



The Eastern *Vibes*

Monthly Newsletter 2021

December 2021, Issue #89

Minister of Health's Christmas Visit to the ERHA



The Honourable Terrence Deyalsingh, Minister of Health and Mr. Ronald Tsoi-a-Fatt, CEO with staff at the SGEHC

The Honourable Terrence Deyalsingh, Minister of Health, brought Christmas Cheer to staff and clients at the Eastern Regional Health Authority during his visit to the Sangre Grande Hospital and the Sangre Grande Enhanced Health Centre on December 23, 2021.

The Minister extended Christmas greetings and presented tokens to staff and expressed his gratitude and appreciation for their

unwavering commitment and dedication to providing quality healthcare. Clients were also greeted by the Minister and were presented with gift bags which included face masks, hand sanitizers and water bottles. Minister reminded them of the importance to protect themselves during the Christmas Season and to get vaccinated. Members of staff also took the opportunity to present Minister with a token of appreciation.

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Minister of Health's Christmas Visit



Christmas Babies at the ERHA



Ms. Amity Baker-David, Midwife, Dr. Amy Maraj, House Officer and Ms. Tushana McClatchie-Ali, Midwife, present a hamper to Ms. Deborah Sobers, first mother to give birth on Christmas Day at the Sangre Grande Hospital.

At 1:07 a.m. on December 25, 2021, Ms. Deborah Sobers was the first mother to give birth on Christmas Day at the Sangre Grande Hospital.

The healthy baby girl weighed 3200 grams and was delivered by Dr. Livan.

Staff at the Maternity Ward presented Ms. Sobers with a hamper filled with baby products on behalf of the Chief Executive Officer and the ERHA



Ms. Tushana McClatchie-Ali, Midwife, Dr. Amy Maraj, House Officer and Ms. Amity Baker-David, Midwife present tokens to Ms. Chelsea Serrena, 2nd mother to give birth on Christmas Day at the Sangre Grande Hospital.

and congratulated her on the new addition to her family.

Mothers who gave birth on Christmas Day were presented with gift bags which included a publication entitled, **"Breastfeeding and Beyond: A Guide to Infant and Child Feeding"**. COVID-19 packages were also presented to all mothers and mothers-to-be on the ward.



Season's Greetings from Ward 4!

ERHA's *Excellence* AWARDS

Celebrating Our Champions

"The Champions of the ERHA". All Staff were recognised on December 16, 2021 at a virtual event entitled the, **"ERHA's Excellence Awards: Celebrating Our Champions"**.

Ms. Andrea Lowe and Mr. Derron Sandy, Hosts of the programme, highlighted some of the reasons why staff are champions and thanked them for their contribution and commitment as they continue to focus on service and to put the client first; for administering vaccines to ensure that persons in the communities are protected and for bringing smiles to the faces of our clients.

The efforts by staff were recognised by the Honourable Terrance Deyalsingh, Minister of Health, Ms. Esme Rawlins-Charles, Chairman and Members of the Board of Directors of the ERHA, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and the Management Team. Awards were presented in two categories to demonstrate appreciation to staff and to inspire them to continue delivering quality healthcare. Firstly, to the COVID-19 Management Teams which were guided by the Ministry, science

and courage to bring life to our Vision Statement and became pioneers on the COVID-19 journey. Along the path we managed the 1st and 2nd Quarantine Facilities, the 1st Step Down Facility and the 1st Mass Vaccination Site.

The next category was the Innovation and Service Excellence Award category where teams were rewarded for applying the concept of best practices, innovation and quality to effective teamwork through the process of continuous quality improvement.

In observance of the COVID-19 protocols, representatives from various departments attended to receive the awards on behalf of their colleagues. Mr. Tsoi-a-Fatt was also recognised for his vision and exceptional leadership and was presented with an award by Minister Deyalsingh.

Taking centre stage to celebrate their colleagues were Ms. Catherine Johnson-Lewis and Ms. Rinelle Harrinarine. Mr. Derron Sandy also paid tribute to staff and Ravi B recognised the ERHA family as 'Champions' and brought the curtain down.



**You are invited to tune in to Channel TTT
on December 31, 2021 at 2:00 p.m. to view the
ERHA's Excellence Awards.**

ERHA's *Excellence* AWARDS

Celebrating Our Champions



Partnering to Improve Service Delivery

The ERHA has improved its capacity to conduct rapid testing for the COVID-19 virus with the donation of a Genexpert Xpress 4 package.

