



The Eastern *Vibes*

Monthly Newsletter 2024

June 2024, Issue #119

Fitness is a Lifestyle

In this Issue

- Fitness is a lifestyle
- World Blood Donor Day
- Honouring the Life of Mr. Ronald Tsoi-a-Fatt
- Men Take Charge of their Health
- Engaging the Youth to Adopt Healthy Lifestyles
- The ERHA Appears before a Joint Select Committee
- World Environment Day
- EAP Services at the ERHA
- Delegation from India visits the ERHA
- Good News
- Research Made Easy Summary - Lecture 4
- Welcome to ISO 45001:2018
- Tips to be prepared for flooding
- ERHA's Vision, Mission, Core Values



Staff at Bamboo Cathedral In Tucker Valley, Chaguaramas

The Eastern Regional Health Authority's Wellness Co-ordinator, Mrs. Astra Bennett is encouraging members of staff to invest in their health and adopt a healthy lifestyle. Get off the sofa and get active. On June 29, 2024 over **40**

members of staff and their family members participated in a Staff Wellness Walk to the scenic Bamboo Cathedral in Tucker Valley, Chaguaramas.

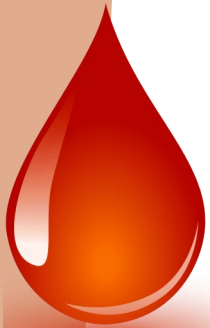
Fitness is a Lifestyle (continued)

Guided by experienced Physical Instructors from the Trinidad and Tobago Defence Force, the group hiked the 300 meters stretch through the rainforest to the Satellite tracking station overlooking the bay. With fitness in mind, strength and endurance exercises were incorporated along the route. The celebration commenced at the 27 point marker when the

finish line, with the words **"Challenge Completed"** was in sight. **We did it! We achieved this goal!** The group then participated in an aerobics session in front of the World War II Bunker, and stopped for a photo shoot at the satellite tracking station before the easy track downhill. Join us at the next mile mark along our Fitness Journey.



World Blood Donor Day



**GIVE BLOOD
GIVE LIFE**

53 persons donated blood in commemoration of World Blood Donor Day at the Sangre Grande Blood Donation Centre on June 14, 2024.

World Blood Donor Day is observed as a historic occasion to consider accomplishments, tackle issues and anticipate a time when safe blood transfusion is available to everyone.

According to the World Health Organization, the gift of life, which is blood, is the most valuable present that someone can give to another. Giving blood can save a life, or even multiple lives if the blood's components, platelets, plasma and red blood cells, can be utilised separately to treat patients with different illnesses.

Honouring the Life of Mr. Ronald Tsoi-a-Fatt

Under the Public Health Ordinance, healthcare workers are classified as providers of an essential service and must provide healthcare services 24-7 at some facilities. Recognising that it was not possible for all staff members to attend the funeral service for Mr. Ronald Tsoi-a-Fatt, former Chief Executive Officer (CEO), a memorial service was held on June 21, 2024 within the Eastern community.

The North Eastern Community Hall a place that holds a lot of treasured memories of past staff events was transformed in decor and music to set the tone to honour the life of Mr. Tsoi-a-Fatt.

Mr. Neil Parsanlal, CEO, Peapsl Consultancy Limited and friend of the Eastern Regional Health Authority guided the guests through the service. He reminded everyone of the multiple

roles held by the former CEO and paid tribute to him for his tremendous achievements.

Mrs. Angelina Rampersad-Pierre, Acting CEO welcomed everyone and informed them that, "It was time to remember and honour Mr. Ronald Tsoi-a-Fatt who touched our lives in countless beautiful ways and left an indelible mark!" She further stated that his contributions were immeasurable and he was a pillar at the ERHA. A transformational leader who inspired others to dream more, learn more, do more and become more. A father and father figure to many, strategist and champion who achieved several awards and was instrumental in developing models for the improvement of healthcare delivery that were adopted and implemented at the national level.

Exerpts from Tributes

Mrs. Esme Rawlins-Charles, Chairman of the Board of Directors remembered Mr. Tsoi-a-Fatt as a remarkable individual who left an indelible mark on persons who had the privilege to know him and persons who worked with him. She provided some insight on the relationship the Board had with Mr. Tsoi-a-Fatt as they passionately worked together to the end to improve the ERHA. She commended him for his vision to plan and respond to the changing needs of the client population and his dynamic leadership skills to achieve his goals for the New Sangre Grande Hospital Campus and to fulfil the greater purpose. Mr. Tsoi-a-Fatt was an action man, never afraid of change and also ready to accept challenges. As a visionary and a strategist he empowered and positioned the ERHA team for success. He genuinely cared about the needs of people and nurtured them to achieve their full potential. His legacy is one of excellence, innovation and compassion and he has left the world a better place.

