



# The Eastern *Vibes*

**Monthly Newsletter 2024**

**August 2024, Issue #121**

## GETTING READY TO SERVE YOU

Members of Staff prepare for Phase One of the relocation of services to the New Sangre Grande Hospital Campus. The relocation has ushered

in a new dimension of healthcare with increased efficiency and improved patient outcomes and experiences.

Looking forward to serve you.

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# ERHA Welcomes Our First Clients

The Eastern Regional Health Authority team led by Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) welcomed members of the public as they accessed services at the New Sangre Grande Hospital Campus. Services

offered in Phase One included the following Outpatient Clinics: Nephrology, Neurology, Gastroenterology, Medical, Urology, Warfarin, Orthopedic and Physiotherapy.





# It's All About HIM II



**Over 260** men prioritized their health and attended the second men's health initiative at the Sangre Grande Enhanced Health Centre on August 24, 2024.

They signalled that they understand the

important role Primary Healthcare plays in early detection and accessed general screening services including Prostate-Specific Antigen (PSA) testing to know their health status to commence early treatment if required.



# Observing World Breastfeeding Week



The celebration of World Breastfeeding Week 2024 in the Eastern Regional Health Authority was ushered in on August 2, 2024 with a ceremony to unveil the Baby Friendly Plaque which was recently installed in front of the Maternity Ward.

The Honourable Terrence Deyalsingh, Minister of Health presented the plaque to the Authority to signal that the Sangre Grande Hospital is accredited Baby Friendly Hospital Status.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer (Ag.) thanked the team for their hard work and dedication and also encouraged staff to continue to work together to maintain Baby Friendly Hospital Status. She later unveiled the plaque in front of the Maternity Ward.

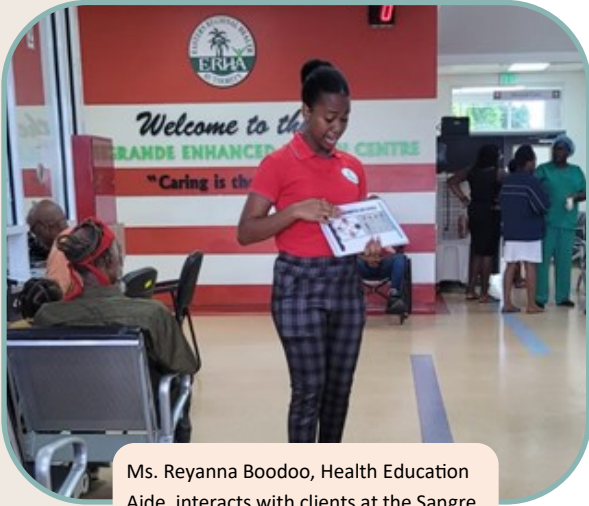
Ms. Debra Thomas, National Breastfeeding Coordinator, congratulated the staff and reminded them about successfully completing

the comprehensive process to achieve accreditation. She also emphasized the importance of enabling support at all levels for breastfeeding.

Friends from the Breastfeeding Association Trinidad and Tobago, Tobago Regional Health Authority, North West Regional Health Authority and North Central Regional Health Authority were also present to show their support.

In their thrust to continuing educating the public on the importance of Breastfeeding, the BFHI Unit conducted various activities throughout the Authority which included sensitization sessions at the Cumana, Valencia Outreach Centres, Toco and Rio Claro Health Centres and Sangre Grande Enhanced Health Centre. Sessions were also held at the National Insurance Board and Day Cares within the region. The BFHI Unit also participated at the Men's Health Fair at the ERHA and the North Central Regional Health Authority.

# Increasing Awareness on Mosquito Borne Diseases



Ms. Reyanna Boodoo, Health Education Aide, interacts with clients at the Sangre Grande Enhanced Health Centre

**According to the Caribbean Public Health Agency, mosquito-borne diseases present a significant risk to public health and can have a significant impact on our way of life. Recently, there has been an increase in reports of dengue outbreaks ending with hospitalization and sometimes even death.**

**620** clients within the County St. Andrew/St. David, were recently provided with information by the Health Education Department on how to protect themselves from mosquito-borne diseases.

