



# The Eastern *Vibes*

**Monthly Newsletter 2021**

**October 2021, Issue #87**

## **National Care Fair 2021**



**A Healthier You Starts Here** was the main message communicated to over 425 persons who attended the National Care Fair hosted by the ERHA. The health fair which was held at the Sangre Grande Civic Centre on October 29 & 30, 2021, was held under the Ministry of Health's TTMoves

initiative to advance the national NCD Management Programme through the adoption of healthier lifestyles.

*See more on Page 2.*

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## National Care Fair 2021 (continued)

Attendees were provided with a wide range of primary healthcare services which included screening of blood sugar; blood pressure; body mass index and vision; medical; dental and pharmacy counselling; HIV testing; pap smears; breast examinations; men's health; food and nutrition services and vaccinations for COVID-19 and influenza. An agricultural display booth was also set-up by the Ministry of Agriculture to remind persons that they can grow their own food. Seedlings and fresh produce was also distributed.

**“Persons with underlying health conditions such as cardiovascular diseases; diabetes and cancer have a higher risk of contracting COVID-19.”**

The ERHA encourages clients to access primary healthcare services at health facilities in their communities and to make healthier choices.



*Community members visit display booths*



*Giveaways presented to participants*



*Staff members take a photo*



*Members of staff engage participants in exercise routines*



*Group photo with staff*





# VOTE NOW FOR THE ERHA

To win the People's Choice Award

in the

**IDB 2021 President's Awards for Service Excellence and Innovation in the Public Sector**



*Our project:*

*The ERHA's COVID-19 Experience:*

*A Journey of Science, Commitment and Caring*

*Here is how:*

**Step 1:** Visit: [www.menti.com](https://www.menti.com)

**Step 2:** Insert CODE: **74246183**

**Step 3:** Vote for: **Eastern Regional Health Authority**

*Voting closes on November 30, 2021*

*"Caring is the Key"*

# OCTOBER

Breast Cancer AWARENESS MONTH

## A Message of Hope - A Motivational Evening

***Hope gives us the power to endure what we think we can't.***

Over 140 persons including cancer patients and their families, supporters and staff logged on to the virtual Motivational Evening and Cancer Awareness Programme in observance of Breast Cancer Awareness Month. The event was hosted to raise awareness about the impact of breast cancer and to help uplift and encourage our clients who are receiving care at our Oncology Department and Palliative Care Unit.

**"Early Detection  
can Save Lives"**

The programme, entitled **"A Message of Hope"** was broadcast via Zoom on October 24, 2021 and has been held for seven years.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer brought Greetings and emphasised the important role that motivation and support plays in the healing process for our clients. The CEO also reaffirmed the Authority's commitment to improving health and

wellness by raising awareness of breast cancer.

The inspirational evening touched the hearts of many viewers through dance, song and poetry which were performed by various artistes including I-Act Drama Club. The entertaining hosts Derron Sandy, Artistic Director and National Poetry Slam Winner and Thaddy Boom, Comedian and Spoken Word Artist, kept the audience entertained and engaged.

Medical lectures were also conducted by Dr. Priya Gopie, Specialist Medical Officer and Dr. Stephan Garcia, House Officer to educate the audience.

The event was promoted on CNC3's Morning Brew on October 21, 2021 by Mr. Kerwin Stephens, Pharmacist III and Dr. Stephan Garcia, House Officer. A radio interview was also held with Dr. Cassandra Joseph on Mayaro Radio.

*The ERHA encourages you to be aware of breast cancer.*

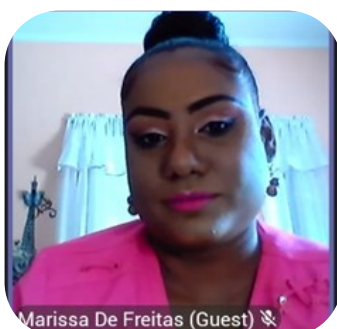
## Breast Cancer Awareness Webinar

Breast cancer is the most common cancer amongst women. In Trinidad and Tobago, the incidence is 37 per 100,000 population.

