



The Eastern *Vibes*

Monthly Newsletter 2026

March 2026, Issue #140

Strengthening Disaster Resilience within Trinidad and Tobago



Trainees participating in the simulation exercise

Mass Casualty Incidents (MCIs) are characterised by a sudden surge in patients that overwhelms the capacity of local medical resources, often resulting in preventable mortality and morbidity.

Whether caused by natural disasters, violence or road traffic crash, MCIs pose significant challenges to clinical service delivery, particularly in resource-limited settings.

World Health Organization

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Strengthening Disaster Resilience within Trinidad and Tobago Cont'd

The Eastern Regional Health Authority (ERHA) in collaboration with the Pan American Health Organization/World Health Organization (PAHO/WHO) and the Ministry of Health (MOH) conducted its fifth Mass Casualty Management (MCM) Training programme during the period March 23-28, 2026 at the University of Trinidad and Tobago, Tamana Campus.

48 clinical and non-clinical professionals including members of the Trinidad and Tobago Fire Service (TTFS); Trinidad and Tobago Police Service (TTPS); Global Medical Response Trinidad and Tobago (GMRTT) and members of staff participated in the training programme.

Ms. Pattie-Ann Williams, Chief Technical Co-ordinator Disaster Preparedness with the Ministry of Health welcomed participants to the training and stressed on the importance of all key agencies working together to strengthen Trinidad and Tobago's preparedness for large scale emergencies. She also shared with participants that she was once where they sat and encouraged them to see the benefits of the programme and use it as a stepping stone as they too can become our future trainers.

Mr. Peter Burgess, Regional Health Expert-Mass Casualty Management, PAHO, encouraged participants to seize the opportunity and make the best of the training sessions as it will be

beneficial to not just themselves but to the public as adverse events can occur at any time.

In her remarks to participants, Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (CEO) indicated that the Mass Casualty Training was in line with the Ministry of Health's mandate for Regional Health Authority's to maintain readiness for emergencies and disasters including mass casualty incidents. The CEO also stated that there was an ongoing need to refresh and strengthen mass casualty management competencies among healthcare workers and first responders within the eastern region. The Authority had embraced the opportunity to collaborate with national emergency and response agencies to ensure a resilient responsive and co-ordinated approach to enhance local and regional readiness as well as inter-agency co-ordination.

The CEO acknowledged Mr. Burgess and thanked both him and his organisation for the expert knowledge and continued support in developing local expertise to address crisis.

The first ERHA led Mass Casualty Management training was done in 2019 and to date, 270 persons were trained. This session was a resounding success and the completion of the assessment exercise will significantly enhance the number of trained professionals.

Highlights of Mass Casualty Management Training



Mrs. Angelina Rampersad-Pierre, Chief Executive Officer, Ms. Pattie-Ann Williams, Chief Technical Co-ordinator Disaster Preparedness-MOH and Mr. Peter Burgess, Regional Health Expert-Mass Casualty Management-PAHO, with trainees for the Mass Casualty Management Programme



Mass Casualty Management

What is Mass Casualty Management?

Mass Casualty Management (MCM) is a critical component of emergency preparedness within the health sector and focuses on **treating the greatest number of patients** in the most effective manner to **minimise loss of life and morbidity**.

It includes:

- **Triage** of victims at the scene
- Establishment of **Advanced Medical Posts (AMPs)**
- Coordination of **multi-agency** response
- **Efficient use** of limited resources
- **Minimising** morbidity and mortality

Why is Mass Casualty Management important?

1



Resource Optimisation

Prioritising care based on severity in emergencies

2



Prevents Hospital Overcrowding

Field care stabilises patients before hospital arrival

3



Rapid & Coordinated Response

Police, Fire, GMRTT, Defence Force, DMU and others working together

4



Preparedness for the Unexpected

Training to respond to disasters

5



Save Lives

Effective triage and early intervention to reduce fatalities

Misconceptions about Mass Casualty Management:

Misconceptions

- ✗ Mass casualty events are rare and only happen in war zones or major cities.
- ✗ More resources always solve the problem.
- ✗ Everyone injured should be treated immediately.
- ✗ Each agency should operate independently within its specialty.
- ✗ Hospital care starts only when victims arrive at the ER.

