



The Eastern *Vibes*

Monthly Newsletter 2024

January 2024, Issue #114

Minister of Health encourages citizens to drink more water



Mr. Terrence Deyalsingh, Minister of Health, distributes a water bottle to a member of the public

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In an effort to encourage members of the public to drink more water daily, the Honourable Terrence Deyalsingh, Minister of Health distributed Water bottles to members of the public on January 17, 2024 at Birdie Square, Sangre Grande.

This distribution drive is a component of the **TT Moves, A Movement for Lifestyle Change**, a

national campaign which promotes behavioral adjustments related to better food and activity choices to prevent the early onset of Non-Communicable Diseases.

Accompanying Mr. Deyalsingh was Mrs. Angelina Rampersad-Pierre, General Manager-Operations and other representatives from the Eastern Regional Health Authority.

ERHA Prepares Staff to Respond to Mass Casualty Situations



ERHA staff participates in training exercise

70 clinical and non-clinical healthcare professionals at the Eastern Regional Health Authority improved their skills to respond in mass casualty situations.

Recognising the vulnerability of the Eastern region to a wide range of hazards, the Authority collaborated with the World Association for Disaster and Emergency Medicine (WADEM) to conduct training in Mass Casualty Management (MCM) during the period 8-11 January, 2024.

The aim of the four-day intensive programme was for participants to acquire the skills to treat the largest number of patients in the most effective manner so as to minimise loss of life

while maximising the use of resources and also to promote coordination among key responder agencies.

The training module consisted of theory, practical sessions, table top simulation exercises and a pre and post-test. Some of the key topics covered in the training include Introduction to MCM; Alerting Process; Triage; Incident Command; Radio Communication; Infectious Diseases; Risk Communication; Risk Management; Advanced Medical Post Practical/Hospital Reception and Psychological First Aid.

90% of the participants successfully completed the training and were awarded certificates.

New Year's Babies Welcomed at the SGH



From L to R: Ms. Lueann Millington-Guppy, Nursing Supervisor, Ms. Winnifred Vambe, Hospital Nursing Manager, SGH, Ms. Janice Jordan, Head Nurse, Ward 4, Sangre Grande Hospital, Ms. Malaika Jones-Charles, mother and her baby Yakira, Ms. Esme Rawlins-Charles, Chairman of the ERHA Board of Directors and Ms. Lucy Torres, Director



From L to R: Ms. Winnifred Vambe, Hospital Nursing Manager, SGH, Ms. Lucy Torres, Director on the board of the ERHA, Ms. Esme Rawlins-Charles, Chairman, Ms. Joyelle Bosland, mother holds her bouncing baby boy Jaymuel, Ms. Lueann Millington-Guppy, Nursing Supervisor and Ms. Janice Jordan, Head Nurse, Ward 4, SGH



(Front row) Ms. Lucy Torres, Director on the board of the ERHA, Ms. Esme Rawlins-Charles, Chairman, Ms. Lueann Millington-Guppy, Nursing Supervisor, Ms. Janice Jordan, Head Nurse, Ward 4, SGH and Ms. Kimberly Pierre holds her daughter

The Eastern Regional Health Authority welcomed the first baby to be born at the Sangre Grande Hospital at 1:39 a.m. on January 1, 2024.

Ms. Malaika Jones-Charles who resides at Rest House Village, Mayaro gave birth to a healthy baby girl named Yakira who weighed 2335 grams. She was delivered by Dr. Chrysell Orosco, Dr. Jeanne-Marie Nicome and Nicole Reece-James, Midwife. Ms. Esme Rawlins-Charles, Chairman of the Board of Directors,

Ms. Lucy Torres, Director and senior staff at the Authority congratulated Ms. Jones-Charles on the new addition to her family and presented her with a hamper filled with baby products. Congratulations were also offered to Ms. Joyelle Bosland who gave birth to her son Jaymuel at 4:41 a.m. and Ms. Kimberly Pierre who gave birth to her daughter at 5:32 a.m.

Mothers and mothers-to-be who were present on the ward were also presented with gift bags.

Effects of Alcohol Use



Ms. Reyanna Boodoo, Health Education Aide lectures to clients at the Valencia Outreach Centre



Ms. Sherifa Ali, Health Education Aide use visual aids to educate clients at the Sangre Grande Enhanced Health Centre

According to the World Health Organization, 3 million deaths occur every year as a result of the harmful use of alcohol.

