



**Monthly Newsletter 2024**

**December 2024, Issue #125**

## **ERHA Celebrates Christmas with Patients at the Sangre Grande Hospital Campus**



R to L - Ms. Lucy Torres, Director; Mrs. Angelia Rampersad-Pierre, Chief Executive Officer and Ms. Khanda King the first mother to give birth at the Sangre Grande Hospital with baby Revaldo.

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Staff at the Eastern Regional Health Authority (ERHA) celebrated Christmas with mothers on the Maternity Ward as they welcomed their babies and also

shared the joy with the children who were warded at the Hospital.



## ERHA Celebrates Christmas with Patients at the Sangre Grande Hospital Campus (Cont'd)

As part of the extended inpatient services, Mrs. Angelina Rampersad-Pierre, Chief Executive Officer and Director Lucy Torres were present and congratulated Ms. Khanda King the first mother to give birth on Christmas Day at the Sangre Grande Hospital Campus. They presented her with a hamper filled with baby products.

Her healthy baby boy was delivered at 3:10 a.m. by Ms. Miriam Clarke, Midwife and weighed 2915 grams. All other mothers and expecting mothers who were on the ward were also presented with gift bags containing personal items for mother and baby. The ERHA team was accompanied by Santa Claus and his helper to visit the children on ward 1 to present gifts and spread the joy of Christmas.





# ERHA Staff Celebrate Christmas





## ERHA Staff Celebrate Christmas (Cont'd)





# World Aids Day Outreach



Staff from the Valencia Outreach Centre



Staff from the Sangre Grande Hospital Campus

**The world can end Acquired Immune Deficiency Syndrome (AIDS)! If everyone's rights are protected, with human rights at the centre, with communities in the lead, the world can end AIDS as a public health threat by 2030. (UNAIDS)**

The Eastern Regional Health Authority (ERHA) held various activities throughout the region to commemorate World Aids Day which is observed on December 1. The Valencia Outreach Centre held an awareness programme on November 29, 2024, at Swiper Cutz Barber Shop located at the corner of Alexander Street and Valencia Old Road, Valencia.

In her address, Ms. Sumatee Barran, District Health Visitor, highlighted the international theme, **"Take the Rights Path"** and called on persons to:

- **Protect the rights of everyone living with or at risk of (HIV).**
- **Address inequalities that hinder progress in ending AIDS.**
- **Remove laws, policies and practices that harm people's rights.**

- **Ensure access to HIV prevention, testing, treatment and cure.**

Services offered to clients included HIV counselling, testing, vaccines and pap smears. Lectures on Mental Health and Youth Empowerment were also delivered and educational leaflets, condoms, HIV self-testing kits and tokens were distributed.

On December 4, 2024, outreach activities were held at the Sangre Grande Hospital Campus, Ojoe Road, Sangre Grande and Rampanalgas Village (opposite Arthur's Bar), Toco Main Road, Balandra.

At the Sangre Grande Hospital, rapid testing was administered and self-test kits were distributed. Members of the Nutrition and Dietetics, Medical Social Work and Health Education Departments also provided educational information to clients.

At Rampanalgas, clients benefitted from HIV screening, blood pressure and blood glucose testing and pap smear screening. The Health Education, Nutrition and Dietetics and Medical Social Work Departments also mounted display booths.



## World Aids Day Outreach (Cont'd)

On December 1, 2024 the Health Education Department, Nariva/Mayaro hosted a seminar at the Rio Claro West Secondary School for form six students. The session was very interactive and provided an opportunity for the students to engage with an HIV client. The individual had an open discussion about life with HIV and difficulty to deal with stigmatization. The students were encouraged to educate and empower themselves to make informed decisions by

attending seminars similar to the one hosted by the Authority. The students were also addressed by members of the ERHA team which comprised the Health Education, Nursing, Mental Health Departments and a Medical Officer.

The topics discussed were, how to cope with AIDS should you be diagnosed; how AIDS can affect one's mental health and dealing with stigmatization.