Reality

- ✓ Mass casualty incidents can happen **anywhere**, especially after disasters.
- ✓ **Organisation and coordination** are more critical than just having more personnel or equipment. A disorganised response can cause more harm.
- ✓ **Triage is essential.** Care is prioritised to maximise survival based on severity and survivability.
"Do the greatest good for the greatest number of people"
~ Jeremy Bentham, 1776
- ✓ **MCM requires multi-sectoral/agency coordination** to avoid duplication and confusion.
- ✓ Medical care begins in the field. Early triage, stabilisation and even treatment in the field, are vital components of MCM.



Give to Gain: Supporting Women in our Community

International Women's Day which is observed annually on March 8, provided an opportunity to celebrate the strength, resilience and achievements of women in our communities. This year the Eastern Regional Health Authority hosted a series of informative and interactive outreach activities aimed at promoting women's health, empowerment and wellbeing.

In Nariva/Mayaro, workshops were conducted on March 4 and 5, 2026 under the theme **"Nutrition for Health Aging"**. Mrs. Sydelle Gibson-Mahabir, Nutritionist focused on the nutritional needs of the women as they aged and highlighted the lifestyle adjustments which support healthy and graceful aging. The importance of self-care was also emphasised with an empowering session conducted by Ms. Gillian Lowe, Medical Records Assistant who demonstrated how to make bath soaps at home. The sessions were attended by members of the Chronic Disease Support Groups from Mayaro and Guayaguayare on March 4, 2026 at the Mayaro Civic Centre and representatives from Brothers Road and Rio Claro attended on March 5, 2026 at the Rio Claro Public Library.

An outreach activity was also conducted at S&S Persad Supermarket, Rio Claro on March 8, 2026 where an educational booth was

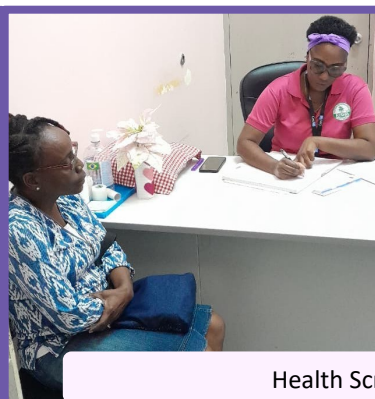
mounted. Ms. Josane Williams, Health Education Officer and Mrs. Shelly-Ann Charles Rawlins, Food Demonstrator informed members of the public on some of the issues affecting women's health; the harmful effects of smoking and alcohol abuse and the nutritional needs of a woman.

Lectures and fun activities were also conducted on March 6, 2026 at County Health Administration Building for members of staff on key topics such as menopause, financial management and personal safety. The presenters were Dr. Gairy-Stephens, Medical Officer I, Ms. Marsha Khan, representative from Republic Bank Wealth Management and WPC O'Connor respectively.

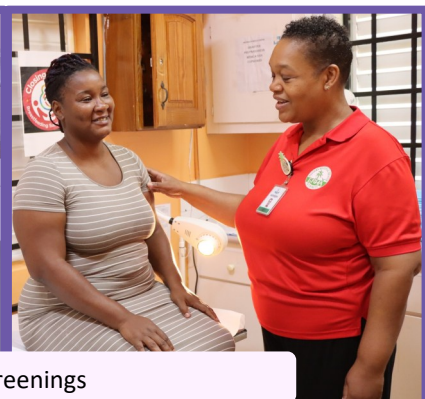
In St. Andrew/St. David, International Women's Day was observed at the Toco Health Centre; Matelot; Sans Souci; Matura and Manzanilla Outreach Centres. Services offered included Pap Smears; Breast Examinations; HIV Testing; Health Screening; Vaccinations and Health Education Lectures. The Nutrition and Health Education teams continue to highlight the importance of good health.



Ms. Gillian Lowe, Medical Records Assistant demonstrates how to make bath soap



Health Screenings



Celebrating Women in ERHA



Promoting Kidney Health Across the Eastern Region

World Kidney Day is an annual, global initiative used to raise awareness about kidney health and promote the importance of early detection and prevention of kidney disease.

In an effort to increase awareness and promote kidney health throughout the region the Health Education Departments Nariva/Mayaro (NAMA) and St. Andrew/St. David (STAD) conducted a series of sensitisation sessions at various health facilities during the period March 6-12, 2026. The team captured the attention of over **275** clients at the Guayaguayare Outreach Centre, Mayaro District Health Facility and the Sangre Grande Enhanced Health Centre and informed them about the importance of early detection and preventative action.

