



"Your Partners in Health"

ISSUE 1 2016

Southern PRIDE

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SWRHA WELCOMES NEW BOARD OF DIRECTORS



The South-West Regional Health Authority welcomed its new Board of Directors on Friday 15th January, 2016. Eight directors received their instruments of appointment from the Honourable Terrence Deyalsingh, Minister of Health, at the formal installation ceremony at the Eric Williams Medical Science Complex.

The new board members were acknowledged by the Honourable Minister as bringing a very high level of professionalism, knowledge and commitment to their new roles.

SWRHA's Board of Directors

Dr Alexander Sinanan – Chairman, a Registered Medical Practitioner

Mrs Valerie Alleyne-Rawlins – Deputy Chairman, a Registered Nurse

Ms Jayselle McFarlane – Director, a Chartered Accountant

Ms Jennifer Marryshow – Director, an individual with Local Government experience

Mr Anil Bhagowtee – Director, has special qualifications in and practical experience of matters relating to personnel management/industrial relations

Dr Harry Smith – Director, Ministry of Health Representative

Mr Colin Kangaloo – Director, Attorney at Law

Dr Shalini Pooransingh – Director, a medical doctor and specialist in Public Health Medicine

In the photograph above

In back row from left:

Mr. Anil Bhagowtee, Ms. Jennifer Marryshow,
Dr. Harry Smith, Dr. Shalini Pooransingh, Mr. Colin Kangaloo.

Front row from left:

Mrs. Valerie Alleyne-Rawlins (Deputy Chairman),
Dr. Alexander Sinanan (Chairman), Mr. Anil Gosine (CEO), Ms. Jayselle McFarlane.





MINISTER OF HEALTH VISITS PAEDIATRIC WARDS AT SAN FERNANDO TEACHING HOSPITAL

The Honourable Minister of Health, Terrence Deyalsingh, brought Christmas cheer to the children on the Paediatric Wards at the San Fernando Teaching Hospital, when he paid a surprise visit to the hospital on Tuesday 22nd December, 2015. Minister Deyalsingh interacted with staff and presented gifts to approximately 40 children. He was accompanied by Mr. Anil Gosine, Chief Executive Officer; Dr. Shevanand Gopeesingh, Director of Health; Dr. Dale Sookoo, Medical Director, Primary Healthcare; Mrs. Franka Olliviere-Andrews, General Manager Nursing; Ms. Crystal Marciano, Manager Corporate Communications; Ms. Merlyn Thomas-Grimes, Acting Nurse Manager and other members of the SWRHA Executive.



Photo Above

(R-L) Minister of Health, The Honourable Mr. Terrence Deyalsingh, Mr. Anil Gosine, CEO and Dr. Shevanand Gopeesingh, Director of Health interact and present a gift to a paediatric patient

Photo Below

Minister of Health, The Honourable Mr. Terrence Deyalsingh and Mr. Anil Gosine, CEO present a gift to a paediatric patient

PALO SECO HEALTH CENTRE REOPENS



Staff of the Palo Seco Health Centre at the newly constructed Health Centre which was reopened on September 7th, 2015.

On Monday 7th September, 2015 the newly constructed Palo Seco Health Centre opened to staff and clients, a year after healthcare services were relocated to Erin Health Centre. The fully refurbished health facility was rebuilt on the site of the old outreach centre and now provides improved healthcare services to approximately 7,000 residents of Palo Seco and environs.

These include a chronic disease, maternal health and child health clinics, family planning, pharmacy services and other specialist medical services. In addition, clients in the Palo Seco community can also benefit from same day HIV testing, as well as health promotion services, wound dressings, pap smear screening and home and school visits.

New Microsurgical Training Centre at San Fernando Teaching Hospital

Medical professionals can receive microsurgical training at the San Fernando Teaching Hospital with the opening of the Microsurgical Training Centre on Level 6. The first of its kind in the Caribbean region, the Centre, which was officially opened on Thursday 9th July 2015, is under the direction of the neurosurgical experts in the Chinese Medical Team. These experts will train doctors in microsurgical procedures in all surgical specialities.



Dr. Xu Zhuozai (R), Ophthalmologist from the 3rd Batch of Chinese Medical Team trains Dr. Avinash Jagessar (L), House Officer, in Micro-Surgical techniques at the new Microsurgical Training Room

DEVELOPMENTAL SESSION FOR SUPERVISORS AND MIDDLE MANAGERS



Ms. Denise Thomas, Manager, Human Resources Planning giving a lecture to Managers and Supervisors about their role and responsibilities in the Performance Appraisal Process

The Training Unit hosted 10 days of Developmental Sessions aimed to provide the Authority's Supervisors and Middle Managers with tools, techniques, skills, knowledge, and attitudes that will allow them to effectively execute their duties in order to create a higher-performing work



environment that can achieve the objectives and targets that management prescribes.

Before the sessions began the CEO, Nurse Manager and Hospital Administrator were invited to make a short presentation on Leadership Styles, Personal Career Experience and Motivational and Team Building.

The session was held in the Northern Conference Room of the San Fernando Teaching Hospital.

Topics included: Performance Appraisal, Industrial Relations, Total Quality Management, Budgeting for your Department, Strategic Planning, Customer Service, Procurement Process, Health & Safety, and Legal Aspect of Management

A total of 60 senior members of staff attended these sessions inclusive of Doctors, Head Nurses, Patient Care Coordinators, District Health Visitors/District Nurse, Regional Managers, Radiographers, Engineers, Nutritionists, Food Supervisors, Physiotherapists, Medical Social Workers, Auditors, Primary Care Physicians, Primary Care Nurse Managers, Facility Managers, Quality Staff, Human Resources Officers and Clerk IVs.