Honouring the Life of Mr. Ronald Tsoi-a-Fatt (continued)

Exerpts from Tributes

Ms. Sarah Mootoor-Charles, Director in her tribute reflected on Mr. Tsoi-a-Fatt's contributions and his legacy and referred to him as a hero who truly embodied the spirit of the ERHA as he lived by the motto he coined - **"Caring is the Key."** She called on everyone to remember what he wanted us to stand for and to take that step of courage and care for each and everyone around us.

Dr. Stephen Alleyne, Chief Operations Officer, South West Regional Health Authority. "A dedicated and hardworking health professional who touched countless lives through unwavering commitment and compassion. A beacon of hope, a source of comfort and a true leader. He worked diligently, beyond the call of duty and his passion for helping others was truly inspiring."

Mr. Eliel Briggs, District Nurse.

"The Honorary Nurse, Mr. Ronald Tsoi-a-Fatt, truly understood that nurses are at the heart of healthcare. He respected and understood the value of nurses under his purview. The nurses knew he had their interest at heart and were always appreciated for their hard work and commitment to the region. The CEO was a trend setter and the Authority was labelled as the Beacon, leading the way.

Mr. Tsoi-a-Fatt gave me sound advice to pursue midwifery and became the 2nd male midwife in Trinidad and Tobago and the 1st in the region. I believe that his success was because he valued the human resources of the ERHA. On behalf of the nursing fraternity I express gratitude for all he has done for us."

Oncology Team

**Ms. Savitri Gopaul, Head Nurse,
Ms. Kathyann Graham and
Mr. Vishaal Lutchmansingh,
Registered Nurses**

"Mr. Tsoi-a-Fatt was more than a CEO. He was a mentor, visionary and a friend to most. He was someone who listened and cared deeply for every member of the team we will always remember him for his continued support to the Oncology and Haematology department. Let us honour him by carrying forth his vision and the values he instilled in all of us."

Honouring the Life of Mr. Ronald Tsoi-a-Fatt (continued)



Men Take Charge of their Health



According to the Pan Health Organization approximately 52% of all Non Communicable Diseases (NCD's) deaths worldwide occurred among men.

In an effort to make men aware of the importance of Primary Healthcare, the Eastern Regional Health Authority participated in the Cumuto Nazarene Church Men's Health Fair on June 13, 2024 and hosted a Men's Health Clinic at the Toco Health Centre on June 26, 2024.

Over **100** men accessed services which assist in early detection and can significantly improve

chances for full recovery such as Blood Pressure, Blood Sugar, Prostate, HIV Testing, and Medical Assessment. Vaccinations were also offered.

The clients also visited booths where they were provided with Nutritional advice, Medical Social Work Counselling and information on men's health, NCD's and smoking.

To test their knowledge a trivia segment was also conducted and tokens distributed to the participants.

Engaging the Youth to Adopt Healthy Lifestyles



Ms. Reyanna Boodoo, Health Education Aid interacts with the children at the Guaico Presbyterian Primary School

Non Communicable Diseases are one of the biggest public health challenges faced today and it is important for young people to understand the risk factors to be able to change entrenched behaviours and unhealthy environments.

To capture the attention of students, the Health Education and Nutrition Departments engaged over **160** students at career fairs hosted at the Guaico Presbyterian School and the Manzanilla Secondary School. The Outreach activities were conducted on June 6 and 18, 2024 respectively. The students were informed about healthy lifestyles, smoking and proper nutrition.

The ERHA Appears before a Joint Select Committee



Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) at the Joint Select Committee on Social Services and Public Administration

On June 26, 2024, the Ministry of Health and the Regional Health Authorities appeared before a Joint Select Committee on Social Services and Public Administration.

The Eastern Regional Health Authority's team was led by Mrs. Angelina Rampersad-Pierre Chief Executive Officer (Ag.), and comprised of Dr. Jamila Augustine, County Medical Officer

(Ag.) of Health Nariva/Mayaro and Dr. Rajiv Bhagaloo, Medical Director, Sangre Grande Hospital. After introductions Mrs. Rampersad-Pierre responded to questions related to the Chronic Disease Assistance Programme (CDAP), client experiences, systemic challenges and public administration and treatment at healthcare facilities nationwide.

World Environment Day



Dr. Chidiebere Ezeanya,
Medical Officer I

"Being at the forefront of environmental safety is essential for the healthcare professionals, healthy planet underpins the well-being of every patient."

"Our duty of care extends beyond the four walls of the clinic to the world around us."