Ms. Josane Williams, Health Education Officer-NAMA and Mr. Isaac John, Health Education Aide-STAD facilitated the lectures. They discussed kidney functions, how to identify and reduce risk factors for kidney failure and the various tests which are available to assess kidney health.

On March 12, 2026 interactive educational booths were mounted in the lobby of the Sangre Grande Hospital Campus South Block. Clients engaged with staff from Health Education, Medical Social Work and Nutrition and Dietetics

Departments and observed demonstrations highlighting dialysis services.

The activities culminated on March 15, 2026 with a health fair at the Mayaro/Rio Claro Regional Corporation Car Park under the theme **"Kidney Health for All: Calling for People, Protecting the Planet."** Services such as blood pressure, blood glucose and body mass index screening were available. Booths were also mounted by the Health Education, Nutrition, Medical Social Work, Pharmacy and Dental departments.

The Wellness Department conducted practical exercise sessions with the support of members of the Defence Force. Simple exercises were demonstrated for persons to perform and incorporate in their routines to have a positive effect on their overall health and mobility.

The health fair was supported by external stakeholders which include Guardian Life; Ministry of Agriculture and Fisheries; Diabetes Association of Trinidad and Tobago; Solid Waste Management Company Limited (SWMCOL) and the Ministry of People, Social Development and Family Services.

These activities successfully achieved its objectives of raising public awareness about kidney health and the importance of early detection and preventative action.

Highlights of World Kidney Day

World Kidney Day



Highlights of World Kidney Day

World Kidney Day





WORLD KIDNEY DAY

Kidney Health for All:
Our Kidneys, Our Planet

Ways to prevent Kidney Disease

Manage High Blood Pressure

Take Medicine as Prescribed

Drink 8-10 Glasses of Water Daily

Manage Diabetes

Avoid Alcohol

Do Not Smoke

Exercise



Warning Signs to Watch



Unexpected Weight Loss



Blood in Urine or Foamy Urine



Itching and Dry Skin



Fatigue and Drowsiness



Confusion



Swelling in Hands and Feet

Celebrating World Social Work Day

Under the 2026 theme, **“Co-Building Hope and Harmony: A Harambee Call to Unite a Divided Society,”** the theme calls for collective action in shaping a more inclusive and sustainable future, fostering unity across communities, cultures and systems.

In response, the Eastern Regional Health Authority (ERHA) Medical Social Work (MSW) Departments hosted a series of activities centered on promoting self-care, well-being and community connection.

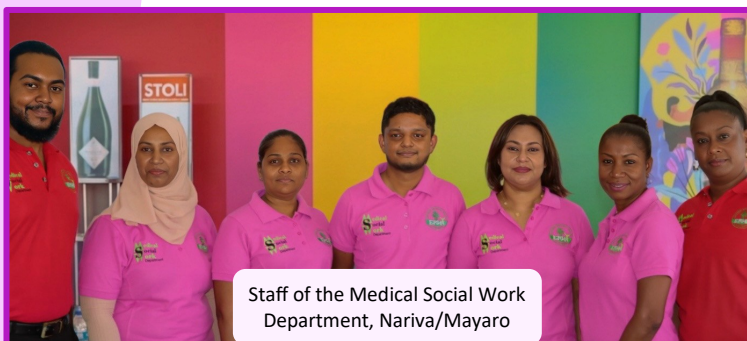
On March 17, 2026, the MSW Unit of St. Andrew/St. David commemorated both World Social Work Day and International Women’s Day with a joint celebration at the Valencia Anglican Church. The event welcomed thirty women from the Valencia and Manzanilla Chronic Disease Groups for an engaging and rejuvenating afternoon.

Participants were treated to a range of wellness services, including massages, pedicures, nail care, hairstyling and eyebrow grooming. The programme also featured interactive activities such as deep breathing exercises, stretching sessions and a nutrition-focused segment.

Simultaneously, the MSW Unit of Narvia/ Mayaro marked World Social Work Day by hosting a health fair at S&S Persad Supermarket Carpark, Mayaro. The event provided participants with access to a wide range of primary healthcare services which included Blood Pressure Testing; Blood Glucose Testing; Body Mass Index (BMI); Vaccination; Pap Smears and Medical Consultations. Also available were booths by the Mental Health; Pharmacy; Health Education; Medical Social Work and Nutrition Departments.

