



The Eastern *Vibes*

Monthly Newsletter 2021

March 2021, Issue #80

Staff Increase Awareness About Down Syndrome



Instructors and participants at the Zumba Burnout

Over 100 members of staff participated in the ERHA's Zumba Burnout held on March 19, 2021 at the Sangre Grande Hospital Car Park in observance of World Down Syndrome Day.

The event was organised by Ms. Ceula Portillo who invited several qualified instructors to guide staff through the high energy dance routines.

This year the United Nations theme is **"We *CONNECT* so that we Can."** The participants rocked their socks and demonstrated their connection to the cause as they raised awareness about Down Syndrome.

The Health Education Department also hosted an educational segment entitled, ***What do you know about Down Syndrome?"***



Participants show off their socks

In this Issue

- Staff Increase Awareness About Down Syndrome
- ERHA's Blood Drive
- World Kidney Day Move it Monday Challenge
- What Do You Know About H₂O
- ERHA Salutes All Women
- ERHA Empowers the Youth
- World Social Work Day
- Meet the Team: ERHA Theme Song
- MoH Ad - Managing Your Behavioural Health During the COVID-19 Pandemic
- Change and Disaster Risk

ERHA's Blood Drive

Additional lives can be saved with the donation of 35 units of blood which was donated by voluntary donors who participated in a blood drive hosted by the Sangre Grande Blood Bank on March 12, 2021.

Over 50 persons, including six new donors responded to the call to donate blood. They were warmly greeted by the nurses at the Blood Bank and were sensitized on the donation process as well as on the importance of giving blood.

The annual blood drive is conducted to create awareness and to ensure a continuous supply of blood through voluntary blood donation.

The ERHA thanks all voluntary donors, including staff for their invaluable, life-saving contributions and encourages you to visit the SGH Blood Bank today and become a voluntary blood donor.

For more information, feel free to contact the Blood Bank at 226-9779/9780.



Nurse prepares patient to donate blood

World Kidney Day Move-it-Monday Challenge

Recognising that it is a challenge for some persons to maintain a fitness routine, especially in a pandemic, the Health Education Departments came together and designed a unique event. Targeting mainly persons with Non-Communicable Diseases (NCDs), the March Move-It-Monday Challenge Virtual 6K Run/Walk Race was hosted from 8-29 March, 2021 in observance of World Kidney Day.

101 persons, including 25 members of staff, completed the challenge which was designed to increase one's physical activity over a three week period. Using a selected App to monitor time, distance and area, competitors had to complete 2K in the first week, 4K in week two and 6K in the final week.

Congratulations to all participants. The ERHA

continues to provide routine assessment for kidney diseases as one of our primary healthcare interventions.

Top Five Winners:

- 1. Zwade Swann (Top Male)**
- 2. Roxanne Lewis (Top Female)**
- 3. Kendall Drakes (staff)**
- 4. Harold Guy (staff)**
- 5. Stefan Mc Hardy (staff)**



Mr. Zwade Swann, Top Male Winner



Ms. Roxanne Lewis, Top Female Winner



Dr. Rochelle Mohammed,
Medical Officer I



Mr. Harold Guy, Purchasing Officer

What do you know about H₂O ?

In observance of World Water Day which was commemorated on March 22, staff were invited to test their knowledge on water consumption and its benefits for a healthy body.

The topic generated a lot of interest amongst staff and resulted in over 300 entries being submitted to the Health Education Department, the organisers of the quiz.

24 participants received a perfect score. See questions and answers below.



1) How much water should a person drink in a day?

Half of the person's body weight in ounces

3) How often should a person be urinating if they are drinking enough water?

If a person is adequately hydrated, they should be urinating once every two to four hours.

5) Benefits of Drinking Water

Aids in digestion

Regulates body temperature

Carries nutrients and oxygen to cells

7) Is alkaline water better than regular water?

Alkaline water has a higher pH level than regular drinking water. There is not sufficient evidence to support the health claims made about it. This water is deficient in minerals so drinking too much of it has the potential to lead to deficiency.

9) How much water does the average adult lose every day naturally?