NURSING ACHIEVEMENT PRESENTATIONS 2015



The Third Annual Nursing Achievement Presentations took place on Friday 6th November, 2015 at the San Fernando Hill Conference Centre. This year's theme, "Showcasing Nursing Achievement" highlighted the accomplishments of Primary and Secondary Care nurses in the South-West region, over the last fiscal year.

"Nurses play a vital role in every patient's experience and nursing is at the heart of patient care. Every year it is important to look back at our accomplishments and celebrate our colleagues in nursing, and their pursuit of excellence," said Mrs. Franka Olliviere-Andrews, General Manager Nursing, during her welcome address.

This sentiment was reiterated by Mr. Anil Gosine, Chief Executive Officer, who praised nurses for their "outstanding service, unwavering commitment and inspiring contributions to patient care." Mr. Gosine further added that "our successes cannot only be measured by statistical data, but by what we have accomplished despite the obstacles encountered and our willingness to persevere against the odds."

Presentations made by Secondary and Primary Care Nurse Managers and the Regional Manager of the Community Liaison Unit, were centred on developments in healthcare services in the areas of: admissions, maternity and child health, immunization, home visiting, health promotion, chronic disease management, PMTCT (Prevention of Mother to Child Transmission) services, staffing and training.



Mrs. Franka Olliviere-Andrews, General Manager Nursing at the 3rd Annual Nurses Achievement Presentations



(L-R) Primary Care Nurse Managers: Ms. Sylvia Douglas, Ms. Morrika Marshall-Julien, Ms. Kathy-Ann Elbourne, Ms. Patricia Smith-Granger, Ms. Arlene Danclair; Mrs. Franka Olliviere - Andrews, General Manager Nursing; Ms. Joy Providence-Williams, Regional Manager of Community Liaison Unit; Ms. Madhuri Rambharose-Boodoo, Assistant Nurse Manager at Area Hospital Point Fortin and Ms. Betty Ann Pilgrim, Nurse Manager SFTH & SFGH

San Fernando Teaching Hospital Safety Warden Training

The Disaster Coordination Unit headed by Mr. Keston Joseph embarked on a Safety Warden Training Session for the San Fernando Teaching Hospital (SFTH) with the help of the Human Resources' Training Unit. The main objective of the training was to sensitize prospective wardens of the San Fernando Teaching Hospital on Basic Disaster Preparedness and Fundamentals of Safety Wardens. Prospective wardens became familiar with the layout of the hospital. They were also trained in basic fire safety, CPR and AED, basic first aid, means of escape, mustering procedures for the SFTH and the incident command system. Throughout the training sessions, the wardens were assessed. At the end of the Training, a total of 130 successful trainees were certified as Official Safety Wardens for the SFTH.

Mr. Keston Joseph, Manager of the Disaster Coordination Unit demonstrates CPR procedures to prospective SFTH Safety Warden Trainees



50 YEARS OF PSYCHIATRY

AT THE SAN FERNANDO GENERAL HOSPITAL

The Psychiatric Department held an anniversary function, "Celebrating the Past, Shaping the Future", to celebrate 50 years of Psychiatry at the San Fernando General Hospital (SFGH), on Tuesday 30th June, 2015 at the San Fernando Hill Conference Facility. As part of this momentous occasion, the new Occupational Therapy Department at the SFGH was also officially commissioned.

This celebration paid tribute to the evolution of psychiatric care in the southern region. From its inception in 1965 at the San Fernando General Hospital, services have been expanded to other locations within the South-West Regional Health Authority, and the Department continues to develop plans that will utilize continuous research, and a wide range of modern treatment requirements.

The Department's success thus far was due mainly to staff's work ethics, team work and perseverance. Over the years, the contribution of several persons have helped to propel the Department's thrust, and for their effort, they were recognised.

Awards of appreciation for service were presented to:

- Dr. Helen Marceau-Crooks, Former Head of Psychiatry
- Dr. Celia Ramcharan, Former Head of Psychiatry
- Dr. Roma Joseph, Registrar (Retired)



Dr. Karen Ghany, Head of Psychiatry accepts her award from Mr. Anil Gosine, CEO

- Dr. Karen Ghany, Head of Psychiatry (Current)
- Dr. Jacqueline Sharpe, Former SMO, Child Psychiatry
- Mr. Raffick Afzal Babwah, Psychiatric Social Worker II (Retired)
- Mr. Harry Rambharose, Mental Health Officer (Retired)
- Ms. Afezah Baksh-Lobban, Former Mental Health Officer
- Mr. Abraham Abdool, Mental Health Officer II (Retired)
- Mr. Ajim Mohammed, Mental Health Aide (Retired)
- Ms. Rita Ragoobar, Head Nurse (Retired)

PSYCHIATRIC DEPARTMENT

hosts Graduation Ceremony

For many years mental health workers have been exposed to unpredictable behaviours from some psychiatric patients. The Mental Health Unit, Ministry of Health, in recognizing the need to equip staff with the skills and techniques to diffuse such volatile situations, facilitated the *Prevention and Management of Aggression and Violence (PMAV) Training Programme* for workers from the various Regional Health Authorities.

On Friday 31st July, 2015, the Psychiatric Department held a graduation ceremony at the San Fernando Teaching Hospital for its staff who successfully completed the *PMAV Training Programme - Cycles 1 & 2*.



Background: Mr. Anil Gosine, CEO, addresses the crowd at the PMAV Training Programme's Graduation Ceremony

Foreground: Mr. Pooran Sankar, Regional Manager Psychiatric/Mental Health Services accepts his certificate from Dr. Shevanand Gopeesingh, Director of Health.

