



The Eastern *Vibes*

Monthly Newsletter 2024

July 2024, Issue #120



IT'S ALL ABOUT HIM!

A Health Initiative for Men

Thank You!

200+ Men Prioritised Their Health



*M*en across the Eastern Region accessed Primary Healthcare Services at the Men's Health Fair Initiative to know their health status.

Many health problems such as heart disease, diabetes or cancer can develop silently for years. Early detection can improve chances for a full recovery.

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IT'S ALL ABOUT HIM! (continued)



Chronic Disease Support Group Grocery Tour



Members of the Chronic Disease Support Groups at Xtra Foods Supermarket, Guaico, Sangre Grande

Eating a nutritious meal assists in the prevention of noncommunicable diseases and conditions.

Grocery tours is an ideal teaching tool to engage, educate and motivate clients on proper nutrition. It can assist clients as it provides a hands on approach to compare ingredient lists, nutrition facts labels and identify a range of healthier selections.

The Health Education Department St. Andrew/ St. David took members of the Chronic Disease Support Groups of Sangre Grande, Cumuto, Cumana and Grande Riviere in a grocery tour at Xtra Foods Supermarket, Sangre Grande in the month of July.

The tours were led by Dietetic Interns from the University of the West Indies, Ms. Beyonce Charles and Ms. Leigh Basanoo. During the tour, the clients were given essential tips to navigate the grocery aisles, starting with choosing

whole foods such as vegetables, fruits, meat and fish that are usually located on the aisles. Participants also learned how to effectively read food labels, to examine ingredient lists, nutritional information and to identify products that are high in fibre and low in fat, sugar and sodium. Strategies for healthy snacking were emphasised, recommending alternatives like nuts, seeds and yogurt to replace sugary or snacks high in fat.

The session also highlighted the importance of fibre which aids in digestion and supports overall health and a balanced diet. Clients were encouraged to choose fibre-rich foods such as ground provisions, peas, beans and whole-grain products. Oral feedback from the clients indicated that they gained practical knowledge and confidence in their grocery shopping, paving the way for healthier and more informed decisions which support their chronic disease management.

Healthy Me Nutrition Camp 2024



The Nutrition Department St. Andrew/ St. David, in partnership with the Ministry of Health hosted its annual ***Healthy Me Nutrition Camp***; from 8 - 12 July, 2024 at the St. Francis R.C Church Hall, Sangre Grande.

The camp was designed to inculcate healthy lifestyle habits such as healthy eating and physical activity, as a means of maintaining good health and reducing the risk of developing Chronic Non-Communicable Diseases (CNCDs) later in life.

Twenty children between the ages of 11-13 years participated in the camp. The main areas covered during the camp were:

- ◆ **Caribbean Six Food Groups** - children were taught about the importance of the main nutrients found in food such as carbohydrates, protein, fats, vitamins, minerals and water.
- ◆ **Healthy Snacking** - processed vs unprocessed snacks.
- ◆ **Reading Nutrition Labels** - To identify healthy food products and the effects of consuming excess sugar.
- ◆ **Importance of Exercise** – exercise sessions to simple fun routines were taught for the children to learn how to be more active during the day.
- ◆ **Food Preparation** - chow was prepared as a healthy snack option to encourage the consumption of more fruits and vegetables. The children also created a tiktok chow challenge video.
- ◆ **Home Gardening** - simple gardening techniques were taught to emphasize the importance of growing food.
- ◆ **Smoking Cessation Booth** - information on vaping and the dangers of tobacco smoke was discussed.
- ◆ **Nutrition** - the results from the pre and post tests that were administered show that the children understood the information that was presented.

Non-Communicable Inspector Academy



The next generation of Non-Communicable Inspectors graduated from the Non Communicable Disease (NCD) Inspector Academy on July 26, 2024.

50 Children between the ages of 5-11 years attended a camp during the period 15-26 July, 2024 which was conducted by the Health Education Department, Nariva/Mayaro at the Rio Claro Health Centre.

The youngsters were engaged by a multi disciplinary team and are now more aware of what they can do to make healthy choices to take care of their bodies and to reduce their risk from NCD's. They were introduced to the food groups and informed of a balanced diet and the nutritional requirements the body needs. Recognising that several children do not like fruits, they participated in preparing a chow with a variety of fruits which they enjoyed eating. They were encouraged to get their parents to prepare chow at home to replace

processed snacks and to start a home garden.

