



# The Eastern *Vibes*

**Monthly Newsletter 2024**

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## The Eastern Regional Health Authority Celebrate Women

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Women in the Eastern region recognize the importance of their health and came out to participate in programmes hosted by the ERHA to celebrate International Women's Day.

Approximately **300** women in the community accessed services offered during the period 3-9 March, 2024 at various primary care facilities

and also outreach sessions at selected churches and schools.

Focusing on the theme **"Inspire Inclusion, Greater Access, Better Health for All Women"** outreach programmes were designed to empower the women to educate themselves to adopt a holistic approach to wellness.

## The Eastern Regional Health Authority Celebrate Women Cont'd

The importance of papsmears and breast examinations in women's health was highlighted. Screening was also conducted to assist with early detection of cervical and breast cancer. Other services offered included Blood Pressure and Blood Sugar Testing; Vaccination (HPV and Influenza); HIV Testing and Counselling; Food demonstrations and Lectures on Mental Health, Gender Based Violence, Oncology, Gynaecology, Menopause, Breastfeeding and Antenatal Care.

Presentations on the Health of Adolescents and Young Women-Basic Physiology were made at Rio Claro Hindu School; Rio Claro ASJA Primary School; Mayaro Government Primary School and Mafeking Government Primary School. Over **200** students benefited from the lectures.

*See highlights below*



# Staff of the Eastern Regional Health Authority Celebrate International Women's Day



## World Kidney Day

The Dialysis Department of the Sangre Grande Hospital held its Walk/Run and Health Fair in recognition of World Kidney Day on March 17, 2024 under the theme "**Kidney Health for All**".

Over **225** persons gathered at 6:30 a.m. to begin the Walk/Run from the Sangre Grande Police Station to the Sangre Grande Hospital Administrative Car Park. Terrell Hernandez was the first male to cross the finish line while Keijanel Songui was the first female. Participants then enjoyed an aerobic session led by Mr. Isaac John.

During the brief opening ceremony, Dr. Ryan Punjab, Nephrologist indicated that the objective was to encourage equal access of healthcare to all patients as well as optimize medications. He also explained that kidney disease is asymptomatic. 90% of patients with kidney disease have no symptoms. When symptoms do develop it is very advanced leading to kidney failure and many of those patients go on to require dialysis. Persons need to recognise that diabetes and hypertension are the leading cause of kidney failure and they have to manage these diseases properly to prevent progression of kidney disease.

Dr. Bridgette Elcock and other members from the National Organ Transplant Unit hosted a booth to educate persons about transplantation which can permanently change the life of someone who is on dialysis. She indicated that this is the financially better solution as it cost less for someone to be able to earn a living and look after their family as opposed to life on

dialysis. In the seventeen years of existence, the Unit has transplanted **215** patients. Dr. Elcock encouraged persons to consider donating their kidney to give quality of life to others and invited those present to register to be a voluntary deceased organ donor.

Ms. Lauren Monsegue, a kidney recipient participated in the event and encouraged persons to increase their knowledge on lifestyle habits to prevent Chronic Kidney Disease. The Sangre Grande Hospital Campus Dialysis Support Group was also launched and the new members were introduced by Mr. Stephen Rewan, Vice President of the Renal Support Group.

The audience were also addressed by Ms. Judy Bayne, Medical Social Worker I, who called for more supportive interventions for clients and Ms. Winnifed Vambe, Acting Nursing Manager thanked the team, the unsung heroes for providing excellent care to patients everyday regardless of the circumstances. She also praised the patients for their strength and courage.

At the health fair, persons were provided with various healthcare services which included Blood Pressure Testing; Blood Glucose Testing; Body Mass Index (BMI), Cholesterol Testing and Vision Screening; Nutrition and Health Education Counselling; Pharmacy and Fire Drill Demonstrations.

The event was organised by Head Nurse, Haemodialysis, Ms. Savitri Paltoo-Graham and her team.



### The Eastern Regional Health Authority



14 March, 2024

**Kidney Health for All**

*"Advancing Equitable Access to Care and Optimal Medication Practice"*



*"Caring is the Key"*

# World Kidney Day



## Civilian Conservation Corps Youth Health Initiative

The Health Education Department, St. Andrew/St. David held its Youth Healthy Initiative lecture series with Civilian Conservation Corps of the North East Region from February 7, 2024-March 21, 2024. Lecture topics included: Sexual and Reproductive Health, Preventing Non-communicable Diseases (NCDs), Dangers of Tobacco, Stress/Anger Management and Conflict Resolution. Screening for NCDs, Mental Health and HIV testing were also conducted.