# Join **your** Staff Clinic

*Healthcare just for you!*



### SCHEDULE

<b>Rio Claro Health Centre</b> 2nd & 4th Wednesday <b>1:00 p.m. - 3:00 p.m.</b> TEL: 226-1104	<b>Mayaro District Health Facility</b> 1st & 3rd Thursday <b>1:00 p.m. - 3:00 p.m.</b> TEL: 226-1575
<b>Cumuto Outreach Centre</b> 1st Thursday <b>1:00 p.m. - 4:00 p.m.</b> TEL: 226-1106	<b>Sangre Grande Enhanced Health Centre</b> 2nd & 4th Wednesday <b>1:00 p.m. - 4:00 p.m.</b> TEL: 226-1102
<b>Toco Health Centre</b> 3rd Wednesday <b>9:00 a.m. - 12:00 noon</b> TEL: 226-1576	

### Services

- Health Screening
- Medical Consultation
- Pap Smear
- Prostate (PSA)
- Laboratory Testing
- Vaccinations
- Pharmacy Services

Book Your Appointment  
(Walk-ins will be accepted)

*"Caring is the Key"*



# TT Moves Health and Wellness Festival

**According to the World Health Organization, 43 million people in 2021 died from Non-communicable Diseases (NCDs) globally.**

In an effort to control NCDs and to reduce the risk factors associated with these diseases, the Eastern Regional Health Authority in collaboration with the Ministry of Health, hosted a Health and Wellness Festival under the TT Moves banner on December 7, 2024.

Over **200** persons attended the event at the Mayaro/Rio Claro Regional Corporation Car Park, Rio Claro. The event kicked off with an exciting Zumba and Aerobics session. After the session Members of the public were invited to visit the health booths. Persons had the opportunity to access general health screening for Blood Pressure, Blood Glucose, Cholesterol, PSA, VCT/ HIV testing and Body Mass Index (BMI). Clinical

staff were also present to conduct Medical Consultations and Pap Smears. Other booths included Vaccination; Health Education; Dental & Oral Health Education; Sexual Health Education; Nutrition & Dietetics; Medical Social Work; Mental Health; Blood Donation, Pharmacy and Baby Friendly Hospital Initiative. Clients were also reminded of the importance of self-care and were provided with free barbering and hairdressing services.

Through our stakeholder linkages the Authority provided an avenue for persons in the County to connect with other service providers. The Trinidad and Tobago Police Service were present and provided information on Human Rights; NAMDEVCO distributed seedlings and encouraged persons to grow their own food while optometry services were offered by Courts Optical.







# Thank You!

The Board of Directors, Chief Executive Officer and Management Team of the Eastern Regional Health Authority express our gratitude to our valued stakeholders for attending our Public Board Meeting for the period 2023/2024.

Through the strategic partnership which was established and strengthen throughout the years, you have guided us with your meaningful participation and constructive feedback which has enabled us to achieve our objectives and move from our shared vision to reality.

The Authority stands ready with your continued support to navigate the challenges and opportunities to deliver quality care and enhanced customer experiences and outcomes.

*"Caring is the Key"*





# Good News

### Niecy David

Although I expressed my gratitude already to Karen earlier, your CRO at Sangre Grande for her exceptional service today, I felt compelled to leave a more formal feedback. That woman loves her job and it shows and I want to say thank you so much to her for making my visit today favourable after a long day. Hope she gets this msg and knows that she blessed me today Friday 27 December. Karen, TYSM!

*Sent via Facebook Messenger by Niecy David*

*December 27, 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 10

## Addressing Ethical Issues

When doing research, investigators **MUST** ensure that their projects observe the ethical principles of respect for persons, beneficence and justice. They should observe the following guidelines:

