

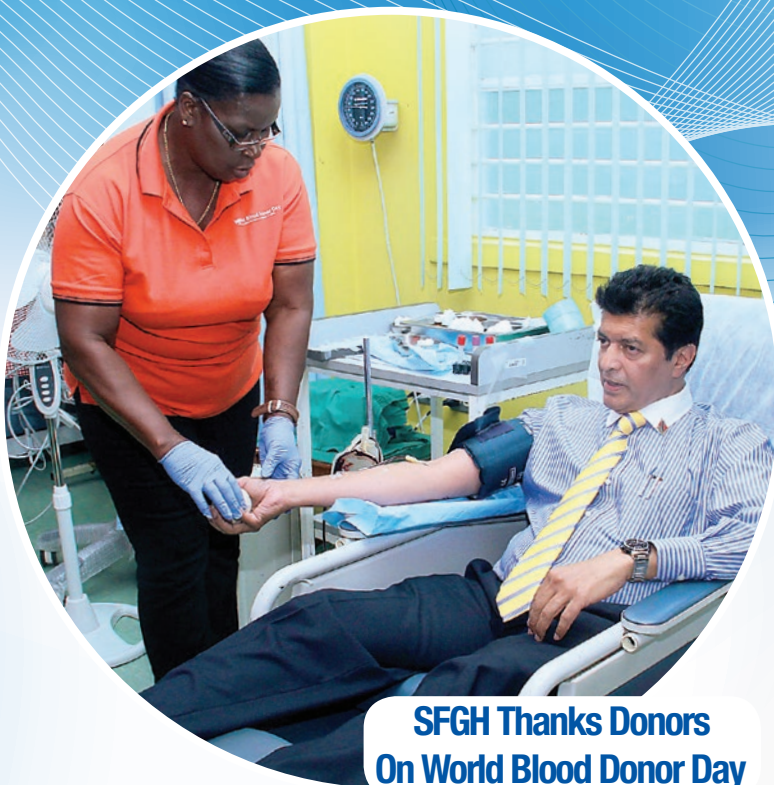


# Southern PRIDE

A QUARTERLY NEWSLETTER OF THE SWRHA



**AHPF Wins SWRHA Cup**



**SFGH Thanks Donors  
On World Blood Donor Day**



**Embracing Leadership 3**

## ***Also inside this issue...***

- W.H.O. High 5s Project
- State Of The Art Incinerator Commissioned
- SWRHA Sports and Family Day

## SWRHA Welcomes New Board Member



**T**he South-West Regional Authority is pleased to announce the new addition to our Board of Directors. Mr David Constant (second from right), is also the Director, International Cooperation Desk at the Ministry of Health and is a welcomed addition to the Authority. The Office of the Chairman has been relocated to San Fernando Teaching Hospital, Level 8 and can be contacted at 225-HEAL (4325) ext. 1795/1796.

**Sitting from Left:** Ms. Erica Phillip, Chairman - Dr. Lackram Bodoie; Ms. Pamela Maraj  
**Standing from Left:** Mr. Dane Pierre; C.E.O. - Mr. Anil Gosine; Deputy Chairman - Mr. Ulrich Birbal; Mr. Sinanan Dass; Mr. Terrence John; Mr. David Constant; Mr. Ralph Ramnath

## New Faces in Technical Heads



### Hospital Administration

**T**he South-West Regional Health Authority welcomes its new Hospital Administration Team. At the helm of this dynamic group is Ms. Anita Lakhan, Manager, Hospital Administration and she is supported by Ms. Krystal Richardson and Mr. Dianand Ganessingh, both Assistant Managers, Hospital Administration. We wish them every success as they undertake their daily responsibilities.

**Caption (L to R):** Dianand Ganessingh, Assistant Manager, Hospital Administration; Krystal Richardson, Assistant Manager, Hospital Administration; Anita Lakhan, Manager, Hospital Administration and Randolph Badall, Chief Operations Officer



### Regional Manager Medical Records

**M**rs. Nissa Rampersadsingh, Regional Manager, Medical (Health) Records, has worked in the Medical (Health) Records Department for over thirty years where she started as a clerk. During her career she has worked at various health facilities including San Fernando General Hospital, Area Hospital Point Fortin and the Eric Williams Medical Sciences Complex. Mrs. Rampersadsingh intends to utilise her expertise and education in Medical Records Management; Research skills Training; and Records and Information Management, to improve her department and realize the goal of electronic health records for all patients in the South-West Region in the near future.



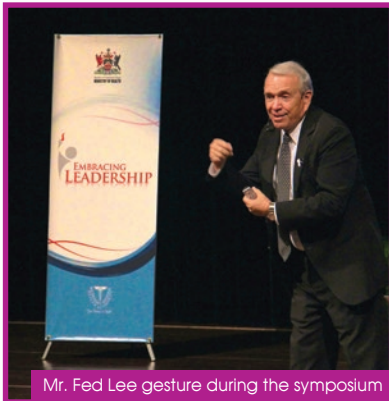
### Regional Manager Pharmacy Services

**A**lthough, an employee of the SWRHA since 2007 in the capacity of Pharmacist, Roy Umraw, was recently appointed Regional Manager, Pharmacy Services as of June 2014.

