



Southern

PRIDE

A QUARTERLY NEWSLETTER OF THE SWRHA



Inside This Issue

- Public Board Meeting
- Leadership Symposium
- Sports and Family day/5K

SWRHA HOSTED ITS ANNUAL

Public Board Meeting

San Fernando City Hall was filled with people from various parts of the region as the South-West Regional Health Authority (SWRHA) reported on its goals, achievements and challenges for the period 2011-2012 at its annual public board meeting held on April 25th, 2013.

Chairman of the SWRHA, Dr. Lackram Bodoë also assured the public of his commitment to improving the health system such as remodelling the triage area of the Emergency Department and extending clinic hours at the health centres. Yet he urged the audience to make healthy choices in order to reduce the risk of visiting health facilities.

"I encourage you to adopt healthy lifestyles, to include proper nutritional choices and a regular exercise routine," Bodoë said.

SWRHA's Chief Executive Officer, Anil Gosine, highlighted key areas of performance for the fiscal year 2012. He highlighted the addition of new services such as chemotherapy provided by the Oncology Department and the commencement of elective and emergency caesareans and other related surgeries performed by the Obstetrics Department at the San Fernando General Hospital. Gosine also reported on other key areas of performance which are aligned to hospital efficiency, clinical excellence, community services and improving quality to impact customer service.

Those in attendance were given the opportunity to voice their opinions/suggestions or make enquires during the open forum segment. Most questions addressed were related to birth mortality rates, customer service complaints and the upgrading of facilities or work environments. According to Gosine, attempts were being made to decrease child and maternal deaths in the south-west region and improve the quality service.

"Some of the strategies implemented were sensitisation workshops with nursing staff and continuous educational programmes in midwifery care," Gosine said, "Training our employees to indoctrinate a customer service culture will help refine the customer complaints resolution process."



Dr. Lackram Bodoë SWRHA Chairman, delivering his report



Anil Gosine, CEO, delivers CEO's Report at the Public Board Meeting



SWRHA Board of Directors and panel members (L to R) Urich Birbal Deputy Chairman, Pamala Maraj, Sinanan Dass, Erica Phillip, Dr. Lackram Bodoë Chairman, Anil Gosine CEO, Dr. Colin Furlonge, Terrence John, Dane Pierre and Moderator, Hansley Ajodah



Outstanding Achievements in Urology

On the 7th June, 2013 Dr. Lester Goetz, head of Urology at the San Fernando General Hospital was awarded the Trinidad and Tobago Medical Association's Research Trophy for outstanding achievements in Urology. The award was presented at the Commonwealth Medical Association's annual meeting held at the Hyatt Hotel in Port of Spain.

Present were the Honourable Minister of Health and the Dean of the Medical School of the University of the West Indies.

Women take Control of their Health at Gran Couva Health Centre



Staff of Gran Couva Health Centre

Staff members of the Gran Couva Health Centre hosted a health programme entitled “Women Take Control of Their Health,” on Thursday 28th February, 2013 at the Health Centre. The purpose of this session was to get women in the community to take more interest in their own health.

The day was filled with activities such as lectures on breast and cervical cancers by Dr Kamalodeen and Nurses Grimes-Thomas and Dickson of the Oncology Department, San Fernando General Hospital. Also discussed were different methods on conceptions by Ms. Khan and Mrs. Ramasire of the Family Planning Association. Free pap smears screenings were done for members of the public.

In an effort to continuously educate the female population, information booths were equipped with brochures and booklets on all the various items discussed.

Also discussed were different methods of contraception by Ms. Khan and Mrs. Ramasire of the Family Planning Association.

ONCOLOGY DEPARTMENT



Franka Olliviere-Andrews GM Nursing, presents Journals to Joan Knutt HN and the nursing staff of Oncology Unit

On Thursday May 23rd, 2013, Franka Olliviere-Andrews, General Manager, Nursing (SWRHA) presented a series of journals entitled “Cancer Nursing Practice” to the Oncology Department, San Fernando General Hospital. The journals were donated by Joy Brooks-Toussaint, a registered nurse with the Royal College of Nursing in the UK. “Cancer Nursing Practice” was created specifically for cancer nurses to help them stay fully informed and up to date on all aspects of cancer in adults and children. The Oncology nursing staff welcomed this donation as it will allow them to keep up with important developments as they continue to strive towards excellent patient care for those afflicted with cancer. SWRHA would like to thank Ms. Joy Brooks-Toussaint for her thoughtful and generous gesture in providing these journals to the Oncology staff.

CHRONIC HEALTH EDUCATION AT GASPARILLO HEALTH CENTRE



Gasparillo Health Centre hosted a health fair for clients on May 29, 2013 centred around the theme “Chronic Disease: Avoiding the Effects.” One of the key areas that was addressed was that of alcohol abuse. One client gave a testimony about his life as an alcoholic and what it cost him and he encouraged the audience to detract from substance abuse. The lectures were very interactive and there were prizes for those who participated by answering questions based on the health information presented. The audience was also entertained to sweet musical renditions on pan, violin and guitar, by students of the Gasparillo Presbyterian School.

