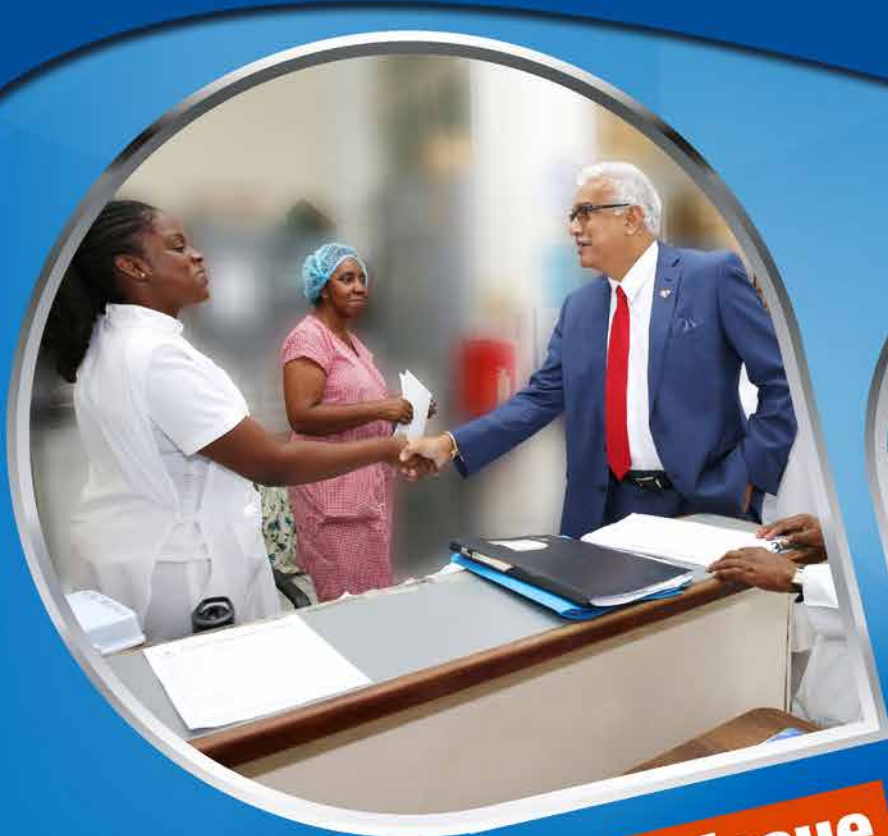


Southern

PRIDE

SWRHA'S NEWSLETTER



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National Consultations For Healthcare Transformation

The Ministry of Health hosted its second national consultations on healthcare reform at the Naparima Boys' College San Fernando Auditorium on May 25th, 2017. The public was invited to share their thoughts on the recommendations put forward by the Welch Report which aims for Healthcare Transformation. Members of the panel answered questions posed on healthcare and healthcare reform in the South-West Region and Trinidad and Tobago. The panel comprised The Honourable Minister of Health Terrence Deyalsingh, Dr. Roshan Parasram, Chief Medical Officer, Dr. Alexander Sinanan, Chairman SWRHA Board of Directors and Mrs. Gail Miller-Meade, Chief Executive Officer.

The Honourable Minister of Health Terrence Deyalsingh addresses the audience at Naparima Boys' College

A member of the public shares her opinion with the audience and panel

Captions clockwise:
Members of the Panel at the National Consultations for Healthcare: (L-R) Dr. Roshan Parasram, Chief Medical Officer; Dr. Alexander Sinanan, Chairman SWRHA Board of Directors; The Honourable Minister of Health Terrence Deyalsingh and Mrs. Gail Miller-Meade, Chief Executive Officer





The Honourable Minister of Health, Terrence Deyalsingh greets staff at the San Fernando General Hospital

Minister of Health Tours San Fernando General Hospital

The Honourable Terrence Deyalsingh, Minister of Health, continued his tour of the public hospitals with a visit to the San Fernando General Hospital on July 26th, 2017. Minister Deyalsingh and members of the Ministry of Health's Executive team met with the Board of Directors, the Executive, Technical and Operational staff of the South-

West Regional Health Authority. At this meeting, he facilitated open discussion about change management and improvement of service delivery.

Minister Deyalsingh also took the opportunity to visit the labour ward and discussed plans to upgrade the present infrastructure. Members of staff were able to share their concerns

and developmental plans with the Honourable Minister.

The Minister of Health assured the staff that the Ministry of Health is committed to supporting the RHA at its thrust towards achieving world-class quality healthcare.

Providing Quality Palliative Care at the SWRHA

The SWRHA Palliative Care service started as a volunteer-based initiative under Drs. Akenath Misir and Dylan Narinesingh in 2011, and continues today under Dr. Keshav Gyan as Consultant in the Oncology Outpatient Clinic at San Fernando Teaching Hospital and the unwavering support of volunteer Dr. Stacey Charmley. The clinic sees patients referred in-house from the Oncology Unit. The Medical and Surgical teams also avail themselves as needed for patients who require outpatient follow-up. Referrals are also accepted from the Caura Hospice and Sangre Grande Hospital. To date, the clinic has served over 300 patients - the youngest of whom

was 16 and the oldest, 92. The clinic provides

a range of services including patient and family counselling, end of life care, specifically support during the terminal phase of these patients and bereavement counselling for family members. The SWRHA Palliative Care service would not be possible without the team effort of the Oncology Department at the San Fernando General Hospital.



