

Southern PRIDE

SWRHA'S NEWSLETTER



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The South-West Regional Health Authority welcomed its new Board of Directors on January 20, 2015. The vibrant team brings to the decision-making table a surplus of experience and knowledge. We welcome the return of this dynamic team as they pledge their continued dedication and service to leading the SWRHA towards first class status as we strive towards

"Putting the Care back into Healthcare."

Above, SWRHA's Board of Directors:

(Seated L to R) Ms. Erica Phillip; Mr. Ulrich Birbal, Deputy Chairman; Dr. Lackram Bodoë, Chairman; Mr. Anil Gosine, CEO and Ms. Pamala Maraj (Standing L to R) Mr. Ralph Ramnath, Mr. David Constant, Mr. Dane Pierre and Mr. Sinanan Dass



The South-West Regional Health Authority welcomed its first batch of Chinese healthcare professionals on Friday 8th August, 2014 as part of a Memorandum of Understanding (MoU) signed by the Ministry of Health and the People's Republic of China.

The team included two neurosurgeons, one neurologist and a vascular surgeon, who provided specialized medical services in treating patients. Other specialities of the ten-membered healthcare team comprised of the following: one anaesthesiologist; one operating room nurse; one vascular surgeon; one vascular ultrasound technician; one interventional cardiologist; one general surgeon; one pneumonologist; one neurologist and two neurosurgeons.

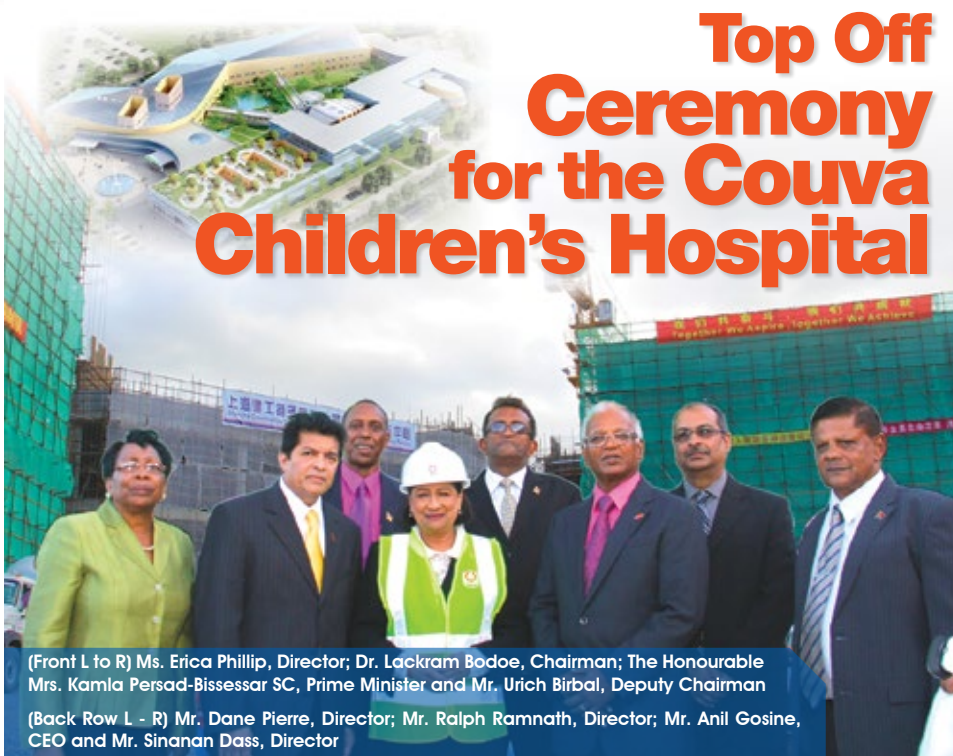
Immediately after this group completed their duties on Friday 30th January, 2015 the second group of ten medical professionals commenced service in the areas of: Neurology, Cardiology, Nursing, Anesthesia, Pulmonologist, Radiology (Ultra Sound), Neurosurgery, Interventional Neuro Radiology, and General Surgery.

Under the MoU, these healthcare professionals will serve to enhance the delivery of healthcare services by increasing the number of skilled medical professionals in the public health sector.



(L to R) Dr. Lackram Bodoë, Chairman; Dr. Jia Wang, Batch Head and Mr. Anil Gosine, CEO.

Top Off Ceremony for the Couva Children's Hospital



(Front L to R) Ms. Erica Phillip, Director; Dr. Lackram Bodee, Chairman; The Honourable Mrs. Kamla Persad-Bissessar SC, Prime Minister and Mr. Ulrich Birbal, Deputy Chairman

(Back Row L - R) Mr. Dane Pierre, Director; Mr. Ralph Ramnath, Director; Mr. Anil Gosine, CEO and Mr. Sinanan Dass, Director

persons being transferred to San Fernando General Hospital (SFGH). As such, when the new facility is opened in 2015, it will reduce the amount of patient transfers to SFGH.

This state of the art 230-bed facility with its advanced medical technology and trained staff will provide specialized treatment for children and adults. Some of the services which will be available are: Emergency Department; Surgical Department; Diagnostic Imaging and Radiology; Burns Unit; Critical Care - Intensive Care (ICU); Paediatric Outpatient Clinics; Adult Outpatient Clinics; Women's Services - Birthing & Endoscopy; Pharmacy; Laboratory; Kitchen; a teaching and training building; and a Helipad.

The officials attending this function were: The Honourable Mrs. Kamla Persad-Bissessar, Prime Minister of Trinidad & Tobago; His Excellency Huang Xingyuan, Ambassador of the People's Republic of China; the Honourable Dr. Fuad Khan, Minister of Health; the Honourable Dr. Roodal Moonilal, Minister of Housing; Members of Parliament; Permanent Secretaries and Government Officials; Mrs. Jearlene John, Chairman of UDeCOTT; Members of the Board, Management and Staff of Team UDeCott; Members of the Board of Directors of the SWRHA and Mr. Anil Gosine, Chief Executive Officer of the SWRHA.

The official Top Off ceremony for the Final Concrete Pour on the roof of the Couva Children's Hospital took place on Monday 4th August, 2014. The Top-Off ceremony held at the site is a Chinese custom which is observed when the last amount of concrete is to be poured into the foundation. The Honourable Kamla Persad-Bissessar, Prime Minister of the Republic of Trinidad & Tobago delivered the feature address in which she stated that the facility would provide access to

healthcare for children across Trinidad and Tobago.

During his remarks at the Top Off ceremony, SWRHA's Chairman, Dr. Lackram Bodee indicated that the new Couva Children's Hospital will improve and extend the quality of healthcare provided to the catchment population of Couva and its environs. He further stated that in 2013 there were 89, 400 patient visits to the Couva District Health Facility with a significant number of

HYPOSPADIAS DINNER

Dr. Victor Figueroa, a Paediatric Urologist from the Cardiovascular Foundation of Columbia, was the guest speaker at a Hypospadias Workshop Dinner held on Tuesday 11th November, 2014 at the San Fernando Teaching Hospital. Dr. Figueroa was contracted by the Ministry of Health to do a Hypospadias run, which included a training module for clinicians at San Fernando General Hospital.

Hypospadias is a common birth defect occurring in up to four out of every 1000 boys, in which the opening of the urethra is on the underside of the penis instead of at the tip. Prior to Dr. Figueroa's initial visit to San Fernando General Hospital in August 2014, Hypospadias procedures were not done at the institution. The first set of surgical procedures commenced on Monday 10th November, 2014 at the hospital. Adding to the ten procedures he performed during his previous visit in August, Dr. Figueroa performed an additional eight procedures later that year, thus reducing the waiting time and alleviating the backlog of patients waiting to have this delicate procedure done.