Prior to joining the SWRHA he worked at the Ministry of Health for 14 years. Mr. Umraw brings to this management position a wealth of experience and qualifications which includes a Diploma in Pharmacy, Certificate in Public Administration, a Certificate in Counselling (UWI), a Degree in Law (LLB London) and a Post Graduate Diploma in Business Administration.

# SWRHA Goes From Good to Great!

## Embracing Leadership 3



Mr. Fred Lee gesture during the symposium

The 3rd annual Embracing Leadership Symposium and Executive Workshop - **Going from Good to Great in Guest Perceptions** - was hosted by Nursing Administration of the San Fernando General Hospital in collaboration with the South-West Regional Health Authority (SWRHA) on June 11 to 12, 2014 at the South Academy for the

Performing Arts and City Hall, Harris Promenade San Fernando respectively.

This year's symposium and workshop was facilitated by Mr. Fred Lee, International Speaker and Bestselling Author of the book, *'If Disney Ran your Hospital; 9 1/2 things you would do differently'*. Over the two days Lee explored the following topics: If Disney ran your hospital you would be...; Hired to join a culture, not do a job; Taught to make courtesy more important than efficiency; Disney Land is not a service neither are hospitals; Focus on what cannot be measured; Learn from theatre how to engage patients.

Dr. Lackram Bodoie, Chairman, SWRHA, said "this year's theme could

not be more appropriate. As we "step up" our investment in infrastructure and manpower development to meet growing needs, we will also need to constantly innovate to deliver effective healthcare in as an efficient manner as possible in the face of finite resources because everyday each of us is called to lead in some form or fashion." Mr. Anil Gosine, CEO, SWRHA, encouraged attendees, "extract the positive and "step on" whatever challenges your organisations may have and use them to your advantage because that is simply what great leaders do."



(Front row 5th and 6th from L) Mrs. Betty-Ann Pilgrim, Nurse Manager, SFGH and Mr. Fred Lee, Dr. Ocho (L) with the Nursing Administrative Team

On days one and two there were 571 and 198 attendees respectively. Participants hailed from all five Regional Health Authorities within Trinidad and Tobago as well as representatives from across Services sectors which included: Ministry of Health, Belgroves, Housing Development Corporation, UDECOTT, Hyatt, Atlantic LNG, Petrotrin, San Fernando City Corporation, First Citizen Bank, UWI-School of Advanced Nursing Education, Roytec, Nursing Council, TTRNA, Trinidad Cement Limited, COSTATT, School of Midwifery, Medical Associates, Lake Asphalt, Surgimed, University of Southern Caribbean.

## New State Of The Art Incinerator Commissioned at the San Fernando General Hospital

The new high tech state-of-the-art incinerator at the San Fernando General Hospital was unveiled by Dr. Lackram Bodoie, Chairman and Mr. Anil Gosine, CEO, at the official ribbon-cutting ceremony on Friday 7th February, 2014.

This new equipment, of French design and manufacture, is fully automated with automatic loading, temperature controls and a monitored air scrubbing and emission system that meets international environmental standards.

Mr. Gosine explained, "This latest model of incinerator is the only system able to eliminate some highly infective micro-organisms which other processes cannot destroy. Aside from reducing the sheer solid waste by roughly 90 percent, the incinerator is also used to manage certain materials that cannot be disposed of properly."

The incinerator can destroy 2.5 tonnes of waste per day and is the only environment friendly incinerator is public health thus far.



Top: (L to R) Ulrich Birbal, Deputy Chairman, Mr. Sudesh Ramsaroop, Water Tec Ltd.; Dr. Lackram Bodoie, Chairman; and Mr. Anil Gosine, CEO

Below: Waste loading function on the incinerator was tested

## CDHF hosts **Health Fair** on **Mental Health Issues**

The Psychiatric team at the Couva District Health Facility (CDHF) in conjunction with the Substance Abuse Team from the Psychiatry Department, San Fernando General Hospital, held a grand health fair at the Inshan Ali Promenade on June 29th 2014.

This Health Fair was aimed at providing information to the public about Mental Health and Mental Issues and to sensitise the public about the services available at the CDHF. All individuals passing through our booth were treated with a key holder with the insignia "NO HEALTH, WITHOUT MENTAL HEALTH". A number of school children were present most of whom were curious about the roles and functions of the Psychiatry Department. Students were given information on issues such as suicidal ideation, visual hallucinations and symptoms of depression.



Members of the public visited the mental booth

## **"Visibility of Mental Health in all facets of life"**

**O**n June 28th 2014, the Department of Psychiatry and Area Hospital, Point Fortin partnered with the Civil Society Network, Point Fortin, in hosting a walkathon and health fair based on the theme:

"Walk for Mental Health - Health is me, Health is You, Your Health Begins with You." The walk started at Chen Yenkee Junction and ended at Victor Chin Kit Park where the health fair was held. The aim of this event was to highlight the importance of good health as a life-style choice. The Department of Psychiatry highlighted mental health with the theme ' **Visibility of Mental Health in all facets of life**'

There were several health booths providing testing, samples, vital health information and brochures. Members of the public visited these booths, asked questions, and benefitted from this segment.

