

Southern PRIDE

SWRHA'S NEWSLETTER



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IV Cannulation Certificate Ceremony





Mrs. Valerie Alleyne-Rawlins
Ag. Chairman/Deputy Chairman


Chairman's New Year Greeting 2018

As we start a new year together, I take this opportunity to thank all members of the South-West Regional Health Authority's management and staff for their service and dedication in 2017.

A new year always provides a great opportunity for reflection. A chance to look at the successes and lessons of the past year, while creating the ability to set new goals for further improvement for the future. There is no denying that the South-West Regional Health Authority has shared and continues to share many of the challenges that confront the health sector generally, but our commitment to the vision remains unchanged - to provide *excellence in healthcare*.

While 2017 has been a somewhat restrictive year economically, it has taught us the value of being prudent and resourceful; undeniable traits that should transcend and become a requirement throughout any economic condition. The natural will is to do what we must to survive and sometimes the greatest achievements born out of necessity.

As a Board committed to providing improvement and strategic leadership to the largest RHA, we are dedicated to working towards prioritising issues, identifying solutions in collaboration with all stakeholders and ensuring that these solutions are implemented in a sustainable manner that will redound to the benefit of both employees and patients.



Some of these initiatives already accomplished by this Board to improve services include:

- ❖ Forensic and Quality Audits to increase efficiencies
- ❖ Bi-Annual Open Staff Forum
- ❖ Development of 17 key policies
- ❖ Management Structure and Systems Oversight
- ❖ Clinical Governance and Quality Oversight
- ❖ Equipment upgrade
- ❖ Expense Reduction and increased Revenue Potential
- ❖ Standardization of reports
- ❖ Infrastructural Improvements
- ❖ Mental Health Training

Full details of these achievements and more can be accessed on our intranet.

In looking to the year ahead, the importance of **teamwork**-working together as *partners in health* to improve the delivery of health care - cannot be over emphasized. I truly believe that collectively, we can achieve our mandate *to deliver quality care to enhance lives through dedicated teams and partnerships*.

Our work is not complete and the year ahead will bring its own challenges but I'm sure by working together as a team, keeping focussed on our priorities and putting our patients first, we can achieve our goals towards improving our health care services. We have many more projects and initiatives for improvement lined up next year and I am sure with your commitment and determination, we can transform our health care system into one of which we can all be proud.

I look forward to sharing 2018 with you and I extend God's richest blessings to you, your family and your loved ones for a happy and healthy 2018.

Your Partner in Health



(L-R) Dr. Pravinde Ramoutar, Medical Director Secondary Care Services (Ag.), The Honourable Minister of Health, Terrance Deyalsingh, Mrs. Gail Miller-Meade, CEO, Dr. Alexander Sinanan, Chairman, at the construction site of the New Point Fortin Hospital

Minister of Health visits AHPF



The Honourable Minister of Health, Terrance Deyalsingh addressing the audience at the media tour of the construction site of the new Point Fortin Hospital

Minister of Health, the Honourable Terrance Deyalsingh toured the construction site for the new Area Hospital Point Fortin on September 26th, 2017. The new hospital will provide services for the Point Fortin Community in the areas of general medicine, general surgery, burns, psychiatry, paediatric, high dependency and accident and emergency. The state of the art facility will have a 100 bed capacity and withstand a category four hurricane and earthquakes up to 6.0. The hospital will also offer diagnostic, outpatient clinical, inpatient adult, support and psychiatric services.

PAHO RADIOLOGY

QUALITY ASSURANCE WORKSHOP



{L-R} Dr. Alexander Sinanan, Chairman, Ms. Mimi Polczynski, Mrs. Gail Miller-Meade, CEO, Ms. Kayiba Medlen, Dr. Kimberly E. Applegate, Dr. Murrie Mosoodeen, Ms. Denise Thomas, General Manager, HR, Ms. Crystal Marciano, Manager, Corporate Communications, Dr. Edwin Bolastig

Quality Assurance in Radiology is a necessity as this will assist in making well informed diagnoses. As a result, the Pan American Health Organisation hosted a Quality Assurance Workshop on November 11th, 2017 at the San Fernando Teaching Hospital, Level 3 Conference Room for radiologists and radiographers in public health. The

Workshop featured presentations from Dr. Kimberly E. Applegate, Division Chief of Paediatric Radiology, Quality Liaison to KCH University of Kentucky, Ms. Mimi Polczynski, Radiology Program Director, Kaskaskia College, Illinois, Dr. Edwin Bolastig, Advisor on Health Systems and Services, PAHO/WHO Trinidad and Tobago and Ms. Kayiba Medlen from the PAHO/WHO Radiological

Health Program. Approximately sixty persons attended the Workshop which focused on raising awareness of patient safety when administering radiological procedures, the importance of flagging and tracking poor images for quality improvement and recognising medical misidentification errors.