The highlight of the event was a Zumba demonstration by Nurse Sati Sammy from Obstetrics Theatre, SFGH, for the elderly and persons with chronic diseases. Sammy explained the importance of exercise in order to be healthy. The audience was then allowed to try out some of the dance moves and they even put in some of their own choreography.



Top Photo: Kamala Paul ENA and Venus Blondell DHV interact with audience;
Below Photo (front row third from R) Venus Blondell DHV, and the staff of the Gasparillo Health Centre



Suppliers' Sensitization 2013



Top Photo: Finance and Supplier Chain Presenters.

Middle Photo: Reshma Beharry makes her presentation.

Right Photo: A Supplier shares his concerns and comments at the workshop.

The South-West Regional Health Authority (SWRHA) held a Sensitization Workshop for suppliers and contractors on Friday 7th June, 2013 at the Cara Suite Hotel and Conference Centre, Claxton Bay. This workshop was in an effort to inform stakeholders of the procedures required by the SWRHA for the tendering process. Over 200 registered and prospective suppliers and contractors gathered for this seminar.

Mr. Ulrich Birbal, Deputy Chairman of SWRHA, who delivered opening remarks, brought greetings on behalf of the board of directors as well as in his capacity as chairman of the Tenders Committee. According to Birbal, an understanding of the procedures leads to better implementation. "This workshop will provide suppliers and contractors, with the information needed to enhance their portfolio with us and to encourage prospective clients to join our team" he noted.

The programme was chaired by Chief Executive Officer, Anil Gosine, who emphasized that suppliers and contractors are the backbone of the products and services provided. Without suppliers, even an organisation such as the South-West Regional Health Authority, would not exist and be successful. Presentations were made on tendering procedures, supply chain processes from procurement to warehousing and accounts payable processes in the Finance Department. Based on the results of the questionnaire given to those in attendance, it showed that persons were well satisfied with the sensitization programme and asked that more be given during the year.

Vaccination Week

in the Americas 2013
"Vaccination-A shared responsibility"



Sharon Moore DHV, shares information with visitors, (background) Patricia Granger PCNM Victoria

Immunization is one of the most important preventative services that the District Health Visitor provides to the child health population. Last year saw the county achieve above 91% in the target coverage for all antigens. While these figures were encouraging, the nurses of Counties Victoria and St. Patrick embarked on various outreach programmes. County Victoria chose to have their activity on Harris Promenade, San Fernando on Friday 26th April, 2013, to promote the importance of persons getting vaccinated. The nurses also provided relevant information on the Human Papillomavirus (HPV) vaccine.

Patricia Granger, Primary Care Nurse Manager, County Victoria, said they focused on the HPV vaccine this year because they will soon be administering the vaccine to girls in primary schools. The HPV vaccine reduces the risk of females getting Cervical Cancer and genital warts when they become sexually active. The public was invited to view short medical videos on cancer showing the screening procedures, types of cancer and the treatments available.

The Nursing Administration, St. Patrick East, hosted an

information booth at the reception area of the Siparia DHF. This booth was opened to the public from Monday 22nd to Friday 26th April 2013 between the hours of 10am to 2pm.

Brochures and other printed materials were distributed and questions/concerns about the safety of Gardasil were addressed. There was also a quiz competition comprising of ten (10) questions relating to the Human Papillomavirus and the vaccine.

Forty seven (47) clients took part in the quiz and hampers comprising of healthy foods and snacks were distributed to the winners.

Embracing Leadership

The Nursing Administration, San Fernando General Hospital, hosted their second annual workshop/symposium entitled, "Embracing Leadership," which was aimed at developing leaders from organizations in all sectors of the country, including those in the medical, nursing and healthcare fraternity. The sessions were conducted over a three-day period from June 10-12th 2013 and were facilitated by Marge Lowhar and Mervyn Weir of Tranzition Agency, a UK based organization which has distinguished itself as a premier agency for capacity building, training and development.

Urich Birbal, Deputy Chairman, SWRHA stated that leadership is about embracing modernization, innovation and venturing on the path less travelled especially in our health care environment. Betty Ann Pilgrim, Nurse Manager, SFGH, anticipates this year to be a further step in the journey to excellence and as such, be a significant boost to professional development by being a catalyst for generating greater capacity with improved productivity not only in the SWRHA but in Trinidad and Tobago.

Betty Ann Pilgrim, Nurse Manager, SFGH, anticipates this year to be a further step in the journey to excellence and as such be a significant boost to professional development by being a catalyst for generating greater capacity with improved productivity in Trinidad and Tobago.

The symposium was designed under three main themes which focussed on areas with relevance to delivering excellent customer service, achieving personal breakthroughs and inspiring and challenging individuals to use their personal power to live a more productive life and make a difference. According to Lowhar and Weir, organizations whether providing a tangible or intangible product ultimately provide an experience to its clients. The quality of that experience is dependent on the level of service clients receive.



