



# The Eastern *Vibes*

**Monthly Newsletter 2025**

**May 2025, Issue #130**

## Recognising Excellence



Nursing Professionals throughout the Eastern region came together to celebrate Nurses Appreciation Day at an Awards luncheon on May 9, 2025 at the bpTT Mayaro Resource Centre.

During her greetings, Mrs. Angelina Rampersad-Pierre, Chief Executive Officer indicated that in her view the International Council of Nurses and the Eastern Regional Health Authority (ERHA) are both propelled by a common goal which

is centered on Caring. She outlined several areas in which the ERHA had demonstrated how much it cared for and strengthened the power of nurses in the Authority over the last year for them to deliver and improve patient outcomes.

These areas include among others, increased staffing, training, mentoring, Employee Assistance Programme and creating networking opportunities.

### In this Issue

- Recognising Excellence
- Highlights of Nurses Appreciation Celebration
- ERHA Honors Mothers at that Sangre Grande Hospital Campus
- Give Blood, Save a Life
- ERHA Nurses Got Talent
- United Approach to Wellness
- Highlights of United Approach to Wellness
- International Day of the Midwife
- Re-Sensitisation Programme for Drivers
- World Hypertension Day
- Observance of World Hand Hygiene Day
- World No Tobacco Day Health Fair
- Increasing Awareness on the Dangers of Smoking
- Highlights of Increasing Awareness on the Dangers of Smoking
- Wellness on the Move
- Equipping Communities for Emergency Response
- Collaborating with Stakeholders to Promote Healthy Lifestyles
- Research Ethics Approval Process
- Commendations to Staff
- World Food Safety Day Crossword Puzzle
- Happy Indian Arrival Day
- 2025 Wet Season

## Recognising Excellence Cont'd

Delivering the welcome remarks, Mrs. Eleanor John-Eccles, General Manager-Nursing reflected on this year's theme, **"Our Nurses, Our Future. Caring for Nurses Strengthens Economies"** and encouraged nurses to build on their performance, how they present themselves and to build on their work life and lives at home. She thanked them for their support and for all the work they had done.

Ms. Nicole Reece-James, President of Trinidad and Tobago Association of Midwives implored all nurses to do their jobs to the best of their ability. Take responsibility for their decisions and to apply their professional knowledge. To continue to learn, grow and be able to make those clinical decisions that will benefit everyone.

Ms. Vanessa Young, Vice President of the Nursing Council of Trinidad and Tobago brought greetings on behalf of the organisation. She reminded the audience that nursing is a calling and they perform multiple roles. They are educators, advocates for patients, build trust, restore dignity and impact the general health of families and communities - Nurses are the heart of healthcare. She applauded them for carrying out their responsibilities selflessly and thanked them for their service.

The Trinidad and Tobago Nursing Council was represented by Ms. Sharon Lakhani-King who brought greetings on behalf of the President of the Nursing Council Mr. Corey George. She indicated that the TTNNA was focused on realising nursing and midwifery highest value and the key strategies to achieve this was presented to the ERHA in a draft proposal for negotiation. She further stated that the journey is not over, there is much more work to be done but they are celebrating the small wins.

Mrs. Sherma Alexander-Campbell, National Nursing Administrator in her greetings recognised the nurses as the backbone of healthcare. The

steady hand in emergencies, the comforting presence at the bedside and the trusted professionals in the facilities and at homes. She stated that "The world faces complex health challenges and the role of the nurses has never been more vital. You are not just caregivers, you are leaders, innovators and advocates. You save lives, improve health outcomes and strengthen the very fabric of our communities."

Mrs. Alexander-Campbell pointed out that, investing in nurses is an investment in our collective future and nurses have demonstrated that their impact has contributed to driving down healthcare costs and fuels the resilience of our economics. To realise the future, she identified fair pay, safe work places, access to education and healthcare policies as necessities. Mrs. Alexander-Campbell also indicated that a culture of strength and solidarity is equally important to uplift entire societies. She thanked the nurses for making a difference in countless lives.

The feature address was delivered by Mr. Idi Stuart, President TTNNA . He stated that it was impossible for a nurse to deliver high quality care in a short staff environment and challenged persons to prove him wrong. Mr. Stuart called on those present to work with the Nurses Association to be the quality control in healthcare. He pointed out that every discipline can make errors, so at every point the nurses have to be the quality control. He reiterated that the ERHA is the best RHA.

The highpoint of the event was the presentation of Awards. 9 nurses received awards for Excellence and 11 were presented with Certificates of Recognition.



