

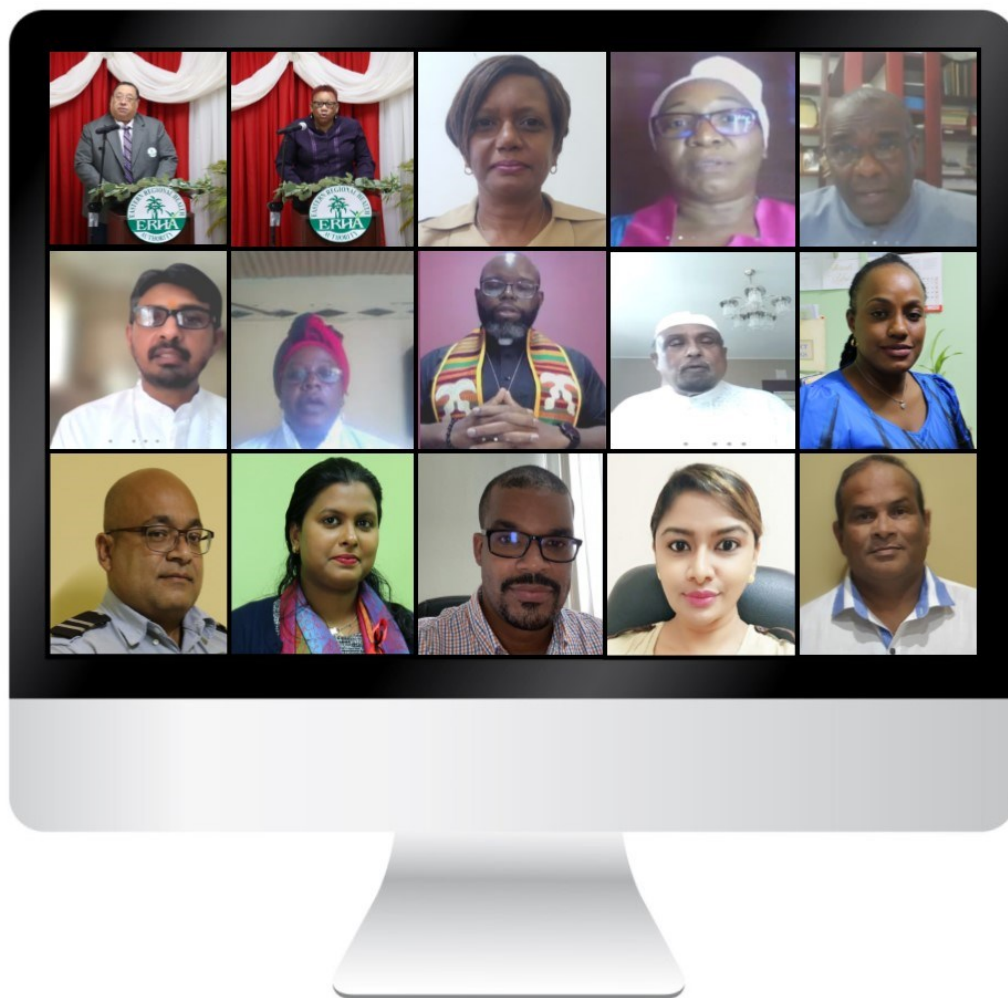


The Eastern *Vibes*

Monthly Newsletter 2021

September 2021, Issue #86

ERHA's Virtual Interfaith Service



The Eastern Regional Health Authority held a Virtual Interfaith Service to inspire staff on September 01, 2021 under the theme '**Rejuvenate**'.

Over 200 members of staff throughout the Eastern Region from Matelot to Guayaguayare and guests logged on to their electronic devices to listen and draw strength from the inspirational words.

Article continues on Page 2.

In this Issue

- ERHA's Virtual Interfaith Service
- New Sangre Grande Hospital
- ERHA is in the Finals of the IDB President's Award 2021
- Caribbean Wellness Day: "ERHA Friday Health Features"
- Caribbean Wellness Day: "Stronger Together"
- Educational Sessions on COVID-19 Vaccination
- COVID-19 Vaccination Caravan Continues
- Ward 5 Shows Appreciation to Staff
- Virtual Training for CCC Trainees
- Health and Wellness Word Search
- OSH Feature
- Disaster Preparedness: Dealing with Disaster Panic & Stress
- Good News for September
- Suicide Awareness

New Sangre Grande Hospital



The New Wing of the Sangre Grande Hospital (NSGH) features an innovative design placing patients and staff at its core to facilitate modern, personalised healthcare delivery utilising technology and innovation.

