



# The Eastern *Vibes*

**Monthly Newsletter 2024**

**October 2024, Issue #123**

# ERHA Welcomes New CEO



*Mrs. Angelina Rampersad-Pierre, Chief Executive Officer*

## In this Issue

- ERHA Welcomes New CEO
- ERHA Commemorates Breast Cancer Awareness
- Stakeholder Partnership for Breast Cancer Awareness
- World Handwashing Day
- ERHA Divali Celebrations
- ERHA Delegation Attends Caribbean Nurses Organisation 33rd Biennial Meeting and Conference
- Celebrating Pharmacy Week at the Sangre Grande Hospital Campus
- Raising Awareness Through Health Education
- World Anaesthesia Day 2024
- All Fours Competition Finals
- World Sight Day
- Good News - October
- Divali Message
- World Mental Health Day
- Staffing Updates
- Celebrating Urology Week at the Sangre Grande Hospital Campus
- Research Made Easy Summary Lecture 8
- International Day for Disaster Risk Reduction
- International Day for Disaster Risk Reduction Poster Competition
- ERHA's Vision, Mission, Core Values



# ERHA

## Welcomes New CEO

The Chairman and the Board of Directors of the Eastern Regional Health Authority (ERHA) is pleased to announce that ***Mrs. Angelina Rampersad-Pierre*** has been appointed as the Chief Executive Officer of the Authority effective October 7, 2024.

Mrs. Rampersad-Pierre has been with the ERHA for over sixteen (16) years. She has served in a number of key capacities which include, among others Acting CEO and General Manager-Operations where she led the operationalisation of the New Sangre Grande Hospital Campus and provided strategic oversight, leadership and management of the operations for Primary Care Facilities.

The ERHA takes this opportunity to welcome Mrs. Angelina Rampersad-Pierre in her new role as Chief Executive Officer and looks forward to her positive contributions, as she implements strategies in collaboration with key stakeholders aimed at continuous improvements and enhancing operational efficiency within the Authority.



*"Caring is the Key"*



# ERHA Commemorates Breast Cancer Awareness



**Breast cancer is the most common cancer globally with around 2.3 million new cases every year. Most people will not experience any symptoms when the cancer is still early, hence the importance of early detection.**

In commemoration of Breast Cancer Awareness Month which is celebrated globally every October, various units hosted outreach programmes throughout the Authority to raise awareness on the prevention, early detection and treatment of cancers.

The Oncology Department hosted a Cancer Awareness programme on October 12, 2024 at the Sangre Grande Hospital Campus under the theme **"Together We Are Stronger"**. Dr. Priya Gopie, Specialist Medical Officer welcomed those in attendance and thanked the staff for having a caring touch and offering comfort to patients and their relatives.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer recognised staff for their ongoing efforts to increase awareness on cancer through initiatives such as outreach programmes. She also encouraged members of the public to continue to be strong in the battle against cancer.

Recognising that specialised education is the key to cancer care for patients, lectures were delivered by House Officers Dr. Narissa Mohammed; Dr. Venkateswarlu Malineni; Dr. Stephan Garcia and Dr. Khaleel Sinanan on the various types of cancers with a view to improving their experiences and outcomes. Services such as basic screening, breast examination, pap smears and blood tests were offered to clients to detect any abnormal signs at an early stage before symptoms appear, as it may be easier to treat or cure. Clients also received massages and were entertained by musical renditions by the Hislop siblings, Ms. Sabita Boodram and Ms. Elisabeth Campbell. The Health Education and Medical Social Work Departments provided information on lifestyle changes which persons can adopt to reduce their risk of developing cancers and to manage stressors associated with cancer.

On October 26, 2024 the Cumuto and Valencia Outreach Centres also hosted outreach programmes where they offered services such as breast examination and pap smears for members of the community.

**Persons are encouraged to continue to do their annual screenings as early detection saves lives.**

# Stakeholder Partnership for Breast Cancer Awareness

Breast Cancer Awareness Month is a global campaign, observed every October, aimed at raising awareness about breast cancer, promoting early detection and supporting those affected by the disease. Launched in 1985 through a partnership between the American Cancer Society and Imperial Chemical Industries, its initial focus was to encourage women to get regular mammograms. Over time, the campaign has expanded significantly, with widespread participation from organisations, communities and businesses worldwide.