In recognition of World AIDS Day 2017, a team of clinicians from the Media Research Foundation (MRF) visited the South-West Regional Health Authority on November 30th, 2017 as part of MRF in collaboration with the Centre for Disease Control and Prevention (CDC) "Treat All" Tour. The tour's objectives included meeting HIV care providers at treatment sites in Trinidad and Tobago to share the MRF model of integrative HIV care, to build and establish a network of HIV care providers to support the implementation of the "Treat All" Programme. The "Treat All" Programme involves the early use of antiretroviral therapy to all persons diagnosed with HIV regardless of their CD4 cell count.

MEDICAL RESEARCH FOUNDATION

visits **SFGTH** for

"TREAT ALL" TOUR



Dr. Pravinde Ramoutar, Medical Director (Ag) addressing staff of SWRHA and the Centre for Disease Control and Prevention during the MRF visit to the SWRHA



Urology Surgical Workshops at San Fernando General Hospital

The Department of Urology at the South-West Regional Health Authority, together with IVUMed and the Société Internationale d'Urologie, hosted two urology surgical workshops at the San Fernando General Hospital. These workshops ran from October 31st to November 8th, 2017. Professor Arthur L. Burnett II from the Johns Hopkins University School of Medicine, and Dr Kurt Mc Cammon from the Eastern Virginia Medical School conducted the first and second workshops respectively. These workshops were structured to equip the staff and residents in the Urology Department, with an abundance of knowledge in the field of Urology. By utilizing the information and techniques they learnt they will be able to assist in clearing the backlog of urethral reconstruction, pelvic organ prolapse, incontinence and radical prostatectomy cases at the San Fernando General Hospital.



{L-R} Dr. Alexander Sinanan, Chairman, Dr. Christy Daniel, President, CURA, Mrs. Gail Miller-Meade, CEO, Prof. Dilip Dan, Head DCSS, Dr. Lester Goetz, Secretary, CURA, at the 19th Annual International Urology Conference



Mrs. Gail Miller-Meade, CEO, addressing the audience at the 19th Annual International Urology Conference

What is Ovarian Cancer

The ovaries are part of the female reproductive system that produce ova, or eggs and they also produce hormones estrogen and progesterone. Ovarian cancer occurs when abnormal cells in the ovary begin to multiply out of control and form a tumor which can become malignant.

Ovarian cancer often has warning signs, but the earliest symptoms are vague and easy to dismiss and most of the times the disease is diagnosed at an advanced stage. The earlier ovarian cancer is found

and treated, the better your chances for recovery.

SIGNS AND SYMPTOMS

- ❖ Pain in the lower abdomen
- ❖ Polyuria
- ❖ Abnormal menses
- ❖ Weight gain or loss
- ❖ A heavy feeling in the pelvis
- ❖ Unexplained back pains that gets worse
- ❖ Painful intercourse
- ❖ Constipation
- ❖ Early satiety, loss of appetite, nausea, vomiting or gas.

These symptoms may occur for any number of reasons. They aren't necessarily due to ovarian cancer. Please consult with your doctor if you experience

new and unusual symptoms.

HOW IS OVARIAN CANCER DIAGNOSED?

There's no routine diagnostic screening available for ovarian cancer. That's why it's so important for you to report unusual or persistent symptoms to your doctor.

- ❖ Pelvic exam
- ❖ Trans-vaginal ultrasound
- ❖ Biopsy
- ❖ Pelvic CT scan
- ❖ Blood test to measure cancer antigen (Ca 125) levels. This test is used to assess treatment response for ovarian cancer. However, menstruation, uterine fibroids and uterine cancer can also affect levels of this biomarker.