The lecture sessions were held during the Chronic Disease and Post Natal Clinics at the Sangre Grande Enhanced Health Centre, the Manzanilla and Valencia Outreach Centres.

The presentations focused on the different mosquito-borne diseases; the type of mosquitoes and its lifecycle responsible for spreading the diseases, the common breeding sites, as well as the individuals role in making their environment free from mosquito breeding sites and the penalties for not doing so.

Handouts were also distributed on **“Numbers you Should Know.”**

## Health Education Sessions at Sport Camp



Ms. Zalina Khan, Health Education Aide, interacts with children at the Biche Rural Sport Camp

**Exercise is an important element in a healthy lifestyle.**

Health education sessions were conducted by the Health Education Team in Nariva/Mayaro for

over 80 children between the ages of 5 to 16 years old who participated in the Biche Rural Sport Camp.

The sessions were held at the Biche Recreation Ground on August 13, 2024 by the Ministry of Sport and Youth Affairs.

The campers were tutored on Proper Nutrition; Healthy Lifestyle; Wellness; Personal Hygiene; Mental Health and were provided with Back to School Safety Tips.

To ensure the students understood what was taught, a question and answer session was conducted and tokens presented.



# Youth with a Mission Camp



The Eastern Regional Health Authority recognizes the need to involve youth as change makers in promoting primary healthcare and is committed to engaging with them through multiple platforms.

With this in mind, the Mayaro District Health Facility team collaborated with the Trinidad and Tobago Police Service; Trinidad and Tobago Fire Service; Ministry of Agriculture and the Tobacco Control Unit to host a two day camp at the Mayaro BP Resource Centre on August 23 and 24, 2024. The camp entitled, **"Youth with a**

**Mission"** was aimed at empowering youths between the ages of 12 years to 18 years from the Mayaro Community to make informed decisions which will positively impact on their health.

The topics presented focused on Coping with stress; Bullying; Growing a kitchen garden; Mental wellness; First Aid and the Effects of Tobacco use, smoking and vaping.

Pre and post questionnaires were administered to measure the impact of the sessions and also to guide on changes for future initiatives.

## Building Capacity in Surveillance of Vaccine-Preventable Diseases



**According to the World Health Organization, Global immunization efforts have saved an estimated 154 million lives.**

A multi disciplinary team from the Eastern Regional Health Authority (ERHA) comprising Medical Officers; District Health Visitors; Surveillance Nurses; Epidemiologists and Communications Staff participated in a three-day workshop to enhance their capacity in surveillance of all Vaccine-Preventable Diseases and Crisis and Emergency Risk Communications. The Workshop was hosted by the Ministry of Health's Expanded Programme on Immunization and Epidemiology Division, in collaboration with the Centers for Disease Control and

Prevention and the Global Taskforce during the period August 21-23, 2024 at the Hilton Hotel.

The comprehensive Workshop was designed to provide healthcare professionals with the necessary knowledge and skills to effectively manage and communicate during the public health crises, particularly in relation to vaccine-preventable diseases. The key areas included: Vaccine-Preventable Diseases Surveillance; Disease Specific Surveillance Standards and Crisis and Emergency Risk Communications.

Members of the ERHA team successfully completed the training and were presented with certificates of participation.



# Wound Care Awareness Seminar



**A wound can detract from your quality of life and prevent you from doing things you enjoy.**

The Wound Care Unit of the Sangre Grande Hospital held a Wound Care Awareness Seminar on June 18, 2024 in celebration of Wound Awareness month under the theme, "Empowering healing, one wound at a time."

The seminar was opened by Dr. Rajiv Bhagaloo, Medical Director who commended Ms. Eleanor John-Eccles, General Manager-Nursing, Ms. Winnifred Vambe, Hospital Nursing Manager and the team for taking the initiative for training staff and implementing the programme to provide effective wound care, focusing on the proper management and treatment of wounds to promote healing and prevent infection.