The items were donated by BHP Billington (Trinidad-2C) Limited and was officially handed over to Mr. Ronald Tsoi-a-Fatt, CEO by Mr. Michael Stone, Asset/Country Manager, BHP, on December 02, 2021 at BHP Headquarters at Invaders Bay, Port of Spain.

The package included a Genexpert Xpress 4 machine with test kit, printers and QAQC Positives, QAQC Negative and a training component to understand the new features and to reinforce proper use of the system.

The enhanced testing capacity will improve the efficiency and significantly reduce wait time for results.



(L-R) Mr. Michael Stone, Asset/Country Manager at BHP and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer review documents as Mr. Sheldon Narine, Corporate Affairs Manager at BHP, Mrs. Angelina Rampersad-Pierre, General Manager-Operations and Ms. Silla Bissessar, Manager-Para clinical Services look on



Teams ERHA and BHP



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer has a chat with Ms. Stacey Welch, Human Resource Manager at BHP and Mr. Michael Stone, Asset/Country Manager, BHP

Get the new 2022 Flu Vaccine

The Ministry of Health is inviting members of the public to receive the new Flu Vaccine.

While the Flu vaccine is available for everyone, the following persons, who are at the highest risk of getting very ill from the Flu, are especially encouraged to get vaccinated. These include:

- Children aged 6 months to 5 years
- Adults 60 years of age and over
- Pregnant women
- Persons suffering from Non-Communicable Diseases (NCDs), e.g. Diabetes, Hypertension, Heart Disease
- Persons with compromised immune systems, e.g. persons with Lupus and cancer patients
- Persons with chronic respiratory illnesses, e.g. Asthma, Chronic Obstructive Pulmonary Disease
- Members of the National Security Forces and Customs and Immigration Division
- Healthcare workers



The Vaccine is **FREE** and available at **ALL** Health Centres. Call your nearest Health Centre for details.

World AIDS Day 2021

Education raises awareness.

This year, the Prevention of HIV Coordinating Unit in collaboration with the Health Education Departments of the Eastern Regional Health Authority embarked on a series of World AIDS Day activities to raise awareness and sensitise persons on HIV/AIDS.

The Team hosted a World AIDS Day Webinar on December 1, 2021, via Zoom, entitled, "**Global Solidarity, Shared Responsibility**". The informative session was presented by Ms. Sumatee Barran, District Health Visitor/PMTCT HIV Coordinator and Dr. Tisha Pierre, Primary Care Physician. Various topics were addressed, including Preventing HIV Transmission to Child and HIV: Your Responsibility. A short skit was also presented by Rapport.

Members of staff and the public were also given the opportunity to test their knowledge on HIV/AIDS in a virtual quiz hosted on December 1, 2021, where over 60 persons participated. 11 persons received perfect scores and were awarded with prizes.

The Team also encouraged staff members to "**Rock Their Ribbon**" at work in support and solidarity for people living with HIV and to remember those who have died from AIDS-related illnesses.

The ERHA continues to join the global community in its fight to end the inequalities that drive AIDS and other pandemics.

"Despite no cure or vaccine being available, education has proven to be among the most cost-effective ways to prevent the spread of this disease. In fact, education can save lives, by providing individuals with the knowledge to reduce their risk of becoming infected".

www.globalpartnership.org



GET TESTED
KNOW YOUR STATUS

HIV RAPID TESTING

 **VALENCIA OUTREACH CENTRE**
TUESDAYS & THURSDAYS

 **SANGRE GRANDE ENHANCED HEALTH CENTRE**
WEDNESDAYS & FRIDAYS

 **RIO CLARO HEALTH CENTRE**
2ND & 4TH FRIDAY EVERY MONTH

 **MAYARO DISTRICT HEALTH FACILITY**
3RD THURSDAY EVERY MONTH

9:00 A.M. - 2:00 P.M.

All tests are done privately and confidentially

Contact the nearest Health Facility for more information





WORLD AIDS DAY

End Inequalities. End AIDS



In observance of World AIDS Day, members of staff rocked their red ribbons in support and solidarity for people living with HIV and to remember those who have died from AIDS-related illnesses.



Healthy Holiday Tips Lecture Series

Over 140 clients were sensitised on how to maintain a healthy lifestyle during the Holiday Season through the STAD Health Education Department's lecture series entitled, **"Healthy Holiday Tips"**.