Presenter Marge Lowhar (standing), (seated R) Betty Ann Pilgrim Nurse Manager SFGH and (seated at back) presenter Mervyn Weir) during Walk a Mile in My Shoes



(L to R) Betty Ann Pilgrim Nurse Manager SFGH, Franka Olliviere-Andrews GM Nursing; Urich Birbal, Deputy Chairman SWRHA

According to Lowhar and Weir, organizations, whether providing a tangible or intangible product ultimately provide an experience to its clients. The quality of that experience is dependent on the staff who provide it. All organizations have a culture and habits, some of which will be required to be like the frog in the fairy tale and change for the better if they are to walk the mile in the shoes of their clients and eventually walk the extra mile to exceptional service. But change is not easily attained because transformation requires self realization, and the power of one person making a difference in the work place.

South-West Regional Health Authority

joins the global community to

celebrate World KIDNEY DAY



(L to R) Anil Gosine, CEO, bring greetings at the inaugural World Kidney Day Celebrations, Urich Birbal, Deputy Chairman and Franka Olliviere-Andrews

The Haemodialysis Unit, SFGH, celebrated World Kidney Day on March 13th, 2013 with the focus being on adopting a proactive approach to kidney health due to the increase in the number of persons diagnosed with chronic kidney disease and requiring haemodialysis or kidney transplant. The campaign theme for this year's observance was Kidneys for life - Stop Kidney Attack!

The Haemodialysis Unit of the San Fernando General Hospital took the opportunity to focus on the importance of kidney health. Chief Executive Officer, Anil Gosine, commended Dr. Neil Bhagwandass and his team on the great job they are doing in a challenging environment. He stated on average, every six months, approximately 60 new patients are treated at the hospital and at present, between 25 – 30 patients are being treated at home. Gosine went on to emphasize SWRHA's commitment to providing quality health care for our patients. "Currently, works are in progress to relocate the Nephrology Unit to a dedicated and bigger space which will result in the treatment of more patients on a daily basis."

Persons from the National Transplant Association of Trinidad and Tobago and from the Renal Support Group spoke on kidney care and the need for more education on organ transplants. In his presentation, Deputy Chairman of SWRHA, Urich Birbal, also stressed on the need for more organ donors. He said, "in order to do more kidney transplants we need a steady supply of kidneys, not only from live donors but also from deceased ones who can donate two kidneys."

The highlight for the day's programme was a testimony from an eight (8) year transplant recipient, Marissa Dhali, who spoke about how her life changed since being diagnosed with kidney disease. Her advice to the audience was to get screened for early diagnosis.

Substance Abuse Health Promotion

submitted by the SFGH Substance Abuse Unit

The Substance Abuse Department of SFGH has embarked on an extensive health promotion drive by targeting various communities and empowering its stakeholders to positively influence members of the community to "Say YES to healthy lifestyles and NO to drugs".

The department together with staff from the conval psychiatric outpatient clinic of the San Fernando General Hospital embarked on sensitizing the community by increasing awareness of the dangers of substance abuse and how to reduce its risks factors.

One major outreach project was conducted in the community of Williamsville and its surrounding areas. Lectures, group talks, storytelling and even song was used to carry the message of "say yes to a healthy lifestyle and no to drugs" throughout 5 primary school in the area .

The Substance Abuse Department is also working alongside The Watchman Intercession and Mission Ministry located at Hard Bargain, Williamsville in conducting outreach programmes in the community. The faith based organization hosted a four part series on Life Radio 99.5 on the topic of Alcoholism. Dr. Geneive Fortune, Registrar and Head of the Substance Abuse Department was a guest of Senior Pastor Rosey Singh on radio programme entitled "Alcoholism. "

Dr. Fortune highlighted that "alcohol is a serious a problem in our society. It is the most commonly used legal drug in both the Caribbean, as well as internationally. It is also a very economically and socially burdensome drug in terms of loss of work days, work injuries, health problems, legal costs, and disruption in relationships and family life."

The department continues to participate in collaborative community activities with two other organizations in the area aimed at educating the Williamsville community on healthy lifestyles.

In February this year, the Substance Abuse team in collaboration with the Watchman Intercession and Mission Ministry , launched a kids and youth club with a focus on healthy lifestyles, instilling moral and spiritual values, confidence and self-esteem building and providing positive role models for the youths.

The Reptile Conservation Centre of Trinidad and Tobago under the leadership of Saiyaad Ali and assistants Darius Baldeo, Daryl Abraham and team introduced a "petting zoo" to the Williamsville community, sensitizing the residents about caring for reptiles and habitats as well as allowing them to view and touch the animals. This is in hope of understanding that humans like animals need the right diet and environment to be healthy. Individuals and families also need to do what is necessary to bring health and quality to themselves and reject anything that will compromise or destroy their lives.

Say Yes to Healthy Lifestyles and No to drugs!



