



"Your Partners in Health"



The Southern

NEWSLETTER

Pride

AUGUST 2020

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Virtual Public Board Meeting ■ Breastfeeding Celebrations ■ Culinary Medicine Reaping of Crops



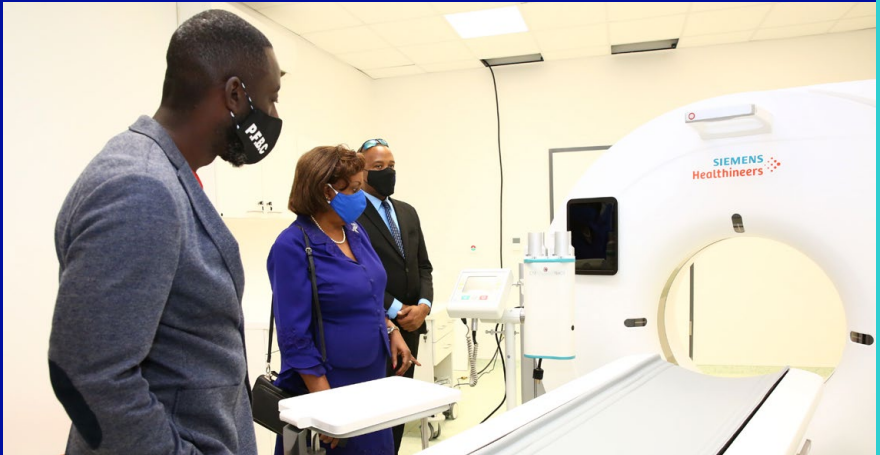
(Centre) Dr. the Honourable Keith Rowley, Prime Minister of the Republic of Trinidad and Tobago cuts the ribbon at the Commissioning of the new Point Fortin Hospital. The PM is accompanied by Honorary Consul of Austria, Mr. Karl Pilstl, His Worship the Mayor of Point Fortin Kennedy Richards Jr, the Honourable Minister of Health Terrence Deyalsingh and Member of Point Fortin, The Honourable Major General Retired Edmund Dillon. Photo taken from the Office of the Prime Minister

Official Opening of Point Fortin Hospital

The Point Fortin Hospital was officially opened by the Honourable Dr.Keith Rowley, Prime Minister of Trinidad and Tobago on July 4th, 2020. The 100-bed facility located at the Corner of Techier and Point Fortin Main Road will provide services inclusive of Accident and Emergency, Psychiatry, Paediatric/Adolescence, Obstetrics and Gynaecology and General Surgery.

Board of Directors tour Point Fortin Hospital

Members of the SWRHA Board of Directors led by Mrs. Valerie Alleyne Rawlins, Chairman - accompanied by Dr. Brian Armour, Chief Executive Officer, His Worship the Mayor, Kennedy Richards Jr. and members of SWRHA Executive Team visited the new Point Fortin Hospital for a walk-through on July 31st, 2020. The Board members toured the three-storey state-of-the-art health facility, located at Techier and Point Fortin Main Road, prior to the commencement of healthcare services at the Outpatient Clinic areas on August 5th 2020.



Healthcare Services begin at Point Fortin Hospital

On August 5th 2020, members of staff at the Point Fortin Hospital welcomed the first batch of clients into the Out Patient Clinic areas. The SWRHA is pleased to now offer quality healthcare services in this state-of-the-art facility.



Ms. Celeste Rogers getting her bloods taken by Phlebotomist, Ms. Krystal Ramnath-Boodhan



(L-R) Mr. Derek Smith, Director, Ms. Jayselle McFarlane, Deputy Chairman, Ms. Michelle St. John, Manager, Hospital Administration, Mr. Issa Ali President of the Society for Inherited and Blood Disorders, Mrs. Valerie Alleyne-Rawlins Chairman, His Worship the Mayor Alderman Junia Regrello and Dr. Ferri Hosein Deputy Mayor cut the ribbon at the commissioning of the Haematology Outpatient Treatment Unit

First Haematology Outpatient Treatment Unit at SFGH

The SWRHA commissioned the first of its kind Haematology Outpatient Treatment Unit at the San Fernando General Hospital on July 28th, 2020. This significantly marks an improvement in the delivery of care to persons with inherited

blood disorders. This project was supported by Dr. Roshan Parasram, Chief Medical Officer, Mr. Issa Ali, President of the Society for Inherited and Severe Blood Disorders (SISBD) and was the brainchild of the late Dr. Waveney Patrica Charles from the SISBD.