# Highlights of Nurses Appreciation Celebration





# Highlights of Nurses Appreciation Celebration





# ERHA Honors Mothers at the Sangre Grande Hospital Campus



Ms. Greilys Jose Rojas Subero receives tokens from Mrs. Angelina Rampersad-Pierre, Chief Executive Officer; Licensed Midwife Muminah Abdul-Basit and Ms. Nicole Reece-James, Head Nurse.

The Eastern Regional Health Authority (ERHA) honored all mothers and expectant mothers at the Sangre Grande Hospital Campus on Mother's Day.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer and staff congratulated Ms. Greilys Jose Rojas Subero who gave birth to a baby girl named Alana at 7:42 a.m. She was

the first mother to give birth and was assisted by Licensed Midwife Muminah Abdul-Basit. Ms. Subero was presented with a hamper and personal pamper kit.

All the mothers who were on the ward were also presented with personal pamper care kits and were reminded of the importance of taking care of themselves during this time.

## Give Blood, Save a Life

The Eastern Regional Health Authority continues its drive to increase the supply of safe blood that is available at the Blood Bank by encouraging persons to become Non-Remunerated Blood Donors.

On May 17, 2025, a blood drive was conducted at the St. Peter and St. Paul's Roman Catholic Church, Mayaro. The mobile unit was strategically positioned to increase access to persons in the community. Those in attendance were provided with information on the

importance of giving blood which include among others:

- You save lives
- You get a feeling of joy and contentment
- You assist in creating a stable supply in case of emergency
- There is no substitute for blood

Persons were also reminded to contact the Sangre Grande Blood Donation Centre at 226-9779/9780 if additional information was required.



## ERHA Nurses Got Talent

On May 6, 2025, in celebration of Nurses Appreciation Week several nurses came together and transformed the lobby of the Sangre Grande Hospital Campus with their vibrant displays. They showcased their skills and creativity in crochet, sewing, decorating, cooking, baking, jewelry making among other areas. Some of the nurses indicated that they began their craft as a hobby to relax after a

stressful day and they have found great joy and satisfaction in the beauty of the items they create.

Members of staff visited the display to show their support and were amazed by the quality of the products.

***See highlights below.***





## United Approach to Wellness

Support groups provide a space for persons sharing similar experiences or challenges to connect, offer encouragement and share coping strategies.

The Eastern Regional Health Authority's Chronic Disease Support Group Network came together for their 14<sup>th</sup> Annual Family and Fun Day on May 21, 2025, at the bpTT Mayaro Resource Centre. The event was hosted by the Health Education Team to encourage regular physical activities and healthy eating habits as a way to manage chronic disease; build camaraderie within each group and to provide an opportunity to socialize and foster relationship with other chronic disease groups.

Chronic disease groups from Sangre Grande, Manzanilla, Valencia, Cumana, Toco, Rio Claro, Guayaguayare, Brothers Road, Grande Riviere and Mayaro formed mixed teams to participate in fun activities specially designed to check their coordination, lung function, memory and agility.

These activities included Blow the Balloon, Balloon Toss, Memory Tray Game, Pass the Hula Hoop, Pass the Nutrition Message, Rate the Food by Dancing, Musical Chairs and Electric Slide.

The team members mounted a healthy recipe showcase to display healthy foods which were nutritious and tasty. Under the banner "Bake it Better" local treats such as sweet bread and banana bread made without sugar were displayed. A "Chow Down" was done by some groups to encourage low sodium recipes. The importance of water consumption was not omitted as a "Sip Smart" station was served with infused water.

Participating members thanked the staff for executing an amazing event, they indicated that they had a fantastic time and were looking forward to next year.

***See highlights below.***





# Highlights of United Approach to Wellness







## *The ERHA celebrates International Midwives Day and values the contribution made to provide quality healthcare to women and babies.*



*I am **Dalini Bhim**, an esteemed educator, counsellor and leader and have dedicated my Nursing and Midwifery Career to shaping the future for mothers, families, communities and professionals within the health sector. My academic journey exemplifies dedication and lifelong commitment to learning. I attained my first Diploma in General Nursing and a Diploma in Midwifery. As a true advocate for excellence, I continue to enhance my skills and have attended more than 60 seminars in Nursing Administration, Disaster Management and Professional Development among other areas. I enjoy participating in community walks and volunteer my services to the youths.*

*Beyond my academic and professional engagements, I am a Farmer from the quiet and Tranquil village of Fishing Pond, cultivating large scale crops. Demonstrating my versatility and leadership. My Family and Spiritual Foundation are my driving force in becoming "A Woman of Empowerment"*

### **Conversation with Staff Midwife Dalini Bhim**

#### **1. What inspired you to become a midwife?**

*My inspiration to become a midwife began with my community experience and the need to provide holistic care for pregnant women, newborns and their families. In order to provide holistic care, I saw the need to become a trained Midwife and not limit my nursing practice as I believe there is a great demand to empower families as it relates to maternal, child and reproductive health.*