Key facts:

- Construction of a New Sangre Grande Hospital Wing which will be integrated through phased renovations of the existing facility to establish the new SGH Campus.
- Addition of 106 beds, inclusive of a 10 bed critical

care unit, to expand in-patient bed capacity to 250 beds across the SGH Campus.

- Establishment of three new Operating Theatres, expanding the Campus to six Operating Theatre Suites.
- Expanded Diagnostic and Therapeutic Services.
- New clinical services - Ear, Nose & Throat; Pathology.
- Spacious comfortable accommodation.

Interfaith Service continues

The service was hosted by Father Stephon Alexander from the Coryal RC Church and inspirational prayers were delivered by representatives of the Inter Religious Organisation.

Ms. Esme Rawlins-Charles, Chairman of Board of Directors of the ERHA, delivered the Scripture Reading from Colossians Chapter 1, Verses 1-8.

Members of the IRO prayed for members of staff and the country, for peace, blessings, mercy and forgiveness, they also made a call to raise the positive energy and vibration for renewal, restoration regeneration and rejuvenation from the COVID-19 pandemic. The representatives were Imtiaz Ali, Iman of The Anjuman Sunnat ul Jamaat Association, Iya Marsha Clifton of the Council of Orisha Elders of Trinidad and Tobago, Arch Abbess Mary Forde of the TRIUNE Spiritual Baptiste Church, Pundit Navin Omardath Maharaj of The Sanatan Dharma Maha Sabha of Trinidad and Tobago, Dr. Ellis Burris of the Bahai Faith of Trinidad and Tobago.

In the Homily, Father Alexander reflected on the Gospel of Luke and invited the staff to see themselves in an active Jesus, a healer, a savior and to see Jesus in them. He indicated that there are similarities in the day of the life of Jesus and that of the healthcare workers and the work that they are

called to do. Work of healing, caring and loving. He invited staff to see how much their own touch shows love and caring to those they serve. Although they are overwhelmed by the task they are called to perform they bring hope to life by their loving touch which brings healing and comfort even in the moment of death. Once they are grounded in faith, hope and love their vocation brings new perspective to those who suffer loss. He urged staff to recognise when they are overburden and to find moments of peace and to be renewed by the loving presence in God so that they can share that love and that caring with those who they minister.

During his address the Chief Executive Officer informed the ERHA's team that 538 days after the Authority joined the battle against COVID-19 they had administered over 97,900 vaccine doses to assist clients in the fight. He acknowledged that to achieve this result many personal sacrifices were made by staff and they continued to go beyond the call of duty. Mr. Tsoi-a-Fatt also recognised the contribution of the ERHA Team and encouraged them to pause, reflect and rejuvenate. He also reminded them to never stop doing what they do for others, even the little things for sometimes those little things occupy the biggest part of the hearts of clients.

ERHA is in the Finals of the IDB President's Awards 2021

The ERHA has once again been selected as a finalist in the IDB President's Award for Service Excellence in the Public Sector.

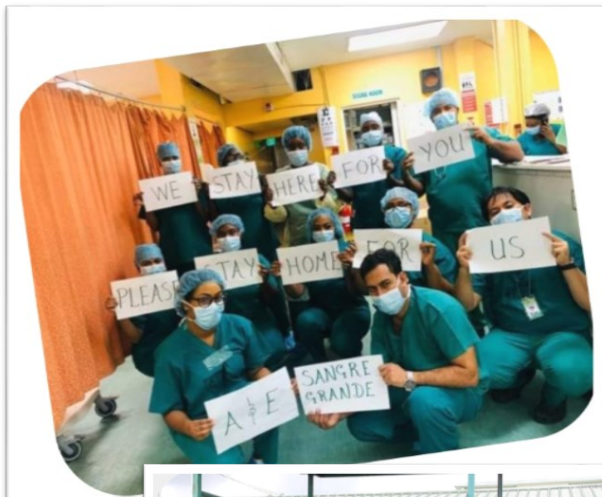
This year, we shared our COVID-19 Experience: A Journey of Science, Commitment and Caring with the IDB's judging panel along with a short video which highlighted key aspects of our COVID-19 programme. The Team, led by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, also delivered a presentation which emphasized the commitment and passion that we all continue to display in the fight against COVID-19.

