



The Eastern *Vibes*

Monthly Newsletter 2023

May 2023, Issue #106

ERHA Hosts Sports and Family Day



Overall winners of the Sports and Family Day St. Andrew/St. David

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Members of staff at the Eastern Regional Health Authority were encouraged to participate in a day of fun, relaxation and to foster camaraderie and team spirit. On May 7, 2023 staff together

with their families took a walk down memory lane to **"Bring Back D' Ole Time Days"** during a Sports and Family Day at the Larry Gomes Stadium.

ERHA Hosts Sports and Family Day (continued)

Elements of the 60's and 70's were incorporated by the four teams representing Head Office, St. Andrew/St. David, Nariva/Mayaro and Sangre Grande Hospital in the March Past/Dance Past which was won by Team Nariva/Mayaro.

Parents had fun introducing their children to traditional games on the programme such as hop scotch, ring toss, ludo, moral, marbles as well as novelty games.



1st place winners of the March/Dance Past, Nariva/Mayaro pose with their trophy



Nariva/ Mayaro March Past/Dance Past Team



Sangre Grande Hospital March Past/Dance Past Team



St. Andrew/St. David March Past/Dance Past



Head Office March Past/Dance Past Team

Highlights of the ERHA's Sports and Family Day



Celebrating Mothers at the Sangre Grande Hospital



(L to R) Ms. Janiah Joseph newborn mother receives a hamper and a fruit basket from Ms. Lucy Torres, Director and Mrs. Angelina Rampersad-Pierre Acting Chief Executive Officer of the Eastern Regional Health Authority

In keeping with the tradition of Mother's Day, the Eastern Regional Health Authority (ERHA) celebrated mothers at the Sangre Grande Hospital.

Ms. Janiah Joseph who resides in Guaico, Sangre Grande was among the nine mothers who were recognised on Mother's Day. She gave birth to the first baby born at the Sangre Grande Hospital on Mother's Day May 14, 2023. A healthy baby girl named Xiah (Ky-ah) who weighted 3075grams, was delivered by Staff

Midwife Marlene David at 3:30 a.m. Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer and Ms. Lucy Torres, Member of the Board of Directors recognised all mothers and expecting mothers admitted to the maternity ward and presented them with fruit hampers. They were also encouraged to focus on their health and to eat healthy especially after giving birth to help heal their bodies, stave off bone loss and to nourish their babies during breast feeding.

Observing World Lupus Day

Staff at the Mayaro District Health Facility wear purple in observance of World Lupus Day.



ERHA Celebrates Nurses Appreciation Day

Nursing personnel at the ERHA were applauded for their achievements during the last fiscal year by Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer.

Over 200 members of staff attended the event in commemoration of International Nurses Day on May 12, 2023 in Mayaro and were publicly thanked for their sacrifice, service and dedication to others and also for improving the health of our clients. The Acting Chief Executive Officer shared some of her personal experiences and those of clients with the audience and highlighted a few of the significant achievements, which included among others training, the resumption of school programmes and implementation of the National Early Warning Score System. Mrs. Rampersad-Pierre further stated that the Authority will continue to empower and encourage our nurses to shine the light from their lamps onto those entrusted in their care.

The feature speaker Mr. Corey George advised

the nursing professionals to work on educating and elevating themselves. Also addressing them was Ms. Nicole Reese-James, Registered Nurse/Midwife and representative from the Trinidad and Tobago Association of Midwives (TTAM) who called for further investment in nursing and Ms. Sharon King, representative from the Trinidad and Tobago Registered Nurses Association (TTRNA) who requested nurses' education to be placed in line with International Standards.

A clarion call was made by Ms. Eleanor John-Eccles, Acting General-Manager, Nursing urging those present not to give up but to shine their light and support each other through the nursing pathway to be a good leader.

Guests were entertained by spectacular performances from the Natak Stantapan Kirtan Mandali dance group; a musical interlude by Ms. Nelsia Smith; a duet by Ms. Kateisha Marshall and Mr. Kwame Doyle and a skit entitled "**ERHA Nursing Then and Now**".





+ INTERNATIONAL + *Nurses Day* - "Our Nurses: Our Future" +

A message from the General Manager of Nursing at the Eastern Regional Health Authority

It is an honour to be a nurse with you my fellow nurses and to share this special time with you as we celebrate International Nurses Week.

Nurses have and continue to be the backbone of healthcare for our clients, as we devote ourselves to the welfare of those committed to our care. This was passionately demonstrated during the COVID-19 pandemic when we volunteered to put our country first and provide exceptional service to the population while dealing with an unknown.