Mrs. Thecla Byer (PSW I), Mrs. Radica Dickson (MHO I), Mr. Keith John (MHO I) and Ms. Jhindia Phillip (Mental Health Aide) were responsible for organizing Psychiatry's input into the health promotion.

## The Caribbean Institute on **Alcoholism and other Drug Problems Seminar**



Mr. Aneil Choon, MHO I, received his certificate of participation

**T**he Caribbean Institute on Alcoholism and other Drug Problems (CARIAD) Seminar was held on June 9th to 20th, 2014, at the Crown Point Beach Hotel in Tobago. Three members of staff of the Department of Psychiatry attended CARIAD 2014; (Dr. Shivan Mahabir and Mr. Aneil Choon (MHO I) and Ms. Jacqueline Andrews Panting (PSW I).

Dr. Shivan Mahabir and Mr. Aneil Choon (MHO I) attended the Basic Course which provided a comprehensive overview of the biopsychosocial-cultural aetiology and management of alcoholism, drug abuse and other addictions; and the issues related to special sub-populations. Facilitators comprised of regional experts and colleagues from internationally acclaimed Alcohol and Drug Abuse facilities as well as representatives of The Multidisciplinary Nature of Addiction.

Ms. Jacqueline Andrews Panting (PSW I) attended CARIAD's 3-day Specialized workshop, designed for graduates of the previous Basic Course which took place during June 17-19, 2014. The focus was on the need for, and development of an evidence-based alcohol policy for the reduction of alcohol-associated harm in the region. This workshop generated a series of webinars intended to mobilize civil society to engage in meaningful dialogue aimed at driving regional alcohol policy action.

# World Health Organisation (WHO) High 5s Project Correct Site Surgery (CSS)



High 5s CSS Team leader Head Nurse Tara Balliram Sankar

**T**he SWRHA has been proud to partner with the World Health Organisation in addressing the safety of the surgical patient by the implementation of a Standard Operating Protocol for the surgical site marking of the patient, before the day of the surgical procedure. This is to ensure the correct surgery is done on the correct site/site of the correct patient.

Five Regional Health Authorities (NCRHA, NWRHA, ERHA, TRHA and SWRHA) were selected to implement the SOP at their respective Regions.

After a work plan and a risk assessment were done, it was piloted in the Orthopaedic Department at SFGH on May 2012 and is presently fully implemented in the other Surgical Disciplines. The SWRHA's High 5s CSS Team, led by Head Nurse Tara Balliram Sankar, was the first Region to fully implement the Correct Site Surgery Standard Operating Protocol (SOP) at the San Fernando General Hospital.

In order to ensure the success of the project, a combination of various strategies were implemented. Some being:

- Increased Training/education on the Standard Operating Protocol (SOP)
- Awareness sessions among Executive Management
- Staff/leadership engagement/empowerment
- Increased Communication
- Leadership support
- Ongoing monitoring
- Provision of new resources
- Improved Recognition Systems.

SWRHA was represented by HN. Tara B. Sankar- Project Lead, in the International Steering Group Meetings held in Rockville, Maryland on May 6th and 7th 2013, Bordeaux, France on October 21st and 22nd 2013, and Chicago, Illinois on June 24th and 25th 2014.

The Standard Operating Procedure is now integrated in the patient flow pathway to the Operating Theatre as a standardized process. Potential safety issues will be identified and rectified prior to surgery, resulting in the correct surgery done on the correct site/site of the correct patient.



## "Putting The Care Back Into Healthcare" Introducing the **Quality Improvement Team** at the new **San Fernando Teaching Hospital (SFTH).**

**T**he Quality Improvement team, which is led by the Acting Senior Quality Co ordinator (4th from left), primary focus is to ensure compliance with healthcare standards and protocols, ensure high levels of customer service, assure that quality indicators are established using evidence-based criteria and coordinate quality improvement processes.

Some of the key achievements of the unit has been the implementation of the Information Booth Management System which includes the Hospital Visitors Pass System, Client Feedback Email Address ([sfthclientfeedback@swrha.co.tt](mailto:sfthclientfeedback@swrha.co.tt)) and the Client Feedback Toll Free Number **87-SWRHA** which will be launched in August 2014; and 99.99% customer complaints resolution. The unit has been engaged in the drafting of the suggestion box and parking policies, standard operating procedures and process flows at the SFTH.

**Office Location:** Levels 3 and 8.

## Community Liaison Unit's 7<sup>th</sup> Annual Diabetes Easter Camp

The Community Liaison Unit held its annual Diabetes Easter Camp from April 14th to 16th, 2014 at the San Fernando Boys RC School. Coordinated by the Regional Manager Liaison Services, Ms. Joy Providence- Williams and her staff, the campers were encouraged to learn about proper treatment of diabetes and to achieve personal development through self-confidence all while having fun.