MENTAL HEALTH SERVICES DEPARTMENT

upholds Dignity in Mental Health



Staff from the Psychiatric Department and members of the public display posters challenging the stigma and discrimination against persons with mental disorders

Dignity can be defined as the inherent and inalienable worth of all human beings irrespective of social status, race, gender, physical or mental state. In 2015, **"Dignity in Mental Health"** was chosen by the World Federation for Mental Health as the theme of World Mental Health Day. In light of this, Mr. Pooran Sankar, Regional Manager Psychiatric/Mental Health Services and the staff of the Psychiatric Department, coordinated a health fair at the Gulf City Atrium on World Mental Health Day, Saturday 10th October, 2015.

The health fair aimed to engage and educate the public on the importance of incorporating dignity in their approach to mentally ill persons, challenging discrimination against persons with mental disorders and raising awareness of mental health.

In his opening remarks, Mr Anil Gosine, Chief Executive Officer, emphasized the importance of integrating dignity into healthcare delivery. "Incorporating dignity into an approach to mental health issues is fundamental to dealing with stigma and discrimination. The range of treatment regimens for the mentally ill that we offer clients...are important. But without being treated with respect and dignity, these services really become meaningless," he said.

"We can raise dignity from a concept to a working principle for all affected and create a world where persons affected by mental health conditions have the best chance possible to succeed and recover, free from fear and isolation," Mr. Gosine further added.

The Psychiatric Department partnered with several governmental and non-governmental organisations to display educational booths in the mall's atrium. These included: Childline, Mothers Against Drug Abuse (MAD) South Chapter, Alzheimers Association of Trinidad and Tobago, Lifeline, the Rape Crisis Society and SWRHA's Child Guidance Clinic and Substance Abuse Department.

OCCUPATIONAL THERAPY EXHIBITION

at San Fernando General Hospital



Staff and clients of the Occupational Therapy Department

Persons who suffer from mental health disorders often face adversity due to discrimination and stigmatization. Occupational Therapy (OT) plays a vital role in the mental health treatment and recovery process. Originated in Mental Health in the early 20th century, OT aims to guide persons toward achieving full participation in the community by helping them to develop the skills needed for independent, interdependent and productive living.

The Occupational Therapy Department (OTD) at the San Fernando General Hospital, in conjunction with the Trinidad Occupational Therapy Association, celebrated World Mental

Health Day by putting on an exhibition at the San Fernando General Hospital foyer on Friday 9th October, 2015. The OT patients, in a show of skills and confidence, displayed and sold their hand-made crafts and edible items in a public forum. Items included: jewellery, hand bags, kitchen towels, tablecloths, pillows, stuffed toys, hats, anchar and kurma.

According to Ms. Stephanie Llanos, Occupational Therapist at SFGH, OT provides patients with a multi-disciplinary form of care that enhances the quality of life for these persons, by helping them find outlets for managing stresses that may occur in their lives and thereby uplifting their standard of living.

NEW PATIENT INFORMATION SYSTEM THROUGHOUT SWRHA

Integration of the New Patient Information System

On September 22nd 2014, the South-West Regional Health Authority launched the Patient Information System at the San Fernando General Hospital and Teaching Hospital (SFGH and SFTH). This new Patient Information System provides an approach to seamless integrated electronic healthcare, improves patient outcomes and enhances the quality, safety and efficiency of healthcare services in the South-West Regional Health Authority.

"This is the cutting edge of healthcare management innovation. It is my belief that we will be at the forefront of patient care management which has always been an issue for all RHAs. With this system the public will be assured of improvements in the near future." -Mr. Anil Gosine, Chief Executive Officer

What is Cellma?

The Patient Information System is powered by a web-based application named Cellma. This application provides a single consistent electronic health record for every patient accessing healthcare services; **one patient, one record.** "Cellma is a user-friendly HIS (Health Information System) program that allows access to patient information, enables the scheduling of patients' appointments and provides timely statistical reporting." -Ms. Nissa Rampersadsingh, Regional Manager, Health Records

Cellma facilitates communication across the SWRHA network, enabling rapid data input of all patient information, at any point of contact in real time. The ICT Department has launched Registration and Scheduling in the Outpatient Clinics at SFGH and SFTH, Registration and Triage in Accident and Emergency, Theatre Scheduling in SFGH and Pharmacy Services in SFGH and SFTH. "Cellma has had a positive impact on pharmacy services as it now allows users to access information in real time from other departments, thereby assisting in making the process more efficient." - Mr. Andre Trimm, Senior Pharmacist

Doctors in the Rheumatology Unit are now able to complete a full computerized patient assessment in the Patient Information System. "Cellma assists the Rheumatology Unit in accessing real time patient information in the South West Regional Health Authority - Couva District Health Facility, Princes Town District Health Facility, San Fernando General Hospital, San Fernando Teaching Hospital, and Siparia District Health Facility. Healthcare professionals are able to schedule patient appointments, view medical records and patient's demographics in an effective and efficient manner, resulting in a service worthy of the digital age." -Dr. Liane Conyette, Registrar

The ICT Department is currently preparing to launch the Ward and Bed Management module in SFGH and SFTH.

What are the benefits of the new PIS?

The Patient Information System will:

- ❖ Enhance decision-making and the quality of service provided by healthcare professionals in the SWRHA
- ❖ Improve clinic registration and scheduling of appointments with access to all patient information at the point of contact
- ❖ Create a "one patient one record" policy in the SWRHA and ensure the standardisation of SWRHA's approach to patient care and record-keeping
- ❖ Secure the electronic management of all prescriptions and dispensing activities and ensure stock control of pharmacy items
- ❖ Coordinate all planned and emergency ward admissions and effectively manage the overflow of patients on all wards
- ❖ Facilitate immediate collaboration among medical professionals at various locations
- ❖ Give accessible real time snapshots of the department's activities and performance, by allowing all members of our multidisciplinary teams to share information in a timely manner
- ❖ Secure patient information as all information viewed by users is determined by user group membership established by the system administrator and is compliant with international patient data security policies
- ❖ Generate high-quality reports, including financial tracking and geographical mapping, to create a consistent source, rich with statistical information that can lead to new insights in healthcare

If you have any questions about our new Patient Information System, kindly contact the ICT Department at 653-4259 ext. 2116.