Mr. Davion Rooplal ,
Health Education Officer

"Protecting our environment is vital for promoting public health. A clean environment reduces the risk of diseases and enhances overall well-being, making it essential for healthcare professionals to advocate for sustainable practices."



**Staff Members of the
Pharmacy
Department-Nariva/
Mayaro**

"Environmental protection is essential for healthcare workers because it safeguards the quality of air, water and soil, directly impacting public health and reducing the incidence of environmental-related diseases we must treat. A healthy environment also ensures safer working conditions and more effective healthcare outcomes."

"For a healthy person and home, a healthy environment is fundamental. As such we all need access to clean water and air, basic sanitation, cleanliness and light along with safe and nutrient rich foods. Therefore, a polluted environment can negatively affect the individual, the family and community."



Ms. Lisa Prince,
District Health Visitor (Ag.)

EAP Services at the ERHA

What is EAP?

The **Employee Assistance Programme (EAP)** seeks to address personal issues that can negatively affect the performance of employees' function in their jobs.

Who can access EAP?

Any employee and their dependent encompasses anyone living in the employee's household for example spouses, children, domestic partners, grandparents or siblings.

Do I have to pay?

EAP is a **free** service provided to all ERHA employees.

What services are available?

- **Clinical and Child Psychology**
- **Financial Counselling and Planning**
- **Marital and Family Therapy Building Exercises**

How do I access EAP?

Contact Information for Provider:

**24-hour Hotline :
344-HELP (4357)**

Counsellor:

314-TALK (8255)

Office:

**232-3749/314-8255/
235-5327**

Email address:

info@peapsl.com

For further information, feel free to contact your nearest Human Resources Department.

Delegation from India visits the ERHA



Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) with members of the Management Team and representatives of the delegation of India

manufacturing, health, digital, agriculture and tourism sectors. On June 23, 2023 the team visited the Eastern Regional Health Authority. Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) and members of the Management Executive Team met with Mr. Anuj Gupta, and Mr. Nishal Nagassar representatives of an investment Mission from India.

During the meeting the Acting CEO made a presentation and provided insight on the ERHA and the New Sangre Grande Hospital Campus. Discussions also centered around new services and training opportunities. The meeting concluded with a tour of the new hospital.

A delegation from India visited Trinidad and Tobago to pursue opportunities in T&T's

Good News - June



Good News



Christina Clarke

Mary Sookoo want to say heart out to ERHA Sangre Grande Hospital..... I want to thank the whole gynaecologist team for the attention they give me through my sick and trouble time... since from my clinic time, warm blessings to Dr. Joseph and Dr. Phillip for the attention they give me.. I must say God bless the surgeons Dr. Akibo and Dr. Bahal for my successful surgery... I want to thank also the CRO Karen for her great assistance an love through my rough time... May God richly bless you.. To all the Nurses an Doctors I cannot remember by name God bless you all...I must say sometime things may not go ways we like but once we have our God with us every thing is possible..... Sangre Grande Hospital is the best in Trinidad an many lives are being saved there.....May God continue to bless the team of workers..... And I must say I love, love you all.....



Haimdaye Mahabir

I will like to say thanks to them as well lovely DR. and NURSES also to all of them at the Oncology Department. Thank You.



Bianca Kosmo

Nice to read the wonderful job done I must also say last week my adult son got bitten by a wasp and was at the emergency was treated with compassion because he is afraid of needles. He stated from the doctor to registered nurse encourage him to take the needle so there is a light at the end of the tunnel keep up the great job my son didn't know where was the emergency and from the security was kind and directed him.

June, 2024

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

Research Made Easy Summary - Lecture 4

Planning the Measurements: Precision, Accuracy, and Validity

Variables are either **Categorical** or **Numeric**.

- Categorical variables are not quantifiable and must be **separated into categories** to be measured.
- Numeric variables can be quantified into **numbers** expressing **how much or how many**.

Categorical Variables fall under **Nominal** and **Ordinal** scales:

- Nominal scales - used for classifications that **do not contain a relative value**. (eg. Gender)
- Ordinal scales - used for classifications that are **ordered or ranked**. (eg. Education level)

Numeric Variables fall under **Interval** and **Ratio scales**:

Interval scales - used for classifications that are **ordered or ranked** and the **distance** between any two numbers on the scales are **known**. (eg. temperature)

Ratio scales - all the properties of the interval scale and in addition, **there is a true zero**. (eg. weight)

The **precision** of a measurement (i.e., the reproducibility of replicate measures) is another major determinant of power and sample size. Precision is reduced by random error (chance)

from three sources of variability: **the observer, the subject and the instrument**.