(L to R) Dr. Colin Furlonge, Chief Medical Officer (Ag.); Mr. Anil Gosine, CEO; Dr. Lackram Bodee, Chairman; Dr. Victor Figueroa, Paediatric Urologist and Dr. Lakhman Roop, Head of Paediatric Surgery

In delivering his remarks at the workshop, Dr. Lackram Bodee, Chairman of SWRHA, encouraged those present to continue on the path towards excellence in improving the delivery of healthcare services provided by the South-West Regional Health Authority.

Public Board Meeting 2015

The South-West Regional Health Authority's Public Board Meeting was held at the San Fernando City Hall Auditorium, Harris Promenade on Thursday 6th November, 2014. Mr. Anil Gosine, Chief Executive Officer, highlighted key results, accomplishments and challenges encountered within the organisation during the fiscal period 2013/2014. Dr. Lackram Bodoe, Chairman of the SWRHA, presented goals and targets for the new fiscal year, reviewed the role of the Board of Directors and provided the audience of over 150 persons with information aimed at improving their health and understanding of health services.

Staff, clients and persons within the south-west region were also given the opportunity to voice their concerns and questions to the Board of Directors during the open forum section.



Dr. Lackram Bodoe, Chairman presenting his report



Board of Directors (Seated L to Right) Ms. Erica Phillip; Mr. Terrance John (Former Director); Mr. Dane Pierre; Mr. Anil Gosine, CEO; Dr. Lackram Bodoe, Chairman; Mr. Ulrich Birbal, Deputy Chairman; Ms. Pamela Maraj; Mr. Sinanan Dass and Mr. Ralph Ramnath

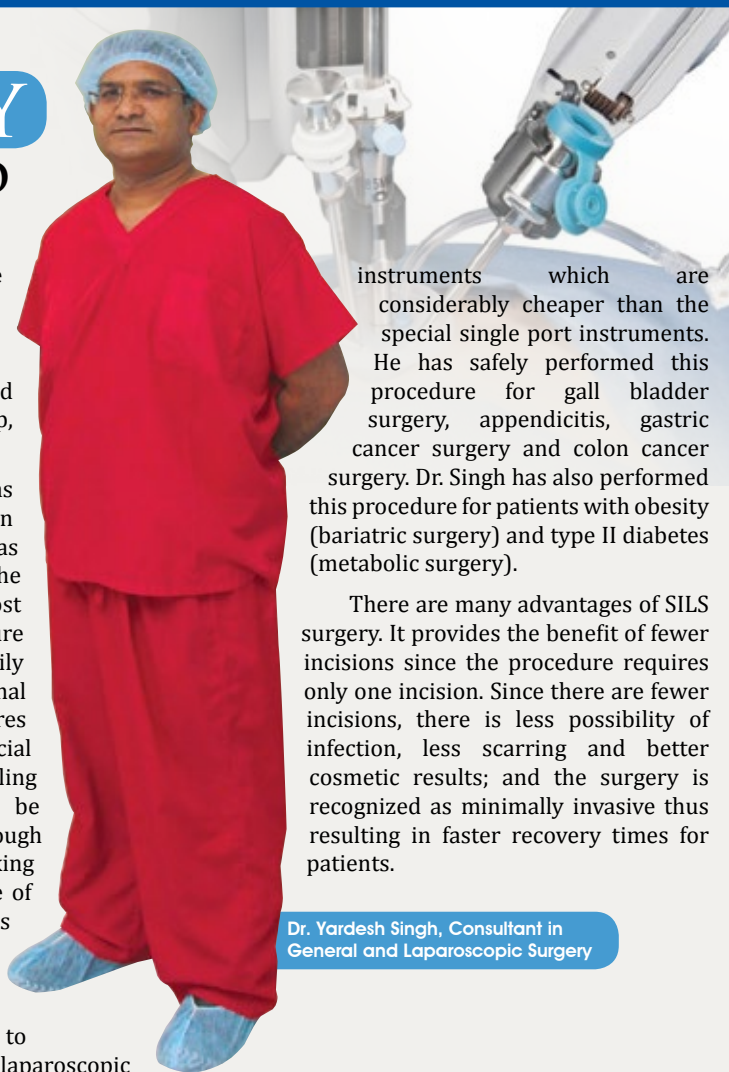
PIONEERING WORK IN SCARLESS SURGERY PERFORMED AT SAN FERNANDO GENERAL HOSPITAL

Single Incision Laparoscopic Surgery (SILS) or Scarless Surgery is a recently developed technique in laparoscopic surgery which is being performed safely and effectively at the San Fernando General Hospital. In 2010 the first Scarless Surgery was performed by Dr. Yardesh Singh, Consultant in General and Laparoscopic Surgery at the San Fernando General Hospital. Since then Dr. Singh has performed the first Scarless Bariatric and Metabolic Surgery, Gastric Surgery and Colonic Surgery in the Caribbean at the San Fernando General Hospital. Dr. Singh is also a lecturer in General and Laparoscopic Surgery at the University of the West Indies.

SILS is a minimally invasive surgical procedure in which the surgeon operates almost exclusively through a single entry point, typically the patient's navel, leaving no visible scar. Dr. Singh has performed 80 SILS procedures at the San Fernando General Hospital, and his pioneering work has been published in scientific journals and was also presented at The Commonwealth Medical Association 23rd Triennial Conference hosted by the TTMA in 2013; The Caribbean College of Surgeons

Annual Conference 2014, 2013 and 2012; and The Ministry of Health Laparoscopic and Robotic Workshop, 2013.

Dr. Singh has made advances in this field, which has greatly enabled the reduction of the cost of this procedure making it more easily accessible. Traditional single port procedures require special instruments enabling the procedure to be performed through the navel. In making changes to the type of incision as well as other technical changes to the procedure itself, Dr. Singh is able to use traditional laparoscopic



Dr. Yardesh Singh, Consultant in General and Laparoscopic Surgery

instruments which are considerably cheaper than the special single port instruments. He has safely performed this procedure for gall bladder surgery, appendicitis, gastric cancer surgery and colon cancer surgery. Dr. Singh has also performed this procedure for patients with obesity (bariatric surgery) and type II diabetes (metabolic surgery).

There are many advantages of SILS surgery. It provides the benefit of fewer incisions since the procedure requires only one incision. Since there are fewer incisions, there is less possibility of infection, less scarring and better cosmetic results; and the surgery is recognized as minimally invasive thus resulting in faster recovery times for patients.

Ebola Training

Ebola Sensitisation Training Sessions were conducted by the Infection Prevention and Control Unit from Tuesday 16th September to Monday 22nd December, 2014 for the employees of the South-West Regional Health Authority. A total of 34 sessions were conducted for 854 members of staff. These sessions provided vital information aimed at preparing staff to take the necessary precautions should there be confirmed case(s) of Ebola in Trinidad and Tobago. This training was available to all categories of staff.

The content of the training included:

- Key facts about Ebola
- Transmission of Ebola
- Signs and symptoms of Ebola
- Ebola Statistics at each session which included updated case count and death toll
- Treatment of Ebola
- General Infection Prevention and Control (IPC) for Ebola which included Hand Hygiene and Personal Protective Equipment (PPE)
- Video Presentation of PPE for Ebola
- Practical demonstration and return demonstration on proper donning and doffing of PPE by staff
- Management of Sharps, Waste and Linen
- Preparation of a body of an Ebola patient who demised
- Housekeeping

Sessions are expected to continue in 2015 until all SWRHA staff has been sensitised.

GRAN COUVA HEALTH CENTRE LAUNCHES Wellness Support Group

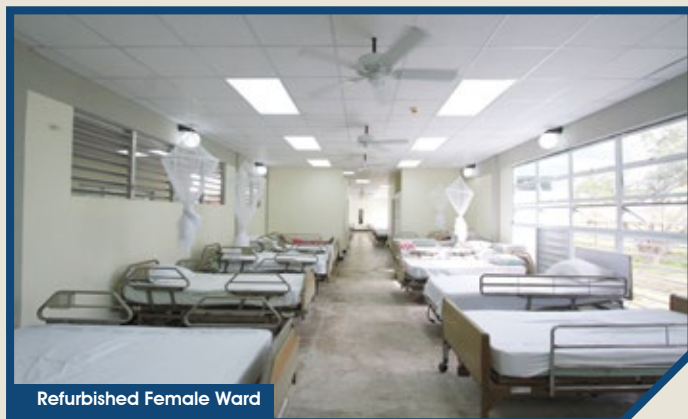


Ms. Anica Sanoir, Diabetic Educator, during her presentation

It was a day of fun and interactive learning at the Gran Couva Health Centre as the staff hosted a lecture and quiz to launch the Wellness Support Group and Clinic on Friday 19th September, 2014.

