



Monthly Newsletter 2023

December 2023, Issue #113

ERHA Welcomes Christmas Babies



From L to R: Ms. Nicole Reece-James, Head Nurse Ag-Ward 4 Maternity, Ms. Glennis Francis, Nursing Supervisor, Ms. Keisha Pritchard, Manager- Hospital Administration and Ms. Amy Ali, Manager-Para-Clinical Services (right) present Ms. Safiyyah Singh with a hamper filled with baby products

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Staff at the Eastern Regional Health Authority joined with mothers on the Maternity Ward to welcome their babies on Christmas Day.

Ms. Safiyyah Singh was the first mother to give birth to her son, Siddiq at 2:06 a.m. on Christmas Day at the Sangre Grande Hospital. The healthy baby boy weighed 2960 grams and was delivered by Ms. Avianne Arrindell, Midwife.

Ms. Sacha Marshall also gave birth at the hospital to her son Kaelem at 5:38 a.m. He weighed 3005 grams and was delivered by Ms. Muminah Abdul-Basit,

Midwife.

Ms. Amy Ali, Manager-Para-Clinical Services, Ms. Keisha Pritchard, Manager-Hospital Administration, Ms. Glennis Francis, Nursing Supervisor and Ms. Nicole Reece-James, Head Nurse (Ag.) Ward 4 Maternity congratulated Ms. Singh and presented her with a hamper filled with baby products.

Other mothers on the ward were also presented with gift bags containing baby products.

Tree Lighting Ceremony in the ERHA

Christmas signifies different things to people. In the Caribbean, more so Trinidad and Tobago it is a time for family. It is a time when we get very sentimental and remember our own family traditions.

On December 8, 2023 Ms. Lucy Torres, represented the Directors of the Eastern Regional Health Authority (ERHA) Board joined with General Managers and members of staff of the ERHA family at the main administrative building to commence the lighting of one of the beautiful trees in the Authority. Mrs. Angelina Rampersad-Pierre, General Manager-Operations welcomed everyone to the symbolic lighting of the Christmas tree in the ERHA which is not just a display of lights but a representation of solidarity, optimism and camaraderie as an

organisation. The lights enhanced the beauty of the tree in the same way every member of staff possess something which is ignited when united in harmony. The ornaments are comparable to the skills, talents, abilities and life experiences and created a dynamic tapestry that enhances the spirit of the Authority. The branches symbolize hopes, collective objectives and limitless opportunities that are beyond us. The lights are a beacon of goodwill as they shine into the darkness illuminating a path to unite and overcome obstacles when faced with adversity.

Similar tree lighting exercises were conducted at the Mayaro District Health Facility and Sangre Grande Hospital on December 8 and 15, 2023 respectively.



Christmas throughout ERHA– Head Office



Christmas throughout ERHA-Sangre Grande Hospital



Christmas throughout ERHA-St. Andrew/St. David



Christmas throughout ERHA– Nariva/Mayaro



World Aids Day



In commemoration of World Aids Day, the Eastern Regional Health Authority is networking with stakeholders to **"Let Communities Lead."**

In the achievement of the 95-95-95 targets proposed by the United Nations Joint Programme on HIV/AIDS which states that:

- 95% of persons with HIV should know their status.
- 95% of people who know their status should be receiving treatment.
- 95% of people on treatment should receive viral suppression.

In an effort to advance the achievement of the identified targets, outreach programmes were designed and hosted to inform clients about the available support mechanisms to assist with

prevention and to empower them to get tested and to seek treatment for HIV/AIDS.

With this in mind, the Prevention of Mother to Child Transmission Unit hosted a World Aids Day Programme at the Sangre Grande Hospital and the Health Education Department in collaboration with the Nursing Department held a Fair at the MCTV Superstore Car Park in Mayaro.

Lectures were delivered to educate persons on how to safeguard themselves from contracting the HIV virus, to identify ways in which HIV is transmitted from person to person and to inform on sexual and reproductive health. Screening, testing and counselling services were also available as well as information from the Ministry of Social Development and Family Services.

Good News-December



Good News



Martin J Horsford

CANCER SURVIVOR ACTIVIST- GET TESTED SOONEST FOR BEST RESULTS

To God be the Glory. There is never an absence of life, thank Almighty God for Life, Eternal Life! 🙌



Thankful for support from

Family and friends.

Oncologist

Personal Doctor

Sangre Grande Oncology Centre

Sangre Grande Hospital Nutrition and Dietetics

Macoya Health Centre

Others

"Ah have more doctors than a hospital!" . Divine Love and abundance.

Posted on Facebook by Martin J Horsford

December 22, 2023

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



Good News



Maria Bhola

Imagine he asked me to post this. Things really changing oui cause allyuh know how he stop with respect to he business on social media. Anyways...

So yesterday we had a little medical scare. His first thoughts were the private hospitals nearest us. My thought, go where yuh sure to get optimum service and people know how to treat people like people...no not Tatil... Sangre Grande Hospital! 🍕❤️

He was telling me bout Grande far 🍕. Mr. I went Northeastern College inno. Daz right dey. Buckle up!

Turns out he was indeed impressed cause he asked me to make sure I say THANK YOU to the de whole hospital and in particular the young, very pleasant, gentle, caring and beautiful Dr. Ramcharitar who took extra special care of him. Yes he give meh all dem adjectives. I find he well brave 🍕

I had ah lil angel ensuring things ran smoothly for us too. She knows herself 🍕. Thank you honey ❤️

Listen to me, from the security guard who acted like she wanted to cry cause there was not a space inside the hospital grounds for me to park, to all the staff passing in and out and EVERYBODY saying GOOD MORNING, GOOD AFTERNOON! All the ambulance attendants so helpful and courteous.