The Health Education Department, Nariva/Mayaro partnered with Persad's D' Food King in Rio Claro to host a Breast Cancer Awareness Health Fair at their car park on October 17, 2024. During the

event, clients accessed screening services and were offered support in an effort to promote early detection and healthy lifestyle practices.

The event featured multiple educational booths and services such as Health Education; Nutrition Display with Healthy Snack Sampling; Medical Social Work; Pharmacy and a Mobile Clinic. A live food demonstration was also conducted which focused on preparing a healthy breakfast, lunch and dinner, utilising ingredients known for their cancer-preventive properties. Samples of healthy snacks were also provided to attendees.

On October 28, 2024 a similar outreach exercise was held at the S&S Persad Supermarket in Mayaro. The theme for this activity was '**Cancer Fighting Foods.**'

## World Hand Washing Day



World Handwashing Day, is an annual event celebrated on October 15 with the goal to promote creative approaches to encourage handwashing worldwide. The Health Education Department for Nariva/Mayaro acknowledges the critical importance that hand hygiene plays in schools and successfully hosted an engaging talk and handwashing demonstration at Rio Claro ASJA Primary School with infants 1 and 2. This interactive session on Global Handwashing Day highlighted the significance of this easy and powerful health habit. Ms. Anisha Beepath On-the-Job Trainee, spearheaded this initiative with

the assistance of Mr. Ronald Ram, Health Education Aide and Mr. Davion Rooplal Health Education Officers.

Ms. Beepath gave a simple explanation and demonstrated how to properly wash your hands. The students mimicked the gestures and also practiced them by the sink. Students had a strong grasp of the need of handwashing and how it directly affects their health and well-being from this engaging presentation and demonstration. By promoting good handwashing practices at a young age, we will minimize the transmission of diseases in schools and the community at large.



## ERHA Celebrates Divali (Cont'd)



The Eastern Regional Health Authority hosted a Divali Competition under the banner of the Sports and Cultural Club with the theme, ***"Light and Unity: Celebrating our Cultural Diversity"***.

Each Unit was invited to mount a display at a facility within their respective Unit depicting the significance of Divali, aspects of the history, culture, tradition, attire and décor. The teams were challenged to do research and share their knowledge in their creative displays.

Sangre Grande Hospital Campus captured first place with their presentation, Nariva/Mayaro placed second and Head Office placed third.

This Divali competition not only fostered creativity among participants but also strengthened bonds as people came together to celebrate their shared heritage.

The Sports and Culture Club expressed sincere gratitude to our judges, Ms. Karishma Kheerai, Ms. Nadine Debisette and Ms. Salisha Ramoutar.



## ERHA Divali Celebrations





# ERHA Delegation Attends Caribbean Nurses Organisation 33rd Biennial Meeting and Conference



R to I : Ms. Eleanor John-Eccles, General Manager- Nursing, Ms. Kathleen Jacobs, Head Nurse and Ms. Kurshell Marciano, District Health Visitor.

A three member delegation from the Eastern Regional Health Authority attended the Caribbean Nurses Organisation 33<sup>rd</sup> Biennial meeting and conference from October 19–27, 2024 in Guyana, the theme for the conference was **"Nurses Strategically Positioned to move Healthcare Forward"**. The delegation was headed by Ms. Eleanor John-Eccles, General Manager- Nursing, Ms. Kathleen Jacobs, Head Nurse and Ms. Kurshell Marciano, District Health Visitor.

Ms. John-Eccles indicated that the conference was incredibly insightful and exceeded all expectations. They gained exposure to the latest trends and broadened our perspective on

various concerns within the field.

The conference featured a wealth of research, findings and ideas presented by keynote speakers and experts from diverse backgrounds. Topics ranged from (not limited to):

- The importance of leadership in the future of nursing
- The power of the nurse's voice
- Nurses and their mental health
- Artificial Intelligence in nursing curriculum
- The nurse and climate change
- The role of nursing in health policy.

They were also able to identify and explore various challenges facing health systems in the Caribbean and engage in discussions about innovative solutions to these common issues. A highlight of the conference was the institutional tour, where participants visited hospitals and engaged with staff and patients. *"We were humbled by the many challenges faced by the medical teams, yet observed their dedication to providing care to the population."*

Ms. John-Eccles further stated that the conference helped the team to enhance communication with colleagues, develop leadership skills, foster creativity and uniqueness in management and collaborate with fellow nursing professionals in the Caribbean.