In her presentation, Ms. Anica Sanoir, a Diabetic Educator defined a healthy lifestyle as not merely being free of diseases but being in a state of wellness in mind, body and spirit. She stressed the importance of incorporating physical activity in daily routines and encouraged persons to engage in simple activities such as cleaning the yard, playing with children or walking briskly while performing daily tasks. Staff and clients joined in an aerobic session with gym instructor, Mr. Wayne Nurse who demonstrated simple cardiovascular exercises that can be performed at home.

Entertainment was provided by Ms. Shereece Squires, an employee at the Gran Couva R.C. School who played 'Isn't She Lovely' on the steelpan and Mr. Anthony Sandy, a teacher at the Tortuga Government School, who sang 'Oh the Blood of Jesus'. Clients received blood pressure and blood sugar testing and the staff of Value Optical provided free vision screening. Tokens were also awarded to clients who answered questions pertaining to wellness.



Refurbished Female Ward

COUVA EXTENDED CARE CENTRE REOPENS AFTER FIRE

On Saturday 20th December, 2014 patients and staff of the Couva Extended Care Centre (Couva ECC) returned to the facility at Grant Street, Couva after being temporarily relocated at San Fernando General Hospital for a five-month period. On Saturday 5th July, 2014 a fire broke out at the ECC causing damage to the female ward and washroom area located on the eastern side of the building. Patients and staff of the affected area were transferred to San Fernando General Hospital in order to facilitate restoration works to the damaged area. In addition to the refurbishment of the burnt area, the entire building was repainted and a fire alarm system was installed.



THE RHEUMATOLOGY UNIT

AT THE SAN FERNANDO GENERAL HOSPITAL




(Centre) Dr. Haramnauth Dyaanand, Head of Department and the Rheumatology Team

Fernando General Hospital (SFGH). The unit practices high levels of professionalism and teamwork which encourages a high level of productivity.

The unit's specialty of medicine cares for people with all types of diseases (rheumatoid arthritis, lupus, gout, osteoarthritis, osteoporosis and many other autoimmune diseases) that affect joints, muscles, and bones. There are more than 100 types of rheumatologic diseases to be diagnosed and treated.

Over the past two and a half years, one of the hallmark achievements of the Rheumatology Unit has been the creation of an electronic database with the help of the IT Department. This database is used to record patients' data such as clinic appointments. Clinic lists and schedules are generated, which help with the preparation for, and the smooth running of clinics. Another major achievement

of the unit is the establishment of Rheumatology Clinics in the community at the Siparia, Couva and Princes Town District Health Facilities. These clinics have allowed for the decentralisation of services and affords patients the opportunity of being able to access healthcare closer to home.

The U.S. Hospital for Special Surgery states that arthritis is one of the most common causes of disability. Arthritis can arise in many forms and it affects everyone including children and adolescents. The services of the Rheumatology Unit at the SWRHA are therefore in high demand and of great need in the region. The number of patients first seen in the clinics has doubled over the past few years. The Rheumatology Unit hopes to expand its horizons and possibly be able to offer its services to other Regional Health Authorities. Medical staff of the clinic would also like to play a central role in the training of doctors who are interested in the speciality of rheumatology, and who would like to join the team, taking rheumatology care to the entire country.

At the South-West Regional Health Authority (SWRHA) we have a number of Units with some of the most devoted and diligent doctors who work in the interest of their patients. One of these Units is the Rheumatology Unit (RU), guided by Dr. Haramnauth Dyaanand, SMO-Rheumatology and Associate Lecturer, UWI. The Rheumatology Unit was first established in January of 2012 with its base at the San

SWRHA Nurses continue to make strides in the area of

Research



Nurse Erica Joseph, DHV, Prevention of Mother to Child Transmission

Coordinator/District Health Visitor, Prevention of Mother to Child Transmissions, Erica Joseph, presented her research on HIV-positive women at the third annual Joint Meeting of the Caribbean HIV/AIDS Regional Training (CHART) Network, the

Caribbean Cytometry and Analytical Society (CCAS), and the Caribbean Med Labs Foundation (CMLF) at the Sonesta Maho Beach Resort, St Maarten during the period Sunday 24th to Thursday 28th August, 2014. This research was conducted as partial fulfilment of a Masters degree in Public Health, undertaken by DHV Joseph which she completed in 2012 from the University of Liverpool.

The theme of the Joint Meeting, "Prevention Benefits of Antiretroviral Therapy in Caribbean HIV Patients: The Central Role of Patient Engagement in the Continuum of Care", allowed participants to present detailed reports on the elements which constitute a successful treatment and prevention programme.

Nurse Joseph's paper titled, "Exploring the decision-making process of HIV Positive Women in County Victoria, Trinidad to Conceive," was well received by the audience comprising of Caribbean and international participants. Co-authored by her research

advisor at the University of Liverpool, Ms Anjali Sharma, the paper is based on research and information gathered from HIV-positive women in the south-west region from 2011 to 2012.

The paper was initiated by Nurse Joseph while visiting newly HIV-positive mothers and centred on their reasons to conceive despite knowing their status. Nurse Joseph strongly supports the rights of HIV-positive women to conceive. "HIV-positive women have reproductive rights. Though their decision-making is affected by both interpersonal and intrapersonal factors, they should seek professional healthcare and advice on using risk reduction strategies before they conceive," she said.

Nurse Joseph has been with the SWRHA for the past nine years and has continued her studies and pursued a post-graduate diploma in Clinical Management of HIV at the University of the West Indies, St. Augustine which she completed in May 2013.



(L to R) Mrs. Joy Providence Williams, Regional Manager Liaison Services; Mrs. Morrika Julien, PCNM Victoria North; Ms. Sylvia Douglas, PCNM Caroni South; Mrs. Franka Olliviere- Andrews, GM Nursing; Ms. Sherma Alexander, Assistant Nurse Manager SFGH and Mrs. Patricia Granger, PCNM Victoria South

NURSING ACHIEVEMENT PRESENTATIONS

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perspectives and understand the importance of their roles.

The presentations focused on the following projects in Primary Care: Diabetes Education and Self Management in St. Patrick East; Breastfeeding- Achieving the Gold Standard in St. Patrick West; Total Woman in Victoria North; Promoting School Nutrition from Kindergarten to Tertiary in Sandra Smith Allen; and a Calypso Competition in Victoria South.

Secondary and tertiary care nurses highlighted the following projects in their areas: a Diabetes Poster Competition organized by the Community Liaison Unit; Overcrowding at the San Fernando General Hospital; and Education and Sensitization to Health Promotion of Care of the Diabetic Foot at the Area Hospital Point Fortin.



(L to R) - Dr. Oscar Ocho, Former Chief Nursing Officer MoH; Mrs. Franka Olliviere- Andrews, GM Nursing; Mr. Anil Gosine, CEO

The second annual Nursing Achievement Presentations titled "Exceptional Nurses, Exceptional Care" was held on Tuesday 25th November, 2014 at the Conference Room, San Fernando Hill and Tuesday 2nd December, 2014 at the Nurses Lounge, San Fernando General Hospital. The presentations showcased the accomplishments of nurses in the five clusters within the south-west region in primary, secondary and tertiary health care.