As you may recall, we were selected as a finalist in the 2020 IDB President's Award for our Nariva/ Mayaro Satellite Dialysis Unit Project which captured the hearts of the people of Trinidad and Tobago and

beyond and we won the People's Choice Awards Category.

We are elated that the groundbreaking work we have done in the country's COVID-19 Response has been recognised. Our journey of care as the first Regional Health Authority to respond to the call to receive the first cohort of repatriated nationals and our task to commission the first quarantine facility within forty-eight (48) hours are pioneering, and for this, we are now on the cusp of achieving an award. Our work can also capture the People's Choice Award. To achieve this, your support is required.

Voting commences on November 17, 2021. Stay tuned for details.



Caribbean Wellness Day: “ERHA Friday Health Features”

Wellness is a lifestyle.

In an effort to encourage persons to adopt a healthy lifestyle, the Health Education Department, Nariva/ Mayaro and the Wellness Department hosted the **“ERHA Friday Health Features”** in observance of Caribbean Wellness Day which is celebrated on the 2nd Saturday in September.

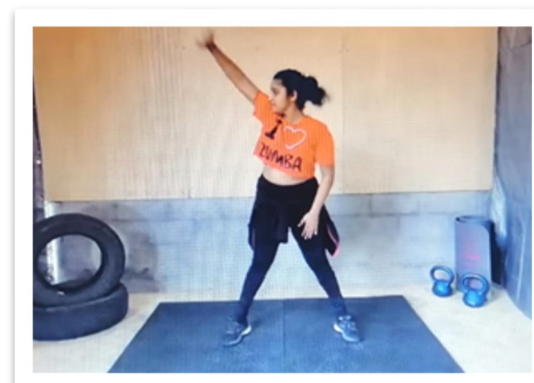
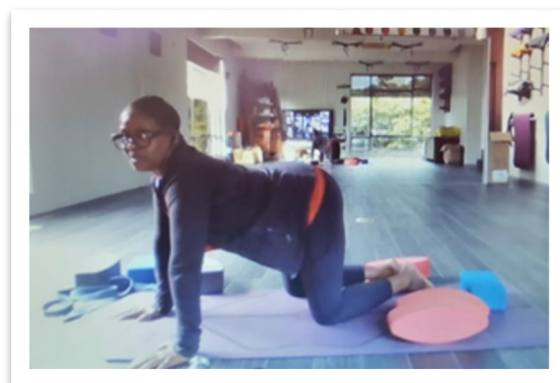
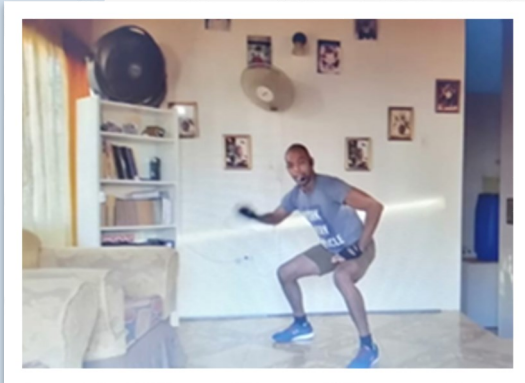
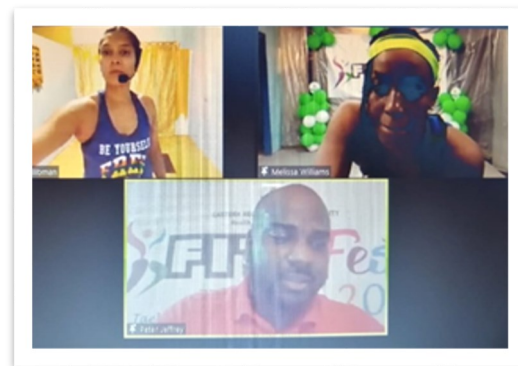
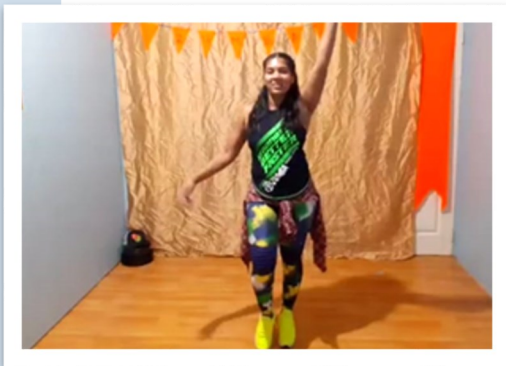
A mini series comprising four educational videos was developed and one video was aired each Friday in September via Mayaro Cable TV and the ERHA’s e-platforms.