Recognising the importance of information for persons to make informed decisions, the Health Education Department of the County St. Andrew/ St. David conducted lectures for persons in the Chronic Disease Clinics and General Clinics at the Sangre Grande Enhanced Health Centre, Manzanilla Health

Centre, Valencia Outreach Centre and Matura Outreach Centre.

Over 125 clients were provided with information on the effects of alcohol use on the body especially during the Carnival Season, appropriate alcohol use and the harmful effects of excessive drinking in women, men, pregnancy and chronic disease patients.

They were also provided with tips to help manage and reduce alcohol consumption.

Source: (<https://www.who.int/>)

Health Education & Nutrition Department Engage with Students & Teachers



Student from SWAHA browse through the Health Education Booth

Members of the Eastern Regional Health Authority, Health Education Team hosted informational booths at SWAHA Hindu College first Annual Health and Wellness Walkathon, which was held on January 28, 2024 at the school's compound on Cunapo Southern Main Road, Sangre Grande.

The department distributed brochures on the importance of Healthy Eating and Exercise, Children and Diabetes, Chronic Disease, the Effects of Alcohol and Smoking on the Body, Chronic Kidney Disease and Cancer.

They also conducted a trivia question and answer session.

Stop Chasing Rainbows and Eat Them!

Have you ever heard of eating the rainbow?

This nutrition recommendation is geared towards incorporating a wider variety of fruits and vegetables into our meals. The key nutrients present in these foods are known as **phytochemicals**. They are the biologically active components of plants that provide several health benefits including improved

vision, decreased inflammation, strengthened immune system and reduced risk of chronic diseases including cancer, to ultimately improve nutrition status and overall wellbeing.

Each colour is associated with unique health benefits, so eating them together in a rainbow is the best way to access these key nutrients. See below for the nutritional benefits each coloured food provides.

Colour	Phytochemical	Vegetable / Fruit Examples	Benefits
RED	Lycopene	Tomatoes and tomato products, pink grapefruit, watermelon	Supports bone health, Antioxidant properties
RED AND PURPLE	Anthocyanins, polyphenols	Berries, grapes, red wine, plums	Anti-inflammatory, Anti-microbial Aids in the prevention of heart disease
ORANGE	Alpha and Beta Carotene	Carrots, mangoes, pumpkin	Antioxidant properties, Aids in brain, skin, eye and lung health
ORANGE AND YELLOW	Cryptoxanthin, Flavonoids	French cantaloupe, peaches, oranges, paw-paw, nectarines	Cancer fighting properties, Anti-inflammatory Anti-viral
YELLOW AND GREEN	Lutein, Zeaxanthin	Spinach, avocado, honey-dew, collard and turnip greens, asparagus	Antioxidant properties Anti-inflammatory Cancer fighting properties
GREEN	Sulforaphanes, Indoles	Cabbage, broccoli, brussels sprouts, cauliflower	Antioxidant properties Anti-inflammatory Cancer fighting properties
WHITE AND GREEN	Allyl sulfides	Leeks, onion, garlic, chives	Anti-inflammatory Aids in digestion Boosts immunity

Source

Krause's Food and The Nutrition Care Process,
L.Kathleen Mahan and Janice L. Raymond, 14th Edition

"Eat the Rainbow" Salad Recipe

Try eating the rainbow today by testing out our registered dietitian-approved Salad Recipe.

Ingredients

- 2 cups chopped lettuce
- 1 cup shredded red cabbage
- 1 cup sliced tomatoes
- 1 cup shredded carrot
- 1 cup sliced cucumber
- 1/4 cup sliced onion
- 1/2 tbsp chopped chives

Method

1. Add all of the ingredients for the salad to a large bowl.
2. Drizzle salad dressing of choice over the salad and toss.
3. Enjoy immediately or serve chilled.



Salad Boosters!

Don't forget to add protein.

Try roasted chicken breast pieces, chickpeas, tuna, nuts, cheese, tofu or soya chunks with your salad today.

Prepared By: Sangre Grande Hospital
Nutrition and Dietetics Department



Good News— January



Good News



Vikki Boodram

Just wanted to thank the Dental Staff at the Sangre Grande Enhanced Health Centre.....

