



The Eastern *Vibes*

Monthly Newsletter 2023

July 2023, Issue #108

It's all about HIM



Participants at the Lecture Series

On July 8 and 9, 2023 it was all about the men in the Eastern region who came from various communities and took the initiative to visit the Sangre Grande Enhanced Health Centre to be screened. Over 480 men made the healthy lifestyle choice to learn more about their health status and to take the

necessary steps to remain healthy.

Scores of attendees participated in the lecture series which was facilitated by Dr. Cindy-Ann Badaloo, Primary Care Physician II. The men came prepared with their questions eager to engage the staff and to get answers to be able to improve and maintain their health.

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It's all about HIM (continued)

Dr. Stefan Garcia, Registrar of Oncology highlighted some very important points to note on lung cancer and prostate cancer which is the most common form of cancer. He also informed about the importance of screening and when to be screened.

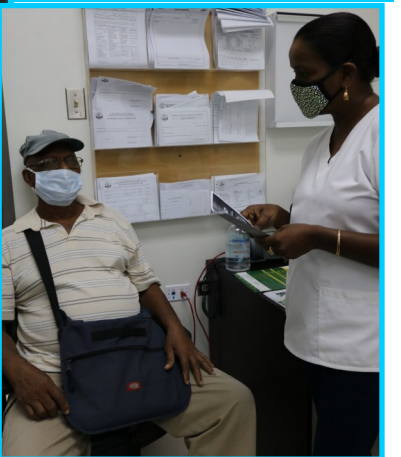
Recognising the importance of mental health on ones well-being, Dr. Kareem Lynch, House Officer informed the audience that it is a lifelong decision to maintain good health and peace of mind. He took them on a journey through the experience of a client and highlighted key choices they will have to make to be functional in all aspects of their lives and to have peace of mind. These include among others, eating healthy, regular exercise and avoiding substance abuse. Mr. Vesaish Ramtahal, Medical Social Worker I, spoke about issues men may experience such as Depression, Anxiety,

Psychosis, Schizophrenia and Eating Disorders. He provided additional insight on mental health highlighting the symptoms of mental disorders in men and stigmatisation. He encouraged those present to seek out support by talking to a healthcare professional or call any of the hotlines for mental health services.

A range of healthcare services were accessed by the men which include Know Your Numbers (Blood Glucose and Blood Pressure Testing); Vision Screening; Vaccination; Medical Assessment; Prostate Examination; HIV Testing and Counselling; Pharmacy Services and Phlebotomy Services. They were also able to benefit from Health Education and Medical Social Work Lectures; Urology, Dental, Radiology Education, Mental Health Advice and Nutrition Counselling.



Highlights of "It's all about HIM"



Staff at Mayaro District Health Facility encourage all to maintain a healthy lifestyle



Mayaro District Health Facility Team

Members of the Mayaro Community are taking steps to improve their health by including exercise as part of their routine. Over 200 persons participated in the 3rd Annual 5K and Aerobics Burnout Competition hosted by the Head Nurse, Accident and Emergency, Lindel Phillip-Antoine and staff at the Mayaro District Health Facility on July 2, 2023.

Participants ranging from ages 7 to 55 joined residents and staff in the activities which

were geared to encourage persons to adopt a healthy lifestyle and to stop unhealthy habits.

Mr. Kellon Alexander and his team from Fonzofitness868 made the Aerobic burnout session fun and demonstrated several simple moves that could be done daily at home.

Screening services such as HIV testing and Counselling, blood pressure and glucose testing as well as vaccination.

Highlights of the 5k and Aerobics Competition

Results 5K Competition

Male

1st Place - Kelvin Johnson

2nd Place - Kurwin Phillip

3rd Place - Ray Figaro

Most Mature - Mc Nanthon Prince

Youngest Participant - Jadon Richards - **13 years**

Female

1st Place - Shantel LeMaitre

2nd Place - Maya Samuel

3rd Place - Dion Best

Most Mature - Vanessa Gabriel

Youngest Participant - Trichle Williams - **13 years**

1st Place Overall ERHA Staff - Harold Guy

Youngest Participant to finish the race - Liam Ralph - **7 years**

Results Aerobic Competition

1st Place - Nigel Chapman

2nd Place - Ezekiel Jack

3rd Place - Ezekiel Fullerton

Most Mature Participant - Marie Ordain

Youngest Participant - Cannon Vialva



SEA Students Inspired by ERHA Staff



Dr. Kyleon Beharrysingh, House Officer congratulates SEA student

12 Secondary Entrance Assessment Students from the Valencia Community were recognised by members of the Valencia Wellness Centre on July 12, 2023 for their hard work. The students were selected by the Committee based on their academic achievement and a needs assessment. They were presented with a grant for books and stationery to ensure that they had the necessary tools to continue their educational journey.