Recognising the need to sensitise the public on the importance of cancer prevention and management, the ERHA's Health Education Departments in collaboration with the Radiology Department, Sangre Grande Hospital, hosted a Breast Cancer Webinar on October 28, 2021.

The session was led by Ms. Marissa De Freitas, Mammographer who explained the signs and symptoms of breast cancer as well as risk factors. Ms. De Freitas also demonstrated how to do self-examinations and emphasised on the importance of having a mammogram.

The 55 attendees were also provided with additional information via email.



Ms. Marissa De Freitas, Mammographer





## *What You Should Know About Breast Cancer*

### **What is Cancer?**

Cancer is an abnormal growth of cells that can be formed in any part of the body.

### **What is Breast Cancer?**

Breast Cancer is a common form of cancer that affects mostly the female population but also at least 1% males. This type of cancer can either begin in the lobules or ducts of the breasts.

### **Signs and Symptoms of Breast Cancer:**

- Lumps or thickening of area in the breast.
- Changes in breast shape and size.
- Dimpling, puckering or rash on the skin of the breasts.
- Nipples start inverting or releasing abnormal discharge
- These changes are usually painless.

### **Breast Cancer Risk Factors:**

- Early menstrual period (before age 12) or late menopausal period (after age 50) this increases your risks as you are exposed to the hormones for a longer period of time.
- Having no children or having your first baby after the age of 30.
- Being obese or overweight.

- Family history of breast cancer - multiple family members on either parent's side have been diagnosed with breast cancer.
- Inherited gene mutation.
- Drinking alcohol - Studies show that your risk for breast cancer rises with increase consumption of alcohol.

### **Breast Examinations**

Breast Examinations are done for two reasons:

To discover or detect any breast changes and to seek medical attention early.

Exams can be done by looking and touching while lying down or with the help of a mammogram.

### **Why are mammograms important?**

Mammograms can detect cancer early when it is most treatable. In fact, mammograms show changes in the breast up to two years before a patient or physician can feel them.

### **When should you do a mammogram?**

It is recommended that you get your mammogram done when your breast are not tender or swollen. You should also try to avoid the week of your period. This will make the procedure less uncomfortable and allow the mammographer to get good compression and images.



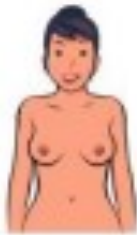
# OCTOBER

Breast Cancer AWARENESS MONTH

## Breast Self-Examination

### By Looking

Stand before a mirror and look at both breasts and nipples.



Once with both arms beside your body



Once with both hands on your hips



Once with both arms raised and arms behind your head

### By Touching

Use the pads of your 3 or 4 fingers of the right hand to examine your left breast. Repeat on the right side.



Once in lines up and down your breast from outside to inside



Once in circles around the breast making smaller circles towards the nipples



Once in wedges starting from outside towards nipples and back again

### While Lying Down

Lie on your back, left arm over your head and a pillow under your left shoulder. Examine your left breast with your right hand as described before. Repeat for the right side.

This position flattens the breast and makes it easier to examine.



### Lymph Nodes

Place your left hand on your waist. With your right hand try to find enlarged lymph nodes in the left underarm area and around your left collar bone. Repeat on the right side.



An enlarged lymph node feels like a corn kernel or a bean

## World Mental Health Day Lectures

53 persons benefited from the St. Andrew/St. David Health Education Department's World Mental Health Day Lectures which were held in the month of October in observance of World Mental Health Day.

The series was conducted at the Sangre Grande Enhanced Health Centre and the Valencia Outreach Centre. Some of the major topics presented were signs of COVID-19 stress and tips on healthy coping strategies such as filtering information; maintaining a healthy lifestyle and connecting with family and friends.

*World Mental Health Day is observed annually on October 10 and focuses on raising awareness of various mental health issues such as anxiety and depression. The theme for this year was "Mental Health in an Unequal World."*



Members of the Health Education Department delivers presentations at the Sangre Grande Enhanced Health Centre



## Global Handwashing Day Quiz

***"Our Future is at Hand – Let's Move Forward Together."***

Clean hands are a recipe for health. During these critical times, one of the simplest things we can do to improve health and protect ourselves from COVID-19 is to wash our hands properly with soap and water.