Very informative and very professional. 🙌

*Posted on Facebook by Vikki Boodram
January 17, 2024*

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



Good News



Maura Cooseelal

Good morning

As I said before I give THANKS when THANKS is DUE and I COMPLAIN when it is NECESSARY. TODAY, 11th January 2024 I want to pay my heartfelt COMPLIMENTS AND THANKS to the QUALITY CONTROL DEPARTMENT AND THE CUSTOMER RELATIONS DEPARTMENT of the SANGRE GRANDE HOSPITAL.

Both Departments worked tirelessly and efficiently to sort out the issues that were affecting me going forward with my medical treatment. I highly appreciate the manner in which the matter was handled. Kudos to both Departments and I wish them God's blessings as they continue to work in His Vineyard helping the customers to sort out their issues in a peaceful and amicable manner.

THANK YOU ! THANK YOU! THANK YOU!

*Posted on Facebook by Maura Cooseelal
January 11, 2024*

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

Situational Awareness

Situational awareness is the ability to perceive, understand and effectively respond to one's situation. It involves the interpretation of a situation, gathering relevant information, examining it and making informed decisions to successfully address any potential risks, hazards, or events that might occur.

There are four main characteristics of Situational Awareness:

- **Observation** - involves constantly monitoring the people and actions taking place around you.
- **Orientation** - encourages you to think about what is around you and how you are processing information based on your own experience.

- **Decision** - weigh all your options and look for the best possible outcome within your own capabilities.
- **Action** - lastly, have you used all the previous information to protect yourself and get to safety.

Any potential hazard cited by any employee can be immediately communicated to the Occupational Safety & Health Department via email at OSHDept@erha.co.tt or call Ms. Farah Mohammed, Manager-OSH at 735-8369.

You can also contact your OSH department at your respective units:

Head Office 226-9184

Sangre Grande Hospital 226-9796

St. Andrew/St. David 226-9850

Sangre Grande Enhanced Health Centre 226- 9628

Levels of Situational Awareness

The Cooper Color Code

White

Tuned Out
Relaxed and completely unaware of the surroundings. Generally unprepared.

Yellow

Relaxed Awareness
Aware of surroundings and actively scanning for threats. Can quickly respond if needed.

Orange

Focused Awareness.
Monitoring a potential threat with a high level of observance. In a heightened state of alertness.

Red

High Alert
Actively responding to a threat and taking action.



Activity:

How many three letter words can be derived from **SAFETY**.

Please state the number of words and list them.

The first 3 responses will receive a prize!

Staff are asked to forward responses via email to OSHDept@erha.co.tt

Accident Incident Policy

The Accident Incident policy of the Eastern Regional Health Authority (ERHA) states that all accidents or incidents that results in either personal injury or illness and/or damage to property shall be reported.

This document provides approved guidelines/procedures on the reporting, recording and investigating procedures which are to be adopted when an employee, client, contractor or visitor experiences an accident, near miss or dangerous occurrence during the course of their work and/or whilst on the ERHA premises and/or receiving services from the ERHA in accordance with the **OSH Act 2004 Part II & Part VIII.**

Although accident/incident investigation is a reactive process, a comprehensive accident reporting and investigating process is a proactive measure that can effectively prevent or minimise future accidents/incidents. This operating procedure establishes a systematic process to ensure that accidents are properly reported in a timely manner, that all causes (direct and contributory) are thoroughly identified and that the appropriate corrective actions are taken.

Reporting Protocol

In keeping in compliance with the **OSH Act 2004, Part VIII Section 46-46A**, the Accident/Incident Reporting Guidelines for ERHA Employees are as follows:

1. All employees are to report any Accident or Incident to their immediate Supervisor instantaneously and the report should be logged in the Accident/Incident Log Book.

2. The Ministry of Health/RHA Accident/Incident Reporting Form must be filled out by affected Employee, Supervisor, Witnesses and Medical Officer/House Officer if medical treatment was sought. Additionally, witness statements and copies of Sick Leave certificates are to be attached to the form.

3. The report form shall be completed and forwarded to the OSH Department of your unit before the end of your current work shift or within 24 hours.

4. All reports must be kept **CONFIDENTIAL**.

5. If forms cannot be completed within the 24-hour timeframe, PLEASE notify the OSH Officer of the RESPECTIVE UNIT verbally via telephone or email so that the necessary investigation can be initiated.