The newly commissioned Haematology Outpatient Treatment Unit



AUGUSTUS LONG HOSPITAL CARING FOR COVID-19 PATIENTS

Operationalised on August 4th, 2020 the Augustus Long Hospital is a 50-bed facility which forms part of the Ministry of Health's parallel healthcare system, providing care for patients recovering from COVID-19. The Facility which was handed over to the Ministry of Health earlier this year in response to the pandemic, will provide medical services including HDU and ICU, as well as clinical support services such as Radiology, Central Sterile, Pharmacy, Laundry and Medical Records.





Sod Turning Ceremony for Waterfront Car Park

The SWRHA joined the Urban Development Company of Trinidad and Tobago at the official Sod Turning Ceremony for the new San Fernando Waterfront Car Park July 27th, 2020 at the San Fernando General Hospital's Car Park. The new eight-storey Waterfront Car Park will provide 1002 parking spaces. This Ceremony is yet another indicator of SWRHA's care, compassion, competence and commitment to patients and clients.

Above
(L-R) The Honourable Faris Al-Rawi, MP San Fernando West, Ms. Jennifer Marryshow, Director and His Worship the Mayor Alderman Junia Regrello turn the sod for the beginning of construction of the Waterfront Carpark

SWRHA *Achievements*

Transformation
to Excellence



The SWRHA continues moving forward in our transformation to excellence. The dedication, hard work and commitment of staff is displayed in the following achievements geared toward enhancing the delivery of healthcare and improving patient experience at the San Fernando General Hospital.

Commissioning of new Obstetric Theatre Suites

Commissioned with a plaque unveiling on July 28th, 2020, the Obstetric Theatre Suites will improve SWRHA's delivery of women's health services.

Improved Oncology Waiting Room

The Oncology Waiting Room has been upgraded to enhance patient comfort. The entire area has been enclosed, with windows and wall fans installed to facilitate proper ventilation. A patient ramp was built to ensure wheelchair access and the walls repainted to create an accommodating space for patients and their relatives.

New Neuroscience Services Centre

The New Neurosciences Services Centre, which was commissioned on July 28th, 2020 will advance the SWRHA's care of persons in need of neurological and neurosurgical treatment.

First Haematology Outpatient Treatment Unit at SFGH

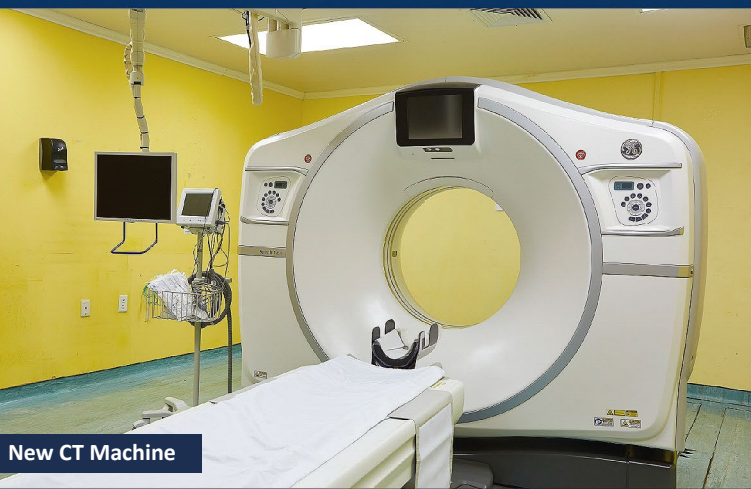
The first of its kind Haematology Outpatient Treatment Unit significantly marks an improvement in the delivery of care to persons with inherited blood disorders.