#### **2. What has been the most rewarding part of your journey as a midwife?**

*The most rewarding part of my journey was to recognise my driving force that enabled me to achieve maternal academic excellence; to contribute to facility development according to institutional guidelines and policies; to be a mentor to students and to be able to promote and support mothers according to Baby-Friendly Hospital Initiative standards to attain efficient and holistic care.*

#### **3. What advice would you give to someone considering a career in midwifery?**

*My advice is to create a driving force of passion, dedication and perseverance towards maternal and reproductive care to be able to create an impact on each client.*

#### **4. What changes or improvements would you like to see in the midwifery profession?**

*I will like to see Midwives recognised internationally as the professionals who shape the landscape for maternal education, excellence and integrity.*

#### **5. In your view, how does supporting the Baby-Friendly Hospital Initiative improve care for mothers and babies?**

*In my view, the Baby-Friendly Hospital Initiative has improved care for mothers and babies by promoting and supporting breastfeeding ensuring a healthier start to life for the infant's well-being while maintaining economical constraints.*





## *The ERHA celebrates International Midwives Day and values the contribution made to provide quality healthcare to women and babies.*



*My name is Sherry-Ann Baptiste-Williams. I am a dedicated Registered Nurse with a strong passion for maternal and newborn care. My academic journey has focused on promoting respectful, evidence-based practices during childbirth. I am particularly interested in improving the quality of care through understanding women's experiences and advocating for compassionate midwifery. My aim is to contribute to a healthcare system where every woman feels heard, respected, and supported throughout her pregnancy and labour journey.*

### *Conversation with Student Midwife Sherry-Ann Baptiste-Williams*

**1. What inspired you to become a midwife?**

*My interest in Midwifery stemmed from a deep concern in women's health particularly in the area of childbirth and maternity care.*

**2. What has been the most rewarding part of your journey as a midwife?**

*Witnessing new life and the strength of women. Every birth is different, but each one is incredibly special. Being able to support, reassure, and empower a mother as she brings her baby into the world.*

**3. What advice would you give to someone considering a career in midwifery?**

*Midwifery is more than a job it's a calling. Be ready to dedicate yourself fully, because it demands both your heart and your mind. If you're passionate about women's health and ready to work hard, there's nothing more rewarding than guiding someone through such a life-changing journey.*

**4. What changes or improvements would you like to see in the midwifery profession?**

*I will love to see more support for midwives especially when it comes to staffing, resources, and continuing education. Also, I will like to see more autonomy in the profession and greater awareness of the value midwives bring to maternal and newborn health. Strengthening midwifery-led care models could transform outcomes for families.*

**5. In your view, how does supporting the Baby-Friendly Hospital Initiative (BFHI) improve care for mothers and babies?**

*The BFHI ensures mothers and babies get off to the best possible start. By promoting practices like skin-to-skin contact and breastfeeding support, it helps build strong mother-baby bonds and supports better long-term health. It's a step toward truly respectful, evidence-based maternity care.*



# International Day of the Midwife



*The ERHA celebrates International Midwives Day and values the contribution made to provide quality healthcare to women and babies.*



*I am Vanessa Villaroel, a Staff Midwife who resides in Sangre Grande. For the last sixteen years, I have been employed with the Eastern Regional Health Authority. My Midwifery program was completed at the Port of Spain General Hospital. As one of the BFHI trainers with the Baby-Friendly Hospital Initiative Unit, my motto is to work hard and stay humble.*

## *Conversation with Staff Midwife Vanessa Villaroel*

### **1. What inspired you to become a midwife?**

*Midwifery is a profession that affords great personal satisfaction and rewards. I chose this profession because it allowed me to become an independent practitioner.*

### **2. What has been the most rewarding part of your journey as a midwife?**

*The most rewarding part of my journey is witnessing the emergence of life into this world, coupled with the happy expressions on the faces of both the new mother and her partner. I've been able to witness the tears of joy and contentment that can only be experienced within that magical moment when a child is born and the expression of gratitude that follows a safe delivery of the newborn.*

### **3. What advice would you give to someone considering a career in midwifery?**

*Midwifery is a profession that incorporates humility and kindness because you have to attend to women and their families in their happiest and sometimes most painful times. It comes with lots of challenges, but in the midst of these challenges, it offers such heartwarming rewards and memories. The career is one that evolves as it offers avenues for career advancement.*

### **4. What changes or improvements would you like to see in the midwifery profession?**

*I would like to see all Midwives continue to be autonomous and not allow this aspect of our profession to be taken from us. Midwives need to be respected as Healthcare Professionals, and we should continue to practice and perform our duties within the scope of Midwifery. As a result, our remuneration ought to reflect such.*

