



*"Your Partners in Health"*

# The Southern

NEWSLETTER

*Pride*

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PHLEBOTOMISTS  
DRAWN  
TO  
MAKING A  
DIFFERENCE



# SWRHA IMPLEMENTS STRATEGIC PLANNING TASK FORCE



(Standing 7th from Left) SWRHA CEO- Dr. Brian Armour, with members of the Strategic Planning Task Force

**T**he SWRHA Strategic Plan spans the fiscal period 2020 to 2023. The first fiscal year of this period is considered to be the Authority's strategic planning phase. During this period, the Authority will ensure that all vital support services are streamlined to ensure the smooth implementation of the Strategic Plan. The determination of the level of success of the Strategic Plan is dependent on the South-West RHA's ability to assess internal and external environments and determine the strategies needed to ensure that the organisation's performance is properly assessed.

To ensure that the SWRHA is fully capable of assessing its strategic plan's performance, the Chief Executive Officer assembled a Strategic Planning Task Force to create a monitoring and

evaluation framework and oversee all planning activities required to ensure the smooth and effective implementation of the strategic plan. The Task Force is a cross-functional team comprising members from key departments such as Policy Planning & Research, Human Resources, Information Communication Technology, Medical Records and Quality Improvement Department. During the fiscal period 2019-2020, the Task Force will have the following responsibilities:

- ❖ Review the SWRHA's Vision and Mission based on feedback received from the Board of Directors
- ❖ Harmonize by Alpha-Numerical Code Mapping, the draft Strategic Plan with the following Ministry of Health documents – the Annual

Services Agreement, the Work Plan of Programmes and Projects 2016 – 2020 and the Purchasing Services Agreement, to ensure proper alignment with the SWRHA's Draft Strategic Plan.

- ❖ Complete the final draft of the Strategic plan
- ❖ Validate all data sources and ensure that proper systems are in place to capture the required datasets for reporting
- ❖ Develop a Business Plan Template to ensure effective reporting of key areas
- ❖ Provide support to Executives with respect to reporting of actions and indicators



# Protect Yourself and Your Family

## COVID-19

The COVID-19 previously called the Novel Coronavirus is part of a family of viruses found in both animals and humans which is spread primarily through contact with an infected person through respiratory droplets. These can be generated when a person coughs, sneezes, or through droplets of saliva or discharge from the nose. Some infect people and are known to cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

### Symptoms of the Novel Coronavirus include:

- ❖ Shortness of breath
- ❖ Breathing difficulties
- ❖ Coughing
- ❖ Fever
- ❖ Acute diarrhoea

### In severe cases symptoms may also include:

- ❖ Pneumonia
- ❖ Severe acute respiratory syndrome
- ❖ Kidney failure

### Protect yourself:

- ❖ Wash your hands with soap and water regularly or use an alcohol-based hand sanitizer
- ❖ Cover your nose and mouth with a tissue when you cough or sneeze
- ❖ Cough and sneeze into the crook of your elbow if you do not have a tissue
- ❖ Avoid close contact with people who have flu-like symptoms
- ❖ Thoroughly cook meat and eggs before consumption

*Information taken from the World Health Organisation and Ministry of Health.*



# Safety Warden Training



Disaster Coordinator- Mr. Keston Joseph demonstrates proper evacuation procedures to Safety Warden Trainees

**S**WRHA hosted a Safety Warden training programme on February 18th, 2020, led by Disaster Coordinator, Keston Joseph. The aim of this training exercise was to empower staff members to make informed decisions that ensure the safe evacuation of persons and provide an appropriate response in the event of an emergency. Eighteen staff members from health centres in the South-West Region, participated in this training session. This cycle of training also focused on building an internal response team at our 33 Health Centres.