New Pharmacy Expanded Services at Oncology Department

Pharmacy services have expanded at the Oncology Department. Effective Monday 14th December, 2015, Oncology Pharmacy became a one stop shop enabling Oncology patients to collect all medications at one facility. Clients can access services from Mondays to Thursdays 8:00 am to 4:15 pm and Fridays 8:00 am to 4:00 pm.

Above: Dr. Keshav Gyan, Head of the Oncology Department, Mr. Roy Umraw, Regional Manager Pharmacy Services and Mr. Anil Gosine, Chief Executive Officer

Below: Mr. Anil Gosine, Chief Executive Officer (3rd from R) and pharmacy services staff



SWRHA celebrates Pharmacy Week

Pharmacy Week, annually celebrated in October, recognises the impact pharmacists have on patients and raises the awareness of pharmacists' contributions to patient care. Pharmacy staff at various health facilities within the SWRHA celebrated Pharmacy Week from Monday 12th to Friday 16th October, 2015.

This year's theme "Let's get Better Together- Inform, Engage, Inspire" laid the foundation for the week's activities, which involved educating and engaging clients through lectures, discussions and providing educational material on topics such as: the DASH Diet, managing hypertension, administration of eye drops and ointments, proper antibiotic use, hyperthyroidism, gastroesophageal reflux disease, gout and cardiovascular diseases.

During their week of activities, Area Hospital Point Fortin's Pharmacy staff launched their Brown Bag Drive, to assist clients with disposing unused medication. Clients visiting the Pharmacy received brown bags, which on follow-up visits were returned to the Pharmacy with unused and expired medications.

1. Couva District Health Facility's Pharmacy staff with Rena Yearwood, Facility Manager (front row 4th from L) and UWI students pursuing a BSc in Pharmacy (2nd and 3rd from R)

2. Pharmacy staff at Area Hospital Point Fortin with Mr. Anil Gosine, CEO (C), Mr. Shiva Ramsamooj from the Quality Improvement Department (3rd from L), Mr. Randolph Badall, Chief Operations Officer (5th from L) and Mr. Mohan Ramjit, General Manager, Policy Planning and Research (6th from R)

3. Staff at the SFGH Pharmacy



CLU WORLD DIABETES DAY CAMPAIGN 2015

World Diabetes Day is a platform for highlighting the growing concerns about the increase in the number of persons diagnosed with diabetes mellitus. The lives of persons with diabetes can be adversely affected by complications if this chronic disease is left unchecked. The Community Liaison Unit continued to promote diabetes awareness in recognition of World Diabetes Day with activities from Friday 13th to Thursday 27th November, 2015. In keeping with the theme, **Healthy Living and Diabetes**, each function was intended to heighten awareness about diabetes with the objective of managing type 1 diabetes and the long term goal of reducing the number of persons diagnosed with type 2 diabetes.



Staff of the Community Liaison Unit (CLU) and the Patient Education Counselling Centre (PECC)



Ms. Cathrina Sobrattie, Medical Sales Representative at Bryden Pi Limited lecturing at the CLU's Wound Care Workshop

Health Fair at Gulf City Mall

On Friday 13th November, 2015, visitors to the mall had the opportunity to learn about diabetes; from the physical and mental effects to the treatment and management of this non-communicable disease. They were also treated to samples, games and free health screenings which included: blood glucose, blood pressure and cholesterol testing. Health education booths included: Nutrition and Food Demonstration; Pharmacy; Mental Health; Diabetic Association South Branch; Bryden Pi; Abbott Nutrition; and Foot Care.

Wound Care Workshop

The Wound Care Workshop, held on Tuesday 17th November, 2015 at the San Fernando Teaching Hospital, was a collaborative effort between the Community Liaison Unit and Bryden Pi Limited, Hospital Equipment and Supplies Division. The workshop addressed the importance of treating all wounds appropriately by using advanced care products and techniques that are specific to the wound type to prevent infections that could lead to serious health complications. For diabetic patients, proper care is critical to avoid further infections that could lead to amputation depending on the wound's location and severity.

Health Walk, Aerobic Burnout and Open Day

The Diabetes Awareness campaign continued at the San Fernando General Hospital with a health walk around the San Fernando General Hospital compound, followed by an aerobic burnout and open day respectively on Friday 20th November 2015. It was a day of interactive and physical activity. The aerobic burnout winners, after approximately one hour of high intensity exercise, were: 1st place Ruth Joseph, Dietetic Technician, North Central Regional Health Authority; 2nd place - Dennison Vincent, Database Administrator, SWRHA; and 3rd place - Sherry-Ann Marchan, Seamstress, SWRHA. Other activities included health screenings done by the CLU; meal planning and BMI screening by the Nutrition and Dietetics Department; and pharmaceutical awareness conducted by the Pharmacy Department.



Winners of the aerobics burnout: 1st place -Ruth Joseph, Dietetic Technician, North Central Regional Health Authority (3rd from L); 2nd place - Dennison Vincent, Database Administrator, SWRHA (5th from L); and 3rd place - Sherry-Ann Marchan, Seamstress, SWRHA (2nd from left) with the aerobics instructors, members of the 5 'O' Clock Krew

Diabetes School Quiz

The Diabetes School Quiz was held on Tuesday 24th November, 2015 at the UWI Students Accommodation Facility at the San Fernando General Hospital. This part of the awareness campaign focused on diabetes education for adolescents, the aim of which was to teach them about Diabetes, with the expectation that they would be able to make healthier lifestyle choices from an earlier age.