Strategies for increasing precision that should be part of every study are to **operationally define** and **standardize methods** in an operations manual. Other strategies that are often useful are **training and certifying observers, refining** and **automating the instruments** and **repetition** using the mean of repeated measurements.

The **accuracy** of a measurement is the degree to which it approximates a gold standard. Accuracy is reduced by **systematic error (bias)** from the same three sources: the **observer, subject and instrument**.

The strategies for increasing accuracy include all those listed for precision with the exception of repetition. In addition, accuracy is enhanced by unobtrusive measures, by calibration, and (in comparisons between groups) by blinding.

Validity is the degree to which a measurement represents the phenomena it is intended to measure; it is commonly used for more abstract and subjective variables and is assessed by **content validity, face validity, construct validity, predictive validity and criterion-related validity**.

Individual measurements should be **sensitive, specific** and **appropriate**.

Welcome to ISO 45001:2018

The Eastern Regional Health Authority is currently in the process of obtaining International Organisation for Standardization (ISO) 45001:2018. This standard outlines the specifications for an Occupational Health and Safety Management System and provides guidance for its application. This standard will assist the Authority to be proactive in preventing work-related illnesses and injuries and to enhance performance in Occupational Health and Safety.

The ISO 45001 Highlights

As we move forward with this project three important elements that you will be hearing about are highlighted.

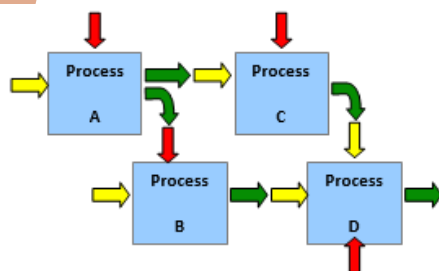
1. Process Approach

Application of a system of Processes and their Interactions

Our OH&S Management System will incorporate the **process approach** where consistent and predictable results are achieved more effectively and efficiently when activities are understood and managed as interrelated processes.

ISO 45001 uses a process approach where a process is an action that turns inputs into outputs, like turning ice to water by heating it. So, as we look at our business as a series of interacting processes, we can try to improve them for better results no matter what the process is in our workplace.

Identifying, understanding and managing interrelated processes as a system helps our company effectively and efficiently achieve our OH&S objectives.



2. Plan-Do-Check-Act

A Cycle for Continual Improvement

The **Plan-Do-Check-Act** approach requires that we create and implement a plan to achieve the desired results. This is true for any type of management system and it is simply good business practice. ISO standards use this PDCA approach in all of their Management Systems because it is really just a way to get things done and continually improve.



3. Risk-Based-Thinking

A proactive approach aimed at preventing undesirable outcomes

We will make use of our organizational knowledge, lessons learned and experience with our activities and the processes to determine the opportunities and risk that need to be addressed. This way, we will have assurance that we can achieve the intended results of eliminating or at least reducing work-related injury and ill-health.



Look out for our next article in the newsletter as it will discuss the importance of the ISO 45001:2018 to you and your coworkers.



TIPS TO BE PREPARED FOR FLOODING

Riverine flooding is an overflow of water onto normally dry land. The inundation of a normally dry area caused by rising water in an existing waterway, such as a river, stream, or drain. Riverine flooding is a longer-term event than Flash flooding, as it may last days or weeks.

Flash flooding is one that begins within minutes to hours (in Trinidad and Tobago, this is usually less than 2–3 hours) of heavy rainfall. It is more common in urbanized areas of Trinidad and Tobago, where heavy rainfall overwhelms the drainage system and water flows into streets and occasionally into structures.

Here are some tips to prepare you for a Flood:

- Monitor the local weather forecast.
- Actively track the weather alert and riverine alert levels as they develop.
- Check that you have sufficient emergency supplies.
- Make an emergency evacuation plan.
- Take pictures of the property and its contents for insurance purposes.
- If you live in a low-lying area and are unable to evacuate, find a high-ground that would keep you safe from rising flood waters until help arrives.
- Do not swim in, touch, or consume flood water. Flood water often times contains raw sewage which can render you severely ill.
- Do not attempt to drive through flood waters using low vehicles, as it may result in the vehicle stalling.



Emergency Kit Supplies:

- Supply of Water - 1 gallon, per person, per day.
- Supply of non-perishable food items.
- Flashlight.
- Portable radio.
- Extra batteries.
- Phone chargers.
- First Aid Kit with prescription medication.
- Sanitation and personal hygiene items.
- Important documents.
- Cash.



**In case of an Emergency, you can contact the following numbers:
Emergency: 911 Ambulance: 811 Fire: 990 Police: 999 ODPM: 511**

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.



June 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**

Website : www.erha.co.tt



ERHA Trinidad & Tobago



@erhatrinidad