



The Eastern *Vibes*

Monthly Newsletter 2020

August 2020, Issue #73

Launch of Dialysis Services in Nariva/Mayaro



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the ERHA, Ms. Barbara Punch, and Mr. Avind Moonan, Members of the Board of Directors of the ERHA, cut the ribbon to officially open the Nariva/Mayaro Satellite Dialysis Unit.

Citizens residing in Nariva/Mayaro and environs no longer have to travel 64 kilometers to Sangre Grande or 43 kilometers to San Fernando to access dialysis care.

The Eastern Regional Health Authority (ERHA) launched dialysis services on 3rd August, 2020 at the Nariva/Mayaro Satellite Dialysis Unit, Narine Ramrattan Building, Naparima/Mayaro Road, Rio Claro. Speaking at the launch, Mr. Avind Moonan, Member of

the Board of Directors of the ERHA indicated that the Board took a policy decision to offer a second in-house option for the 130,000 clients in the Eastern region to access hemodialysis care. Over 140 clients currently access dialysis services in the region and approximately 10% of these clients reside in Nariva/Mayaro.

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at Nariva/
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Launch of Dialysis Services in Nariva/Mayaro (continued)

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, indicated in his brief remarks that the twelve (12) chair unit will provide hemodialysis as well as home supervised peritoneal dialysis care in a holistic approach that will also focus on lifestyle education and health promotion through nutrition education and other areas.

At this time, the Sangre Grande Hospital performs approximately ninety-five (95) sessions per week for permanent as well as acute cases. This figure increases when patients are referred from the Accident and Emergency Department. For the period May to July 2020 a total of 1,294 sessions were conducted. On average private dialysis care cost between \$1,000.00 to \$1,500.00 per treatment session and most patients require fifteen (15) sessions per month. Therefore, the average cost per patient is approximately \$15,000.00 to \$22,500.00 per month.

Medical records indicate that a number of dialysis patients who reside in the Nariva/Mayaro region access services at other Ministry of Health approved facilities. The strategic placement of the Nariva/Mayaro Satellite Dialysis Unit, within the Southern portion of the Authority's geographic

region, will assist in improving equitable access to quality treatment expertly managed by a Consultant Nephrologist and his qualified team. It will also result in savings in transportation cost, fuel bills, time spent on travel and will significantly reduce emotional stress while improving the client's health.

The unit has a private high dependency room and an independent water treatment system to minimize interruption of service, has the capacity to provide hemodialysis care for approximately sixty-six (66) clients per week. The proposed schedule for operation will be Monday to Saturday from 7:00 a.m. to 7:00 p.m. If the need arises, there is also a possibility to extend the hours of service.

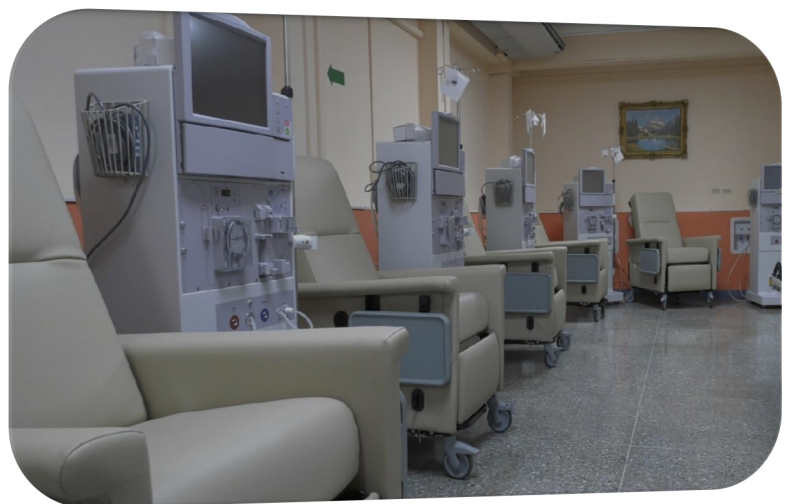
See pictures below.