### **5. In your view, how does supporting the Baby-Friendly Hospital Initiative improve care for mothers and babies?**

*The Baby-Friendly Hospital Initiative fosters greater collaboration within the family unit, encouraging the support person to be a part of the labor process. This strengthens the bond between the mother, the baby, and the support person, and it allows the laboring client to feel empowered. Due to BFHI practices and teachings, the client is educated on the importance and benefits of breastfeeding, skin-to-skin contact immediately after birth, bonding, and all the benefits that are experienced due to this initiative.*

*"Caring is the Key"*



# International Day of the Midwife



## *The ERHA celebrates International Midwives Day and values the contribution made to provide quality healthcare to women and babies.*



*Khadine Balloo is a Licensed Midwife and certified Baby-Friendly Trainer with the Baby-Friendly Unit at the Eastern Regional Health Authority (ERHA), where she brings passion, precision and a deep commitment to maternal and infant health. Known for her infectious smile/laugh and pleasant personality, Khadine combines warmth with meticulous clinical expertise to support mothers and newborns during their most vulnerable moments.*

*With a solid educational foundation and years of hands-on experience, she is a strong advocate for evidence-based, baby-friendly practices, playing a key role in training, mentoring and empowering healthcare teams to perform highly. In addition, she plays a vital role in educating clients and families, inspiring confidence through the clarity and the care she brings to every patient. Her work naturally cultivates connection—fostering collaboration among colleagues and helping clients and their families to navigate their antenatal, intrapartum and postnatal journey.*

*Beyond her professional role, Khadine has a keen interest in financial management—with a love for budgeting and strategic planning—a skill set she leverages to successfully manage her personal ventures. A dedicated mother to her only son, she balances the demands of motherhood, entrepreneurship and healthcare leadership with grace and determination.*

*"Caring is the Key"*



## Re-Sensitization Programme for Drivers

Professionalism, knowledge, responsiveness, empathy and consistency are some of the key elements that are required to provide quality service.

The Fleet Department in collaboration with the Organisational and Employee Development, Occupational Safety and Health and Quality and Risk Management Departments hosted a re-sensitization programme for drivers during the period May 23-27, 2025 at the Conference Room at the Sangre Grande Hospital Campus. The key areas covered during the three day programme were the Fleet Operations Policy and Procedure Manual which focused on Driving Standards, Vehicle Maintenance and Supplies,

the Fleet Card System, Patient transfer/ interaction as well as their Attendance and Job Performance. The Accident and Incident Policy Guideline; Ticketing System; Shuttle Etiquette and dealing with Difficult Customers were also addressed.

**47** drivers participated in the programme and demonstrated their knowledge in the pre and post tests which were administered. Tokens were presented to encourage participation and show appreciation for their hard work.

Thank you to Mr. Dale Ramlal, Fleet Coordinator and the team for ensuring that the ERHA Drivers are equipped to provide quality service.





# World Hypertension Day

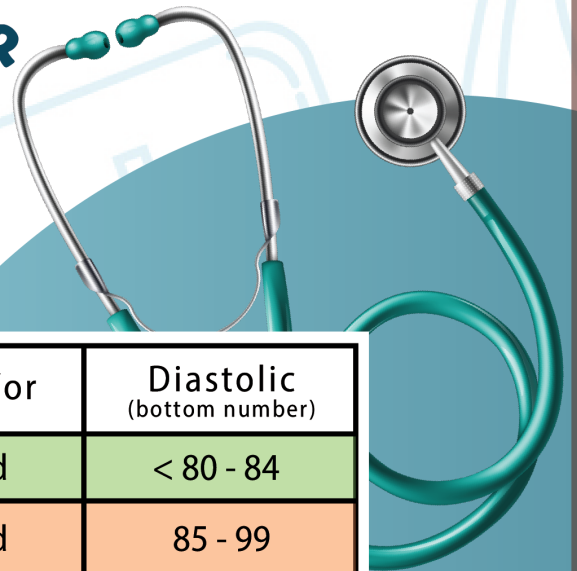


# World HYPERTENSION Day

MAY 17, 2025

**HYPERTENSION IS A SILENT KILLER**

**KNOW YOUR  
NUMBERS!**



BP Category	Systolic (top number)	and/or	Diastolic (bottom number)
Normal / Optimal	< 120 - 129	and	< 80 - 84
High Normal/ Grade 1 HTN	< 130 - 159	and	85 - 99
Grade 2 HTN	< 160 - 179	or	100 - 109
Grade 3 HTN	≥ 180	and/or	≥ 110
Isolated Systolic HTN	≥ 140	and	< 90



## Observance of World Hand Hygiene Day

Good hand hygiene practices aid in reducing the transmission of microorganisms, increase patient safety and decrease healthcare associated infections.

