



# The Eastern *Vibes*

**Monthly Newsletter 2019**

November 2019, Issue #65

## ERHA Hosts Its Annual Public Board Meeting



*Ms. Esme Rawlins-Charles, Chairman, delivers an address as members of the Head Table look on*

Major successes such as installation of a new CT scan machine with requisite infrastructure at the Sangre Grande Hospital and the completion and commissioning of the Sangre Grande Enhanced Health Centre, were some of the key initiatives highlighted by Ms. Esme Rawlins-Charles, Chairman of the Board of the Eastern Regional Health Authority (ERHA) at the Public Board Meeting.

The meeting was held on November 14, 2019 at the Sangre Grande Civic Centre in accordance with Section 12 of the Second Schedule of the Regional Health Authorities Act. It provides an opportunity for the ERHA to review its performance, present its future plans and most importantly receive feedback from stakeholders with a view to improve services to our clients.

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world **diabetes** day  
14 November

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## ERHA Hosts Its Public Board Meeting (continues)

Chairman Rawlins-Charles also informed the meeting of the commencement of the construction of the new Sangre Grande Hospital which will assist in providing quality healthcare to improve the lives of our clients. She also indicated that the Authority is focusing on the Ministry of Health's plan to re-position health care back to the Community in order to remove the burden on secondary care. In this regard, the ERHA has enhanced its services in a number of areas to increase accessibility by clients and to improve the diagnostic timeframe. These services include among others community ophthalmology, x-ray and dental services at Toco Health Centre; dental and x-ray services at Valencia and Cumuto Outreach Centres. Additionally, an Electronic Pharmacy System and a film-less x-ray system were created to increase service delivery.

The Chairman also pointed out that the Authority has constructed a rain water harvesting system

and have improved the electrical supply and sewer system in multiple facilities in an effort to build resilience to ensure uninterrupted 24-hour healthcare to clients in remote areas.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer provided information on major initiatives the Authority has embarked upon to strengthen its processes and systems geared towards improving the quality of healthcare provided. Also senior members of staff also reported on achievements and planned initiatives in their respective areas.

Community members, stakeholders and clients were also given the opportunity to share commendations and raise questions or concerns to the ERHA's Board of Directors and Management Team.

The event was attended by clients and staff as well as key stakeholders and representatives of community groups and organizations within the region.



*Audience at the Public Board Meeting*



*Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer delivers a presentation on the strategic overview of the ERHA*



*Mr. Idi Stuart, President of the Trinidad and Tobago Registered Nurses Association, shares his views during the Open Forum segment*

## Let's Talk Mental Health

Breaking the stigma surrounding why men shy away from dealing with mental health was the main focus of a lecture session hosted at the bpTT Isthums Court, Galeota on 28th November, 2019.

Over 200 male employees attended the session entitled ***"Mental Health as it Affects Men and Masculinities"***.

The main presentation which focused on male expressions was delivered by members of the Nariva/Mayaro Medical Social Work Department. Important information on other topics relating to mental health was also shared with the workforce.

The NAMA Medical Social Work Team also delivered lectures and presentations on mental health and suicide awareness at various health facilities within the County.

## ERHA Launches Healthy Hospital Initiative

The Eastern Regional Health Authority launched its Healthy Hospital Initiative at the Sangre Grande Hospital on Wednesday 27th November, 2019.

Dr Sasha Sankar-Maharaj, Medical Director unveiled plans which will focus on the theme, **"Healthier Bodies, Healthier Minds, Healthier Environment"**. Dr Sankar-Maharaj highlighted some of the key initiatives to be undertaken which include a cultural shift geared toward healthier decision making among staff and client; improving general health and well-being; implementing a sustainable health

care system; strengthening hospital leadership and beautification of the environment.

Over 70 persons looked at demonstrations of simple exercises to improve physical health which were performed by Physiotherapist Mr. Trevor Samaroo.

The audience also learned simple methods to prepare healthy meals and viewed a live demonstration for stewed chicken which eliminates the use of sugar.



Staff members and clients at the Healthy Hospital Initiative Launch



Dr. Sasha Sankar-Maharaj, Medical Director Ag. gives an overview of the Healthy Hospital Initiative



In keeping with the healthier body initiative theme, the Nutrition and Dietetics department demonstrated a method of preparing stewed chicken without the use of sugar

## Supermarket Tour at SGH

As part of their Healthy Hospital Initiative, staff at the Sangre Grande Hospital converted the Dietitian's Office to a model in-house supermarket on 22nd November, 2019 to conduct a supermarket tour under the theme **"Reading Food Labels"**. This was done in an effort to educate and equip clients and staff to manage their health and to assist them to make healthier choices when purchasing and

consuming food items.