Also on the lesson plan were Personal and Dental Hygiene and they were taught how to care for their teeth and gums. Healthy and unhealthy habits were also discussed and the children were taught about stress and how to control and improve their emotions.

An important part of healthcare is exercise. During the camp the children participated in aerobics; zumba and had a day of fun at their Sports Day at the Rio Claro Fire Station. They also tested their swimming skills on the field trip at Massa Nature Park.

Officers from the Rio Claro Police Station visited the camp and taught the children about personal safety. They also had fun looking at the police gear.

The children were assessed during the camp and presented with certificates at their graduation ceremony on the final day.

Skills for Life



Professional development and life skills training assist young adults to build the skills set they need to deal effectively with everyday demands and challenges of life.

Over **40** young adults participated in a Life Skills Training Programme conducted by the Matura Wellness Centre during the period **8th July - 2nd August 2024**. Theory and practical sessions in Hairdressing, Barbering, Dressmaking/Tailoring were conducted at the Matura Government Primary School and Legends Barbershop in Matura.

The trainees learnt how to cornrow; braid; style; mark; shave and groom. They were also introduced to basic and advanced sewing techniques; pattern making and garment construction. Participants also created their own

pieces as part of the practical exercise.

Recognising the importance of soft skills, sessions were conducted in communication; time management and self discipline. They also practiced resume writing and interview techniques to become familiar with preparation for the world of work. Etiquette training was provided to enhance their professional demeanour and social interactions.

Important life skills such as communication, time management and self-discipline were also taught.

It is envisioned that a programme such as this will contribute to the local community development by increasing the number of skilled professionals, fostering entrepreneurship and promoting healthy lifestyles.

Measles Surveillance and Vaccination Workshop



From l to r: Dr. Avery Hinds, Technical Director, Epidemiology Unit, MoH; Dr. Artee Bridgelal, PCP II - PHO, Ms. Sharon Ramsingh-Levitt, EPI, Clerk/Typist 1, Ms. Grace Sookchand, EPI, Manager, MOH; Mrs. Nirmatee Mohammed, SDHV, NAMA and Mr. Daniel Geelalsingh, Research Officer (Ag.)

The Measles virus is a member of the Paramyxoviridae family. The symptoms include fever, rash, cough, cold and conjunctivitis.

Complications of Measles infection include pneumonia, diarrhea, otitis media, febrile seizures, encephalitis and blindness.

It is more infectious than the coronavirus. Measles is transmitted from person to person through droplets expelled when an infected person speaks, coughs or breathes. These droplets remain air suspended for up to two hours and may come into contact with the mucous membranes in the upper respiratory tract or the conjunctiva of a healthy person.

Trinidad and Tobago has been Measles endemic free due to our robust vaccination programme and surveillance systems. However, because of the porous borders, we are at risk for imported cases similar to what occurred in Turks and Caicos, where two cases of Measles were confirmed on May 9, 2024.

In an effort to improve our ability to respond quickly to cases of measles and rubella the Ministry of Health held a Measles Surveillance and Vaccination Workshop at the Ministry of Health Conference Room, Port-of-Spain on July 29, 2024. Members of staff from the Eastern Regional Health Authority, including clinical, primary care, secondary care, surveillance and Public Health Observatory attended the workshop.

The main goal of the workshop was to strengthen the national capacity to respond rapidly to imported cases of measles and rubella using the three-pronged approach to sustain elimination:

- **Strengthen epidemiological surveillance and rapid response to outbreaks.**
- **Increase population immunity against measles and rubella by strengthening the routine immunization programme and follow-up campaign.**
- **Strengthen technical capacity to maintain laboratory surveillance.**

The Public Health Observatory Department informs that, **Testing for Measles** virus can be done at the health centres and the Emergency Department of the Sangre Grande Hospital via nasopharyngeal, urine and blood samples from the first day of rash onset.

Prevention is better than cure. Visit your nearest health centre to ensure that you and your family have received full vaccination against Measles, Mumps and Rubella (MMR).

Increasing Awareness on the Dengue Virus



Mr. Deryck Kalicharan, Public Health Inspector I, chats with children from the Graham Stars Summer Camp

Children can play an important role in the fight against the dengue virus. Through their assistance they can reduce the transmission of dengue by eliminating breeding sites.