The sessions were attended by one hundred trainees, many of whom also accessed the services provided. This programme was facilitated by Glendersha Thomas, Medical Social Worker II; Renee Mayers, Medical Social Worker I; Onella Chuniesingh, Food Demonstrator and Reyanna Boodoo, Health Education Aide.

## Blood Donation Drive



Throughout continued outreach by staff of the Sangre Grande Blood Donation Centre, 30 additional persons became Ambassadors for Non-Remunerated Voluntary Donation on March 8, 2024.

Persons are encouraged to share the gift of life

by becoming repeat voluntary donors as donating blood save lives.

Call the Sangre Grande Hospital Blood Donation Centre at 226-9779/9780 to make an appointment.

# Health and Wellness: A Holistic Approach to Well-Being

Health and wellness encompass far more than just the absence of illness; this embodies a holistic approach to living that integrates physical, mental, emotional, and social well-being. This interconnectedness emphasizes the importance of nurturing every aspect of ourselves to achieve optimal health and fulfilment.

Physical health involves caring for our bodies through regular exercise, nutritious eating, adequate sleep and avoiding harmful habits like smoking and excessive alcohol consumption. Engaging in physical activity not only strengthens muscles and improves cardiovascular health but also boosts mood and reduces stress.

Mental health refers to our emotional and psychological well-being. It involves managing stress, maintaining a positive outlook, and seeking support when needed. Practices such as spiritual well-being, positive affirmations and therapy can help cultivate resilience and emotional balance, contributing to overall mental wellness.

Emotional well-being encompasses understanding and managing our emotions effectively. It involves developing healthy coping mechanisms, fostering positive relationships and practicing self-care. Cultivating emotional intelligence enables us to

navigate life's challenges with greater resilience and compassion for ourselves and others.

Social wellness involves nurturing meaningful connections with others and fostering a sense of belonging within communities. It includes building supportive relationships, engaging in acts of kindness and participating in activities that promote camaraderie and shared experiences. Strong social connections have been linked to improved mental health and overall well-being.

Taking a holistic approach to health and wellness recognizes that each aspect of our well-being is interconnected and influences the others. Neglecting one area can have ripple effects on our overall quality of life. By prioritizing self-care practices that address physical, mental, emotional and social needs, we can enhance our resilience, vitality and sense of fulfilment. Promoting health and wellness involves creating environments and communities that support healthy behaviours and lifestyles. This includes providing access to nutritious food, safe spaces for physical activity, mental health resources and opportunities for social connection. Education, outreach and advocacy play crucial roles in raising awareness and empowering individuals to prioritize their well-being.



# Introducing the Sangre Grande Hospital Wound Care Team



L-R: C. Nichols, Enrolled Nursing Assistant, S. Cooper, Registered Nurse, L. Solomon, Enrolled Nursing Assistant and N. Bhawanie, Registered Nurse

*We are thrilled to introduce the incredible Wound Care Team of the Sangre Grande Hospital, a beacon of health and happiness in our healthcare family. Their unwavering dedication and commitment to excellence shine through as they tirelessly work towards the well-being of our patients.*

*The primary goal of our Wound Care Team is to provide effective wound care, focusing on the proper management and treatment of wounds to promote healing and preventing infection. Through their efforts, they significantly contribute to improving the quality of life for those under their care.*

*What sets our team apart is not only their expertise in wound care but also their genuine passion for patient education. They go beyond the conventional approach, offering verbal instructions and hands-on demonstrations to empower patients and their families with a sustainable, self-sufficient care routine they can follow up at home. This dedication to education ensures that our patients are actively involved in their healing journey.*

*Wound Care is undeniably a crucial aspect of any healthcare institution, preventing complications, facilitating granulation and epithelialization and promoting quicker healing with minimal scarring. Our Wound Care Team understands the profound impact their work has on not just the patient, but entire families.*

*In their hands, medical tools become instruments of compassion, warmth and conscientious care. Each member of the team embodies the spirit of a loving and dedicated healthcare professional, ensuring that beyond the treatment, patients receive the support and encouragement needed for a full recovery.*