The ERHA's Infection Prevention and Control Department (IPCD) hosted an awareness programme on World Hand Hygiene Day which is observed on May 5 annually to promote hand hygiene practices. The event was held in the lobby of the Sangre Grande Hospital Campus and was opened to everyone. Lectures and demonstrations were conducted on the five steps for hand

hygiene which include:

1. Wet your hands with clean, running water
2. Lather your hands by rubbing them together with soap making sure to lather the back of your hands, between your fingers and under your nails.
3. Scrub your hands together for at least 20 seconds
4. Rinse hands until all the soap is gone
5. Dry your hands using a clean towel

Persons were also shown how to properly sanitise their hands and were engaged in interactive games to test their knowledge and to encourage them to adopt good hand hygiene practices.



Staff of the Infection Prevention and Control Department

## World No Tobacco Day Health Fair

Commit to Quit was the main message delivered to persons who attended the World No Tobacco Day Health Fair at the Matura Outreach Centre on May 23, 2025.

A multidisciplinary team came together to offer a range of services to clients to improve their overall health. Dr. Kareen Lynch, Medical Officer I, conducted individual assessments and also encouraged clients to ask questions. He also offered guidance on how to take control of

your health and maintain a healthy lifestyle with the use of meal plans that can aid in smoking cessation.

The Health Education Team with the use of models gave a clearer picture on how tobacco smoke can affect one's lungs once inhaled. Clients also had the opportunity to access phlebotomy services, blood pressure testing, blood sugar testing and vaccination.





## Increasing Awareness on the Dangers of Smoking

***Choosing a smoke-free life is one of the most powerful decisions an individual can make for their health and well-being.***

Over **900** persons from diverse communities participated in a series of outreach activities specifically designed to increase awareness about the dangers of smoking in observance of World No Tobacco Day.

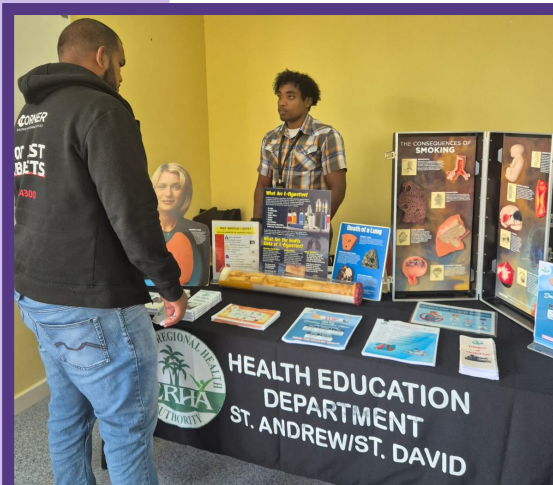
The outreach programmes were spearheaded by the Health Education Teams and were conducted at strategic locations throughout the region. The information was taken directly to the workplaces which include Toco, Cumuto, Manzanilla and Mayaro Police Stations; Mayaro Fire Station, Ministry of Works and Transport in Guaico and Cumuto Nursery. Booths were also set-up at S&S Persad Supermarket Car Park, Mayaro; Mayaro/ Rio Claro Regional Corporation Car Park and Birdie Square Sangre Grande as those are areas with heavy pedestrian flow. The team also made presentations at the Manzanilla Outreach Centre and Sangre Grande Enhanced Health Centre

These interactive sessions covered a wide range of topics related to tobacco use, including the increased risk of heart disease, various cancers, lung damage, and the dangers of second hand smoke and vaping. Additional discussions

addressed the harmful effects of alcohol consumption, the impact of non-communicable diseases (NCDs) and general men's and women's health. The sessions generated several questions and some participants enquired about the link between smoking and stress on the job. Some persons confessed that they struggle to quit smoking and indicated that they found the lectures helpful to understand the addiction. Persons also received basic health screening and engaged with the Nutrition and Medical Social Work Departments.

Recognising that smoking can begin at an early age, student in forms 1-4 at the North Eastern Collage and YTEPP trainees were also engaged in the informative sessions. They learned about the hazardous chemicals in tobacco products, the health consequences of tobacco use and the reasons youth may be drawn to smoking. Practical tips were provided on how to resist peer pressure and adopt strategies for quitting or avoiding tobacco use altogether. Persons were encouraged to join the ERHA's Smoking Cessation Clinic to get additional help to quit.

Outreach activities such as these assist in empowering individuals and communities to lead healthier, smoke-free lives.