Below is a list of the contact Information for the OSH Department:

Unit	Name of Officer	Contact Number
Head Office	Farah Mohammed	226-9184/7358369
Sangre Grande Hospital	Duane Niblett	226-9796
St. Andrew/St. David	Lisa Ali-Khan	226-9850
Sangre Grande Enhanced Health Centre	Andell Lakhan	226-9628
Nariva/Mayaro	Nichelle Morgan	226-9908

For more information email: OSHDept@erha.co.tt

Details of Ticketing System

Upon completion of investigation if any employee is found to be in contradiction of the OSH Act or any other policy and protocols, they can be ticketed according to the following outline below:

YELLOW	1ST ISSUE	OSH re-sensitization session mandatory (verbal)
	2ND ISSUE	Formal meeting with Supervisor and OSH Officer
	3RD ISSUE	Meeting with employee, supervisor, Head of Subunit (MHA/AAO) and Head of HR Sub-unit/OSH Officer
After receipt of the 3 rd YELLOW ticket, HR/IR to be notified formally for disciplinary action to be taken		
ORANGE	1ST ISSUE	Formal meeting with Supervisor and OSH Officer along with GM-L&CA and M-OSH
	2ND ISSUE	Formal meeting with Supervisor and OSH Officer along with GM-L&CA and M-OSH. Liable to stand cost of damages
After receipt of the 2 nd Orange, HR/IR to be notified formally for disciplinary action to be taken		
RED		Tribunal coordinated by M-OSH and other committee members, which includes; GM-HR, GM-L&CA and other designation and the line supervisor.
Any person deemed to be in non-compliance with the OSH duties and responsibilities of the Authority, will be issued the above colour code tickets. Consistent breaches can result in the issuance of a ' RED ' ticket or a ' BLACK ' ticket. The ' RED ' ticket indicates that an employee has a high occurrence of violations and will result in consequences as outlined when one is issued a ' RED ' ticket.		

YELLOW When the incident occurred which may/may not have resulted in property damage but had potential to cause/result in injury to others present.

ORANGE When minor injury or damage to property occurs but the person is able to perform his/her normal duties, **OSH Act - Part VIII**

RED As a result from an accident which cause injury to persons at the workplace where they are unable to perform their usual work duties or requires medical attention but such

occurrence does not result in death or critical injury leading to disability, **OSH Act - Section 46A.**

BLACK If an act has been committed where an Accident occurred due to malicious intent and results in critical injury/death, **OSH Act - Section 47** and such person is proven to be liable on summary of commitment to a fine of five thousand dollars (\$5,000.00) and three (3) months imprisonment. The investigation to be inclusive of TTPS and OSH Agency.

It should be noted this policy is applicable to any category of staff on the ERHA's premises. The policy also encompasses clinical, administrative, vehicles and/or any other area whereby one may be required to perform duties as directed by the ERHA.

DRY SEASON 2024

The Trinidad and Tobago Dry season spans from January to May annually. It is characterized by High Temperatures and Low Humidity which can result in a variety of health issues.

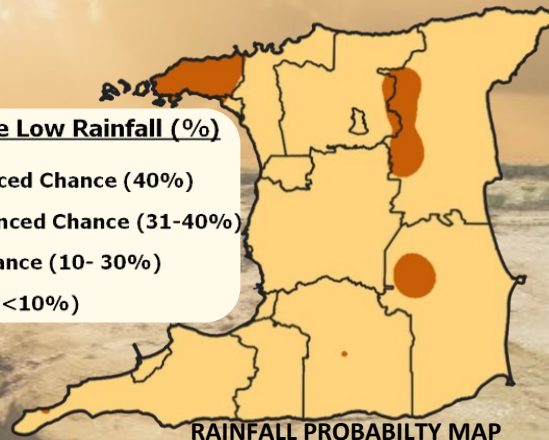
2024 DRY SEASON OUTLOOK

Below-normal rainfall totals are favored for January to March while above-normal rainfall totals are favored for March to May 2024.

The Dry Season 2024 temperature outlook indicates above-normal seasonal mean.