The delegates expressed their gratitude to be able to partner with the nursing community to build their capacity for improvement in service delivery.

# Celebrating Pharmacy Week at the Sangre Grande Hospital Campus



Members of the Pharmacy Team

The Pharmacy Department recently celebrated Pharmacy Week which is a pivotal event in the pharmacy profession observed from 20-26 October, 2024. This year's theme, ***"Let's Get Better Together: Optimizing Pharmacy Practice for Better Patient Care,"*** resonated deeply as we recognised the invaluable contributions of our pharmacy team.

2024 marked a significant milestone with the decentralization of Pharmacy Services, allowing us to engage with patients from both sides of the hospital. Pharmacy Week provided a wonderful opportunity for patients, colleagues, and management to express their gratitude to the dedicated pharmacists, pharmacy technicians, attendants and clerks who work tirelessly behind the scenes.



## The Pillars of Patient Care

Pharmacy professionals are the unsung heroes of healthcare, acting as medication experts who ensure patients receive the right medications at the right time and in the right manner. Their efforts are crucial for patient safety and well-being, as they prevent drug interactions, provide essential medication counseling, and maintain meticulous medication records. Throughout the week, staff participated in sessions which provided updates on new drugs and guidelines, enhancing their ability to deliver effective treatment and counseling.





## Celebrating Pharmacy Week at the Sangre Grande Hospital Campus (Cont'd)



### Patient-Centered Approach

A hallmark of this year's Pharmacy Week was its patient-centered approach. Pharmacists conducted individualised counseling sessions in various locations, including the Pharmacy Counseling Room and the Pharmacy Booth in the South Block Lobby, as well as in the Medical Outpatient Clinic, Dialysis Unit and Oncology & Hematology Clinics. These sessions empowered patients to take control of their health by better understanding and managing their medications. Engaging with pharmacy staff in fun and educational ways promoted adherence, medication administration and safety leading to improved health outcomes.

### Focus on Staff Wellness

A greater emphasis was placed on staff well-being as it was recognised that it is important to strengthen teamwork. Staff enjoyed a dinner at Hakka Brentwood

Restaurant initiated and executed by the Pharmacy Department, providing a relaxed setting for bonding and camaraderie. The final day featured team-building exercises which fostered connections among staff as the campus continues to grow. Friendly competition allowed everyone to celebrate each other's hard work, dedication and compassion culminating in the presentation of awards and tokens of appreciation to honor their contributions.

In conclusion, Sangre Grande Hospital Campus celebration of Pharmacy Week serves as a tribute to the unwavering commitment of our pharmacy professionals. It highlights the importance of expertise, education, patient-centered care and community engagement, reflecting our hospital's dedication to excellence in healthcare. Together, we recognise our pharmacists as the true healthcare heroes they are.

# Raising Awareness Through Health Education

Accurate health information can help people take preventative measures, recognise symptoms and seek the right course of treatment. It can also help to maintain positive health behaviours and change unhealthy ones.

With this in mind, staff from the Departments of Health Education, Nutrition and Medical Social Work collaborated with stakeholders to host five outreach activities during the month of October.

Collectively, over 320 persons attended the health fairs which were held with Carmicheal SDA Church at the Coryal Community Centre; Marios at Xtra Foods Sangre Grande; Sangre

Grande SDA Church; East Coast Apolostic Initiative at Birdie Square, Sangre Grande and Matura SDA Church. The outreach activities were held on 6<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup> October, 2024 respectively. Screening services, HIV testing and pap smears were provided. Educational material on Non-Communicable Diseases, Women's Health, Men's Health and Smoking Cessation were also distributed.

Members of the Health Education Team also facilitated a booth at the Health Fair hosted by the Oncology Department on October 12, 2024 to provide educational material.





# World Anaesthesia Day 2024



World Anaesthesia Day has been celebrated on October 16 since the early 1900s following the first successful use of diethyl ether as a means of anaesthesia for a surgical procedure in 1846. The World Federation of Societies of Anaesthesia (WFSA) continues to advocate for this day, to celebrate anaesthetists worldwide. Aiming to highlight the expanding scope of the specialty of anaesthesia and its role in providing patients with a safe and satisfactory surgical experience. These celebrations also assist to infuse a little bit of fun and foster comradery among the anaesthesia workforce while celebrating their clinical role and advances within the specialty.