Standard 3 student Rayya Mohammed of TML Primary School, San Fernando, emerged as the overall winner, and rounding off the top three in 2nd and 3rd places respectively were: Lawrence Joseph of St. Paul's Boys Anglican Primary School and Ireoluwa Ayandokun of San Fernando Boys R.C. School. Twenty-one students from eleven schools took part in this year's competition.



Rayya Mohammed (3rd from L) Std 3 student of TML Primary School, San Fernando, winner of the diabetes school quiz with her teacher and members of CLU.

Poster Competition

The Nutrition and Dietetics Department retained their title as Diabetes Poster Competition winners in the 2015 competition. The announcement was made by Mrs. Joy Providence-Williams, Regional Manager, Liaison Services, on Monday 30th November, 2015. The winning poster was a reflection of the World Diabetes Day theme, **Healthy Living and Diabetes** with the focus on nutrition as the key to managing and preventing diabetes. This competition was an avenue for staff to use their creativity and to produce a health education tool that can be used anywhere and anytime to inform its viewers about diabetes and living with this chronic disease.

The participating departments were: Ante Natal Ward; Intensive Care Unit; Nutrition and Dietetics Department; Sewing Room; Ward 3; and Ward 6 Surgical.

WORLD DIABETES DAY AT COUVA DISTRICT HEALTH FACILITY

The Diabetic Support Group and Primary Healthcare team at the Couva District Health Facility (CDHF) partnered with the Zaheer Ali Foundation to celebrate World Diabetes Day, Saturday 14th November 2015, with a walk-a-thon and health fair at the Couva District Health Facility. The walk-a-thon started at the health facility and proceeded along the Southern Main Road. On return to the DHF's Carpark, Mr. Kingsley Noel from CDHF engaged persons in an energetic aerobic session. Mr. Zaheer Ali, former West Indies Youth Captain and Founder of the Zaheer Ali Foundation and Ms. Jochelle Mohammed from the Nutrition and Dietetics Department, also addressed the audience of approximately 100 persons. The health fair comprised various booths on exercise, dental practices, nutrition and dietetics and a team from the Pharmaceutical Society of Trinidad and Tobago.



Dr. Dale Sookoo, Medical Director Primary Care (4th from L), Reena Yearwood, Facility Manager at Couva District Health Facility (4th from R) and Mr. Zaheer Ali, founder of the Zaheer Ali Foundation (front row C) with staff from the Couva District Health Facility and the Zaheer Ali Foundation



Ms. Jochelle Mohammed from the Nutrition and Dietetics Department answers questions about her display

LA ROMAINE HEALTH CENTRE celebrates WORLD DIABETES DAY



Sitting L to R: Ms. Morrika Julien, PCNM Victoria, Mr. Anil Gosine, CEO, Ms. Franka Olliviere- Andrews, General Manager Nursing with members of CLU, Staff of La Romaine Health Centre and members of the Diabetes Support Group.

According to the International Diabetes Federation it is expected that by the year 2035 there would be 600 million persons worldwide living with diabetes. With this projected growth in mind the staff at the La Romaine Health Centre, particularly those in the Integrated Diabetes Programme, joined their global counterparts by hosting their World Diabetes Day celebrations on Wednesday 4th November, 2015 to promote the theme, **“Healthy Living and Diabetes”**, in their community. The day’s activities included a

health walk, aerobic burnout and the official launch of the La Romaine Diabetes Support Group.

In his feature address, Mr. Anil Gosine, Chief Executive Officer of the South West Regional Health Authority, said, “In a world where 1 in 12 persons have diabetes and 1 in 2 persons don’t know that they have this chronic disease the need to educate persons is paramount to the fight against diabetes... if we change one person’s view on diabetes for the better today, then we would have impacted one life for the better tomorrow.”

This diabetes support group was formed on Saturday 23rd May, 2015 with the purpose of working in conjunction with the Integrated Diabetic team at the health centre to promote healthy lifestyle aimed at reducing the amount of persons with type 2 diabetes in the community. Monthly meetings are held every 4th Saturday from 3:00 p.m. to 5:00 p.m. and are open to public participation. For further information about the La Romaine Diabetes Support Group please contact Ms. Asha Samaroo – 750-2415/778-1844; Mr. Glenford Doyle, Assistant Chairman – 323-1271/296-7056 or Mr. Lyndon Gumbs, Enrolled Nursing Assistant – 757-9116.

HEALTH OUTREACH IN PRINCES TOWN

In a joint effort the Princes Town District Health Facility (PTDHF) and the Princes Town Regional Corporation brought health care services closer to the community when they hosted a health outreach programme on Tuesday 25th August, 2015 at the Princes Town Promenade. Visitors were exposed to general health and wellness information, health screenings (blood pressure and glucose), pap smears for women, counselling and referrals to the Primary Health Care Clinics. This outreach programme was an opportunity to not only provide on-site screening and health education, but also promote the in-house services available at the PTDHF.



1. Staff from the Princes Town Regional Corporation sharing information.
2. This woman seeks advice from the on-site doctor at the Promenade in Princes Town
3. Persons wait in line to receive blood pressure and blood sugar tests

HUMAN RESOURCES DEPARTMENT'S

Employee Reward and Recognition Programme

The official launch of the Human Resources Department's Employee Reward and Recognition Programme (ERRP) was held on December 18th, 2015. The ERRP was developed to strengthen the Human Resource Department's employee relations. This Program was introduced to foster a system of shared values and beliefs which strongly influence all aspects of an employee's work life. It aims to continuously act as a motivator to job performance, as well as fostering teamwork and consistently delivering high quality services to all stakeholders.

During this award ceremony, multiple hardworking individuals within the Human Resources Department were honoured with Letters of Commendation and Certificates of Appreciation.