Additionally, their hopes and desires to achieve their goals were strengthened as they were inspired by Dr. Kyleon Beharrysingh, House Officer with the Eastern Regional Health Authority (ERHA), former resident of Valencia and former student of Valencia Secondary School. Dr. Beharrysingh provided insight on his journey to become a doctor and encouraged the students not to limit their potential for success and to pursue their dreams regardless of their circumstances.

The students were also urged to continue achieving by Mrs. Astra Edwards-Bennett, Wellness Coordinator who delivered greetings on behalf of the ERHA. She also told the audience to adapt a healthy lifestyle in their households and by extension their community.

Both parents and students showed appreciation for the support of the Valencia Wellness Centre.

ERHA using technology to improve service delivery



Clients referred to the Sangre Grande Hospital Outpatient Clinic can now access clinic appointments via their SMS messages.

No longer will clients have to travel from health facilities in their communities upon referral to the Sangre Grande Hospital to schedule appointments in the specialised clinics nor miss important telephone calls for appointment dates.

The ERHA has implemented the SMS Client Registration System to facilitate the booking of clinic appointments. Via an internal process, referrals are given at the respective Health Centre and are scanned and emailed to the Sangre Grande Hospital. The referrals are then reviewed by the Doctors and appointments are scheduled. The appointment information is then sent to the patient via SMS by the Medical Records Department and follow-up calls are made.

The clients can now save time and money and can access their individual clinic appointment information via their mobile phones once the SMS is received.

Serving Our Communities

Dr. Kyleon Beharrysingh provides some insight on what motivated him to work in the Eastern Regional Health Authority and to serve the people in his community.

Q: Which facility do you work at?

A: I work at Sangre Grande Hospital.

Q: What is your current position?

A: My current position is Acting Registrar in the General Surgery Department.

Q: Why did you choose to work in the ERHA?

A: While working as an intern I learnt about the different positions within the Authority. As I moved around within different departments at the hospital, I was impressed by the level of communication between the staff.

Q: What area do you reside in?

A: Arima. However, I am from Valencia.

Q: What are some of the benefits of serving members of the community you came from?

A: I am very understanding of persons and their daily struggles. Serving them allows me to not just treat persons medically but to see who they are holistically which would allow me to give them the best possible treatment.

Q: What do you like most about working in the ERHA?

A: The Sangre Grande Hospital and by extension the Authority is very family based. I have never seen the type of brotherhood/sisterhood displayed anywhere else. No matter your position, everyone is seen as equal.

Q: Where do you see yourself in five (5) years?

A: In five (5) years I hope to become a Consultant.

Q: Do you have any words of encouragement for persons who are interested in joining the ERHA Team?

A: We as staff look after each other and it is a great experience to reach patients even beyond our catchment.

Weekly Exercise Sessions at the ERHA Wellness Centre



Weekly Exercise Sessions at the ERHA Wellness Centre

Members of the elderly community have committed themselves to lead healthier lifestyles and are participating in weekly exercise classes in the Wellness Centre at the Sangre Grande Enhanced Health Centre on Ojoe Road.

Classes are conducted by Ms. Karthy Portillo an

expert physical instructor every Tuesday, Wednesday and Friday from 10:00 a.m. to 11:00 a.m. Regular physical activity has proven to be instrumental in improving mobility, enhancing balance, and maintaining cognitive function. By encouraging community members to participate in these exercise classes, we hope to contribute to a more active and vibrant senior population.

Members of the community are invited to take advantage of the opportunity and to join the classes to experience the positive impact of regular exercise activity. Whether you are a seasoned fitness enthusiast or a beginner looking to embark on a journey to improve health, these sessions are open to individuals of all fitness levels.

Good News - July



Good News



Marcus Lakhan

Just want to extend a huge thank you to [ERHA Trinidad & Tobago](#) for attending to my grandmother Dasiah Ramoutar immediately after my complaint was made 🙏 To the heads of department thanks for your kind responses and we really appreciate all that has been done to assist us where needed ❤️

Posted on Facebook by Marcus Lakhan

July 12, 2023

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

OCCUPATIONAL SAFETY & HEALTH DEPARTMENT

SAFETY COMMITTEE MEETINGS

The Health and Safety Committee?

The purpose of a Health and Safety Committee is to bring workers and managers together to achieve and maintain a safe and healthy workplace. An active Health and Safety Committee within an organisation, allows members of staff to have an input in the decision making about safety practices and standards. The teams are usually multidisciplinary and have the following responsibilities:

- Protect employees by creating a forum to

raise concerns on safety issues and address those concerns within the workplace.