Supporting agencies such as the Trinidad and Tobago Police Service Victim and Witness Support Unit, Children’s Authority of Trinidad and Tobago, Public Health Inspection Unit and Trinidad and Tobago National Library and Information System Authority were also present, offering valuable resources.

These initiatives highlighted the MSW Department’s continued commitment to empowering individuals, strengthening communities and promoting holistic well-being in alignment with this year’s theme.



Staff of the Medical Social Work Department, Narvia/Mayaro



Staff of the Medical Social Work Department, St. Andrew/St. David with members of the Manzanilla and Valencia Chronic Disease Groups

Rock Your Socks



Eastern Regional Health Authority Supports Community Outreach Programme



Mr. Kenwyn Phillip, Chairman of the Sangre Grande Regional Co-operation (SGRC) and Mr. Nassar Hosein, Vice Chairman of the SGRC access services

Health is Everyone's Business.

The Eastern Regional Health Authority (ERHA) welcomed the opportunity to support a community outreach programme hosted by the Honorable Wayne Sturge, Minister of Defense and Member of Parliament for Toco/Sangre Grande and the Ministry of Culture and Community Development. The outreach which

was held on March 24, 2026 at the Toco Regional Complex attracted **60** persons from neighboring communities.

A multi-disciplinary team from the ERHA supported the initiative. These included staff from the Health Education; Nutrition; Medical Social Work and Nursing Departments. Information was provided on Nutrition, Non-Communicable Diseases (NCDs), Men's and Women's Health, Hydration and the negative impacts of smoking and vaping.

Those in attendance embraced the opportunity for the personal consultation and the immediate feedback they received to guide them along their health journey.

Men's Life Matters

Across many societies, men are less likely to seek medical care, engage in preventive screenings or openly discuss health concerns. This may lead to higher rates of chronic illnesses, mental health challenges and preventable deaths.

Understanding the need to address this concern, the Coryal Outreach Centre held its Men's Health Clinic on March 19, 2026. The health

clinic featured lectures aimed at promoting awareness, encouraging early intervention and breaking harmful stigmas which discourage men from prioritising their well-being.

Other services that were available at the clinic include: Basic health screening, Prostate-Specific Antigen (PSA) Testing, Eye screening and Vaccinations.

Smoking Cessation Education Drive



According to the World Health Organization, cigarette-smoking rates are alarmingly high, particularly among adolescence. Nicotine can harm brain development, while smoking increases the risk of asthma, reduces lung function and lower physical fitness.

To address this concern, the Health Education Department has continued its educational drive for students. Mr. Isaac John, Health Education Aide spoke with **130** students from forms 1-3 of the Valencia Secondary School.

Students participated in discussions on the dangers of smoking and vaping, the reasons individuals choose to engage in these habits and learned about effective strategies for quitting, along with the resources available for support.

The team also provided interactive lung health and smoking cessation displays, as well as supplementary reading materials, allowing students to engage in a hands-on and informative learning experience.

Increasing Awareness on Non-Communicable Diseases to Change Behaviour

According to the Pan American Health Organization (PAHO), Non-Communicable Diseases (NCDs) account for 62% of deaths, each year, with three quarters occurring in people under 70.

Recognising that information is essential for behavior change as it builds awareness, shapes attitudes and provides the necessary knowledge to act, Ms. Kezia Philip, Health Education Officer conducted a lecture on March 11, 2026 at the First Citizens Bank.

The lively discussion generated several questions and the answers provided a clearer picture as to how these conditions develop and the steps that can be taken to reduce risk and improve overall health.

The session addressed key conditions such as chronic kidney disease, diabetes, hypertension, and high cholesterol. Reading material on common health related issues were also distributed to reinforce knowledge and understanding.

Learning Critical Skills to Help Save Lives



Mr. Kerwin Stephens, Pharmacist III, hosting the Poison Management session at the Biche Outreach Centre

Poison Management, First Aid and Cardiopulmonary Resuscitation (CPR) training are critical skills for persons living in rural communities to possess. These skills can effectively bridge the gap between the incident and the arrival of professional medical help and can make the difference between life or death.