- Investigators must ensure that research meets the requirements of applicable federal regulations, must have informed consent from participants and IRB review. During the informed consent process, investigators must explain to potential participants the nature of the project and the risks, potential benefits and alternatives.
  - Investigators must assure the confidentiality of participants' information, observing the HIPAA Health Privacy Rule.
  - Vulnerable populations, such as children, prisoners, pregnant women and people with cognitive deficits or social disadvantage, require additional protections.
  - Investigators must have ethical integrity. They must not commit scientific misconduct, which regulations define as fabrication, falsification, or plagiarism. Investigators need to disclose and appropriately manage conflicts of interest and should follow criteria for appropriate authorship by listing themselves as an author on a manuscript only if they made substantial intellectual contributions and by ensuring that all persons who substantially contribute to a manuscript are listed as an author.
- In certain types of research, additional ethical issues must be addressed. In randomised clinical trials, the intervention arms must be in equipoise, control groups must receive appropriate interventions and the trial must not be continued once it has been demonstrated that one arm is more effective or harmful. When research is carried out on previously collected specimens and data, special attention needs to be given to confidentiality.
  - Research projects should be submitted to the Research Ethics Committee. This is a group of individuals who review research proposals in an effort to ensure that the proposed projects are ethical and that they meet all scientific standards.
  - Research Ethics Committee process:
    - 1) **Application**
    - 2) **Review**
    - 3) **Decision**
    - 4) **Notification**
  - Data collection methods: Secondary data, surveys, interviews and focus groups.



# Electrical Safety Tips

The Occupational Safety and Health (OSH) Department continues to operate in a proactive manner by providing electrical safety tips to our staff members as we enter the festive season and may indulge in beautifying both indoor and outdoor spaces with additional lights and decorations to enhance the spirit of the season.

With Christmas just around the corner, it's a season of celebration, but we must continue to be mindful and maintain our awareness.

Ensure your holiday season remains merry with the following workplace Christmas safety tips:

- **Keep decorations at least three feet away from heat sources.**

Heat sources too close to decorations can cause fires. Do not use any type of decorations that have an open flame.

- **Ensure exterior lights are designed for outdoor use.**

Make sure all extension cords and electrical decorations used outdoors are marked for outdoor use. Keep all light strings and extension cords clear of stagnant water.

- **Inspect electrical decorations for damage before use.**

Exposed or frayed wires, broken or cracked sockets and loose connections can cause electrical shock or an electrical fire and should not be used.

- **Do not overload electrical outlets.**

Overloaded electrical outlets can cause electrical fires. Plug lights directly into

electrical sockets rather than relying on extension cords. Employ surge protector strips if there are not enough outlets available.

- **Make careful choices about the types of decorative lights you use.**

Incandescent bulbs generate most of their energy in heat. More than three strands may not only blow a fuse but can also cause a fire.

- **Secure all extension cords.**

Extension cords that pass through walkways can create a trip hazard. Use tape or other appropriate methods to secure extension cords.

- **Turn off and unplug all lights and illuminated items at the end of the workday.**

Electrical light strings must not be left on when leaving the office. Secure decorations in such a manner as to avoid becoming a hazard when away from work.

- **Inspect ladders for damage before use.**

Standing on desks or chairs to hang decorations can lead to falls. Use a stepladder instead. Inspect ladders for loose or missing screws, hinges, bolts, and nuts before use. Use fiberglass ladders when decorating outdoors, as metal ladders conduct electricity.



## Electrical Safety Tips (Cont'd)

- **Keep emergency evacuation routes, emergency exit doors and fire extinguishers clear.**

Blocked evacuation routes and emergency equipment can cause a greater hazard should someone require its use during an emergency. Do not place free-standing decorations in exit corridors or in heavily trafficked areas.

- **Keep sneeze guards clutter free.**

Refrain from adhering paper/items, including lights and/or decorations, to sneeze guards. We must ensure a clear line of visibility and the absence of items will allow for easy cleaning and sanitizing of the area.

The Occupational Safety and Health Department thanks all employees for your continued support in ensuring a safe and healthy workplace. We wish you and yours a happy holiday season.

 **Give a Little this Christmas Hamper Drive**

*Thank you to members of staff at the Eastern Regional Health Authority for contributing to our initiative. Through your generous donations we were able to successfully arrange 5 bounteous hampers for distribution to the less fortunate within our community.*

*"Caring is the Key"*



# ATLANTIC HURRICANE SEASON 2024

## The Atlantic Hurricane Season

The Atlantic hurricane season runs from June 1 and officially ended on November 30, 2024.