On July 29, 2024, Public Health Inspectors from County St. Andrew/St. David visited the Graham Stars Summer Camp at Graham Trace Extension, Sangre Grande to talk with children ages 5-8 years old about the Dengue Virus.

The Health Inspectors discussed their role in the community, the mosquito life cycle and how to identify mosquito breeding sites around homes. Special emphasis was paid to hidden or overlooked breeding sites such as, open holes on water tanks, trays under dishwashing racks and blocked guttering. The children viewed live samples of mosquito larvae and pupa provided by the local Insect Vector Control Division to help them to identify it in their home environments.

Regional HIV Testing Month



A client gets tested for HIV

100 Persons took the opportunity to Know their HIV Status by getting tested by the Eastern Regional Health Authority.

In commemoration of Regional HIV Testing

Month the Prevention of Mother to Child Transmissions (PMTCT) Unit partnered with the Ministry of Health under the banner **"Take the Test & Take the Next Step"**. The month focused on educating members of the public about HIV and sexually transmitted infections, encouraging persons to get tested for HIV and promoting safe sexual practices among the targeted population.

The Unit also conducted education and testing exercises at the Civilian Conservation Corps, Rio Claro on June 21, 2024 and on June 28, 2024 at Birdie Square, Sangre Grande (Area between Zrada and Miguel Moses stores).

Rapid Test Kits and brochures were also distributed at the Sangre Grande Hospital on July 1, 2024.

Emancipation Decoration Competition

The Eastern Regional Health Authority hosted an Emancipation Decorating Competition under the banner of the Sports and Cultural Club with the theme, **"Our African Legacy: Roots and Culture"**.

Each Unit was invited to get their team together and select one facility in their Unit to mount a display depicting the legacy, roots and culture of an African ethnic group that was brought to Trinidad and Tobago in captivity.

The teams were challenged to do research and to share their knowledge in their creative

displays which were visible for staff and members of the public to view during this period.

St. Andrew/St David secured first place with their display of the Massai Tribe, Head Office placed second and Sangre Grande Hospital placed third with their representation of the Yoruba Tribe. The Sports and Culture Club expresses sincere gratitude to our judges, Mrs. Astra Edwards-Bennett, Dr. Oguekenma Nzedinma and Ms. Daneesha Charles.



St. Andrew/St. David

2ND PLACE



Head Office

3RD PLACE



Sangre Grande Hospital

CONGRATULATIONS

Staff Portray Their African Attire





HAPPY AFRICAN EMANCIPATION DAY

*"Freedom is never
voluntarily given by the oppressor,
It must be demanded by the oppressed..."*

Martin Luther King

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

"Caring is the Key"



Good News



Candi Pierre-Sooklal

These are my oncology angels... doctors, nurses, attendants, wards maids, clerks.

A lot of people had a lot to say when some of them did the chow challenge.. Playing dead, telling them to do their wuk etc..

I know all of them personally and they have been caring for ME.. A patient for almost 10 years now and I could tell you they are the most hard working, caring and compassionate bunch of healthcare workers I know. Their patients are not just file numbers.... They literally know all our names.

I remembered my very 1st chemo session.. I was scared and tears in my eyes but I soon felt at ease when they started to talk to me.. I was comforted.. checking in from time to time to make sure you're ok..

Now... you may say that's what they're trained to

do and YES!!! I agree with you but how many healthcare workers actually practice what they learn???

I know for a fact that my oncology angels do it and the care and concern they have for ALL their patients is real because close relationships are created... I've seen them cry because a patient passed. They even attend funerals.

I know my opinion may not matter but I for one was happy to see that they're having a lil fun in the midst of working... I could almost be sure they shared that chow with patients too And I could attest that before they did that challenge, all patients were attended to and taken care of...I salute the Oncology department of ERHA Trinidad and Tobago. Keep up the spectacular work that you all are doing.

Posted on Facebook by Candi Pierre-Sooklal



Gabriel Joseph

I did a minor surgical procedure at the Sangre Grande Enhanced Centre and returned today for dressing. There was no parking on the compound and it would have been difficult for me to walk for any long distance, but an employee Mr. Steve Rodriguez came to my assistance and I must say thank you. Steve Rodriguez, displayed compassion, humility and true public service. In our health care

system we often hear of and have negative experiences. However, Mr. Rodriguez was approachable, spoke kindly and helped with my registration and parking and am sure for other persons as well. Let's hope his kindness spreads to more employees of the health system. He is an asset to the health service.