(L-R) Dr. Luke Superville, House Officer in Haematology; Dr. Llyndie Legendre-Shah, House Officer in Gynae-Oncology; Dr. Vinita Verma Shrivastav, Registrar in Gynae-Oncology; Dr. Manda Mahabir, House Officer in Medical Oncology; Dr. Angela Maria Clavelo Guerra, Registrar in Medical Oncology; Dr. Keshav Gyan, Consultant (S.M.O.) in Medical Oncology; Dr. Robert Jupiter, House Officer in Medical Oncology; Dr. Saara Mohammed, House Officer in Medical Oncology and Dr. Denara Karamath, House Officer in Gynae-Oncology.



Mrs. Gail Miller-Meade, CEO during her presentation at the Ministry of Health's and SWRHA's Strategic Planning Meeting

Ministry of Health and SWRHA's Strategic Planning Meeting

A strategic planning meeting between the Ministry of Health and the SWRHA took place on June 16th, 2017 at the Conference Room, Level 3 San Fernando Teaching Hospital. The meeting included presentations from Mr. Lawrence Jaisingh, Director Health Policy Research and Planning, Dr. Adesh Sirjusingh, Director Women's Health and Dr. Maryam Abdool-Richards, Programme Director. These

presentations were centred on the Role of Annual Service Agreement and Monitoring and Evaluation Mechanisms, Maternal and Infant Health and Non-communicable Diseases Component of the Inter Development Bank Loan.

Members of the SWRHA Executive Team highlighted the four strategic directions of SWRHA's Strategic Plan, major projects and activities, addressed long waiting times in secondary and primary care, and

adverse events management. Mrs. Gail Miller-Meade, CEO concluded the meeting by presenting new initiatives to be undertaken in 2017. Ministry of Health personnel also present at the meeting included: Dr. Dianne Dhanpat, Deputy Permanent Secretary; Dr. Roshan Parasram, Chief Medical Officer; Mr. Asif Ali, Health Sector Adviser and Mr. Shane Bodoosighn, Adviser to the Honourable Minister of Health.

SWRHA's Total Parenteral Nutrition Pharmacy Services

Bringing services closer to you



The South-West Regional Health Authority (SWRHA) continues to enhance Pharmacy services at the San Fernando General and Teaching Hospital with the commencement of Total Parenteral Nutrition (TPN) services.

TPN involves the compounding of admixtures comprising basic nutrients, such as glucose, amino acids, fats and water. TPN is integral to the growth and development of our paediatric patients including those in the Neonatal Intensive Care Unit (NICU), in instances where all

of or a part of their digestive system is inactive. TPN is prepared using a sterilised technique performed under a laminar flow hood and is introduced intravenously.

The SWRHA is now able to successfully compound admixtures required for the growth and development of patients requiring intravenous feeding at the Neonatal Intensive Care Unit (NICU) and the Paediatric wards at San Fernando General and Teaching Hospital. Previously, admixtures were compounded at the Eric Williams Medical Sciences Complex.

The SWRHA remains committed to our mission of providing comprehensive, quality healthcare in a safe and healthy environment and is pleased to provide our clients with this service at our facility.



Mr. Anil Gosine, former Chief Executive Officer, Dr. Pravinde Ramoutar, Medical Director and Mrs. Indra Maharaj, General Manager Allied Health Services at the official opening of the TPN Room



Launch of Mental Health Advocacy Group



The Psychiatric Department took the initiative in providing technical and other support for the launch of a mental health advocacy group - The Trinidad & Tobago Association for the Improvement of Mental Health. This Group was launched on August 4th, 2017 at the Conference Room of the San Fernando Hill.

Vision:

The Trinidad and Tobago Association for the Improvement of Mental Health envisions a mentally healthy population through the promotion of mental health and proper treatment and care for persons diagnosed with mental illness.

Mission:

The mission of The Trinidad and Tobago Association for the Improvement of Mental Health is to promote Mental Health Awareness so that persons can experience a high quality of life.

Goals:

1. To heighten awareness about the value of mental health through dissemination of information
2. To support and facilitate empowerment of persons with Mental Health Challenges and standing with persons with mental health issues to help promote their rights as human beings
3. To build alliances with other organizations working in the field of Mental Health
4. To refer persons to appropriate service providers, professionals and support agencies

Methods by which the Group hopes to achieve its aims and goals:

By partnering with the Ministry of Health, RHAs, and collaborating with the media, professionals, support groups, persons with mental health issues, their families, and anyone who is interested in partnering with our cause.

(Sitting L- R): Dr. Celia Ramcharan, Senior Medical Officer, Mrs. Gail Miller-Meade, CEO, Dr. Karen Ghany, Head of Psychiatry, Mr. Pooran Sankar, Regional Manager Psychiatric/Mental Health Services

(Standing L- R): Members of the Trinidad and Tobago Association for the Improvement of Mental Health - Imam Sheraz Ali, Dr. Darin Mohammed, Ms. Caron Asgarali and Ms. Andrea Ragoonath-Gopaul,



"Your Partners in Health"

Mental Health is Everybody's Business

SWRHA Provides Psychological and Mental Health First Aid Training

The SWRHA has engaged in a project to develop a shared understanding of basic Psychological and Mental Health First Aid. The programme **"Psychological and Mental Health First Aid for All"** targets non-clinicians who are sometimes informal first responders. The aim is to enhance their current competencies in responding to mental health challenges faced by the population while referring those in need of intervention to SWRHA's specialized range of mental health services.