Dr Geneive Fortune, Registrar and head of the Substance Abuse Department



Senior Pastor Rosey Singh of the Watchman Intercession and Mission Ministry



Merene Singh, Substance Abuse Officer being introduced to a Boa by Darius Baldeo



Saiyaad Ali of the Reptile Conservation Centre lectures to the Williamsville community



Kids viewing the Ocelot



Community Mental Health Team, from left to right: Jacqueline Andrews, Mervyn Sammy & Cheryl Applewhite

The Growing Concerns of **Diabetes**

On June 17th, 2013, the Princes Town District Health Facility (PTDHF) celebrated their 10th anniversary; “a decade of Quality of Care” for the people of Princes Town and environs. To mark this milestone there was a week of activities which included a health fair at the outpatients’ clinic on June 18th; Pharmacy Awareness on June 20th; and a Rewards and Recognition function on June 21st.

Over the past 10 years this facility has won several national awards for their provision of first class health care as well as the Prime Minister’s Innovation for Service Excellence Award in 2007. At the helm of this success was Ms. Patsy Chankersingh, former Facility Manager, who for eight years led a dynamic team of professionals.

The Rewards and Recognition function acknowledged staff of all categories for their contributions in the areas of long service and quality service to the District Health Facility.



(Fourth from L) Salima Ali DHV, and the staff of Lengua Health Centre

Ste. Madeleine Health Centre has **“The Talk”** with **SEA Students**

The Ste. Madeleine Health Centre hosted its 4th annual Transition to Secondary School Seminar on Tuesday May 14, 2013 for students who took the SEA exams .

The lectures included topics on puberty and what are some of the things to expect during that time as they transition from primary to secondary school. Community stakeholders including nurses, spiritual and educational leaders and community police officers were all there to lend support and answer some questions from the students. Helen Piper, RN from Johnson and Johnson presented on puberty, hormones, the menstrual cycle and much more.

“These pupils need to have this talk because it is very important for their development,” Piper said. “They are exposed to so much misinformation on puberty and it should be structured.”

Medical Director of Primary Care Health, Dr. Dale Sookoo, applauded Ns. Erica Christom, District Health Visitor and the Health Centre’s staff for hosting this programme for the pupils. He also went on to say, “Transitioning from childhood to adolescent is a very important phase in your life and can be one of your many successful changes once provided with the right tools and information.”



Joanna John SWRHA Dietician interacts with primary school students

An Act of **Corporate Goodwill to Siparia DHF**

As a demonstration of corporate goodwill and community responsibility, Territorial Services Limited of Fyzabad donated two recliners to the Siparia District Health Facility (SDHF) on May 21st, 2013.

Michelle St. John, Facility Manager, SDHF and Anne Marie Lall, Patient Care Coordinator were present to receive the recliners from representatives of Territorial Services Ltd, Tricia Ramsaran, Manager, Community Relations and Anita Maharaj, HSE Coordinator.

Ramsaran said her organization felt it was their social responsibility to assist the community by making a contribution to the health facility, especially since Siparia DHF is their first response facility should any type of accident occur with their employees.



Sabita Dookie HN, administers asthma treatment to Donna Sookram, seated on newly donated recliner.



FOOD FOR THOUGHT DURING CARNIVAL

As the citizens of Trinidad and Tobago geared up for Carnival 2013, the staff of Flanagin Town Health Centre in association with Caroni South Public Health Inspectorate and SWRHA Nutrition and Dietetics Department invited the community to a Food Safety and Management Sensitization Programme. The purpose of this event was to educate and inform the public, especially during the onset of the Carnival season, on how to make safe and healthy choices when purchasing prepared food from vendors. Those in attendance were given tips on how to manage their choices when buying food from street vendors as well as how to deal with situations in the event of food poisoning.



Dr. Aleema Kamalodeen speaks about food safety



Jochelle Mohammed Dietician, Laila Noor-Joseph DHV and Richard Hosein PHI, share information on food safety



County Victoria HIV Caravan Testing Team (L to R) Erica Joseph DHV PMTCT, Salima Ramkissoon DHV, Erica Joseph Christom DHV, Iona Trim-Bonapart DN

KNOW YOUR STATUS FOR THE CARNIVAL SEASON

On February 6, 2013, nursing staff from County Victoria took the HIV Community Caravan to the Promenade, High Street, Princes Town as part of their HIV/AIDS sensitization programme for the Carnival season. The objective of this initiative was to encourage members of the community to get tested and know their status. The staff provided pre and post-test counselling to clients on the importance of being tested as well as practicing safe sex. Approximately 86 persons between the ages of 17-71 were tested. Condoms and brochures were also given out during the exercise. The hardworking team of nursing staff responsible for this activity included Erica Joseph, CMOH Victoria; Lona Trim-Bonaparte, Marabella Health Centre; and Salima Ramkissoon & Erica Joseph-Christom, Ste. Madeline Health Centre. Support was also given by Shaana Orie-Khan, Health Records Clerk, Princes Town DHF.