Each year, the WFSA assigns a new theme focusing on the safe provision of anaesthesia. This year's theme, **"Workforce Well Being"**, highlights the importance of the well-being of the anaesthesia workforce. The practice of anaesthesia is often associated with many factors that negatively affect the well-being of the Anaesthetist such as stressful situations,

frequent need for alertness, high vigilance and shift work with associated sleep disorders. The end result includes burnout, delayed reaction times, decreased productivity and workplace dissatisfaction, ineffective communication and altered mood. These stressors can unfavorably impact the ability of an anaesthetist to provide safe and effective anaesthesia and lead to unhealthy coping methods. It is for these reasons, that this year's theme advocates for ***"Caring for ourselves while caring for others"***.

The department of Anaesthesia and Intensive Care at Sangre Grande Hospital Campus embraced the WFSA's goal of fostering workforce well-being (#WellAnaesthesia), with the hope of improving the physical, mental and emotional well-being of its members by participating in several events over the last few weeks.

**Dr. Kavita Lacaille - Consultant Anaesthetist**

# World Anaesthesia Day 2024 (Cont'd)

## Excerpts from team members



In honour of World Anaesthesia Day 2024 we enjoyed several rejuvenating activities, combining relaxation and mindfulness with an emphasis on health and well-being over several days. We were fortunate to be encouraged by

our Senior Anaesthetists, Dr. Sasha Sankar-Maharaj, Dr. Salma Mohammed and Dr. Kavita Lacaille, in particular, to participate in these activities.

A day trip to one of Trinidad's most serene location, nestled at the southwestern tip of Trinidad, marked our second activity. On this day, we visited the tranquil village of Icacos, where I was raised. We enjoyed spectacular views of the historical mangrove swamps, coconut estates and a peak of the Venezuelan coast, not to exclude some much needed salt water at the beach. A stop at the La Brea Pitch Lake offered a chance to explore a natural wonder of Trinidad and provided a much needed cool down in the pools.

**Dr. Adana Ali- House Officer**



This year's theme of work force well-being is not only relevant but essential to the Anaesthetist. The spirit of comradery in the department of Anaesthesia and Intensive Care at the Sangre Grande Hospital Campus is well known, especially among our junior doctors, it stems from a deep appreciation and understanding of our differences as well as our individual talents.

Given our multifaceted specialty our team is indeed fortunate to reflect a multitalented team. This year we celebrated not only the role of the Anaesthetists but certainly benefited from the skilled cooks, decorators, yoga instructors, adventure seekers, photographers, artists, tech gurus, interior decorators, academics and of course comedians among us. As our department continues to learn and grow, we embrace and celebrate the well-being of our team, remembering that life is not a competition...we each bring something unique to the table.

**Dr. Sasha Sankar-Maharaj - Consultant & Head of Department**



## World Anaesthesia Day 2024 (Cont'd)



Throughout my career, I have often observed that the role of anaesthetists and intensivists, is easily overlooked, leading to feelings of being undervalued despite the essential services we provide across every speciality. This year's theme, though somber, was a much-needed reminder to pay closer attention to the mental health and well-being of our specialty. Anaesthetists and intensivists face daily anxieties that few understand because we make our work seem effortless. The reality is challenging, but our dedication to our patients and advocacy on their behalf drives us forward.

In planning our World Anaesthesia Day this year, we focused on creating activities that would be

both relaxing and rewarding, enhancing team bonding and individual relaxation. We began with a shared breakfast because no celebration is complete without food and coffee. Dr. St Hill led us in a prayer of thanksgiving, grounding our gathering with gratitude. Next, we enjoyed a friendly trivia game and crossword, followed by a short yoga session led by Dr. Frenche-Vincent, which was truly refreshing. While enjoying breakfast, we also took a moment to do color inspirational pieces, an unexpectedly soothing activity. We continued the celebration with a photobooth in the operating theatre, allowing all staff members to capture moments from this memorable day using witty props relating to our everyday lives.

Lastly, everyone contributed to a unity tree by writing his or her name and a favorite quote or description of himself/herself on a felt leaf, which we hung on the tree. This unity tree will remain in our department as a lasting reminder of what we've achieved together and of our shared commitment to keep growing despite challenges.