- Inform and educate employees about safety standards in the workplace.
- Create, distribute and update documents that outline specific workplace safety practices.
- Implementation of Internal Controls and Risk Management mechanisms to identify and mitigate risk.
- Establish safety objectives to promote and uphold health and safety.



Why do we need to have a Safety Committee?

It is a legal requirement, as stated in the **OSH Act Section Part IV 25F**. Extract from the Act.

Every Safety and Health Committee established at a place of work in accordance with this Act shall:

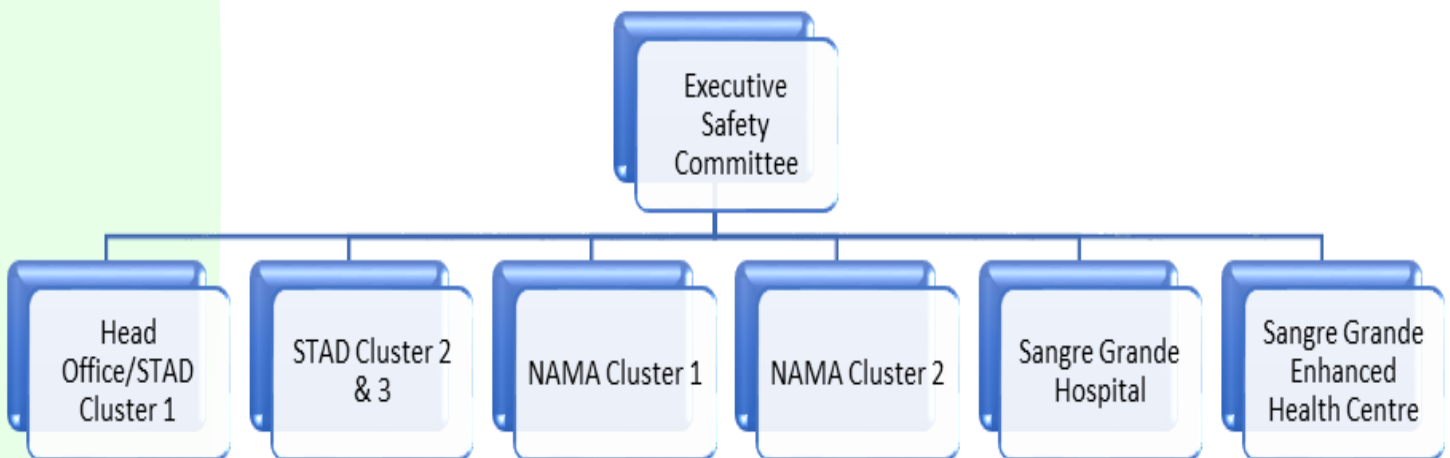
- Keep under review the measures taken to ensure the safety and health of persons at the place of work;
- Investigate any matter at an industrial establishment:
 - Which a member of the committee or a person employed thereat considers is not safe or is a risk to health; and
 - which has been brought to the attention of the employer;
- Attempt to resolve any matter referred to in paragraph (b) and, if it is unable to do so, shall request the Chief Inspector to undertake an inspection of the place of work for that purpose;
- Have such other functions as may be prescribed.

SAFETY COMMITTEE REGIME WITHIN THE EASTERN REGIONAL HEALTH AUTHORITY

At the Eastern Regional Health Authority the Safety Committee Regime meetings are held quarterly. Mrs. Farah Mohammed, Manager-

Occupational Safety & Health invites all members of staff to participate and attend the Safety Committee meetings.

Regime of Safety Committees which exist within the Eastern Regional Health Authority



What are the Benefits of Safety Committees?

- Develops the Safety Culture within the Authority.
- Improves efficiency in healthcare service provision.
- Sets and tracks Safety Standards.
- Protects employees.
- Maintains a safe environment for staff, patients and visitors.

REFERENCES

<https://sta.uwi.edu/ohse/documents/>

Radio Communication & the Importance to the Health Sector

Amateur or Ham Radio allows licensed radio operators to communicate with others near and far without relying on an internet connection, cell phone or landline. Many Ham Radio

operators consider it a hobby, but for hospitals, it is a very important resource in the event of a disaster.