*A life saved is indeed a family saved and we extend our heartfelt appreciation to the Wound Care Team for their continuous efforts to make a positive difference in the lives of our patients. Their commitment to excellence and compassionate care exemplifies the values we hold dear in our healthcare community.*

*Thank you, Wound Care Team, for being the healers and educators who make a lasting impact on the health and well-being of those we serve.*

# Showing our Support on World Down Syndrome Day



## Overview of Research Made Easy-Lecture 2

The Public Health Observatory Department held their second Virtual Research Training Session on March 28, 2024 which focused on Conceiving the Research Question and Developing the Study Plan. Please see summary below:

1. Most clinical research is based, philosophically and practically, on the use of a sample to represent a population.
2. The advantage of sampling is efficiency. It allows the investigator to draw inferences about a large population by examining a subset at relatively small cost in time and effort. The disadvantage is the sources of error it introduces: If the sample is not sufficiently representative for the research question at hand, the findings may not generalize well to the target population and if it is not large enough the findings may not sufficiently minimize the role of chance.
3. In designing a sample, the investigator begins by conceptualizing the target population with a specific set of inclusion criteria that establish demographic and clinical characteristics of subjects well suited to the research question.
4. The investigator then selects an appropriate accessible population that is geographically and temporally convenient and defines a parsimonious set of exclusion criteria that eliminate subjects who are unethical or inappropriate to study.
5. The next step is to design an approach to sampling the population. A convenience sample may be adequate, especially for initial studies of some questions, and a consecutive sample is often a good choice. Simple random sampling can be used to reduce the size of the sample if necessary and other probability sampling strategies (stratified and cluster) are useful in certain situations.
6. Finally, the investigator must design and implement strategies for recruiting a sample of subjects that is sufficiently representative of the target population to control systematic sources of error and large enough to control random sources of error.



# FOREST/BUSH FIRES

Wildfires (also known as bushfires, brush fires or forest fires) are large, uncontrolled and potentially destructive fires that can affect both rural and urban areas. They can spread quickly, change direction and even '*jump*' across large distances when embers and sparks are carried by the wind.

## TIPS TO REDUCE AND PREVENT BUSH FIRES

- Pay attention to weather conditions.
- Prune trees and remove large branches that could start a fire.
- Dispose of used matches and cigarette butts properly.
- Regularly cut grass and rake up dry leaves.
- Never leave a fire unattended.
- Limit lighting fires during the dry season.

## REPORT A FIRE:

In order to report a bush fire in Trinidad and Tobago, persons can call:

- **Fire Services** - 990
- **Emergency Numbers:**
- **Police** - 999
- **Forestry Division** - 622-3217/662-5775/643-9595/657-7256
- **ODPM** - 640-1285 / 640-8905

## Sources:

[http://www.wordsearchfun.com/176624\\_bushfire\\_wordsearch.html?r=1709642945](http://www.wordsearchfun.com/176624_bushfire_wordsearch.html?r=1709642945)

<https://treesdownunder.com.au/tips-reduce-prevent-bushfires/> [https://cdn.s3waas.gov.in/s314bfa6bb14875e45bba028a21ed38046/uplo\\_ad-s/2019/12/2019121671.pdf](https://cdn.s3waas.gov.in/s314bfa6bb14875e45bba028a21ed38046/uplo_ad-s/2019/12/2019121671.pdf) <https://www.rfs.nsw.gov.au/data/assets/pdf/0017/2933/BushFireSurvivalPlan.pdf>

## WHAT TO DO DURING A BUSH FIRE

- Wet the vegetation near your home (if the fire is approaching).
- Close all windows and doors without locking them.
- Turn on a light in each room to maintain visibility.
- Always have an emergency kit on hand.
- Keep all family members and pets together.
- In the presence of deep smoke, breathe into a damp cloth to avoid inhaling smoke.



# FOREST FIRE WORD SEARCH

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

- BUSHFIRE
- DISASTER
- DRY
- FIRE
- FLAMMABLE
- FOREST
- GEOGRAPHY
- HOT
- IMPACT
- MAP
- PREPARE
- PREVENT
- RISK
- SEASONS
- TEMPERATURE
- TOPOGRAPHY
- VEGETATION

## OUR 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 national policy.

## OUR MISSION

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

## OUR 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.



**March 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](mailto:corpcomm@erha.co.tt)**

**Website : [www.erha.co.tt](http://www.erha.co.tt)**



**ERHA Trinidad & Tobago**



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