



The Eastern *Vibes*

Monthly Newsletter 2022

December 2022, Issue #101



(L to R) Dr. Darren Dookeeram, (Ag.) Medical Director of the Sangre Grande Hospital & Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the Eastern Regional Health Authority present a hamper to Ms. Annelys Zambrano and her new born baby Shanelly

Seven babies delivered at Sangre Grande Hospital on Christmas Day

The stillness on Ward 4 was broken at 12:25 a.m. with the sweet cry from Shanelly, a new born baby girl at the Sangre Grande Hospital. Ms. Annelys Zambrano was the first mother to give birth in Trinidad and Tobago.

The healthy baby girl weighed 3010 grams and was delivered by Ms. Nicole Reece, Midwife.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer at the Eastern Regional Health Authority and staff at the maternity ward congratulated and presented Ms. Zambrano with a hamper filled with baby products.

Seven mothers delivered babies on Christmas Day at the hospital, six girls and one boy. They were all presented with gift bags.

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Essential Health and Wellness Wins Brighten Your Corner Competition

Motivation is one of the key factors that stimulates persons to engage in regular exercise.

Members of the Sangre Grande Enhanced Health Centre, Wellness Centre Team successfully incorporated several key elements in their submission entitled, "The Essential Health and Wellness" to cup the \$10,000.00 1st prize in the Brighten Your Corner Initiative.

The winning team created a supportive environment for community members and staff to engage in a structured programme.

Spearheaded by the Quality Department, the initiative focuses on improving service delivery, teamwork and fostering improved levels of organisational commitment and performance.

The Wellness Centre Team focused on the users of the facility from entry to exit and transformed the space into a welcoming, relaxing environment. The Wellness Centre now features plants; decorative window dressing and motivational scrolls for encouragement. Mirrors to assist clients to perfect technique and enhance image and cubbyholes for storage of personal items were also added. Additionally, clients now have access to a scale and body mass index machines for evaluation and screening. During workout sessions information and updates are provided via a newly installed television and notice board. After sessions, additional seating is available for clients to change in comfort and they are provided with hygiene packages. They can then refresh

themselves at the fruit and infused water hydration/coffee and tea station before exiting the fitness spa.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer in his address indicated that the Brighten Your Corner Initiative provides an opportunity for vision alignment. Based on the projects submitted, the teams took time to critically examine what existed in their areas and tapped into their imaginative spirit and creativity to transform the space to the benefit of the client.

Mr. Tsoi-a-Fatt further stated that he had the opportunity to see some of the projects and encouraged staff to visit the facilities and view the projects as photographs would not reveal the real beauty.

Ms. Michelle Ramnarine, General Manager-Quality and Risk Management endorsed that view. She thanked all of the teams for their submissions and urged them to continue nurturing the team spirit to imagine, innovate and improve. Ms. Ramnarine also indicated that the key to our continued success is deeply embedded in our passion and caring to deliver quality healthcare.

The 2nd prize was awarded to Radiology Department, Sangre Grande Hospital and Ultrasound Department won 3rd place.

The guests were treated to stellar performances from staff - Ms. Janelle Alexander and Mr. Joel Shelach Roberts, vocalist; Ms. Renelle Harrynarine, Saxophonist and Ms. Elisabeth Campbell, Pianist.

Brighten Your Corner Prize Giving Ceremony

Brighten Your Corner Projects



*1st Place
Essential Health & Wellness
Sangre Grande Enhanced Health Centre*



*2nd Place
Radiology
Sangre Grande Hospital*



*Breast milk
Expression Room-
Neonatal Intensive
Care Unit, Sangre
Grande Hospital*



*3rd Place
Ultrasound Department
Nariva/Mayaro*



*Outdoor Magic
Brothers Road
Outreach Centre*



*Outdoor Seating Area
Celinex Building Team*



*A Stone Garden
Joco Health Centre*

Healthy Eating



Natasha Bellamy, Food Demonstrator, teaches the children a healthy eating song

The Health Education and Nutrition Departments St. Andrew/St. David in collaboration with the Ministry of Sport and Community Development facilitated an interactive face-to-face session at the Bridge of Hope Children's Home on December 20, 2022. The session included a catchy healthy eating song, nutrition games and a lecture entitled, "Gimme Five for Healthy Eating."

The session was facilitated by Ms. Natasha Bellamy, Food Demonstrator and Ms. Onella Chuniesingh, Health Education Aide. A nutrition education session was also conducted by Mr. Christopher Gyan, Community Dietitian for the staff and food service workers.