Over the three days the children had educational sessions from Dietitians, Pharmacist and the Dental team all geared towards treatment of diabetes and healthy living. They also participated in fun activities such as making Easter crafts, an egg hunt, an exercise session conducted by the 5 o Clock Krew, and decorating bonnets for the Easter bonnet parade on the final day.

The Community Liaison Unit continues to engage in activities with children living with diabetes to empower them to use basic tools and strategies to better manage their condition.



Campers in their Easter bonnets



## Easter Good Will Gesture by AHPF

The Nursing Staff of the Area Hospital Point Fortin lead by Nurse Manager, Madhuri Boodoo, distributed 5 hampers to 5 needed families in the Point Fortin Area on Holy Thursday. The hampers were filled and created by the Nursing Staff themselves.



(L to R) Veronica Pacheco, PCC AHPF; Madhuri Boodoo, Nurse Manager (Ag.); Karen Ramsuir, RN; Hamper Recipient, and Marva Yard, ENA

## Freeport Health Centre Annual Healthy Hats

The staff of the Freeport Health Centre held its 4th Annual Healthy Hats Easter Bonnet Parade on April 16th 2014.

Colourfully dressed students from the various participating primary schools entered the auditorium ready to show off their designs. Students, from as young as 18 months were excited to describe the nutritional benefits of the fruits and the vegetables used to design their hats.

Judge and DHV Ms. Sherma Hinds explained how difficult it was to choose a winner because of the excellent effort that was put into the designs of all the hats. While the judges deliberated, the parents and participant were enlightened by demonstration on proper diet and nutrition by dietician Rachel Mohammed.

Both the participants and the audience enjoyed the day's event and many left well informed.



Participants wearing their Easter Sunday Best



Pretty Easter Maidens in a row

Children on Ward 5 Paediatric Surgical, showed off their presents



Dr. Lackram Bodoie, Chairman SWRHA, spent time with a child on Ward 14 Paediatrics



## Easter Treat at for Children at SFGH

The Rapid Fire Kidz Foundation (RFKF) in partnership with the Mayor of San Fernando, His Worship Alderman Kazim Hosein, and the San Fernando City Corporation (SFCC) hosted an Easter treat and magic show at the San Fernando General Hospital (SFGH) for 50 children on Paediatric Wards 5 and 14 on Wednesday 9 April, 2014. Dr. Lackram Bodoie, Chairman SWRHA; Dianand Ganessingh, Assistant Hospital Administrator and Dr. Krishna Rampersadsingh, Head of Department Obstetrics and Gynaecology, also joined in to distribute presents and spend time with the children.

This occasion was an opportunity for the RFKF and the SFCC to bring cheer and smiles to the faces of children warded at the SFGH. It was an exciting day for the young ones as each child received a present and had a ringside seat to a magic show on Ward 14 by magician Abracadabra and his lovely assistant as they performed one remarkable trick after another. Patients of Ward 5 were brought in to witness the spectacle as it unfolded. To the delight of those in attendance, His Worship the Mayor and some of the children were invited to be part of that magical performance.



The audience at the seminar  
(R) RN Helen Piper, SYNEXIS Limited explained the stages of puberty



The audience at the seminar  
Dr. Akenath Misir CMOH, Victoria interacts with students

## STE. MADELEINE HEALTH CENTRE prepares students for Secondary School

Ste. Madeline Health Centre's annual Transition to Secondary School for post SEA students came off on May 13, 2014 at the Ste. Madeline Regional Complex. The participating schools were St. Clements Vedic, Ste. Madeline Government School, Jordan Hill Presbyterian, Cocoyea Government School and Claxton Bay Senior Anglican School.

This programme provided students a level of knowledge and skill to help them cope with the changes they would face upon entering secondary school as well as the changes their bodies would go through during puberty. County Medical Officer Dr. Akenath Misir stressed to the students to avoid the temptation to smoke. He emphasized the harmful effects of smoking and ended by asking everyone to stand and take the pledge against smoking.

# Mothers' Day Function

## at Tabaquite HC



EN Arelene Noreiga gave mother a token of appreciation

**M**others registered at the Tabaquite Health Centre were invited to a Mother's Day programme - Parenting the Key to Formation on May 15, 2014 at the centre. The programme recognized the importance of mothers in the development of their children in the areas of: spiritual guidance, nutrition and for some, coping in dysfunctional families and the adverse effects on children as they mature.

Experts in their respective fields highlighted the responsibilities attached to motherhood for the physical and mental development of children from embryo to adulthood. Dietician, Jochelle Mohammed, in her presentation, told mothers that nutrition in the womb has an impact on health from birth and beyond. Guest speaker Pastor Dawn De Vignes advised mothers to teach their children about responsibility and accountability to their families, homes, society and God. Leela John, Social Worker, stressed that mothers, have the critical responsibility of nurturing their offspring as she linked dysfunction in the home to youth deviance. The day honoured over 20 mothers.