The Atlantic basin saw 18 named storms in 2024 (winds of 39 mph or greater):

- Eleven of those were hurricanes (winds of 74 mph or greater).
- Five intensified to major hurricanes (winds of 111 mph or greater).

Five hurricanes made landfall in the United States of America, with two storms making landfall as major hurricanes. The Atlantic seasonal activity fell within the predicted ranges for named storms and hurricanes issued by [NOAA's Climate Prediction Center](#) in the [2024 August Hurricane Season Outlook](#). An average season produces 14 named storms, seven hurricanes and three major hurricanes.

~~Alberto~~  
~~Beryl~~  
~~Chris~~  
~~Debby~~  
~~Ernesto~~  
~~Francine~~  
~~Gordon~~

~~Helene~~  
~~Isaac~~  
~~Joyce~~  
~~Kirk~~  
~~Leslie~~  
~~Milton~~  
~~Nadine~~

~~Oscar~~  
~~Patty~~  
~~Rafael~~  
~~Sara~~  
Tony  
Valerie  
William

The record-setting hurricanes for the 2024 season were Hurricane Beryl, Helene and Milton.

- Hurricane Beryl: the earliest Atlantic basin Category 5 hurricane on record. It caused significant storm surge flooding across parts of Texas and Louisiana.
- Hurricane Helene made landfall as a Category 4 storm on the Florida Gulf Coast on September 26. Helene was the deadliest

hurricane to affect the continental U.S. since Katrina in 2005, with more than 150 direct fatalities.

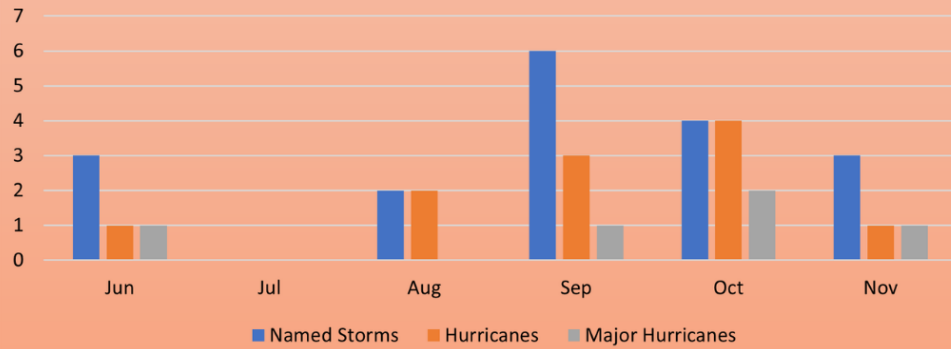
- Hurricane Milton made landfall as a Category 3 near Siesta Key, Florida, on October 9 and resulted in a tornado outbreak that produced 46 tornadoes and caused torrential rainfall and localized flooding with total rainfall amounts of 10-15 inches and higher.





# ATLANTIC HURRICANE SEASON 2024(Cont'd)

## 2024 Atlantic Hurricane Season Activity



There were no impacts from any hurricanes or storms in Trinidad. However, Hurricane Beryl, the earliest Category 5 hurricane on record, left a trail of destruction in the southern Caribbean in July. The islands of St. Vincent and the

Grenadines and Grenada were the most affected. Then it passed near Jamaica and the Cayman Islands before moving through the Yucatan Peninsula.

## 2024 Atlantic Hurricanes Word Search

**Alberto  
Beryl  
Chris  
Debby  
Ernesto  
Francine  
Gordon**

**Helene  
Isaac  
Joyce  
Kirk  
Oscar  
Sara**

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

In case of an Emergency, you can contact the following numbers:

Fire: 990

Ambulance: 811

Police: 999

ODPM: 511





**December 2024**

**Sangre Grande Hospital Campus**

Ojoe Road, Sangre Grande  
Tel: 228-3742/226-4744/668-2273  
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: 668-8066

**Grande Riviere Outreach Centre**

Hosang Street  
Grand 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](mailto:corpcomm@erha.co.tt)**

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



**ERHA Trinidad & Tobago**



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