I sat there hearing people asking if they could just slip inside to hand somebody ah bowl ah food and all the guards were so pleasant and accommodating. One guard: 'Who is de person wanted to clean dey relative? Come nah. Go and fix dem up.'

I coulda cry. Ah mean the atmosphere was just love. At least 3 people there were neighbours who brought their neighbour to the hospital cause they had no transport. I find you doh really hear dem ting so again nah.

We spent a few hours well but we had several different tests and scans to get done which I think was indeed a blessing to have had them all done without hearing de machine not working etc.

By God's grace everything came back bearing a good report. Better safe than sorry oui.

Thank you to my prayer warriors who never disappoint. Always on call. Always on point. 🙌

So ah BIGGING UP GRANDE today!

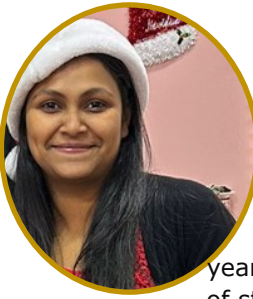
SANGRE GRANDE HOSPITAL ah rate yuh. 🍕🍕🍕

Posted on Facebook by Maria Bhola

December 23, 2023

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

A MESSAGE FROM MS. FARAH MOHAMMED



A message from Ms. Farah Mohammed, Manager-Occupational Safety & Health

As Manager-Occupational Safety & Health, I take this opportunity to sincerely thank the staff members of the Eastern Regional Health Authority for their hard work, dedication and assistance shown throughout this year, 2023.

The department has noted an overall reduction in Accidents and Incidents this year, amounting to almost 40% which is a significant number, I commend all members of staff for their efforts in attaining same.

Notably, we also saw a greater participation in both meetings and training sessions being held throughout the Authority, amounting to a 55% increase from the previous year. We encourage you to maintain your efforts with same.

In 2024, the proposed **ISO45001** certification process is expected to commence with a consultant on board to assist with the process.

I urge you to maintain the drive as we aim for further improvement and achievement of our goal of an excellent safety culture.

A gentle reminder to liaise with your respective OSH Departments in the various units should you need advice or further information or contact the OSH Department via email at OSHDept@erha.co.tt or via telephone: **St. Andrew/ St. David:226-9850, Sangre Grande Enhanced Health Centre:226-9628 Nariva/Mayaro:226-9908 Sangre Grande Hospital:226-9796 and Head Office:226-9184**

Merry Christmas & Best Wishes for 2024

Staffing Updates



**The Eastern Regional Health Authority
Celebrates the Life of:**

*Ms. Rachael Noel
Wardsmaid*

The management and staff of the Eastern Regional Health Authority (ERHA) extend deepest condolences to the family, friends and co-workers of Ms. Rachael Noel.

Ms. Noel assumed duties in the position of **Patient Care Assistant** on December 1, 2003 with the Ministry of Health. On December 12, 2004 she began her tenure with the ERHA as a Wardsmaid and was last assigned to the Housekeeping Department at the Sangre Grande Hospital.

Ms. Noel died on December 2, 2023.

May her Soul Rest in Peace



EARTHQUAKES

What is an Earthquake?

According to the World Health Organization, an earthquake is a violent and abrupt shaking of the ground, caused by movement between tectonic plates along a fault line in the earth's crust.

Earthquakes can result in the ground shaking, soil liquefaction, landslides, fissures, fires, avalanches and tsunamis.

The extent of destruction and harm caused by an earthquake depends on the:

- magnitude
- intensity and duration
- the local geology
- the time of day that it occurs
- building and industrial plant design and materials
- the risk-management measures put in place (**PREPARATION**)

PLAN, PACK PREPARE

REFERENCES

https://www.who.int/health-topics/earthquakes#tab=tab_3
<https://www.timesofisrael.com/un-estimates-damage-from-turkey-earthquake-will-exceed-100-billion/>

Earthquake Safety Tips:

Before:

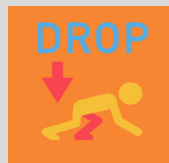


Know the Hazards- Identify the safe areas and emergency exits in your home, school and workplace.

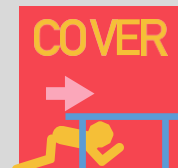
Prepare & Store- Assemble an emergency supply kit and make it accessible at all times.

Have a Plan- Regularly practice the evacuation procedure and prepare a family communication plan for post-quake.

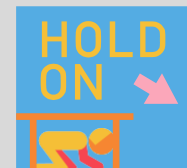
During:



Move to an open area away from buildings and power lines.



Stop if driving.



Stay inside the car pull over and remain in the car until the earthquake stops.

After:



Assess Your Situation: Check on your loved ones and assess health and injury.

Establish Communication: Coordinate with friends and family. Try texting instead of calling.



Be Prepared for After Shocks



Christmas Words Scramble Game

1. leslb _____

2. sdlneac _____

3. snergtgei _____

4. lahyido _____

5. sksgocint _____

6. aydcn ncea _____

7. ttisomeel _____

8. tawerh _____

9. nreaocotids _____

10. seelv _____





HAPPY
new
Year
2024

One...

One tree can start a forest

One smile can begin a friendship

One hand can lift a soul

One word can frame a goal

One candle can wipe out darkness

One hope can raise our spirits

One touch can show you care

One life can make a difference

BE THAT ONE THIS YEAR

-BJ Gallagher

From the Chairman, the Board of Directors
and the Chief Executive Officer of the
Eastern Regional Health Authority

"Caring is the Key"



DECEMBER 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: 280-9781/668-9053

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**