Members of the Board of Directors of the ERHA, Management Team and other Staff at the Launch of the Dialysis Services in Nariva/Mayaro



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer delivers address



Dialysis Suite

Online Journey to a Healthier Me

Students within the Nariva/Mayaro area embraced the New Normal brought about by Covid-19 and participated in the online programme entitled *"Journey to a Healthier Me"*.

The virtual camp was designed to educate at risk Chronic Disease students within the School Screening Programme. During the period July 20th, 2020 to August 14th, 2020 the Telegram and Zoom platforms were used to present on topics such as diabetes, hypertension, dental education, nutrition, the importance of keeping healthy, how to prepare healthy meals, understanding your food labels, the importance of growing your own food, mental health, suicide and Covid-19 prevention. The students welcomed the opportunity to expand their knowledge and to connect with their peers. In the sessions they also demonstrated their talents and creativity as they wrote a poem or song highlighting a healthy eating lifestyle theme, prepared a food diary and prepared a healthy meal or snack. Other activities included games, starting a home garden and physical activities were given and posted on the e-platforms by the students.

This initiative was spearheaded by the Nariva/Mayaro Health Education Department in collaboration with County Medical Officer of Health, Nursing, Medical Social Work, School Health Unit, Nutrition, Wellness and Dental Departments.

Poem by Kieron Ramjattan entitled *'Healthy Eating'*

Listen up everyone,
Kieron here, to share with you,
Healthy eating with your apples, carrots and pears.

Vitamins A, C and E,
Gives you all the energy,
To run, jump, play,
And keeps you going whole day.

Diabetes and hypertension are not illnesses we want to get.
Nor loose our teeth, to a sugary treat.

So eat healthy because it's the best way to go,
To live long and stay strong.



Healthy Meal



Student demonstrates physical activities which keeps the body healthy



Students display their food garden



Healthy Snacks

Living with Someone who was exposed to COVID-19 or has symptoms



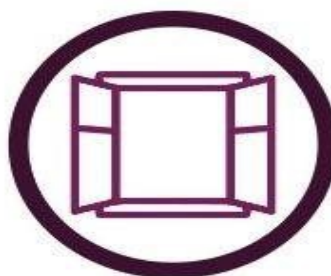
Sleep in separate beds if possible, and sanitize often



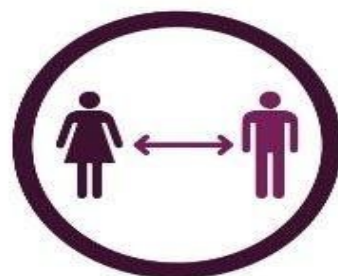
Do not share towels, cutlery, glasses, etc.



Wash clothes, sheets and towels as often as possible



Open your windows to improve ventilation, where possible



Stay away from the at risk family member as much as possible. Follow all the personal preventative measures, even at home



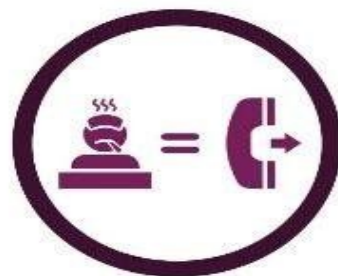
Clean and sanitize surfaces that are touched often (light switches, door knobs, handrails, chair backs, table tops, handles, remotes)



Use different bathrooms and sanitize often if possible



All persons in the household should wear masks as much as possible



Call the Health Hotline if any family member develops symptoms. 800-WELL or 877-WELL (9355)

You must remain in quarantine for two continuous weeks.

ERHA Celebrates Breastfeeding Week 2020

The Eastern Regional Health Authority (ERHA) continues its support for breastfeeding and joins with the rest of the world in observing World Breastfeeding Week 2020 which is celebrated annually from 1st - 7th August.

This year the ERHA conducted educational sessions at both counties - St. Andrew/St. David and Nariva/Mayaro. The goal of these sessions was to educate, inform and advise.

In addition to these sessions, the St. Andrew/St. David county mounted a display of exclusively breastfed babies. They also conducted a quiz with clients of the antenatal clinic to test their knowledge on breastfeeding.

Gallery of exclusively breastfed babies

Emancipation Day

In observance of Emancipation day 2020, staff adorned themselves in beautiful ethnic attire.

