



The Eastern *Vibes*

Monthly Newsletter 2020

February 2020, Issue #67

Staff Participate in Internal Community Consultations



Members of staff of Toco Health Centre with Members of the Management Team

Members of staff at the Toco Health Centre expressed their views on key areas to be addressed to improve services to our clients. The need for additional space to provide services, increased compensation and expanded services were some of the areas identified to be addressed. This will enable the ERHA to change possible weaknesses and threats into strengths and opportunities.

The discussions took place during the first Internal Community Consultation meeting held on February 12, 2020.

Similar meetings will be held in all Health Facilities and at appropriate venues for Administrative Staff.

The main objectives of the Internal Community Consultations are to provide an avenue for members of staff to give their feedback on the operations of the Authority including service delivery and for them to make suggestions to improve the service.

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Staff Participate in Internal Community Consultations

Over 45 members of staff participated in the interactive session which was chaired by Ms. Penny Ramlagan, District Health Visitor. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, Dr. Allana Best and other members of the Management Team responded to questions and

made suggestions to address concerns. Mr. Tsoi-a-Fatt reminded persons of the importance of holding Quality Circle meetings and to take responsibility to bring their items to the forefront.

See photos below.



Dalene Bhin, Registered Nurse A&E poses a question to the Management Team



Staff members of Toco Health Centre



Ms. Gillian Harris, Head Nurse (A&E) gives the Vote of Thanks

Cancer Awareness Scavenger Hunt at NAMA

The County Nariva/Mayaro Administration Building was transformed into an adventure playground on 4th February, 2020 as members of staff participated in an exciting scavenger hunt in observance of World Cancer Day.

Participants were given a questionnaire and seven treasure hunt riddles were hidden at different locations with specific clues to advance

to the next level. With tremendous teamwork and coordination, staff eagerly decoded the hints that provided information on preventative measures against cancer. Participants were also invited to take 'Cancer Awareness photos' when the hunt was completed.

See photos below.



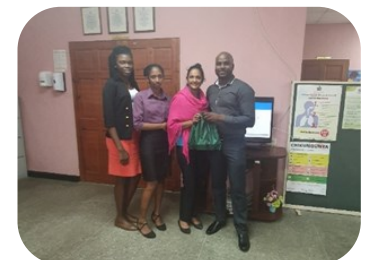
Members of staff display the Cancer Awareness Banner



Participants work together to decode riddles



The hunt is on!



Mr. Peter Jeffrey, Health Education Officer presents tokens to winners

NAMA trains Safety Wardens in CPR and First Aid

Forty-four Safety Wardens successfully completed a CPR and First Aid training programme and now have the skills to give immediate care to suddenly ill or injured person until more advanced medical personnel arrive.

Fire Sub Station Officer Mohammed, Fire Fighter Khan, Fire Fighter/ EMT certified Sydney and Ms. Soogrim conducted the interactive session which focused on the importance

of First Aid and CPR as a life saving measure.

They also demonstrated how to attend to persons who suffer from cardiac arrest and how to treat persons who are in shock and other health related issues.



Officer Soogrim assists Ms. Nazisha Baksh in a Practical CPR session.

Staff Aerobics Competition - Wellness Hour

Get Active and Stay Active by engaging in physical activity was the main objective of the Staff **Aerobics Competition - Wellness Hour** which was held on Monday 17th February, 2020.

Eight members of staff took up the challenge and demonstrated their physical fitness as they went through the various routines at the Sangre Grande Enhanced Health Centre.

The initiative was also designed to assist staff to develop personal health skills that will allow them to take control of their health.

The staff **"Wellness Hour"** will be held quarterly and will also feature presentations by health professionals, on nutrition, chronic disease, mental health, menopause/andropause, cancer and other health related issues.

Special thanks to Ms. Sherifa Ali-Badri, Health Education Aide and The Ministry of Health's Motor Vehicle Driver Operators for their assistance with the event.



1st Place - Shezille Scipio, Legal Officer II, Board Secretariat



Staff members follow the directions given by the aerobics instructor



2nd Place - Shanice Torres, Clerk 1, Board Secretariat



3rd Place - Savitrie Jones, Wards maid, Sangre Grande Enhanced Health Centre

Matura Secondary School's Annual 5k Run/Walk

The ERHA Matura Wellness Centre continues to carry out its primary mandate which is to promote health and wellness in the community.