Approximately 200 persons of the south-west region inclusive of secondary school students and teachers, faith based organizations and governmental agencies have been exposed to this training thus far. We continue to train other partners in health such as various NGOs and other community groups.

Mental Health Services Outpatient Clinics

- San Fernando Community Mental Health Centre: 225-4325 ext 3057
- South Oropouche Health Centre: 677-7305
- Siparia DHF: 649-9823 ext. 4510/ 649-3996
- Area Hospital Point Fortin: 648-2998
- Cedros Health Centre: 690-1440
- Princes Town DHF: 655-4700 ext 3827
- Couva DHF: 636-4033 ext 3922

Specialized Services

- Substance Abuse Clinic, San Fernando Community Mental Health Centre: 225-4325 ext 3057
- Child Guidance Clinic, Pleasantville Health Centre: 653-0521/652-0023
- Memory Clinic, San Fernando Community Mental Health Centre: 225-4325 ext 3057

Occupational Therapy Department at:

- San Fernando Community Mental Health Centre & Substance Abuse Unit: 225-4325 ext 3057
- Siparia DHF: 649-9823 ext 4510
- Couva Extended Care Centre: 777-0746
- Point Fortin Extended Care Centre: 648-2126

Tune in to WACK Radio 90.1FM the 1st Monday every month at 1:00 p.m. for our Mental Health Programme.



"This programme helped to bring awareness of psychological issues children may be experiencing."

Jevene Christom- Teacher, St. Joseph Convent San Fernando

"I find the training session educational, inspirational and highly motivating."

Sheraz Ali- Imam Nur-e-Islam Mosque

"I would recommend this programme to every single person who has or knows someone with a psychological disorder."

Avinash Maharaj- Pandit SDMS

"The training by the SWRHA on Psychological and Mental Health First Aid was both informative and visionary."

Dr. Darin Mohammed- Mc Bean Worship Chapel

"The training was excellent. It gave me a great understanding of how to deal with situations relative to patients suffering from mental illness."

Narinda Soogrim, Southern Police Division

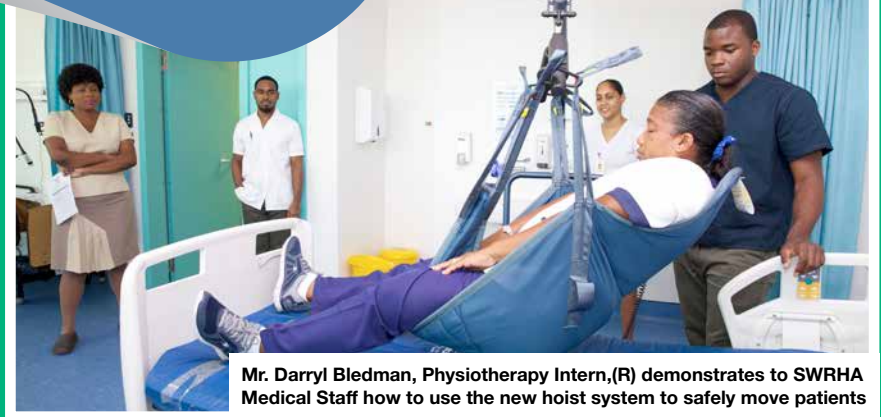
"I thought the programme was inspirational. I now have the knowledge to better understand Depression."

Grace Pierre, Community Policing Secretariat

Healthy me...Healthy you...Healthy T&T.

Patient Hoist Training

As the South-West Regional Health Authority continues to improve patient services, the Training and Development Unit, Human Resources Department hosted **Patient Hoist Training** on the August 22nd, 2017 at the Northern Conference Room, Level 8, San Fernando Teaching Hospital. This training was done to make staff aware of the **Patient Lift** or **Patient Hoist System** and its benefits to both caregivers and patients.



Mr. Darryl Bledman, Physiotherapy Intern,(R) demonstrates to SWRHA Medical Staff how to use the new hoist system to safely move patients

The Patient Hoist system can be described as a sling lift or a sit-to-stand lift, which helps those that are receiving healthcare, particularly heavy patients, to be transferred between a bed and a chair, by the use of electrical or hydraulic power. These lifts can be set up two ways, the first being mobile and on the floor and the other, suspended overhead from the ceiling on overhead

tracks.

Patient Hoist Lifts are to be used by Medical Orderlies and Nursing Staff, and it was outlined at the training session that in order for this to be done without mishap, staff must be properly trained and follow best-practice guidelines. A demonstration was later done at the Level 16 Isolation room, at the SFTH.

Clean Hands for All



(L-R) Mr. Sahadeo Gunpat, Ms. Rajmati Raman, PCA, Mrs. Natalie Greenidge, IPC Officer, Ms. Carla Scott, ENA and Mr. Nicholas Lugo

For hand hygiene to effectively prevent the spread of infections and diseases it must

be done correctly and consistently each time hands are washed at home, work, school or in any other public space. The Infection Control and Prevention Unit continued to lead the charge for mass education by hosting an outreach on **World Hand Hygiene Day**, May 5th, 2017. Keeping with the theme **"Fight antibiotic resistance – It's in your hands"** the focus was on reducing healthcare associated infection and prevent the spread of antibiotic resistance

microorganisms within health settings.