Speaking to approximately 80 persons gathered at the Nurses Lounge, San Fernando General Hospital, Mr. Anil Gosine, Chief Executive Officer, paid tribute to nurses and encouraged them to continue to develop caring attitudes towards patients as nurses play an integral role in positively influencing persons in the various communities in which they work. Dr. Oscar Ocho, former Chief Nursing Officer in the Ministry of Health challenged nurses to be unsatisfied with mediocrity when performing their duties. Inspirational excerpts were read between presentations by Mrs. Franka Olliviere- Andrews, General Manager, Nursing, motivating nurses to change their



Vidia Farier, Quality Coordinator, addressing clients in the Waiting Area

CUSTOMER SERVICE WEEK AT SAN FERNANDO TEACHING HOSPITAL



The Quality Improvement Team at the San Fernando Teaching Hospital (SFTH) paid tribute to clients during the week of Monday 6th to Friday 10th October, 2014. The week of activities were aimed at raising awareness for the role customer service plays in the healthcare system.

Clients visiting the Outpatients' Clinic area on Level Four were treated to light refreshments and later that week, eight fresh fruit hampers were distributed in the "Basket of Love" initiative. Persons were also able to interact with members of the Quality Improvement team to voice questions or concerns during the interactive Free Speech Project entitled "We Tell You, You Tell Us".

Fifty clients also participated in a Customer Service Survey aimed at determining customer satisfaction with the services provided by SFTH staff. The week ended with the distribution of certificates to ten "Customer Service Champions"- staff members whom clients considered providers of excellent customer service. Mr. Christopher Grant, Customer Service Representative from the Quality Improvement Sub-Unit, received the most votes from clients during the week.



Staff of the Quality Unit serve refreshments to the clients

Ste. Madeleine Senior Citizen Recreation Camp Seminar

Quon Friday 12th December, 2014 approximately 60 persons gathered at the Ste. Madeleine Health Centre to attend the Senior Citizen Recreation Camp Seminar, titled "Healthy Lifestyle Practices for Senior Citizens". The Seminar highlighted the need for the elderly to practice and maintain healthy lifestyle choices throughout the Christmas season.

Ms. Patricia Granger, Primary Care Nurse Manager, Victoria South, greeted the audience, commending the work of DHV Erica Joseph Christom in recognizing the needs of the clients of the health centre, and establishing the Ste. Madeleine Senior Citizen Recreation Camp as a way of assisting senior citizens in the community.

Ms. Marsha Young, Mental Health Officer, gave a lecture on the signs and symptoms of depression, and the treatment options available. Synelle Vincent, Dietician, provided the audience with information on healthy eating choices and encouraged everyone to pay attention to the portion size and types of foods eaten during the holiday season.



(Seated L to R) Ms. Morrika Julien, PCNM Victoria North; Ms. Patricia Granger, PCNM Victoria North; Ms. Asha Cardinal, Quality Coordinator and (Standing 7th from Left) Ms. Erica Christom, DHV with some senior clients

In 2015 the group intends to learn foreign languages (Spanish, Hindi, and French), visit the Wildfowl Trust and San Fernando Hill and learn ballroom dancing. DHV Erica Christom explained that a basic computer literacy course will also be initiated to help the members of the Recreation Camp.

LA BREA HEALTH CENTRE BREASTFEEDING SEMINAR



(3rd from R) Ms. Sepherina Allard, DHV and with clients of the antenatal clinic breast feeding programme

Thirty-four mothers were honoured at the La Brea Health Centre's Annual Breast Feeding Day Celebration, which took place on Monday 18th August, 2014.

Mrs. Joy Providence Williams, Regional Manager, Liaison Services, in her welcome address encouraged mothers to continue the habit of breastfeeding. Ms. Kaajal Samaroo, Dietician, emphasized the importance of consuming foods rich in iron and omega-3 and avoiding caffeine-rich foods during pregnancy and while breastfeeding. Mothers were taught the most comfortable breastfeeding positions for their babies and breast milk storage options by Ms. Yolanda Davidson, Licensed Midwife.

Mrs. Richardeen Chapman, Huggies Customer Service Representative, presented mothers with product samples. DHV Sepherina Allard and her staff entertained the audience with a rendition of 'Breast Milk', which was composed by DHV Allard. All mothers received tokens and certificates of participation.

PRINCES TOWN BACKPACK PROJECT



(L) Ms. Asha Cardinal, Quality Coordinator, presents backpack to client



(R) Ms. Leah Supersad, DHV Primary Healthcare, distributes backpack to client

The Quality Improvement Sub-Unit at the Princes Town District Health Facility embarked on their annual Backpack Project from Monday 28th July to Friday 22nd August, 2014. This initiative, aimed at providing assistance to less fortunate clients, involved collecting stationery items based on a list developed by the Quality Improvement Sub-Unit. Donations were made by staff members of the Princes Town District Health Facility. The backpacks were distributed on Wednesday 27th August, 2014. Three families benefited from this initiative. Stationery items that remained were distributed to primary schools in Princes Town and environs.

CAREER FAIR



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"Choosing the right career path"



(R) Dr. Stephen Pilgrim, Guest Speaker, addressing students.



(L) Students visit the pharmacy booth

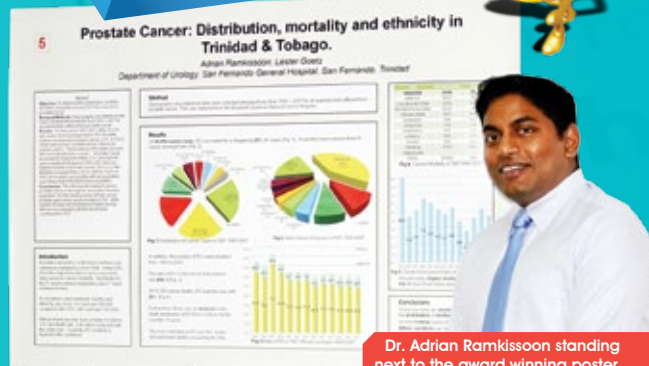
Nursing Administration and Allied Health Services held their annual Career Fair on Wednesday 15th October, 2014 at the San Fernando General Hospital's foyer under the theme, "Choosing the Right Career Path".

Mr. Mohan Ramjit, General Manager of Policy and Planning Research, on behalf of the C.E.O. greeted the 200-person audience and encouraged students to pursue careers in healthcare. Students were also inspired to make full use of opportunities to obtain a future profession in the area of Allied Health Services by Ms. Kamini Gosine, Regional Manager, Nutrition and Dietetics. This call was supported by Franka Olliviere-Andrews, General Manager, Nursing who explained that with advances in the South-West Regional Health Authority, the health sector will become lucrative.

Guest Speaker, Dr. Stephen Pilgrim, of Pilgrim and Associates in his speech titled, "The DNA of Greatness", highlighted the need for students to choose a clear career path. He encouraged the audience to pursue "dogged determination, negate negativity by thinking positively, and aspire to achieve audaciously." Dr. Pilgrim also cited the late Nelson Mandela, former President of South Africa; and Dr. Ben Carson, Neurosurgeon at John Hopkins Hospital as exemplary role models.

Approximately 90 students from eight schools within the south-west region attended the event.

Best Research Poster Paper Award



Dr. Adrian Ramkissoon standing next to the award winning poster

Dr. Adrian Ramkissoon and Dr. Lester Goetz from the Urology Department, San Fernando General Hospital (SFGH) were awarded 'Best Research Poster Paper' at the Caribbean College of Surgeons at their 12th Annual Clinical Conference in Curacao. All hospitals in Trinidad and Tobago and the Caribbean region participated in this event, which took place from Thursday 12th to Saturday 14th June, 2014.

Dr. Ramkissoon and Dr. Goetz's research poster paper was titled 'Prostrate Cancer: Distribution, Mortality and Ethnicity in Trinidad and Tobago'. The SWRHA congratulates the Urology Department as they continue to strive for excellence in providing quality health care.