This basic skill and knowledge was transferred by Mr. Kerwin Stephens, Pharmacist III and Dr. Thannoo, Registrar Ag. to **15** persons from Nariva/Mayaro during the second training session which was conducted on March 26, 2026 at the Biche Outreach Centre. Elements of the training included:

- Ways to manage the stings and bites found in common poisonous insects and reptiles
- Resources that are available to the public
- Demonstration of the correct techniques for performing CPR
- Basic life support for children and adults who may experience choking
- Hands-on exercise to practice life-saving techniques on mannequins

The training session was conducted by the Health Education Department in collaboration with the Pharmacy Department.

Environmental Management Webinar

Climate change is driving severe global impacts that can disproportionately affect human health.

The Health Education Department in collaboration with the Nutrition Department and Satellite Dialysis Unit of Nariva/Mayaro hosted an environmental management webinar on March 12, 2026. The main purpose was to equip persons with information that will assist them to treat with the impacts which are already being

experienced in vulnerable developing nations and communities.

Ms. Marcia Tinto, Senior People, Public, Private Officer in the Environmental Management Agency (EMA) delivered an informative presentation about the effects of climate change on health. Ms. Tinto highlighted useful measures which can be used to reduce the harmful effects of climate change. Approximately **35** persons were present during the virtual session.

Empowering Communities Through Health Education



Mr. Eliel Briggs, District Nurse provides vaccination at the SDA Primary School Health Fair and Walkathon

Collectivity, over **505** clients accessed the services that were made available during three outreach activities. These were held on March 5, 2026 at the Seventh-day Adventist Primary School Walkathon and Health Fair and on March 19, 2026 at the Cumaca RC Primary School Health Fair and the ECCE Clusters Family Fun/ Sports Day held at the Matura Recreation Grounds.

The team which comprised staff from the Nursing, Health Education, Nutrition and Medical Social Work Departments tailored the services and information that was provided to capture the attention of the specific group. Services provided included basic health screening; vaccination; nutrition; mental health; stress management; men's and women's health among others. Interactive displays were also mounted to address important issues such as smoking; vaping; third hand smoke and alcohol use.

Initiatives such as these strengthen stakeholders engagement. It also increases the reach for the delivery of health services and information to empower individuals and families to become proactive with their health.

Health Education plays an important role in preventing Non-Communicable Diseases (NCDs). When people understand the risks associated with NCDs and learn practical ways to prevent them, they are better equipped to make informed choices about their lifestyle and healthcare.

With this goal in mind, the Eastern Regional Health Authority (ERHA) intensified its awareness drive and partnered with educational organisations in the community to increase access to health services.



Ms. Kezia Philip, Health Education Officer interacts with a student at the Cumaca RC Primary School



Meet Our Domiciliary Team



Mrs. Angelina Rampersad Pierre, Chief Executive Officer, Ms. Eleanor John-Eccles, General Manager-Nursing with members of the Nursing, BFHI and Domiciliary Unit



Specialised Community based healthcare services for postnatal clients, newborns and their families in the comfort of their homes is being provided by the Domiciliary Unit. The unit which is a subdivision of the Baby Friendly Hospital Initiative and Maternity Units of the Sangre Grande Hospital Campus commenced operation in May 2025 to create a positive experience and ensure proper transition into the postnatal phase.

Home visits are conducted within ten days post-discharge to provide physical health examinations, address possible maternal and infant health complications and provide early

intervention and referral where necessary.

The Domiciliary Team also gives guidance on nutrition, feeding practices, bonding and maternal well-being to families. To ensure that visits are conducted in a timely manner, an Eastern Regional Health Authority vehicle was assigned to the Unit.

The Domiciliary Unit consist of the following personnel:

- **Ms. Viklin John, Midwife**
- **Ms. Michelle Lowe, Enrolled Nursing Assistant**
- **Ms. Charisma Puckerin, Clerk**
- **Mr. Derrick Peters, Driver**

Bridging Global Standards and Local Realities

Royal College of Anaesthetists Bulletin Magazine Spring 2026 Edition

Nestled in the rural district of Sangre Grande in Eastern Trinidad, lies the only publicly available chronic pain clinic in Trinidad and Tobago, operating under the nation's free healthcare system.