The lecture entitled, "Gimme Five for Healthy Eating," which emphasised the value of eating

healthy consuming a variety of foods every day and enjoying some foods in moderation. With the use of the food models, the children were taught how to build a healthy and balanced plate by including:

- ◇ **Go foods** for energy from foods such as whole wheat bread, brown rice, ground provisions and corn.
- ◇ **Grow foods** for growth and repair from foods such as meat, fish, eggs, milk, peas, beans and nuts.
- ◇ **Glow foods** for good health and well-being from a variety of different coloured fruits and vegetables such as carrots, bodhi, watermelon and oranges.

They were also taught a healthy eating song and nutrition games.

Make a Wish Come Through for Christmas



Family receives Hamper

Thanks to the generous donations from members of staff and suppliers we were able to, "Make a Wish Come Through for Christmas" for 43 families. The Medical Social Work Departments in St. Andrew/St. David, Nariva/Mayaro and Sangre Grande Hospital assisted with identifying the families and making the presentations.

Officials from the National Breastfeeding Coordinating Unit visit ERHA Breastfeeding Trainers



(Back row third from left) Ms. Debra Thomas, National Breast feeding Coordinator, Ms. Florence Jeffery, Training Officer, National Breastfeeding Coordinating Unit and members of the ERHA Breastfeeding Training team

The ERHA is moving closer to its goal to achieve Baby Friendly Hospital Accreditation Status and is diligently pursuing staff sensitisation to attain the desired 80% awareness among staff. During the period August to December 2022 the Baby-Friendly Hospital Initiative (BFHI) Unit completed five 21-hour sensitisation sessions and eight 3-hour sensitisation sessions.

On December 8, 2022, the training team was visited by Ms. Debra Thomas, National Breastfeeding Coordinator and Ms. Florence Jeffery, Training Officer, National Breastfeeding

Coordinating Unit. Ms. Thomas indicated that the trainers were doing a great job and highlighted her appreciation for the cohesiveness of trainers and commended them on their formal attire.

The initiative which also involves implementing the 10 steps to successful breastfeeding is being undertaken in collaboration with PAHO, WHO, UNICEF and Ministry of Health. The Authority will persist in ensuring increased promotion, support, protection and education regarding breastfeeding to achieve its goals.

Vaccination Outreach at Xtra Foods Plaza

The Health Education Department in collaboration with the Statistics Department, County Health Administration office, St. Andrew/St. David facilitated an influenza vaccine drive held on December 13, 2022 at Xtra Foods Plaza, Guaico Sangre Grande.

Ms. Janelle Alben, Registered Nurse and Ms. Nadine Ransome, Enrolled Nursing Assistant, facilitated the vaccine drive while Ms. Khadine Ramdial and Ms. Onella Chunesingh Health Education Aides, set up a health education pop-up booth and health trivia game. Handouts were also distributed which provided general information on COVID-19 and the Influenza virus and vaccines. Approximately, 30 persons interacted with the booth.



Ms. Nadine Ransome, Enrolled Nursing Assistant, interviews a client

Tree Lighting Ceremony at the ERHA



Members of staff of the Eastern Regional Health Authority ushered in the Christmas Spirit with the traditional lighting of the Christmas tree at the administration office and the Sangre Grande Hospital.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer lit the first tree in the presence of staff on December 7, 2022 at the Administration Building and Ms. Keisha Pritchard continued the tradition

at Sangre Grande Hospital on December 9, 2022.

The evening was one of joy and celebration as staff were entertained by a parang band and they also sang along to some of the selections at Administration Building.

At the Sangre Grande Hospital members of staff took centre stage and entertained their colleagues and clients with popular selections.

Commemoration of World Aids Day

Self awareness gives us the power to influence outcomes.

The Prevention of Mother to Child Transmission HIV Unit, Sangre Grande Hospital hosted a series of activities to commemorate World Aids Day which is observed annually on December 1. The main purpose of this observance is to raise awareness about HIV/AIDS prevention, treatment and care.

50 persons made the decision to increase their self-awareness on their status and got tested at the Outreach which was conducted by the Unit on December 1, 2022 at Birdie Square, Sangre Grande. A poster competition was also conducted to provide an opportunity for

secondary school students to increase their knowledge on HIV/AIDS. Three schools participated and Bates Memorial High School placed first.