SHOW YOUR LOVE WITH HIV TESTING

As a means of dispelling myths and presenting facts, the Ward 2 Clinic carried out HIV testing, distribution of literature and counselling on HIV/AIDS at the atrium of the Gulf City Mall on Valentine's Day, February 14, 2013. The day's theme was "Love and Responsibility", taking their "LOVE" theme to mean:-

Let's get tested together
Only sex with condoms/ abstinence can protect us
Value your relationship by being faithful
Educate yourself

Nurse in Charge at Ward 2 Clinic, Donny Bridgelal stated, the day's activity was intended to encourage couples that along with love, there is a degree of sexual responsibility involved and one should not presume their status



(Left) Blood sample dropped on HIV Rapid Test Strip (Right) Cheryl Thompson Peer Counsellor, registers client for HIV screening

is the same as their partner's, therefore, couple testing is significant especially in maintaining a committed relationship.

This HIV testing is an ongoing out-reach programme under the purview of the Ward 2 Clinic and the staff members involved are Nurse in Charge Donny Bridgelal, Nurse Kathy Ann Forde-Blackman, Nurse Donna Lewis, Nurse Olusola Williamson, Clerk, Ms. Maria Mano and Peer Counsellors Ms. Cheryl Thompson and Ms. Leah Rodney. Their main purpose is to encourage sexually active persons who may not have proper access to information and may be reluctant to visit an established test facility. On Valentine's Day 80 persons were tested.



said it was an opportunity to honour volunteer donors, some of whom have been donating blood for over 20 years.

The staff of the Blood Bank expressed their appreciation to donors by presenting them with awards and hampers for their valuable contribution over the years. An appeal was made for more persons to join the donors list and start donating voluntarily. Those in attendance were entertained to the beautiful music provided by violinist Anselm Walters.



(Above) Pauline Mohammed ENA, bleeds first time donor Kevin Seeram

On June 14, 2013 the SFGH Blood Bank celebrated World Blood Donor Day to raise awareness for the need to donate blood. This year's theme, "Every blood donation is a gift of life," aimed to thank blood donors for their life-saving donations and promote voluntary unpaid blood donation. The theme focused on encouraging regular donors to continue giving blood and people in good health who have never given blood to begin doing so. Head of the organizing committee, ENA Pauline Mohammed



(Seated left-hand side) Nicola Peters-Marsh AHN and the staff of the Blood Bank present tokens of appreciation to blood donor Darryl Hector

HEALTH EDUCATION FOR TEENS AT MARABELLA NORTH SECONDARY SCHOOL



Nurse Gloria Ann Barker of County Population Programme fields questions from students

Nurses from County Victoria were invited by the Principal of the Marabella North Secondary School, Roger Waterman, on May 15, 2013 to address the forms three and four students. The focus of the exercise was to sensitize the students on adolescent sexual activity and how it can lead to teenage pregnancy, sexually transmitted infections and HIV infection. Teenagers are constantly exposed to sex whether it's on television, in music or on the Internet and many of them often feel pressured to be part of what is considered the 'norm'

in society, and they engage in sexual activity that can negatively impact the rest of their lives. The objective of the lecture was to provide the necessary and relevant information that would help the students to make responsible choices by being more aware. The session was coordinated and presented by Morrika Julien, Primary Care Nurse Manager; Anderlyn Balfour, District Health Visitor; Cherryl Ann Innis, Enrolled Nursing Assistant and Nurse Gloria Ann Barker, County Victoria Population Programme.

Protecting our Children

In commemoration of Child Health Month, Flanagin Town Health Centre hosted a programme on May 20, 2013, entitled "Protecting Our Children in the Community." The target group was children between the ages of three to six years who attend primary and pre-schools in the community. DHV Lalita Joseph, said the programme was geared towards sharing information with the community about child abuse, recognizing abuse, steps to combat this abuse and understanding the rights of a child. Dr. Prithviraj Bahadursingh addressed the children on the different types of abuse they could experience such as physical, emotional, neglect and sexual abuse. Jochelle Mohammed of the Nutrition and Dietetics Department also shared with the young ones the importance of eating healthy to maintain good physical and mental health. Community Police, WPC Amelia Bruce spoke about the rights of the child in accordance with the Children's Act 4601. The audience was entertained with musical performances by Brasso RC School, Flanagin Town RC School and Mamoral RC School.



Children participating in a question session about their safety

SWRHA Carnival Creativity SHINES AGAIN!

Carnival creativity was at its best at the South-West Regional Health Authority's Annual Carnival Cooler Lime which was held on February 1st, 2013 at the Regional Administration Car Park. Staff from throughout the region came out to represent and support their respective departments and health facilities in the Ole' Mas and calypso competitions. The competition was intense with Area Hospital Point Fortin placing first in the Ole Mas band category with their portrayal of "Dis a Point Thing," while Siparia DHF came in second with their depiction of "Substance Abuse." Ramlal Ankatasso of Warehousing and Inventory won the Individual title with his representation of "Stick it."