During the seminar, presentations were made by Ms. Sita Cooper, Registered Nurse (RN) on

Dressings and Proper Documentation; Dr. Ryan Richardson, Registered Surgeon discussed Proper Footwear and Foot care; Dr. Elise Renaud, House Officer shared information on Fournier gangrene and Pressure Ulcers was discussed by Ms. Keisha Goonedeem, RN.

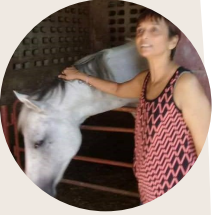
Mr. Terrance Ralph a former client at the Sangre Grande Hospital Wound Care Unit gave a moving testimony and commended the staff for the compassion, love and excellent treatment he received during his stay at the facility. He expressed the sentiments from his heart and sees them as his family. Mr. Ralph urged the team to continue what they are doing and made a plea for modern equipment to be provided to assist them with their duties.

Representatives from All Care Home Services and Pharmaco were also present to mount displays.





## Good News



### Lizzie Lall Dolabaille

I write with a grateful heart, to thank Sangre Grande Hospital for taking good care of my friend, who is a pensioner. She fell ill while on a family outing, was taken to the Sangre Grande Hospital and was well taken care of for

two days with numerous tests including heart tests.

Thank you Sangre Grande Hospital workers and Doctors who saw about her.

*Posted on Facebook by Lizzie Lall Dolabaille*

*August 18, 2024*



### Rozlin Joseph

I wanna say a special thank you to the nurses and doctors of the cancer clinic at the Sangre Grande Hospital, they are well trained in respect to their patients, they are very

friendly, kind and loving could not ask for a better staff. I wanna say thanks again for everyone supporting me.

*Posted on Facebook by Rozlin Joseph*

*August 31, 2024*

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



# Research Made Easy Summary - Lecture 6

## Estimating Sample Size And Power: Applications And Examples

### Simple Statistical Test For Use in Estimating Sample Size:

1. The **t test** is commonly used to determine if there is a significant difference between the means of two groups and how they are related or if there is any association.
2. The **chi-squared ( $\chi^2$ ) test** is a statistical test used to compare observed and expected results to determine if a disparity is due to chance or a link between variables.
3. The **correlation coefficient (r)** is the specific measure that quantifies the strength of the linear relationship between two variables in a correlation analysis. It quantifies how much one variable changes in relation to the change in another variable.

### Considerations in Calculating Sample Size for Analytic Studies Including Adjusting for Potential:

- ◆ **Dropouts** - are those participants who withdraw or are lost to follow up during the course of the study.
- ◆ **Categorical Variables** - this is a type of variable in statistics that represents categories or groups with discrete values. These values do not have a numerical relationship and are usually used to represent qualitative characteristics or attributes.
- ◆ **Survival Analysis** - when an investigator wishes to compare survival or other time-to-event data, eg. which of two treatments is more effective in prolonging life in women with advanced breast cancer.

- ◆ **Clustered Samples** - cluster sampling is useful when the population is widely dispersed and it is impractical to list and sample from all its elements.

### How To Estimate Sample Size When There Is Insufficient Information?

When there seems to be inadequate information to estimate the sample size, the investigator should review:

- ◆ The existing literature in related areas/similar topics that can provide insights on typical effect size, variability or proportions that can guide the sample size estimation.
- ◆ Consult with colleagues or experts to help choose an effect size that is clinically meaningful.

### Common Errors To Avoid:

- ◆ A common error is estimating the sample size late during the design of the study. Do it early in the process, when fundamental changes can still be made.
- ◆ The sample size estimates the number of subjects with outcome data, not the number who need to be enrolled. The investigator should always plan for dropouts and subjects with missing data.
- ◆ Not addressing clustered and paired data appropriately. Be aware of clustered data. If there appear to be two "**levels**" of sample size (e.g., one for physicians and another for patients), clustering is a likely problem.