Delivery at the Ste. Madeleine Health Centre



(8th from L) Nurse Erica Christom, DHV, with the staff of the Ste. Madeleine Health Centre

Congratulations to our colleagues at the Ste. Madeleine Health Centre for their exceptional service when Dr. Aleah Hosein and RN Bernadette Friday-Wilkes (RN1/LM) delivered a female infant on Monday 24th November, 2014. The infant born at approximately 12:30 p.m. weighed 2.75kgs and scored eight then nine on the APGAR Scale- a test given to newborns to evaluate their physical health. A baby who scores eight or nine is generally considered in good health. Both mother and infant were appropriately managed and were subsequently transferred to the San Fernando General Hospital in stable condition.

WORLD MENTAL HEALTH celebrations throughout the SWRHA

In keeping with international standards set by the World Health Organization, the staff of the various Psychiatric Outpatient clinics within the South-West Regional Health Authority held numerous events to commemorate World Mental Health Day.

World Mental Health Day is an initiative of the World Federation of Mental Health and is celebrated annually on 10th October globally. Each year, an international campaign is launched, with a different theme. The World Mental Health Day theme for 2014 was "Living with Schizophrenia." According to the World Federation for Mental Health, this theme was chosen to highlight changes in the way we presently think about schizophrenia. Programs and health promotion activities conducted throughout the south-west region sought to improve public education and raise awareness to reduce stigma and discrimination associated with this illness.

Mental Health Walkathon And Health Fair At SFGH



Staff walk to raise mental health awareness

On Friday 10th October, 2014 the mental health staff of San Fernando General Hospital initiated a campaign to sensitize the public and raise awareness

for Mental Health issues by having a Walkathon and Health Fair.

The Walkathon proceeded from the Mental Health Clinic, Paradise Pasture, San Fernando to Independence Avenue, down Chancery Lane, back up Chancery Lane and ended at the Harris Promenade where a health fair was conducted. This venture was supported by numerous governmental and non-governmental organisations.

Addressing a crowd of approximately one hundred persons, Dr. Celia Ramcharan, Head of the Department of Psychiatry (Ag.) and Mr. Pooran Sankar, Regional Manager, Mental Health Services highlighted the need for continual programs that raise awareness of mental health issues and to mobilize resources for mental health. Mr. Ralph Ramnath, Chairman of the Regional Mental Health Committee, spoke emphatically about the need to stop labelling persons as mentally challenged and shift our focus to mental health rather than mental illness. He reiterated that our mental wellness impacts our physical wellness. In his remarks, Mr. Anil Gosine, Chief Executive Officer outlined seven

ways to ensure good mental health. Some of these included encouraging persons to be in the company of persons they like, and practicing and maintaining healthy lifestyles.



Seated L to R) - Mr. Pooran Sankar, Regional Manager, Mental Health Services; Mr. Ralph Ramnath, Director; Mr. Anil Gosine, CEO; Dr. Celia Ramcharan, Head of Department of Psychiatry (Ag.) and Dr. Shevanand Gopeesingh, Director of Health along with other members of the Psychiatry Department

The Substance Abuse Clinic, Family Services Association, Social Welfare Department, Queen's Park Counselling Clinic, Ministry of Food Production and Ministry of Community Development participated in this event by promoting their services and providing information to persons visiting their booths. The Occupational Therapy Department provided unique examples of crafts and jewellery created by Ward 1 patients. Students from various schools and clubs within the south-west region also participated in the event.

Mental Health And Wellness Fair At Siparia District Health Facility



(R) Mr. Pooran Sankar, Regional Manager, Mental Health Services, with the Mental Health Team at Siparia DHF

The team at the Siparia Psychiatric Outpatient Clinic held a Health and Wellness Fair at the Siparia District Health Facility on Wednesday 8th October, 2014. This event was supported by Value Optical Limited who provided vision screening for the participants, the Diabetic Association (Siparia Branch), the Primary Health Care team of St. Patrick West, the Ministry of Community Development, Public Health Department, Maggi, Guardian Life Limited, the Nutrition and Dietetics Department at SWRHA, and SWRHA's Mobile Unit, which provided HIV testing for participants.

Mental Health MARATHON and WELLNESS at Princes Town District Health Facility



The Mental Health Team of the Princes Town District Health Facility hosted their second annual World Mental Health Day 2k Walkathon on Friday 3rd October, 2014. As part of the activities to commemorate this day, they also hosted a Mental Health and Wellness Fair on Friday 10th October, 2014.

The dedicated Mental Health Team provided information about the different mental disorders, with specific emphasis on Schizophrenia, since last year's theme was "Living with Schizophrenia." The objective was to raise awareness of the various mental health issues affecting those with mental disorders in our society.

Mr. Pooran Sankar, Regional Manager, Mental Health Services, brought greetings prior to the start of the walkathon that began at 6:00 a.m. at the Matilda Junction, Princes Town. The challenging route took participants along the Naparima Mayaro Road to the Princes Town District Health Facility. Despite the heavy rainfall, 19 persons participated in the event. This included members of staff, the public and clients from the clinic, who braved the rainfall and steep hills along the course to successfully finish the race.

At the prize-giving ceremony, medals and tokens of appreciation were awarded to all participants and special prizes were

also given to the top three winners; Mr. Asseem Farrell, Mr. Roland Bartholomew and Mr. Chris Williams. Special recognition was also given to the first place female winner, Ms. Jennifer Nelson.



Mental Health Team at Princes Town DHF

The Mental Health and Wellness Fair took place on Friday 10th October, 2014 at the Princes Town Promenade between the hours of 10:00 a.m. and 3:00 p.m. The aim of this activity was to promote social support for those with mental disorders and to educate the public on mental health issues in an attempt to end societal discrimination.

Ms. Sunita Castillo, Facility Manager of the Princes Town District Health Facility welcomed those in attendance, and SWRHA Director, Erica Phillip brought greetings on behalf of, the Regional Mental Health Committee. Dr. Tiffany Gajadhar, Psychiatric House Officer who was the

keynote speaker, gave an overview on the theme, "Living with Schizophrenia." Video presentations were given on substance abuse and the different types of psychiatric disorders. Primary Care Nurses of the Princes Town District Health Facility provided blood sugar and blood pressure testing and members of the Princes Town Lions Club conducted vision testing.

The Health Fair was also supported by many health related professionals and stakeholders such as; The Ministry of Community Development, Social Welfare, Family Services, Child Guidance Department, Substance Abuse Department, Pharmaceutical Representatives, Guardian Life, Nestle (Maggi) who presented food demonstrations, Ministry of Child, Youth and Gender Affairs, Alzheimer's Association, other community-based support groups such as Help and Restoration for Families, and Family Support Foundation also provided support on the day.

Members of the Community Partnership Board and the committed staff members of the Princes Town District Health Facility tremendously supported this event, which was deemed a success based on the positive feedback, interest and enthusiasm expressed by clients.

MENTAL HEALTH STAKEHOLDERS SEMINAR

The Mental Health Stakeholders Seminar was held on Tuesday 19th August, 2014 by the Department of Psychiatry at the San Fernando Hill Conference Room. The theme of this seminar was "Fostering Stronger Linkages in Mental Health".

Mr. Ralph Ramnath, Chairman of the Regional Mental Health Committee, Mr. Anil Gosine, Chief Executive Officer, SWRHA, Mr. Pooran Sankar, Regional Manager, Psychiatric/Mental Health Services and Dr Celia Ramcharan, Head of the Department of Psychiatry (Ag.) addressed the attendees at the seminar. Presentations were also made by several members of the multidisciplinary team of the Department of Psychiatry.

Several governmental and non-governmental organizations were invited to participate in this event. This project was led by Mr Pooran Sankar, Regional Manager Mental Health Services and supported by the planning committee which comprised: Mrs. Rosetta Packette, Psychiatric Social Worker II, (Ag.); Mrs. Patsy Bernard-Mohammed, Mental Health Officer II; Mrs. Joanna Maharaj, Mental Health Officer I; Mrs. Thecla Byer, Mental Health Officer I; Ms. Deokie Seelalsingh, Psychiatric Social Worker I; and Mrs. Radica Dickson, Mental Health Officer I.