# Highlights of Increasing Awareness on the Dangers of Smoking





## Wellness on the Move

The Wellness on the Move Caravan hosted its final session at the Valencia Recreation ground and Pavilion on May 26, 2025. Members of the community participated in an aerobic session and other simple exercises designed to get them moving. Persons were encouraged to continue

their journey towards a healthy lifestyle by eating fruits and vegetables, drinking more water and to engage in physical activity for at least 30 minutes a day. Basic health screening and health information was also provided by the Health Education Department, St. Andrew/St. David.





## Equipping Communities for Emergency Response



Participant demonstrate First Aid and CPR techniques.

**21** members of the Biche Community participated in a First Aid and CPR Training on May 22, 2025 at the Biche Outreach Centre. This is the second instalment of this training programme hosted by the Health Education Department Nariva/Marayo.

Medical professionals from the Accident and Emergency Department demonstrated how to perform First Aid and CPR techniques on persons in emergency situations. The Pharmacy Department also gave an informative lecture on poisonous animals and the do's and don'ts. The lecture included steps person can take if bitten by a poisonous animal.

The participants were attentive and asked several questions to clarify their understanding. They also had the opportunity to perform the skills learnt on the mannequins. These training sessions are essential life skills that can make a difference between life and death in an emergency.

## Collaborating with Stakeholders to Promote Healthy Lifestyles



Members of the Health Education and Nutrition Departments engage with clients.

Health professionals in the Eastern Regional Health Authority promoted a holistic approach to healthcare at the Coryal Village Health Fair and Wellness Centre relaunch. The event was held on May 5, 2025.

Members of staff from the Health Education,

Nutrition and Medical Social Work Departments and nurses from the Coryal Outreach Centre offered a range of services to the villagers. These included blood sugar and blood pressure testing and vaccinations.

Information was also provided on key topics such as mental health; healthy eating; men's and women's health; smoking cessation; the dangers of alcohol use and the prevention and management of chronic conditions.

The event provided an opportunity to partner with stakeholders such as the Matura Wellness Centre Committee to promote community wellness and healthy living.



# Research Ethics Approval Process

The ERHA Research Ethics Committee has revised its process for review/acceptance of research proposals. See the new outlined steps below:

## Step 1-Proposal and supplementary documentation:

The following contain the compulsory contents that must be submitted by the intended researcher to the Public Health Observatory Department at the Eastern Regional Health Authority and the process of approval hereafter.

1. When requesting approval to conduct a research study, an email should be sent to [rec.pho@erha.co.tt](mailto:rec.pho@erha.co.tt) or [erharec@gmail.com](mailto:erharec@gmail.com), requesting permission to conduct a research study and the name of such study.
  2. Upon receipt by the Public Health Observatory Department, a form will be sent in a follow up email thread with the ERHA's Research Ethics Application Form and Requirements for Conducting a Research Study.
- The ERHA's Research Ethics Application Form should be filled out and sent via electronic email once completed.
3. The requirements for conducting research should be noted as this will contain the mandatory information needed to be sent together with the application form.
  4. Attach a copy of the Research Proposal with specifics such as the aim, objectives, sample size, introduction, background and literature review to name a few.
    - a. If the Researcher is conducting the research as a school project, an approval letter from the Institution is required.

- b. If the researcher is conducting an independent study, the researcher must prepare a letter seeking approval to conduct research at the Eastern Regional Health Authority. The letter must entail the following information:

- Addressed to Dr. Cindy-Ann Badaloo, Chairman of the Research Ethics Committee
  - Ensure your name, address or mailing address and a contact number are clearly stated
5. Attach a copy of the Questionnaire/ Interview Questions
  6. Attach a copy of the consent form where necessary.
  7. Attach any other related documents that may be relevant to the research.

In addition to the abovementioned, it should be noted that all attachments in **Step 1** must be emailed to [rec.pho@erha.co.tt](mailto:rec.pho@erha.co.tt) or [erharec@gmail.com](mailto:erharec@gmail.com) for processing.

## Step 2- Review & Approval:

The Committee consists of several members and each member of the committee is required to review and grant approval for research proposals.

1. The documents submitted by the investigator will be forwarded to the Eastern Regional Health Authority's Research Ethics Committee (REC) for review, queries, recommendations where necessary and subsequent approval.



## Research Ethics Approval Process Cont'd

- a. Once a research proposal has been noted to be ethically acceptable and in accordance with relevant standards and guidelines, an approval package will be prepared by the administrative arm of the Committee and the researcher will be notified accordingly.
- b. The Committee may **withhold** ethical approval for research proposals where the review has been determined that they are not ethically acceptable and/or are not in accordance with relevant standards and guidelines.

### Step 3- Approval and Commencement of Research:

The chairman of the Committee will be informed by the Junior Administrative Assistant that a research proposal has received sufficient amount of approval from the committee members.