This year's calypso competition saw eight entrants vying for first place, which went to Joanne Foster of the Warehousing and Inventory Department for her performance of "More than an Old Drum". Second place went to Janelle Critchlow of Area Hospital Point Fortin with her composition focusing on HIV/AIDS and coming in third was Francisca Lewis, better known as "Sweet Merle" with her song entitled "Family".

The People's Choice Award went to Dale Cedeno of Medical Records with a dynamic performance of his song, "Celebrate Life." The prize for the most original SWRHA calypso went to Simone Joseph of the Corporate Communication Department with her rendition of "Do Yuh Work."

POINT FORTIN POSSEE



SIPARIA DHF OLE MAS



CALYPSO MONARCH

Joanne Foster celebrates with (LtoR) Michelle St John Siparia DHF Manager, Franka Olliver-Andrews GM Nursing and Anil Gosine CEO

PEOPLE'S CHOICE

Simone Joseph



HR POSSEE



Winners in a row (L to R) 2nd place Kerdesha Griffith, 1st place Joshua Moore and 3rd place Shernice Phillip

Freeport Health Centre



Calypso Fiesta

Students of the Waterloo High School and Carapichaima West Secondary School participated in a Calypso Competition hosted by Freeport Health Centre on January 30, 2013. The competition is organized as a health promotion activity and is geared towards focussing on a specific health related topic. This year, contestants performed their compositions to highlight pertinent information relating to "Kidney Function". Dr. Leela Sookdeo also gave a brief lecture to further sensitize those in attendance about good kidney health. Last year's winner Joshua Moore was in winner's row once again copping the title for another year with his rendition of "Take care of your kidneys," while Shernice Phillip captured second place with her song "Abuse is the problem," with Kerdesha Griffith following in third place with "Save your kidney today."



Hamper for Mothers' Day Baby, San Fernando General Hospital

Mothers are the pillars of our families and every year on the second Sunday in May we recognize them for their invaluable roles in our lives. Ms. Richardeen Chapman, representative of Geddes Grant Distributors Limited was on hand to deliver a hamper consisting of newborn care products to the first baby born on Mothers' Day this year to Ms. Nickelar Thomas. The Thomas baby was delivered at 4:06 am and weighed 3.03 kg.

(L to R) - Hazel Williams RN looks on as Richardeen Chapman presents hamper to Mum Nickelar Thomas




Healthy Hats ON PARADE

Freeport Health Centre held its 3rd annual Healthy Hats Easter Bonnet Parade on Friday 15th March, 2013 at the Waterloo Community Centre. The event was organized as part of the facility's annual health promotion activities with the aim of educating and encouraging young children on the importance of adopting healthy lifestyle habits.

Twenty-eight children between the ages of five to eight represented the following schools: Freeport Presbyterian, Waterloo Presbyterian, Freeport Hindu, Agostini Hindu KPA, Waterloo Hindu, Carapichaima Anglican.

The staff utilized a variety of fun activities through this competition to get their healthy lifestyle message across to the little ones.



Kyrie Homer Dietician, guide camp participant to create a healthy plate while Dietetic student Cherisse Ramai looks on

HEALTHY EASTER CAMP



FOR PERSONS LIVING WITH DIABETES

As part of an ongoing programme to educate the population of the South-West region on Diabetes management skills, the Community Liaison Unit (CLU) in association with the South-West Life Changers Youth Group hosted their annual three-day Diabetic Easter Camp from April 08 - 10 at the School of Midwifery, Paradise Pastures, San Fernando. The target group was predominantly young people who are living with Diabetes between the ages of 7 - 18 years. Some of the activities included lecture/presentations on diet and nutrition, dental health and mental health. Free eye testing was also done by Optometrist Today. On the third day of the camp, participants were taken on a field trip to Nestle Trinidad Ltd and NIHERST National Science Centre.

The Industrial Relations Unit is here to help you!



Greetings All Staff!

This represents the first installment in a series on sensitizing you as to how the Industrial Relations Unit (IR) can assist in making your employment experience with SWRHA an enjoyable one.



Yes! If you are a travelling officer using a 'P-registered' vehicle your travelling allowance can be exempt from deductions of PAYE up to \$2,000.00. This exemption is called Dispensation. Even if the vehicle is jointly owned, you can still access this facility. All you would need, in addition to your certified copy is a letter from the co-owner indicating that:

- you have been granted permission to use the vehicle
- the co-owner is not claiming expenses for the use of the vehicle.

Important Tip!

Dispensation is vehicle specific and non-transferrable. So once you have changed your vehicle you must submit the original certified copy (and a copy) to IR to obtain a new dispensation approval.

Secure your original dispensation approval! A copy should be submitted with your annual tax return.

Want to know more?

Feel free to contact Ms Kai Dyer at Ext 5011 or anyone in IR at Exts 5008, 5029 and 5027.