## SPA DAY FOR MOTHERS OF THE CDHF DIABETIC SUPPORT GROUP

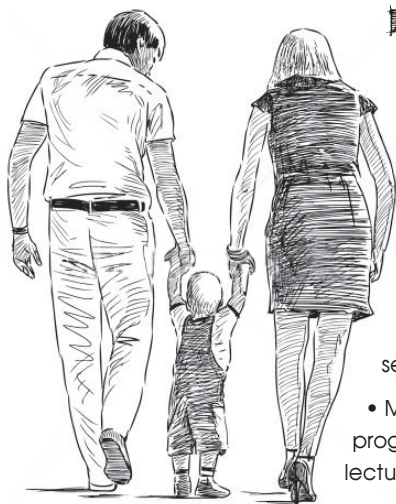
**T**o commemorate the occasion of Mothers' Day, mothers of the Couva District Health Facility's (CDHF) Diabetic Support Group were treated to a Spa Day on May 9, 2014. The day was dedicated to ensuring customer focussed and quality care for these members on this special occasion.

The spa was set up in the main waiting area at the CDHF and these ladies were pampered by volunteers who provided foot massages, pedicures, manicures, hairstyling and make-up.



(L) a staff member gave mum a pedicure

## PARENTING 101



**T**he staff at the Moruga Health Centre conducted a week of activities for Health Promotion Month April 2014 to promote the health and well-being of our children, the future leaders of tomorrow. The information shared was adapted to address the clients attending the clinic sessions on the particular day.

- Monday 28th April: The program was launched with lectures and discussions addressing

healthy feeding, as it relates to physical, spiritual, psychological and social health and Discipline, a tool to shape socially well-adjusted children.

- Tuesday 29th April: Lecture and Discussion on Building self-esteem and confidence.
- Wednesday 30th April: Lecture and Discussion on Taking time to communicate from the womb and beyond
- Thursday 1st May: Discussion on Teaching the Next Generation
- Friday 2nd May: An interactive session for the senior primary school students titled "Out on a Limb; A Guide to Getting Along"
- Facilitators were co-opted from professionals in the district. All sessions were well attended and appreciated by the participants. DHV Bernice Williams spearheaded the programme.

# World Social Work Week



(Back Row R) Mrs. Roe-Ann Sammy, Medical Social Worker II, with her staff on opening day at the SFGH foyer

**T**he Medical Social Work (MSW) Department of the San Fernando General Hospital (SFGH) joined their global colleagues to commemorate "World Social Work Day" by hosting awareness sessions from March 18 to 20, 2014 at the following venues: San Fernando General Hospital foyer, San Fernando Teaching Hospital (SFTH), main lobby and the band stand at Harris Promenade, San Fernando. These sessions were geared towards creating a greater understanding about the role and functions of social workers and the Medical Social Work Department of the SWRHA.



(Seated) Social Work staff reach out to the community on Harris Promenade, San Fernando

In keeping with this year's theme "Social and Economic Crisis – Social Work Solutions" the medical social workers shared information with staff, clients and the public about their responsibility as a link to both internal and external social services as it pertains to healthcare. Participants were given related brochures and they were able to ask questions about the procedures for social work intervention. Persons were advised that if they required in-depth details and private consultation could visit the Medical Social Work Department to speak with a social worker from Monday to Friday from 8:00 a.m. to 4:00 P.m.

# The Role of the Social Worker

**A**ccording to the International Association of Social Workers (IASW) '... the social work profession promotes social change, problem solving in human relationships and the empowerment and liberation of people to enhance well-being. Utilising theories of human behaviour and social systems, social work intervenes at the points where people interact with their environments. Principles of human rights and social justice are fundamental to social work'.

In other words Social Workers work with individuals and families to help improve outcomes in their lives. This may be by helping to protect vulnerable people from harm or abuse or supporting people to live independently.

Medical Social Work is a sub discipline of social work also known as hospital social work.

## Our Vision:

To provide Medical Social Work services as an integral part of the Multi-Disciplinary Health Team as we strive towards holistic health care, excellence in service and strategic alliances.

## Our Mission:

The profession aims at motivating and empowering persons to identify, understand and cope with psychological, social, economic and cultural factors which impact on their ability to be responsible for their health, achieve a healthy lifestyle and maintain a state of well-being.

Medical Social Workers value the ethical concept of patients' right to self-determination which is the right of patients to freedom in making their own choices and decisions. Sometimes, this value can conflict with the values and ethics of other disciplines within a medical setting, but Medical Social Workers strive to preserve the patients' right to make his/her own decisions about goals of care, treatment planning and discharge, that is, as long as the patient is capable of doing so on his/her own.

Medical Social Workers help the seriously ill and those with chronic health problems to find adequate care and access public resources such as Medical Aid and other social support services. They often play a key role in helping clients to navigate and coordinate the numerous health care and public service systems that provide care together. Medical Social Workers also offer counselling to clients and their families about coping with the effects of illness and other psycho-social issues.

## Caroni South Celebrates International Nurses Day

The devoted nursing staff of the Caroni South Cluster hosted its International Nurses Week celebrations on 16th May 2014

The programme recognized 65 Nurses for their outstanding performance, inventive ideas and contribution to the enhancement of healthcare at SWRHA.

This main objective was to establish rewards and incentives to encourage the continuous strength and understanding amongst fellow colleagues and the institution. This programme helped showcase the importance of Nurses and highlighted their commitment to patient care and allowed for building of team camaraderie.