Risk of Extreme Low Rainfall (%)

- Highly Enhanced Chance (40%)
- Slightly Enhanced Chance (31-40%)
- Moderate Chance (10- 30%)
- Low Chance (<10%)



IMPACTS

- Expected drier-than-usual conditions in the first half of the dry season will negatively impact water levels.
- Initial drier than usual and warmer than usual conditions at the beginning of the dry season may lead to an increase in breeding areas for insect vectors such as mosquitoes.
- Increase chances for bush, forest and landfill fire potential, this will likely reduce air quality and negatively affect persons with existing respiratory and other ailments.



PREPAREDNESS & WATER CONSERVATION

- Review household water plan. Conserve, store and manage water safely and adequately.
- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other small waste in the trash rather than the toilet.
- Take shorter showers. Turn on water only to get wet and lather and then again to rinse off.
- Avoid using running tap water to thaw meat or frozen foods. Defrost food overnight or thaw in the microwave.

Sources

https://www.metoffice.gov.tt/Wet/Dry_Season_Outlook

<https://www.rehobothtdtt.com/post/how-to-prepare-for-a-harsh-dry-season-part-2>



JANUARY, 2024

Well NEWS

NEWSLETTER

ALCOHOL AND YOU

by Health Education Department St. Andrew/St. David



INSIDE THIS MONTH'S ISSUE:

- What is Alcohol?
- Equivalence of Alcohol Types
- Health Effects of Alcohol on the Body
- Chronic Disease and Alcohol Use
- Alcohol and Weight
- Tips to Manage Alcohol use

ALCOHOL AND YOU: WHAT IS ALCOHOL?

Alcohol is classed as a legal drug and is made by the fermentation of sugar, starch and yeast. It can be found in beer, wine and spirits and is known to be very addictive. Alcohol depresses the central nervous system; and impacts the functioning of the brain and other organs in the body. Over time, extreme misuse of alcohol leads to the onset of numerous health conditions such as non-communicable diseases, behavioral and mental disorders. According to the World Health Organization, alcohol has been responsible for over 200 disease causes and injury conditions when consumed in harmful amounts.



EQUIVALANCE OF ALCOHOL TYPES

Alcohol, when consumed in the recommended amounts, does not pose negative effects to health.

As seen in the image below, one standard of an alcoholic drink contains approximately 14 grams of pure alcohol.



It is recommended that men should not exceed two standard drinks per day and women, one standard drink per day.

When the standard amount is exceeded, it can be considered *excessive drinking*. Women who exceed **8 or more drinks weekly**, and men who exceed **15 or more drinks weekly**, falls in the category of **excessive drinkers**. Unfortunately, once this is practiced, alcohol then begins to affect the body negatively.

HEALTH EFFECTS OF ALCOHOL ON THE BODY

Alcohol has the ability to infiltrate every organ in the human body, impairing the functions.

- The blood vessels of the **heart** are damaged over time, which heightens the risk of high blood pressure, strokes, irregular heartbeats and heart failures.
- The **liver** is overworked when excessive alcohol is consumed, leading to inflammation. This eventually causes fatty liver, cell death, and cirrhosis (hardening of the liver).
- The communication channels of the **brain** are impacted negatively, disrupting memory, behavior, coordination and leads to brain damage over time.
- Alcohol causes **infertility** in both men and women. Low sperm count in men and miscarriages and still-births in women.
- The ability of the **respiratory system** to fight infections and diseases is affected when too much alcohol is consumed. This is directly linked to a weakened immunity, making the body more susceptible to tuberculosis and pneumonia.
- The ability of the **kidney** to effectively remove waste from the body is affected leading to kidney diseases.
- The **gastrointestinal tract** is impacted negatively by alcohol. Acid reflux and ulcers are increased. Cancers of the throat, mouth, and esophagus can become prominent.

CHRONIC DISEASE AND ALCOHOL USE

Once you have a known Chronic Disease, namely Diabetes or Hypertension, please check with your healthcare provider to ensure moderate alcohol consumption is safe.

Diabetes and Alcohol Use

Diabetics should be cautious when consuming alcohol, as alcohol may cause low or high blood sugar. The liver is responsible for the release of glucose into the blood stream and for the maintenance of normal sugar levels. When alcohol is consumed, the liver processes alcohol and stops releasing glucose, causing low blood sugar. As such, you should never skip meals when drinking or have alcohol in place of a meal. Note that drinking on an empty stomach, or after exercise can also lower blood sugar.