The presentations were held from December 1 - 17, 2021 at the Sangre Grande Enhanced Health Centre and Valencia Outreach Centre. Clients were provided with helpful tips to enjoy the Season while remaining healthy or staying on track with their health goals. They were advised to:

- **Avoid or limit alcohol intake** as alcoholic drinks are high in calories and cannot be consumed when taking certain medications.
- **Be sensible with food choices.** It is important to eat on time and don't pack your plate with too much food.
- **Choose carefully by selecting seasonal foods.** Be sure to include vegetables and salads which are high in fiber and low in calories.
- **Don't forget to take medication** as prescribed by your doctor.
- **Engage in exercise** to maintain your weight and keep off the holiday pounds.

The Health Education Team also reminded clients to adhere to the 'new normal' guidelines as it relates to holiday activities and gatherings.



Ms. Sherifa Ali-Badri, Health Education Aide, delivers a presentation to clients at the Sangre Grande Enhanced Health Centre

**"To ensure good health:
eat lightly, breathe deeply,
live moderately, cultivate
cheerfulness, and
maintain an interest
in life".**

- William Londen

Nutrition for a Healthy Lifestyle

Eating healthy is one of the best ways to take care of your body, "Be Smart, Eat Smart"!

According to the World Health Organization, a healthy diet is essential for good health and nutrition. It provides the right balance of vitamins, minerals and other nutrients needed by the body for adequate energy, growth and proper functioning. Eating healthy has a wide range of benefits as it maintains or improves one's overall health and well-being; maintains a healthy body weight and lowers the risk of developing lifestyle diseases such as heart disease and diabetes. During these unprecedented times, eating healthy is of utmost importance in order to support a healthy immune system.

Recognising the significance of maintaining a healthy lifestyle, the STAD Health Education Department conducted a virtual presentation via Google Meet on December 8, 2021 with 26 students from Forms 1 to 5 of Matura Secondary School. The session focused on the benefits of having good nutrition and a healthy lifestyle especially during

adolescence; discussed practical healthy eating tips and encouraged students to take better care of their health from as early as possible.

Students were advised to consider variety by choosing different whole foods from the **Six Caribbean Food Groups**; aim for balanced meals using the **Healthy Plate Method** and to pay attention to the nutritional value of foods when selecting foods to consume.

The following **Traffic Light Food Guide** of choosing foods were also discussed:

Red indicates foods to avoid as these foods have the lowest nutritional value for your brain and body. Examples include sugar sweetened beverages and deep fried foods.

Yellow indicates foods to have in moderation including low fiber staples such as white flour products (bread/ pasta etc.) and white rice.

Green light indicates the best choices of foods such as fruits, vegetables, lean meat and fish.

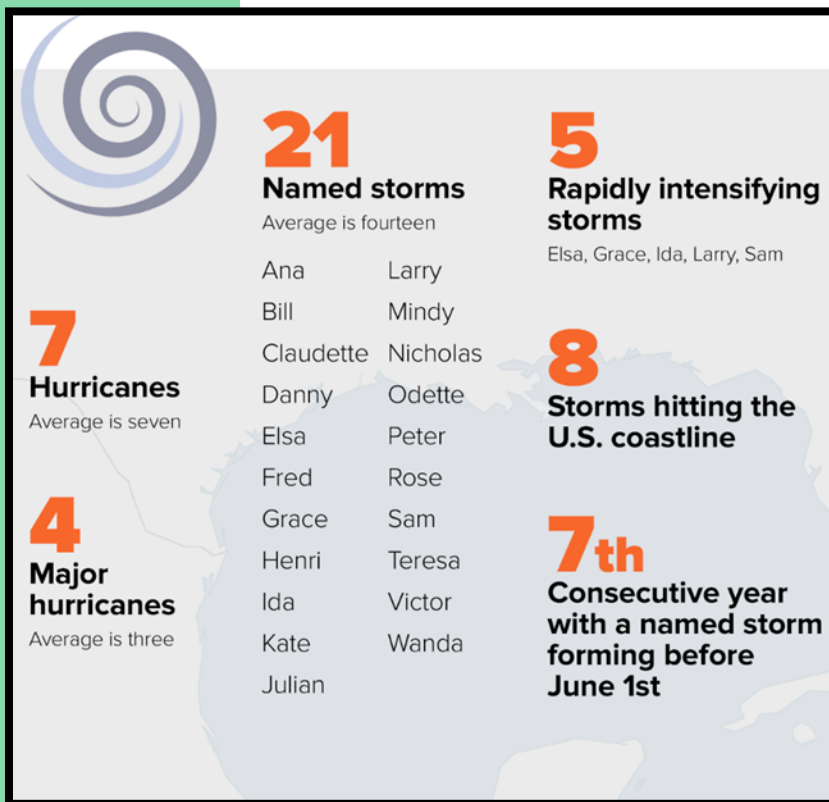
The Hurricane and Rainy Seasons 2021

The Atlantic Hurricane Season

The active 2021 Atlantic hurricane season has officially ended having incurred twenty-one (21) named storms inclusive of seven (7) hurricanes of which four (4) were major hurricanes.