1. The Chairman will sign off on the Approval Package which comprises an Approval Correspondence, a Collaborative Research Agreement and a Confidentiality Agreement as prepared by the Junior Administrative Assistant.
2. The Junior Administrative Assistant of the Committee will inform the researcher via email/telephone call that approval has been conveyed by the Authority to conduct the research.
  - a. The researcher will be asked to affix their signature on (two) 2 documents - **The Collaborative Agreement** and the **Confidentiality Agreement** and return via electronic email.
  - b. Upon the return of the documents with

signatures, an approval letter will be sent to the researcher giving notice of their approval.

3. The researcher is required to inform the Junior Administrative Assistant of the proposed commencement date, at least three (3) working days in advance, to avoid disruption of services as well as location/locations in which the research will be conducted, in order for the necessary arrangements to be made.

### Step 4- Research Findings:

The researchers are reminded that the Eastern Regional Health Authority requires of a copy of the final report upon completion of your study.

Step 1 – 3 are **vital** for the commencement and completion of the intended researcher's study.

### Addendum

Researchers pursuing audits/case studies will be exempted from the usual process. As such, the ERHA Research Ethics Application Form along with other documents should be forwarded to the aforementioned email. This will allow the Committee to review same and grant expedited approval to proceed. All other measures such as approval letters and notice to the respective department on the collection of information would be required in accordance with the stipulated timeframe of a minimum three (3) working days' notice.





### *Commendations to Staff*

#### **Iris L Maharaj**

Wanted to take a moment to express my heartfelt gratitude to Dr.Sultan at the Sangre Grande Enhanced Health centre...for the exceptional care you've provided. Your expertise, coupled with your compassionate approach, has made a significant impact on ones health and well-being, which demonstrate your commitment to patients care. Your dedication to your profession is truly inspiring, and we feel fortunate to have you as a doctor in Sangre Grande. Thanks to your guidance and care..Thank you sincerely for all that you do.

*Sent via Facebook by Iris L Maharaj  
May 2, 2025*

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



# World Food Safety Day Crossword Puzzle

## Four P's of Food Safety

**Person**—Personal hygiene and Personal Protective Equipment (PPE) are essential.

**Product**—Premium produce should be properly washed and prepared.

**Premises**—Premises and equipment must be kept clean and sanitized.

**Process**—Prevent cross contamination by having a one-way flow of operation. No mixing of raw and cooked food.

## SCIENCE of Food Safety

**S**—Safe Temperature for Food.  
Below 4°C and above 60°C.

**C**—Clean and sanitize regularly.  
Check cans for rust and dents.

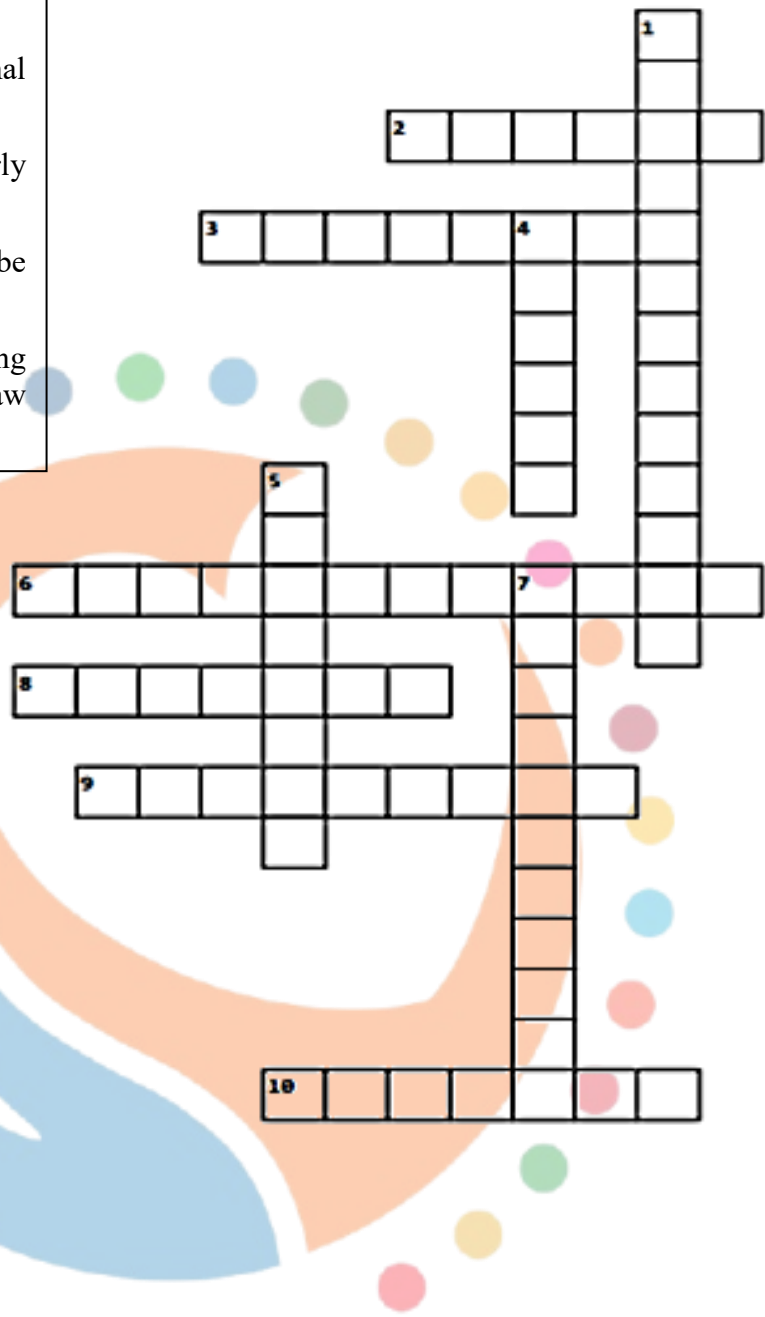
**I**—Inspect goods for freshness e.g., broken seals, punctures and freshness.