Staff also displayed their creativity and knowledge with their entries in the Photo Frame Competition and mounted posters to commemorate the day. 1st place went to the Community Liaison Unit, 2nd place to the Nutrition and Dietetics Department, Sangre Grande Hospital and Nursing Administration, Sangre Grande Hospital.

The winners were presented their prizes in a prize giving function on December 2, 2022 at the Sangre Grande Hospital.

Staff Display their World Aids Day Photo Frames



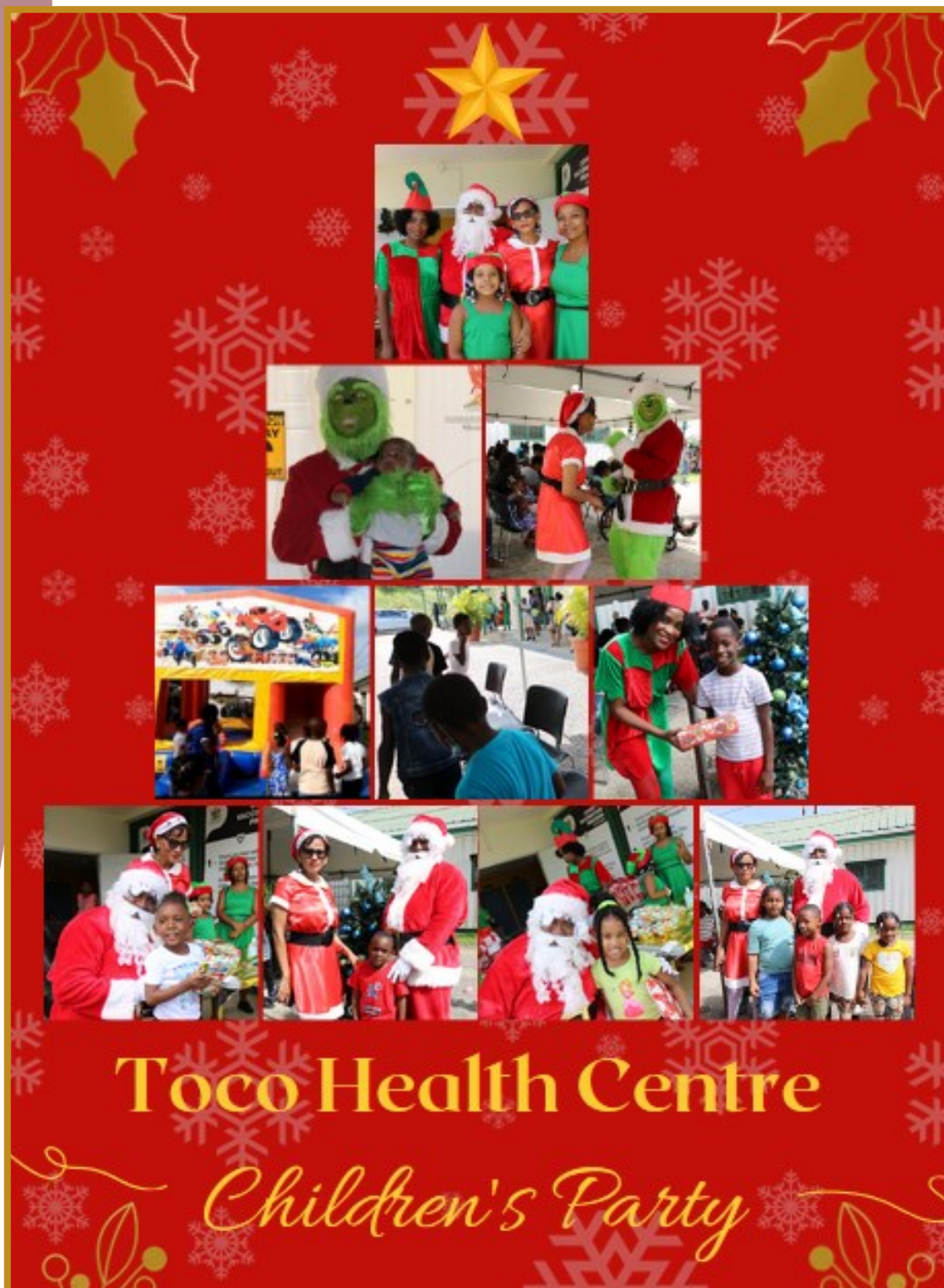
Toco Health Centre host Children's Party

Cheers of joy could be heard echoing from the Toco Health Centre on December 18, 2022 as the staff of the Toco Health Centre hosted a children's party for children in Toco and environs.