Adults lose 10 or more cups of water everyday by breathing, sweating and urinating.

2) Should pregnant women increase their water intake?

Pregnant and breastfeeding women should increase their daily water intake by 24 and 32 ounces respectively according to their weight.

4) What are symptoms of dehydration?

Dark yellow and strong-smelling urine

Dizziness or lightheadedness

Tiredness

6) Which drink is the most dehydrating?

Alcohol is dehydrating because it is a diuretic. It causes the body to get rid of liquid through urination.

8) At what point during exercise should a person drink water?

Before, during and after a workout. Dehydration can lead to a decrease in physical activity performance and may adversely affect your health.

10) Is vitamin water a healthy alternative to soft drinks?

Vitamin Water is a sugar sweetened beverage fortified with additional vitamins and minerals. Drinking it carries the same risk as drinking other sugar sweetened beverages.

ERHA Salutes All Women on International Women's Day



ERHA Empowers the Youth

"Enhancing Youth Adults Health, Safety & Wellbeing" was the theme for a workshop designed to address issues faced by the youth.

The Health Education Departments of ERHA partnered with the NAMA District Youth Council to conduct the online session. The first session was conducted on March 29, 2021 and continued from April 6-9, 2021.

During the interactive, educational session, the panel discussed healthy lifestyles; sexual and

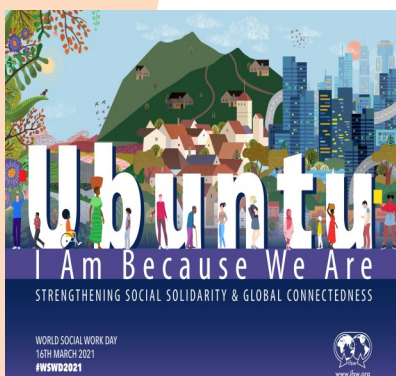
mental health; school to work transition; conflict resolution; gender & youth and careers in health.

The 40 participants were also provided with information on ERHA careers and the path for qualification.



Christine Lee-Browone, CEO
YVTT- Mental Health and Youth

World Social Work Day



"I am Because We Are" is the theme for this year's World Social Work Day which is celebrated on March 16, 2021. Every year, World Social Work Day is celebrated the third Tuesday of March.

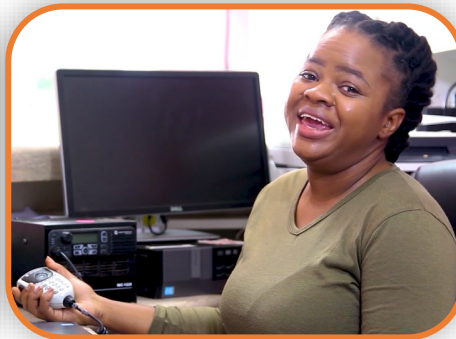
This year's theme focuses on the role, social work and social development practitioners and educators have to connect people, communities and systems; to co-design and co-build sustainable communities and to promote inclusive social transformation.

Social workers worldwide stand together to highlight the achievements of social work and raise awareness on social services and injustices world wide. It also celebrates and promotes the contributions of social workers worldwide.

Meet the team who brought the ERHA Theme Song,
"We are the ERHA" to life.



Ms. Debra Williams, Dental Assistant, SGEHC



Ms. Athia Adams, Junior Administrative Assistant,
 Disaster Preparedness Department



Ms. Sharon Fraser, Audio Visual Technician,



Ms. Lue-ann Henry, Accounting Assistant,
 Finance Department



Ms. Penny Ramlogan, Senior District Health Visitor,
 St. Andrew/St. David



Ms. Renuka Radhar Mahabir, Pharmacist I,
 SGEHC



Mr. Jeremy Meade, Deskside Support Technician,
 IS/IT Department



Ms. Maxine Greaves, Registered Nurse,
 Sangre Grande Hospital



Mr. Shelach Joel-Roberts, Radiographer I,
 Sangre Grande Hospital



Ms. Natasha Bellamy, Food Demonstrator,
 St. Andrew/St. David



Government of the Republic of Trinidad and Tobago
Ministry of Health

MANAGING YOUR BEHAVIOURAL HEALTH DURING THE COVID-19 PANDEMIC



Maintain a daily routine



Limit exposure to too much
upsetting media coverage



Avoid smoking, drinking alcohol or
other drugs to cope



Try relaxing with daily exercise, new hobbies,
prayer and meditation



If you feel overwhelmed seek help by talking
to a friend, health worker or counsellor



