERAPY WORD SEARCH



ANGLE
CURE
DEVELOP
DIAGNOSE
DYNAMIC STABILITY
ELECTRIC STIMULUS
FORCE

FUNCTION
INJURIES
JOINT
MASSAGE
MOBILITY
NERVOUS SYSTEM
REHAB

REPAIR
ROTATION
THERAPEUTIC EXERCISE
THERAPISTS
TISSUE
TREATMENT

UPCOMING HEALTH OBSERVANCES & ACTIVITIES



Join us at An Evening of Elegance a special event which celebrates you our treasured employees.

This event will be held at the Cipriani College Auditorium, on August 24, 2019.

It promises to be one displaying Creativity, Passion and Talents through the performing arts.

See you there!

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

UBUNTU – Emancipation Celebrations

The ERHA Sports and Cultural Club hosted Emancipation celebrations under the theme *"UBUNTU, I am because we are. No man exists in isolation"* on July 31, 2019 at the staff car park at the Sangre Grande Hospital. This was the first event hosted by the Club which was recently formed.

During the event Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer welcomed staff and highlighted the significance of Emancipation. He also congratulated the members of the ERHA Sports and Cultural Club for hosting the celebrations. One of the main items on the programme was the crowning of the CEO as Chief. The ceremony was performed by Dr. Nzedinma from the Igbo tribe and Dr. Fagarala from the Yoruba tribe. Mr. Tsoi-a-Fatt who was very surprised, indicated that he was humbled by the experience.

The event also featured aspects of the culture of the Igbo, Yoruba, Hausa and Ashanti tribes. This was displayed in a fashion show and an exhibition of fabrics, artifacts and food in the booths hosted by Sangre Grande Hospital, St. Andrew/St. David, Nariva/Mayaro and Head Office.

Staff participated in the fashion show and were elegantly adorned in traditional African wear.



Ms. Astra Bennett, Wellness Coordinator offers fruits to Mr. Ronald Tsoi-a-Fatt, CEO as part of the crowning of Chief tradition