The fun filled day included guest appearances by the Grinch who stole Christmas, Santa Claus,

Mrs. Claus and Santa's Helpers. The children received Christmas treats and participated in face painting, fun games such as musical chairs and bouncy castle.

The children were all delighted as they received their gift from Santa Claus and his helpers.



Toco Health Centre
Children's Party

A Snapshot of Christmas in the ERHA Family



Improving Safety in the ERHA

"Safety is not an intellectual exercise to keep us in work. It is a matter of life and death. It is the sum of our contributions to safety management that determines whether the people we work with live or die" Sir Brian Appleton.

In an effort to improve the safety culture of the Eastern Regional Health Authority, we are currently implementing the International Organisation for Standardization (ISO) 45001:2018. This Standard specifies requirements for an Occupational Health and Safety management system whilst giving guidance for its use, to enable the Authority to provide the safe and healthy workplaces by preventing work-related injury and ill health, as well as by proactively improving its Occupational Health and Safety performance. This standard also replaces the previous BS OHSAS 18001 standard and is tailored for healthcare systems.

Introduction to ISO 45001 from the ISO

Our Authority is working on becoming ISO 45001:2018 registered. This international standard provides for an Occupational Health and Safety Management System that outlines some good basic business practices that must be in place. By implementing an OH&S Management System (OHSMS) that complies with the international standard, we will be able to do our part to improve health and safety in our workplace.

Why does the Authority want to become ISO 45001 registered?

The main reason is that it is the right thing to do! All of us want to do our part in having safe and healthy workplaces where work-related injuries and ill-health conditions are eliminated or at least reduced.

Not only do we want to protect the workplace, we want to improve our OH&S performance as an organisation.



Improving Safety in the ERHA (continued)

What will employees need to do for the ISO 45001:2018 OH&S Management System?

First, management will be looking at the Authority's activities, processes, products and services and performing assessments to identify the hazards and determine how they impact our operations. They will then assess the OH&S risks associated with the hazards and determine the actions needed to address both the OH&S risks and the opportunities and control the processes to make sure we continually improve.

Controlling the processes means documenting the procedures and work instructions, training employees and finding ways to make sure that the activities are done consistently no matter who is involved.

This means that employees may be required to have specialized training, or to follow specific work instructions. Employees will need to be aware that **"It is Everyone's Job to ensure a Safe & Healthy Workplace"**.

ISO 45001 Highlights: Things that you will be hearing about as we proceed with this project.

Our OH&S Policy

We will identify our OH&S Policy and will be communicating it to all workers and employees. It is important that all of us are aware of what this statement says about what the authority's vision is for meeting health and safety commitments.

Registration Audit

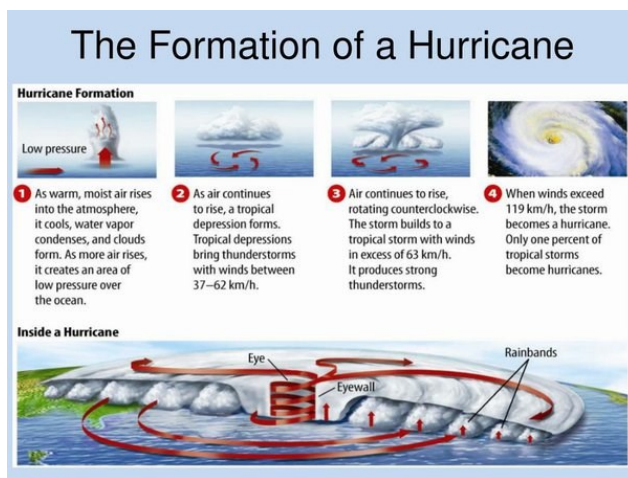
To become ISO 45001:2018 registered, we will be audited by a registration company. This will happen after we have set up the systems to meet all the requirements of the standard. The 'Registrar' will send an auditor or audit team to our facilities and evaluate the OH&S system we have in place. They will check to see if the processes meet the requirements of the standard and see if we follow our processes.

If everything looks good, we will be recommended for registration and be awarded a certificate and be recognised globally.



THE ATLANTIC HURRICANE SEASON 2022 & WEATHER OUTLOOK 2023

The 2022 Atlantic hurricane season officially ended on November 30. According to the National Hurricane Centre this hurricane season produced 14 named storms, of which 8 became hurricanes and 2 intensified to major hurricanes.