New 64-Slice CT Machine

The acquisition of this machine, advances diagnostic capabilities at the SFGH for patients requiring CT Scans.

Brand New HVAC for the SFGH Mortuary

The Mortuary Department's new air filtration system will provide 100% fresh air quality, by re-extracting air from inside the room, filtering it to reduce the existence of pathogens and bacteria affecting the air quality in the workspace.



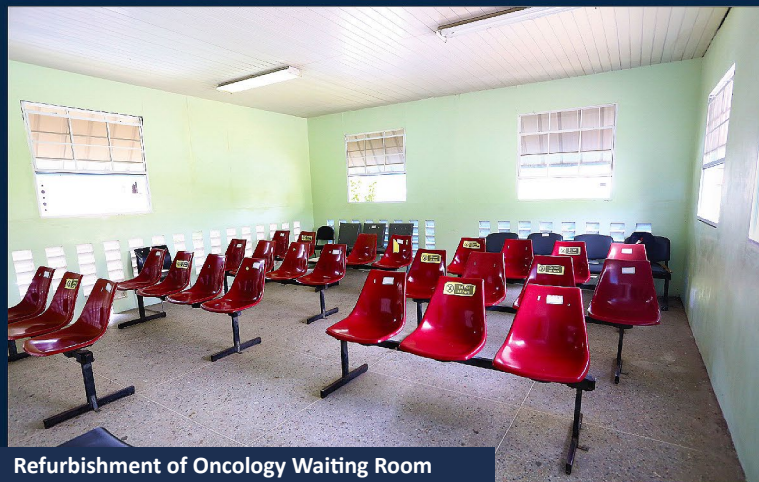
New CT Machine



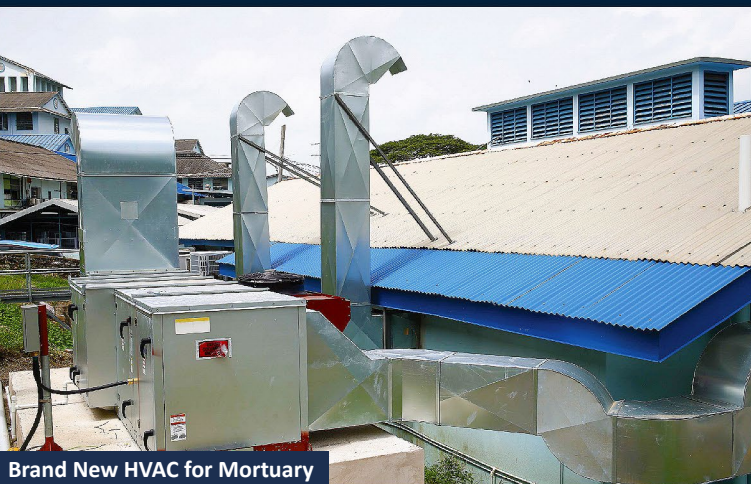
Haematology Room



Plaque Unveiling Obstetrics Theatres



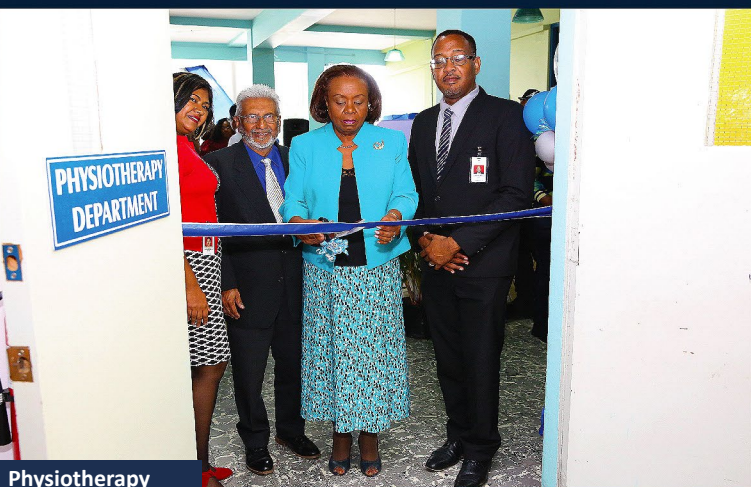
Refurbishment of Oncology Waiting Room



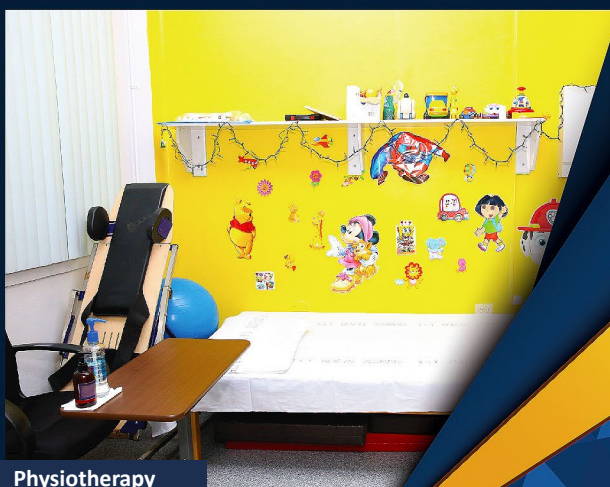
Brand New HVAC for Mortuary



New Neurosciences Centre



Physiotherapy



Physiotherapy

First Virtual Public Board Meeting



The SWRHA successfully hosted its first virtual Public Board Meeting on July 23rd, 2020. The Meeting streamed live via Facebook featured presentations delivered by Mrs. Valerie Alleyne-Rawlings, Chairman of the Board of Directors and Dr. Brian Armour, CEO which centred on the initiatives undertaken over the last fiscal year to transform healthcare at SWRHA and an open forum which members of the public were given an opportunity to voice their concerns, ask questions and make suggestions.

(Above) Dr. Brian Armour, CEO delivers his presentation at the virtual Public Board Meeting

(Left) Mrs. Valerie Alleyne-Rawlings, Chairman of the Board of Directors during her address at the Public Board Meeting 2020





Breastfeeding Week Celebrations



ABOVE Ms. Yolande Davidson, Community Coordinator for the Baby Friendly Hospital Initiative at the Ste. Madeleine Health Centre



RIGHT (L-R) Sharon Moore, DHV, Dr. Faadela Ali and Dr. Ancil Sinanan, at the Williamsville Health Centre

As SWRHA continues its momentum toward creating baby-friendly environments of care, staff at the Williamsville, Gran Couva and Ste. Madeleine Health Centres as well as Area Hospital Point Fortin and San Fernando General Hospital commemorated World Breastfeeding Week by encouraging clients in their Antenatal Clinic to breastfeed through demos and presentations conducted by members of the Baby Friendly Hospital Initiative, Mrs. Ilka Thorne-Brown, Ms. Ria Rampersad and Ms. Yolande Davidson.

Fighting Hypertension at Indian Walk HC

The Indian Walk Health Centre held a Graduation Ceremony to celebrate 18 persons who successfully completed the Self-Care Management of Hypertension Programme. The six-month programme was launched in October 2019 and aimed to teach persons to effectively manage high blood pressure. It involved daily documentation of pressure numbers, implementation of healthy eating habits and lifestyle choices, as well as the inclusion of breathing techniques and exercises.



Ms. Sonia Gill DHV presents a certificate of participation to Ms. Valarie Hills RN

Below Ms. Sandra Smith Allen, DHV addresses the participants of the Self-Care Management of Hypertension Workshop



Mr. Nigel Kissoon, Motor Vehicle Driver, Mr. Christian Webb, Medical Orderly and Mr. Clerance Roopchand, Emergency Medical Technician during the training session using the stair evacuation chair.