**Dr. Marishka De Peiza- Registrar**



To promote exercise and overall well-being, female members of the department, both Anaesthetists and Nurses, participated as a

team in the recent Scotia Bank 5K Walk/Race. The team represented in T-Shirts promoting the wellness anaesthesia theme, further enhancing a sense of unity among staff, with the additional benefit of walking for a good cause - Breast Cancer Awareness. The 5k allowed us to work together outside of the operating theatres, towards achieving one common goal. Additionally, this initiative enhanced our camaradery and supported mental health and overall well-being. We can definitely say we look forward to many more experiences like this with the team again. (#SWAB, #WellAnaesthesia, #SGHAICU)

**Dr. Melissa Charles- House Officer**

# All Fours Competition Finals

K♥



♥K

St. Andrew/St. David captured first place in the ERHA's All Fours competition after beating the Head Office team and also scoring the most bullseye. The finals of the competition were played on October 4, 2024 at the Wellness Centre at the Sangre Grande Enhanced Health Centre.

The teams were supported by their colleagues who looked on at the creativity involved as the partners

A♠



♠A

communicated with each other to win points. Sangre Grande Hospital Campus placed third and Nariva/Mayaro was fourth.

Mrs. Angelina Rampersad-Pierre, Acting Chief Executive Officer was present to congratulate the teams and present prizes.



# World Sight Day



## Here's how the ERHA celebrated World Sight Day!

The second Thursday of October each year commemorates World Sight Day. This year, the theme was '**Children, love your eyes.**' As with every year, the Eastern Regional Health Authority endeavors to highlight the importance of practicing proper eye care through many outreach programmes.

Our World Sight Day celebrations and awareness began on October 8, 2024 when members of the Ophthalmology Unit at the Sangre Grande Enhanced Health Centre (SGEHC), visited the Guayaguayare Outreach Centre to provide vision screening and conduct patient education exercises through consultations and literature distribution.

On October 9, 2024, the team had the privilege of visiting the Northeastern College where eye chats were held with the form 4 classes and roughly 70 children had the opportunity for vision screening and one on one consultations with the Optometrists and Ophthalmologist.

To culminate the celebrations, the first annual Eye Health Awareness Walk was held bringing members of our community, Chronic Disease Clinics and our staff together for a cool walk from the SGEHC to Monte Cristo Park. At the park, Mrs. Khailash Maharajh, Drug Representative of Bryden Pi, delivered an informative talk on 'Dry Eye Disease'

Our passion for accessible and quality eye care across the region dictates our many efforts and outreach initiatives. Our Vision Screening services continue at our health facilities where clients of the Chronic Disease Clinics can benefit from routine eye check-ups.

We encourage everyone., both young and old to love your eyes and take great care of such valuable gifts!

**Written by Ms. Sheressa Gangadeen**

### Tips for maintaining healthy eyes:

Get yearly eye exams

Wear sunglasses and protective eyewear

Drink sufficient water daily

Refrain from rubbing your eyes

Take a 20 second break for every 20 minutes of screen time, to look at something 20ft away, to reduce eye strain



# Good News



### Sherr Lal

I applaud the young nurse Alexander, at the Sangre Grande Enhanced Health Centre on Monday 30th September about 5:30 p.m. my son, my husband and myself arrived at this health facility seeking medical attention, we were greeted by this young lady with welcoming smile at the front desk, she interviewed and process us because of our symptoms, she directed us to the relevant area to be treated. I must say that the doctor and nurses in isolation treated us very well, after we

were attended to this young lady willingly went to the pharmacy and got my medication.

Thank you Nurse Alexander for your kindness, I know it's your job but the way you care for patients makes a big positive difference.

I pray God bless you and the day work of your hands so that you will prosper and be in excellent health as your soul prospers.

I also commend ASL Officer Picton for his pleasant interaction with us.



### Bisram Sukhdeo

Gd..Ppl after spending 6 weeks in Sangre Grande Hospital for a serious illness I am out now.. As long as you been admitted.. and you are a patient your service is 100%... Special thanks to the staff... orthopedic doctors.. who fight for my life..medical doctors.. nurses ..kitchen staff.. Lab.. xray and other departments to name ... a few... Today I can

say Sangre Grande Hospital is becoming #1 in the Caribbean... but please understand that there is a shortage of bed space due to persons seeking medical attention from across Trinidad & Tobago Hats Off Again to Sangre Grande Hospital..

Special thank you to Mrs. Ria, Head of Quality Control Department Sangre Grande Hospital...