**E**—Ensure vendor has a valid food badge.

**N**—Notice the conditions of the surroundings where food is sold.

**C**—Cross-contamination is dangerous so be sure to prepare meat and vegetables separately.

**E**—Expired goods are never an option.



## Across

2. Poisonous substances produced by microorganism
3. Living Single –Celled Organisms that thrive in room temperature foods
6. Reducing the number of harmful microorganisms on surfaces
8. Do not use...goods
9. Keep raw and cooked foods...
10. Cleanliness i.e. Handwashing, proper food handling

## Down

1. Harmful substances or microorganisms in food
4. Process where food producers remove unsafe food products from the market
5. Incident in which two or more people experience the same illness after eating the same food
7. Food must be at a safe...



## Indian Arrival Day Greetings



# Happy Indian Arrival Day

*Today we join with the East Indian diaspora as they reflect on the journey and the footsteps of their ancestors and celebrate the vibrant cultural tapestry they helped to create. The values and principles that underpin their traditions have influenced our diversity and enriched the beautiful mosaic that is Trinidad and Tobago.*

*From the Chief Executive Officer  
of the Eastern Regional Health Authority.*

*"Caring is the Key"*





# 2025 WET SEASON



## THE WET SEASON IS HERE:



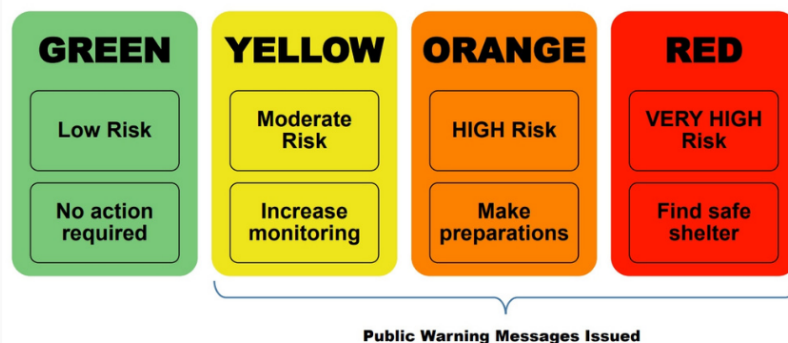
The Trinidad and Tobago Meteorological Service (TTMS) has declared the start of the wet season on May 19 following the rainfall activity from the Intertropical Convergence Zone (ITCZ).



The wet season/rainy season is an annual period of higher-than-average rainfall that begins in May or as late as June and continues through December into January of the subsequent year.



## KEEPING UP WITH THE TTMS WEATHER ALERTS:









The colour-coded system shows the potential risk the weather can have on a particular area and the relevant actions required.

The Atlantic Hurricane Season officially runs from June 1 to November 30 and coincides with our wet season.



## HOW SHOULD YOU PREPARE:

- ✓ Have a family emergency plan. 
- ✓ Restock your emergency supplies. 
- ✓ Avoid walking and driving through flood waters. 
- ✓ Clear clogged drains, gutters and downspouts to prevent the pile up of debris. 
- ✓ Secure sandbags if you live in a flood-prone area. 
- ✓ Monitor weather updates and forecasts from trusted sources. 

Visit the official website and pages of the TTMS: <https://www.metoffice.gov.tt/forecast>

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

Fire: 990    Ambulance: 811    Police: 999    ODPM: 511    T&TEC: 800-8832

Your Regional Corporation Hotlines.





**May 2025**

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



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