On Friday 28th February, 2020 the ERHA Matura Wellness Centre Committee collaborated with the Matura Secondary School to host its Annual 5k Run/Walk under the theme **"Health, Love and Peace For All"**.

The committee supported and facilitated the aerobics segment and provided a banner and hampers for the programme.

Ninety-six persons participated in the 5k run/walk

which started at 9:00 a.m. at the Gray Trace, Salybia.

This was followed by the aerobics burn out session which commenced at 11:30 a.m. at the Matura Secondary School's auditorium.

Over fifty persons comprising current and past students, teachers and parents took part in the session.

The ERHA Matura Wellness Centre continues to support the community in several initiatives that will aid in building a healthier community.



Students of the Matura Secondary School participate in an aerobics burnout session



Participants pose for a group photograph

Health through Sports Netball Project

The Matura Wellness Centre focuses on creating strategic ways to promote health and wellness throughout their community.

The committee established an initiative called **"Health through Sports"**.

This project aims to use sports as a tool for maintaining a healthy lifestyle among the youths of the community.

Recently, young girls were coached in netball.



Young girls practice their shooting skills



The girls participate in a friendly match

COVID-19 (Novel Coronavirus)

What is COVID-19?

COVID-19, previously called the Novel Coronavirus, is part of a family of viruses that includes the common cold, SARS and MERS.

Symptoms of COVID-19?

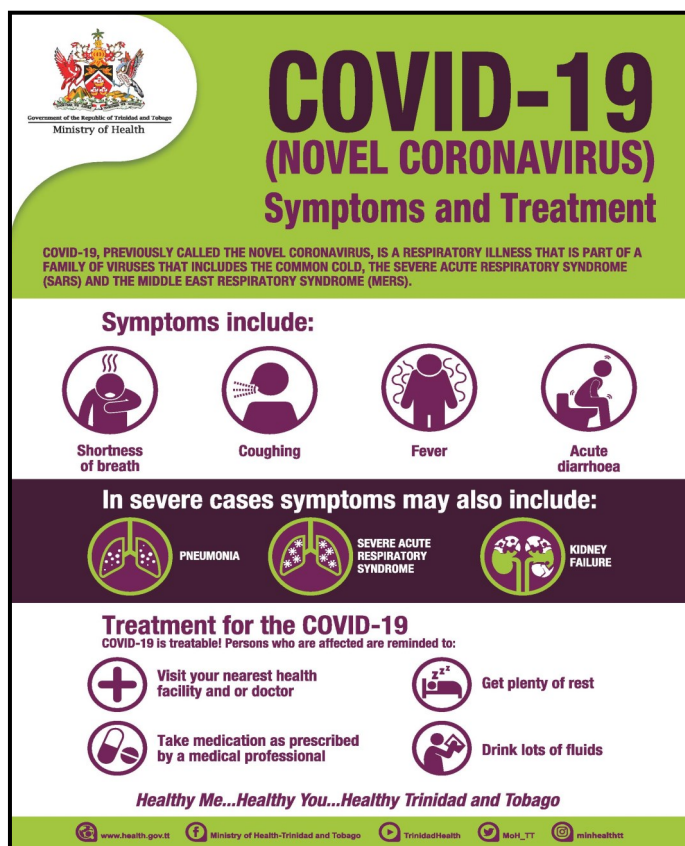
Similar to the common cold, COVID-19 is spread from person to person when an infected carrier coughs or sneezes. Symptoms of COVID-19 include: Fever, Coughing, Sore Throat, and in some cases Acute diarrhoea.

In severe cases, symptoms may include: Shortness of Breath and Extreme Weakness.