Over 70 persons received key information on serving sizes, percentage daily values and use of ingredients lists to make healthy choices when there is no nutrition facts panel. Group activities were conducted to ensure that the information was understood by all participants.



Staff and clients visit the in-house supermarket and get information on how to properly read food labels



Ms. Charlene Pattoo-Sooklal, Dietitian provides information on serving sizes to staff



Clients and staff at the in-house supermarket



# world diabetes day

The ERHA recognizes that awareness is a key strategy in the fight against NCDs. With this in mind, the Authority embarked on various programmes and activities in observance of World Diabetes Day 2019. Take a look at some of the highlights below:

## *NAMA's Nutritional Supermarket Health Tour*

Empowering clients to know the nutritional value of what is in their shopping baskets was the main objective of the Nutritional Health Tour, conducted by the NAMA Health Education and Nutritional Departments. Members of the NAMA Chronic Disease Support Groups participated in the interactive tours which were held at both S&S Persad Supermarkets (Mayaro and Rio Claro branches)

on 28th and 29th November, 2020 respectively.

The groups were sensitised on healthy shopping tips, nutrition tips as well as understanding and using food labels. Participants were also challenged to walk through the lanes of the supermarket to locate healthy food items based on instructions given.



*Ms. Sydelle Mahabir, Nutritionist, provide healthy shopping tips to members of the Chronic Disease Support Groups at the tour*

## *STAD's World Diabetes Day Awareness Programme*

Over 120 members and representatives of the Chronic Disease Support Groups attended the St. Andrew/St. David's 22nd Annual World Diabetes Day Awareness Programme on 13th November, 2020 at the Sangre Grande Civic Centre. The programme was held under the theme "**The Family and Diabetes**" and featured numerous activities to educate participants about diabetes.

The feature speakers were Ms. Kathleen Acosta, Retired District Health Visitor who informed the participants on how to cope with diabetes; Mr. James Harper, Roche Diabetes Educator presented on Diabetes Distress and Mr. Andre Ali, Pharmacist II spoke about Diabetes and the Liver. A monologue was done by Ms. Doreen James, President of the Toco Chronic Disease Support Group.

The programme culminated with a trivia game called Diabetes Jeopardy, which was facilitated by

the Health Education Department. The participants also had the opportunity to view display booths facilitated by Caribbean Health Foods, Alzheimer's Association, Dental, Ophthalmology and Podiatry Departments to prepare for their fight against diabetes.



*Picture Perfect! Members of the Chronic Disease Support Groups pose for a photo with the World Diabetes Day picture frame*



*Mr. Andre Ali, Pharmacist II delivers a presentation on diabetes and the liver*





# world diabetes day

Over 140 healthcare workers in the Eastern Region got their Random Blood Sugar (RBS) tests done in order to know their numbers and to take control of their health. The Health Education Department conducted staff screening on 14th November, 2019 in observance of World Diabetes Day.

Screening sites were set up at different offices on 14th November, 2019 where administrative staff of Head Office, County Health Administration Offices (St. Andrew/St. David and Nariva/Mayaro) and Sangre Grande Enhanced Health Centre were invited to get their blood sugar tested. The nursing

team at Narvia/Mayaro also took the opportunity to administer flu vaccines at the screening exercise at their Administrative Office.

Staff members were also encouraged to wear blue which symbolizes the unity that is necessary to combat such a deadly non-communicable disease.

Below are a few highlights of the screening exercises at various locations as well as staff in their blue attire.



Candace Moses, Clerk, gets her sugar level tested at STAD Admin Office



Ms. Anganie Singh-Gyan, Area Administrative Officer, smiles for a photo as she gets a RBS test



Persons at NAMA register for their RBS test



Flu vaccines at NAMA



Ms. Sunita Buchoon, Clerk II (Ag) tests her blood sugar at Libert Building



Staff of Nariva/Mayaro in their shades of blue



Ms. Kezia Phillip, Health Education Officer and Dr. Candace Simposn-Smith, Nutritionist take a selfie in their blue attire



Mr. Ramesh Ragoo, Plumber gets his sugar tested

## Let's Talk Diabetes at SWAHA Hindu College

The St. Andrew/St. David Health Education Department teamed up with the Sangre Grande Lions Club to host a diabetes session at the SWAHA Hindu College. The event was held on 15th November, 2019. Students and staff benefited from a series of interactive lectures and presentations aimed at educating persons on preventative measures for diabetes and maintaining healthier lifestyles.



Ms. Sherifa Ali-Badri, Health Education Aide delivers a presentation

## Vega Golden Elderly Community Group Observes Caribbean Wellness Day

Eighteen (18) members of the Vega Golden Elderly Community Group participated in a day of healthy fun in celebration of **Caribbean Wellness Day**.