### Arlene Perez

Earlier today I had cause to visit the A&E Dept of the Sangre Grande Hospital. It would be remiss of me not to mention the great service we received from the entire team upon entry. From the Security Officer, Customer Care Clerk,

Nurses in Triage, Registration Clerk and the Doctor..... The process was seamless and pleasant. Special mention to the Nurses and Doctors for the excellent patient care.

Kudos to the A&E Team!

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





# Good News



### **Dhanlal Bachan**

Good Morning Facebook I had a little accident that required a few stitches this morning... I visited the Toco Health Centre about 4:00 a.m. while we were working up there today...

Everyone was nice and really helpful...nurses, doctors up to the security quick and

efficient work.

Only blemish was they didn't have the follow up medication..cost me almost \$500... but kudos to the staff for their help...

Big up allyuh self staff of the ERHA Trinidad and Tobago Toco Health Centre...



### **Carlene Excellent Seow**

Good Morning... I would like to express my gratitude to the nurses of the wound care unit... Namely Nurse Cooper... Nurse Solomon... Nurse Boswani... and the other nurse... whose name escapes me now... But words CANNOT express our gratitude toward these super women...

they have gone above and beyond to ensure my mother didn't loose her foot... they deserve awards for their dedication and service... May God Almighty richly bless them and keep them and keep them and their precious families...



### **Roopchand Mahadeo**

Hi just want to highlight an experience I had on Monday last. I went to the Rio Claro Health Facility suffering from intense chest pains.

Immediately on arrival I was hooked up for an ECG and attended to by staff members. My situation was very grave but a Dr. Gairy took full control of the situation and I was treated

and stabilized and sent to Sangre Grande Hospital where the good treatment continued.

I want to publicly thank the staff of RCHC and SGDh, in fact the ERHA for their patience and care in dealing with patients. May continue to Bless you all as you offer your services to the community.

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



# Good News



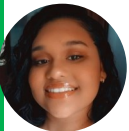
**Vidya Ramnarine**

As a patient on Sangre Grande Oncology I can say with all confidence that the staff is God sent. Kind, patient, compassionate, knowledgeable are some of the adjectives that describe the staff there. I am eternally grateful for their care.



**Leela Singh**

Vishal Lutchmansingh you are a wonderful nurse you do your job well the people of Sangre Grande including me speak highly of you we are happy and proud to have you.  
Krishna bless you always  
Hari Krishna



**Britney Manickram**

The besttttt. great care of my granny @ Sangre Grande Oncology Department.  
Lovely Doctors and Nurses, they took really

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





# Happy Diwali

*May the festival of lights illuminate your life and bring you and your loved ones peace, prosperity, happiness and good health.*



*Shubh Diwali from the Chairman, Board of Directors and the Chief Executive Officer of the Eastern Regional Health Authority*

*"Caring is the Key"*





**Eastern Regional Health Authority  
celebrates...**



# **WORLD Mental Health DAY**

*It's time to prioritise your Mental Health*

It's okay to ask for help if you are dealing with stress, anxiety, depression or mental health concerns

**You can reach out to any of the following facilities:**

**Sangre Grande Enhanced Health Centre - 226-9645**

**Toco Health Centre - 226-1576**

**Mayaro District Health Facility - 226-9543**

**Rio Claro Health Centre - 226-9220**



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

**f** Erha Trinidad & Tobago

*"Caring is the Key"*



# Staffing Updates



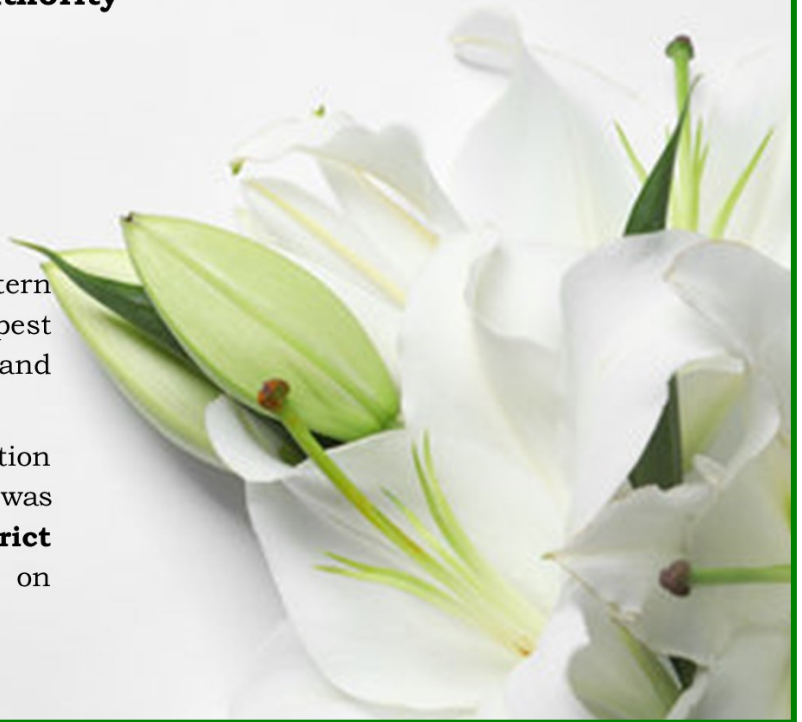
## The Eastern Regional Health Authority Celebrates the Life of:

*Ms. Ronda Bruno*  
*Laundress I*

The management and staff of the Eastern Regional Health Authority extend deepest condolences to the friends, family and co-workers of Ms. Ronda Bruno.

Ms. Bruno assumed duties in the position of **Laundress I** on June 23, 2014 and was last attached to the **Mayaro District Health Facility**. Ms. Bruno died on October 6, 2024.

*May her Soul Rest in Peace*



## Celebrating Urology Week at Sangre Grande Hospital Campus

A significant milestone in our commitment to patient education and specialized care was recently achieved with the celebration of Urology Week from 23<sup>rd</sup> to 28<sup>th</sup> September, 2024. Staff, clients, and relatives in Ward 2 at Sangre Grande Hospital Campus were engaged in educational activities and sessions to foster a deeper understanding of urological conditions and their management.

The sessions covered important topics such as benign prostate hypertrophic, kidney stones, prostate cancer and haematuria. These sessions provided valuable information to patients and staff and fostered a deeper understanding of urological conditions and their management.

A special thanks goes to our Ward Nursing

Supervisor, Ms. Patricia Martinez, and the Nurse in Charge, Nicole Hunte, their leadership and dedication were instrumental in the success of this event. Their unwavering support and guidance ensured that the activities ran smoothly and effectively.

Heartfelt gratitude is also extended to the Nursing team in Ward 2 and doctors for their enthusiasm and commitment to patient care. Your efforts have left a lasting impact on our patients who have also expressed their appreciation for the personalized care they received and have highlighted your professionalism and compassion. The collaborative spirit and dedication of our nurses have truly made this Urology Week a remarkable success.

# Research Made Easy Summary - Lecture 8

## Designing Case Control Studies

1. In a case-control study, the prevalence of a risk factor in a sample of subjects who have the outcome of interest (the cases) is compared with the prevalence in a sample that does not (the controls). In this design, people with and without the disease are sampled separately, it is relatively inexpensive and uniquely efficient for studying rare diseases.
2. One problem with case-control studies is their susceptibility to sampling bias. Four approaches to reducing sampling bias are:
  - to sample controls and cases in the same (admittedly unrepresentative) way; to do a population-based study;
  - to use several control groups, sampled in different ways; and
  - to match the cases and controls.
3. The other major problem with case-control studies is their retrospective design, which makes them susceptible to recall bias. Such bias can be reduced by using measurements of the predictor made prior to the outcome and by blinding the subjects and observers.
4. The best way to avoid both sampling and measurement bias is to design a nested case control study in which random samples of cases and controls are drawn from a larger cohort study at its conclusion. In addition to controlling both of these biases, expensive baseline measurements on serum, images and so on can be made at the end of the study on a relatively small number of study subjects.
5. The incidence-density case-control design allows investigators to analyse risk relationships, taking into account changes over time in risk factor levels and in the availability of follow-up.
6. The nested case-cohort design uses a random sample of the entire cohort in place of the non-cases; this can serve as a control group for studying more than one outcome and provides direct information on the overall prevalence of risk factors in the cohort.
7. Case-crossover studies are a variation on the matched case-control design in which observations at two or more points in time allow each case to serve as her own.





## INTERNATIONAL DAY FOR DISASTER RISK REDUCTION



**October 13 is International Day for Disaster Risk Reduction (IDDRR)** and for 2024, we come together in our shared commitment to the theme of ***“Empowering the Next Generation for a Resilient Future.”*** This theme reflects our responsibility to equip and inspire the youth of today, ensuring that they are well-prepared to navigate the challenges of tomorrow. By investing in the next generation, we strengthen the resilience of our communities, creating a legacy of preparedness, adaptability, and hope.