Stay connected with friends and family



Start each day with gratitude

#TTBEATCOVID19



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT



minhealthtt

Climate Change and Disaster Risk

As the clock ticks, the world's climate is constantly changing. But what exactly does climate change mean? It refers to long-term changes in the average weather patterns that define earth's local, regional and global climates. It is primarily driven by the increase in the concentration of various greenhouse gases (GHGs) in the earth's atmosphere. Looking at the statistics, it shows that there has been ongoing:

- ♦ Rise in temperatures and sea levels
- ♦ Increased intensity of hazard events
- ♦ Unpredictable weather patterns
- ♦ Land degradation
- ♦ Loss in biodiversity
- ♦ Melting of glacial and polar ice caps

How Can Changes In The Climate Increase Disaster Risk?

Changes in climate can influence disaster risk through increases in adverse weather and climate hazards. A disaster occurs when a community exceeds its ability to cope using its own resources when exposed to a hazard event. The adverse weather impacts as a result of a changing climate include: heat waves and drought with accompanying hazards such as forest fires or higher rainfalls that leads to various types of flooding, landslides, soil erosion etc.

Climate change also induces other social, and economic risks such as:

- ♦ Population displacement
- ♦ Economic losses
- ♦ Global food and water shortages
- ♦ Health impacts
- ♦ Species and habitat loss
- ♦ Security issues

Flood risks can affect agricultural practice which ultimately increases the risk of persons being affected by hunger. Water availability and quality may also worsen in some parts.

This kind of chaos can lead to impacts on security: competition for water resources and food growing land, mass migration from flooded coastal zones and political frustration.

Without possible and feasible mitigation techniques, it is projected that climate change will affect many sectors that are vulnerable to disaster risks.



Climate Change and Disaster Risk con't

Mitigation

Methods to reduce the degree of global climate change risk include:

- Adhering to regulations and policies such as the National Climate Change Policy (NCCP) and the Carbon Reduction Strategy (CRS) for reducing GHG emissions
- Conserving carbon sinks and curbing deforestation practices
- Increasing the use of renewable energy e.g. switching to solar powered Light Emitting Diodes (LEDs)
- Using alternative fuels and fuel switching such as CNG for transportation.
- Adoption of low carbon technology in all GHG-emitting sectors - industries, agriculture
- Adoption of low carbon technology in all GHG-emitting sectors - industries, agriculture
- Enhancing education, research and development: encouraging research and development in the maximization of renewable energy resources such as solar, wind, oceans and tides

Adaptation

Another way to combat climate change is to manage current impacts and reduce vulnerability to negative effects that can occur. Some ways to adapt include:

- ♦ Improve capacity building in communities to strengthen resilience
- ♦ Reduce coastal vulnerability
- ♦ Improve agricultural methods, reforestation and strengthened protection of ecosystems
- ♦ Effective management of water resources

What Can We Do?

We can help by lowering our carbon footprint, which is the amount of greenhouse gases generated by our actions.

Here's a list of simple ways in which you can do so:

- ♦ Unplug computers, TVs and other electronics when not in use
- ♦ Change traditional light bulbs to energy-efficient bulbs
- ♦ Drive less, carpool or use public transit
- ♦ Switch to cleaner sources of fuel such as Compressed Natural Gas (CNG)
- ♦ Switch to electric or hybrid cars where possible
- ♦ Walk or cycle to short destinations
- ♦ Plant a tree, start a garden or make compost
- ♦ Wash clothes in cold water or hang-dry your clothes when you can
- ♦ Take shorter showers and turn off taps when not in use





MARCH 2021

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

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

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, 668-2509

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**