In an effort to remind persons of the significance of handwashing, the Nariva/Mayaro's Health Education Department hosted an online quiz in observance of Global Handwashing Day where participants were invited to test their knowledge on proper

handwashing techniques.

The quiz consisted of 20 multiple choice questions and was open to all members of staff during the period of 15th-22nd October, 2021. A total of 22 persons participated in which six persons achieved top score and won prizes.

*Global Handwashing Day is held annually on October 15 and is dedicated to advocating for handwashing with soap as an easy, effective, and affordable way to prevent diseases and save lives.*



Staff of the Health Education Team distribute prizes to winners

**See a Special Feature on Global Handwashing Day on next page**





OCT, 2021

# Well NEWS

NEWSLETTER

## GLOBAL HANDWASHING DAY 2021

by: Health Education Department, Nutrition Department & Wellness Coordinating Unit



### INSIDE THIS MONTH'S ISSUE:

- Global Handwashing Day 2021 Message
- Handwashing and COVID-19
- Standard Precautions - Hand Hygiene
- Five Simple Steps to Handwashing

## GLOBAL HANDWASHING DAY 2021 MESSAGE

Global Handwashing Day is celebrated on October 15th every year. The day is dedicated to highlight the importance of handwashing with soap as an easy, effective and affordable way to prevent the spread of infectious diseases and save lives.

Many germs that can cause illnesses are spread when we don't wash our hands using soap and clean, running water. That is why handwashing is of utmost important, especially at key times such as after using the bathroom, when preparing food, before eating, and after coughing, sneezing, blowing your nose or touching the front of your face mask.

The 2021 Global Handwashing Day theme is ***"Our Future is at Hand – Let's Move Forward Together."*** This year's theme calls on society to work together as one in order to increase awareness of hand hygiene . It reminds us that we must support one another to achieve universal access to handwashing facilities and clean water in order to practice proper hand hygiene.

*No matter your role, you can celebrate Global Handwashing Day!*



# HANDWASHING AND COVID-19



Handwashing is one of the key cornerstones of COVID-19 prevention. Now more than ever as we embrace the new normal and live with COVID-19, hand hygiene needs to become an integral part of our daily routine as we live through this pandemic, and beyond, to protect us from diseases.

With COVID-19 transmission mainly spreading between people through direct, indirect (*through contaminated objects or surfaces*), or close contact with infected persons via mouth and nose secretions, washing hands with soap and running water is of critical importance.

To stop the spread of COVID-19, along with other COVID-19 appropriate behaviours, the practice of handwashing at regular intervals is very essential. The sooner you wash your hands after exposure, the less likely you are to catch or spread infection.

## STANDARD PRECAUTIONS - HAND HYGIENE

Hand hygiene is a general term that refers to any action of hand cleansing, such as handwashing or hand rubbing. Microorganisms are either present on hands most of the time (*resident flora*) or acquired during activities (*transient flora*). The aim of hand hygiene is to reduce the number of microorganisms on your hands, particularly transient flora which may present the greater risk for infection transmission

**Handwashing:** Hands should be washed with soap and water when visibly soiled and after using the toilet.

**Hand rubbing:** With an alcohol-based hand rub is the preferred method for hand cleansing in the healthcare setting when hands are not visibly soiled but **should not** replace hand washing

### Follow these five steps every time

- 1- **Wet** your hands with clean, running water (*warm or cold*), turn off the tap, and apply soap.
- 2- **Lather** your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
- 3- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" or "ABC" song from beginning to end.
- 4- **Rinse** your hands well under clean, running water.
- 5- **Dry** your hands using a clean towel or air dry them.



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

## *Is Your Disaster Kit Ready?*

When preparing for an emergency, you and your family should be able to recover with little to no disruption to your living conditions. One of the most important things in getting disaster ready is creating a **disaster kit** or '**grab and go bag**'.

### **What should be in a disaster kit?**

A disaster kit is a collection of basic items your household may need in the event of a disaster to survive on your own for a few days. This would mean having your own food, water, medicine and other essential supplies, as detailed in the checklist below. It is now just as important to consider that some aspects of your disaster kit needs to be tailored due to COVID-19.