A cross section of the nurses in the audience

## Nursing week at SWRHA AHPF Celebrates its Nurses

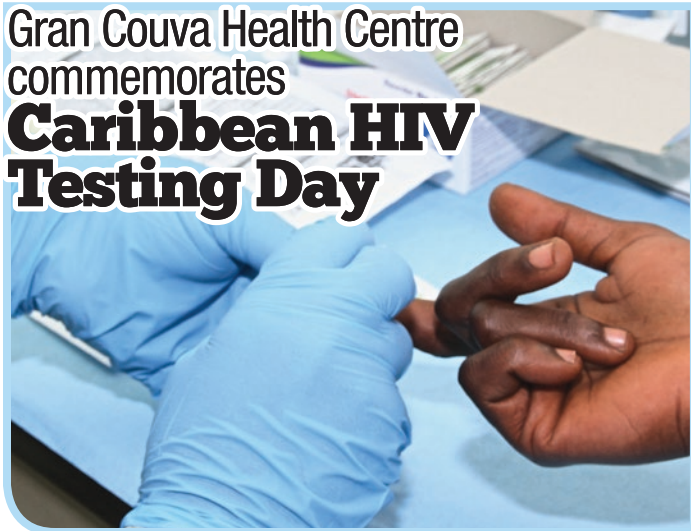
In commemoration of International Nurses Day 2014, the Nursing Administration Office of Area Hospital Point Fortin paid tribute to its nurses for their crucial role in caring for their clients with an appreciation day on May 12 and a Day of Celebration on May 14.

This year's activities were centred on the theme '*Nurses - a force for change: Advocating, leading, caring.* Nurses', active and retired, were presented with tokens at an appreciation function, for their service in caring for the infirm who visit their facility. Madhuri Rambharose-Boodoo, Nurse Manager Ag, presented a biography of Florence Nightingale to the Nursing Staff. The nurses' renewed their commitment by reciting the *Florence Nightingale Nurses Pledge*.



(L to R) Ms. Mahalia Alexander, Clinical Coordinator, Staff Development Unit; Maduri Boodoo, Nurse Manager (Ag) and Ronnie Williams, VP Pt. Fortin West Secondary School

## Gran Couva Health Centre commemorates Caribbean HIV Testing Day



On the 26th of June 2014, the Grand Couva Health Centre observed Caribbean HIV Testing Day by hosting a lecture given by DHV Sherma Hinds. Nurse Hinds spoke about what HIV is, how it affects the body, how it is spread, the difference between HIV and AIDS and the importance of individuals getting tested and knowing their status.

The lecture was followed by a quiz on the topic and was rewarded for their knowledge. Students of the Tortuga Government Primary School also entertained the audience with a calypso entitled 'Who is to Blame?' The programme ended with some of the participants taking advantage of the free HIV testing available.



# SWRHA NURSES

making strides in the area of Research



**Mrs. Kathy Ann Thomas-Elbourne**, *Primary Care Nurse Manager, St. Patrick*

In June 2014, Mrs Elbourne, PCNM St Patrick West was selected by UWI School of Nursing; Mona, Jamaica to present her research conducted in St Patrick West SWRHA, at the 24th Nursing and Midwifery Research Conference. The study entitled "Menopausal Transition and its Association with the Quality of Life of women aged 40-55 of varying ethnicity in County St Patrick West; A community based survey", was well received by the audience

of Caribbean and International participants.

The conference highlighted the importance of research in obtaining evidence to guide our practice.

While at the conference, Mrs Thomas Elbourne had the privilege of being inducted into the First Caribbean Honour Society of Nursing (Sigma Theta Tau).

There are plans to have a women's health clinic and to continue research to improve health outcomes.

**Mrs. Sandra Smith-Allen**, *DHV Indian Walk Health Centre*

In May 2014, Mrs. Sandra Smith Allen represented the SWRHA at the 59th Caribbean Public Health Agency Health Research Conference in Aruba. Her study entitled "Obstetric Characteristics and Outcome of pregnancies in a selected hospital in south Trinidad for the period 2008-2012", was well received.



Non-communicable diseases were the main focus at the conference. Since her return Mrs Smith Allen has embarked on a project to stem the scourge of NCDs starting with our youth and on the 24th June 2014, she launched the Healthy Nutrition Program at the Tableland, Lengua and Moruga Primary Schools. The aim is to have healthy snacks, lunches and beverages in the schools and to bring about the awareness in the youth and their parents.

## Indian Walk Health Centre Celebrates World Health Day

World Health day, Monday 7th April 2014, was celebrated with a host of activities put on by the members of staff of the Indian walk Health centre.

The celebration which was along the theme "Vector Control" was aimed at promoting healthy lifestyles through education and sensitization. The programme got on the way with a monologue on parenting put on by Mrs. Brereton and her team and continued throughout the week with lectures and interactive sessions along with video documentaries on various topics. Some included Aides Egypti Mosquito Control and Prevention, maintaining healthy lifestyles, dental hygiene and antenatal diet and nutrition.