The videos focused on managing chronic diseases in a pandemic; coping with stress during the COVID-19 pandemic, maintaining physical fitness during a pandemic and emotional eating.

The activities culminated with **“FittFest 2021”** where 70 persons joined virtually to participate in simple exercise routines in the comfort of their homes.

They were guided through simple aerobics; yoga; strong nation broom stick workout; dance fitness; soca fit; balance exercise and zumba.

The Authority encourages persons to stay active and to exercise for a minimum of thirty minutes each day.



Caribbean Wellness Day: “Stronger Together”

During the month of September, the Health Education Department, St. Andrew/St. David conducted a series of lectures entitled ***“Stronger Together”*** to observe Caribbean Wellness Week which is usually celebrated on the second Saturday in September.

The theme was chosen by PAHO/WHO in light of the rising mental health conditions brought about by the COVID-19 pandemic. The lecture series was aimed at highlighting the negative impact that the pandemic can have on our mental health and emotional well-being as more persons are now being diagnosed with anxiety and depression. It also raised awareness on non-communicable diseases including diabetes and hypertension.

The sessions were conducted with 69 clients at health facilities including, Sangre Grande Enhanced Health Centre, Valencia Outreach Centre and Manzanilla Outreach Centre.

Clients learned about the signs of COVID-19 stress, feeling confused, anxiety, emotionally disconnected, mental fatigue and headaches.

Healthy coping strategies were also discussed, such as filtering information, maintaining a healthy lifestyle as well as connecting with family and friends which can help you feel safe, calm and more hopeful.

If you feel overwhelmed, talk to a medical social worker or counsellor. Remember, ***“We are all in this together.”***



Educational Sessions on COVID-19 Vaccination

In preparation for the reopening of physical school, the ERHA continued to conduct COVID-19 education outreach activities.

One of the sessions conducted focused on the Pfizer vaccine which is available for school-aged children 12 to 18 years old inclusive. Dr O. Nzedinma, Medical Officer, and Kezia Philip, Health Education Officer, facilitated sessions on 1 & 2 September for 136 parents, teachers and principals of primary and secondary schools within the North Eastern and South Eastern Education Districts.

Some of the topics discussed at the sessions include the types of vaccines given to children; how they work and the uses of mRNA technology for treatment of diseases.

Dr. Nzedinma also highlighted, the effects of COVID-19 infection; the common side effects of the

Pfizer vaccine and the benefits of vaccination for children. Parents were encouraged to vaccinate their children as well as other eligible members of their families.

A joint session was also held on September 15, with the Community Development Division. In an effort to educate members of the community about vaccination, a virtual lecture was conducted with 46 persons representing village councils and community organisations. Dr. Stacey Trim, Medical Officer discussed the different COVID-19 vaccines and the benefits and answered questions posed by participants.



COVID-19 Vaccination Caravan Continues



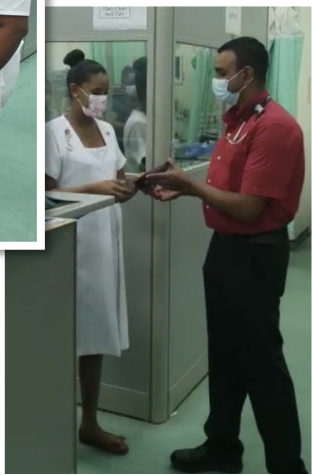
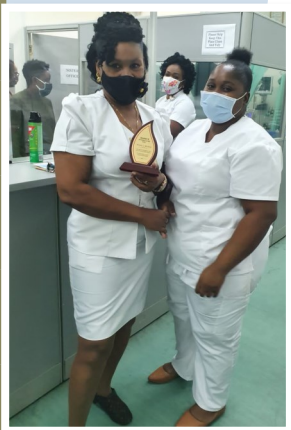
ERHA continued its COVID-19 Vaccination Caravan in the month of September targeting strategic key areas in the community to make the vaccine easier for clients to access.