Posted on Facebook by Gabriel Joseph

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 5

Sample Size Planning

Sample size planning is a process used to estimate an appropriate number of subjects from a larger population in order to represent that for a study.

Using Stovin's formula (used when population size is finite and known)

***$n = \text{Sample size}$ $N = \text{population size (1500)}$
 $e = \text{margin of error (0.05)}$***

$$n = \frac{N}{1 + (N \cdot e^2)}$$

$$n = \frac{1500}{1 + 1500 \cdot 0.05^2}$$

$$n = \frac{1500}{1 + 1500 \cdot 0.0025}$$

$$n = \frac{1500}{1 + 3.75}$$

$$n = \frac{1500}{4.75}$$

$$n = 315.78 = 316$$

Sample size = 316 persons.

Website: <https://www.calculator.net/sample-size-calculator.html>

What is a hypothesis?

It restates the research question, summarizes the main elements of the given study, indicates the sample, the predictor and the outcome variables.

Purpose of the hypothesis.

Hypothesis are used in research projects to determine and compare the findings between two variables, that are being tested. It also narrows the field of the research, giving more direction to the study.

Characteristics of a good hypothesis.

- **Simple**
- **Specific**
- **Stated in advance**

Null hypothesis.

This is a type of statistical hypothesis that proposes that no statistical significance exists in a set of given observations. Simply meaning that there is no statistical significance between two (2) variables within a study. **E.g.** people in Sangre Grande who drink tap water have the same risk of developing peptic ulcer disease as those who drink bottled water.

Alternative hypothesis.

Alternative hypothesis states that there is a relationship between the two (2) variables. **E.g.** people in Sangre Grande who drink tap water have a greater risk of developing peptic ulcer disease than those who drink bottled water.

One sided alternative hypothesis.

A one-sided alternative hypothesis specifically states the direction of the relationship between the predictor and outcome variables.

Two-sided alternative hypothesis.

A two-sided alternative hypothesis only states there is an association between the predictor and the outcome variables but doesn't specify the direction.

Research Made Easy Summary - Lecture 5

Sample Size Planning (continued)

Type I and II errors:

Type I errors occur when an investigator rejects a null hypothesis, which in the end is actually true within the study population (false-positive).

Type II errors are when the investigator fails to reject a null hypothesis that is actually false within the population (false-negative).

Result in the study sample	Truth within the population	
	Association between the predictor and outcome	No association between predictor and outcome
Reject null hypothesis	correct	Type I
Fail to reject null hypothesis	Type II	correct

(Alpha α) When the max chances of an investigator committing a type I error, rejecting the null hypothesis when it is actually true.

(Beta β) Occurs when the investigator makes a type II error, failing to reject the null hypothesis when it is actually false.

Power Power is defined as the likelihood that a researcher made the correct decision to reject the null hypothesis, when the null hypothesis is actually false and the effect in the population is equal to or greater than the specified effect size. The quantity $[1-\beta]$ is called power.

Effect size Effect size is how meaningful the relationship is between a predictor and an outcome in a sample of a study.

P Value The p value simply describes how likely it is to see an effect as big as the one in your given study if the null hypothesis was actually true. **E.g.** A p-value less than 0.05 is typically considered to be statistically significant, in which case the null hypothesis should be rejected. A p-value greater than 0.05 means that deviation from the null hypothesis is not statistically significant and the null hypothesis is not rejected.

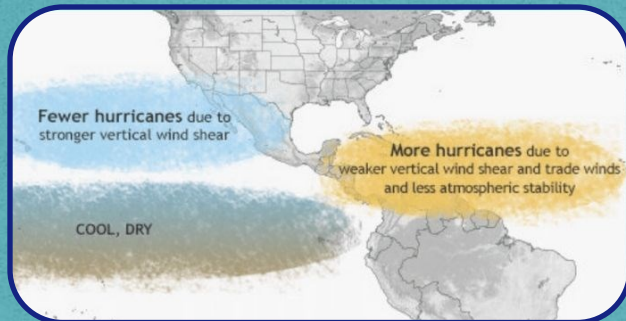


LA NIÑA

WEATHER PHENOMENON

A La Niña is declared when the average sea surface temperatures in the central and eastern equatorial Pacific Ocean become at least -0.5 degree Celsius cooler than average in the

preceding month and the cooling is expected to persist for five consecutive overlapping three-month periods.