(L) DHV Sandra Allen and her staff at the function

The week-long celebration was touched the more than four hundred participants, each of whom left with packages containing valuable written information for healthier living.

# National Nutrition Awareness Month



The department of Nutrition and Dietetics recognized Nutrition Month (June) with two major outreach events. The first being on 10th July 2014 at the San Fernando General Hospital foyer and the second on the 17th of July 2014, at the San Fernando Teaching Hospital. The outreach focused on a high fibre diet. The motto of the events was to 'rethink your drink.'

The dieticians encouraged individuals to practice reading food labels carefully in order to monitor our diet better. It was noted that the most consumed drink is Coca Cola which contains 15 teaspoons of sugar. She concluded that people tend to drink sugars as oppose to eating it raw.

Their main objective was to bring awareness and offer counselling to those in need. Some of the screening conducted at these



(L) Ms. Kyrie Homer, Dietician, shared facts about fast foods with student nurses

outreaches included BMI s, percentage body fat index and weight. The staff also provided samples of healthy foods and their recipes to the public. Some of these samples included pumpkin bread, humus, fruit smoothies and oats and bran muffin.

## San Fernando General Hospital

### Infection Control Department Celebrates World Hand Hygiene Day



Natalie Gibbs-Greenidge, RN, demonstrates proper hand hygiene technique

The Infection Control Nursing Staff at the San Fernando General Hospital demonstrated to other members of staff and the wider public proper hand hygiene, with the aim of preventing the spread of drug resistant germs. On May 16th 2014, the Infection Control team was on hand at the San Fernando Hospital foyer guiding persons on proper hand hygiene practices along with demonstrations on how hands should be washed. In addition to the practical demonstrations, nurses quizzed participants on proper hygiene practices all in the continuing effort of educating the public on proper hand hygiene.

Poor hand hygiene have been known to cause the spread of countless infectious diseases, especially in the medical practice, the food and beverage industries as well as in general interaction with the public.

At the end of the demonstrations and quiz two-(2) lucky persons won hampers courtesy 3M.

### La Brea HC says to Parents "Let's Pass it On"



With the aim to motivate and empower parents to guide their children appropriately, The Staff of La Brea Health Centre, it's, annual parenting programme, "Parents, Let's Pass It On," on the 17th June, 2014. This initiative encouraged others to create a healthy environment for their families, instilling young children with values, spiritual teachings and understanding. The knowledge acquired was transferrable and can be and parents were encouraged to "Pass on" the teachings to the next generation.

The programme assisted in the development of parental skills and also guided parents especially fathers on to become better mentor to their children. Various tools for dealing with conflicts were presented to the audience. Health Education talks on how to maintain spiritual values in the home assisted with the understanding of how one should go about reducing internal conflicts. As DHV Sepherrina Allard lamented, creating an environment where love and understanding is abundant results in a healthy environment for a child/children.

This program aimed at helping parents mould their offerings in the direction of becoming healthy, honest and reliable citizens of their society. The programme was also accompanied by music, songs, and educational presentations by Dr. S. Reddy, Dr. A. Agarwal, Ms Kyrie Homer of the Nutrition Department and PCNM Kathy ann Elbourne and other surprise tributes.



# NOURISHING

## from Kindergarten to Tertiary Level

The staff of the Indian Walk and Moruga Health Centres launched a Healthy School Nutrition Program titled "Nourishing from Kindergarten to Tertiary Level" on Tuesday 24th and Monday 30th June respectively. It was a collaborative venture among the Health Care Team of the Districts, School Officials, School Vendors, Parents and Students of schools in the districts. The aim of the initiative was to provide a supportive Healthy School Nutrition environment in the schools by promoting healthy vending and cafeterias on the school premises and at school activities. Health personnel addressed topics such as:

- Medical Officer: the importance of good nutrition as it relates to health and the prevention of chronic diseases
- Public Health Inspectors: environmental health and food safety.
- Dental Nurse: Excessive sweets and how it contributes to dental caries and malnutrition
- Dietitian and Food Demonstrator: Provided information on nutritious foods, snacks and drink

A cumulative total of about one hundred and thirty (130) persons were present at the launch in both areas.

The operational phase of the program would begin in the new school term in September 2014 where compliance with the stated guidelines would be assessed and a challenge trophy presented to the school with the highest compliance level.

The initiative is the brain-child of DVH Sandra Smith Allen of the Indian Walk HC who also holds a BSC in School Nursing.



Question and answer session



# THE BLOOD BANK

## SFGH THANKS DONORS ON WORLD BLOOD DONOR DAY



Dr. Lackram Bodoë Chairman, SWRHA, participates in the celebration of World Blood Donor Day with staff at the Blood Bank SFGH

The Blood Bank, San Fernando General Hospital celebrated World Blood Donor Day on Friday 13th June, 2014 by hosting a programme to raise awareness and to thank our regular voluntary unpaid blood donors for their life-saving gifts. This year's campaign, "Safe Blood for Saving Mothers" focuses on increasing awareness about the significance of timely access to safe blood and blood products as part of a comprehensive approach to prevent maternal deaths.