The management and staff of the ERHA applaud the Nursing team for all contributions made in upholding healthcare at our institutions and community service.



*Ms. Eleanor John-Eccles
General Manager-Nursing*

This year, the International Council of Nurses (ICN) chose the theme **"Our Nurses: Our Future"**. This focus on **"Our"** emphasises association with or belonging to thereby, highlighting that there is a need for improvement of health globally and that health challenges have to be addressed. The lessons learnt from the pandemic must now translate into actions to create the change for Nursing and Nurses. The **"Our Nurses: Our Future"** campaign will shine the light on nurses as they move forward from invisible to invaluable.

In our daily lives, may we continue to let our light of love, care and dedication to duty shine brightly.

God's peace and blessing is extended to you for Nurses Week 2023 and beyond.

Happy International Nurses Day!



Thank you for your Exemplary Service



The Eastern Regional Health Authority expresses sincere gratitude to Ms. Indardaye Maharaj and Ms. Eleanor John-Eccles for their hard work and dedicated service.

Collectively they have served the people of Trinidad and Tobago in the field of nursing for over 48 years. They both entered the nursing profession on January 3, 1983 at the San Fernando General Hospital and were promoted to management positions in several key areas throughout their careers.

Ms. Indardaye Maharaj assumed duties at the Eastern Regional Health Authority in 1999 and on her admirable professional journey was promoted to Senior District Health Visitor, Primary Care Nursing Manager and General Manager-Nursing. During her time at the ERHA she was instrumental in the initiation of many programmes. Her favourite being the Cervical Screening Programme for which the Authority won many awards. On January 3, 2023 Ms. Maharaj retired.

Driven by her love to serve members of the community, Ms. Eleanor John-Eccles completed the District Nurse programme in 1997 followed by the District Health Visitor programme in 1999. She engaged in many community health initiatives and championed the Nursing Agenda. At present Ms. John-Eccles holds the post of Acting General Manager-Nursing at the Eastern Regional Health Authority.

The Members of the Board, Management and Staff of the ERHA thanks Ms. Indardaye Maharaj and Ms. Eleanor John-Eccles for their legacy of excellence, passion and outstanding service in the delivery of quality healthcare to the citizenry.

"Caring is the Key"

Community Liaison Unit Open Day



CLU staff at the Open Day

CLU staff present a token at the Open Day

Information plays an important role in almost every aspect of our lives. It helps us to learn, grow and make informed decisions.

The Community Liaison Unit (CLU) hosted an Open Day on May 19, 2023 at the Sangre Grande Hospital to inform members of staff and the public on the roles and functions of the unit. Ms. Carril Cooper-Wales, District

Health Visitor gave a brief lecture to persons who visited their booth. She focused on their role in discharge planning, home visits, collection and distribution of births, counselling of clients and their family, health education and other aspects of the unit. Persons also received literature and tokens for their participation in a question and answer segment.

World No Tobacco Day

Tobacco kills over 8 million people every year and destroys our environment, further harming human health, through the cultivation, production, distribution, consumption and post-consumer waste. World No Tobacco Day aims to highlight the health risks associated with tobacco use and advocates for effective policies to reduce tobacco consumption.

This year's theme is, **"We need food, not tobacco"** and the focus is to educate on the dangers of smoking, encourage healthy eating and promote home gardening as occupational therapy for smoking cessation clients.

As such, the Health Education departments of St. Andrew/St. David and Nariva/ Mayaro held

outreach programmes in Sangre Grande between Miguel Moses and Zrada and at S&S Persad Supermarket, Mayaro on May 31, 2023. Booths were facilitated by the Health Education and Nutrition departments, as well as Ministry of Agriculture, Land and Fisheries. Educational pamphlets and handouts were distributed on the dangers of smoking and how to quit.

The Nutrition Departments educated visitors to the booths on Snacking when you quit smoking and Healthy Food Choices while the Ministry of Agriculture provided advice on sustainable farming and distributed seedlings to promote backyard gardening. Over 80 persons were reached with this Outreach programme.

World Hypertension Day



Health Education Department Team



Karen Copland Health Education Aide interacts with a member of the public

World Hypertension Day is a global campaign recognised annually on May 17, to raise awareness on hypertension prevention, detection and control. This year's theme is **"Measure Your Blood Pressure Accurately, Control It, Live Longer."** The main objective of this year's campaign is to get members of the public to test their blood pressure regularly.