During the busy Republic Day weekend, a pop-up vaccination site was set-up at Cost Cutters Car Park on Friday 23rd September, 2021 to attract shoppers.

The Health Education Team interacted with over 65 persons from the information booth located in front of Maraj Supermarket. They distributed pamphlets

and responded to questions while reminding persons to get the facts from reliable sources and to do their part to protect themselves and their families.

Ward 5 Shows Appreciation to Staff



Staff Appreciation is the simple act of acknowledging the contributions employees make to the organisation and the culture of the workplace.

On September 29, 2021, the staff of Ward 5 showed appreciation to their colleagues.

Under the guidance of Sister Susan Thomas, tokens were presented to Dr. Rajiv Bhagaloo, Head of Internal Medicine and Registered Nurses (RN) Joanne Watson and Devika Harewood.

The department thanked Dr. Bhagaloo for continually being a source of strength and for his leadership in the Department and

RN's Watson and Harewood for their dedication and commitment to fulfilling all nursing responsibilities.

Their photographs were also displayed in Ward 5 as a sign of honour and respect for their contributions. This initiative assists in motivating the staff and team building.

Virtual Training for CCC Trainees

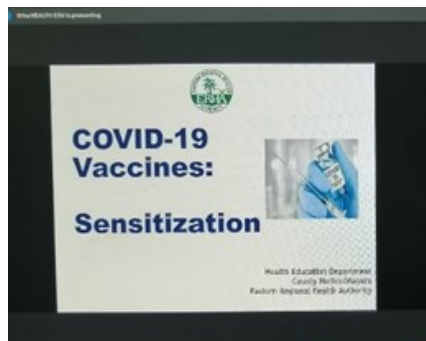
Over 900 Civilian Conservation Corps (CCC) trainees benefited from lectures which addressed issues related to COVID-19 Vaccine Hesitancy.

The ERHA partnered with the CCC to conduct the virtual lectures during August and September in the eight regions in Trinidad & Tobago.

Mr. Peter Jeffrey, Health Education Officer and other members of the team delivered the presentations

which focused on the benefits of being vaccinated; how vaccines work; options available; vaccine process and side effects.

The trainees posed several questions which were addressed and were provided with contact information to access additional information if required.



Health and Wellness Word Search

Health and Wellness

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

wellness	hygiene
no	biking
smoking	activities
reliable	laugh
exercise	give back
hydrate	social
coping	savings
walking	balance
swimming	
prescriptions	volunteer
financial	mental
spiritual	goals
church	debt free
eating healthy	intellectual
physical	pray
therapy	emotional
yoga	occupational
responsibility	

← OSH FEATURES

The ERHA's Occupational Safety & Health Department presents its "OSH Feature" where vital information on workplace health and wellbeing will be shared each month.

IN THIS ISSUE: We discuss how to identify heat exhaustion or heat stroke and ways to prevent it.



In light of the recent increase in outdoor temperatures and humidity, the Occupational Safety and Health Department recognises the need to educate staff on the dangers of heat related illnesses and the associated signs and symptoms that one should be aware of in order to prevent and treat with heat related illnesses.

Safety Tips on Recognizing and Treating Heat Related Illnesses

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

HEAT STROKE Prevention



cold shower



drink more water



sunscreen



no alcohol



no smoking



limit outdoor time



headaddress



loose light clothing



limitation of physical activity in the heat

DEALING WITH DISASTER PANIC & STRESS



Experiencing a disaster can be very traumatic based on the impact and your level of preparedness and readiness. During an event, a person may go into a state of shock and fear and may begin to panic. Panic can be described as a perception of an immediate great threat, a belief that you may be trapped or a feeling of helplessness.

During a state of panic, knowing what to do in that instance can also seem quite confusing and overwhelming. As such, it is always beneficial to be prepared, in the days, weeks or even months prior to the actual occurrence of the event.