The officers chosen by their Managers to achieve the Employee of the Year award for excellence in Punctuality; Attendance; Team Work; Customer Service and Quality were:

1. Rachel Francois (Formerly assigned to the IR Unit/HRIS Project)
2. Carla Henry (Training Unit)
3. Yvonne Breedy (Princes Town District Health facility (PTDHF))
4. Carla Wilson (Pensions/HRIS Project)

The Senior Human Resources Officer Choice for Employee of the Year in the above mentioned categories were:

1. Hayley Ransome, HRO I (IR Unit)
2. Larissa Sealey, HRA II, (Recruitment Unit)
3. Kevione Bourgeois, Human Resources Assistant I (Recruitment Unit)
4. Devi-Ann John, HRO I (OD&D Unit)
5. Desiree Richards, HRA I (OD&D Unit: Pensions)
6. Latecia Jardine, Clerk I Temp. (Employee Services)
7. Debbie Ramnanansingh-Seecharan, Clerk I (Temp.) (Employee Services)
8. Jenelle Parris, HRA I (Training Unit)
9. Reuben Mathura, HRA II (Training Unit)

Lastly, all employees were asked to vote for their Employee's Choice and the following Unit's employees were successfully voted for:

1st Place Winner: Kyle Hernandez, Security Officer (HR Department)

2nd Place Winner: Marie Lewis, Clerical Assistant & Tricia Scipio-Yarde, HRO II (Recruitment Unit) Tied

3rd Place Winner: Kimberly Rampersad, HRA II (Employee Services)

4th Place Winner: Nicole Simon-Johnson, SHRO (Employee Services) & Rachel Francois, HRO II (IR Unit/HRIS Project) Tied

Overall, strengthening employee relations through the ERRP is an important function of Human Resource Management. The objectives of this program cover a range of areas including managing change within an Organization, providing Employee Assistance Program services and acknowledging and rewarding employee performance. It is hoped that the strengthening of this function will harness the establishment of an environment where there is not only trust and confidence concerning the motives of management but where employees feel valued for their intelligence and continued contribution to the South-West Regional Health Authority.



Ms. Denise Thomas, Manager, Human Resources Planning gives a presentation of what the Employee Reward and Recognition Programme looks like when awarding its staff



(L-R) Ms. Nicole Simon-Johnson, SHRO (Employee Services) receives her Letter of Commendation and Certificate of Appreciation from Ms. Denise Thomas, Manager, Human Resources Planning



(L-R) Mr. Kyle Hernandez, Security Officer, receives his Letter of Commendation and Certificate of Appreciation from Ms. Denise Thomas, Manager, Human Resources Planning



(L-R) Ms. Rachel Francois, HRO II (IR Unit/HRIS Project) receives her Letter of Commendation and Certificate of Appreciation from Ms. Geeta Harrybachan, HRO II

CONGRATULATIONS CAPE SCHOLARSHIP WINNERS



1. President's Medal Winner, Ashisha Persad (C) with parents Mrs. Carmen and Dr. Rambachan Persad
2. Mr. Samir Gopeesingh with his father Dr. Shevanand Gopeesingh, Director of Health, SWRHA
3. Scholarship winner, Ms. Anya Persad

The South-West Regional Health Authority (SWRHA) extends hearty congratulations to the 2015 Caribbean Advanced Proficiency Examination (CAPE) scholarship winners: Ms. Ashisha Nirupa Persad, President's Gold Medal; Mr. Samir Gopeesingh, Open Scholarship winner; and Ms. Anya Sandee Persad, Additional Scholarship winner.

Ms. Ashisha Persad is the daughter of Dr. Rambachan Persad, Consultant Paediatric Surgeon and Head of Surgical Subspecialties at the San Fernando General Hospital (SFGH). Ashisha, a former student of Naparima Girls High School gained top honours in the areas of Mathematics, Physics, Chemistry, Information Technology, Caribbean Studies and Communication Studies. Her aspiration is to further her education in the field of Engineering.

Mr. Samir Gopeesingh is the son of Dr. Shevanand Gopeesingh, Director of Health, SWRHA. Samir is a former student of Naparima College and he won his Open Scholarship in the area of Natural Sciences. Today, he is a student of the Faculty of Medicine, UWI and intends to practice in the field of Ophthalmology.

Ms. Anya Persad is the daughter of Dr. Neil Persad, Head of Department Orthopaedics (Ag.), SFGH and Ms. Sandra Persad, Health Records Technician II. Anya was a student of Holy Faith Convent Couva and won an additional scholarship. Anya is currently attending the University of the West Indies Faculty of Medical Sciences Dental School at the Eric Williams Medical Sciences Complex.

The SWRHA Management team recognizes your achievements as true inspiration to us all and wish you every success in your future endeavours.



Breastfeeding Seminar at La Brea Health Centre

The staff at the La Brea Health Centre held their 6th annual breastfeeding seminar to commemorate World Breastfeeding Week (1st to 7th August, 2015) on Monday 17th August, 2015. This observance is part of the staff's continued efforts towards attaining **Baby Friendly Status** by 2018. It is geared to encourage families to protect, promote and support breastfeeding through education and demonstration.

The Baby Friendly Hospital Initiative is a collaborative programme put forth by the World Health Organization and UNICEF to their global health care partners. It aims to promote the proper care and nutrition of infants, which would be beneficial to baby, mother and society.

Thirty-five (35) mothers from the La Brea community were honoured for achieving the Gold Standard in Breastfeeding. These mothers fed their babies with breast milk only for



Ms. Violet Welch-Knights, Prevention of Mother to Child Transmission (PMTCT) Coordinator, during her presentation at La Brea Health Centre

the first six (6) months after birth followed by continued breastfeeding along with nutritious solid foods.