Hypertension is the leading cause of heart disease, stroke, kidney disease and premature death. Did you know approximately half of the people living with hypertension is unaware of their condition and that they are at risk of avoidable medical complications? In this regard, the Health Education Department of County Nariva/Mayaro, in collaboration with the Nutrition Department and the Ministry of Agriculture, Land and Fisheries, hosted a Supermarket Health Station and Guide, at the S&S Persad

Supermarket in Mayaro, on May 17. At the Outreach, consumers were guided to choose more heart healthy alternatives when shopping at the supermarket and encouraged to monitor their blood pressure regularly.

The Health Education department conducted a health trivia game and highlighted factors that increase the risk of high blood pressure such as, smoking and lack of physical activity. The Nutrition Department also provided information using a Spin-the-Wheel activity to discuss how to reduce risk and/or control hypertension through a low sodium and low fat diet. Additionally, the Ministry of Agriculture promoted healthy eating through home gardening and distributed educational literature and seedlings. There were approximately 50 persons participating in the activities.

Promoting Health in the Community

The ERHA partnered with the Masjid Shareefa to promote healthcare in the North Eastern Community.

Over 72 residents made the decision to improve their health and attended the health fair which was hosted on May 13, 2023 at the Masjid located at the corner of Lily Lane and Pine Avenue, Ojoe Road. Persons in attendance expressed their pleasure to access basic screening such as Blood Pressure; Blood Sugar

and HIV Testing; Medical; Vision and Pap Smear.

The Health Education, Medical Social Work and Dental Departments were also present and provided information to guide those in attendance to live a healthier lifestyle.

Members of the community were also able to gain practical knowledge in First Aid to administer assistance if necessary for choking, treatment of burns and Cardiopulmonary Resuscitation (CPR).

Chronic Disease Support Group Family Day



Members of the Chronic Disease Group display their chow and play musical chairs

Over 165 persons attended the Chronic Disease Support Group Network 12th Annual Fun and Family Day on May 11, 2023 at Trini River Lime, Matura.

The highlight of the day's activities was the Low Salt Chow Competition. Teams were asked to follow specific guidelines which included the use of at least one local fruit or vegetable and the use of natural seasoning rather than using any artificial seasonings or flavour enhancers to prepare the chow.

The judging criteria were based on taste, appearance, oral presentation, texture and creativity. The chows presented by the groups were attractive, tasty and very creative with a variety of brightly coloured fruits and vegetables.

The day's activities also comprised physical activities and novelty games. In an attempt to encourage greater participation members from the various groups joined together to form each team.

Games included Pass the Ball, Hula Hoop, Pass the Nutrition Message, Memory Tray Game and Musical Chairs. The event culminated with a fun Zumba facilitated by the aerobics instructor.

The Chronic Disease Support Groups that attended were Sangre Grande, Manzanilla, Valencia, Cumana, Toco, Grande Riviere, Guayaguayare, Rio Claro, Brother's Road, Mayaro as well as their families, friends and staff.

Good News - May



Good News



Francis Gopaul

May 10, 2023

A heartfelt thanks to Dr. Joseph of the Sangre Grande Hospital Casualty Department who displayed selfless, kind and gentle service as he carried out his duties tonight Wednesday 10th May, 2023 whilst dealing with my son who fell and received an injury to his forehead. For this we are indeed grateful Dr. Joseph.

Posted on Facebook by Francis Gopaul

May 10, 2023

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

OCCUPATIONAL SAFETY & HEALTH TRAINING 2023

IMPORTANCE OF OSH TRAINING

The importance of Occupational Safety and Health (OSH) training is to improve the capability, capacity and performance of employees to ensure that they develop a positive safety and health culture to reduce work related accidents and illnesses.

WHAT IS A SAFETY CULTURE?

Safety culture is the extent to which an organisation's culture supports and promotes employees' and patients' safety. It refers to the values, beliefs and norms that are shared by healthcare practitioners and other staff throughout the organisation that influence their actions and behaviours.



Ms. Farah Mohammed, Manager-Occupational Safety and Health, conducted a staff virtual Re-Sensitization Training for General OSH Protocols/Office Safety on May 19 and 26 2023.

150 persons attended the training and was asked key questions to ensure they understood what was taught such as the importance of OSH, how to use a fire extinguisher, steps for evacuation procedure and tips for employees who work shift. Persons received tokens for answering correctly.