It was the 6th consecutive year with an above-average Atlantic hurricane season which was accurately predicted by the National Oceanic and Atmospheric Administration's (NOAA) Climate Prediction Centre. It is also the first time on record that two consecutive hurricane seasons expended the list of the 21 storm names.

The season began on June 1, 2021, and ended on November 30, 2021. However, is important to note that tropical cyclones can occur at any time of the year. This was the case when Tropical Storm Ana formed on May 22; making 2021 the 7th consecutive year that a storm formed before the designated start of the season. The season had the most active June on record with three named storms being Bill, Claudette and Danny. The image below shows a summary of hurricane formation in 2021.



Rainfall outlook December 2021 to February 2022:

According to the Trinidad and Tobago Meteorological Service:

Wet days (rainfall amounts higher than 10 mm) are expected in mid-December with higher amounts in northeastern, southeastern and southwestern parts of Trinidad

Daily rainfall totals are forecast to be greater than 10.0 mm across different farmlands in the northeastern areas of Sangre Grande, Fishing Pond, Plum Mitán; southeastern areas of Mayaro, Guayaguayare and Moruga; and southwestern areas of Penal, Point Fortin, La Brea, Palo Seco, Granville and Cedros.

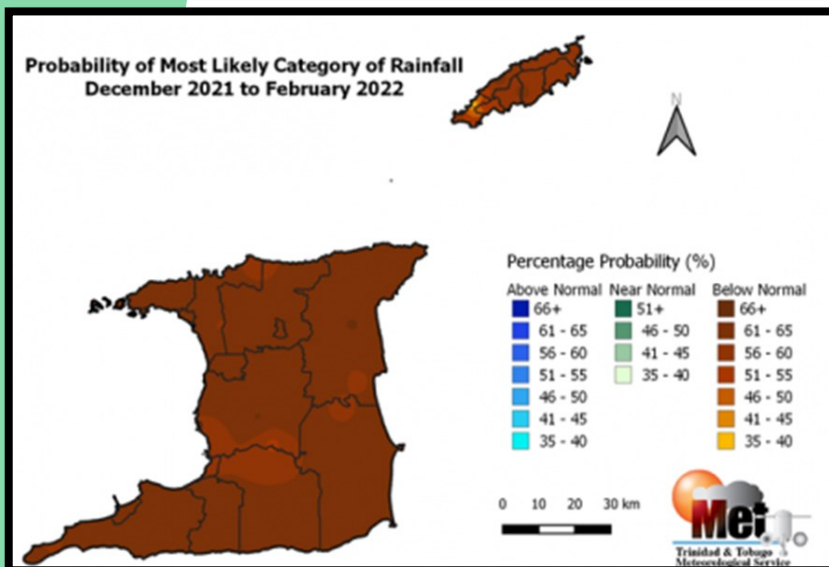


Figure 1 displays category of rainfall likely for December 2021 to February 2022.

The December to January 2021-2022 rainfall outlook shows that there are increased chances for drier than usual conditions across both Trinidad and Tobago. The percentage probability for below-normal rainfall totals is greater than 60% across all areas and similar in strength in most areas.

Figure 1

The Hurricane and Rainy Seasons 2021 (continued)



Flood Preparedness Tips:

- Prepare a Disaster Kit and store it in a place known to everyone in the household.
- Prepare and practice a Family Emergency and Action Plan specific to your household.
- Determine flood free routes to and from your home.
- Identify where the nearest shelters are located.
- Monitor weather conditions and official updates from the Met Office.
- Listen to the radio or TV for emergency instructions.
- Store chemicals, important documents and electrical devices on elevated surfaces.
- Do not allow children to play in flood waters as it contains harmful debris.
- Avoid entering and driving through flood waters.

For more information:

Trinidad and Tobago Meteorological Service (TTMS), POLICE: 999, FIRE SERVICE: 990, GMRTT (Emergency Health Service): 811, ODPM EMERGENCY: 511

The Disaster Preparedness Unit wishes you a safe Holiday Season!

HIV/AIDS WORD SEARCH

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

aquired
 chronic
 human
 infection
 pain

awareness
 diarrhea
 immune system
 lymphocyte
 syndrome

blood cell
 fever
 immunodeficiency
 nausea
 t-cell





DECEMBER 2021

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, 630-1258/9
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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

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