# LANDSLIDES



## What is a Landslide?

A landslide, also known as a landslip, is the rapid mass movement of soil, mud and/or rocks downhill due to the pull of gravity. Landslides are very common in the region and occur in a variety of forms. Land may topple off in a big chunk, or slip down in bits. Landslides may be

composed of mud or may contain rocks and other debris. Most landslides occur gradually, but some may be sudden. Most major landslides are so-called “**secondary hazards**” triggered by another disaster, like an earthquake, volcanic eruption or erosion after a wildfire.



## Causes of Landslides:

- **Heavy and/or prolonged rain**

When rain falls, it makes the soil become heavier, and therefore more vulnerable to the pull of gravity.

- **Tremors and Shakes (Earthquakes)**

Loose soil, rocks and boulders can easily be dislodged from hilly areas and allowed to move downhill when the violent shaking of the ground transpires.

- **Deforestation**

The firm roots of the trees help to keep the soil in place. When trees are removed the

bare and exposed soil is left defenseless against the pulling force of gravity.

- **Quarrying/ Rock Mining**

The cutting away or excavation of hilly or mountainous areas causes soil movement to occur easily and rapidly.

- **Slash and Burn Agricultural Practices**

Slash and burn agriculture is a widely used method of growing food in which wild or forested land is cleared, cut and any remaining vegetation burned causing loose soil.





# LANDSLIDES



## Before a Landslide:

- Create a household evacuation plan that includes your pets.
- Stay informed about your community's risk and response plans.
- Ensure each family member knows how to get in touch if you are separated during an emergency.
- Assemble emergency preparedness kit.

## During a Landslide:

- If you are inside of a building, stay inside; don't leave your home until it is officially safe to do so.
- If outdoors, try to get to the nearest high ground in the direction away from the path of the landslide.
- If driving, remain alert and look out for collapsed pavements, mud and fallen rocks.

## After a Landslide:

- Only return to the area once it is officially safe to do so.
- Check your property for any structural damage.
- Check for any damaged utility lines or ruptured water mains. Report any damage that may have occurred to the relevant utility company such as T&TEC and WASA.

## Warning Signs:

- Bulging ground appears at the base of a slope.
- New cracks appear in plaster, tile, brick or foundations.
- Fences, retaining walls, utility poles or trees tilt or move.
- Slowly developing, widening cracks appear on the ground or on paved areas such as streets or driveways.