Prospective Safety Wardens during their Safety Warden training sessions

# SWRHA PARTNERS WITH NCPP

The Ministry of National Security, National Crime Prevention Programme (NCPP) hosted a community outreach engagement at Library Corner, San Fernando on February 7th, 2020. This initiative was designed to encourage members of the public to create safer more cohesive communities. The SWRHA was on hand to provide interactive educational talks about proper nutrition, the coronavirus and prevention methods, the importance of physical activity and how to access medical social work services.



Director Jennnifer Marryshow and Dr Sandi Arthurreads health material at the NCPP Community Outreach



Ms. Crystal Marciano, Communication Liaison Officer interacts with a member of the public at SWRHA's booth

# SWRHA RECOGNISES PHLEBOTOMISTS RECOGNITION week

The Phlebotomy Department celebrated Phlebotomists' Recognition Week from the 17th – 21st February 2020. The department launched a week of activities on Monday 17th at the Maternal Child Health Clinic, San Fernando Teaching Hospital. The team engaged attendees with Phlebotomy themed calypsoes, speeches and informative lectures on the various requirements for blood testing and other tests available at the laboratory. Venepunctures were demonstrated and glucose tests were delivered to members of the public. On February 18th, 2020, the SFGH's A&E Department medical staff, Dr. Varachhia delivered an engaging lecture to fellow medical professionals, in recognition of Phlebotomists Week. The team engaged in quick thinking activities that stimulated efficient responses for emergency teams. Resuscitation techniques, IV access and CPR training were some of the topics covered.



Phlebotomists demonstrate Intravenous (IV) Cannulation on an injection simulation manikin



Phlebotomists test a client's blood glucose level at the launch of Phlebotomists Recognition Week

The interactive and educational discourses guaranteed a productive week for the Phlebotomy Department and beyond.





(5th from Right)  
Mrs. Belinda  
Ballah-Straker,  
Sewing Room  
Supervisor with  
Sewing Room staff



Princes Town DHF Nursing Staff  
compete against nurses from other  
health facilities in a friendly game

# SEWING ROOM'S YEAR OF MOTIVATION

## Caring for the Caregiver

On February 15th, the Princes Town District Health Facility treated its nursing staff to a day of fun and appreciation for their commitment to quality service and all their contributions to improving the health landscape of our region. The World Health Organization (WHO) has designated 2020 as the “Year of the Nurse and Midwife.”

**2020** is set to be marked as the “Year of Motivation” for the Sewing Room Department. The dynamic all-ladies team hopes to roll out trailblazing initiatives and friendly competitions among each other to foster and maintain high-spiritedness in their work environment. In 2020, the Department members are challenging themselves in progressive ways to capture the monthly titles of ‘Most Outstanding Employee’. The 15 person crew created the ‘Biggest Loser’ challenge which encourages a collective effort to lose the most amount of weight possible in a month’s time. Not only do they hope to motivate each other, but they also acknowledge the winner(s) with prizes as praise for their progress.

As this department serves the entirety of the San Fernando General and Teaching Hospital, it is vital for them to extend such dedicated service to themselves. The SWRHA applauds the Sewing Room Department for their innovativeness through their self-betterment activities, we wish them all the best in 2020 as they motivate each other to be champions of this year, together.





# SWRHA EXECUTIVE MANAGEMENT TEAM

## LEADING THE TRANSFORMATION FOR EXCELLENCE

**T**he Executive Management Team of the South-West Regional Health Authority, led by Chief Executive Officer, Dr. Brian Armour remains committed to achieving the SWRHA's mission of providing compassionate, cost-effective, customer-focused health care to the people of the south-west region.

Our executive leadership team, responsible for the continued management of the SWRHA's multidisciplinary teams, continue to work together to ensure efficient operations for the delivery of quality health care to all clients accessing health care in the south-west region.

In 2020, as the SWRHA moves forward together, the Executive Management Team will work to achieve an innovation-driven RHA, focused on the delivery of excellent customer service and an enhanced patient care experience. We present, the SWRHA's Executive Management Team.