Mr. Pooran Sankar, Regional Manager, Mental Health Services shows Mr. Anil Gosine, CEO, crafts made by clients

WILLIAMSVILLE HEALTH CENTER COMMUNITY FAIR



Staff of the Substance Abuse Prevention and Treatment Centre, SFGH



Mr. Aneil Choon, MOH I, talks to students about drug abuse and bullying

In commemoration of World Mental Health Day, the Substance Abuse Prevention and Treatment Centre at the San Fernando General Hospital partnered with the Watchman Intercession and Mission Ministry on Thursday 9th October, 2014 to host their event entitled, 'Say No To Drugs, Say No To Bullying' at the Kumar Village Recreational Grounds in Williamsville.

The campaign's main objective was to sensitize first and second-year primary school children, in the Williamsville area and environs to the dangers of bullying and provide ways they can positively respond to bullying. Mr. Anthony Ramjit, School Supervisor II for the Victoria District, commended the work of the Substance Abuse Prevention and Treatment Centre. He stressed the importance of effectively providing "bully free", healthy environments that allow children to be happy, confident and strong without experiencing psychological traumas.

The children were entertained by skits, face painting, a magic show, super hero characters and animations which all centered on the theme of Anti Bullying and Substance Abuse Prevention.

Ms. Merene Singh, Substance Abuse Officer, offered counselling and referrals to the Substance Abuse Agency through the Watchman Intercession and Mission Kid's Club meetings, held every Sunday from 9:00 a.m. to 10:00 a.m.

Caroni South Cluster Celebrates Breast Cancer Awareness Month

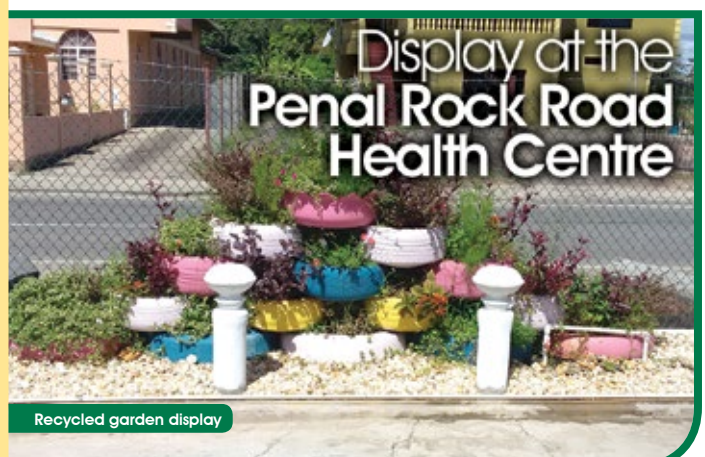


In observance of Breast Cancer Awareness Month, the Diabetic Support Group of the Caroni South Cluster held a seminar at the Couva District Health Facility (CDHF) on Monday 20th October, 2014. The audience of approximately 50, comprising persons from the Support Group, the Oncology Clinic, CDHF and members of the public, were invited to learn about living and dealing with cancer. The messages were delivered by experienced professionals such as Mrs. Veronica Roach, former Head of the Cancer Registry who lectured on "Cancer prevention, diagnosis and management"; Ms. Ann George, Nutritionist, Surviving Gems Cancer Support Group, spoke about "Adopting exercise and nutrition in chronic disease treatment"; and Ms. Jochelle Mohammed presented on "Nutrition and Cancer".

PARENTAL WORKSHOP



Clients of the Child Guidance Clinic gathered for a Parental Workshop on Saturday 4th October, 2014 at the Siparia District Health Facility. This need was identified by the Mrs. Curlene Howell, Psychiatric Social Worker I, based at the Siparia District Health Facility. The objective of this programme was to assist parents in effectively managing children with behavioural problems.



Recycled garden display

Mr. Ronald Sonnylalsingh, Groundsman at the Penal Rock Road Health Centre showed his creativity and ingenuity as he created a colourful floral display to beautify the exterior of the Health Centre. He used garden pebbles, tyres and various plants in a tier formation surrounded by concrete pillars that he constructed. This display is an example of the SWRHA employee commitment to environmental responsibility by recycling used tyres.

World Diabetes Day observance at La Romaine Health Centre



(Seated 3 and 4th from L) Ms. Morrika Julien, PCNM Victoria North; Mrs. Franka Olliviere- Andrews, GM Nursing; and (standing 5th from L) Dr. Dale Sookoo, Medical Director Primary Healthcare with the staff of La Romaine Health Centre

The La Romaine Health Centre hosted an Integrated Diabetic Programme for clients of its Diabetic Clinic on Wednesday 12th November, 2014. Discourses, centred on this year's theme, "Healthy Eating and Diabetes" were aimed at empowering individuals to effectively manage the disease. Dr. Dale Sookoo, Medical Director, Primary Healthcare highlighted the importance of persons taking an active role in pursuing a healthy lifestyle and recognising the seriousness of the health complications as a result of diabetes.

Also speaking at the event were; Mrs. Franka Olliviere-Andrews, General Manager, Nursing; Ms. Joanna John, Dietician; Mrs. Morrika Julien, Primary Care Nurse Manager, Victoria North; Mrs. Jennifer Lara, District Health Visitor; and Mr. Lyndon Gumbs, Enrolled Nursing Assistant.

WORLD DIABETES DAY IN St. Patrick West

World Diabetes Day, Friday 14th November, 2014 was observed in the St. Patrick West Cluster with one-day workshops at the Point Fortin and Guapo Health Centres. These sessions were aimed at guiding clients towards making healthy eating an easy choice. Dr. Sylvan Pierre, Head of Clinic Services, gave a discourse on "Diabetes and the Pregnant Woman;" and Dr. Sandi Arthur, Primary Care Physician I, spoke about "Diabetes Awareness" at the Point Fortin Health Centre. At the Guapo Health Centre, Dr. Sudhakar Mathuangi, Primary Care Physician I, and other members of staff presented a skit on living with Diabetes while Kyrie Homer, Dietician, provided food demonstrations on fat and sugar content to the clients at the workshop.

World Diabetes Day Activities with the Community Liaison Unit

Friday 14th November, 2014 was World Diabetes Day and to mark the occasion the Community Liaison Unit hosted a series of health promotion activities at the San Fernando General Hospital in keeping with the theme for 2014, "Healthy Living and Diabetes - Going Blue for Breakfast." The week of activities were from Friday 14th to Wednesday 21st November, 2014 and the focus of these activities was to impart knowledge so as to equip individuals to make the right lifestyle choices as it pertains to diet, exercise and everyday living.



(L to R) Mrs. Joy Providence-Williams, Regional Manager, Liaison Services and Mrs. Marion Barzey, Former Head Nurse SFGH with joint 1st place winners

Activities included a Health Fair on Level 4 of the San Fernando Teaching Hospital; a Diabetes Awareness Poster Competition for the wards and departments at SFGH; a Primary Schools' Diabetes Quiz at the Nursing Assistants Training School; a Walk around the SFGH compound; an aerobic burn out competition; an day of health screening at the SFGH foyer; a Men's Health Workshop at the San Fernando General Hospital

Extension; and the Prize-Giving Function at the Nurses' Lounge.

Mrs. Avianne Joseph-Bobb took the first prize in the aerobic burnout competition, with a special prize going to Ms. Alyssa Weston for being the most enthusiastic participant.

There was a tie for the 1st place position in the Primary Schools' Quiz that went to Christopher Mohamed of the San Fernando TML School and Chunne Carrington-Greene of St. Gabriel's Girls' RC. Third place went to Wiraaj Annamunthado of Renaissance Preparatory School.