The public and staff were invited to the San Fernando General Hospital foyer to participate in live teaching and consultation sessions about hand washing techniques and compete for prizes. Those who took the quiz or "washed their hands" were entered into the grand draw for prizes from 3M and Kimberly Clarke Professional.

The winners were:

1st Place - Ms. Rajmati Raman, PCA, Main X-Ray, SFGH

2nd Place - Ms. Carla Scott, ENA Community Liaison Unit, SFGH

3rd Place - Mr. Nicholas Lugo, Field Officer, Guides Funeral Home

4th Place - Mr. Sahadeo Gunpat, Outpatient, SFGH

Spelman College Students

Visit to San Fernando Teaching Hospital



Twenty-two students pursuing careers in medicine at the Spelman College in Atlanta, Georgia, embarked on a Health Careers Global Health Trip to Trinidad and Tobago from May 22nd to June 3rd, 2017. This was an opportunity for these students to interact with doctors and local medical students, attend clinics and gain experience in active hospital environments.

During this trip they paid two visits to the San Fernando General and Teaching Hospital: the first was a tour facilitated by Nurse Kendra Peters, Patient Care Coordinator (SFGH), on May 26th, where they were exposed to one of the busiest health care facilities in Trinidad



(Seated L- R) Dr. Lakhan Roop, Dr. Alayna M. Blash, Associate Director of the Health Careers Program (Spelman College), Dr. Claude Khan, Dr. Rosalind C. Gregory-Bass, Director of the Health Careers Program and Assistant Professor in the Environmental and Health Sciences Programme (Spelman College) and Ms. Anesa Doodnath-Siboo with the students at the San Fernando Teaching Hospital

and Tobago. On their second visit on June 1st, the students participated in interactive sessions with trained professionals who were able to give them insights into what it takes to deliver quality care to patients daily. On hand to interact with the students were Mrs. Gail

Miller-Meade, Chief Executive Officer (Ag.); Dr. Pravinde Ramoutar, Medical Director (Ag.); Dr. Lakhan Roop, Senior Medical Officer, Paediatric Surgical; Dr. Claude Khan, Community Diabetologist; and Ms. Anesa Doodnath-Siboo, Regional Manager Pharmacy Services.

UTT Students visit San Fernando General Hospital

Five second-year students from the University of Trinidad and Tobago O'Meara Campus pursuing Biomedical Engineering studies visited the San Fernando General Hospital on July 11th, 2017. They were able to tour the Emergency, Biomedical and Radiology Departments, as well as the Pathology Lab. The group visited SFGH to gain an understanding of the real-world practical aspects of Biomedical Science with emphasis on laboratory equipment, CT Scanning and the overall inpatient and outpatient processes. Under the informative guidance of Mr. Shiva Balliram of the Biomedical Department, the students were extremely grateful to be a part of this experience, as they were able to see their classroom theory come to life. Students claimed to now have a better understanding of various biomedical specialties, and said that they will be more capable of choosing an appropriate specialisation within their field.



Mr. Jason Thorne, Registered Nurse at Accident and Emergency (R) with UTT's Biomedical students

San Fernando General Hospital at the forefront of **Cutting Edge Scarless Surgery**



Congratulations to the Department of Surgery at the San Fernando General Hospital on being published in the July 2017 Issue of the International Journal of Surgery Case Reports. The documented case was the first Endoscopic Thyroid Surgery performed in the Caribbean. This procedure was conducted by Dr. Yardesh Singh, Consultant and UWI Lecturer, and his surgical team on a 42 year old female patient. The operation lasted for 268 minutes and yielded a successful outcome. The benefits of these minimally invasive surgical procedures include better cosmetic results, decreased postoperative pain and reduced inpatient period without an increase in postoperative complications. Since 2010, Dr. Singh and his team has been forging ahead with pioneering work in Scarless Surgery at the San Fernando General Hospital.



Attendees and graduands at the Shelter Management and Initial Damage Assessment Graduation Ceremony

Shelter Management and Initial Damage Assessment Graduation Ceremony

“The SWRHA stands as a leader in developing disaster risk reduction,” said Mr. Jaishima Gowandan, Regional Coordinator from the Office of Disaster Preparedness and Management (ODPM) at the Shelter Management and Initial Damage Assessment Training Programmes Graduation

Ceremony on June 2nd, 2017 at the Level 3 Conference Room, San Fernando Teaching Hospital.

The event was hosted by the Disaster Coordination Unit in collaboration with the Training and Development Unit, Human Resources Department. Initial


Damage Assessment involves collecting, analysing and collating data in the event of a disaster. Shelter Management aims to equip persons with the necessary knowledge and skills to select, prepare, maintain, operate and manage emergency shelters. Both Training Programmes targeted all categories of staff in the SWRHA, to ensure that in cases of emergency, there are specially trained members of staff to organise and manage shelters at their respective healthcare facilities. These persons will also work together to assess the damages post-disaster. At the end of the ceremony, eighty-two SWRHA staff members received certificates in Shelter Management and Initial Damage Assessment from the ODPM.



Mr. Jaishima Gowandan, Regional Coordinator from the Office of Disaster Preparedness and Management (ODPM) delivers remarks at the Graduation Ceremony



Nutrition Fair at SFTH




Staff from the Nutrition and dietetics Department give juice samples to persons visiting their booth at SFTH

The Nutrition and Dietetics Department continued to demonstrate their commitment to promoting proper nutrition as they commemorated National Nutrition Awareness Week with a Nutrition Fair on June 8th, at the San Fernando Teaching Hospital.