The other virtual sessions are scheduled for the following dates:

Date	Time
Friday 02 nd June, 2023	10:00 a.m. - 12:00 noon
Friday 23 rd June, 2023	10:00 a.m. - 12:00 noon



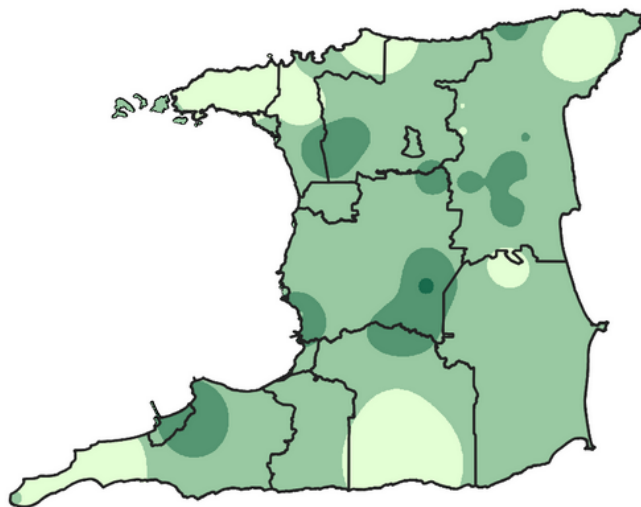
RAINY SEASON 2023

Rainy season begins on June 1

- ◆ Understand your risk and begin pre-season preparations now
- ◆ Make sure you understand how to interpret forecasts and alerts
- ◆ Know what to do before, during and after a storm

RAINFALL & TEMPERATURE OUTLOOK

Probability of Most Likely Category of Rainfall July to Sept 2023

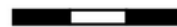


Percentage Probability (%)

Above Normal Near Normal Below Normal

66+	51+	66+
61 - 65	46 - 50	61 - 65
56 - 60	41 - 45	56 - 60
51 - 55	35 - 40	51 - 55
46 - 50		46 - 50
41 - 45		41 - 45
35 - 40		35 - 40

0 10 20 30 km



- Category of rainfall likely for July to September 2023 with the highest chance of occurrence expressed as probabilities represented on the map.
- Green areas show an increased chance for near-normal rainfall.
- July to September rainfall totals are likely to be near normal over Trinidad and Tobago.
- Some dryness likely to occur during September.

EARLY WARNING COLOUR CODE MEANINGS

RISK LEVEL: GREEN

MEANING: LOW RISK

To public safety, livelihoods and property

DESCRIPTION

Risk posed has dropped to a safe level
Only used for cancellations

ACTION REQUIRED: REMAIN VIGILANT

- Be aware of your surroundings
- Pay attention to other warnings that may still be in effect
- Consider restocking emergency supplies

RISK LEVEL: YELLOW

MEANING: MODERATE RISK

To public safety, livelihoods and property

DESCRIPTION

Conditions may cause some disruptions in a few places and potential for minor injuries. Most people will be able to go about their normal activities, but some will be affected.

ACTION REQUIRED: MONITOR CONDITIONS & OFFICIAL UPDATES

- Increase monitoring and stay tuned in to official sources for updates

RISK LEVEL: ORANGE

MEANING: HIGH RISK

To public safety, livelihoods and property

DESCRIPTION

Hazardous conditions may threaten lives, livelihood and property. Serious injuries and casualties are possible.

ACTION REQUIRED: MONITOR CONDITIONS & OFFICIAL UPDATES

- Make preparations to protect yourself and family
- Make preparations to protect your livelihood and property

RISK LEVEL: RED

MEANING: EXTREME RISK

To public safety, livelihoods and property

DESCRIPTION

Dangerous conditions are imminent or occurring. High potential for loss of lives and property and damage to infrastructure.

ACTION REQUIRED: FIND SAFE SHELTER

- Final preparations should be rushed to completion
- Remain indoors or evacuate to a safe location

SOURCES:

<http://www.metoffice.gov.tt>
<https://www.noaa.gov/hurricane-prep>



June
2023

UPCOMING EVENTS

**June
1-7th**

National Nutrition Awareness Week

Nutrition & Dietetics Department-
Sangre Grande Hospital

World No Tobacco Health Fair

Mayaro District Health Facility

All Fours Get Together

Sangre Grande Hospital

**June
2nd**

**June
7th**

Career Day Sangre Grande SDA School

Pharmacy St. Andrew/St. David

Blood Bank-Blood Drive

Sangre Grande Hospital

**June
14th**

**June
23rd**

Aerobics Burnout

Wellness Department

5k and Aerobics Burnout

Mayaro District Health Facility

**June
25th**



MAY 2023

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: 656-2547/340-6895

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: 670-8264/385-5421

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: 670-2428/354-0052

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: 670-2382/280-8694

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