This initiative of commemorating World Blood Donor Day at SFGH began through the efforts of ENA Pauline Mohammed in 2012 and has continued every year after that. In his opening

remarks, Mr. Anil Gosine, CEO of SWRHA thanked the staff of the Blood Bank for their hard work and diligence in encouraging and sensitizing new voluntary donors to participate in the blood donor drive. He also stated that the Blood Bank at SFGH is the only one in the country that opens on a Saturday in order to facilitate persons who are unable to give blood during the week. Dr. Lackram Bodoë, Chairman of SWRHA did his part by donating blood to mark this year's observance. As Chairman, Dr. Bodoë's gesture further enhanced the drive to encourage persons to come forward and commit to being regular donors.

The day's event was filled with a mixture of entertainment and enlightening discourse with very inspiring speeches from qualified professionals at SWRHA. Ms. Tricia Maingot from the Nutrition and Dietetics Department at SWRHA highlighted the importance of a proper diet before and after donating blood. She stressed that one must eat healthy in order to donate blood. Two members of the Nursing staff, David Trotman and Lauren Couttier, explained the process that takes place after a donor gives blood.

Dr. Devendra Singh, Specialist in Obstetrics and Gynaecology and a senior lecturer, shared a heart-warming story which focussed on the necessity of donating blood and the importance it holds for saving a mother as well as the lives of others. The programme included presentations of tokens of appreciation to donors as a form of gratitude for their life saving gesture. These donors are passionate about giving blood and will come out to assist whenever they are called. On the entertainment side, Neval Chatelal enthralled the crowd with his usual engaging performance which they enjoyed to the fullest.



# THE RESULTS ARE IN!

**T**he Sports & Family Day took place on July 5th, 2014 at Powergen Grounds, Syne Village, Siparia with the theme of "Putting the Care Back into Healthcare." A growing number of spectators thronged the field from as early as 8:00am to decorate their tent and get a good view of the day's games. Members of the Board of Directors along with Executive Managers eagerly watched on as the March Past and Events took place. Also in attendance were Alderman Vidya Mungal-Bissessar representing the San Fernando City Corporation, Member of Parliament for La Brea - Honourable Fitzgerald Jeffrey as well as members of the Penal/Debe Regional Corporation.

## March Past

Ten teams competed for the title of March Past Winner 2014, however only one could have emerged on top. Taking salute of the March Past was the Chairman of the Board - Dr. Lackram Bodoie, Director Ralph Ramnath and Siparia DHF Facility Manager, Ms. Michelle St. John. Taking first place was the Siparia District Health Facility for the second time in a row due to their impeccable uniformity, in both their outlook and their exhibition of marching skills depicting "Diversity" with 264 points. The second place went to Supply Chain United with their interpretation of "Teamwork" with 246 points. In close pursuit however was Area Hospital, Point Fortin who showed similar greatness with their display of "Wellness" but were just edged out of first place with 240 points.

## Special Prizes

The Human Resources March Past Team copped the Special

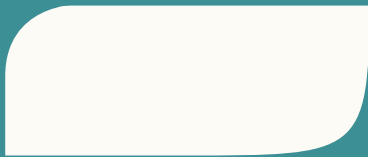
Cash Prize of \$2000 for having the Most SWRHA Workers in their team. Couva DHF's "Camp Couva" with their "military theme" was outstanding in their camouflage attire, where they went all out equipping their tents with branches, nets, tyres, and grenades. They definitely captured everyone's attention and took the title and cash prize for Best Decorated Tent.

## Tug of War

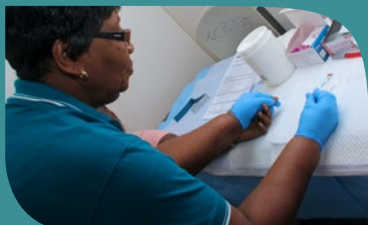
The eagerly anticipated "tug of war" which was fiercely competitive in the preliminary stages, but at the end, Area Hospital Point Fortin were comfortable victors against the "Wards Maids" pulling themselves to a easy victory, while flooring the Wards Maids in 2 consecutive rounds.

## 5-A-Side Football

The finals of the tournament also took place on Sports Day among loyal fans and spectators AHPF vs Supply Chain United. AHPF's took the lead in the early stages with a clinical strike from Mervin Farria. Supply Chain United wasted no time in responding with a deadly strike from Keane Baptiste to deadlock the scores. However, as fate would have it, Dave Wiggins' (AHPF) stunning late goal was enough to see AHPF to victory against Supply Chain in a tense encounter. Wiggins with all the composure under pressure to make that crucial finish to ensure his team won, made no mistake as he converted his chance. The man of the match went to Keane Baptiste of the Supply Chain United and the golden boot for the tournament was awarded to Nyron Phinn of the X-Ray United team.



**SWRHA  
CAPTURED  
MOMENTS**



The logo for Southern Pride features the word "Southern" in a white, elegant script font, and the word "PRIDE" in a bold, green, sans-serif font. A thick green swoosh underline is positioned below the text.

# Southern PRIDE

## **Do you have a story for the Southern Pride?**

### **Contact the Corporate Communication Department**

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