In her feature presentation, Nurse Violet Welch-Knights, Prevention of Mother to Child Transmission (PMTCT), spoke about the facts and fictions associated with breastfeeding. Nurse Welch-Knights addressed several key issues such as: the nutritional benefits of breastfeeding, proper feeding techniques, expression and storage of breast milk, and ways to overcome the challenges that may arise. She closed by emphasizing the importance of the family unit in providing support for mothers so they could breastfeed with confidence.



Mr. Anil Gosine, Chief Executive Officer of the SWRHA (3rd from L) and Wardsmaids- Ms. Arlene Lee Shueling, Ms. Reena Baksh, Ms. Debra Duncan, Ms. Sharma Ferreira and Ms. Cheryl Morris, light the candle signifying their first celebration of International Housekeeping Week

WARDSMAIDS CELEBRATED

"We are a strong bunch of women. At times it is hard and there are challenges, but do what you do best, work hard and go beyond the call," said Ms. Michelle Trotman, Domestic Supervisor 2, as she addressed approximately 150 wardsmaids gathered at the Nurses' Lounge on Wednesday 30th October, 2015 to celebrate International Housekeeping Week.

International Housekeeping Week is annually observed in September. It recognises professional housekeepers and persons who daily maintain a clean, safe and healthy environment in facilities across the globe. This inaugural appreciation ceremony was coordinated by Domestic Supervisors to appreciate and recognise the dedication of wardsmaids at the San Fernando General Hospital.

In his greetings, Mr. Anil Gosine, Chief Executive Officer, said "No organisation can move forward without different departments working together. You all have done an exceptional job. We are proud of you and we cannot continue without you."

Wardsmaids were presented with Certificates of Appreciation, toasted to their goodwill and success, and were awarded for excellence in appearance and dress code, punctuality, performance, dependability, attitude, and overall work performance.

Also present at this event were: Mr. Dianand Ganessingh, Assistant Hospital Administrator; Ms. Shivon Scope from the Quality Department; Crystal Marciano, Manager, Corporate Communication, Ms. Natalie Gibbs-Greenidge from the Infection Prevention and Control Department, Domestic Supervisors- Ms. Angela Bridgelal, Ms. Patricia Gour, Ms. Ramragie Gobin, Ms. Gloria C. Galloway-Cains, Ms. Christiana Phillip, and Ms. Ann Marie Metivier.

St. Patrick West's Healthy Me Camp

Instilling healthy lifestyle practices at an early age, is perhaps the best approach towards fighting childhood obesity. The annual 'Healthy Me Camp' took place at the Techier Community Centre in Point Fortin from Monday 13th to Friday 17th July 2015, under the supervision of Mrs. Kathyann Elbourne, Primary Care Nurse Manager for St. Patrick West.

The camp was designed to teach children, between the ages of 6 and 11, the importance of proper nutrition and physical activities. Campers learnt health and wellness practices through fun interactive lectures centred on nutrition, building self-esteem, setting goals, practicing appropriate personal hygiene and image etiquette, kitchen gardening and keeping their environment clean to prevent the spread of diseases.

During the week, the children were taught to prepare healthy snacks and lunches, create a kitchen garden and plant tomatoes. The campers also engaged in physical activities such as zumba, line dancing, karate, skipping and attended a field trip to the Asa Wright Nature Resort. By the end of the week's activities, all campers created a healthy lifestyle plan and were able to present what they had learnt to their parents.



Natasha Lambert, Dietician, demonstrates how to prepare healthy meals and snacks to the 'Healthy Me' campers



These campers wear huge smiles as they inspect their carrot cake batter

SPORTS & FAMILY DAY 2015

CULTURES OF THE CARIBBEAN

The rain failed to hamper a fun-filled Sports and Family Day, on Saturday 25th July 2015, at the Mannie Ramjohn Stadium, Marabella. Caribbean countries were on display during the March Past Parade, as teams' colourful costumes and parade routines depicted the multicultural diversity of various Caribbean nations. Couva District Health Facility was crowned March Past winners and copped the March Past Queen title, with their energetic and entertaining routine displaying Jamaican dancehall culture. Siparia District Health Facility's uniform and creative depiction of Aruba earned them second place while Wardsmaids, wearing traditional St. Marteen madras clothing took home the third place trophy.

The Trinidad and Tobago's Fire Service oversaw the day's activities with their fun team events and races. Teams battled to raise the trophy for overall Sports Winner 2015, but Gynaecology Ward emerged triumphant, pushing past Couva and Princes Town District Health Facilities with 89 points. Football frenzy also came to an end with Couva Villa beating Male Terrorists 2-1 and Area Hospital Point Fortin pulled their way to victory, retaining their spot as Tug of War Champions. The day closed with trainers from Amcol Fitness First Health Club taking individuals through a rigorous aerobic burnout; however, at the end, Couva District Health Facility's Kingsley Noel was the last man standing.

SWRHA 5K RUN AND WALK

At 6:58 am on Saturday 11th July, 2015, the whistle blew and approximately 300 runners and walkers sped off from Tropical Plaza Carpark, Southern Main Road Marabella, towards the finish line at the San Fernando General Hospital's eastern carpark. Defending 5K champion, Twelde Matas from the Princes Town District Health Facility was dethroned by his colleague, Chris Williams, who dashed past the finish line in 19 minutes 40 seconds. Candice Bakarow pushed on to win the prize of top female runner while Finance Department's Mervyn Vance and Jolander Cooper showed off their impressive speed walking skills, attaining the trophies for the fastest male and female walkers in the SWRHA.