This service functions within a multidisciplinary framework, integrating the expertise of a pain specialist, physiotherapists, psychologists, psychiatrists and social workers. It delivers pharmacological therapy, physical rehabilitation, interventional procedures, and psychological support to its patients.

Building on this foundation, the Chronic Pain Support Group, has recently been established, the first of its kind in the nation. Introduced within the last year, this group empowers patients through education, peer connection and shared experiences, thereby enhancing coping strategies and improving quality of life. Based on a multidisciplinary model supported by local research reflecting the perspectives of those afflicted, this group has improved the overall wellbeing of patients, with approximately 20% returning to work.

A local study, 'The Prevalence of Pain Among Adult Patients Attending Outpatient Clinics in Trinidad,' illustrated limited availability of management options, which resulted in widespread patient dissatisfaction prior to a pain consultation. Most patients reported that pain severely affected their daily activities, quality of life, and finances. Many perceived pain as an accepted part of illness, reflecting systemic and cultural barriers to appropriate pain management.

UK and Caribbean perspectives

In contrast, the United Kingdom approaches pain through the biopsychosocial lens, emphasising early referral, multidisciplinary care and patient empowerment. Pain is openly discussed and managed within a framework of evidence-based medicine and societal awareness. This differs sharply from traditional Caribbean perspectives, where cultural norms often frame pain as something to be endured with stoicism rather than addressed through structured intervention. As a result, many Trinbagonian patients present much later, often with debilitating pain.

Our clinic aims to destigmatise these misconceptions and promote the recognition of 'pain medicine' as a legitimate specialty accessible to all patients. Establishing a dedicated pain clinic, therefore, required not only clinical innovation but also a shift in public and professional attitudes. While initially commenced under the umbrella of the orthopaedic service, the pain service now stands independently with its own staff, clinics and dedicated operating theatre time. Our lead consultant, being trained in the United Kingdom, has brought valuable insight into structured pain services, complete with the organised clinics, interventional lists, and group support models encountered in the UK. This experience provided a blueprint for local adaptations addressing resource limitations, encouraging interdepartmental collaboration and fostering patient trust through community engagement via the Chronic Pain Support Group.

Bridging Global Standards and Local Realities Cont'd

Clinical training

As part of clinical training under the supervision of Dr Mohammed, Consultant Anaesthetist and Pain Physician, the pain clinic provides junior anaesthetic doctors with an excellent opportunity to gain hands-on experience in this rewarding specialty. The assessment of chronic pain patients during their first-time visits and assisting in the development of pain management strategies form key components of training. Under supportive supervision, these anaesthetic trainees learn to develop individualised care plans that may include medical therapy and interventional procedures.

Junior anaesthetic doctors also have the opportunity to observe and participate in a wide range of pain management procedures, including regional nerve blocks, epidurals with steroids, and other interventional techniques that are essential for comprehensive patient care. Additionally, exposure to acute pain management is also encouraged, through assessment, diagnosis and management of the acute pain patient using pharmacotherapy and regional nerve blocks.

Beyond clinical work, junior anaesthetic trainees are encouraged to participate in teaching sessions, audits, and quality improvement projects aimed at improving the chronic pain service. Many of these anaesthetic trainees have also created patient information booklets and other educational resources, helping enhance both patient understanding and trainee development.

Pain service provision

Today, our local pain service incorporates key UK principles from international best practices, while remaining sensitive to the Caribbean's unique cultural landscape. By overcoming

barriers such as restricted availability of pain medications and inadequate clinic space and staffing, together with the implementation of same-day pain intervention lists and the integration of psychological care, the team has achieved critical milestones in strengthening pain management services in the Caribbean. While further progress is needed in areas such as advanced pharmacotherapy and neuromodulation services, weekly interventional lists and pain clinics are now conducted. Junior anaesthetic doctors actively participate and innovate, thereby expanding the clinic's armamentarium of comprehensive pain management.

The clinic continues to serve as a cornerstone for advancing multidisciplinary pain care in Trinidad and Tobago, offering both clinical management and valuable training opportunities for future specialists. By bridging global standards with local realities, we continue to refine a model that not only treats pain but also transforms how it's understood. Ultimately, this service stands as a testament to compassion, accessibility, and commitment – a reminder that managing pain is not only a medical goal but a human one.