The campaign for 2017 was "Put Your Best Fork Forward." It was geared towards the development of healthy eating patterns by consuming foods from the Six

Caribbean Food Groups that contain the appropriate calorie and nutrition levels. Dietitians were present to conduct Body Mass Index screenings and offer advice about creating proper meal plans. To reinforce the ideology of good eating practices there were food displays showing the sugar, salt and fat contents in popular snacks, beverages and fast foods. Visitors were able to sample healthy drinks and snack options.

Persons were also encouraged to grow some of their foods using organic farming practices by planting herbs and vegetables using seeds, cuttings and aquaponics (growing plants fertilized by the waste produced by fishes living in an aquaponics system [tank]).



Ms. Kyrie Homer, Registered Dietitian educating staff on growing their own food

World Blood Donor Day



Mr. Stevie Roopchand, first time blood donor, smiles while giving blood



Mrs. Gail Miller-Meade, CEO, during pre-screening for blood donation



Mr. Justin Ragoonanan, donates blood on World Blood Donor Day

World Blood Donor Day is celebrated annually on June 14th. It is a day set aside to recognise persons who donate blood, to save the lives of persons who require emergency blood transfusions, either voluntarily [to recipients they do not know] or electively [to recipients they know].

The staff at the Blood Bank, San Fernando General Hospital held a donor appreciation function under the 2017 theme “Don’t wait until disaster strikes – What can you do? Give blood. Give often. Give now.” They underscored the

importance of giving blood especially in response to the increase in the demand for blood, the strict screening process to ensure that the blood is safe for transfusion and expand the donor base by carrying the message forward to a wider audience.

Three key points to note:

- ❖ A male donor can give blood every 3 months
- ❖ A female donor can give blood every 4 months
- ❖ Unused blood expires after 35 days

For further information please contact:

Blood Bank, San Fernando General Hospital
225-Heal (4325) ext. 13215

Opening Hours

Monday to Friday 7:00 a.m. to 3:00 p.m.
Saturday 6:00 a.m. to 1:00 p.m.

Closed on Sundays and Public Holidays

CARPHA introduces Baby Friendly Hospital Initiative



Ms. Christine Boucage, Senior Technical Officer Food Security and Nutrition at CARPHA (R) addresses members of the Board of Directors, Executive and nursing staff at the SFTH

On July 31st, 2017, the Caribbean Public Health Agency (CARPHA) held a sensitisation session for members of the SWRHA Board of Directors (BOD) and other stakeholders to introduce the Baby Friendly Hospital Initiative (BFHI) and encourage the commencement of Baby Friendly Assessment (BFA). This session was held in the Northern Conference room, Level 8, San Fernando Teaching Hospital, and was facilitated by Ms. Christine Boucage, Senior Technical Officer Food Security and Nutrition, CARPHA.

The BFHI was launched by the World Health Organisation and UNICEF in 1991, with the intent of creating policies and ensuring the implementation of practices that support and promote healthy breastfeeding.

Ms. Boucage described in detail, the steps to be taken under the BFA for the San Fernando General and Teaching Hospital to become certified as Baby Friendly. The assessment will entail testing clinical and non-clinical staff on their knowledge about breastfeeding and antenatal care after they have undergone the appropriate training procedures. During the session Dr. Alexander Sinanan, Chairman BOD, commented that he very enthusiastic stating that the board is in full support of the initiative, along with the Ministry of Health.

While Ms. Sherma Alexander, Nurse Manager SFGH, assured persons that the hospital will indeed move forward with the policy and that the required training would start today.



Ms. Yolande Davidson, DHV, encourages expectant and new mothers to exclusively breastfeed

La Brea Celebrates Breastfeeding Week

The dedicated staff at the La Brea Health Centre conducted their annual breastfeeding programme, on August 7th, 2017. Ms. Yolande Davidson, District Health Visitor, hosted this programme that was geared towards educating expectant and new mothers about breastfeeding and its benefits. Attendees were reminded that breast milk builds the child's immune system when compared to baby formula, which can have adverse effects. Persons were also invited to participate and share their experience and raise concerns about breastfeeding their children. During this segment, one new mother stated that for the first two days she was unable to produce milk, but with the guidance of the nurses at the facility, is now able to successfully breastfeed her baby.

Infant and Young Child Feeding Seminar 2017



Nutrition and Dietetics interns educating staff on foods ideal for weaning babies after exclusively breastfeeding for six months

The second annual Infant and Young Child Feeding Seminar was hosted by the Nutrition and Dietetics Department on August 2nd, 2017, in Conference Room A, Level 4 San Fernando Teaching Hospital. The objective of the seminar was, "to provide educational guidelines for Nursing and Medical Students regarding optimal nutrition for the paediatric population from birth to 5 years of age." Several topics within the realm of breastfeeding and pregnancy were addressed, including benefits of having an exclusively breastfed baby.

Mrs Kyrie Homer-Kimraj, Dietitian County St. Patrick West, spoke on the theme of **World Breastfeeding Week 2017, "Sustaining Breastfeeding Together"**, where she emphasised the importance of the working together of medical staff to promote breastfeeding. Also speaking at this event Ms. Jochelle Mohammed, Dietitian County Caroni South, postulated that breastfeeding

does not only benefit the baby but has multiple benefits for the mother as well.