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

**Emergency: 911**

**Fire: 990**

**WASA: 800 4H20 (800-4420/6)**

**Ambulance: 811**

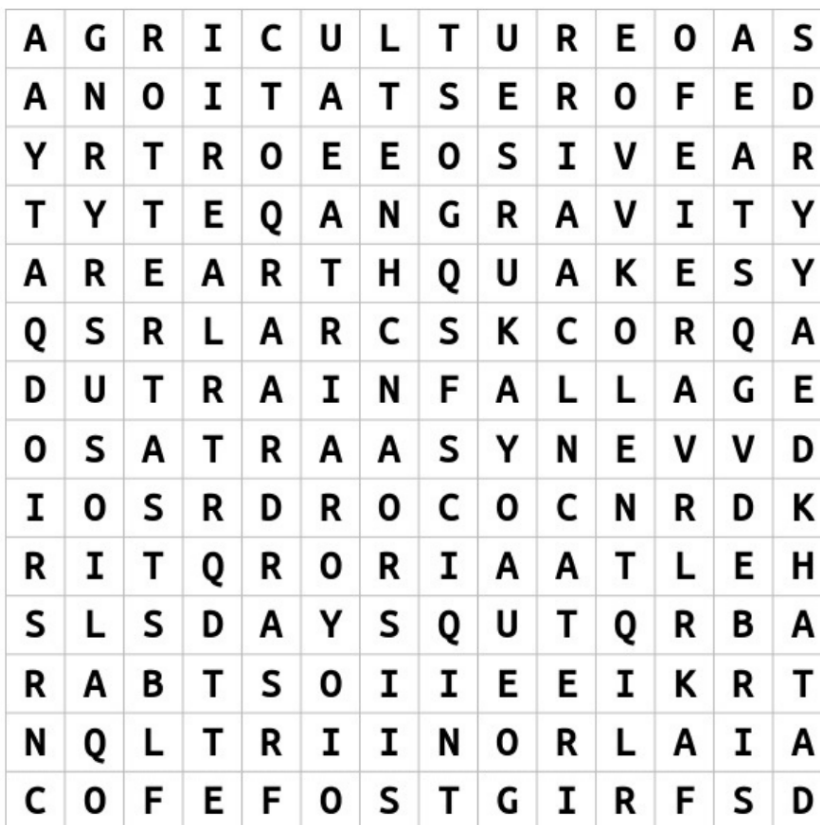
**ODPM: 511**

**Police: 999**

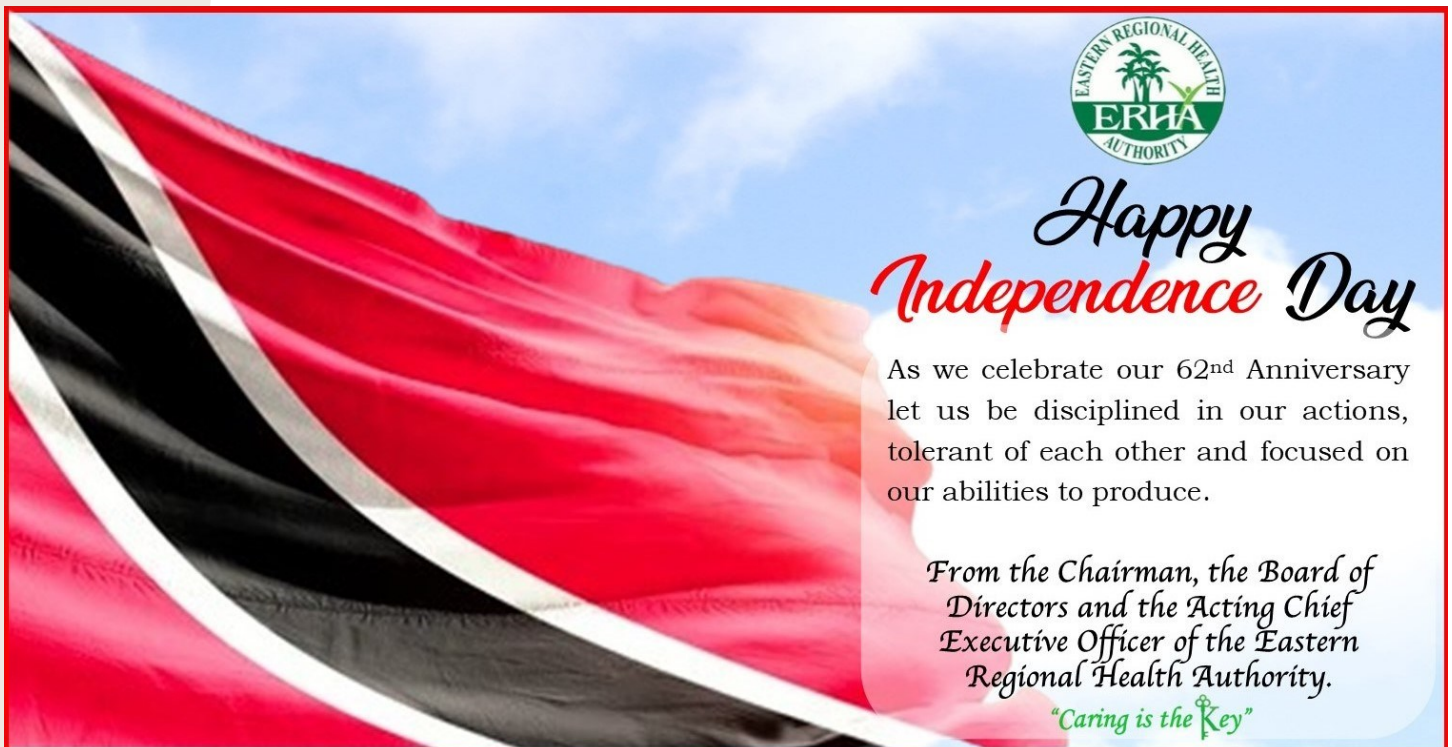
**T&TEC: 800-TTEC (8832)**

# Landslides Word Search

## Landslides



QUARRYING  
 RAINFALL  
 AGRICULTURE  
 SOIL  
 EROSION  
 DEFORESTATION  
 DEBRIS  
 EARTHQUAKES  
 GRAVITY  
 ROCKS



*Happy Independence Day*

As we celebrate our 62<sup>nd</sup> Anniversary let us be disciplined in our actions, tolerant of each other and focused on our abilities to produce.

*From the Chairman, the Board of Directors and the Acting Chief Executive Officer of the Eastern Regional Health Authority.*

*"Caring is the Key"*



## OUR VISION

The ERHA is a dynamic organisation focused on promoting wellness in collaboration with our communities. We commit to providing value driven, technologically appropriate quality healthcare services, through our highly motivated and developed human resource within the guidelines of national policy.

## OUR MISSION

The ERHA is the pioneer and preferred provider of quality health and wellness services in Trinidad and Tobago. We influence and set measurable standards of care through excellence in leadership and an enabling environment that presents a safe haven for all.

## OUR CORE VALUES

### **Respect for Human Dignity**

We treat our work, colleagues, clients, suppliers, and the community with dignity and respect. We embrace the diversity of people & perspective and encourage open and courteous communication and the sharing of different views.

### **Integrity**

We act with honesty, respect and transparency that will encourage and sustain a high level of trust and reliability in the organisation.

### **Shared Ownership**

Providers and clients of the organisation have a responsibility in guiding and regulating the quality, efficiency, customer satisfaction and planning of the Authority.