To learn more about the work of the Sangre Grande Hospital Campus Pain Clinic, please visit the Eastern Regional Health Authority (ERHA) website.

Authors:

- Dr. Salma Mohammed, Consultant
- Dr. Adana Ali, House Officer
- Dr. Karishma Bhagaloo, House Officer
- Dr. Laeshelle Basanoo, House Officer



Commendations to Staff

Nicole Suzette Mahabirsingh

Last Wednesday my mum wasn't feeling well so I took her to the A&E in Rio Claro Health Centre. We arrived a little after 5pm, due to my mum's condition she was taken inside and the nurses, Sharlene (I can't remember her surname), Angela Stoute and nurse Cole started attending to my mum. At around 7pm Dr. Chillar came on duty and started caring for my mum. Long and short, I would like to say thanks to this Dr., the nurses and the staff who worked with my mum that night to ensure her safety and comfort. Thank you for your care and concern for the patients and their relatives who come into contact with you. Thank you yet again to the Dr's, nurses, staff of the ERHA who show care and concern for the patients and their relatives they come into contact with on a daily basis.

***Sent via Facebook by Nicole Suzette Mahabirsingh
March 02, 2026***

Ann Mc Carthy

I would like to thank the hardworking nurses in medical and surgical wards who attended to me during my stay in Sangre Grande Hospital Campus for a couple of weeks, Also would like to thank other female medical professionals from X-ray to doctors.

***Sent via Facebook by Ann Mc Carthy
March 08, 2026***

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



Commendations to Staff

Faith Brown

Big up the Sangre Grande pediatric ward, best Nurses/Doctors ever.... "KEEP UP THE GREAT WORK"

*Sent via Facebook by Faith Brown
March 09, 2026*

Tarcia Nakita Gillead

I must give an update... I am pleased to inform you that relative to a concern in which I made communication via this platform. I was contacted by Miss Ramjohn who called me and explained in detail the reasons for the lengthy wait. I am pleased and do hope that my suggestions can be implemented. Thanks again for the feedback. Much appreciated.

*Sent via Facebook by Tarcia Nakita Gillead
March 24, 2026*

Camay Ellies

This is to let you all know that ERHA is doing an excellent job in Sangre Grande and environs. I do all my medical and clinical appointments at your institution.

*Sent via Facebook by Camay Ellies
March 27, 2026*

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



Trish Porter

Commendations to Staff

Heartfelt thanks to these staff from Sangre Grande Hospital, Nurse King—the triage nurse at Emergency and EMT Ms. Abass.

I saw these ladies this morning and was touched with the care they afforded to my son. I returned tonight to get his dressing changed and saw them again, still on duty and again they were nothing short of professional. I decided to enquire from the CSR their names to publicly thank them.

ERHA you have some gems as staff. Their professional approach, during what was a stressful ordeal speaks volumes. Thank you ladies and also Dr. Ash as well.