EARLY INTERVENTION SESSION FOR PAEDIATRICIANS



Dr. Lenisa N. Joseph, Office of the Prime Minister, addressing paediatricians and house officers on early intervention that helps babies and toddlers with developmental delays

Early Intervention refers to a collection of services that help babies and toddlers with developmental delays, specific health problems and disabilities. Some of the medical conditions are autism spectrum disorders, cerebral palsy, foetal alcohol spectrum disorders and myopathy. There are several factors that may contribute to infants being born with such conditions: low birth weight, extreme prematurity, hypoxic injury to the brain [inadequate supply of oxygen to the brain] and infections that may occur pre or post gestation.

At the invitation of Dr. Prithiviraj Bahadursingh, Consultant Lead Community Paediatrics, Dr. Lenisa Joseph, Programme Coordinator Researcher for Parents Skills Training Programme, Office of the Prime Minister, delivered a presentation on Early Intervention to Paediatricians. The session was held at the San Fernando Teaching Hospital on September 28th, 2017. It was a sensitisation for our Paediatricians about the significance of early Intervention and their role in identifying children who are at risk for developmental delays and disabilities.

With the limited availability of early intervention services in Trinidad and Tobago it is imperative that healthcare professionals identify the symptoms early and take a pro-active multi-disciplinary approach to caring for these special needs children. In closing Dr. Joseph encouraged the Paediatricians in attendance to take up the mantle to influence the environment and future of these children.

Primary Care Department Princes Town Focusing on Breast and Cervical Cancer

On October 12th 2017, the healthcare professionals at the Princes Town Primary Care Department conducted health education lectures on Breast and Cervical Cancer to patients of the community. This was done in support of Cancer Awareness month, which is commemorated in October.

Approximately 50 antenatal and chronic disease clients attended the lectures. Women were encouraged to perform self-breast examinations, notify their

doctor and seek early treatment in case of any abnormal body changes.

They were also encouraged to lower their risk of breast cancer by maintaining a healthy weight and not smoking; maintaining a moderate intake of alcohol and exercising regularly. They were advised to visit the Health Centre to do annual Pap Smears. Pap Smears look for abnormal cells in the lining of

the cervix before they have a chance to become precancerous or cancerous.

Staff took this opportunity to highlight the role of the Human Papilloma Virus (HPV) vaccine in protecting against cervical cancer and other HPV related diseases. Patients were given literature for further reading on these diseases.



Mrs. Kathyann Elbourne,
General Manager Nursing



Mr. Damian Sancho, Manager,
Health Safety and Environment



Mr. Roy Umraw, Regional
Manager, Pharmacy Services



Mr. Keston Joseph, Disaster
Coordinator

WORLD QUALITY MONTH 2017

EVERYDAY LEADERSHIP

World Quality Day, celebrated November 9th, 2017, is an international awareness campaign that focuses on the importance of quality and continuous improvement in all sectors. It provides an opportunity to celebrate quality and the benefits it gives to organisations that implement it. According to the Chartered Quality Institute (CQI), the responsibility of the quality professional can be defined through five main areas – governance, assurance, improvement, leadership and context. To commemorate this auspicious occasion and spread the ‘importance of quality’, the Quality Improvement Department hosted several activities such as the Quality Pledge Wall, Lectures, Competitions/ Quiz and Staff Appreciation within the Authority. Executives and Technical Heads were also invited to partake in the “Back to the Floor” Programme.

In celebration of World Quality Month, which is annually recognised in November, SWRHA Managers were asked to respond to the question:

What do I do to exhibit Everyday Leadership? Here are some of their responses.

“Add value before you leave.” -Mr. Damian Sancho, Manager Health Safety & Environment

“Lead by example, don’t ask your staff to do anything you are not willing to do yourself.” - Mr. Keston Joseph, Disaster Coordinator

“Communication, Open Door Policy, Meeting Deadlines.” - Mr. Roy Umraw, Regional Manager, Pharmacy Services

“Lead by example; starting with humility. It starts with me.” Ms. Denise Thomas, General Manager Human Resources

“Your Customer/Employee doesn’t care how much you know until they know how much you care” - Ms. Krystal Richardson, Facility Manager SDHF (Ag.)

“Lead by example. Don’t be afraid to get your hands dirty. Back to the Floor is the way to

go.” -Ms. Alea Doman-Ali, Senior Physiotherapist (Ag.)