In their presentations, the Dietetic Interns also touched on the dismissal of myths regarding nutrition during pregnancy and breastfeeding by dispelling common misconceptions such as the idea of "eating for two" when pregnant. There was also a display and demonstration of "Complementary Feeding". Ms. Ria Sookbirsingh, Dietetic Intern, also demonstrated the methods by which food must be prepared for a baby over the age of six months.

By the end of the seminar, the medical and nursing students of the SWRHA were better informed on the phenomenon of breastfeeding. It is expected that these persons will be better able to pass their knowledge on to their future patients, ensuring healthy babies that will become healthy adults.

Word Search

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

MILK	FEEDING	HEALTHY
BREAST	BABY	MOTHER
HUNGRY	CHOLESTEROL	MASTITIS
MOUTH	ANTIBODIES	POSITION
NIPPLE	LACTATION	SUPPORT
PACIFIER	VITAMINS	RELAX
CRADLE	CLUTCH	
NURSING	COMFORTABLE	

Ste. Madeleine Health Centre's Transition to Secondary School 2017



Approximately 150 students were exposed to interactive presentations and discussions centred on making healthy eating choices, understanding puberty and physical changes, social and emotional development during puberty, maintaining moral standards and values, and making wise choices. Students also engaged in a 20-minute exercise session.

The staff of the Ste. Madeleine Health Centre hosted their annual Transition to Secondary School Seminar on May 9th, 2017 at the Ste. Madeleine Regional Complex. Initiated in 2009, this programme has played a significant role in promoting the smooth transition of post-SEA (Secondary Examination Assessment) students to secondary schools over the past eight years.

Spearheaded by Mrs. Erica Joseph-Christom, District Health Visitor (DHV) at the Ste. Madeleine Health Centre, Transition to Secondary School aims to positively affect the thinking and behaviour of students transitioning to secondary schools by informing them of emotional, physical and social issues they may experience and examine ways they can cope with these changes.

Presenters included: Ms. Jochelle Mohommed, Registered Dietician, SWRHA Nutrition and Dietetics Department; Dr. Vanessa Bachan and Dr. Manisha Sanklal, Doctors at the Ste. Madeleine Health Centre; Ms. Trudy Ayum, Corporal Community Police; Ms. Jamila K. Bannister, Psychologist at the Children's Authority; and Ms. Walterine Rousseau, Motivational Speaker and former Vice Principal Marabella North Secondary School.

Above: Mrs. Kathyann Elbourne, General Manager Nursing during her opening remarks

Below: Ms. Jochelle Mohommed, Registered Dietitian discusses caloric intake for children

FLANAGIN TOWN HEALTH CENTRE HEALTH EDUCATION PROGRAMME



Ms. Seeta Sookdeo, DHV, Ms. Sylvia Douglas PCNM Caroni South and Ms. Shirma Hinds, DHV (sitting 3rd- 5th from L) with members of the Flanagin Town Health Centre's Diabetic Group and staff at the Health Centre

A healthy lifestyle can help a child live a life free from chronic health problems such as heart attacks, high blood pressure, diabetes, strokes and cancer. With the advent of high-speed internet, smartphones, smart televisions, video games, fast foods and processed foods, children have become more sedentary and overweight. Obesity and diabetes are now presenting themselves in children at an alarming rate, but the battle is not lost. Children can learn to adopt healthy eating and exercise habits and maintain these practices in their adult lives.

In keeping with this, the staff of the Flanagin Town Health Centre along with members of the Flanagin Town Diabetic Support and Wellness

Group hosted its 2nd Annual Health Education Competition on June 9th, 2017 at the Flanagin Town Health Centre. Three schools participated in this year's competition: Brasso Roman Catholic Primary School, Flanagin Town Roman Catholic Primary School and Mamoral Roman Catholic Primary School.

Students from each school competed in two categories: healthy meal planning and exercise routine. In the healthy meal planning category, three students from each school were presented with various healthy and unhealthy foods. They were asked to plan a healthy breakfast, lunch and dinner. After the allotted time

to plan the meal, dieticians from the SWRHA marked each school on their healthy meal planning skills.

Students from each of the three schools were then marked on an exercise routine. They were judged on the creativity of the exercise routine, as well as the enthusiasm displayed by students participating in the exercises. These activities were used as a means to demonstrate to the children, that living a healthy lifestyle can be both beneficial and fun. In the end, Brasso Roman Catholic School was victorious in achieving the trophy for this year's Health Education Challenge Competition.



A student from the Brasso Seco Primary School accepts the trophy from Mrs. Sylvia Douglas, PCNM Caroni South

THE LA ROMAINE DIABETIC SUPPORT GROUP



The La Romaine Diabetic Support Group was founded on May 23rd, 2015 as a collaborative effort of the health centre and its patients. The aim and objectives of this group are to promote wellness and proper management of the disease while aiding in the prevention of the onset of Type II Diabetes. The primary focus is on educating members of the community through monthly meetings where specially invited guest speakers elaborate on health issues and provide solutions or recommendations. This has proven to alleviate the stress levels of members since the group functions to support and create an environment of love and hope.



Members of the La Romaine Diabetic Support Group

The group is governed by a Board of Directors of five stakeholders primarily staff of the South-West Regional Health Authority and is further managed by an Executive Committee who implements goals and decisions. The present membership is 165 members who participate in the educational programmes, field trips and annual walkathon.

On May 27th, 2017 the group celebrated its second anniversary at the Second Annual General Meeting. Reports on activities and the way forward were presented by Dr. Sarah Roopnarine, Chairman of the Board of Directors.