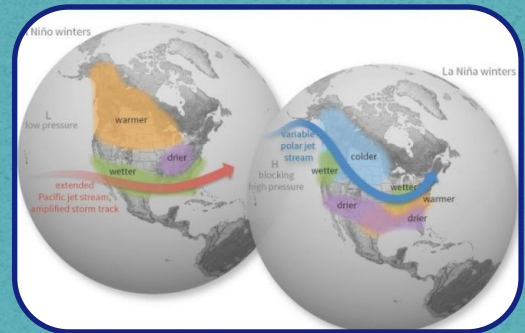


Typically it is seen that the Atlantic Ocean would have more hurricanes due to weaker vertical wind sear, less atmospheric stability and warmer waters.

The 2023/24 El Niño event, which helped fuel a spike in global temperatures and extreme weather around the world, is now showing signs of ending. There is likely to be a swing back to La Niña conditions later this year, according to a new update from the World Meteorological Organization (WMO).

WHAT IS THE DIFFERENCE BETWEEN LA NIÑA AND EL NIÑO

- La Niña refers to the periodic cooling of sea-surface temperatures across the east-central equatoria Pacific. It can bring colder temperatures to the Caribbean region
- El Niño refers to the above-average sea-surface temperatures that periodically develop across the east-central equatorial Pacific. It represents the warm phase of the El Niño Southern Oscillation (ENSO) cycle.



WHAT TO EXPECT FROM LA NIÑA IN 2024

- ENSO-neutral is expected to continue, with La Niña favored to emerge during September - November (66% chance) and persist through the Northern Hemisphere winter 2024-2025 (74% chance during November-January).
- For the Caribbean region, the ENSO-neutral event increases the likelihood of near-normal climatic conditions to occur while the La Niña phenomenon has leads to a wet season characterised by above-normal rainfall.

Emergency Numbers:

POLICE - 999

FIRE SERVICE - 990

GMRTT (Emergency Health Service) - 811

ODPM EMERGENCY - 511



Keeping your surroundings clean protects you and your family from mosquito borne diseases such as Dengue, Chikungunya and Zika.

- 1** ▶ Remain vigilant. Extra precautions should be taken for vulnerable groups such as the Elderly, Pregnant Women and Children to safeguard them from mosquito-borne diseases.
- 2** ▶ Dispose of all unwanted containers/items in your yard and surroundings which may collect water and become mosquito breeding grounds.
- 3** ▶ Cover water containers such as barrels, drums or buckets with mosquito proof covering.
- 4** ▶ Clean your drains and guttering to allow for the free flow of water.
- 5** ▶ Use mosquito nets and insect repellent.

If breeding grounds for mosquitoes are found on your premises, this can result in a fine of three thousand five hundred dollars (\$3,500.00) or imprisonment for six (6) months under Regulation 27 of the Yellow Fever Regulations, 1979.



Eastern Regional Health Authority

FAMILY DAY TOGETHER AS



14TH
SEPTEMBER, 2024

10:00 A.M.

**VALENCIA
ECO RESORT**

FOOD

GAMES

PRIZES

JOIN THE FUN



- HEAD OFFICE
- SANGRE GRANDE HOSPITAL
- NARIVA/MAYARO
- ST. ANDREW/ST. DAVID

REGISTER NOW AT YOUR UNIT OR
CORPORATE COMMUNICATIONS!
Deadline August 30, 2024

COOK OUT

CURRY DUCK

KIDS ZONE

BOUNCY CASTLE

PONY RIDE

FACE PAINTING

KITE FLYING

THEMED CHARACTERS

DANCE PASS

FUN ZONE

NOVELTY GAMES

PHOTO BOOTH

ENTERTAINMENT

POPULAR ARTISTE

KARAOKE

DJ



OUR VISION

The ERHA is a dynamic organisation 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 organisation.

Shared Ownership

Providers and clients of the organisation 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 organisation 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.



July 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