“Listening and Doing.” - Mr Wayne Homer, General Manager Operations

“I maintain an open door policy and I am usually accessible to handle/discuss issues in a fair and equitable manner.” - Ms. Indra Maharaj, General Manager Allied Health Services

“Great leaders are often all around us. Very often, it is people closest to us who are doing great deeds with little means. The seeds of greatness exist in any of us who strive to lead, even in the most modest undertakings. - Robert Stuber, Author. As a leader, you should never be too big to state when you need help or when things are to be transformed into another form. Be encouraged to do introspection, take a step back and look.” - Mrs. Kathyann Elbourne, General Manager Nursing

IV Cannulation Training for Registered Nurses



Sitting(L-R) Mrs. Valerie Alleyne-Rawlings, Deputy Chairman, Dr. Pravinde Ramoutar, Medical Director Secondary Care Services (Ag) and Mrs. Sherma Alexander-Campbell, Nurse Manager, with Graduates who gained certification in IV Cannulation



Fifteen Registered Nurses graduated with certificates in Intravenous Cannulation on December 5th, 2017 at the Level 3 Conference Room, San Fernando Teaching Hospital. IV Cannulation involves the insertion of a small plastic tube or cannula into a peripheral vein to administer fluids. Training was

conducted by an external trainer on July 13th 2017 with the objective that the majority of Registered Nurses will be trained in IV Cannulation. During the Graduation Ceremony, Registered Nurses Dharamdai Singh-Abdool, Dianne Hamilton and Abbie Ruben shared their cannulation experiences and their appreciation for

the programme. Mrs. Valerie Alleyne-Rawlings, Deputy Chairman in her remarks spoke passionately about continuing education opportunities for nurses. She further encouraged nurses "to make the best of this experience, to take this learning to another level as you achieve and maintain excellence in practice."

The SWRHA at HDC's Housing Distribution Ceremony



(L-R) Ms. Crystal Marciano, Manager, Corporate Communication and Nurse Jennifer Lara, DHV, Debe Health Centre at the health education booth

Over 200 families received keys to their new homes at the Housing Development Corporation- HDC's Housing Distribution Ceremonies in December, 2017 at the Government Campus, Port of Spain, Omardeen's School of Accounting, San Fernando and the National Academy for

the Performing Arts. As many of the areas distributed, fell under the caption of the south-west region, the SWRHA took the opportunity to host an Education Booth informing the new home owners about the healthcare services available in their communities.

World MENTAL HEALTH Day 2017



Mr. Pooran Sankar, Regional Manager Psychiatric/ Mental Health Services addressing the audience of supervisors and managers at SWRHA on World Mental Health Day


Trinidad and Tobago joined over one hundred countries worldwide in celebrating World Mental Health Day, 2017.

October 10th was the day designated by the World Federation

for Mental Health (WFMH) as World Mental Health Day, and the South-West Regional Health Authority organized a range of programmes and novel initiatives throughout the region to commemorate this day. Presentations on this year's theme, "Mental Health in the Workplace" were done for Supervisors

and Managers at SWRHA, as well as, at the Penal/Debe and Princes Town Regional Corporations respectively.

This year, the World Federation of Mental Health has chosen the theme, "Mental Health in the Workplace". The relationship between workplace stress and poor mental health is well



established. Work related stress costs the global society billions in direct and indirect costs annually. And that is quite apart from the human price paid in misery, suffering and even suicide.

With the pace of work dictated by instant communications and high levels of global competition, the lines separating work from life are becoming more and more difficult to identify. An appropriate balance between work and private life is proving difficult to achieve.

Five measures identified by the WFMH to reduce the toll of workplace stress include:

❖ **Continued Focus:**

In most countries, policymakers and social partners have become involved in concrete interventions to tackle psychosocial hazards, which are the causes of work-related stress.

❖ **Prevention:**

The protection of mental health at work has more impact if it focuses on preventive strategies. It is essential to handle the causes and the consequences of work-related stress with a combination of both

collective and individual measures.

❖ **Inclusion:**

Greater opportunities for participating in decision-making are associated with greater satisfaction and a higher feeling of self-esteem. In the long-term, even small amounts of autonomy in the execution of tasks are beneficial for the mental health and productivity of workers. Participation in decision-making in the workplace moderates the effects of psychosocial hazards such as job demands and leads to reduced psychological strain.

❖ **Management:**

A comprehensive OSH management system would ensure improved preventive practices and incorporation of health promotion measures. This should include psychosocial risks in risk assessment and management measures with a view to effectively manage their impact in the same way as with other OSH risks in the workplace. Workers' participation in this process is crucial.

❖ **Organisational Culture:**

International Labour Organisation ILO experience

shows the importance of the social environment in shaping work behaviours and valuing them; human resource policies play a role in ensuring working relationships based on trust, authenticity and partnership. Today, workers all over the world are facing significant changes in work organisation and labour relations; they are under greater pressure to meet the demands of modern working life. For our health, our well-being and our livelihoods, we must continue to work collectively to reduce the impact of stress in the workplace.

Mental health is a necessary prerequisite for societies to flourish, and it could be argued that as our societies move further into the information era, the population's mental capital (i.e. cognitive, emotional, and social skills resources required for role functioning) is more crucial today than it has ever been.

At the same time, this transition can make our mental health more vulnerable, due to the many stressors in information-driven economies and growing inequalities between and within countries. Mental health promotion can play an important role in strengthening the resilience of our communities and make people more prepared to face future challenges.



PHARMACY WEEK 2017

Let's Get Better Together



Staff of the Pharmacy Department at the Siparia District Health Facility

Pharmacy Week annually recognises the commitment and contributions made by Pharmacists in educating persons and promoting the safe use of medication worldwide. Pharmacy Week was commemorated in the SWRHA from October 15th to 21st, 2017 with a series of lectures in keeping with this year's theme *Let's Get Better Together – To Manage Non-Communicable Diseases*. At the Siparia DHF Ms. Crystal Khadoo, Pharmacist II and Ms. Amanda Rambally, Senior Pharmacist Ag. used their poster on *Prescription Requirements* to focus on the components of a valid prescription. Clients and parents attending the Rochard Douglas Health Centre's Child Health Clinic, which was temporarily located at the Lengua Health Centre, were treated to a lecture by Ms. Andrea Bhukal-Osbourne, Pharmacist II entitled *The Scourge of Non-Communicable Diseases in Trinidad and Tobago and what we must do about it*. Ms. Anika Stoute, Pharmacy Assistant and Ms. Denese Peters, Senior Pharmacist, from the Princes Town DHF also conducted lectures highlighting the Pharmacy Clinical Pathway and the Dispensing system at PTDHF.



The SWRHA Community Paediatric team and the Child Guidance Clinic hosted their sixth Autism Spectrum Disorder, Parent Training Workshop at the Pleasantville Health Centre on September 26th, 2017 from 1:00 p.m. to 3:00 p.m. for parents of children attending clinics. The first workshop was successfully held on June 14th, 2016 and acted as a catalyst for members of staff to consistently host these parent training workshops in the South-West Region. Training sessions of these Parent Training modules were funded by the Rotary Club of Port of Spain West and facilitated by medical professionals from the Vanderbilt University, Treatment and Research Institute for Autism (TRIAD). Staff from all Regional Health Authorities were trained to educate and train parents in each region on Autism Spectrum Disorder. The Community Paediatrics and Child Guidance Clinics continue to work together to provide these Parent Training workshops at the Pleasantville Health Centre.

HUMAN RESOURCES DEPARTMENT'S

EMPLOYEE REWARD AND RECOGNITION PROGRAMME



Sitting (L-R) Mr. Denis Dhanai, Mrs. Joanne Nagee, Ms. Denise Thomas, General Manager, HR, Mrs. Nicole Simon-Johnson, Ms. Geeta Harrybachan and Mrs. Debra Singh-Khan with staff of the Human Resources Department

The Human Resources Department officially relaunched its Employee Reward and Recognition Programme on December 18th, 2015. The most recent programme was held on December 8th, 2017 where several employees were recognized and received Commendation letters. Certificates of Excellence and Tokens (keepsakes, mini trophies and challenge trophies) were also distributed to employees who were nominated based on specific criteria

-Punctuality, Attendance, Team Work, Customer Service, Quality, Interpersonal Skills and Performance- in the following categories:-

- ❖ Seniors' Choice – Junior Employee
- ❖ Seniors' Choice – Senior Employee
- ❖ GMHR's & SHROs' Choice – Community
- ❖ Employees' Choice – Seniors
- ❖ Employees' Choice - Overall

Going forward, the objective is to recognise staff contribution through the selection of employee(s) of the quarter and culminate with an annual award ceremony. The Human Resources Department intends to collaborate with Heads of Department to assist with the development and roll out of similar programmes throughout the Authority.

The Voice of Lupus Foundation Hamper Distribution

In the spirit of the Christmas season the Voice of Lupus Foundation (VLF) brought cheer to the Lupus patients at the Rheumatology Clinic, San Fernando Teaching Hospital, on Thursday 14th December, 2018. As part of their **Hands of Hope Project** they distributed 50 hampers to these patients. Recognising the toll the effects of lupus has on the lives of these persons, each recipient was offered an opportunity to join the VLF support network.

The VLF is dedicated to improving the quality of life for persons by lending their voices to create a change movement through advocacy, awareness and action. For more information on joining the network, please contact 221-9677 or 327-0220 or visit www.thevoiceoflupus.com.



Ms. Reeanna Harrilal, President of the Voice of Lupus Foundation along with members of her team presenting hampers to clients living with lupus

A Pillar Of Strength

Help Give Lupus a Voice in T&T
Support VLF by following us on
<https://www.facebook.com/thevoiceoflupus>
<https://www.twitter.com/thevoiceoflupus>
To learn more visit www.thevoiceoflupus.com

Staff and clients of the Flanagin Town Health Centre showcase their placards during the Walkathon in commemoration of World Diabetes Day

Men's Health Programme at Siparia DHF

Flanagin Town Health Centre celebrates World Diabetes Day

In order to increase awareness of Diabetes and educate persons in the Flanagin Town Community, the staff at the Flanagin Town Health Centre and the Flanagin Town Diabetes Support Group joined the World Diabetes Day campaign by hosting a Walkathon and Placard Competition at the Flanagin Town Health Centre on November 14th, 2017. Mr. Stephen Henry won the competition with his placard entitled "Managing your diabetes is not a science, it is an art". Second and third place went to Ms. Natalie Cox and Mr. Vasant Ganess respectively. The oldest participant was 97-year-old, Mr. Edmund Ottaway.



Staff of the Siparia District Health Facility with members of the Siparia DHF's Community Partnership Board giving closing remarks at the Men's Health Programme.



Ms. Leelawatee Chaitoo, Mental Health Officer addressing the group of male clients of the Siparia District Health Facility Men's Health Programme.

On October 28th, 2017 the staff at the Siparia District Health Facility in conjunction with the Siparia DHF's Community Partnership Board hosted a Men's Health Programme aimed at challenging men to improve their health by making healthy lifestyle choices. Men over the age of 35 were invited to attend the programme which included lectures on diabetes, mental health, healthy eating habits, prostate cancer and maintaining healthy hearts. The men were treated to breakfast and received blood pressure and sugar tests.

CECILE HINDS PROMOTING FITNESS AT RAC1

"I believe persons have to make fitness a true priority in their lives, understand that exercise is key to keeping weight off in the long term and continue to challenge themselves by making their health a priority," said Ms. Cecile Hinds. Ms. Hinds from the Procurement and Contracts Department is the fitness instructor at the one-hour exercise sessions held every Monday and Wednesday from 4:30 pm at RAC1.

An official FIFA referee since 2013, Ms. Hinds participated in her first FIFA Fitness Course in Miami in 2015. She continues to attend courses and referee football matches, tournaments, and friendlies locally, regionally and internationally. It was her passion for fitness and exercise that made her agree to host the exercise sessions. The sessions which started on September 18th, 2017 with six participants have since expanded to include 11 persons. Ms. Hinds is pleased with the response thus far, *"I really enjoy my experience with my co-workers and it's a way for me to give back and do what I love at the same time,"* she said.



Ms. Cecile Hinds instructing staff on the correct fitness technique during one of their weekly exercise session

La Romaine Health Centre's 3rd Annual Walkathon and Aerobic Burnout

In celebration of World Diabetes Day the La Romaine Health Centre in conjunction with the La Romaine Health Centre's Diabetic Support Group hosted their 3rd Annual Walkathon and Aerobic Burnout on November 25th, 2017. Approximately 105 persons walked from the Paria Suites Hotel along the Southern Main Road to the La Romaine Health Centre. Thirty-six persons participated in the subsequent aerobic burnout. Ms. Joy Bethel-Jeffers, District Health Visitor proved her resilience by beating her competitors to emerge the 2017 Burnout Champion. Second and third place winners were Ms. Kelly Ann Benjamin, Nursing Assistant and nine-year-old, Ms. Shenaiah Glasgow respectively.



Staff and clients of the La Romaine Health Centre participating in the 3rd Annual Walkathon and Aerobic Burnout



Members of the 5 o'clock Krew leading the Aerobic Burnout Competition at the La Romaine Health Centre Grounds

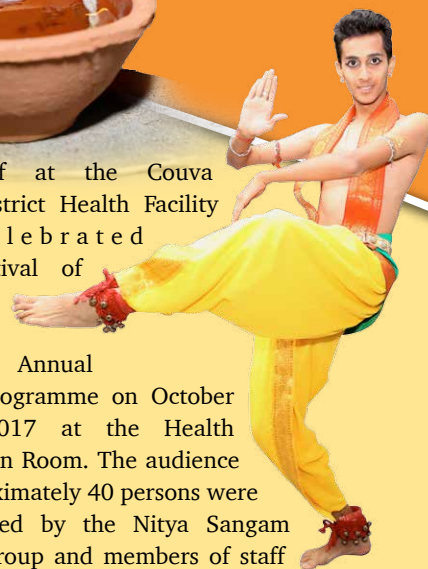
divalli celebrations at Couva DHF



(2nd from L) Mrs. Rena Yearwood, Facility Manager, lighting diyas with staff and clients of the Couva District Health Facility



Staff at the Couva District Health Facility celebrated the Festival of Lights by hosting their Annual Divali Programme on October 17th, 2017 at the Health Promotion Room. The audience of approximately 40 persons were entertained by the Nitya Sangam Dance Group and members of staff modelling authentic Indian attire. Persons also received Indian delicacies and Mehendi henna designs. Diyas were lit at 6:00 pm., signifying the spiritual victory of light over darkness.



Senior Citizens Recreation Group Christmas Lunch at Ste. Madeleine Health Centre



Members of the Ste. Madeleine Health Centre Senior Citizens Recreation Group with DHV Erica Christom (9th from L) during the gift exchange segment of their 'Christmas Get Together'

The Senior Citizens Recreation Group at the Ste. Madeleine Health Centre got together for their Christmas luncheon on December 15th, 2017. DHV Erica Christom welcomed everyone and asked them to spare some thoughts and prayers for those who could not make it on the day. They reminisced about their activities over the past

year and discussed their upcoming plans. After a hearty lunch they enjoyed the entertainment by the staff and members of the group. There was live music, singing and poetry. The festivities came to an end with the gift exchange and an invitation for all to dance in celebration of the season.

Santa Claus distributes gifts to young clients of the Ste. Madeleine Health Centre during their annual Christmas Treat Programme



Ste. Madeleine Health Centre's ANNUAL CHRISTMAS TREAT

The Ste. Madeleine Health Centre held their annual Christmas Treat for children from their Paediatric Clinic and the community. The children were entertained with Christmas songs and face painting. Santa dropped by and took the opportunity to pose for pictures with the little ones. The treat is annually hosted to empower and spread cheer to children in the Ste. Madeleine community.

Lions Club spreads Christmas Cheer on Paediatric Wards



His Worship, the Mayor Alderman Junia Regrello (standing far right) along with members of the Lions Club presents a gift to a paediatric client of the San Fernando Teaching Hospital

Members of the Lions Club gathered at the San Fernando Teaching Hospital on December 17th, 2017 to spread Christmas cheer to children on the Paediatric Wards. The group hosted a brief programme celebrating their 50th anniversary at the Northern Conference Room and then proceeded with His Worship the Mayor Alderman Junia Regrello to the Paediatric Wards to distribute presents. Members of the Magnificent M's Choir, Our Lady of Perpetual Help and the St. Gabriel's Girls RC Primary School Choir accompanied the group and entertained children, staff and parents with their sweet renditions of various Christmas carols.

Christmas Tradition with Rapidfire Kidz Foundation

The Christmas season on the Paediatric Wards at the San Fernando Teaching Hospital would not be complete without a visit from the Rapidfire Kidz Foundation. On December 16th, 2017 Mr. Kevin Ratiram, President, and his team of volunteers continued their annual tradition of delivering early Christmas presents and spending time with the children. They were joined by His Worship the Mayor Alderman Junia Regrello, he casually chatted with the parents and children.



Mr. Kevin Ratiram, President of the Rapid Fire Kidz Foundation and his team of volunteers presents a gift to a young client at the paediatric ward of the San Fernando Teaching Hospital

CLU Christmas Celebration

As the twelve days of Christmas continued, Mrs. Clause made a special delivery of presents to the members of the Community Liaison Unit's (CLU) South-West Life Changers Youth Group at their Christmas on the Hill party on December 29th, 2017. Due to weather conditions, this year the treat was held at the Nurses Lounge, San Fernando General Hospital. It was a fun filled day of games, music, socialising and good healthy food.

A few parents shared their experiences of having children who live with diabetes. They also expressed appreciation to the staff of CLU and the Patient Education and Counselling Centre (PECC) for their continuous work and

support particularly during the weeks immediately following diagnosis of diabetes in their children.

This jubilant occasion was used to encourage the families to build a stronger support network to help each other cope with the lifestyle associated with diabetes.



Mrs. Clause entertains members of the Life Changers Youth Group at the Annual CLU Christmas Celebrations

Yield: 20 rolls, 1½ ounces each

INGREDIENTS

CHICKEN FILLING

8 ounces boneless chicken breast
1 cup water with
1 teaspoon vinegar
1 celery stalk with a few leaves
2 sprigs thyme
1 small red pimiento
1 clove garlic
½ small onion
¼ teaspoon salt
¼ teaspoon black pepper
2 teaspoons low sodium teriyaki sauce
½ teaspoon pepper sauce

CASSAVA

1 pound cassava, peeled and cut in pieces
1 -2 cups boiling water
½ teaspoon salt
⅓ cup flour
skimmed milk for brushing
dried breadcrumbs
pinch salt
pinch black pepper
½ teaspoon soft margarine
vegetable oil spray

CASSAVA ROLLS

METHOD

To Prepare Chicken Filling

1. Rinse chicken with water and vinegar.
2. Grind seasoning together with salt and black pepper.
3. Season chicken. Set aside for a few hours or overnight.
4. Steam chicken 20-25 minutes. Drain, reserving liquid. Cool.
5. Mince in food processor. Add teriyaki sauce and pepper sauce. Moisten with cooling liquid.

To Prepare Cassava

1. Cook cassava in boiling salted water until tender. Drain, reserving water. Cool slightly.
2. Mash cassava in food mixer or by hand. Add reserved water if necessary. **Do not use food processor.**
3. Cut dough into 20 equal pieces. Shape into balls.
4. Sprinkle flour on greaseproof paper. Arrange small balls with 1 inch space between each.
5. Sprinkle a little flour on each ball. Cover with greaseproof paper. Flatten with hand.
6. With rolling pin shape into squares 2½" x 2½".
7. Place 1 tablespoon chicken filling in centre of each square.
8. Bring two sides together, slightly overlapping. Seal short ends.
9. Brush with skimmed milk and roll in dried breadcrumbs mixed with salt and pepper.
10. Dot with margarine and bake on lightly greased cookie sheet at 350°F/ 180°C for 15 minutes.

Substitution: You may use minced fish, beef, soya or vegetables instead of chicken.

NUTRIENTS PER SERVING

Calories	65	Total fat	1g
Protein	3g	Saturated fat	0g
Carbohydrates	10g	Cholesterol	7mg
Dietary fibre	0.53g	Sodium	61mg



PHOTO GALLERY





The Sewing Room provides linens and sewing services to all stakeholders in the South-West Regional Health Authority. Their objectives include meeting and exceeding the expectations of the various departments within SWRHA who require linens and providing user patterns to stakeholders to ensure the provision of raw material.

Responsibilities include all of the following:

- ✂ Embroidery of SWRHA Logo on approved uniforms
- ✂ Inserting eyelids onto drapes
- ✂ Folding slings and roll bandages
- ✂ Cutting fabric for all uniformed members of staff

Sewing and providing linens to:

- ✂ San Fernando General and Teaching Hospital
- ✂ Princes Town DHF
- ✂ Siparia DHF
- ✂ Couva DHF
- ✂ All SWRHA Health Centres