First on the agenda was a Wellness Week challenge presentation followed by arm chair aerobics to get the participants alert and moving.

Healthy games including a hula hoop competition and musical chairs were also part of the day's activities as well as a segment entitled "**Nutrition Gossip**" where participants were sensitised on healthy eating habits.

The event which was hosted by the Health Education Department was held at the Vega de Oropouche Community Centre on 5th November, 2019.



Hula Hoop fun



Aerobics session

### Honouring Ms. Angelie Lochan

It was a bittersweet evening as members of the Sangre Grande Hospital Pharmacy Department bid farewell to Ms. Angelie Lochan, former Pharmacist III, in an event entitled "**Celebrating Excellence and Dedication to Service.**"

The heart-warming programme brought together Ms. Lochan's closest and dearest colleagues to honour and appreciate her for contributing over forty years of service in the health sector.

The charismatic and jovial Masters of Ceremonies Mr. Kerwin Stephens, Pharmacist III and Mr. Jonathan Joseph, Pharmacy Attendant kicked off the event with a beautiful welcome address followed by Ms. Rinelle Harrynarine, Saxophonist who amazed the audience with her talent.

Many persons poured heartfelt tributes and presented gifts to Ms. Lochan. Among them was Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, who took the audience on a journey through the "good old days" as he reminisced on fond memories of Ms. Lochan and publicly thanked her for her award winning contribution and dedication to providing quality healthcare at the ERHA.

A video presentation featuring persons from abroad who worked with Ms. Lochan during her tenure was

another memorable moment of the evening. Her past colleagues extended best wishes to her and boasted of her great leadership skills. Ms. Lochan was also serenaded by Mr. Lawrence Dial, Pharmacist I with his rendition of "Radica".

Ms. Lochan was truly touched by the celebration and graciously thanked all those who were present for their outpouring love and well wishes.



Ms. Angelie Lochan, former Pharmacist III, smiles for a photo with her Pharmacy staff



Dr. Adesh Sirjusingh, Director-Women's Health, MoH and former Administrator-Clinical Services, SGH presents Ms. Angelie Lochan, former Pharmacist III with flowers and a token of appreciation

# Diabetes Word Search

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

- |              |           |               |               |
|--------------|-----------|---------------|---------------|
| Hungry       | Weakness  | Sweating      | Retinopathy   |
| Pancreas     | Nausea    | Medication    | Kidney        |
| Irritability | Insulin   | Hypoglycemia  | Hyperglycemia |
| Heart        | Headache  | Glucose       | Exercise      |
| Diet         | Confusion | Carbohydrates |               |





NOVEMBER 2019

**Sangre Grande Hospital**  
Ojoe Road, Sangre Grande  
Tel: 668-2273/2221/2468/2577  
Tel/Fax: 668-4368

**Mayaro District Health Facility**  
Pierreville, Mayaro  
Tel: 226-1575, 630-1258/9  
Tel/Fax: 630-1257

**Biche Outreach Centre**  
Canque Village  
Biche  
Tel: 668-9053

**Brothers Road Outreach Centre**  
Brothers Road  
Tabaquite  
Tel: 656-2547

**Coryal Outreach Centre**  
Balata Hill Road and Cumuto Main  
Road  
Coryal  
Tel: 668-8066

**Cumana Outreach Centre**  
Toco Main Road  
Cumana Village, Cumana  
Tel: 670-8250

**Cumuto Outreach Centre**  
Main Road  
Cumuto  
Tel: 226-1106/643-9075

**Grande Riviere Outreach Centre**  
Hosang Street  
Grand Riviere  
Tel: 670-8264

**Guayaguayare Outreach  
Centre**  
Guayaguayare Road,  
Guayaguayare  
Tel: 630-8777

**Manzanilla Outreach Centre**  
Eastern Main Road  
Manzanilla  
Tel: 226-1111, 668-2063

**Matelot Outreach Centre**  
Main Road  
Matelot  
Tel: 670-2428

**Matura Outreach Centre**  
Toco Main Road  
Matura  
Tel: 226-1261, 668-6276

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

**Sangre Grande Enhanced Health  
Centre**  
Ojoe Road  
Sangre Grande  
Tel: 226-1102, 668-2509

**San Souci Outreach Centre**  
Main Road  
San Souci  
Tel: 670-2382

**Toco Health Centre**  
Paria Main Road, Toco  
Tel: 226-1576, 670-8277

**Valencia Outreach Centre**  
Alexander Street  
Valencia  
Tel: 226-1260, 667-8197

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to  
[corpcomm@erha.co.tt](mailto:corpcomm@erha.co.tt)