A Decade of Quality Care at Princes Town DHF



(L to R) Ulrich Birbal, Deputy Chairman of SWRHA presents Dr. Kolawole Ajayi with Long Service Award as head of Emergency Department



Staff portray a typical day at the Emergency Department

On June 17th, 2013, the Princes Town District Health Facility (PTDHF) celebrated their 10th anniversary; "a decade of Quality of Care" for the people of Princes Town and environs. To mark this milestone there was a week of activities. A health fair at the Out Patients' Clinic was held on June 18th. In addition, Pharmacy Awareness was held on June 20th and a Rewards and Recognition function on June 21st.

Over the past 10 years this facility has won several national awards for their provision of first class health care as well as the Prime Minister's Innovating for Service Excellence Award in 2007. At the helm of this success was Ms. Patsy Chankersingh, former Facility Manager, who for eight years led a dynamic team of professionals.

The Rewards and Recognition function acknowledged staff of all categories for their contributions in the areas of long service and quality service to the District Health Facility.



World Cancer Day

EARLY ADOLESCENT CANCER EDUCATION

On February 25th, 2013, Flanagin Town Health Centre hosted a cancer awareness programme to commemorate World Cancer Day, which is observed on February 4th each year. The session focused on sensitizing and educating attendees on lung cancer by highlighting the negative effects of smoking and smoke inhalation. Participants were also provided with key information on the HPV (Human Papilloma Virus) Vaccine and were able to interact by asking relevant questions pertaining to the vaccine. The target audience consisted of students in the 10-12 age group, teachers, school principals and parents of Brasso RC, Flanagin Town, Mamoral RC School.



Dr. Aleema Kamalodeen speaks about the hazards of cigarette smoke to children's lungs

The Just Because Foundation, a non-profit organization providing care and support for children with cancer, demonstrated the effects of smoking and smoke inhalation and the damage it can cause to the lungs. The purpose of the session was to dissuade young people from smoking, as well as encourage them to share the information obtained with their peers, friends and family. Dr. Aleema Kamalodeen presented relevant information on the HPV Vaccine and how it can help to reduce the risk of cervical cancer.

SWRHA Celebrates Administrative Professionals Week



SWRHA Administrative Professionals attend a team building session on San Fernando Hill

The contribution of administrative professionals to the daily operations of the South-West Regional Health Authority (SWRHA) cannot be measured. Every year during the month of April these diligent employees are recognized for their service to the SWRHA. This year this professional body of staff was sent to a one day Team Building Workshop on the scenic San Fernando Hill on Wednesday 24th April and north coast beaches and Avocat Waterfall on Friday 25th April 2013. These activities gave them an opportunity to meet and share knowledge with their counterparts in an informal setting. We say thank you Administrative Professionals because you are the backbone of our organization!

AREA HOSPITAL POINT FORTIN

CELEBRATES ITS NURSES



Area Hospital Point Fortin nursing staff attends to clients

To commemorate International Nurses' Day on 12th May 2013, the Office of Nursing Administration at Area Hospital Point Fortin showed appreciation for their nursing staff with a week of activities entitled **Closing the Gap-Millennium Development Goals**. The activities commenced with a celebration of nurses with cake and non-alcoholic wine on 12th May.

The following day was full of activities which included health promotion, motivational speeches, fashion show and karaoke.

The week of activities came to an end on 17th May, with a grand health fair at the Victor Chin Kit Park for the people of Point Fortin where they were able to visit booths for health information and advice and were also able to get screened for diabetes, HIV, blood pressure and pap smears.

2013 SPORTS & FAMILY DAY

On Saturday 6th July 2013, the South-West Regional Health Authority held its annual Sports and Family Day at Skinner's Park, San Fernando and staff members along with their family filled the stands in anticipation of the day's events.

The day's activities commenced with a March Past Parade entitled "Tribute to our 2012 Olympians". Of the seven participating teams in this segment, the Siparia District Health Facility emerged as the winner with their portrayal of Keshorn Walcott, who represented Trinidad and Tobago in Javelin at the Olympics.

Supply Chain Management came in second with their depiction of our swimmer George Bovell III while a portrayal of Njisane Phillip for Cycling placed Nutrition and Dietetics in third position. They also managed to cop the special prize for the team with the most SWRHA workers. Area Hospital Point Fortin produced the best Queen for the parade.

The rest of the day was filled with fun filled events managed by the Trinidad and Tobago Fire Services. After jumping, running, turning and yes, tumbling, Wards 2 & 15 of the San Fernando General Hospital won the title Overall Sports Winner 2013, with Siparia District Health Facility pulling their way through to win the Tug-of-War, while Simone Joseph from the Corporate Communications Department fought her way to be the Aerobic Burnout champion.



Winning Queen from AHPPF

Participants of the Taxi Race

Staff members and their family at sports

5k Walk /Run 2013

Employees and supporters came out in the wee hours of the morning for South-West Regional Health Authority's annual 5k Walk/Run which took place on Saturday 29th June, 2013. Both young and young at heart came decked off in group t-shirts, running gears and other accessories to make their journey comfortable.

At 6:42 a.m. the whistle blew and our participants were off from the entrance of Guaracara Park, Marabella, all the way to San Fernando General Hospital via the Southern Main Road and Point-au-Pierre Road.