Equipped to Evacuate

SWRHA's Disaster Coordination Unit continues to train and equip staff to effectively respond to disasters. To facilitate the formation of a highly competent evacuation team, Mr. Keston Joseph, Disaster Coordinator and Western Scientific's Mr. Dinesh Singh conducted a rigorous training programme at the San Fernando General and Teaching Hospital on July 22nd, 2020 for 15 staff members comprising Medical Orderlies, Health and Safety personnel, Emergency Medical Technicians and Daily Rated Labourers.

Plant YOUR Plate CULINARY MEDICINE FOOD PARK AT TML

The SWRHA's Nutrition and Dietetics Department, supported by the Health Promotion Committee, in collaboration with WHYFARM, harvested the rewards from the launch of the Culinary Medicine Food Park, at the Trinidad Muslim League Primary School (TML). In early March, students from TML learnt the necessities of local food production for better life standards. Sweet potatoes were harvested on July 15th, reaping the rewards of labour sewn months earlier.

The promoted idea to "Plant your Plate" was successfully taught to TML's Standard 2 students who helped harvest the staple food crop. Each bed individually produced approximately 20lbs of sweet potatoes.




Dr. Sandi Arthur, PCPIL, speaking to students of the TML Primary School prior to harvesting the crops



TML Primary School students reaping the crops planted at the launch of Culinary Medicine

STAFF COMMENDATIONS



As he gets ready to leave the San Fernando General Hospital the family of Kisoondial Nandoo wishes to thank the doctors and nurses who took very good care of him during his stay. From his arrival he received excellent treatment. Didn't get the names of the doctors nor nurses except for Doctor Shah who was working the Resuscitation Room on Sunday night (Father's Day).

The care he received before his emergency surgery and after was great. Thanks to all who played such an important role in helping to restore him to good health. Special thanks to the surgeon.

Shirley Persad,
Facebook



I write to inform you of my complete and utter satisfaction with the efficient, and courteous manner in which everyone attended to me. I left the department feeling very satisfied. However, I must very specially commend Ms. Alana Alexander. She was the love of my visit on that morning. God's richest blessings...as you continue to care for our nation.

Mrs. Josephine Hernandez,
Retired District Health Visitor



UPCOMING HEALTH OBSERVANCES

September 29th - World Heart Day

October 8th - World Sight Day

October 10th - World Mental Health Day

October 15th - Global Handwashing Day

October 24th - World Polio Day





Still We Stand

An icy wind is blowing our way and shivering
it have caused,

The coldness that fogs the atmosphere
sometimes incurs a pause,

For us to be aware of the changes that grips
at our very core,

When uncertainty may flood our minds but
yet we aim to soar,

Above the darkened clouds that dispels the
light and hope of day,

But we will persevere through boisterous
waves until calm again comes our way,

Still we stand when our foundation may
tremble and shake our very feet,

Unstable we may feel in uncharted waters
that floods with hurt and defeat,

Fear agitates the spirit as we navigate through
sails that are tossed and torn,

But we exercise the resilience which propels
us through when doubt and fear is born,

Still we stand though this time may trouble
the beat of our very heart,

The pulse of fear that hovers over seems as it
will never depart,

The world is facing this time of uncertainty
but it also powers our aim,

To rise above the storms that rages and sanity
in chaos we claim,

For to stand united against this pandemic is
now a universal call,

We should now be each other's keeper; else
we should slip to fall,

For COVID-19 arose and brought with it
horror to many with lack,

But Still We Stand to grab the reigns and take
our liberty back,

We are not enslaved in the bonds of a
pandemic, but free with knowledge for all,

For with this power comes liberation for who
have answered the call,

For when we stand we shall not faint for we
stand as one for all,

And if one may be weak, we'll lift them with
courage, and no longer again we'll fall,

For Still We Stand for all of humanity in lands
throughout the world,

With prayer, with faith and perseverance a
brighter tomorrow we'll behold.

By Lisa Benjamin-Mohanlal

*Patient Care Co-ordinator,
Emergency Department*