1. Mr. Kevon Gervais- Manager Corporate Communication; 2. Ms. Andrea Titte-Grant- Manager Internal Audit (Ag.); 3. Ms. Krystal Richardson- Manager Emergency Department; 4. Mr. Amitkumar Sirjusingh- Manager, Information and Communication Technology; 5. Mr. Stephen Alleyne- Chief Operations Officer; 6. Dr. Brian Armour- Chief Executive Officer; 7. Ms. Michelle Murray- General Manager, Policy, Planning and Research; 8. Mr. Richard Logan- Manager, Security Services; 9. Dr. Robin Sinanan-Medical Director Secondary Care Services; 10. Mrs. Lystra B. Balgobin- General Manager Quality Improvement Risk Management; 11. Ms. Denise Thomas- General Manager Human Resources  
(Missing) Mrs. Gail Miller Meade- General Manager, Finance



## Operations Team

The Operations team which is led by Mr. Stephen Alleyne, Chief Operations Officer (2nd from Left), comprises:

- Ms. Michelle St. John- Manager Hospital Administration (Left)
- Mr. Curtis Meade- General Manager Operations (2nd from Right)
- Mrs. Jael Marcelle- Manager Procurement and Contracts (Right)

## Clinical Team

- Dr. Robin Sinanan- Medical Director, Secondary Care Services
- Ms. Dionne Johnson Sellier-Nurse Manager
- Ms. Rae-Ann Sammy- General Manager, Allied Health (Ag.)
- Ms. Dianne Tuitt- Manager, Warehouse and Inventory (Ag.)
- Mrs. Kathyann Elbourne- General Manager, Nursing
- Mrs Donna Dennie-Caraballo- Assistant Nurse Manager

### Missing

- Dr. Pedram Lalla- Medical Director, Primary Care Services



# We are SWRHA

**Dr. Srilatha  
Yalamanchili**  
Primary Care Practitioner 1

**Patricia  
Jeremy**

Enrolled Nursing Assistant



makes it her duty to harvest some of the crops to make dinner before the birds feast from her fruits. Ochros, tomatoes, melongene, mangoes, bananas, jinghee, pomegranates, moringa (saigon bhagi), poi bhagi, pineapples, sugar apples and many different seasonings;

every day her garden always blesses her with something.

When asked why she continues to sew clothes and cultivate her own crops, Dr. Srilatha says it improves her quality of life and is very therapeutic. 'Everyone needs hobbies,' she said. She explained that planting and tending to the garden has developed her patience, and this in turn helped her to be more patient with parenting her son and attending to her clients at the SWRHA. Sewing and gardening has positively impacted her life, to extend that when she sits with patients, she often encourages them to pick up a hobby, whether it is sewing, embroidery, art and craft, or planting a kitchen garden.

She is an advocate for healthy eating and encourages everyone to start growing and cooking their own food, as she believes that the food persons grow and prepare at home is more nutritious than the processed foods served at fast food outlets and sold in supermarkets.

**W**hen you walk into her office, you can't help but feel as though you have walked into your grandmother's home. The colourful, warm drapes that adorn her office, mirror her personality. What you may not know, is that these drapes were sewn by Dr. Srilatha Yalamanchili.

Dr. Srilatha Yalamanchili, PCP 1, attached to the Freeport Health Centre is a multi-talented woman. Born and raised in the state of Andhra Pradesh in the South of India, Dr. Srilatha sews her own clothes and cultivate her own food. A self-taught seamstress, she learned to sew by observing her mother who was also a seamstress. At her home, her sofa is covered with many cushions, her windows decorated with drapes and she can showcase her nieces beautiful dresses, which were all self-designed and created by Dr. Srilatha.

The garden surrounding her home has many fruits and vegetable trees that she planted herself. Everyday when she arrives from work, she

**O**ne word is insufficient to describe the multitasking nursing assistant, Ms. Patricia Simon-Jeromey. A familiar face at the Ste. Madeleine Health Centre, Ms. Simon-Jeromey is an event manager, founder of a non-profit organisation, make-up artiste, decorator, caterer and student.