Prevention

Prevention is the most important action you can take to protect yourself and your family from getting COVID-19. The Ministry of Health urges the population to:

- Wash your hands with soap and water
- Use an alcohol-based hand sanitizer if water and soap are not available
- Cover your nose and mouth with a tissue when you cough or sneeze
- Dispose of tissue immediately after using
- Cough and sneeze into the crook of your elbow if you do not have a tissue
- Avoid touching your face
- Stay home if you are ill
- Avoid close contact with people who have flu-like symptoms
- Sanitize hard surfaces (e.g. table tops, hand rails, door knobs and trolleys) as often as possible



**COVID-19
(NOVEL CORONAVIRUS)**
Symptoms and Treatment

COVID-19, PREVIOUSLY CALLED THE NOVEL CORONAVIRUS, IS A RESPIRATORY ILLNESS THAT IS PART OF A FAMILY OF VIRUSES THAT INCLUDES THE COMMON COLD, THE SEVERE ACUTE RESPIRATORY SYNDROME (SARS) AND THE MIDDLE EAST RESPIRATORY SYNDROME (MERS).

Symptoms include:

- Shortness of breath
- Coughing
- Fever
- Acute diarrhoea

In severe cases symptoms may also include:

- PNEUMONIA
- SEVERE ACUTE RESPIRATORY SYNDROME
- KIDNEY FAILURE

Treatment for the COVID-19
COVID-19 is treatable! Persons who are affected are reminded to:

- Visit your nearest health facility and/or doctor
- Get plenty of rest
- Take medication as prescribed by a medical professional
- Drink lots of fluids

Healthy Me...Healthy You...Healthy Trinidad and Tobago

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**Avoid
Getting Sick By
Washing Your Hands:**

- After using the washroom
- Before, during and after preparing food
- After coughing or sneezing
- When caring for persons who are sick
- Before eating
- When hands are dirty
- After handling animal waste

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Ten Tips For Coping With Disasters

Disasters and emergencies can create a tremendous amount of stress and anxiety for those directly and indirectly affected. Stress prevention and management is critical for health care providers to stay well and to continue to help in the situation. Below are ten tips for coping:

1. Reaffirm yourself Repeating a certain phrase in your head can change how you view things during a tough situation. Remind yourself that you can succeed and are in control. A good mantra like, "Keep going" and "I can do it" can help.

2. Address your emotions Do not pretend to be devoid of emotions. The truth is, you cannot escape your feelings or bury them down and ignore them. Bottling them up only makes them worse later. Instead, acknowledge your feelings as they come. If you admit they exist, it will be easier to accept, handle, and overcome them.

3. Stay connected with friends and family Social connections help us cope, whereas isolation may make us feel more depressed and anxious. It's important to share your feelings and stresses with people that care about you. Also important is making time for yourself, whether it is to be alone with just your love ones. Additionally you can seek professional assistance if you need support.



4. Take one thing at a time For people under stress, an ordinary workload can sometimes seem unbearable. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. "Checking off" tasks will give you a sense of accomplishment and make things feel less overwhelming.

5. Limit exposure to images of the disaster Watching or reading news about an event over and over again will only increase your stress. Don't over-identify with other survivors as this also increases your own stress.

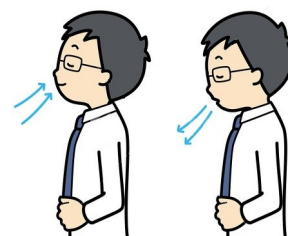
6. Avoid fake news Fake news and rumours spread like wildfire. Lives can be threatened by people spreading false information during disasters. Utilise credible sources. Stay calm if nothing is accessible.

7. Have fun Just because the situation looks bad does not mean life should be all work and no play. Small breaks to have fun will do wonders to help you cope. Keep your mind sharp, take control of your mental state, and steer your thoughts in a direction that will help you rather than hinder you.



8. Avoid or limit caffeine and alcohol These may temporarily seem to remove stress, but in the long run they generally create additional problems that compound the stress you were already feeling.

9. Focus on breathing A quick and effective way to calm your mind and regain control is to simply breathe and think about nothing but your breath. Inhale through your nose while mentally counting to 4, hold your breath while counting to 7, then exhale through your mouth while counting to 8. This is called the 4-7-8 method and it can be very relaxing.



10. Maintain yourself physically A healthy body will keep your mind sharp and make it easier to stay positive. It is much easier to think happy thoughts when you are well fed and rested.



FEBRUARY 2020

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Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
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Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
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Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
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Grande Riviere Outreach Centre
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Matelot Outreach Centre
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Matura Outreach Centre
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**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt**