



# Southern PRIDE

SWRHA'S NEWSLETTER



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# Public Board Meeting 2016



Members of the SWRHA Board of Directors at the Public Board Meeting

The South-West Regional Health Authority's Public Board Meeting was held at the San Fernando City Hall Auditorium on Thursday 3rd March, 2016.

Chairman of the SWRHA, Dr. Alexander Sinanan, introduced the newly appointed Board of Directors, highlighted the healthcare institutions throughout the SWRHA and defined the role of the Board of Directors as outlined by the Ministry of Health. Mr. Anil Gosine, Chief Executive Officer, reviewed the organisation's main activities and key accomplishments during the fiscal period 2014/2015 and presented the core strategic initiatives for 2016.

An audience of over 200 persons attended this year's Public Board Meeting. Staff, clients and persons within the south-west region were also given the opportunity to voice their concerns and questions to the Chief Executive Officer and Board of Directors during the open forum session. Ms. Annette Lessey and Mr. Pooran Sankar, Regional Manager, Psychiatric Mental Health Services moderated the evening's proceedings.



Chairman of the Board of Directors, Dr. Alexander Sinanan addresses the audience at the SWRHA's Public Board Meeting



One of the moderators of the Public Board Meeting, Ms. Annette Lessey addressing the audience

# Ministry of Health's Media Conference at the San Fernando Teaching Hospital



The Honourable Minister of Health, Mr. Terrance Deyalsingh, giving his address at the Ministry of Health's Weekly Press Conference hosted at the San Fernando Teaching Hospital

**T**he latest developments in the public health sector were brought to the fore at the Ministry of Health's Media Conference on Friday 29th April, 2016 in the Northern Conference Room of the San Fernando Teaching Hospital.

The Honourable Terrence Deyalsingh, Minister of Health commenced the presentations with updates on the confirmed cases of Zika, Swine Flu (H1N1), Dengue and Chikungunya in Trinidad & Tobago, outlined the Ministry's initiatives to combat these illnesses, and the most recent accomplishments and advancements in maternal health.

The mosquito-eradication strategies of the San Fernando City Corporation were the focus of His Worship the Mayor of San Fernando, Haji Kazim Hosein's presentation. He stressed that everyone should practice preventative measures in order to win the war on Zika and all other mosquito-borne diseases.

During his remarks, Dr. Alexander Sinanan, Chairman of the SWRHA Board of Directors, advocated for the vaccination of all persons as immunization assists with the control of infections and life-threatening diseases. This was emphasized during his statement on the SWRHA's outreach projects in honour of Vaccination Week in the Americas 2016.

Dr. Sinanan further highlighted the change in administration of the polio vaccine, from trivalent oral polio vaccine (OPV) to bivalent OPV throughout the SWRHA. This switch in OPVs was initiated in Trinidad and Tobago on April 26th 2016, National

Switch Day. Dr. Kumar Sundaraneedi, Medical Director of Health Programmes and Technical Support Services, described this as "a critical step toward the global eradication of Polio".

Burning with questions, members of the Media were given the opportunity to pose a few to the members of the panel. This left Zika, maternal health and immunization as the popular topics of discussion to close the conference.



(L-R) Mr. Anil Gosine, Chief Executive Officer, His Worship, Alderman Kazim Hosein, Mayor of San Fernando, The Honourable Minister of Health, Mr. Terrance Deyalsingh, Dr. Alexander Sinanan, Chairman and Dr. Kumar Sundaraneedi, Medical Director of Health Programmes and Technical Support Services at the Minister of Health's Weekly Press Conference



# International Neuroendoscopic Conference and Workshop



Mrs. Valerie Alleyne-Rawlins, Deputy Chairman of the SWRHA addresses the audience at the opening of the International Neuroendoscopic Conference and Workshop

Over the past century, there have been great strides in neurosurgical procedures. Improvements in preoperative imaging and surgical instrumentation have allowed neurosurgeons to treat some complex injuries and diseases of the nervous system in a more refined and less invasive way, which ultimately leads to patients experiencing less trauma.

The Government of Trinidad and Tobago and the People's Republic of China on Wednesday 23rd July, 2014 signed a Memorandum of Understanding which sought to transfer the services and skills of approximately 40 Chinese healthcare professionals over a two-year period. This period saw four dedicated teams of ten healthcare professionals in much needed specialties assigned to the SWRHA.

The last of the four teams of medical professionals ended their six-month stay with the organization by hosting an International Neuroendoscopic Conference and Workshop from Monday 13th to Tuesday 14th June, 2016. The opening of the workshop was conducted at the South Academy for Performing Arts where the Honourable Minister of Health, Mr. Terrence Deyalsingh recognized the contributions made by the Chinese Medical Teams to the health landscape of the south-west region.

The opening day's proceedings featured lectures on neuroendoscopic surgeries delivered by a cadre of experts both from the People's Republic of China and Trinidad and Tobago. Also in attendance were His Excellency Huang Xingyuan, Ambassador of the People's Republic of China to Trinidad and Tobago, Mr. Yu Luming, Director-General of Beijing Municipal Administration of Hospitals and Mrs. Valerie Alleyne-Rawlins, Deputy Chairman of the SWRHA.



(L-R): Mr. Yu Luming, Director-General of Beijing Municipal Administration of Hospitals, The Honourable Mr. Terrence Deyalsingh, Minister of Health of Trinidad and Tobago and Mr. Huang Xingyuan, China's Ambassador in Trinidad and Tobago cutting the ribbon to mark the opening of the International Neuroendoscopic Conference and Workshop

During one of the workshop sessions on June 14th 2016, approximately nine House Officers, as well as Surgeons assembled at the San Fernando General Hospital's Mortuary to witness a neuroendoscopic surgery performed on a cadaver, demonstrating an endoscopic frontal ventricular approach. The trainers were Dr. Chi Liqun and Dr. Zhu Guangtong, Neurosurgeons from the Chinese Medical Team. The procedure involved performing a right frontal incision of two millimetres into the brain. A second teaching procedure was also performed demonstrating an endoscopic transnasal approach.

Endoscopy allows for minimal tissue disruption, enhanced visualization through the use of the endoscope camera, a shorter hospital stay, less surgical morbidity and improved cosmetic results as there is minimal scarring due to the procedure requiring just a small incision. The aim of the workshop was to sensitise doctors to new and less invasive ways to treat tumours, aneurysms and hydrocephalus- a medical condition in which there is an abnormal accumulation of cerebrospinal fluid-affecting the nervous system.

# Graduation Ceremony for SWRHA's Safety Wardens



Batch 1



Batch 2



Batch 3



Batch 4



The Disaster Coordination Unit of the South-West Regional Health Authority (SWRHA) marked the end of the first phase of the Safety Warden Training with a graduation ceremony on Tuesday 2nd February, 2016 for the 130 members of staff who completed the training. The programme was conducted in four batches from Wednesday 29th July to Friday 30th October, 2015. The rationale for this type of training was to take a proactive step towards building an internal resource that would influence the safety culture within the organization. The objective of the training is to create safer work environments and implement emergency management response procedures.

This programme's content was specifically tailored to prepare clinical and nonclinical staff to act in any emergency situation such as fire suppression, first response and evacuation. Each graduate will now assume the role of volunteer Safety Warden with responsibility for identifying risks; implementing risk reduction strategies; and coordinating on emergency action plan in his or her respective Department. Wardens can be identified by their identification badges worn on orange lanyards. The training is expected to continue in the future for staff throughout the SWRHA.

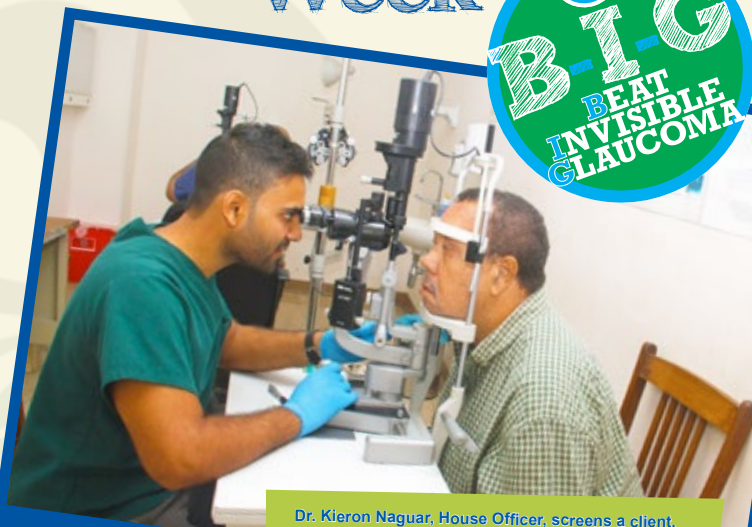
Graduands of the Safety Warden Training Batches 1, 2, 3 and 4

Bottom left: Mr. Keston Joseph (1st from R) with Mr. Damian Sancho, Manager of Health and Safety and the Environment (3rd from R) and Mrs. Joann Nagee (4th from L), with the Staff of the Disaster Coordination Unit and the Training Unit.





# Eye O.P.C. Celebrates World Glaucoma Week



Dr. Kieron Naguar, House Officer, screens a client, Mr. Llewellyn Nicholls for Glaucoma at the Eye and ENT Outpatient Clinic

**G**laucoma is the second most common cause of blindness worldwide. The World Health Organisation (WHO) estimates that 4.5 million persons globally are blind due to glaucoma. In light of this, the South-West Regional Health Authority's Eye Outpatient Clinic (OPC) hosted its annual health promotion programme to commemorate World Glaucoma Week which was celebrated globally from Sunday 6th to Saturday 12th March, 2016. This year's campaign theme, "Good Eye Health for All," aimed to create awareness and sensitization of the challenges faced by persons living with glaucoma and the importance of persons receiving quality healthcare to deal with these challenges.

Ms. Savitri Sankar, Head Nurse at Eye OPC explained that staff at the Eye OPC decided to take a holistic approach towards good eye health. Members of the public and patients received intraocular pressure testing, optic nerve checks and diabetes retinopathy screening on Monday 7th and Thursday 10th March, 2016. These screening sessions were conducted by Dr. Avinash Jagessar, Dr. Kiran Naguar, as well as final year students from the University of the West Indies St. Augustine Campus; Ms. Vidya Heeralal, Ms. Ciara Bridgemahon and Ms. Meerala Ramcharan. Educational materials were also distributed. These included brochures on glaucoma, the risks of having cataract and maintaining good eye health. Counselling and further consultation were offered to diabetic patients on both days.

## TRANSITION TO SECONDARY SCHOOL SEMINAR



(seated 4th from left) Mrs. Patricia Smith-Granger, Primary Care Nurse Manager, Victoria North with staff of the Ste. Madeleine Health Centre and students from the participating primary schools

**S**tudents may experience social, emotional and physical changes during their transition to secondary school. According to Ms. Jamilla Bannister, Psychologist at the Child Guidance Clinic, Pleasantville Health Centre, post SEA (Secondary Entrance Assessment) students often begin searching for their individuality, seeking independence and developing a sexual identity. Ms. Bannister was one of the presenters at the Ste. Madeleine Health Centre's seventh Transition to Secondary School Seminar, which was held at the Ste. Madeleine Regional Complex on Tuesday 10th May, 2016.

The Seminar is annually coordinated by Mrs. Erica Christom, District Health Visitor and the dedicated staff at the Ste. Madeleine Health Centre. It is geared toward positively affecting the thinking and behaviour of students transitioning to secondary schools by informing them of the emotional, physical and social issues they may experience during this time and examining ways they can cope with these changes.

Students engaged in interactive sessions centred on maintaining a balanced diet, understanding physical and emotional changes, embracing puberty and discovering their self-worth and purpose, an acronym for prepare, utterances, respect, pray, order, stand and excellence. This year's presenters included Ms. Jochelle Mohammed, Registered Dietician; Nurse Leia Catlyn from Shine Distributors Limited; Ms. Walterine Rousseau, retired Principal and Motivational Speaker and Ms. Jamilla Bannister. At the end of the seminar teachers, students and staff joined Ms. Renee Moffart, Dancer, in an entertaining and energetic Zumba workout. Approximately 130 students from Palmyra Hindu, Ste. Madeleine Government, Jordan Hill Presbyterian, Claxton Bay Anglican, Cocoyea Government and St. Clement Vedic Primary Schools attended this year's Seminar.

## Conversation with the Youth at Ste. Madeleine Health Centre



(L-R) The panel of presenters comprising Mrs. Erica Christom, DHV Ste. Madeleine Health Centre, Ms. Jochelle Mohammed, Registered Dietician, Ms. Jamila Bannister, Psychologist, Dr. Aaliyah Hosein, Dr. Reshma Maraj from the Ste. Madeleine Health Centre, Ms. Walterine Rousseau, Motivational Speaker and Mrs. Erica Joseph, PMTCT Coordinator, answers questions posed by members from the audience.

**T**oday, youths have many fascinating questions about puberty, their body image and nutrition. On Tuesday 5th April, 2016 staff of the Ste. Madeleine Health Centre, health professionals and young people from the Ste. Madeleine community gathered together to discuss topics affecting youths. This programme, entitled "Conversations with the Youth 1" was aimed at educating youths about their growth and development, from puberty into adulthood. Mrs. Erica Christom, District Health Visitor at the Ste. Madeleine Health Centre, along with her supportive staff members coordinated this interactive lecture series.

Several guest speakers spoke on various topics, inclusive of proper nutrition, puberty for both boys and girls, as well as education and spirituality, to approximately twenty-five (25) students. Ms. Jochelle Mohammed, Registered Dietician at the Nutrition and Dietetics Department's presentation was centred on the art of healthful eating. "To eat is a necessity, to eat intelligently is an art," she said quoting French author, Francois La Rouchefoucauld. She emphasised that persons should always think of the consequences of unhealthy eating.

Dr. Reshma Maraj and Dr. Aliyyah Hosein from the Ste. Madeleine Health Centre also addressed puberty in boys and girls. Their presentations focused on various physical and emotional changes boys and girls experience, and provided strategies to cope with these changes. "Always treat your body like it belongs to someone you love," advised Dr. Maraj. At the end of the session, the children were given the opportunity to pose questions to the panel of presenters.

## Hand Hygiene for All



Staff of the IPC Unit pose with a hand mascot to commemorate World Hand Hygiene Day

**H**and hygiene is considered one of the most effective factors in infection prevention and control. It is expected that once properly implemented, the appropriate hygiene practices on their own can significantly reduce the risk of cross-infection in health care facilities.

To commemorate "**World Hand Hygiene Day**", on Thursday 5th May, 2016, the Infection Prevention and Control Unit (IPC Unit) partnered with 3M International to host an Outreach Programme at the SFGH foyer and a Poster Competition.

The staff of the IPC Unit distributed literature and spoke to attendees about identifying key sources of hand borne infections and the methods that can be used to reduce such incidences. Persons were invited to test the effectiveness of their hand cleansing skills by taking the "**Hand Hygiene Challenge**". This process involved having hands screened under a UV light to check for germs before and after washing with the aim of achieving 100 percent germ removal. Winners of the challenge were rewarded with tokens.

In a bid to further increase awareness and compliance with standardized international best practices in the South-West Region, the Poster Competition was open to all SWRHA staff. In keeping with the theme "**My 5 Moments of Hand Hygiene**", entrants were required to create an educational poster that was applicable to their work spaces by showing risks of cross infections and appropriate methods of eradication. On Tuesday 10th May 2016, the winners were announced: earning first place for their creativity and comprehensive depiction of the subject was the Pathology Lab; in second place was the Microbiology Lab and the third place went to the Princes Town District Health Facility.





Staff of the Lengua Health Centre

## World Health Day at Lengua Health Centre

Globally, 1.5 million lives are taken annually as a result of Diabetes. This statistic, revealed by the World Health Organization, portrays the grave consequences of the disease if it is not monitored, controlled and treated effectively. In reality, many deaths, caused by Diabetes, can be prevented through regular physical activity, weight management, healthy eating and proper healthcare treatment.

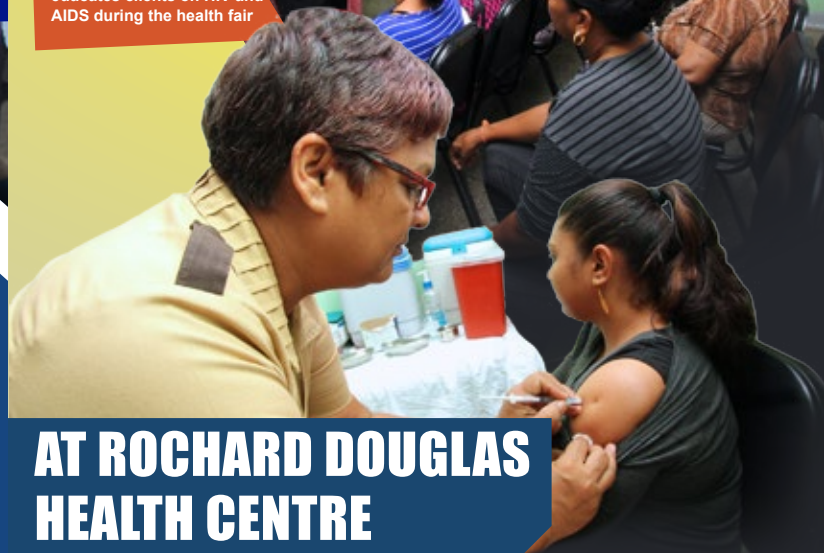
Thus, to celebrate World Health Day and to sensitize the Lengua community on Diabetes and other general health concerns, the staff of the Lengua Health Centre hosted a “World Health Day Fair” on Wednesday 6th April, 2016. This Fair, hosted under the banner of the 2016 World Health Day theme, “Beat Diabetes”, was orchestrated by Ms. Salima Ali, District Health Visitor, and Ms. Ameeda Hasmath, District Nurse, who offered a holistic approach to the event which provided a wide variety of informative health-related lectures.

Over 50 persons were in attendance as Ms. Cynelle Vincent, Dietician, delivered her presentation on meal planning, making healthier food choices, and portion control. Additionally, DHV Hasmath, educated her audience on the prevention of Zika, its signs and symptoms, its mode of transmission and ways in which its spread can be prevented. Cervical Cancer and Breast Cancer Screenings, were conducted by representatives of the Family Planning Association of Trinidad & Tobago, and HIV Testing and Counselling, were also offered to inform persons about their health status.

These lectures, screenings and counselling sessions play an important role in educating clients on the significance of health examinations and increase awareness of the treatment and prevention of diseases such as Diabetes, HIV, Cervical Cancer and Influenza.

# HEALTH FAIR

Ms. Erica Joseph, Prevention of Mother to Child Transmission (PMTCT) Coordinator educates clients on HIV and AIDS during the health fair



Ms. Elsa Ramkissoon, District Health Visitor, vaccinates a client at the Rochard Douglas Health Centre

## AT ROCHARD DOUGLAS HEALTH CENTRE

The staff of Rochard Douglas Health Centre hosted a Health Fair on Tuesday 26th April 2016 to commemorate World Health Month 2016 and Vaccination Week in the Americas 2016. The event, orchestrated by Ms. Zorina Ragbir, District Health Visitor, aimed to sensitize the community on common diseases which afflict the Trinbagonian society and to raise awareness on preventative healthcare measures.


As a result, two health-related lectures were presented during the event to focus primarily on these issues. Ms. Erica Joseph, Prevention of Mother to Child Transmission (PMTCT) Coordinator, delivered an informative presentation on modes of HIV transmission, the importance of HIV testing and counselling and HIV statistics in Trinidad and Tobago.

A video presentation was utilised by Ms. Rayette Khan, Enrolled Nursing Assistant, to aid in her discussion on the signs and symptoms of Diabetes, and the importance of adopting proper foot care practices, particularly for Diabetic clients. Vaccines, pap smears, HIV testing and counselling, diabetic counselling, dental consultations and a food demonstration were also available for persons.

These counselling and preventative screenings were a crucial aspect of health promotion because they highlighted a wide range of interventions that can be taken to delay or prevent the likelihood of disease or reduce further transmission or exposure. The initiatives allowed residents of the community to learn more about their health status and hopefully transfer that knowledge to their family and friends in an effort to positively influence their well-being.




# PATHOLOGY LAB CELEBRATES MEDICAL LABORATORY PROFESSIONALS WEEK



Mr. Rudranath Benasrie, Laboratory Manager (Ag) addressing the audience at the opening ceremony of the Medical Laboratory Professionals Week

**M**edical Laboratory Professionals Week annually celebrates the vital role of medical lab personnel and pathologists in healthcare. It presents an opportunity for lab professionals to inform and educate their colleagues and the public about the medical laboratory and its impact on overall patient care. Staff at the Pathology Lab hosted a series of continuing education sessions to facilitate learning opportunities for members of staff from Monday 24th to Friday 30th April, 2016. These education sessions were focused on the prevalence of leukemia in the South-West region, health and wellness in the workplace, mental health in the workplace, laboratory safety and the role of the mortuary attendant. In an effort to foster camaraderie, teamwork and a friendlier work environment staff members also participated in a treasure hunt. The week closed with a Long Service Award Ceremony recognising the dedication and commitment of several laboratory professionals.



(L-R) Dr. Ryan Rattan, SMO, Mr. David Augustine, Laboratory Quality Manager, Professor Hubert Daisley, Pathologist and Mr. Rudranath Benasrie, Laboratory Manager (Ag) at the closing ceremony of the Medical Laboratory Professionals Week

## The awardees included:



Mr. David Augustine- Laboratory Quality Manager  
Ms. Cynthia Bruce- Medical Laboratory Technologist II  
Ms. Kamala Gooljar- Senior Technologist, Couva Laboratory  
Mr. Linton Duncan- Daily Paid Labourer  
Professor Hubert Daisley- Pathologist  
Mr. Clayton Smith- Medical Laboratory Technologist II  
Mr. Stevetus Glodon- Medical Laboratory Technologist II  
Mr. Khanhai Pancham- Senior Technologist, Histology  
Ms. Anjanie Sinanan- Senior Technologist, Microbiology  
Ms. Jennifer Zackeralli- Medical Laboratory Assistant  
Ms. Joan Austin- Medical Laboratory Assistant

(R-L) Mr. Clayton Smith, Medical Laboratory Technologist II accepts his long service award from Dr. Ryan Rattan, SMO



# INTERNATIONAL Nurses Week



(Sitting L-R) Nurse Manager Mrs. Betty-Ann Pilgrim, Dr. Stacy Murray, Author of 'Shackles of Deception', Ms. Renee Cummings, Criminal Psychologist, Ms. Margaret Sampson-Brown, Manager of the Victim and Witness Support Unit with staff of the Nursing Administration

## Tip of the Iceberg: Gender Violence Explored

Celebrations commenced with the "Tip of the Iceberg, Gender Violence Explored, Breaking the Chains of Abuse" Workshop on Tuesday 4th May, 2016 at the City Hall Auditorium, San Fernando. Ms. Renee Cummings, Criminal Psychologist, presented an in-depth lecture examining gender-based violence, its history, the personality background of abusers, revictimisation and the effects of domestic violence on family dynamics. Ms. Margaret Sampson-Brown, Manager of the Victim and Witness Support Unit of the Trinidad and Tobago Police Service, outlined the services offered by the Unit and encouraged the 150 nursing staff attending the event, to "continue to develop sisterhood in Trinidad and Tobago". In her opening remarks, Ms. Franka Olliviere-Andrews, General Manager Nursing explained that the Workshop will "strengthen preventative efforts, increase awareness and look at ways in which we can improve our services for survivors of violence".

Deputy Chairman, Mrs. Valerie Alleyne-Rawlins added that, "by ensuring that victims of abuse receive the appropriate physical, emotional, mental and



Mrs. Valerie Alleyne-Rawlins, Deputy Chairman addressing audience at the Tip of the Iceberg Seminar





psychological healthcare to combat the effects of gendered violence, I know that together, we can break the chains of abuse, not just for today's society but the societies to come."

## Nurses Got Talent Too

On Friday 6th May, 2016 over 50 nurses gathered at the UWI Lecture Room Level 3, San Fernando Teaching Hospital to showcase the varied talents of nurses at the San Fernando General and Teaching Hospitals, to encourage teamwork and foster camaraderie amongst members of the nursing team.

"I always knew that nurses got talent," said Mrs. Betty-Ann Pilgrim, Nurse Manager. Nurses sang songs relating to the event's theme of "Wounded Healer", were treated to modern and ballroom dance performances, shared self-written poems and acrylic paintings. Ms. Carolyn Boodram, Registered Nurse encouraged the audience to join in singing her rendition of Alicia Keys' "Superwoman". Ms. Cindy-Ann Peyton's monologue depicting the story of a pregnant abandoned teenager who is given the opportunity of a better life was also greatly received by the audience.

## Motivational Session

The "Wounded Healer" theme extended to the Nurses Motivational Session held on Monday 9th May, 2016 which featured Pastor Clive Dottin, Seventh Day Adventist Pastor and Motivational Speaker. He inspired over 60 nurses to view their jobs as a calling. "If you see your career as a calling rather than a job, then your attitude will be different," he said. He further encouraged persons to become life enhancers, whom he described as people possessing a code of ethics, a cheery attitude and the aptitude to effectively manage stressful situations and overcome stress. "Wounded healer is the best healer," Dr. Dottin said. "It is those of us who love people and seek to care for people that understand the true nature of life".

Mrs. Shirley-Ann Beel, Registered Nurse in ICU recited her poem "Wounded Healer" reminding nurses to care for themselves. During her greetings, Nurse Manager Pilgrim, reflected on the life and 59 years of service by former Junior Matron and Community Nurse, Ms. Elma Sampath.

## Nurses Can Cook

International Nurses Week celebrations ended on Friday 13th May, 2016 with "Nurses Can Cook" Competition. The San Fernando General Hospital's Eastern Carpark Roundabout was crowded with persons visiting tents which displayed delicacies and food from India, United States of America, the West Indies, Africa, Mexico, Italy, Tobago and the Caribbean. Eight nursing teams from various departments in the San Fernando General and Teaching Hospital vied for the grand prize. The Competition was judged by Ms. Indrani Rampersad, Senior Dietician (Ag.), Ms Jochelle Mohammed, Registered Dietician and Ms. Jacqueline Crawford, Chef and Owner of Jacquessee. In the end the nursing team from Accident and Emergency Department, Bed Bureau and Filter Clinic representing Italy won the Competition.

### Here are the results:

**1st - Accident and Emergency, Bed Bureau and Filter Clinic-Italy**

**2nd - Outpatient Clinics, Radiology and Paediatric Department- Africa**

**3rd - Medical Departments Mexico and New Wing- West Indies**



CANE CHOW



## Ste. Madeleine Health Centre Launches Lamaze Classes

## STE. MADELEINE H.C. ACTIVITIES

The Ste. Madeleine Health Centre will now provide Child Education and Lamaze Classes for clients of their Antenatal Clinic every Wednesday at 8:30 a.m. "These classes have been long in coming. Since 2009, we wanted to start this and the idea has finally been birthed today," said Mrs. Patricia Smith-Granger, Primary Care Nurse Manager, Victoria North during her welcome address at the launch of the Child Education and Lamaze Classes on Wednesday 3rd February, 2016.

Ms. Merle Tang, Lactation Midwife, held the rapt attention of the audience of 40 persons during her demonstration of various breastfeeding positions and presentation on the importance of exclusive breastfeeding and the need for support during pregnancy. Staff members performed a skit entitled "To Lamaze or not to Lamaze" which highlighted the benefits of attending Lamaze classes, while Ms. Bernadette Friday-Wilkes, Midwife (Ag.) left the audience laughing with her rendition of the poem "Pelvic Poetry".

"Labour is painful, but it can be enjoyable... Labour is work, but you can be relaxed. You should enjoy your pregnancy experience," said Ms. Gloria Copeland, Midwife, who will conduct the Child Education and Lamaze Classes. She guided mothers-to-be through several routine breathing exercises, stretches and massage techniques. This initiative coordinated by Mrs. Erica Christom, District Health Visitor and the staff at the Ste. Madeleine Health Centre, promotes healthy birth practices which support and protect normal birth, while guiding the decision-making process for mothers before, during and after labour.

## Ste. Madeleine HC Senior Citizens Recreational Camp's Excursion

Think back to the last time you were in line at the supermarket impatiently waiting for an elderly lady to finish cash for her groceries as she told the cashier about the last visit from her son four months ago. Would you have felt differently had you known that this would be her only social interaction for the week? Social isolation of the elderly is a growing problem in developing countries, which often leads to loneliness, depression and fear. Numerous studies have linked loneliness with poor health and early death.

The aim of the Ste. Madeleine Health Centre's Senior Citizens Recreational Camp is to encourage the retired senior residents from the area to forge friendships with each other to counteract loneliness and to improve the health (physical, mental and social well-being) of elderly persons in the Ste. Madeleine district.

On Tuesday 12th April, 2016, the group embarked on a day of fun and sightseeing at the Chaguaramas Boardwalk, then visited Fort George where they shared healthy foods and homemade desserts as they picnicked under the shade of the trees. The day climaxed with a visit to the National Museum and Art Gallery. This visit stirred up memories as the groups' members reminisced about their childhood upon seeing some of the artifacts, such as kitchen utensils, old books and old newspapers clippings from their youth. The group continues to meet the second Friday of every month with DHV Erica Christom and staff at the Ste. Madeleine Health Centre for health related sessions, and to socialize, and plan future social oriented programmes.

## Senior Citizens Recreation Camp celebrates Mother's Day

On Friday 13th May, 2016, Ste. Madeleine Health Centre held its second annual Mother's Day programme for members of their Senior Citizens Recreation Camp. The

group was entertained throughout the afternoon with karaoke, humour, live piano and song performances, a talent show and a "Best Dressed" competition. This event was coordinated by the Senior Citizen's Recreation Camp, Mrs. Erica Christom, District Health Visitor at the Ste. Madeleine Health Centre and her supportive staff members.



# SUPPORT FOR SUBSTANCE ABUSE PATIENTS

## SUBSTANCE ABUSE RECOVERY PROGRAMME GRADUATION

The Psychiatric Department's Substance Abuse Recovery Group is a support group that aims to encourage patients to stop their addiction, prevent re-occurrence in the future and enhance the quality of life for its members. The group consists of twenty (20) persons who meet on the second and fourth Friday of every month at the San Fernando Community Mental Health Centre, San Fernando General Hospital.

On Friday 8th April, 2016, the group participated in a session facilitated by the Ministry of Agriculture's Extension of Training and Information Service Division on how to plant crops and care for them.

Responsibility for guiding this group in specific areas of substance abuse rehabilitation has been taken up by a dedicated team of professionals which includes: Ms. Merene Singh, Mental Health Officer 1, who works with the patients to prevent use and re-occurrence of drug addiction; Ms. Jacqueline Andrews-Pantin, Psychiatric Social Worker I, who works with the caregivers to provide family support; and Ms. Stephanie Llanos, Occupational Therapist, who targets the Occupational Therapeutic aspect, integrating meaning and purpose into the lives of these persons.



Ms. Merene Singh, Mental Health Officer I and Ms. Stephanie Llanos, Occupational Therapist at SFGH addresses participants of the Substance Abuse Rehabilitation Graduation Ceremony

A graduation ceremony was held on Friday 27th May, 2016 at the Pleasantville Indoor Sports Complex to recognize twenty-five (25) persons who successfully completed six months (December 2015 to May 2016), in the **Substance Abuse Recovery Programme** (SARP). This function was hosted by the Substance Abuse Prevention and Treatment Centre and the Occupational Therapy Department.

At its core, the SARP at the San Fernando General Hospital aims to provide guidance to participants about maintaining their sobriety and living healthy lifestyles after undergoing rehabilitation treatment. The sessions also provided persons with a forum to openly express feelings of social isolation and alleviate anxieties of relapsing to their former dependency habits.

While commending graduates on their progress towards becoming independent and responsible individuals, Ms. Merene Singh, Mental Health Officer I, reminded them of the challenges they faced in getting to this point. Ms. Singh, appealed to them to continue attending the sessions, although it was no longer mandatory, and become mentors to the new members by motivating their recovery and promoting the prevention of substance abuse in the wider community.

(L-R) Ms. Stephanie Llanos, Occupational Therapist, Ms. Merene Singh, Mental Health Officer 1, and staff from the Ministry of Agriculture prepare seedlings for members of the Substance Abuse Recovery Group.

# New Exercise Programme at La Romaine Health Centre

In keeping with this year's World Health Day theme, "Beat Diabetes", the staff at the La Romaine Health Centre's Integrated Diabetic Programme in conjunction with the La Romaine Diabetic Support Group advanced their campaign to "Beat Diabetes" with the launch of their new exercise programme on Monday 4th April, 2016.

"Along with proper diet and medication compliance, exercise plays a major role in diabetes management. It has been proven that exercise also effectively aids in stress management, building one's self esteem and preventing communicable diseases", said Ms. Bridgette Holder, Treasurer of the La Romaine Diabetic Support Group in her opening remarks.

Ms. Hilary Strong-Clarke, Registered Nurse at the Integrated Diabetic Clinic, described these exercise sessions as a "catalyst for healthy change". This is



Mr. Junior Bailey, instructor with the Five 'O' Clock Krew, demonstrates aerobic exercise moves to participants at the La Romaine Health Centre

supported by the World Health Organisation's Global Report on Diabetes which states that regular physical activity coupled with healthy eating practices can prevent the onset of and aid in the overall management of the chronic disease and diabetes-related complications.

After the official ceremony, staff and clients, donned their fitness wear and sneakers then joined Mr. Junior Bailey, Fitness Instructor, in an hour of aerobic exercise. Anyone can join the exercise sessions conducted by Mr. Junior Bailey and Ms. Debra Davis from the "5 'O' Clock Crew", every Monday and Thursday from 4:30 p.m. to 5:30 p.m.



Clients of the Couva Extended Care Centre and Point Fortin Extended Care Centre enjoying themselves at the Couva ECC Family Fun Day

## COUVA ECC FAMILY FUN DAY

The 4<sup>th</sup> edition of the Couva Extended Care Centre's (ECC) Family Fun Day came off on Wednesday 11<sup>th</sup> May, 2016 at Gilbert Park Recreation Grounds, Couva. For the residents of the Couva and Point Fortin ECCs, this outdoor sporting event promoted friendly competition, mental stimulation and social functioning delivered in a therapeutic environment outside of their respective facilities.

There was full participation from the two teams in a keen battle to be crowned overall champion as they were evenly matched in the March Past and field events. But on the day through sheer determination, team Couva ECC emerged victorious over their peer from down south. However, team Point Fortin ECC showed their resilience as they dominated as football kings by taking all three top spots in the Football Penalty Kicks Shootout. Teams were addressed by Mr. Pooran Sankar, Regional Manager, Psychiatric Mental Health Services, Head Nurse of Couva ECC, Mr. Mukesh Maharaj and Head Nurse of Point Fortin ECC, Mr. Mc Clean





Ms. Zorina Ragbir, District Health Visitor at Rochard Douglas Health Centre addressing students at the Rochard Douglas Presbyterian School.



Students listen attentively to Ms. Rayette Mascall Khan, Enrolled Nursing Assistant from the Indian Walk Health Centre

# Health drive at Rochard Douglas Presbyterian School



According to the World Health Organization (WHO), health education encompasses any combination of learning experiences designed to help persons improve their health, by increasing their knowledge or influencing their attitudes. This theme of knowledge and learning was expertly applied on Tuesday 10th April 2016 as the staff of the Rochard Douglas Health Centre hosted a nutrition seminar focused on healthy eating habits to approximately 144 first and second year students of Rochard Douglas Presbyterian School. Headed by Ms. Zorina Ragbir, District Health Visitor (DHV), the pupils gathered in the school's foyer to listen intently to ways in which healthy foods can be included into their everyday diet.

Ms. Rayette Khan, Enrolled Nursing Assistant, commenced the morning's activities with a poem entitled "Fast Foods", which taught the students that fast foods should not be consumed on a regular basis. To the children's delight, action movements were integrated into the activity for them to follow.

Thereafter, a Sesame Street video entitled "Healthy Habits for Life" encouraged the students to create healthy lifestyle choices from an early age and portrayed enjoyable ways to be physically active and eat healthier foods. The video also highlighted the types of fruits and vegetables to consume, healthy eating within the family, shopping for fresh produce and the difference between unhealthy "sometime" foods and healthy "anytime" foods.

"Grow", "Glow" and "Go" foods were the centre of discussion for Ms. Shoma Ramharack, Ministry of Health Food Demonstrator, who spoke on the six local food groups that should comprise a person's diet. Ms. Elsa Ramkissoon, District Health Visitor, brought the local food groups to life, by showing the students some of the foods to be eaten on a regular basis. She made the presentation more interactive which facilitated a clearer understanding of the right types of food to eat.

The session came to a close with a quiz on healthy eating and the distribution of tokens to all students for their attendance and attention. DHV Zorina Ragbir hopes to expand nutrition programmes such as these to students throughout the South-West Region, which will benefit them during their formative years of learning and will hopefully stay with them through to adulthood.

**Easter Treat**  
FOR PAEDIATRIC PATIENTS AT SFTH

The Rapidfire Kidz Foundation (RKF) in conjunction with the San Fernando City Council (SFCC) gave the children on Paediatric Medical and Surgical Wards, San Fernando Teaching Hospital, an Easter treat on Wednesday 23<sup>rd</sup> March, 2016. Each child was given a toy and a story book. This annual event serves as an opportunity for the RKF and SFCC members to bring cheer to warded children by distributing toys to them.

(L-R) Mr. Anil Gosine, Chief Executive Officer SWRHA, His Worship, Alderman Kazim Hosein, Mayor of San Fernando and Alderman Kevin Ratiram, President of the Rapid Fire Kidz Foundation



# CARNIVAL COOLER LIME 2016

## Song Segment

**1st- Lady Alyssa- Things Tight**

(Alyssa Watson- Community Liaison Unit)

**2nd- Desrae and D Analyzer- No Facilities**

(Desrae Mercedes Piper- Pathology Department)

**3rd- EZ Denny- Steve Harvey Paradox**

(Dennison Vincent- ICT Department)

**4th- Superstar Jellin - Doh Blush Baby**

(Jellinique Lezama - Medical Records Department)

**5th- Miss B - All ah we Important**

(Belinda Ballah-Straker- SFGH Sewing Services)

**6th- Lady Jo- D People Wuk**

(Angelia Joseph-Ali - Area Hospital Point Fortin - Extended Care Centre)

**7th- Ato- Pump With Us**

(Ato Gill- Procurement and Contracts Department)

**8th- Shorty- SOS**

(Nadia John- Area Hospital Point Fortin - Extended Care Centre)

## Old Mas Band of the Year

**1st- Seamstress Posse- Tings Tight**

(Sewing Services- San Fernando General Hospital)

**2nd- Finance Department- "Back Pain"**

(Finance Department)

## Best SWRHA Song

Lady Alyssa- *Things Tight*

(Alyssa Watson- Community Liaison Unit)

## Old Mas Individual of the Year

**1st- Ms. Fabulous- Bring Back the Ole Time Days**

(Maureen Taylor Gordon- Area Hospital Point Fortin- Extended Care Centre)

**2nd- Maureen Hamilton- Recess On**

(Sewing Services- San Fernando General Hospital)

**3rd- Wendy Francois Gervais- Oil Down**

(Sewing Services- San Fernando General Hospital)

## People's Choice

Desrae and D Analyzer- *No Facilities*

(Desrae Mercedes Piper- Pathology Department)





# CARNIVAL SPECTACULAR at the Couva ECC

The staff and patients of the Couva and Point Fortin Extended Care Centres (ECC) came together at the Couva ECC facility to hold their Carnival Calypso and Ole Mas Competitions on Friday 5th February, 2016.

It was a morning of creative expression as the Calypso Competition was keenly contested by the 16 participants who showed their vocal skills and lyrical prowess. In the end, the Calypso King and Queen titles were captured by the Point Fortin ECC entrants performing their original compositions "*Ah want back meh Public Assistance*" and "*Term Test before Carnival*" respectively.



The creativity continued with the true spirit of "Ole Mas" evident as revellers' portrayals depicted current events with a comical twist. The Couva ECC band portrayed "*Merry Makers-Happy People*" and the Point Fortin ECC's band depicted "*Recession*." After the judges deliberated, it was the Couva ECC which got the nod for Band of the Year, retaining the title from last.

Mr. Mukesh Maharaj, Head Nurse at the Couva ECC, said that activities such as these are utilized by the Occupational Therapy Department as a form of rehabilitative therapy designed to encourage social stimulation, especially for elderly patients. Nurse Maharaj further indicated that such social interactions are important because they help reduce the stress levels in patients. Mr. Pooran Sankar, Regional Manager, Psychiatric Mental Health Services brought greetings to the staff and patients.



## HEALTHY CORNER RECIPE

# RIPE PLANTAIN CHOW



### Ingredients

4-6 Ripe Plantains (boiled in skin until firm)

Salt to taste

Black Pepper

Pimentos (4 Rad)

Shadow Beni (6 leaves)

Garlic (1 head)

Onion (1/2)

Lime Juice (2)

Hot Pepper to taste

### Method:

1. Cook and slice plantains. Let cool properly
2. Add salt to taste
3. Blend/chop garlic, shadow beni, onion & pimentos and hot peppers (use pepper sauce for better average)
4. Squeeze about two limes into plantains
5. Add all other ingredients and toss
6. Adjust salt and pepper, if necessary

Courtesy Carrie Ann Hope  
Department of Nutrition and Dietetics



[illegible]





## SWRHA MEDIA RELATIONS AND EXTERNAL COMMUNICATIONS POLICY

### DID YOU KNOW...?

- ❖ This policy applies to ALL SWRHA employees, including OJTs, voluntary staff on work placements and anyone who may be seen to represent or be associated with SWRHA.
- ❖ All media enquiries concerning any patient, employee, service, department, institution or matter related to SWRHA should be directed to the CEO/Chairman of the Board of Directors via the Corporate Communication Department.
- ❖ The Chairman/CEO are the only persons authorised to release information, written or oral, to the media.
- ❖ The Chairman may speak on CEO matters if the CEO is unavailable.
- ❖ The Deputy Chairman, an alternate Board member, or the CEO may be designated to speak on Board matters when the Chairman is unavailable.
- ❖ No other employee may release information to the media unless authorised to do so by the Chairman/CEO.
- ❖ All media calls/queries concerning a patient's condition should be directed to the Corporate Communication Department.
- ❖ The Corporate Communication Department should be informed of the intention to access photographs or video footage of patient/s and/or patient care areas.
- ❖ The Medical Director can give permission for members of the media to be allowed on wards and/or SWRHA's compounds with the approval of the CEO/Chairman.
- ❖ Security Services must be informed of the presence of journalists on the compound.
- ❖ A patient and his/her relatives must give their permission prior to being interviewed or photographed by media personnel.
- ❖ A senior healthcare professional can disallow a media interview if the possibility exists that the patient's health may be jeopardised in any way.
- ❖ Under NO circumstances should photographs/video footage be taken and/or aired of patients other than the interviewee, unless such patients have given their permission.
- ❖ In the situations of rape, sexual assault, sexually transmitted diseases, attempted suicides, psychiatric diseases, drug or alcohol abuse, child abuse and HIV/ AIDS, a patient's name or condition status will not be released to the media.
- ❖ If you need further information, please feel free to contact the Corporate Communication Department.



**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](mailto:communication@swrha.co.tt)