### **Commitment to Excellence**

We foster a spirit of service, build character and ethics, and promote and encourage a commitment to service to achieve the highest possible level of efficiency, effectiveness, professionalism and quality of care. Motivated people guide the organisation through deliberate change while promoting service, employee, environmental and financial excellence.

### **Partnership**

Effective partnership with relevant stakeholders including individual, communities, NGOs and other sectors are encouraged.

Universal access, affordability and equity

We subscribe to the ideal of accessible, affordable and equitable service for all.

### **Quality Care**

We are conscious that our vision will only be realized if our clients receive the highest possible quality care to which they deserve.

### **Innovation**

We are focused on utilizing and developing innovative ideas and techniques in conjunction with the technology of the day to enhance the outcomes and experiences of our clients, staff and key stakeholders.



**August 2024**

**Sangre Grande Hospital**

Ojoe Road, Sangre Grande  
Tel: 226-4744/668-2273  
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: 280-9781/668-9053

**Brothers Road Outreach Centre**

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

**Coryal Outreach Centre**

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

**Cumana Outreach Centre**

Toco Main Road  
Cumana Village, Cumana  
Tel: 226-1134/670-8250

**Cumuto Outreach Centre**

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

**Grande Riviere Outreach Centre**

Hosang Street  
Grand Riviere  
Tel: 670-8264/385-5421

**Guayaguayare Outreach Centre**

Guayaguayare Road,  
Guayaguayare  
Tel: 226-4090/630-8777

**Manzanilla Outreach Centre**

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

**Matelot Outreach Centre**

Main Road  
Matelot  
Tel: 670-2428/354-0052

**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

**Sans Souci Outreach Centre**

Main Road  
San Souci  
Tel: 670-2382/280-8694

**Toco Health Centre**

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

**Valencia Outreach Centre**

Alexander Street  
Valencia  
Tel: 226-1260/667-8197

**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**