The results for the 5K go as follows:

Runners Males

- 1st Place - Tewelde Matas, Princes Town DHF
- 2nd Place - Edmond Ramrez, Orthopaedic SFGH
- 3rd Place - Keene Baptiste, Inventory & Warehousing

Runners Females

- 1st Place - Candice Bekaroo, Orthopaedic SFHG
- 2nd Place - Jennifer Nelson, C.E.O. Office - Regional Admin Centre
- 3rd Place - Shena James, Human Resource

Walkers Male

- 1st Place - Owen James, Accounts SFGH
- 2nd Place - Kesho Thomas, Ward 12
- 3rd Place - Wazeer Ali, Water Treatment

Walkers Female

- 1st Place - Terry-Ann Jackson, CMOH, St. Patrick
- 2nd Place - Elizabeth George, Medical Ext, SFGH
- 3rd Place - Ann Marie Williams, Medical Ext, SFGH



Marathon 1st place
Tewelde Matas from PTDHF



Top 3 Female Runners



Top 3 Female Walkers



1st and 3rd place in Male Walkers

FOOTBALL FRENZY AT SWRHA!

The preliminary round of the South-West Regional Football Tournament, a build-up event to our sports and family day, came to an end in August with our four top teams securing their spot for the Big-4 play off. Those teams include Globe Trotters (Ward 8 and Anaesthetics doctors), Security Ballers (security department), Trendsetters 5G (Princes Town DHF) and Supply Chain United (Warehousing and Inventory) earning total points of 19, 18, 17 and 15 consecutively.

The finals saw Globe Trotters (Ophthalmology Doctors) vs Princes Town District Health Facility with the doctors having a clear vision of victory with the final score being 1-0. Chrys Mc Quan won Man of the Match while Randall "Bobby" Carvalho of Globe Trotters received the Golden Boot Award for scoring the most goals in the season.

Congratulations to all **WINNERS!**



Security Ballers vs Daily Paid Dogs



Male Nurses vs ORIF Docs



CDHF vs Globe Trotters



2nd place in Male Walker
Kesho Thomas (Ward 12)



Joshelle Mohammed and Hema Ramdeo at Flanagin Town HC for Protecting our Children in the Community event



Siparia DHF Manager Michelle St John and Territorial Services Manager Tricia Ramsaran stands next to Donna Sookram seated on newly donated recliner.



Staff of Finance Department on the job at Sensitization Workshop for Suppliers and Contractors



Dr. Joel Teelucksingh S.M.O. and Chief Operations Officer Randolph Badall at Lengua HC Health Fair



Staff at Freeport Health Centre at their Annual Secondary Schools Calypso Competition



HIV Unit on the go at Caribbean HIV Testing Day



Accident and Emergency Nurses participate in Blunt Trauma From Falls Workshop at the Nurses Lounge



Globe Trotters vs. Supply Chain United at SWRHA Football Tournament prelims



Vision screening at the Diabetes Easter Camp



Winning Ole Mas Team, AHPF pose with their Facility Manger, Bonnie Crawford at the Carnival Cooler Lime

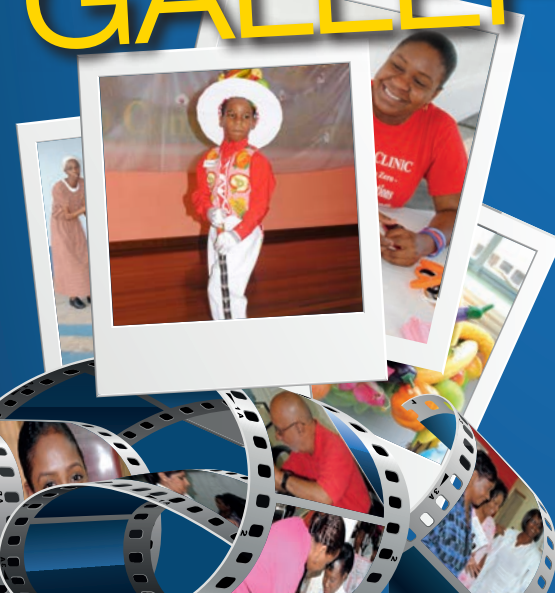


Chairman Dr Lackram Bodee and C.E.O. Anil Gosine inspect march past teams at Sports and Family Day



Haemodialysis Unit of SFGH celebrates World Kidney Day 2013

PHOTO GALLERY



Winners of the March Past for Sports and Family Day, Siparia DHF



Southern PRIDE

Do you have a story for the Southern Pride?

Contact the Corporate Communication Department at 653-4259

Crystal Marcano-Watson, Manager, Corporate Communication	ext. 2107
Carla Saunders, Professional Secretary Ag.	ext. 2105
Teresa Landeau, Communication Liaison Officer Ag.	ext. 2136
Ishla Mohammed, Communication Liaison Officer Ag.	ext. 2890
Richard Alexander, Graphic Designs	ext. 2890

With contributions by:
Candice Gunness, Clerk
Simone Joseph, OJT