RADIO CHECKS

Given that the Eastern Regional Health Authority encompasses a wide geographical area. Radio checks are important to gather the following information to better prepare for a Disaster:

- The current weather conditions
- The functionality of the facility & vehicles
- Average staff turnout

USER GUIDE

- Await your "**call name**" from the Command Centre
- Press firmly on the answer button
- Answer with your "**call name**" ensuring to end your conversation with "**over**" so that the other person, will know you are finished speaking.
- Await response from Command Centre and respond accordingly.
- Be **CLEAR, PRECISE & INFORMATIVE**

ADVANTAGES OF RADIOS TO THE HEALTH SECTOR

- Improved real-time communication
- Increases productivity-mobile efficiency
- Quick response to emergencies
- Enhanced safety & security
- Facility maintenance & disaster preparedness

REFERENCES

<https://www.skagitregionalhealth.org/healthquest/blog/2023/03/30/ham-radio-an-integral-piece-of-hospitals-emergency-plans>

<https://discounttwo-wayradio.com/five-reasons-2-way-radios-should-be-apart-of-every-hospitals-arsenal>



PROSTATE CANCER AWARENESS WORDSEARCH

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

SCREENING

TEAM APPROACH

DRE

DONATIONS

CONTINENCE

DETECTION

TREATMENTS

PSA

FAMILY HISTORY

MENS HEALTH

SURVIVOR

UROLOGIST

BLUE RIBBON

SUPPORT GROUPS

PROSTATE CANCER



**EASTERN REGIONAL
HEALTH AUTHORITY**

BLOOD DONATION



Voluntary Non-Remunerated

"Give the Gift of Life"

What is Voluntary or Non-Remunerated Blood Donation?

- Voluntary non-remunerated blood donor (VNRBD) means that a person gives blood, plasma or cellular components with his/her own free will and receives no payment in return
- You give out of the goodness of your hearts because you understand that it saves lives.

Who Can Donate? Requirements:

- Age: 18 years and over. There is no upper limit to age for blood donation.
- Gender: Females can donate up to 3 times per year. Males can donate up to 4 times per year.
- Weight: Ideally 50Kg (110 pounds) and above.
- Vaccines/Immunizations: Can donate 2 weeks after shot.
- Dental Procedures: Can donate 72 hours after procedure.
- Body Piercing and Tattoos: Can donate 3 months after procedure.



How can I donate?

- Visit the Blood Bank at Sangre Grande Hospital
- Fill out registration form
- Medical questionnaire about your health, lifestyle and travel will be conducted followed by a mini-medical examination.
- Set appointment date



Female Donors Requirements:

- Menstruation: You can donate blood during your menstrual cycle once you feel well and willing to donate.
- Pregnancy: You should not donate blood if you are pregnant. This is to ensure that there is enough iron for six (6) weeks after pregnancy or if breastfeeding. This is to ensure that your iron stores are adequate for you and your foetus or baby.



BOOK NOW TO DONATE!



Additional Questions?

Sangre Grande-ERHA
Phone: 668-2273 / 226-9779
Address: Katwaroo Trace Entrance of the Sangre Grande Hospital
BloodBankSGH@erha.co.tt
Hours of Operation:
Monday to Friday: 7:30 a.m. to 2:30 p.m.
Saturdays: 8:00 a.m. to 1:00 p.m.

Port of Spain-NWRHA
Phone: 397-7328
Address: #2 Queen's Park East, Port of Spain.
BloodBankPOS@nwrha.co.tt
Hours of Operation:
Monday to Friday: 7:30 a.m. to 2:30 p.m.
Saturdays: 8:00 a.m. to 1:00 p.m.

EWMSC-NCRHA
Phone: 645-3232 Ext. 2008
Address: Ground Floor, Main Entrance, Building 1, Eric Williams Medical Science Complex
BloodBankEWMSC@ncrha.co.tt
Hours of Operation:
Monday to Friday: 7:30 a.m. to 2:30 p.m.
Saturdays: 8:00 a.m. to 1:00 p.m.

San Fernando-SWRHA
Phone: 652-1121
Address: Ground Floor, San Fernando General Hospital, Independence Avenue, San Fernando
BloodBankSF@swrha.co.tt
Hours of Operation:
Monday to Friday: 7:30 a.m. to 2:30 p.m.
Saturdays: 8:00 a.m. to 1:00 p.m.



ERHA's SPORTS AND CULTURAL CLUB

Vote for your Executive Team to plan and execute our social events.

ELECTION DATE:


**17TH AUGUST,
2023**

Time: 8:00 a.m. to
3:00 p.m.

GUIDELINES ON HOW TO VOTE:

- *Ballot boxes will be set-up in the reception area at each health facility and administrative office on Voting Day for persons to cast their votes.*
- *A registration form will be placed near the Ballot Box on Voting Day.*
- *Voters will be required to complete the registration form before casting their votes.*

Contact the Corporate Communications Department at 226-9116/9119 for more information.

Caring is the  Key



July 2023

Sangre Grande Hospital

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

Brothers Road Outreach Centre

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

Cumuto Outreach Centre

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

Manzanilla Outreach Centre

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

Rio Claro Health Centre

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

Toco Health Centre

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

Mayaro District Health Facility

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

Coryal Outreach Centre

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

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/358-5421

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



ERHA Trinidad & Tobago



@erhatrinidad