<https://slideplayer.com/slide/5349506/>

This year, Potential Tropical Cyclone Two which eventually formed the second Tropical Cyclone of the 2022 Atlantic Hurricane Season “Bonnie”, was forecasted to make land-fall in Trinidad and Tobago on June 28, 2022. However, surface observations from Trinidad and Tobago and Grenada indicated the system had not yet developed a closed circulation. It passed Trinidad and Tobago causing minimal damages, with some areas receiving heavy rainfall and flash flooding.

While the official hurricane season runs from June 1 - November 30, it is not unheard of for tropical cyclones to occur outside of this period.

2022 Atlantic Tropical Cyclone Names		
Alex	Hermine	Owen
Bonnie	Ian	Paula
Colin	Julia	Richard
Danielle	Karl	Shary
Earl	Lisa	Tobias
Fiona	Martin	Virginie
Gaston	Nicole	Walter

Names provided by the World Meteorological Organization

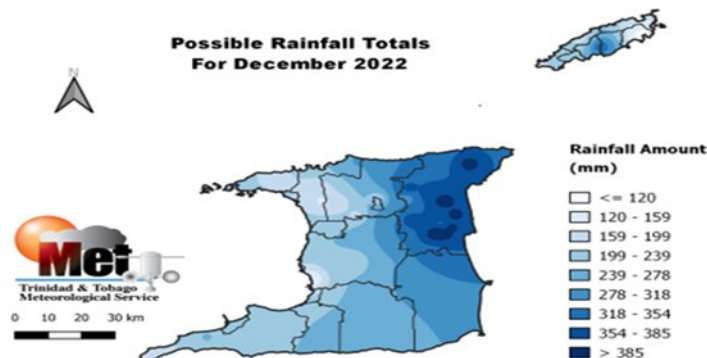
NOAA Be prepared: Visit hurricanes.gov and follow @NWS and @NHC_Atlantic on Twitter. November 30, 2022

THE ATLANTIC HURRICANE SEASON 2022 & WEATHER OUTLOOK 2023 (continue)

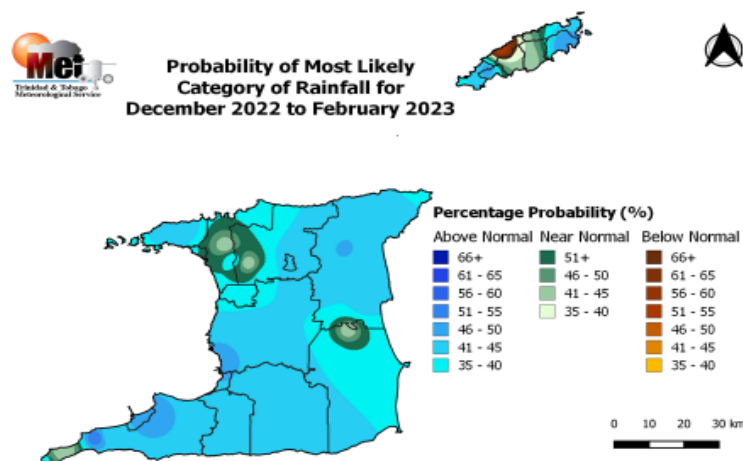
What is La Niña?

La Niña is the name given to the cooling of the Pacific Ocean surface, or below-average sea surface temperatures (SST). It influences our weather and climate in the late wet season and dry season of the following year. It enhances the dry season rainfall in both Trinidad and Tobago, often leading to above average rainfall.

Rainy Season Update:



December's rainfall with the highest chance of occurring ranges from about 120-430mm in Trinidad and 103-340 mm in Tobago.



The December, January, February DJF 2022-2023 rainfall outlook indicates that there are enhance chances for wetter than usual conditions to occur across Trinidad and Tobago, with above normal seasonal rainfall totals most likely.

The percentage or chance for above-normal DJF rainfall totals is greater than 60% across all areas.

Source: *Trinidad and Tobago Meteorological Service*

Emergency Numbers: POLICE:999, GMRTT (Emergency Health Service) :811,
FIRE SERVICE:990, ODPM EMERGENCY:511



DECEMBER 2022

Sangre Grande Hospital

Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
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: 484-1368/668-8066

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: 226-4090/630-8777

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

Sans 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: 226-9353

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

Website : www.erha.co.tt



ERHA Trinidad & Tobago



@erhatrinidad