Here are some photos below.



Staff at the Mayaro District Health Facility model their ethnic wear



Emancipation Corner at Sangre Grande Enhanced Health Centre



Staff at Sangre Grande Enhanced Health Centre



Independence Day Greetings from the Chief Executive Officer

Today, as we reflect on yet another of our nation's milestones, let us remember the significance of what it means to be Independent.

True Independence comes when we all accept that every right and freedom carries with it an inherent responsibility. Daily at the Eastern Regional Health Authority we demonstrate our shared commitment to our responsibility. As good citizens and as health care workers we work together to provide quality healthcare for our clients.

On our 58th anniversary, our horizon is clouded with the challenges faced with the Covid-19 pandemic. Our staff continues to work unselfishly, often going the extra distance, to provide the quality of care required by our patients. I say a special thanks for this great ERHA energy. I am confident that we are stronger together and possess the resilience and resources to beat Covid-19. Let us continue to bring comfort to our clients as we serve them with dignity and humility.

Happy Independence Day to the members of staff of the ERHA family.

*Ronald Troi-a-Fatt
Chief Executive Officer*

*Happy
Independence
Day*

Do You Have a Family Emergency Plan?

Having an emergency plan can ensure families are more prepared to manage emergencies and disasters when they occur.



WHERE TO BEGIN WHEN CREATING A FAMILY EMERGENCY PLAN

Reacquaint yourself with your surroundings

- Take the time to notice aspects of your surroundings that can make you vulnerable if a disaster strikes.
- Look around for potential hazards such as tall trees and electrical cables and wires.
- Familiarize yourself with emergency institutions such as Police Stations, Fire Department, Health Centres or Hospitals and Shelters in your area.
- Acquaint yourself with the entry and exit routes in your community as well as any alternatives that can be utilized.
- Identify organizations in your community that would cooperate in disaster planning for example a Village Council.

Create a plan of action

- Meet with members of your family and discuss the various types of disasters that are likely to occur in your area. It is also important to discuss ways of dealing with each case.
- Identify an orderly manner for members of your family to safely evacuate the home.
- Identify possible areas of safety in your home.
- Assign responsibilities to members of your family and be sure to get your children involved when creating a plan of action.

HERE IS A CHECKLIST THAT CAN HELP YOU



Put contingencies in place to address the special needs of babies, the elderly, the disabled or pets.



Choose a predetermined location to meet if your home is inaccessible.



Decide on a method of contact if members of the family become separated.

GATHER EMERGENCY SUPPLIES

Gather enough emergency supplies to last a ***minimum*** of three (3) days but ideally seven (7) days in case of an emergency.

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LIST OF EMERGENCY SUPPLIES (continued)

✓ Bottled Water– at least one (1) gallon per person, per day for drinking and cooking	✓ First aid kit
✓ Water proof bag or box	✓ Medication
✓ Canned foods	✓ Can opener
✓ Battery powered radio	✓ Spare batteries
✓ Flashlights	✓ Hygiene articles– toilet paper, soap, wipes
✓ Change of clothes	✓ Disinfect/bleach
✓ Matches	✓ Supplies for pets
✓ Face masks	

OTHER THINGS TO DO AT HOME

- Help your children memorize important information – family name, address and phone number.
- Show each capable family member how and where to turn off main connections for electricity gas and water.
- Practice and maintain your plan – imagine different types of disaster situations and what could happen. Use these situations to practice your plan and evaluate what happened and ways to improve them.
- Replace stored water every 3 months and check the condition of stored items.
- Plan for animals

ERHA Quarters Demolished



ERHA Quarters

A new page was inserted into the Eastern Regional Health Authority (ERHA) archive with the demolition of the old ERHA Quarters located on Rousseau Street, Sangre Grande.

The building was demolished on 15th August, 2020 and the location will be used in the short term to expand the storage capacity of the Authority.



AUGUST 2020

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744, 668-2273
Tel/ Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258
Tel/ Fax: 226-1268

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: 226-1134, 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

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-7491
Tel/ Fax: 226-1252

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**