Staff participate in aerobics burn-out



For the Diabetes Poster Competition

1st place - Nutrition and Dietetics

2nd Place - Sewing Room

3rd Place - Ward 14 (Paediatrics)

Nutrition and Dietetics team

ST. PATRICK WEST PRESENTS **an HIV** THEATRE PRODUCTION

The St. Patrick West Cluster presented a theatrical production, "A Cry from the Heart", in recognition of World AIDS Day on Saturday 29th November, 2014 at the Naparima Bowl, San Fernando. The production was produced by Kathyann Elbourne, Primary Care Nurse Manager for County St. Patrick West and the cast, crew and production team consisted of staff, family members and friends.

The production addressed the circumstances which surround the lives of Candice Mitchum (Joy Providence-Williams, Regional Manager Liaison Services) and Mark Gordon (Glynnis Brewster), a young couple who have to share their news with family and friends after they are tested and are found to be HIV positive. The play also highlighted the stigma and discrimination that persons living with HIV often face and offered advice as to how these persons can cope with adversities and live positively healthy lives.

The production took its audience on an emotional journey with this couple whose life situations are altered as a result of the response of those in their community. The performances included songs performed by Jozanne and Jonette Williams, Demalia Elbourne, Kathyann Forde-Blackman and Hugh Elbourne. A dance was also performed by Kizzy Hinds-Bartholomew and Denicia Smith that reflected the emotions of persons living with this disease and the tragedy of loss. It also presented an aspect of hope and prospect for the future as persons living with HIV can lead positive healthy lives.

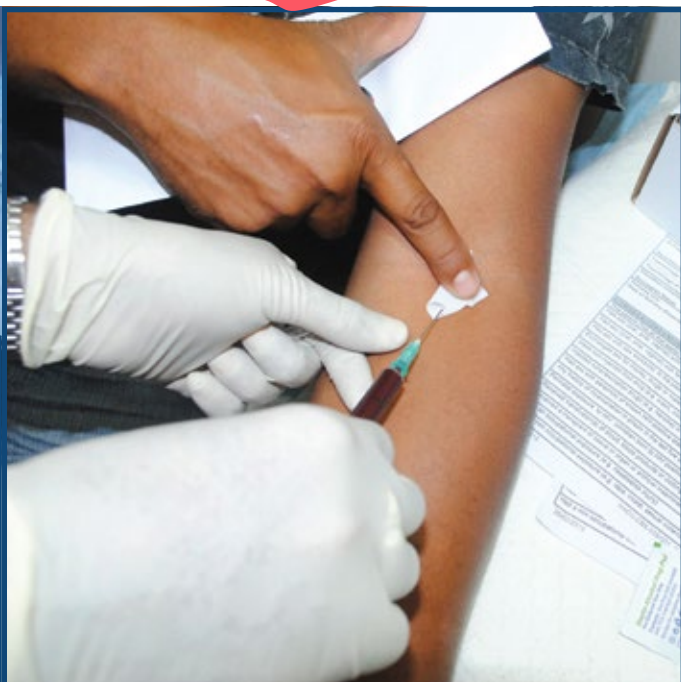
Dancers - Ms. Kizzy Hinds-Bartholomew and Ms. Denicia Smith

(L to R) Mark (Ms. Glynnis Brewster) and Candace (Mrs. Joy Providence-Williams) visit Dr. Ashram (Dr. Sanjiv Parasram)

(L to R) Mark (Ms. Glynnis Brewster) tells his parents, Paisy (Ms. Keisha La Rode) and Frank (Mr. David Yearwood), of his HIV Status

HIV and Cervical Outreach at the Rochard Douglas Health Centre

In an effort to increase the number of persons being screened for HIV and Cervical Cancer in their area. Ms. Zorina Ragbir, District Health Visitor, and staff hosted an Outreach Program at the Rochard Douglas Health Centre on Tuesday 2nd December, 2014. The HIV Screening was spearheaded by District Health Visitors, Ms. Erica Joseph, Ms. Erica Christom and District Nurse, Ms. Iona Trim of the County Victoria HIV Community Caravan. Cervical screenings were conducted by the resident doctor of the Health Centre, Dr. Ngozi Ugorji. Fourteen persons were screened for HIV and eleven had cervical screening done.



SWRHA WORLD AIDS DAY

Caroni South Cluster hosts Debate for World AIDS Day



(L-R) Third place winners, Waterloo High School, First Place Winners, Holy Faith Convent, Couva and Second Place Winners, Miracle Ministries Pentecostal Secondary School

The County Caroni South Cluster commemorated World AIDS Day with its inaugural Secondary Schools' HIV Debate Competition at the Couva Chamber of Commerce on Monday 1st December, 2014. The topic for debate was: "Be it resolved that young people are not heeding the warnings about risky behaviour and HIV". This debate presented an opportunity for 4th form students in the Caroni area to learn about HIV/AIDS - the characteristics, differences, health related issues, spread and social impact. The students of Holy Faith Convent, Couva, showed off

their debating skills as they took first place honours when they argued against the topic statement by taking the position that although there was a lack of information, misinformation and myth information there were more young persons in the society who were HIV free.

The participating schools were: Carapichaima East Secondary; Tabaquite Secondary School; Preysal High School; Holy Faith Convent, Couva; Miracle Ministries Pentecostal Secondary School; Waterloo High School.

The top three places were:

1st Place

Holy Faith Convent, Couva- the team comprised of Raquel Birsá, Asia Mungroo and Bridget Gopaul, they received the challenge trophy courtesy Venture Credit Union and tablets courtesy South Aids Support and First Citizens Bank.

2nd Place

Miracle Ministries Pentecostal Secondary School - the team comprised: Matthew Samaroo, Adrina Joseph and Lahteefa James, who each received smart phones courtesy Bmobile.

3rd Place

Waterloo High School - the team was composed of Cristal Hosein, Claire Marie Leid, April Khan and Arina Shah, they received Units from the Unit Trust Corporation.

Dr. Dale Sookoo, Medical Director of Primary Healthcare Services noted that in 2010, 42% of persons infected with the virus were between the ages of 15-24. He encouraged the youths to use the material gathered to educate themselves, their families and friends. Dr. Sookoo assured the teams present that the South-West RHA is committed to creating an enabling environment where our youths can have access to health information to equip them to make informed and responsible choices.

Mr. Terrance Beepath, Chairman, South AIDS Support said that the number of youths accessing the support and services of his organisation had increased and that more can be done to educate them. He pledged his continued support for future HIV/AIDS promotions such as this debate.

Ward 2 Clinic HIV Testing

On Thursday 20th November, 2014 in recognition of World Aids Day observed annually on December 1st, staff at the Ward 2 Clinic embarked on four days of HIV rapid testing at the Emergency Department, SFGH.

All participants received pre and post-test counselling. Persons visiting the booth, situated opposite the Out-Patients Pharmacy on the first floor of

the San Fernando General Hospital Extension, also received brochures and other information on HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immunodeficiency Syndrome).

The Clinic focused on this year's World AIDS Day theme "Getting to Zero: Zero new HIV infections. Zero deaths from AIDS-related illness. Zero discrimination". Nurses at the Clinic encouraged persons to become aware of their HIV status. Thirty percent of the 464 persons tested during this initiative, received their HIV status for the first time.



In picture (L-R): Ms. Donna Lewis, Registered Nurse, Ms. Olusula Kehinde Awe Williamson, Registered Nurse, Ms. Joel Cheryl-Ann Thompson, Centre Manager, Ms. Arlene Scott, Registered Nurse, Mr. Donny Bridgelal, Nurse-in-Charge, Ms. Brenda John Remy, Enrolled Nursing Assistant and Ms. Leah Isaac-Rodney, Peer Educator.



Pharmacy Week At CDHF

In observance of Pharmacy Week, the Pharmacy Department at the Couva District Health Facility hosted a series of lectures for patients during the week of Monday 13th to Friday 17th October, 2014. The lectures provided information to help clients read and understand their prescriptions, and it also offered guidelines for practicing and maintaining healthy lifestyle habits in the areas of Chick V Prevention and Management; Diabetes and Chronic Disease and Nutrition. The lectures sought to provide guidelines for healthy living so that clients would adopt and practice them on a daily basis.