Ms. Jeromey, who is in the final months of achieving her Associate's Degree in Labour Studies at the Cipriani Labour College, has utilised her innate creativity and people-centred personality to help persons in need through the Acts of Kindness T&T Foundation, which she founded in 2018.

"We believe that we can make a difference in the lives of others, just by extending a helping hand, one person at a time...the motto of the foundation is we will be the change we so desire," said Ms. Jeromey, who possesses an engaging personality, bright laugh, warm smile and an inspiring passion to help those in need.

The A.O.K Foundation has taken Ms. Jeromey and her team throughout Trinidad on various projects exemplifying, what she refers to as "love in action". Some of these acts of love include: building a house (equipped with a new bed, drapes



and mini kitchen) for a pensioner in Mayaro, hosting events to provide support for a beloved cancer patient, donating stationery and books to children at an orphanage which was eventually adopted by the Foundation and helping families in Greenvale which were affected by the flood.

Not one to shy away from the camera, she has also acted in various music videos from local soca, chutney and parang artistes, most notable is Daddy Chinee's chutney song, Salena. As a small-business entrepreneur she continues to showcase her love for cooking, decorating and make-up via social media.

"I know that there are so many different things that I am involved in," Ms. Jeromey said, "But I want to encourage other persons, to let them know that there are so many things that they can do and achieve. They should know that they can find balance and be successful."



# STAFF COMMENDATIONS



South-West Regional Health Authority, I just have to 'big up' this nurse. After staying 5 days in the hospital I only know her as Nurse Wendy Level 10 Teaching Hospital. She makes the impossible possible. Thanks a lot nurse for being a great friendly helpful and warm nurse to my son and I. Continue doing a great job. Thanks a million.

Marsha Samlal George,  
Facebook

My experience with the SWRHA... relates specifically to my issues that I have been having with my job, studies and my relationship, where I felt that everything had become hopeless and I was ready to give up... It was a quiet and unexpectedly good one. From my first contact with the Penal Health Facility to my subsequent, and still ongoing, interaction with persons in the Psych Department at Siparia DHF, namely Dr. Nicholas Kennedy and the other doctors, and social workers - Ms. Angie Basdeo and Ms. Maharaj, I have been made to feel very comfortable and at ease, and I have received the treatment that I didn't even know I needed, via both meds and through counselling.

Almost two years later and I've been assisted by all the staff at the facility that I have interacted with, in becoming myself again, in becoming a whole person again, in learning coping skills so that I can better handle life and its inevitable situations. Knowing that I have access to that help at any time, is surely reassuring to me. I thank each and every one at these facilities who have been instrumental in this.

Penny Rajsammy,  
Palo Seco

I have never been that type of person sick or suffering with any kind of serious illness, apart from a knee injury years ago so I never paid attention until my brother died from pancreatic cancer and my only sister from breast cancer.

Although I did my usual check-up and self-examinations, I never thought I would be diagnosed with cancer... At one of my check-ups, a lump was discovered in one of my breasts and I was advised by doctors to have certain tests done. In February 2017, I was diagnosed with breast cancer and had to undergo surgery within two weeks of my diagnosis.

Dr Vinoo Bheem and his team did an excellent job in performing a successful surgery. I continued treatment at San Fernando General Hospital Oncology Department. I received chemotherapy and radiation treatment. The staff not only cared for the patient but also focused on education awareness prevention screening and early diagnosis. The staff at the Oncology Unit also showed patience, care and pain management when treatment is no longer an option.

Ann Marie Douglas  
Gasparillo

Front Row (Standing 6th from Right) Manager Procurement and Contracts-Mrs. Jael Marcelle with staff members of her team enjoying their Breakfast Lime.