It is ideal to have enough items to last for a minimum of **72 hours** or **3 days** as this is the average time for help to arrive when a disaster occurs.

Another aspect to take into account is the special needs of your family. These may include supplies for babies, pets, the elderly, and persons with disabilities.

You do not want to wait until a disaster strikes or even when a warning is issued to assemble a kit. You may not have enough time to do so or at least some of the items may not be readily available.



### **Your kit should include but is not limited to the items listed below:**

**Food** - non-perishable such as canned foods: sausages, tuna, beans, crackers, cereal, dried fruit, nuts, peanut butter, juices or milk. If needed: infant supplies, formula, snacks or pet food.

**Water** - 1 gallon of water *per person per day*. Store water in a cool, dry place.

**Covid-19 supplies** - masks (for both children and adults), hand soap, hand-sanitizers, rubbing alcohol, alcohol-based wipes, disinfectants, latex gloves

**First Aid supplies or kit** - gauze, scissors, bandages, safety pins, painkillers, medicine, prescription medications.

**Personal hygiene kit** - toilet paper, soap, toothpaste, sanitary napkins, wipes.

**A battery-powered radio and extra batteries.**

**Flashlight or Lantern**

**Personal Documents stored on a flash drive/ water-proof container** - photo IDs, birth/marriage certificate, educational certificates, financial documents and other valuables.

**Clothing and comfortable shoes**

**Cash**

**Whistle**

**A wrench or pliers** - to turn off utilities

**Manual can-opener**

**Garbage bags**

**Cellphone chargers or power-bank** (with back-up battery)

**Sleeping bag or blanket**

**Disposable utensils** - paper cups, plates, plastic spoons/ forks

**Books and activities** - games, puzzles, toys





## *Is Your Disaster Kit Ready? (continued)*

### **Maintaining your Disaster Kit**

***Always ensure you maintain your kit so it is ready for use at any given time.***

- Canned foods should be kept in a cool dry place
- Replace any expired or close to expiry date items as necessary
- Reevaluate your needs periodically and update kit if necessary

### **Disaster Kit Storage Locations**

*Because an emergency or disaster may occur suddenly, it may be appropriate to prepare supplies for your home, work or cars. The contents in each kit will vary based on the location and your needs.*

**At Home:** designate a place and make sure all family members know where the kit is kept.

**At Work:** This *grab and go* bag should include food, water, comfortable shoes, change of clothing and other necessities. It should be stored in a safe place.

**In the Car:** in the instance you wind up stranded or compromised, keep the necessary emergency supplies in your car (trunk or other safe space).



**For more information on building a disaster kit:**

Visit the ODPM website: <http://www.odpm.gov.tt/node/1030>

Refer to the ERHA Family Emergency Plan Booklet

## Occupational Safety and Health Feature

***In this issue we introduce the OSH Team at the Sangre Grande Hospital (SGH) and discuss safety measures for the prevention of slips, trips and falls.***

### ***Meet the Sangre Grande Hospital OSH Team***

The SGH team comprises of Mrs. Krysta-Rae Snaggs, Occupational Safety and Health Officer who joined the Eastern Regional Health Authority in 2019 and Ms. Josanne Greenidge, Clerk I. The Team ensures the safety, health and welfare of all employees, clients and visitors at the Sangre Grande Hospital.



Ms. Krysta-Rae Snaggs, OSH Officer



Ms. Josanne Greenidge, Clerk I

### ***Safety Wardens***

The Occupational Safety and Health Department has been actively engaging and sensitising our Safety Wardens through virtual training sessions in emergency response along with the provision of hazard identification checklists to proactively control risk.

Each facility will be equipped with a Safety Warden Plaque to assist in easy identification of the Safety Wardens in the event of an emergency.

*Are you interested in becoming a Safety Warden? If so, kindly contact your respective OSH Officer or send an email to [OSHDept@erha.co.tt](mailto:OSHDept@erha.co.tt).*





## Occupational Safety and Health Feature

Slips, Trips and Falls accounts for approximately 27% of non-fatal work-related injuries. See poster below for a few tips which can help prevent and lower the statistics for Slips, Trips and Falls.





**OCTOBER 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](mailto:corpcomm@erha.co.tt)**