Pharmacy Week At SFGH

The Pharmacy staff at San Fernando General Hospital and the San Fernando Teaching Hospital celebrated Pharmacy Week from Saturday 11th to Saturday 18th October, 2014 with this year's theme "Let's get better together; One mission, One voice." In keeping with the theme, the staff felt it was necessary to empower patients by providing them with relevant information through a series of lectures and demonstrations.

Clients were provided with information on the requirements for filling prescriptions; Diabetes, Eye Care; Gastrointestinal Reflux; Cardiovascular Disease; and the Chikungunya Virus.

Overall, the program was aimed at sensitizing patients on the resources available to them through their hospital pharmacy team.

Pharmacy Week In Point Fortin

Pharmacy Week at Area Hospital Point Fortin (AHPF) was celebrated during the week of Sunday 12th to Saturday 18th October, 2014. The week's activities were geared toward building relationships with clients through interactive patient education as it relates to medication, disease state and treatment. According to Ms. Dania Jaipersad-Girdharrie, Senior Pharmacist, this was an opportunity for clients to see the pharmacy staff as being compassionate and willing to interact with the patients.

The Pharmacy team conducted short lectures followed by an open forum. The staff also launched the "Brown Bag Drive" whereby patients were encouraged to return medications they were no longer taking, or those that were discontinued or expired, to the Pharmacy. The staff also provided blood pressure and cholesterol testing and distributed patient information on avoiding counterfeit medication and using antibiotics wisely.



The Quality Improvement Unit Customer Service Team joined with staff of the Primary Health Care Department at the Couva District Health Facility to host a Christmas treat on Wednesday 17th December, 2014. The treat catered to children visiting the facility on that day. Santa and a helper, coordinated by the Quality Improvement Unit, Caroni South, distributed toys and snack bags to the children. Toys were distributed to all children accessing the facility until Wednesday 25th December, 2014. During December under the "Spread the joy, feed a family" initiative, the Customer Service Team with support from other departments at the CDHF, also collected non perishable food items and generated ten hampers which were distributed to less fortunate families in the Caroni South region.



The San Fernando General Hospital marked its 41st annual Diwali celebrations on Saturday 11th October, 2014 in the hospital's eastern car park. Those in attendance were treated to an evening of bhajans, deya lights, entertainment and fashion. On hand to bring greetings at this auspicious event were the Honourable Mrs. Carolyn Seepersad-Bachan, Member of Parliament for San Fernando West; Mr. Ralph Ramnath, Director; Mr. Anil Gosine, Chief Executive Officer; and Ms. Anita Laxhan, Manager, Hospital Administration.



South-West Regional Health Authority

Gives Back Annual Charity Christmas Drive

In keeping with the season of giving, the Quality Improvement Units of the San Fernando Teaching Hospital and San Fernando General Hospital in collaboration with Medical Social Work and other internal stakeholders, initiated its first Annual Charity Drive- 'Give a Gift that Counts'. On Friday 19th December, 2014 representatives of the charity drive visited the homes of five families to distribute hampers. The catchment areas covered under this initiative included Indian Walk, Siparia and La Brea.

Five families were identified by Medical Social Workers in the designated areas. Staff from various departments contributed daily by placing gift items in the designated distribution boxes throughout the San Fernando Teaching Hospital and the San Fernando General Hospital. The hampers were presented to the families by representatives from various departments that participated in this drive.



Spreading the Christmas Spirit at ONCOLOGY

The clients and staff of the Oncology Department were treated to a Christmas Party on Friday 12th December, 2014 hosted by the Procurement Department. Memorable moments were created as SWRHA staff and clients mingled on this festive occasion. Entertainment was provided by Los Parederos de County St. Patrick, a group comprising SWRHA staff mainly from St. Patrick. Everyone was served with delicious corn soup prepared by the staff of the Procurement Department. This was an effort to foster closer relations between departments within the SWRHA.

Christmas on the Hill with the Community Liaison Unit



Once again the Community Liaison Unit (CLU) celebrated Christmas with its South-West Life Changers Youth Group and their families at its annual "Christmas on the Hill" party on Monday 29th December, 2014 at the San Fernando Hill. The festivities started just after noon and included performances from some of the children and games for all ages. Each child in attendance received a present courtesy the CLU.

Mrs. Joy Providence-Williams, Regional Manager Liaison Services, explained that this party was a fun, informal setting for diabetic kids and their families to build bonds and form networks to support each other in dealing with this chronic disease.



(L) Ms. Gemma Hudson, Volunteer Coordinator, Friends of the SFGH and (3rd from L) Mrs. Marion Barzey, Former Head Nurse distribute gifts to the kids

Christmas Cheer from the Finance Department



The Finance Department showed the true meaning of Christmas when they undertook several charitable initiatives. These acts of kindness provided an opportunity for staff camaraderie while spreading joy to those in need. The funding was garnered from a curry-que held on Friday 14th November 2014 and a raffle which was drawn on Friday 5th December, 2014. Both fundraisers received overwhelming support from colleagues, family and friends.

The Children's Christmas Treat held on Saturday 13th December, 2014 at the Northern RAC car park brought staff and their families together. The children were treated to an afternoon of food, savoury snacks, bouncy castle, face painting, funny balloons, games, big bran tub and gifts presented by Mrs. Claus.

Three needy homes were chosen for the "Box of Love" initiative with each home receiving food items, snacks, toiletries, toys and other household items. A clothes dryer, funded by the raffle, was donated to The Haven of Hope, a children's home in Woodland which houses 16 children. Hampers were presented to Serenity Place, a home for destitute women in Point Fortin and the Ferndean Children's Home in Point Fortin that houses 14 children.



(Seated 2nd from R) Mrs. Gail Miller-Meade, General Manager Finance and Supply Chain, fills in as Mrs. Claus

ICT Department Wins CEO's Christmas Decorating Competition 2014

The Information and Communication Technology Department became the new champions of the South-West Regional Health Authority CEO's Christmas Decorating Competition, which was judged on Friday 19th December, 2014.

Five departments participated in this year's competition- Finance, Radiology Services, Internal Audit, IT and Corporate Communications. Finance competed with IT in the large category while the remaining departments were included in the small category.

The Departments were judged on creativity, appropriateness to the theme and execution of the Christmas spirit. This year's theme was "Christmas Morning". Judges Stephen Alexis, Health Records Officer and Franka Olliviere-Andrews, General Manager, Nursing ruled the IT Department and Radiology Services winners in the large category and small categories respectively.



(R) Ms. Janelle Alexander, Manager Information and Technology and other members of the ICT department



**SWRHA
CAPTURED
MOMENTS**



HEALTHY MORNING MUFFINS

These muffins are surprisingly moist, even though they're low in fat, thanks to nutritious, flavorful add-ins like carrots, banana and raisins.
Yield 12

Ingredients

- Nonstick cooking spray
- 1 1/4 cups all-purpose flour (spooned and leveled)
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 cup old fashioned rolled oats
- 1/2 cup raisins
- 3 tablespoons extra-virgin olive oil
- 1 large egg
- 1/3 cup skim milk
- 4 medium carrots, shredded
- 3 medium ripe bananas, mashed



Directions

1. Preheat oven to 400 degrees. Coat a 12-cup muffin pan with cooking spray. In a large bowl, whisk together flour, baking soda, baking powder, nutmeg and salt until there are no lumps. Stir in oats and raisins. Add oil, egg, milk, carrots, and banana and stir until blended.
2. Fill each muffin cup with 1/4 cup batter. Bake until a toothpick inserted in centre of a muffin comes out clean, 23 to 25 minutes. Serve muffins warm or at room temperature.

Cook's Note:

To store, keep in an airtight container up to 3 days.



Do you have a story for the Southern Pride?

Contact the Corporate Communication Department
T: 653-4259 Ext: 2107; 2136; 2105; 2890; 2248; 2130 or E: communication@swrha.co.tt