Moreover, dealing with the after effects of an emergency or disaster can take time especially if you were directly impacted. It may create tremendous amounts of stress and anxiety. These may be devastating events such as hurricanes, flooding, earthquakes, landslides etc. where recovery takes a while. It is important to seek support or assistance following such events.

WHAT CAN YOU DO TO HELP COPE WITH A DISASTER?

Before any event, it is important to get prepared and plan advance to ease stress or panic. Here are some precautionary measures:

1. Develop a family evacuation action plan where you and your family can practice.
2. Secure your home to mitigate against any damages caused by natural disasters.
3. Know where the main power switch and water connections are located and how to shut them off.
4. Build an emergency kit or bag with canned foods, medications, first aid supplies, water and a battery-operated radio.
5. Secure all important documents in a waterproof case or safe to protect them.



DURING THE EVENT:

1. Try not to panic, stay calm by taking some deep breaths in and out. If you do not have an emergency plan, try identifying escape routes and the nearest shelters.
2. To avoid confusion, stayed tuned to your local radio stations for further official warnings or advisories.
3. To pass the time during a storm watch, engage in activities that promote a sense of calm and feeling grounded.



AFTER THE EVENT

You may experience feelings of :

1. Disbelief and shock
2. Fear and anxiety
3. Depression
4. Disorientation
5. Irritability and anger
6. Changes in eating patterns
7. Difficulty sleeping
8. Increased use of alcohol and drugs
9. Nightmares and reoccurring thoughts
10. Headaches and back pains

It is important to seek the **right level or type of support for you**, as everyone will be affected differently and may experience all or some of the symptoms listed above.

Here are some ways to cope post-disaster:

1. Accept assistance from community programmes and other available resources.
2. Seek and connect with local social support groups or crisis counsellors who may help offer support.
3. Spend time with friends and family. You can visit or stay in touch by phone. If you have children, you should encourage them to share their concerns and feelings about the disaster.
4. Take care of your physical and emotional health:
 - ◆ Get plenty of rest
 - ◆ Exercise (30 minutes at least 2-3 times a week)
 - ◆ Eat healthy/nutritious food
 - ◆ Limit smoking, nicotine and caffeine.
 - ◆ Try to incorporate mindful activities include breathing exercises, yoga, meditation and gratitude journaling.
5. Limit your exposure to images or reports of the disaster. Instead make time for activities you enjoy: read, go for a walk, do some cooking or baking, catch a movie, or do something you find enjoyable.
6. Avoid the use of drugs and excessive drinking. It may temporarily seem to remove stress, but in the long run, it can create additional problems.
7. If you have strong emotions that are lingering for longer than 4-6 weeks, it can lead to symptoms of post-traumatic stress disorder (PTSD). You may want to seek professional help such as consulting a mental health care professional.
8. Explore ways to get involved with repair and recovery of your community. This can help give you a sense of hope.



FOR ASSISTANCE:

The Employee Assistance Programme (EAP) conducted by PEAPSL Consultancy is tailored to meet specific needs to all members of staff at the Eastern Regional Health Authority.

The services can be delivered virtually and can be contacted via the following:

- **24 hour service hotline: 344-HELP (4357)**
- **Counsellor: 344-TALK (8255)**
- **Office: 235-5327**
- **Email address: ino@peapsl.com**

Good News for September

I wish to commend the staff at the Mayaro Sport Facility on their level of professionalism and education on the administration of the covid 19 vaccine, namely the J&J. The vaccine was administered by Nurse Jennifer Frederick who was so gentle that my spouse did not even realize when he actually got the jab...great job.

I would also like to highlight the professionalism we were met with at the Mayaro District Facility by Nurse Sandy yesterday when I took my son who was not feeling well. She took the time to explain everything to us and to ensure we understood what was being done, Mayaro needs more like her, definitely.

- Angelic Trini



"Caring is the Key"

Suicide Awareness

Suicide Awareness

Did you know that there are certain things you can do to help with your mental health?

Here is a list of what you can do:

- *Listen to music*
- *Spend time with loved ones*
- *Try something new*
- *Meditate*
- *Exercise*



SEPTEMBER 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



Erha Trinidad Tobago



www.erha.co.tt



@erhatrinidad