Alcohol can interfere with diabetes medication by either significantly lowering or increasing blood sugar. Alcoholic drinks, especially when mixed with sweetened beverages, are high in carbohydrates and calories, which can raise blood sugar.

Check blood sugar levels before drinking, a few hours after and before going to bed.



Alcohol consumption may increase damage done to the liver, nerves, eyes and kidneys.



Hypertension and Alcohol Use

Individuals with hypertension also known as high blood pressure are usually advised by their healthcare provider to avoid or limit alcohol consumption, as frequent consumption and above the standard intake can cause an increase in blood pressure.

ALCOHOL AND WEIGHT

Alcohol Use and Caloric Intake

Alcohol has a high energy content, which provides 7 calories per gram of alcohol. Thus, when consumed, alcohol is the primary fuel source before the body metabolizes anything else.

Alcohol consumption triggers the release of certain chemicals in the brain that promotes the need for fatty foods. Consequently, since the energy from alcohol is used as fuel, the excess energy from foods consumed is stored as fat.

Remember! Cocktails such as mudslides and margaritas have a higher caloric content. Mixing alcohol with sugar-sweetened beverages, such as juice or soda also increases caloric intake. Thus, drinking alcoholic cocktails and mixed drinks can lead to weight gain.

TIPS TO MANAGE ALCOHOL USE



1. Take it one day at a time

Gradually reduce the consumption of alcohol until it is completely eliminated from the diet. This could be achieved by not storing alcohol at home.



2. Avoid places that sell alcohol

When hanging out with friends and family members, try to do it at places where alcohol is not readily available for purchase.



3. Practice positive coping strategies to manage stress

Avoid using alcohol to cope with stress. Exercise, yoga, meditation, or developing a new hobby are ways to effectively manage stress.



4. Learn to say "NO"

In social events, it is easier to be tempted or pressured to consume alcohol and in excess. So, politely decline but be firm. For example, "no, but thanks for offering."

Also, make a plan and try setting attainable goals. Try limiting alcohol consumption, for instance, set a goal that one or two drinks will be consumed when you attend a social event.



5. Find support

It is necessary to have someone to turn to when life becomes challenging. Seek professional help such as Employee Assistance Programme (EAP), Medical Social Worker or a private Counsellor.

Get support from a close friend or relative for accountability and to help with the management of triggers and temptations when socialising.



6. Keep hydrated

Alcohol can cause dehydration. Drink slowly and have water before, during and after, if alcohol is consumed.

Choose non-alcoholic beverages or alternate alcoholic drinks with non-alcoholic drinks.

Eastern Regional Health Authority

VISION

The ERHA is a dynamic organization focused on promoting wellness in collaboration with our communities. We commit to providing value driven, technologically appropriate quality healthcare services, through our highly motivated and developed human resource within the guidelines of

MISSION

The ERHA is the pioneer and preferred provider of quality health and wellness services in Trinidad & Tobago. We influence and set measureable standards of care through excellence in leadership and an enabling environment that presents and safe haven for all.

CORE VALUES

Respect for Human Dignity

We treat our work, colleagues, clients, suppliers, and the community with dignity and respect. We embrace the diversity of people & perspective and encourage open and courteous communication and the sharing of different views.

Integrity

We act with honesty, respect and transparency that will encourage and sustain a high level of trust and reliability in the organization.

Shared Ownership

Providers and clients of the organization have a responsibility in guiding and regulating the quality, efficiency, customer satisfaction and planning of the Authority.

Commitment to Excellence

We foster a spirit of service, build character and ethics, and promote and encourage a commitment to service to achieve the highest possible level of efficiency, effectiveness, professionalism and quality of care. Motivated people guide the organization through deliberate change while promoting service, employee, environmental and financial excellence.

Partnership

Effective partnership with relevant stakeholders including individual, communities, NGOs and other sectors are encouraged.

Universal access, affordability and equity

We subscribe to the ideal of accessible, affordable and equitable service for all.

Quality Care

We are conscious that our vision will only be realized if our clients receive the highest possible quality care to which they deserve.

Innovation

We are focused on utilizing and developing innovative ideas and techniques in conjunction with the technology of the day to enhance the outcomes and experiences of our clients, staff and key stakeholders.



JANUARY 2024

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**