The future we build depends on how well we prepare those who will inherit it. Disasters impact us all, but it is the youth who will face the evolving risks of a changing world. Today, we reaffirm our dedication to empowering young people with the skills, knowledge, and opportunities they need to become leaders in disaster risk reduction. Through education, training, and mentorship, we give them the tools to face adversity with confidence and the ability to create solutions that will safeguard communities for generations to come.

We must remember that a resilient society requires inclusivity. Every young person, regardless of their background, deserves the opportunity to thrive. By prioritizing youth engagement, we build a more robust and adaptable society, one that is better prepared to confront whatever challenges lie ahead.

It is also important to acknowledge that young people are not just the future, they are agents of change today. Their creativity, energy, and passion are key to building communities that can withstand and recover from disasters. On this **IDDRR 2024**, we are called to mentor, guide and support them, ensuring that they have the resources they need to contribute to a safer, more resilient world.

As we commemorate this day, let us move forward with renewed purpose and commitment, united in the belief that by empowering the next generation, we are securing a brighter and more resilient future for all.

**Empowering the Next Generation for a Resilient Future**



# International Day for Disaster Risk Reduction Poster Competition

The Disaster Management Department held a poster competition in commemoration of the International Day of Disaster Risk Reduction.

Members of staff were invited to create a poster under the theme, ***"The role of education in protecting and empowering youth for a disaster-free future,"*** reflecting their understanding of and the importance of the theme. They displayed creativity and talent in their designs.

## 1st Place

Nalisha Boodram-Bhagaloo, Claudette Daniel,  
Stacy Ramjitsingh & Samara Tai Kong,  
(Central Purchasing Unit, Head Office)

## 2nd Place

Shane Affonso, Customer Relations Officer (Ag.)  
(Sangre Grande Hospital Campus)

## 3rd Place

Vindra Ramdass-Harridath, Junior Administrative  
Assistant (Public Health Observatory)





# Eastern Regional Health Authority

## 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.



**October 2024**

**Sangre Grande Hospital Campus**

Ojoe Road, Sangre Grande  
Tel: 226-4744/668-2273  
Fax: 668-4368

**Brothers Road Outreach Centre**

Brothers Road  
Tabaquite  
Tel: 656-2547/340-6895

**Cumuto Outreach Centre**

Main Road  
Cumuto  
Tel: 226-1106/643-9075

**Manzanilla Outreach Centre**

Eastern Main Road  
Manzanilla  
Tel: 226-1111/668-2063

**Rio Claro Health Centre**

De Verteuil and Dougdeen Street,  
Rio Claro  
Tel: 226-1104/644-2236/644-0181

**Rio Claro Accident and Emergency**  
Tel: 226-9230

**Toco Health Centre**

Paria Main Road, Toco  
Tel: 226-1576/670-8277

**Toco Accident and Emergency**  
Tel: 226-9428

**Mayaro District Health Facility**

Pierreville, Mayaro  
Tel: 226-1575/630-1258/9  
Tel/Fax: 630-1257

**Coryal Outreach Centre**

Balata Hill Road and Cumuto Main Road  
Coryal  
Tel: 484-1368/668-8066

**Grande Riviere Outreach Centre**

Hosang Street  
Grande Riviere  
Tel: 670-8264/385-5421

**Matelot Outreach Centre**

Main Road  
Matelot  
Tel: 670-2428/354-0052

**Sangre Grande Enhanced Health Centre**

Ojoe Road  
Sangre Grande  
Tel: 226-1102/668-2509

**Valencia Outreach Centre**

Alexander Street  
Valencia  
Tel: 226-1260/667-8197

**Biche Outreach Centre**

Canque Village  
Biche  
Tel: 280-9781/668-9053

**Cumana Outreach Centre**

Toco Main Road  
Cumana Village, Cumana  
Tel: 226-1134/670-8250

**Guayaguayare Outreach Centre**

Guayaguayare Road,  
Guayaguayare  
Tel: 226-4090/630-8777

**Matura Outreach Centre**

Toco Main Road  
Matura  
Tel: 226-1261/668-6276

**Sans Souci Outreach Centre**

Main Road  
San Souci  
Tel: 670-2382/280-8694

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



**ERHA Trinidad & Tobago**



**@erhatrinidad**