FUN AND FAMILY DAY AT CECC

On May 26th, 2017, the Couva Extended Care Centre (CECC) hosted the Annual Fun and Family Day the grounds of the CECC. Team Couva crowned the day by marching their way to first place with their presentation titled "Trini to the Bone". In the other keenly contested sporting activities it was team Point Fortin that held the narrow overall lead. The day ended with a freestyle dance session for the patients to unwind and enjoy themselves.

The Extended Care Centres have been successfully hosting this Fun and Family Day for the last five years to promote friendly competition that engenders camaraderie among the patients of the Couva and Point Fortin ECCs. This activity is a part of a long-term strategy for providing rehabilitative and restorative care for medical and non-medical patients/residents in need of assistance with their daily routines.

Patients at the Couva and Point Fortin ECCs go through their march past routine, run races and participate in musical chairs



Nurses Week Celebrations

International Nurses Day, which is annually celebrated on May 12th, recognises the life-saving contributions and interventions made by nursing staff worldwide. The theme for International Nurses Day 2017 was "Nurses: A Voice to Lead. Achieving the Sustainable Development Goals". The dedicated and hard-working nurses throughout the SWRHA united in a show of camaraderie and support, to commemorate International Nurses Day by hosting a series of events geared towards encouraging and empowering nursing staff.

Coordinated by Nursing Administration under the theme "Compassion in Action", these celebrations started at the Nurses Lounge on May 5th, 2017 with the official opening of Nurses Week celebrations by the executive members of the Trinidad and Tobago Registered Nurses Association. This was followed by a powerful and engaging Motivational Session on May 8th, with Dr. Oscar Noel Ocho, Director of the UWI School of Nursing and a Poster Competition on May 12th, in which the Nephrology Team emerged winners.

Nursing Administration's annual Workshop took place at the San Fernando City Hall Auditorium on May 15th and featured

compelling presentations from Dr. Stephen Pilgrim, Consultant and Dr. Cletus Kennedy Bertin, Motivational Speaker to an audience of approximately 100 persons. These were centred on the topics: Emotional Intelligence (EQ) for Effective Leadership, Teamwork, Conflict Resolution, Applying the Elements of the EQ Framework and the Application of Self-Assessment.

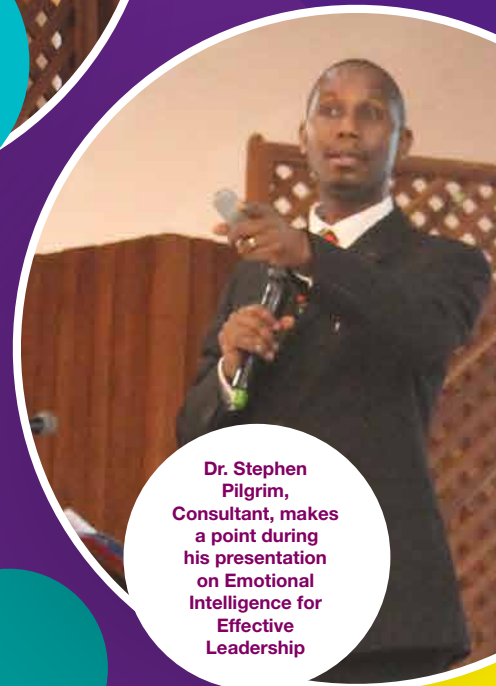
On May 19th, 2017 Nurses Week celebrations culminated with the second annual Nurses Can Cook Competition. Seven nursing teams competed in a culinary battle, preparing mouth-watering dishes which had to include sweet potato, coconut or tomato. Members of the T&T



Nurses from the Beach Party Team at Nurses Can Cook 2



Mrs. Valerie Alleyne-Rawlings, Deputy Chairman during her remarks to the audience at the Nursing Administration's annual Workshop



Dr. Stephen Pilgrim, Consultant, makes a point during his presentation on Emotional Intelligence for Effective Leadership

Food Museum Team won the competition. In the end, SWRHA Nurses Week encouraged nurses to unite and let their voices be heard as they continue to provide better healthcare for all.

Emancipation Day Celebrations at the Pathology Laboratory



Pathology Lab staff dressed in African garb view a Power Point Presentation on Emancipation Day

In commemoration of Emancipation Day, the staff at the Pathology Laboratory held their annual Emancipation Day celebrations on July 28th, 2017 to discuss the intricacies of slavery. The function, hosted by the vibrant Ms. Ornella Daly,

Medical Lab Assistant, featured a short clip from the popular movie "Roots", a TED Ed video entitled "The Atlantic Slave Trade" as well as a PowerPoint presentation depicting misconceptions about slavery and the slave trade.

This programme was coordinated with the intention of enlightening staff about the real reasons why slavery existed, a call for persons to remember their ancestors' past and thus have a better appreciation for the opportunities that those in the African Diaspora are afforded today.

Ms. Daly along with other Pathology Lab staff pointed out that much of the information shared during the session was either not taught in schools or distorted in some form. One of the issues that stood out to many in the audience was the fact that slavery existed within Africa prior to reaching the Americas. The enslaved were sold by their own kings, as they were not regarded as fellow Africans, but as criminals and were therefore dehumanised.

Special prizes were awarded to participants: Mr. David Augustine for Most Enthusiastic Participant, Ms. Kerriann Mejias for Best Dressed, and a door prize. Refreshments of traditional African snacks were shared and persons were reminded to never forget their African roots.