*Sent via Facebook by Trish Porter
March 28, 2026*

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

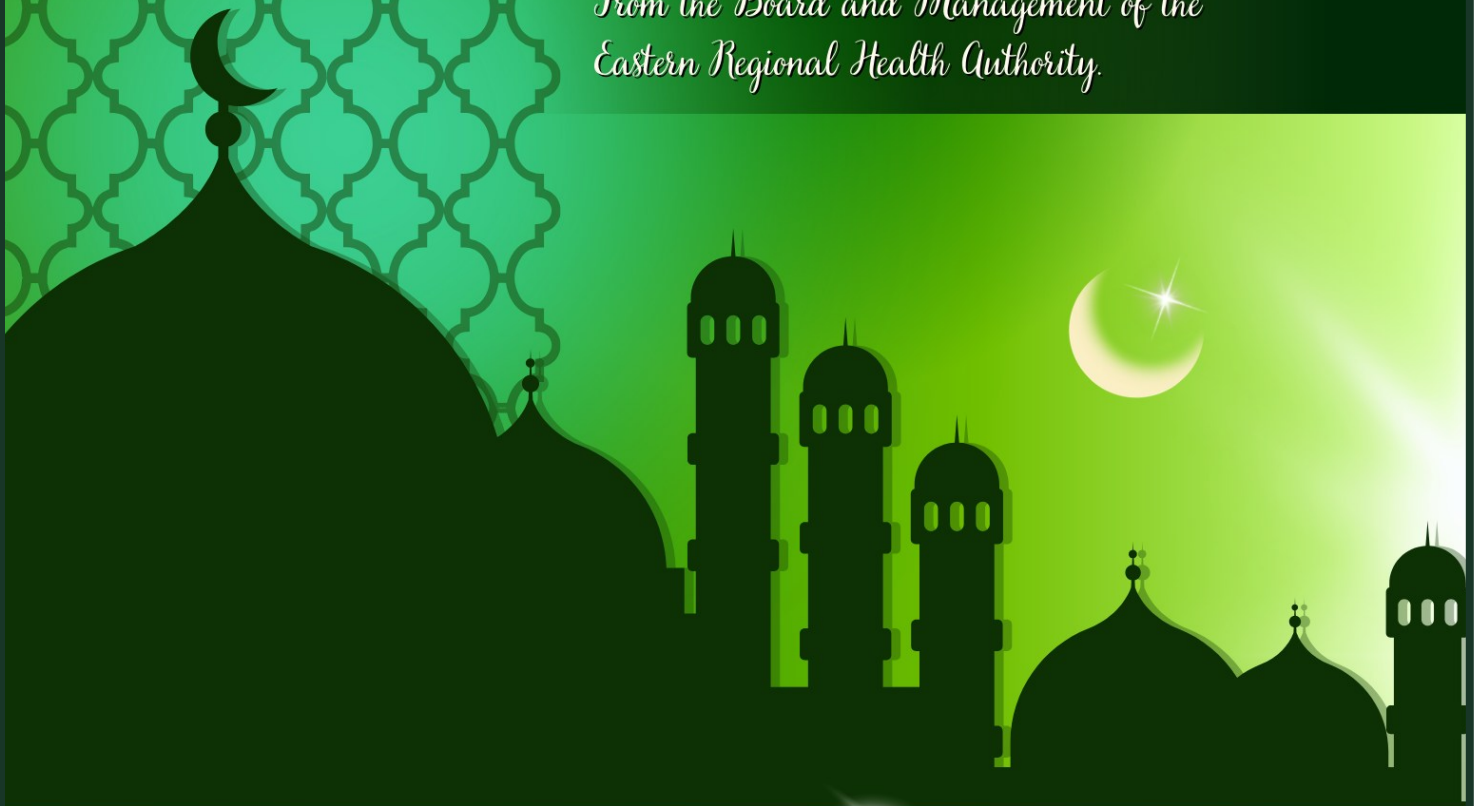


Eid Mubarak

Best wishes for a peaceful and blessed holiday.

Eid marks the culmination of Ramadan, a period centred on patience, humility and care for others. May these guiding principles remain with us as we continue to work together to improve healthcare delivery for our citizens.

From the Board and Management of the Eastern Regional Health Authority.





IN OBSERVANCE OF

Spiritual Shouter Baptist Liberation Day

*Honoring the enduring faith, resilience
and spiritual strength of the Spiritual
Baptist community.*

*May this special day bring peace,
renewed strength and upliftment to you
and your families.*

*From the Board and Management of
the Eastern Regional Health Authority.*



"Caring is the Key"



WORLD DOWN SYNDROME *March 21, 2026* Day

Down syndrome (or Trisomy 21) is a condition in which a person has an extra chromosome. Most people have 23 pairs of chromosomes, 46 in total, however, persons with Down syndrome have an extra chromosome added onto the 21st pair making it 47 in total.



Chromosomes act like an instruction manual that defines how our bodies look and how they work. People who have Down syndrome usually have an intellectual disability and are commonly known to have health conditions.

This year's theme, *'Together Against Loneliness'* aims to address the problem of loneliness and the challenges many people with Down syndrome and other intellectual disabilities face daily. The goal this year is to help people with Down syndrome feel connected, welcome, valued and safe from stigma.

The answer is real inclusion!



To raise awareness, people wear their most vibrant and striking non-matching socks, as mismatched socks resemble the patterns of chromosome 21.

Information Retrieved from: Worlddownsyndromeday.org



This year we celebrate by calling on everyone around the world to stand
"Together Against Loneliness"



World Oral Health Day

"A happy mouth is a healthy life!"



Prevention and healthy habits help keep you healthy throughout life.



March 2026

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**

Website : www.erha.co.tt



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