## Procurement & Contracts BREAKFAST LIME



The Procurement and Contracts Department Manager, Mrs. Jael Marcelle, along with the departments' vibrant staff members enlivened their workspace with a carnival breakfast team-builder on Friday 21st February, 2020. The team treated themselves to hot home-made cocoa tea made by Fayola George, freshly made waffles, watermelon fruit bowl medley, coconut bake, sweet bread, buljol and other tasty local breakfast dishes.

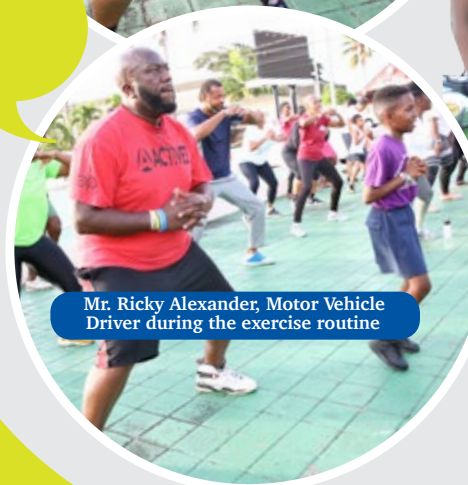
Clad in carnival themed t-shirts bearing one of the season's catchiest lyrics, "I come for this wuk, sign me up", they certainly made this year's Fantastic Friday one to remember, maintaining productivity and enhancing solidarity as a team!

## SWRHA Fitt

SWRHA staff and members of the public got moving for SWRHA FITT at the Harris Promenade, San Fernando, with persons visiting health booths, hosted by the Nutrition and Dietetics Department, Primary Care and HIV Mobile Clinic.



Director Jennifer Marryshow at SWRHA FITT



Mr. Ricky Alexander, Motor Vehicle Driver during the exercise routine

100 enthusiasts and excited persons gathered on the Harris Promenade to participate and support their co-workers, family and friends as they were led through a fun energetic exercise routine by members of the Gorilla Fitness and Thermal Fitness Clubs. The hour-long session ended with Mr. Derice Biggart and Ms. Shenice Alleyne winning first place prizes, followed by Ms. Cecile Hinds from the Procurement and Contracts Department who proved she was the FITTest among SWRHA staff.





# FINANCE can have FUN too...



Finance staff from the winning team 'Conchshell Crew'



**T**he members of the SWRHA's Finance Department dared each other to live up to the popular lyric "work hard, play harder" when they held their staff engagement activity 'Kitchen Frenzy's Artsy Pantry' on Friday 31st January. The department members sectioned themselves off into teams, vying for the winning title of best, and most creative chefs.

The aroma of tasty foods filled the air in their carpark, as staff conducted the cooking competition outdoors. The competition's guidelines challenged each crew's imagination, as they were called upon to invent their own menus; according to what they interpreted from a single drawing.

Hats off to the Department for their creativity and companionship.

#### Winners

- 1st Place: Conchshell Crew
- 2nd Place: Carapoulay Crew
- 3rd Place: Sea Breeze Crew

#### Special Prize

- Most Creative – Carapoulay Crew

# CASTING CALL

We're in search of  
**dynamic staff members**  
for our upcoming  
productions.

#### Employees should:

- be willing to appear on all promotional material
- required to submit a full length photo of themselves
- submit a brief biography, detailing your desire to represent the SWRHA brand



Submit your package via email to [communication@swrha.co.tt](mailto:communication@swrha.co.tt)

## UPCOMING EVENTS

### March 2020

3rd- Culinary Medicine Food Park  
School Tour Series  
San Fernando TML Primary School,  
1:00 p.m.

4th- World Obesity Day

8th- International Women's Day

12th- World Kidney Day

21st- Rock your Socks for World  
Down Syndrome Day

24th- World Tuberculosis Day

26th- Public Board Meeting, City  
Hall Auditorium, 5:00 p.m.