Here are the results:

Runners (Male)

- ★ 1st - Chris Williams (Princes Town District Health Facility) - 19:40
- ★ 2nd - Twelde Matas (Princes Town District Health Facility) - 24:15
- ★ 3rd - Cirt Carabai (San Fernando General Hospital) - 24:25

Runners (Female)

- ★ 1st - Candice Bakarow (San Fernando General Hospital) - 27:14
- ★ 2nd - Kelba Alexander (Nutrition and Dietetics) - 30:50
- ★ 3rd - Stephanie Maharaj (Princes Town District Health Facility) - 36:20

Walker (Male)

- ★ 1st - Mervyn Vance (Finance Department) - 39:52
- ★ 2nd - Sadiki Warner (Princes Town District Health Facility) - 39:53
- ★ 3rd - Kenson Fermin (Nutrition and Dietetics) - 39:54
- ★ 1st Technical Head: Mr. Wazeer Ali, Senior Water Services Technician

Walkers (Female)

- ★ 1st - Jolander Cooper (Finance Department) - 42:00
- ★ 2nd - T. Jackson (San Fernando General Hospital) - 47:00
- ★ 3rd - Alana Rohas-Rajim (San Fernando General Hospital) - 47:01
- ★ 1st Executive Member: Mrs. Franka Olliviere-Andrews, General Manager, Nursing

SFGH 42nd *Diwali Celebration*

Divali is a holy festival that serves as a reminder to everyone about the triumph of good over evil. In this remembrance, the San Fernando General Hospital's 42nd annual Diwali function was held on Friday 6th November, 2015 at the San Fernando Teaching Hospital's (SFTH) Maternal and Child Health Area [Level 4]. This auspicious celebration included devotional performances from Brian Mohan and Group; Murray Trace Temple Group; Stephon Jaikaran; Tricia Ramdhan and the Triveni Mandir Dance Group. The evening's activities were completed with the lighting of deeyas at the SFTH entrance.



Divali celebration at the Princes Town District Health Facility (PTDHF) was hosted by the staff of the Primary Health Care Department, for their colleagues, on Friday 9th November, 2015. The theme was "Diwali Celebrations Around the World." Keeping the theme in focus, staff was taken on a virtual tour by Dr. Kiran Premanand, Primary Care Physician I, to visit various countries to see their Diwali traditions. There were many memorable moments at the function, some of which included the crowning of the PTDHF Diwali Queen for 2015 Dr. Elahor Ziregbe, House Officer of the Emergency Department; the Pick-a-pan competition which was won by Mrs. Patricia Granger, Primary Care Nurse Manager, Victoria North and a fashion show.

DIVALI AT THE PTDHF

Medical and Surgical OPC celebrate Christmas

Approximately 150 parents and children gathered in the Waiting Area on RC (Level 6) at the San Fernando Teaching Hospital on Thursday 17th December, 2015 when the staff of the Medical and Surgical Outpatient Clinics held their Christmas Party entitled "Celebrate". Founded in 2007 by Registered Nurse, Mrs. Paula Quamina-Richardson, this annual event is centred on recognising and celebrating paediatric clients in the outpatient medical and surgical clinics, inclusive of Orthopaedic, Plastic, Neurology, Dermatology and Rheumatology. "Celebrate" was coordinated by Mrs. Toy David-John, Registered Nurse, as well as other nursing and clinical staff, who aimed to "put some new smiles on our children's faces and give gifts". The audience

Kimberlee Seebaran and her mother Jenny Seebaran
meet Santa and Mrs. Claus
A mother holds her baby while she gets her face painted

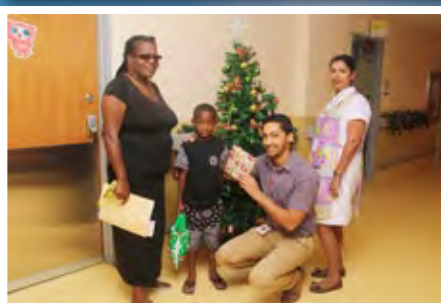
was treated to monologues and poems during the day. They were serenaded by the group Sweet Sounds and danced to soca parang played by D.J. Devi. Hampers and gift bags were also distributed and each child got an opportunity to sit with Santa.

Christmas at the Paediatric Surgical OPC

It was a Christmas fiesta for the 35 children who attended the Paediatric Surgical Outpatient Clinic on Thursday 10th December, 2015. The joyful atmosphere was filled with the sounds of laughing children, parang and Christmas carols. The children got glitter art on their faces and arms, and after their visits with the doctor, each child received a gift and a treat.

Mrs. Sharda Mano-Mungal, Head Nurse, said that the staff wanted to use this platform to develop closer relationships with the children and their parents. By cultivating a friendly environment for parents and children, parents could feel comfortable to approach health care providers and their children would not fear attending the clinic or being admitted to the ward for treatment.





Cabbage and Caraille Salad



Yield: 4 servings, 2 ounces each

INGREDIENTS

¼ cup sliced caraille
1 teaspoon lime juice
½ teaspoon salt
1 cup shredded green cabbage
½ cup shredded red cabbage
½ cup grated carrots

METHOD

- ➔ Remove seeds from caraille.
- ➔ Mix caraille with lime juice and salt.
- ➔ Set aside for about 45 minutes and then drain.
- ➔ Pour cold water to cover caraille and soak for 15 minutes.
- ➔ Drain and pat dry with absorbent paper.
- ➔ Mix all ingredients in a bowl.

Serving Suggestion: Serve with a salad dressing of your choice.

NUTRIENTS PER SERVING

Calories	14	Total fat	0g
Protein	1g	Saturated fat	0g
Carbohydrates	3g	Cholesterol	0mg
Dietary fibre	1.16g	Sodium	82mg

Nutrition and Dietetics Department. Adapted from: Trinidad and Tobago Association of Nutritionists and Dietitians (TTANDI) Cook Book.

**Do You
have a **Story** for the
Southern Pride?**

Contact the Corporate
Communication Department at:
868 653 4259 Ext 2136 or
communication@swrha.co.tt