Sewing Room Dresses for Emancipation Day



Sewing Room staff in their Emancipation Day clothing

Emancipation Day, celebrated annually on August 1st, commemorates the freedom of Africans from the shackles of slavery. In honour of this day, the members of staff at the Sewing Room, San Fernando General Hospital, came to work beautifully donned in their colourful African creations sewn by themselves. They were elated to have this opportunity to be dressed as their ancestors. Emancipation represents the freedom of our people and they are proud to manifest such freedom through their craft, the art of sewing.

Ste. Madeline Health Centre celebrates Emancipation

The inaugural Emancipation Day Programme at the Ste. Madeleine Health Centre was held on August 11th 2017. The function, chaired by an enthusiastic Dr. Melissa Bachan, PCP II Ag., began with the entry of staff to the beat of live African drums played by world-renowned drummer, Mr. Hugh Humphrey and five students from his school of drumming.

Attendees, including the Ste Madeline Senior Citizens Group and other colleagues from the South-West Regional Health Authority, were warmly welcomed by Mrs. Erica Christom, District Health Visitor and praised by Mrs. Patricia Granger, Primary Care Nurse Manager, for their hard work



Mrs. Erica Christom, DHV (C) with staff at the Ste. Madeleine Health Centre encourages the senior citizens join them in song

and cooperation in putting this event together. The agenda was filled with many afro-centric activities, including drumming items from Mr. Hugh Humphrey and his school, a powerful feature address from one of Ste Madeline's Nigerian doctors, Dr. Ngozi Ugorji, PCP I; and a poem done by Ms. Eulalie Colthrust from the Senior Citizens Group. The staff also proudly took part in the proceedings by singing their rendition of Bob Marley's Redemption Song and a monologue entitled, "Free At Last", was performed by Registered Nurse

and Midwife, Ms. Shermaine George. Members of the Senior Citizens group were presented with birthday gifts and also participated in a mini fashion show, called the "Emancipation Strut", during which they showed off their African clothing.

A vote of thanks was done by Dr. Geeta Rajkumar, PCP II, and persons were offered refreshments which included Afro-Trinidadian cuisine, cooked by the members of staff at the Ste. Madeline Health Centre.

SWRHA's Emancipation Day Quiz



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In recognition of Emancipation Day the Corporate Communication Department held an Emancipation quiz, from July 26th- August 30th, 2017. Each day, five different questions based on African slavery in Trinidad and Tobago were sent out via email, to employees of the SWRHA. The first person to have the most correct answers, won the daily prize. The Corporate Communication Department would like to thank all participants, as well as congratulate the four winners:

- ① Ms. Jolander Cooper- Finance Department
- ② Ms. Leeann Sinanan- Policy, Planning and Research Department
- ③ Ms. Aniela Kawal- Legal Department
- ④ Ms. Christal Joseph- Quality Improvement Department





PHOTO GALLERY





Completion of the HRIS FORMS made easier for YOU

For your convenience, we have made submission of the HRIS Bio Data Form easier for you. Kindly ensure that your required documents i.e. certificates and a passport sized photo are attached.

Your options are:

Electronically:

- Email. Forms can be submitted with copies of certificate and digital copy of passport sized photo to hris@swrha.co.tt
- Intranet. Complete using Survey Link on the SWRHA Intranet home page
- Direct link:
<http://sp-wfe/Lists/Employee%20Biodata%20Form/overview.aspx>

Information Kiosks

- HR Department, Level 2 San Fernando Teaching Hospital
- HRIS Project Team Office, Level 5, San Fernando Teaching Hospital

Community Facilities

The Human Resources Representative in Your area/Facility as follows:

- St. Patrick West - HR Unit Area Hospital Point Fortin (AHPF)
- St. Patrick East - HR Unit Siparia District Health Facility (SDHF)
- CMOH Victoria South- HR Unit Princes Town District Health Facility (PTDHF) or CMOH Victoria
- CMOH Victoria North - HR Unit CMOH Victoria
- CMOH Caroni - Administrative Office
- Couva District Health Facility - HR Unit Couva District Health Facility (CDHF)

For further information, kindly contact the HRIS Project Team at 225-4325 exts. 1440 or 1825 or hris@swrha.co.tt

**WORKING WITH
YOU^{IN}
MIND**



Policy Planning and Research Department

The Policy, Planning and Research (PPR) Department is dedicated to improving the health status of the population by applying scientific research and analytic methods, objective research-based information, and strategic and business planning in the development, implementation and evaluation of healthcare policies and issues.

The Department comprises three sub-units; Programme Development, Research and the Public Health Observatory. The collective responsibility of these units is to collect and analyse information, conduct research that will influence prudent policy decisions; design research methods that will provide the relevant information for policy development, programme implementation, epidemiological research, business planning and strategic planning.

Vision:

To become a sophisticated health information unit focused on policy planning and research of clinical and support services, and monitoring of organisational performance that will assist the Board and Management of SWRHA to make informed decisions about our health care system and the delivery of health care.

Key Outputs:

- ❖ Strategic Plan
- ❖ Annual Business Plan
- ❖ Annual Administrative Reports
- ❖ Quarterly Achievements
- ❖ Policy and SOP Development
- ❖ Monitoring and Evaluation
- ❖ Health Research Activities
- ❖ Data Capture, Compilation and Dissemination to both internal and external stakeholders
- ❖ Trending and Analysis of Health Data